

## **Fit for Prime Time**

### **One woman's quest for the perfect body.**

A six-pack stomach. Firm calves. Arms that would make Jennifer Aniston jealous.

Who wouldn't want the perfect body? Well, thanks to MTV, one woman has been given the chance. As part of the documentary reality series "True Life," the network went in search of candidates between the ages of eighteen and twenty-eight who were willing to go to "extreme lengths" to change their appearance without surgery or drugs.

To help with their search, MTV contacted Cathy Savage, a former competitor and well-known fitness coach and choreographer who runs her business out of Core Fitness Centers. With health clubs in East Greenwich, Franklin and Walpole, Massachusetts, Core is, among other things, the largest training center in the country for female fitness competitors.

Savage had just the person in mind - Rebecca Swimmer, an average-weight Harvard Ph.D. student who had recently contacted her about training. Out of 1,000 applicants, MTV went with Swimmer, and thus began an intense work-out and nutrition program, with the ultimate goal that Swimmer be ready for her competitive debut in South Beach this month.

For the past four months Swimmer has worked side by side with her coach and a camera crew - logging about eight hours a week at the gym. In terms of the approach, Savage says, "we're not concerned with weight or counting calories; there's no magic number. It's based on proportions, tightening the whole physique." Swimmer will be judged in two categories: the swimsuit portion, and a two-minute routine set to music that demonstrates strength, flexibility and endurance. So far, the novice competitor is on track to do well, says Savage, but there are no guarantees. Even perfection is subjective, after all.

"True Life: I Want the Perfect Body" will air on MTV in May and June.

-L.E.H.