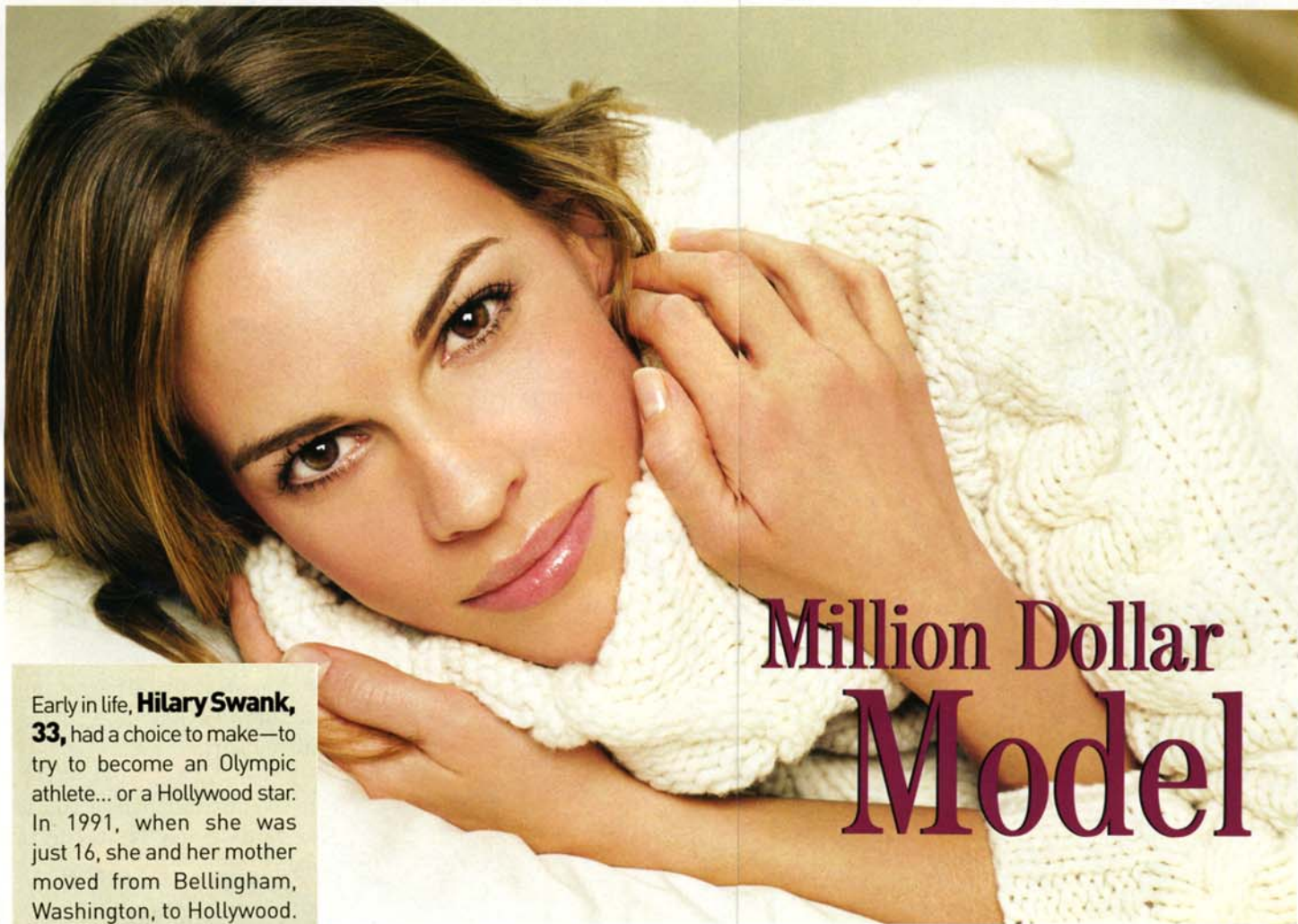


Club Business International

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Million Dollar Model

Early in life, **Hilary Swank, 33**, had a choice to make—to try to become an Olympic athlete... or a Hollywood star. In 1991, when she was just 16, she and her mother moved from Bellingham, Washington, to Hollywood. The next year, she got her first break (*Buffy the Vampire Slayer*), and then, in '94, her first star turn (*The Next Karate Kid*). Since then, she's enjoyed meteoric success, going two for two in the Oscars—*Boys Don't Cry* in '99 and, most famously, *Million Dollar Baby* in '04. She's also received the coveted Golden Globe and Screen Actors Guild awards, and was named one of *People Magazine's* 50 Most Beautiful People three years in a row.

CBI: When Clint Eastwood cast you in *Million Dollar Baby*, he reported that he had to bulk you up. How did you train, both in terms of building up your body—gaining 20 pounds of muscle—and learning the sport of boxing?

HS: It's true—I only weighed 108 pounds when I began training. I worked for three hours a day with Hector Roca, a boxing trainer, and weight-trained with Grant Roberts, a

Q&A Highlights

- Sports vs. Hollywood
- Million-dollar workout
- The personal-trainer edge
- Movies as health advocate

trainer whom I met through Clint, for around an hour-and-a-half a day. I did both six days a week. Grant and my nutritionist, Oz Garcia, had me eating 210 grams of protein a day. I had to eat every hour-and-a-half to assimilate the protein, which involved waking up in middle of the night to drink protein shakes.