

# Built to Last

photos and story by Graeme Murphy



Wayne St. Pierre, a competitive bodybuilder from Belleville, Ontario mentally prepares himself before a full body workout routine in Belleville, Ontario. St. Pierre has been lifting for 35 years and has done so with a clean diet, drugs and enhancers free.

Wayne St. Pierre is the new Canadian senior citizen. With four hard earned provincial Ontario Physique Association competition awards, the 67-year-old bodybuilder from Belleville Ontario is bulldozing the stereotype that age matters. In his case, it clearly doesn't.

"People always say I shouldn't do it because of my age. I always tell them 'I can and I do!' Age is just a number." Don't ever say the word can't around me. I hate that word. I feel more alive now than I ever have been."

St. Pierre first started lifting weights 35 years ago and has been competing at an amateur level for the past 9 years, this first competition experience resulted in a men's lightweight division second place win.

"I didn't think I had it in me! If you had asked me 10 years ago if I competed I would have said 'heck no that's ridiculous! There's no place for the older guys at those things.' Now, at this day and age I am fully aware that the number of competing old guys and gals is on the rise. Some competitions now have an over 50 category."

St. Pierre is one of a handful of unique, older individuals who devote their time to rigid fitness regimes and competition glory.

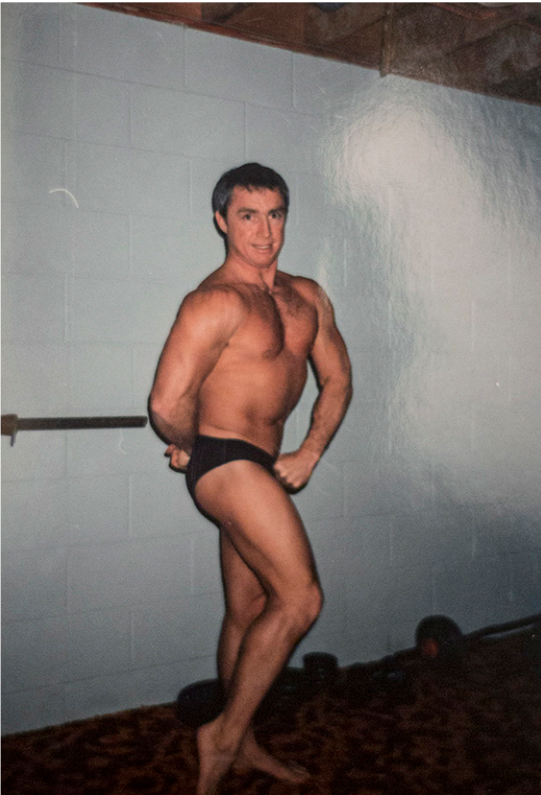
Professional bodybuilder and massage therapist, 50-year-old Sharon Mould of Peterborough Ontario clarifies the movement of senior fitness.

"People start to look at their parents who are aging and acknowledge the fact that with older age comes a health problem or two, maybe more. They see how their parents fragility can become a burden for them and so they decide to find ways in which the human body can overcome these hardships. Fitness is perhaps the only avenue for health preservation."

"With that, we are staying healthy and ultimately we are feeling better. We are able to maintain our mobility, manage pain, and manage many things. It's like we are prolonging our youth in some ways."

"On top of that, it's cool to show off at competitions and say 'look at me! I'm not old, I'm strong!'"

More young people are approaching people like Sharon and Wayne, both inside and outside the gym just to tell them that they 'are such an inspiration to fitness.' To them, it's gratifying to know that they are beating their old age.



A younger Wayne St. Pierre pictured in his home only a few years into his bodybuilding lifestyle.



Wayne powers through a vicious set of heavy barbell curls during a grueling full body workout.



After confidently completing his arm workout, Wayne takes a moment to catch his breath.



A collection of awards won for superior physique and dedication are proudly displayed in Wayne's home. The awards include 4 Ontario Physique Association trophies.



Wayne pauses at the peak of a pushup to focus on the negative rep, finishing his pushup exercise.



Wayne prepares a pot of green tea, his favourite comfort drink that he consumes 3 times a day.

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