

Zest for Life: Mary Bagot Stack and the League of Health and Beauty



After her husband was killed in action in 1914, Mollie Stack began to develop her pioneering theories about exercise, which led in 1930 to her establishing Britains Womens League of Health and Beauty. When Mollie died prematurely in 1935, Prunella, then only twenty, continued her mothers work. By the end of the decade the League was a national institution with 166,000 members and international links. It continues to flourish today.

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