

Blueprint for Successful Living Interviews Steve Reeves..

Hercules Of The Movies

...who many people consider to have the greatest physique of all time. He shares with you his blueprint for living. Interview by Tony Quinn.

"The Picture"



Steve Reeves at the Oscar Heidenstam Memorial Trust Dinner in London

The scene was the Oscar Heidenstam Memorial Trust sponsored by N.A.B.B.A. 3rd Annual Dinner and Hall of Fame awards, Hotel Marriott, Slough/Heathrow, England, March 19th 1994 in which Steve Reeves was to be inducted into the Hall of Fame. I wish to thank Malcolm Whyatt (Public Relations Officer) for the Trust who was kindness itself in arranging the interview and Ivan Dunbar, Chairman of N.A.B.B.A., who made it all possible and of course the man himself, Steve Reeves.

My introduction to Steve Reeves came when I was a boy. I had an older cousin, Jimmy Hennessy, who used to take me out swimming, to the films etc. Jimmy knew I had an interest in developing a good physique and one day he presented me with this cover of a bodybuilding magazine which was the first Steve Reeves picture I had ever seen. I was awestruck. To me, here was the perfect physique - the body and the face of a Greek God. To say I was impressed was an understatement and indeed the same picture hangs on my wall to this day. See it for yourself here on this page.

One night Jimmy brought me to see Steve Reeves in **HERCULES UNCHAINED** and as I left the cinema Jimmy said, 'You know those muscles aren't real. They are

just plastic. They just stick those on!' A few days before this interview when purchasing a microphone in Tottenham Court Road, London, the chap behind the counter said, 'Are you going to interview anyone special?' I replied, 'Steve Reeves'. He immediately got all excited and said, 'Hercules! I love him. Wait until I tell my boss about this. He's his idol'. I began to consider what it is that this man has that causes him to make such an impression.

Now here I was on the fateful day in a hotel room waiting to meet Steve Reeves. Quite honestly, I was wondering if he would be a disappointment in real life. Then there was a knock on the door, the door opened and there he stood. When he came into the room it was immediately obvious why he made such an impression. He had that certain something about him that very few people have. He looked vibrant, had such presence and I was particularly struck by what I can only describe as his royal, dignified bearing which I have never seen in anybody else. We sat down and after some preliminary conversation the interview began.

Tony.. Steve, what is your blueprint for living?

Steve.. I would say that you should make a five year plan of what you really desire in life, what you want to achieve and then outline how you plan to do it and try to stick with it. You can modify it a little as you go along if it is not working too well. But stick with it. You only fail if you stop.

Tony.. Right. What part would you say mental attitude plays in your training, in sticking to a diet, or even in being successful in the movies?

Steve.. I think it has a lot to do with it because you have to really concentrate on what you are doing. If your mental attitude isn't right you can't go through with it whether it is remembering your lines in the movies or concentrating on doing your exercises when you work out. If you are a little tired you concentrate a little deeper, exercise a little longer. Exercise is almost like a hypnotic trance you go into. I picture the muscle I am working. I don't picture the weight going up and down. I picture the muscle I am working. I picture it growing. It seemed to work for me.

Tony.. Would you lift very heavy weights when you do this? How much mind over matter



Exclusive Interview

In 1947 Steve Reeves won the 'Mr. America' title and in 1950 the 'Mr. Universe' title. The rest is history.

is it?

Steve.. I think it is a great deal of mind over matter. You must really think deeply and concentrate on what you are doing. You have to picture something happening before it happens. If you can't conceive it you can't achieve it. That is my philosophy.

Tony.. So you would have visualised the type of physique you wanted?

Steve.. Yes I would - how the muscles should look when I am doing the exercise. Maybe in my spare time before I go to sleep

or something I visualised what I wanted to be.

Tony.. In general what would your philosophy of life be?

Steve.. I always tried to concentrate on living a healthy life and keeping it free from stress. Stress is a killer. If I have to do an engagement of some kind I think, 'How much money am I getting? How much stress is it going to cause me?' And I balance the two. To live a long healthy life you must keep the stress level very low. Happiness level high and the stress level low.