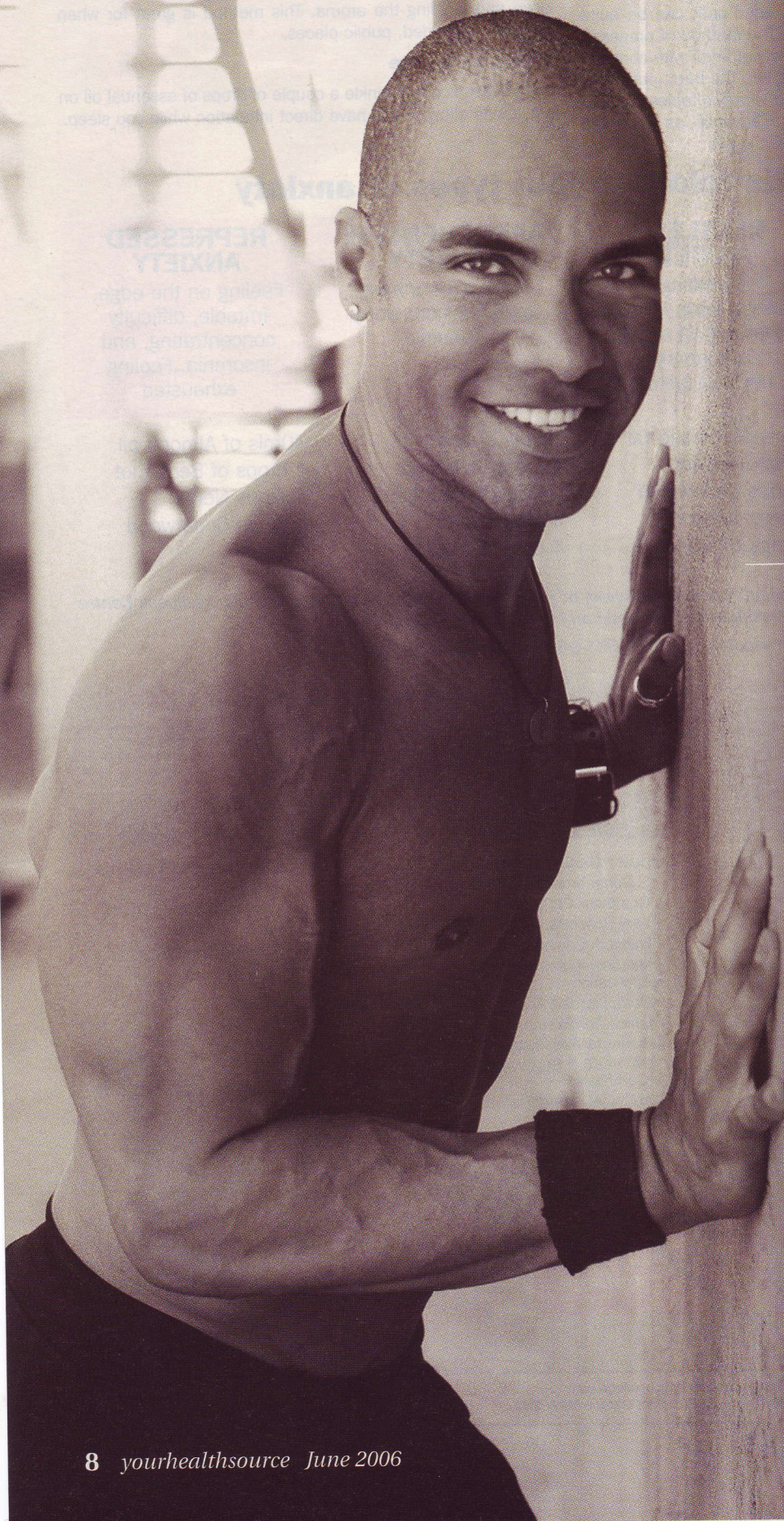


Personal trainer to the stars reveals his fitness secrets

It's a noble mission to dedicate one's life to making other people look good, but top Hollywood celebrity trainer and sports therapist Derek Noble loves his work.

—By Trisha Richards



As a child, Derek Noble had physical fitness ingrained into his consciousness by his father who was a pro wrestler. So it's no surprise that Hollywood's hottest trainer decided to focus his energies into physical education and holistic training.

Having personally trained Maria Shriver, Michael J. Fox and Tatum O'Neal, among other celebrities, Noble knows how to mold a desired physique.

"I think the most rewarding thing that I do is to inspire and change peoples lives," he says.

With his new book, *The Body Noble -- 20 Minutes To A Hot Body With Hollywood's Coolest Trainer*, he gives everyone the tools to achieve a sexy physique like the stars he trains.

Other health books on the market still tend to cater to the fitness fanatics -- those who feel they need to follow restrictive diets and join a gym to see results. But Noble says that those routines often fail to keep people motivated.

The Body Noble encompasses a number of lifestyle adjustments that are sensible

and easy-to-follow. For example, Noble provides tips on the how to choose the right items from the menu if you must eat from a fast food restaurant. He also shows how to implement "lifestyle cardio" into your day by doing physical activities you enjoy or walking instead of driving to the mall.

"So it's all those little things added up, and then being consistent. That's when you start to see the results," he says.

But Noble is more than the author of a book. He also produces the program Urban Fitness T.V., has a corporate wellness program in which he speaks to companies about physical fitness, and is hosting a fitness lifestyle retreat in June in Sedona, Arizona. As part of his *Body Noble* program, he has also worked with Genuine Health to create a program to teach people how to take the right supplements for the different body types, which he refers to as lean machines, muscle makers and fat burners.

"People are pretty confused about what to take because there's so much on the

market. We're able to simplify that for people and keep it really basic for their body types," he says.

The public can also look forward to online training programs with downloadable workouts in the future, says Noble.

So how has Noble stayed successful after 15 years in the business? Simple, he says. "I walk my talk. I do *The Body Noble*."

"That's basically how I keep myself going and keep myself motivated," says Noble. "And, the love, the passion -- you need to have that. It keeps the fire going."

Nothing is secondary to your health, according to Noble.

"There are no trade-ins, and your body is worth the investment. Invest in it now and you're definitely going to reap the rewards down the line."

To find out more about
The Body Noble program, visit
www.bodynoble.com.

Body Noble

Health & Lifestyle Tips for Your Healthsource Readers:

TOP TEN LIST

1. Keep moving! Try to take 2000 steps a day minimum.
2. Body hygiene. Tone each major muscle group in your body at least twice a week by learning how to isolate your muscle groups and create resistance on your muscles.
3. Lifestyle fitness. Choose activities that you love. "If you love to dance, take a dance class...Find your passions in regards to lifestyle fitness. I think that's a really big component of getting healthy," says Noble.
4. Create a realistic goal for yourself.

5. Find a workout buddy. "Find somebody that will help hold you accountable for getting in shape," he says.
6. Be committed to yourself. Write a contract to yourself and have a good friend or your husband/wife witness it.
7. Drink at least two litres of water a day. "People don't realize the importance of just taking water in," says Noble.
8. Eat clean. Make the right food choices and portion sizes.
9. Take supplements. Choose the right supplements for your body type and who you are.

10. Pleasure response. Pick one day when you just have fun and you can go off your program. "On the pleasure response day, have that cheese cake if you want a piece, but keep your portions small. Don't go crazy on it. Don't have a whole pie," advises Noble.

Bonus: Reward yourself! "Every six weeks treat yourself to something, a new outfit, a day at the spa...give yourself a pat on the back," adds Noble.

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