

MEN'S FITNESS

1988

FEBRUARY 1989

MEN *of* ACHIEVEMENT

MIKHAIL
BARYSHNIKOV

MATT
BIONDI

JOE
WEIDER

GREG
LOUGANIS

GIL
JANKLOWICZ

ARNOLD
SCHWARZENEGGER

JACK
LALANNE

EARVIN "MAGIC"
JOHNSON

DOLPH
LUNDGREN

RICK
HANSEN

JIM
NOYES

JACKSON
SOUSA

BILLY
PORTER



STEVE
SILVA

You might say that Steve Silva is somewhat of an expert on the art of personal transformation. Nine years ago, at the age of 31, the 425-pound Silva had to use his car to retrieve the mail at the end of his driveway—he was afraid his heart wouldn't stand the strain of the 10-yard walk. Now a 190-pound powerhouse, two years ago he came within 90 seconds of setting a new Guinness record for the vertical mile by climbing up and down the Eiffel Tower more than seven times in just over two hours.

Now serving as fitness director of the prestigious Boston-based medical group Health Management Resources, Silva continues to inspire others with his iron will and dramatic personal

story. A man who believes in reaching out to those in need, currently Silva is turning his attention to the fastest growing segment of the U.S. overweight population—children between the ages of 6 and 11.

Last year Silva set a new world's record for the vertical kilometer by bounding up the Texas Commerce Bank Tower Building in Houston, and he recently stairclimbed the Canadian National Tower with the help of former obesity patients who served as pacers during the event. Clearly, for Silva, it's not just how many sets of stairs he can climb in a day, but how many people he can take with him on the journey to a sound body.