

《53岁大妈苦练钢管舞实现儿时舞蹈梦》

导读:53岁大妈苦练钢管舞终获大奖。只要有梦想什么时候开始都不晚！来来，干了这碗鸡汤准备开学。



A 53-year-old retired worker Zhang Jing has won medals in a recent pole dancing championship in Beijing.

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After retiring, Zhang, who is from Zhengzhou, capital of central China's Henan Province, didn't want to stay idle at home like many of her contemporaries, so she revisited a childhood dream to become a dancer, and started to learn pole dancing.

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She says her dancing keeps her fit and healthy, and her svelte figure wins her lots of 'likes' in her WeChat friends group.

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Zhang had to retire two years ago when the state-owned company she worked for became bankrupt.

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Supported by her son, a dance instructor at a gym, Zhang started learning yoga before falling in love with pole dancing, usually working out with women about 30 years younger than her.

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Despite her age, Zhang practices hard and stretches herself with challenging moves.

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In a recent pole dancing championship in Beijing, she avoided the seniors' division, and still won a gold medal and a silver medal in the middle-age division.

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Zhang is not just able to keep in shape but has become a role model to others. She says it is never too late to start something as long as you have a dream.

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