SingleLife
Magazine

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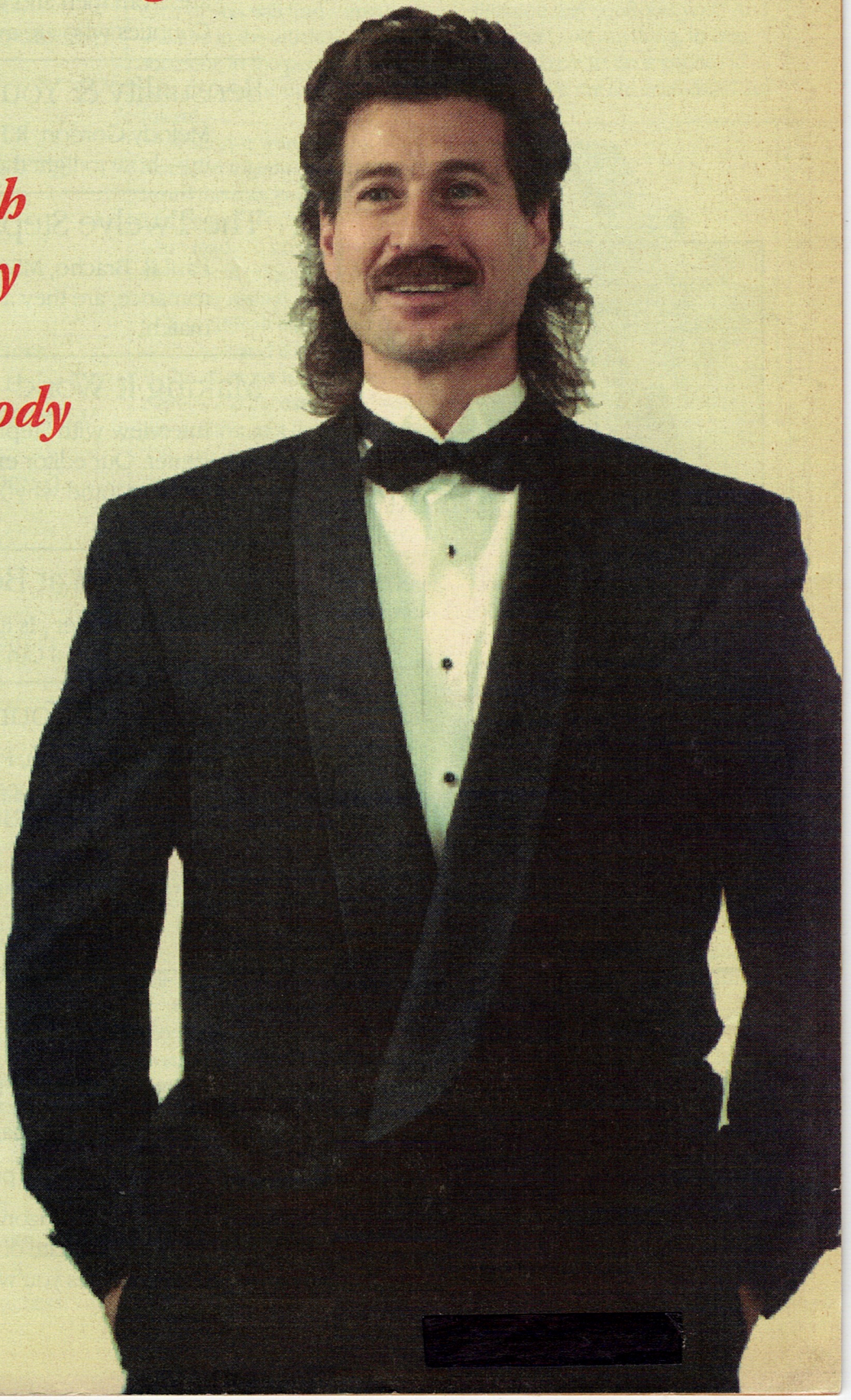

- *Interview with Stephen Hercy on Designing the Female Body*

Plus...

- *Personal Ads*
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and

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MAKING IT WORK!

AN INTERVIEW WITH STEPHEN HERCY, OWNER OF DESIGNER BODIES UNLIMITED, AND SPECIALIST IN FEMININE BODY DESIGN.

"What I do is help the women I work with achieve the body shape they've always wanted."

Stephen, your profession sounds like the answer to every man's dream of designing the perfect woman. What exactly do you do?

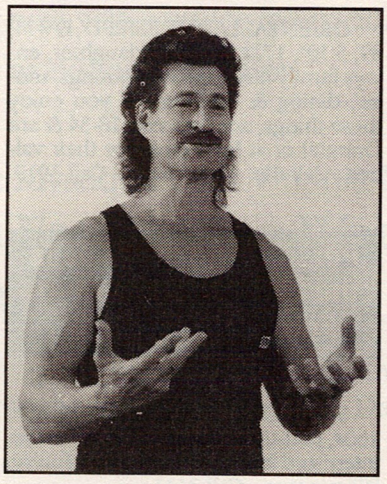
First, I don't try to make women perfect. What I do is help the women I work with achieve the body shape they've always wanted. Women try to change their shape in various ways, usually by diets and exercise which help them lose weight, but don't give them the body they want. Even the ones who are working with weights get into a male workout routine which is not the way a woman should train. Most trainers are used to working with men, and try to push women to performance like they do their male students. Women are stronger inside than men and don't need to be pushed that way. I analyze a woman's body and design an individualized program that will bring it into proportion, one she understands and can do on her own. I teach her to work out for the feeling, not for the sake of lifting weights. I always start by improving strength. The stronger a woman feels, the better she begins to feel about herself and the easier it becomes for her to reshape her body. I teach a woman something very beautiful, I teach her to feel good about herself. Then she can do anything she chooses!

So it's your belief that weight training is important for every woman?

Yes. Diet and aerobics take care of fat, but don't give life to the muscles. Women lose 50% of their lean body mass after age 30. Weight lifting gives back tone to the muscles.

What about bulk? I wouldn't want to sacrifice looking feminine in order to be stronger.

I can increase a woman's strength 50% with no bulky muscles. My program would give you longer and more flexible muscles. You would still look feminine, but be stronger and leaner.



Stephen Hercy on designing the female body.

And age? Is it too late if a woman is over thirty?

It's never too late. A 93 year old invalid in a wheelchair can increase their strength 30% with proper weight training. As a woman gets older, it's the strength of the muscles that hold her together, mentally, physically, and spiritually. The muscles are the body's shock absorbers, unless they're toned, the body begins to show the effects of age, accidents happen. Women should understand that working out in a properly designed program is an alternative to plastic surgery. They will look and feel younger.

Women today are busy, many are juggling a career and family, how much time does it take to achieve and keep a "designer" body?

I recommend a program of four days a week, two hours per session. But even two days a week will produce some benefit. No matter what the demands of a woman's schedule are, she needs to take a minimum of one hour a day for herself. If not, she's going to suffer, either physically or emotionally or both. When a woman is working, she is in her thinking side. That creates stress, medical problems, even cravings for the wrong foods. She needs to make the time each day to revert to her feeling side which is the natural feminine side of a woman. Working out is something a woman can do for herself. It relieves stress and helps to level the roller-coaster effect of estrogen in a woman's body. She'll feel stronger, more in control, and have more energy.

Can any woman benefit from your program? Have you ever turned anyone down?

I can help any woman look better who wants to change the shape of her body and increase her strength. The only people I have ever turned down are those with a poor attitude. I can't do anything for them.

Stephen, you're a gorgeous, sensitive man, but you're single, why?

I'm holding out for an appreciative woman, one who sounds good, looks good and smells good.

And what is "appreciative?"

Being available, able to receive and to respect the giver. Most women are too defiant. They have had too much pain growing up. They've reversed roles with men. They want to be respected for their brains. Men are basically

logical. They do business with women they respect, they fall in love with women they can cherish. If a man chooses a woman for her brains, he is acting out of his feminine and she'll end up taking care of him.

Do you think that, because of what you do, it's harder for you to find someone? Maybe you're always trying to create your perfect woman?

Not perfect. In my business I try to help women be the best they can. If any man or woman can find someone who is 51% of what they want, they're lucky. We're all flawed in some way. Personally, I want a woman who takes care of herself and who is feminine. Very few women know anything about being feminine. Women give too much and then feel taken. Giving and protecting is masculine, giving back is feminine.

So what does a woman have to do to make you or any man love her?

I can't tell you that! Well, I can tell you part of it. Women need to realize that they don't have to do anything. They are lovable because they exist. Men are lovable because of the things they do. When a woman is with a man—on a date, in a relationship, she should talk about her feelings, not about what she thinks. And she should allow time for silence. Men are logical, they have to think about what they're feeling. Later in a relationship there will be a time to discuss "business." But in the beginning a woman shouldn't compete with a man.

How long have you been single?

Six years, — maybe it will be another six years.

And in the meantime, how do you make your single life work?

I do the best I can everyday. Try to be humble and compassionate in dealing with people, to have empathy. I like knowing I can help people be the best they can. I know that I'm the best at what I do, and want to bring my system to as many people as possible. I'm an artist—when someone appreciates my work, my art, I feel good. If I know that I've helped one person—one woman know more about herself, love herself more, I feel like it's a good day.

Why this compulsion, this passion, to make women feel good, to love themselves?

When a woman is spiritually grounded she can take a man to a higher place. She can turn an ordinary man into a prince. The woman, if she is grounded is the anchor of a relationship. If she loves herself, then she can share that love with a man.

And when you're not Stephen Hercy the designer, the athlete, the business person, what do you like to do, just for you?

I take time off from my thinking side and go into my feminine—my feeling side. I do the things that make me feel good.

Do you think most men can do that?

No, they don't even know it exists, and their relationships suffer because of that.

Can most women do that?

Unfortunately, too many women today are caught in their masculine. They are so busy trying to be perfect, to be strong by hiding their feelings, never feel like they're doing enough, hurry through the day with no time to stop and feel, and spend all their time pleasing other people more than themselves. They have to re-learn how to be feminine, how to feel and express their feelings, or they will make themselves crazy.

Do you have an ad in the magazine? Have you had good response? And do you want to tell the ladies reading this your mailbox number?

Yes, yes, and no, they'll have to find me themselves!

Editor Cabes-Woodbury with Hercy — "These interviews can really be fun!"

Do you have any parting advice for our readers?

Think positive, take creative risk, and believe! "If your mind can conceive it, and your heart can believe it, then you can achieve it!" And love yourself!! ♥

(Editor's Note: Ladies, if you want to change the shape of your body, you can contact Stephen at Designer Bodies Unlimited, (213) 820-3367. For a date, you'll have to find his ad. On a personal note, I found Stephen totally delightful—open, caring, sensitive, and great to look at! These interviews can

"When a woman is spiritually grounded she can take a man to a higher place. She can turn an ordinary man into a prince."