

BEFORE & AFTER

BY MARK LOPEZ

American Made

Having a father who was an all-around fit and firm athlete, as well as a top-ranked swimmer in the 1960 Olympics, would be a fitness inspiration for anyone. That is exactly the

type of motivation it took for 31-year-old Daniel Risi to begin an exercise routine that would take him from fat to all that.

At age 17, prior to beginning compulsory military service in Switzerland, Daniel took a good look at himself and decided

that, while he had been trying to live up to the premiere shape of his father, he was having difficulty losing weight. The problem, however, was not a lack of work or desire, it was simply a lack of proper weight training knowledge. Daniel is the first to admit that his problem was not too little exercise, but rather insufficient weight training and diet information.

Born and raised in Switzerland, Daniel was not exposed to the correct diet or training data essential for bodybuilding success. It wasn't until he came to the U.S. two years ago that he discovered the knowledge he required to become the fitness feature he is today. Attributing his success to publications such as *NB&F*, Risi clearly expresses his radical realization: "The nutritional supplements available in the U.S. are either unavailable in Europe or are simply too expensive to buy." He goes on to note that, "I never really learned how to train properly until I came to the U.S. I didn't realize until I began reading magazines like *NB&F* that, not only wasn't I eating properly, but I was overtraining, as well.

Implementing his newly found training techniques and having adjusted his diet to include a new meal plan and supplements such as creatine, our inspirational star has transformed himself from the struggling, overtrained and overweight bodybuilder of the past to a sleek and toned competitor we now celebrate. More impressive than his dramatic weight loss is Daniel's reduction of

bodyfat from over 22 percent to under seven percent. With his new diet, Daniel was able to add lean mass while reducing bodyfat. Utilizing supplements and taking into account his stagnant office job, this Swiss stockbroker created a diet to suit both his training and working lives.

Daniel's special diet includes the consumption of 40 grams of protein every two hours with various meal-replacements, protein drinks and a protein bar. Consuming a total of 360 grams of protein a day, Daniel likes to vary any additional protein, carb and fat intake. Hoping to prevent his metabolism from slowing, he chooses from a variety of foods, such as vegetables, complex carbs, MET-Rx pizza and MET-Rx pancakes. His opinion of the importance of a proper diet in weight training is right on: "I knew that, by improving my diet, I would be able to change my body composition drastically. After 14 years of serious training, it is the diet alone that enabled me to accomplish such outstanding muscle gain and fat loss."

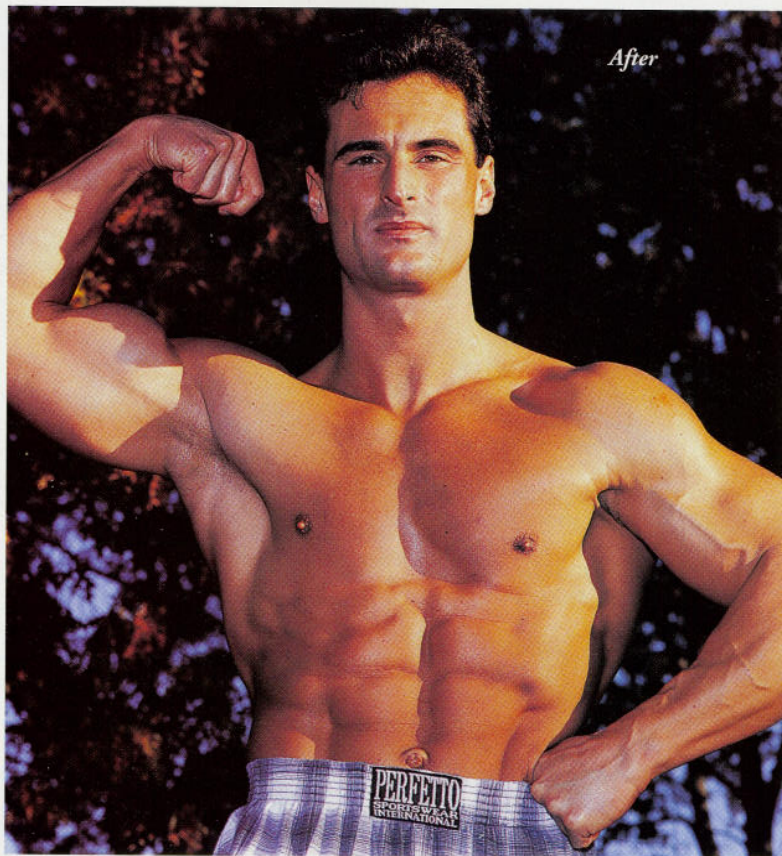
The addition of a new routine to help overcome his previous overtraining problem was also

an essential ingredient in Daniel's recipe for success. Now, aware of the detrimental and potentially dangerous effects of overtraining, he works each bodypart once a week throughout the course of 3-4 one-hour training sessions. He also does cardio exercises 2-3 times a week for 30 minutes in order to keep his bodyfat under control.

Changing the order of exercises and the combination of bodyparts trained helps him keep the muscles guessing and optimizes his workout time and potential. Presently a lean and muscular 217 lbs., it is not the 10 pounds of weight he has lost, but the dramatic reduction in bodyfat that has paved the way for Daniel's success.

This inspirational lifetime drug-free lifter frowns on other weight lifters who use steroids and he is proud of his natural physique. He claims, "Drug users are looking for shortcuts instead of enjoying the journey and are too short-term oriented. Longevity and health should be the name of the game."

Having found his inherent physique, Daniel is now doing some competing of his own. And although he's not exactly an Olympian, Risi is proud to be runner-up in the 1997 NGA Natural Hercules Novice competition. Thanks in part to *NB&F* – and, of course, Daniel's own determination and perseverance – he has finally obtained a powerful physique worthy of the son of an Olympian. ★



PHOTOGRAPHY BY ANTHONY VITO FODERA AND COURTESY OF DANIEL RISI

• Pro
prot
com
Exch

