

BEVERLY HILLS

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FAMKE
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*Beauty
Acting On Her Own Terms*

Getting In Shape

There are good athletes; there are great athletes; and then there are those who inspire. Shortly after Danny Musico stepped into the ring at the age of 10, he was boxing with people twice his age. By the time he was 15, he was ranked 10 in the nation in his class. Indeed, Musico was born with boxing gloves on.

While in high school, Musico was scouted by the Oakland A's, New York Yankees, and the Cleveland Indians. However, he remained true to his first love and committed himself to boxing. He gained a spot on the 1992 Olympic boxing team, but three months before his first Olympic fight he was hit by a car. Because of the severity of his injuries and numerous surgeries, it was initially unknown whether he would fight again.

Never one to accept defeat, he took his rehabilitation aggressively and came back and won the world Super Middleweight title. Since then, he has modeled, acted in primetime television, has trained numerous celebrities including James Gandolfini and Hilary Swank for her role in *Million Dollar Baby*, and also now works as a trainer at blü, one of Beverly Hills' first ultra-luxury high-rise residences for lease.

BH [213]: What do you consider the biggest benefit a trainer offers?

DM: Structure. A consistent regimen that will result in optimum improvements in minimal time consisting of motivation, discipline, variety and goal attainment while improving strength, flexibility and endurance. We develop strategies to set realistic goals for weight loss that can be progressed as expectations are met. Create a program that is both effective and efficient and maximizes the time you have available. Having a scheduled appointment helps to motivate you to workout.

Trainers can frequently change an exercise routine so that it doesn't become boring while maintaining focus on your overall health and fitness goals. And we chart and keep records of your improvements.

BH [213]: Are there some exercises that are better for the morning than in the evening just before bedtime? Any better in the evening to help de-stress from a hard day?

DM: As a trainer and former pro athlete, I believe this is a personal preference. We all have different cycles of alertness and activeness—some people in the morning some at night. Some studies show there is a benefit to morning cardio workouts related to metabolism. Morning exercise produces more endorphins that will help energize you for the rest of the day. Do what you enjoy.

BH [213]: Do you gear workouts differently for men and women? If so, how? How do they generally differ in the goals they want to accomplish?

DM: That's both a yes and no answer. When it comes to my boxing workouts, it's the same type of workout and the women love it just as much as the men. It's a total body workout that challenges your cardiovascular conditioning. Now, with weight training, some of the exercises are done the same but with a different approach depending on a person's goals. If you want leaner muscle mass, keeping the weight lower and reps higher would be one approach. If you want larger muscle mass, keeping weight higher and reps lower would be a second approach. Men tend to want increased muscle mass, explosive power, muscular definition, endurance and stamina; women tend to want to concentrate on their problem areas by reshaping, toning, fat loss but at the same time improving their stamina, endurance and energy levels. So each workout that I do with a client is custom built around their personal goals.

BH [213]: What advice can you give to people suffering from health problems who are trying to get back to where they were?

DM: First, you must get clearance from your doctor. Second, take your time and ease back into things. There is no need to return to the amount of weight, sets and reps you were doing before your injury. Your expectations of what you can achieve in the gym will be more reasonable when you realize that full recovery from your injury is your body's first priority. Remember that pain is nature's warning sign.

BH [213]: How much of getting in shape is what you eat as compared to the exercises you do?

DM: The old saying you are what you eat stands true in my opinion. Diet is very important. Don't get caught up in all these fad diets; there is no magic pill to stay in shape. Regular exercise and a balanced nutrition program is what works best. Eating well is a way of life, keeping track of caloric intake and burning more calories than you eat is key in weight loss. Starting the day with a good breakfast and eating five other smaller meals through the day will help in this process, and drinking lots of water will help keep the body healthy. Try keeping your carbs, fats and sugar intake low, while eating more protein. Your body needs fuel to grow.



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