

# One on one with Gunnar Peterson

He's a famous Beverly Hills-based personal trainer who has trained celebrities like Sylvester Stallone, Hugh Jackman and Angelina Jolie. Now, he shares his fitness tips with you and reveal a little about his collaboration with Davidoff.



**Overdrive (OD):** What is unique about your fitness style?

**Gunnar Peterson (GP):** I write different workouts for every client, everyday. Your body is always changing, so your workouts must too.

**OD:** What is the best exercise for your upper body and lower body?

**GP:** Best exercise for your upper body is probably some form of a push-up and the best exercise for your lower body is some form of a squat, these will vary depending on the person.

**OD:** 'People should focus on losing fat rather than losing weight'. Please comment on this statement.

**GP:** I agree, somewhat. I think people should focus on being healthy, being able to move and use their bodies the way they were designed, make good choices when they are eating, get adequate sleep and their body will find its natural weight.

**OD:** How important is diet when trying to achieve a good-looking body?

**GP:** The closer you get to your goal through exercise, the more important nutrition becomes. Your body is very forgiving in the beginning, but as you zero in on being your best, nutrition plays a bigger and bigger part.

**OD:** What should a typical day be like, in terms of diet and exercise?

**GP:** You should schedule exercise into your day. Don't wait for it to happen. Plan your meals from the quality to the quantity to the timing, whenever possible. You should also make sure to get adequate rest. Try 7-8 hours EVERY night.

**OD:** Any opinions on cosmetic surgery rather than plain old exercise to look great?

**GP:** If someone wants cosmetic surgery, in my opinion, they should consult with a couple of doctors and do what they need to do to be happy. But if you think you are going to have a surgical procedure and not have to exercise, you will be in for a big surprise.

**OD:** Tell us about your collaboration with Davidoff.

**GP:** The Davidoff Champion Energy fragrance was launched and it just made sense to try to be affiliated with something so dynamic that had its roots in sport.

**OD:** What is special about the new launch Champion Energy and how has it grown from its predecessor Champion?

**GP:** Champion Energy is modern, it's powerful and it speaks about self-confidence. Just like the sport of boxing that it is based on.

**OD:** Champion Energy is based around boxing; tell us about this sport in relation to fitness. Do you use boxing as a method to train your clients?

**GP:** Boxing is a grueling sport whether you are in the offensive or defensive. Strength to precision, to durability, it has been one way to measure a man for centuries. Yes, I use boxing to focus mitts, to the heavy bag, to bob and weave drills, all from a conditioning standpoint.

**OD:** Give us your top tips to keep up your energy when training.

**GP:** Fuel before your workout, hydrate during your workout, eat within 45 minutes post-workout and make sure to get your rest. Make sure you train somewhere and with someone that you enjoy. Just because it's called a workout doesn't mean it can't be fun!