

## Experiencing the Golden Years

Try as we might, we cannot stay young forever. Although this is a truth everyone knows, the thought of becoming old is usually the furthest thing from our minds. That's why we rarely pay attention to the physical changes that make everyday life challenging for the elderly or the financial difficulties they may experience after retirement. Many of us consider these problems irrelevant to our lives, so we have little understanding of what it means to be old.

In order to understand the elderly more, 27-year-old Regina Martin and 34-year-old Trent Bowman decided to participate in a TV documentary called *Switching Ages*. For one month, they transformed themselves into old people. In addition to learning how to walk and talk like people in their seventies, Regina and Trent also spent five hours every morning putting on make-up to look older. They even wore heavy body suits and contact lenses that hindered their movements and eyesight. Finally, they wore fake teeth and gray wigs to complete their aged looks. Their amazing disguises, however, were only the tip of the iceberg of the transformation they would experience.

### Regina's Story

Regina Martin has been a passionate dance instructor for the past three years. Although she is still a few years away from turning 30, Regina is starting to feel even more pressure to retain her looks. She obsessively takes care of her body and always eats healthy food. She has a strong fear of her youth disappearing and feels uncomfortable around old people, to the point where she is unwilling to visit her 81-year-old grandmother.