



Was Heavyhands Really A Hollywood Secret 25 Years Ago?

In the early 1990s, when Mira worked as a hair stylist for *The Price is Right* and *The Young and the Restless*, she moved into a new apartment building and met the gorgeous wife of a famous art director who told her about Heavyhands. Mira had spent most of her life on a diet, struggling with weight issues and just trying to be normal, so she wasn't expecting much from Heavyhands.

Her new friend handed her a set of one-lb weights, and they went for a walk. Mira has never looked back. And in this audio, you'll hear her amazing story (a journey she estimates is about 35,000 miles on one set alone), and what she's doing today.

You'll Also Hear...

- The shocking changes Mira noticed on Heavyhands – can you really say good-bye to underarm flab?
- The no-brainer way Heavyhands is just hands-down better than dumbbells when it comes to walking and exercising with weights, and how Mira uses them to propel her workout
- The exact routine Mira was doing at her peak – and the shocking age she was when she reached it

For more interview like this go to <http://www.heavyhandscom.com/Interviews.html>. Makers of Heavy Hands Weights, Grips & Gear Heavy Hands® / Weighted Hands® and are the registered trademarks of Michael Senoff. Text or call 858-692-9461

- What Mira is like today, and why she still doesn't go for a walk without her Heavyhands

Mira says the best part about Heavyhands is she can take them anywhere. She doesn't need an expensive gym or a class to stay in shape.

And in this audio, you'll hear how this "Hollywood secret" has helped her stay fit for the last 25 years. And how you can make it work for you too.

Michael: Hi. It's Michael Senoff here and I'm the founder and developer of www.WeightedHands.com. I'm a busy professional, a husband, and a father of two young boys. I started making and using Weighted Hands because I wanted a way to burn a ton of calories in as little time as possible, but I didn't want to get injured doing it. I wanted to eat whatever I wanted without feeling hungry or deprived, and I wanted to be able to maintain my weight. I wanted a low impact workout so I could save my knees for later, a workout that required no gym membership, no stair climbers, no treadmills, no ellipticals. I wanted something that feels easy but gets my heart rate high enough for ongoing conditioning. Well, you're in luck because many of my buying customers have been using Heavy Hands for over 20 years and they've been generous enough to share their personal stories with you. You'll hear me interview them on how they got started walking with Heavy Hand hand-weights, what it did for their bodies both in terms of musculature and weight reduction; you'll also learn about their favorite workouts, tips and tricks to burn the most amount of calories in the fastest time possible, so enjoy the interview. Now let's get going.

Michael: Let me start with this. So, I received your email, and that was back last week, and it said, "Finally, after walking around 35,000 miles by my estimation, my three pound Heavy Hands

For more interview like this go to <http://www.heavyhandscom.com/Interviews.html>. Makers of Heavy Hands Weights, Grips & Gear Heavy Hands® / Weighted Hands® and are the registered trademarks of Michael Senoff. Text or call 858-692-9461

just gave way from all the sweat. These that you see here,” you sent me a picture of them, “they were even taped for the last couple years when they started to fall apart, and then finally on Saturday, the metal top came off and literally broke. I had to take the picture, just before I threw them away and came here today to buy another set.” So, when did you first get introduced to Heavy Hands, and why did you get them in the first place, Mira?

Mira: I moved into this apartment building, and I’ve always struggled with my weight. I’ve always been a walker, and I don’t like gyms - I could never keep a gym membership going, it’s not for me. I don’t like other people’s sweat etcetera, so my neighbor that was living across the hall, I had just met her, beautiful body, was married to Gary Frutkoff, a great movie arts director, he had a set of Heavy Hands, actually, a couple of sets, and she’s like, “Come on, let’s go for a walk,” and I was like, “Oh, I don’t know.” She handed me a one-pound pair of Heavy Hands. She had the three-pounders, she gave the one-pound pair, and said, “Come on,” and literally, one pound felt so heavy to me, but we went walking, and when I was done, I was like, “Oh yeah, this is something I think I can keep up,” and I was ever grateful every time I saw her after that. I went and bought myself a one-pound pair, and then I went and bought myself a three-pounder, and then every day, I went out, and I would push myself, and little by little, it just became this addiction. I loved it, and my body changed in the sense that my arms didn’t have underarm flab, and I could do bending exercises, just a few, using the Heavy Hands. I really felt turned on, knowing that I could take these Heavy Hands with me anywhere, I didn’t need a gym, I didn’t need a class, and I could always stay in shape. I was never a fat person, but definitely self-conscious of my weight, I possibly lost like 12 pounds. So, there was this club down here in the marina that had racquetball, and I was athletic, and I was in my 40s, so I joined this club, the marina

club, it was very inexpensive at the time - things were much more inexpensive. Just to do a circuit training too, to add to the walks, and I was walking like four, five miles a day, and it felt like nothing, and I actually moved up to the five-pound weight. At the peak of my endurance, I possibly walked five, six miles a day, and I also worked as a hair stylist for television, for The Price is Right and Young and the Restless, so I would wake up every morning at 5:30, I'd write in my journal, and I'd hit the streets. I had to race walk every day. Nothing made me feel better. Once you put them down after the walk, your body feels so much lighter. The endurance had built up in me. So, I've been going back and forth between the three-pound and the five-pound, and yes, I've been doing this since 1991. I went through some personal stuff, like I lost my job - I think the last time I was in the peak of performance, I had taken my weights to San Diego for a wedding, and woke up in the morning, took my weights out and was walking, and I got the flu, and it's one of those flus that fells you. For three months, you're coughing, one of those horrible flus, and I somehow never really got back to the height of my endurance; however, it's still my only exercise, and if I go out for a walk, I never go out without the Heavy Hands. I can do arm exercises, it's like having the bands - for me, I don't know how other people feel, but they're just powerful, and it's different than using dumbbells. It's a different feeling, they become part of you.

You're listening to an interview on Michael Senoff's
www.WeightedHands.com.

Michael: At your peak, when you were going four or five miles with the three pounds or the five pounds, what was the tempo? How high did you pump your arms? Were you cognizant to make sure you weren't just carrying the weights?

Mira: The way that the Heavy Hands is designed, with the weight on the end, and then you've got the handle. What I liked about it was that it propelled me forward. Now, I was walking - like

For more interview like this go to <http://www.heavyhandscom.com/Interviews.html>. Makers of Heavy Hands Weights, Grips & Gear Heavy Hands® / Weighted Hands® and are the registered trademarks of Michael Senoff. Text or call 858-692-9461

early, early on in my walks, some guy was walking past me or jogging, he just screamed out in the street, "Keep your hands above your heart, walk with your hands above your heart," and I thought, "Oh my god, he's so right," because - now notice with Heavy Hands, too, if you're trying to work on areas of your body, you can squeeze your butt cheeks together and walk and do your hips. With the Heavy Hands down by your sides, there's a certain walk, a gait. I walk fast anyway. If I'm out for a walk with somebody, they're like, "Hey, slow down. Where are you going?" I'm that type of a New York walker. I've been to Holland before and Europe, and they actually have race walking teams where they're usually arms distance apart from each other, and they have a certain gait that they use that's more of a side by side swing. So, I remembered that. I would leave my apartment, I do stretches a little bit using the weights, I would just leave my house, walk down through Venice Canals, walk through Marina Del Ray, then walk all the way back down the boardwalk to Santa Monica, and at Marine Street in Santa Monica, there's a hill that goes up to 4th Street. So, I would do that. I would always walk the hill. That would be the hardest part of my walk, to me, and gave me the most - for my gluteus maximus, the most benefit, and then I would walk down the hill, and then walk home. That was about a four and a half, five-mile walk, and then I would take a shower of course, and go to work. And, I walked all day long at work. How I wish I'd had step counters back then - I was thinking about this. I probably would walk 30,000 steps a day.

Michael: So, how high did you pump them? Did you keep your hands over your heart or your hands on the upward?

Mira: Ever since then, yes. I propel my arms forward, and they are easily propelled forward, because the length had so much to do with it. I will continue to use these weights forever. To me, it's the best exercise - there's no better. It's completely portable, it's better than the bands. I mean, I just like to walk, and I'll walk upstairs, I'm not an elevator person. I'll just put that into my life

regime. And listen, Michael, I have suffered in life. I've always felt fat, I was always on a diet. I've been on diets since I was six years old. It's so awful to grow up like that.

Michael: So, when you were really walking a lot with the Heavy Hands at your peak fitness back then, did you have to diet?

Mira: At that point...I mean, I really started taking care of myself early on, because I was insecure. So, what do I want to be? Fat? A pig? Or do I just want to be normal? It's almost like a prayer to God, just let me be normal and not be an overeater, and my parents are from Poland, they survived the Holocaust, I was born in Germany, grew up in New York, and live in Hollywood.

Michael: So, you were a makeup artist on The Price is Right?

Mira: I was the hairdresser for 15 years.

Michael: Oh, that's really cool.

Mira: Yeah, that and Young and the Restless. I worked at CBS. Also, when I went to go to do circuit training, like I told you, at the peak I was like 49, 50 years old when I was at the peak of my looking good Heavy Hand use, and I reshaped my body. They tested my body fat, she was looking to see what the fat amount was on my thighs, and she's like, "Wow, do you train? Do you work out a lot?" I was like, "No, I'm a race walker with Heavy Hands." They just missed it, that's not their business, they want to bring people in so they knock themselves out on millions of pounds of weight that they cannot keep up. Here's the thing - you ever see these old bodybuilders, what they look like? They might still be strong, but I'm telling you, they don't have the bodybuilding gear at their house, unless they're super rich, to keep it up. I like yoga, but I can't even afford yoga right now - they're ridiculous. You're a wonderful guy. I'm glad that I've been able to send you a picture and get a response. I thought I was sending it to some huge company that was still around.

Michael: I'm just an entrepreneur, but I'm enthusiastic and passionate about it and sharing and spreading the word, and I think it was a fantastic exercise back then and the time has come again, and I want to build the business and I want to collect these wonderful stories from users, because how else would anyone know about it, unless they hear from someone who's been doing this 25, 30 years? Very nice talking to you Mira, and have a great rest of the day. And, I'll send you a link to all my interviews, and I'll be in touch.

Mira: Thank you so much.

Michael: Bye-bye.

For more great interviews like this, go to Michael Senoff's www.WeightedHands.com.