

WHATEVER HAPPENED TO... TV'S INCREDIBLE HULK



Actor and fitness expert Lou Ferrigno was catapulted to fame as the titular character in 70s series *The Incredible Hulk*.

These days, Lou, 61, is a motivational speaker, a deputy sheriff in Southern California and he's devised Ferrigno Fit, an online fitness programme. Married for 33 years to Carla, the couple live in Santa Monica with their children, Shanna, 31, Louis Jr, 28, and Brent, 23.

"When I was three I suffered an ear infection which took away 85 per cent of my hearing. This left me introverted and I was picked on a lot. My escape would be reading comic books like *Superman* and *The Hulk*. I'd fantasise about being these characters which kept me in survival mode. I knew from a young age, if I felt empowered I could fend off all kinds of things.

"I became a bodybuilder champion when I was older and that led to appearing in a documentary *Pumping Iron* with Arnold Schwarzenegger. That was when I knew I liked being in front of the camera and so I headed to California in 1976 to begin training for Mr Olympia.

"When I auditioned for *The Hulk*, I remember thinking, 'Wow, I am born to play this role!'. Being painted green was a pain. I also had to sit still for the make-up team to apply prosthetics on my forehead and nose. The whole thing took almost four hours. It was the most uncomfortable experience.

"Children would come to the set and feel scared,

but as I walked away, I'd turn and they would shout, 'I love you, Hulk'. Everyone loved The Hulk. He was a gentle giant. Once, I was in my trailer,

all made up, and this guy walks in holding a kid and says, 'Excuse me, I'm Cary Grant and this is my nephew'. I was speechless!

"I'm also a personal trainer. I was introduced to Michael Jackson at a party and we hit it off. One night, I got a phone call to ask if Michael could train at my facility. This was the start of a 20-year friendship. Michael was just a regular guy.

"One of my proudest achievements was becoming a deputy sheriff eight years ago. I do a lot of search and rescue, so I go on patrol in the mountains

saving people's lives. I also work as a motivational speaker. I speak to people all over the world about the 'fear factor'; how to be successful, and how to manage personal power.

"I've recently launched Ferrigno Fit. It's a 12-week online training programme which teaches you to become your own personal trainer.

"I love meeting Hulk fans at conventions, like The Hollywood Show, in Los Angeles. Whenever I fly,

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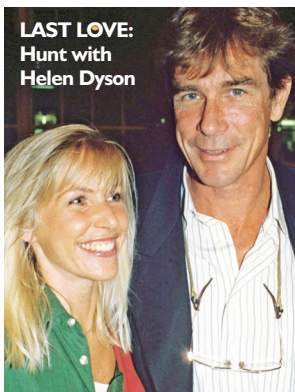
there are always whispers of, 'The Hulk is on the plane'. I don't mind but it takes me longer to get home with people asking me to pose for pictures. I just returned from Kansas and even the pilot wanted a picture! I'll always embrace being known as The Hulk."

Tiffany Rose

For more information about Ferrigno Fit, go to www.Ferrignofit.com. For details about The Hollywood Show, visit www.hollywoodshow.com.

TWENTY YEARS AGO FROM THE DAILY EXPRESS

LAST LOVE:
Hunt with
Helen Dyson



GRAND PRIX ACE JAMES HUNT DIES PENNILESS

June 16, 1993

Grand Prix idol James Hunt died yesterday, penniless and alone.

The 45-year-old ex-millionaire had a heart attack in his sleep.

His body was found by a friend who had stayed overnight at Hunt's £250,000 home in Wimbledon, South London.

Last night his girlfriend Helen

Dyson, 26, still did not know about the tragedy. She was on holiday in Greece and had spoken to him on the telephone only hours before he died. His family was trying to contact her last night.

The £1 million fortune Hunt amassed had been swallowed up in an expensive divorce settlement and failed business ventures.



Heading for Formula One glory in 1976