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Mike D'Angelo, co-owner and fitness director of Body Evolver Fitness & Training

How did you wind up in the fitness industry? I studied exercise physiology in school, practiced being my own guinea pig for bodybuilding, and now I am sharing that experience with clients. Confucius once said, "He who finds work that he loves will never work a day in his life."

How much time do you spend working out every day? As little as possible; I've learned to work out just enough to get the results I want without wasting time.

Do you think there's such thing as a perfect body? Maybe for somebody else, but that is a matter of opinion. Technically there is no such thing as a perfect body; I do believe in people working out to be perfectly happy about the shape they're in and in maximizing one's potential ... that's easy!

Are gyms a good place to meet women? I suppose it is as good a place as any, but I've never met a woman I have dated in a gym. I think if your life is organized and you're balanced through inner-body awareness and

you're comfortable with yourself, you'll meet more women. Going to the gym can help you get there! Women, I can assure you, for the most part do not go to the gym to meet men.

You've won a bunch of bodybuilding awards. Do most women find your muscles sexy? Women are more private and wouldn't necessarily share that opinion openly. Women are more discreet than men. If they thought it, most of the time you wouldn't know, until after.

What are you most proud of? The accomplishments of many of my clients, I am most proud of them! As far as my personal accomplishments ... owning Body Evolver has enabled me to bring my vision of fitness to my clients, and having fitness evolve them the same way it did for me makes me happy I chose the career I did!

What do you do, where do you go, and what do you eat to indulge? It doesn't matter if I am hanging out with old or new friends or meeting interesting people in the Boston-proper vicinity, life is good! I love snowboarding trips out West, too! As far as eating and drinking ... *absolutely*, nothing like food, drink, and great company after a 15-hour day of training!

— Tamara Wieder

