

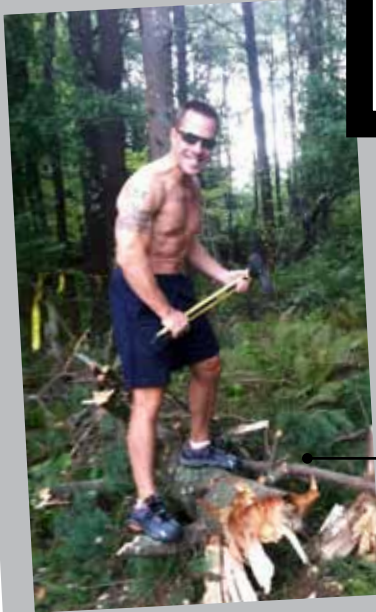
POWER

BODY

HOW I GOT MY BODY

How to up your game

Kevin Kearns went from always picked last to one of the top coaches in mixed martial arts



→ My fitness fad / BODY

I was the kid who was *Always Picked Last* – it's the title of my book – for all sports. There was fear inside me every time the kids gathered to play sports. Now I'm the guy who has worked with 15 pro UFC fighters, pioneered MMA conditioning techniques and published his own fitness DVD series, but I was a born loser.

Martial arts became the thing I was good at and it called to me. It doesn't have to be your thing but find the one that speaks to you. If you lack confidence or are not athletic, fitness and diet is the one concept you can control and become better at. Both pay huge dividends.



← My daily routine / MIND

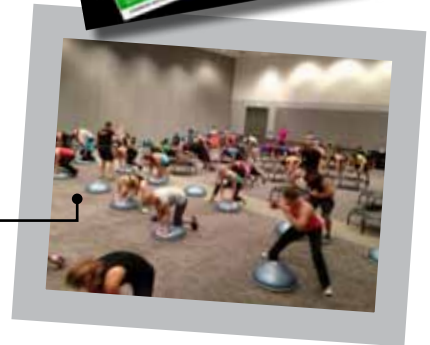
My father passed away when I was 12 and the bullying got worse. This changed when my uncle suggested I take a karate class. I worked out and trained every day. In my basement I'd kick the wall so much I would wear out the paint. After 37 years, I still train regularly in Muay Thai, Kung Fu and Chi Cung two or three times a week. This teaches me effort, etiquette, discipline, self-control and character.

My foods / BELLY

As a kid I never ate vegetables or fish but, reading a fitness magazine, I saw how Arnold suggested eating fruits and veggies for the enzymatic reactions to build muscle. I introduced spinach salads, even at breakfast, and followed the rotating taxonomy diet where I rotated my food choices. This rainbow of food gives your digestion on its toes and helped me stay at 168lb and 9% body fat at 50 years old.

← My happy place/ SOUL

About 12 years ago developed plantar fasciitis from running stairs. My feet hurt and I tried yoga to fix them. Over time it was a workout as well as for emotional peace. It has helped me manage much of life. You learn to relax and take life one breath at a time. You realize no matter what is happening to you, you work on taking your journey one step at a time.



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