

《99岁老奶奶举起80斤杠铃成网红！》

导读:在近日网上流传的一份视频中，一位99岁的老奶奶竟然举起了一个80斤重的杠铃

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A 99-year-old woman named Ni Juying from Luoshe County, Jiangsu province has recently become an internet sensation after a video of her lifting a 40-kilogram barbell was uploaded online. Employees of the local civil affairs department said the number of the elderly people above 90 in Luoshe is 463, but Ni is the only one able to lift such a heavy weight.

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Indeed, Ni looks much younger than her age. She currently lives independently in a house purchased by her eldest son, Han Jintang. Her children don't allow her to do farm work, but she has nevertheless cultivated a small piece of land in her yard on which to grow vegetables. Ni believes farm work is the best form of physical exercise.

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Ni's son attributed his mother's longevity to her healthy lifestyle, saying that she has no bad habits and sticks to a regular daily schedule. She goes to sleep at 6:30 p.m. and is never picky about food.

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According to Ni's granddaughter, Han Fang, their family has grown into a big one, boasting 28 members from four generations. Thanks to her love for life and her family, Ni has nurtured sound and harmonious family relationships. Although the family hired a housekeeper to take care of Ni after her husband passed away in 2015, they frequently come home to visit her in case she feels lonely.



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