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LENSCAP

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Dreams, heart and inspiration . . . just a few reasons why MP loves to film sports!



"Sports can be a training tool for life. The determination, courage, and heart that is displayed by athletes can motivate anyone to accomplish their dreams!"

-Randy West

MONARCH PRODUCTIONS IN TRAINING . . .

Monarch Productions makes connection with big time US Olympian and one of MP's long time friends is making headlines with his own training style!



Marc Megna, seen here on the cover of **Natural Muscle** with his lovely girlfriend Melanie, is a great long time friend of MP. Randy and Marc have trained together and also are both former football players for the University of Richmond Spiders (who, by the way won the 2008 National Championship). Marc has also done some great

work as on-camera talent for MP in the past. Though Marc is a model and actor, that doesn't get in the way of his real passion: personal training. Being a tier III trainer at **Equinox** in South Beach, Marc has helped many individuals reach personal goals and accomplishments in their lifestyles. You can read an article on Marc's amazing achievements in this month's issue of **Natural Muscle**: [Marc Megna in Natural Muscle](#)

You can also read an article on Marc in **Ocean Drive Magazine**, the frontline magazine of South Beach, in which he is praised for his passion in helping his clients not only get in shape, but also change their lifestyles (That article is on page 2).

MP also had the privilege of meeting and befriending Mechelle Lewis, a US Olympian who ran the 2nd leg of the women's 4x100 in Beijing. Mechelle has a tremendously inspiring story of life in which athletics played a huge part! Mechelle's website (www.mechellelewis.com) is a definite recommendation for everyone. You can read about the hard road that Mechelle traveled to get to where she is now and also follow her journey to London over the next four years for the 2012 Olympics! MP looks forward to working with

Mechelle in the near future to help promote track & field athletics and also to inspire people with the amazing story of Mechelle Lewis!



US Olympian Mechelle Lewis
This was the exciting moment where Mechelle made the 2008 U.S. Olympic Track & Field Team!



PHOTOGRAPH BY GARY JAMES

MARC MEGNA *Promoting Healthy Bodies and Minds*

It'd be easy to think Marc Megna has always been a star, always had an athlete's body and those model looks. But you'd be wrong. "When I was young I was very overweight and out of shape," Megna says. "I wanted to play sports, but I was so bad at them."

No doubt hard to believe for the myriad South Beachers who see the trainer doing his thing at Equinox—and even harder for those who know he played professional football for nine seasons. Today, he is among the most sought-after trainers in Miami, thanks to his extensive education, the experience he brings as a former NFL player, and the personalized approach he offers.

"I didn't think trainers could be successful," the 32-year-old Miami Beach resident says. But he has proven that wrong, amassing a client list that includes nearly 40 people, ranging in age from 16 to more than 70. As a Certified Strength and Conditioning Specialist and an NSCA Certified Personal Trainer, Megna is educated in more than just helping clients build muscle; the certifications teach nutrition, anatomy, technique and sequence, among other disciplines.

Though he struggled with sports early, the Fall River, Massachusetts, native became more focused in his early teens and developed a bit of a killer instinct.

"Things were very meager—we had very little growing up," he recalls. "I took out my aggression in sports because we had nothing."

Megna credits his mother (his parents divorced when he was young) for instilling him and his brother with a steely resolve. "It was from my mother that I learned the value of hard work," he says. "We learned how to be disciplined from a very young age."

Megna's play improved dramatically in high school, earning him a football scholarship to the University of Richmond, where he became an All-American in his junior and senior years. He was drafted by the New York Jets and played for the New England Patriots and Cincinnati Bengals in a three-year NFL career before going on to play two seasons in the NFL Europe and four more with the Montreal Alouettes of the Canadian Football League, where he earned all-star honors in 2002.

Injuries derailed his career, causing him to retire in 2005. But the lessons learned on the playing field inform his approach to training today. "I've been there as an athlete," he says. "I know what it takes to get there. But we're trying to build people up, not break them down. We want to make them strong."

—Gregg Lasky

JUST THE FACTS

What is the biggest training mistake people make?:

"Marathon workouts. Workouts that take forever are usually counterproductive and less efficient. Most people also forget that 85 percent of your results come from diet and nutrition."

What's your best advice for someone who wants to start working out?:

"Take the first step. It is one of the most difficult things to do, but once you take action you'll never look back."

Your favorite workout: "Crossfit workouts with some of my friends. Crossfit workouts combine Olympic lifts, sprints and body-weight exercises with very little or no rest."

Words to live by: "The difference between who you are today and what you want to be tomorrow is what you do right now."

The perfect day off: "Get in a workout, take in some sun, and dinner and movie with my girlfriend."

Favorite splurge food: "Primo Pizza—I eat most of my cheat meals there."

Favorite South Beach hangout: "Rice on Alton during the week and Love Hate on the weekends."

