

# BEST ALL-AROUND MARIO LOPEZ WANTS TO BE IN YOUR LIVING ROOM

He's an actor, dancer, fitness fanatic, animal lover, seasoned television host and soon-to-be father. The current host of FX's *Extra* and two MTV shows, Mario has guest hosted the *Ellen DeGeneres Show*, co-hosted the *Miss America* pageant, steamed up the small screen on FX's *Nip/Tuck*, and he nearly won *Dancing with the Stars*, which served as fine preparation for his Broadway debut in *A Chorus Line*.

So what does Mario do in his downtime? Try writing a second book to follow *Knockout Fitness*. It's no secret he's passionate about health, and his affable nature makes him a great role model. *Extra Lean*, written with

his trainer, Jimmy Peña, features nutrition advice and tasty, healthy recipes, including some of his favorite Mexican dishes. "I thought it would be a nice follow-up to the first book because obviously what's as equally important to exercising is the way you eat, if not more so, as you get older," Mario says. "And I love to eat.

With this book I am really trying to offer a plan to eat for life and not require that you avoid the foods you want."

But Mario still wants more on his plate—and deservedly so. His self-professed love of people and entertainment, a supreme work ethic and a commitment to healthy living will likely have him on prime-time for years to come. **S**

**What motivational words would you use to inspire someone?**

There are no shortcuts. You have to really work hard and focus on what you are passionate about. And you have to educate and prepare yourself as much as you can. There is that old saying that luck is when opportunity meets preparation. Don't allow yourself to get too distracted. It's all about having a healthy balance—there's a time to play and have fun with your friends, but as you get older you recognize what your priorities are and you've got to focus on knocking them down one at a time.

**A meal is not complete without...?**

Good company or great reading material.

**Who are your role models?**

I have a lot of female role models, like Oprah Winfrey, Ellen DeGeneres and Kelly Ripa. I think they are great hosts and excellent business people. I'd like to be the male equivalent of them. They give me direction, inspiration and focus. They represent a blueprint for how I want to do things.

**What is your favorite place in the world?**

Probably Punta De Mita, Mexico.

**Is there any place you have not yet traveled to but want to visit?**

There are lots of places! I want to go everywhere! I really want to get down to South America. Asia too. And any tropical areas.

**How do you celebrate success?**

I celebrate success every day by being alive and healthy.

**What's the last thing you do before you go to sleep?**

Read. And then pray.

**What's your simplest secret to finding balance and time to exercise?**

My motto is 'get it in to fit it in.' A big part of that is discipline. Ideally, I try to exercise in the morning. A lot of times work starts pretty early, so it doesn't always work out that way, but I'll start to feel a little guilty if I don't. I think you have to make exercise a habit, and one you don't want to break.

**What's your favorite workout?**

Probably run. Especially if I have limited time. It's the easiest way to break a quick sweat, and you can get a lot out in a run.

**What did you have for breakfast today?**

Granola with yogurt and grapes. And coffee.

**What's your favorite animal?**

I'd have to say my French bulldog puppy—Julio Cesar Chavez Lopez [after the Mexican ex-boxer]. He's really cool. He's my favorite right now.

**What did you wish for as a kid?**

I was never a materialistic child or wanted big toys. I had a good work ethic as a kid so I could take care of my family, and build for a family of my own someday.

