

INTERVIEW BY **SARA VIVEIROS**  
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# LIVING YOUR LIFE, JUST BETTER

**INSIDE FITNESS TALKS WITH STEVEN J. WONG  
ABOUT HIS NEW DOCUMENTARY, "ANTI-AGE ME"**



**I**

Inside Fitness sat down with filmmaker, Steven J. Wong – an avid martial arts practitioner, highly competitive athlete, loving husband and father of three – to discuss his new feature documentary project, *Anti-Age Me*. He guarantees that anyone who follows this project will improve their own quality of life and substantiates his commitment by using himself as a guinea pig throughout this 18 month process.

He takes the time to talk to *Inside Fitness* about his experiences, reasons for making the film, and the overall objective of the documentary. The film is scheduled for a 2014 release.

**IFM:** Did your last film, *The Striking Truth*, have any influence in creating *Anti-Age Me*?  
**SJW:** Absolutely! In three major capacities: Firstly, as you know a documentary can only be a couple hours long at most – with my last

film, *The Striking Truth*, I had to leave 298 hours of footage on the cutting room floor. Unfortunately, the audience missed out on some unbelievable high quality footage. Secondly, I was exposed to some of the greatest trainers, nutritionists and health practitioners throughout the 4.5-year production phase, which really made me aware of all the methods and protocols to maximize quality of life. Lastly, as I have entered my forties, I have personally

felt the affects of aging, yet I see elite athletes who are older than me able to compete at championship levels. I believe so strongly in the facts that we have uncovered through our years of research that I have used myself as a guinea pig in many of these advanced medical protocols. These three revelations are the foundation of the *Anti-Age Me* project.

**IFM:** I see that you are referring to *Anti-Age Me* as a project and not just a documentary. Tell me more about this.

**SJW:** I'm glad you picked up on that. The documentary portion of the *Anti-Age Me* project is simply the final outcome of an entire process. The process is the key to this project. Just think about how many times you've been sitting in a movie theatre complaining about how the movie could have been better, "change this scene," "delete that scene," "add this..." Traditionally, your input will never influence a movie, but the *Anti-Age Me* project changes all of this. The audience now has the opportunity to engage with us and provide feedback, which will be used to influence the topics, storylines and outcome of this project.

**IFM:** How does the audience participate in the *Anti-Age Me* project?

**SJW:** We've actually made it very simple. **Step 1:** Follow us on Twitter @antiageme, Like us on facebook.com/AntiAgeMe and visit our website www.Anti-AgeMe.com. **Step 2:** Let your voice be heard. When you see a topic that appeals to you, leave a comment, share it with others, tell us what you want to see. This way we will truly understand what



the audience wants so we can send our crews out to shoot that specific content.

**IFM:** On your website, [www.anti-ageme.com](http://www.anti-ageme.com), there is a large team of experts. How did you select the bloggers for *Anti-Age Me*?

**SJW:** The primary objective of this project is to create awareness on how to achieve the highest quality of life. This consists of fitness, health, wellness, beauty, vitality and age management. We have teamed up with the top experts and authorities in their fields and this is our ongoing mission. Our bloggers are so ex-

cited about joining our project that they're calling the contributors 'The Dream Team.'

**IFM:** Your project is focused on a lot of different aspects that improve the overall quality of life. Through your own experiences, how important is fitness to quality of life?

**SJW:** It's 110 percent mandatory. You need to find ways of incorporating a fitness regimen into your daily lifestyle. That's why I love what *Inside Fitness* is doing. If you flip through the magazine, you'll see articles that are about fitness, nutrition, and health. There are a lot of

**"It's about living the absolute highest quality of life until the day you die."**



The *Anti-Age Me* crew films Jay Cutler and learns all his secrets to success in an hour long interview and posing demonstration.

Steven J. Wong gets tested for his VO2 max in the Human Performance Lab at The Body Well USA.



similarities to what *Inside Fitness* is doing and what we are doing with this project.

**IFM:** For a lot of people, the title “Anti-Age Me” sounds like the project is about turning back the clock. But that’s not the basis at all, correct?

**SJW:** A lot of people have a misunderstanding of that term. They think anti-aging is all about living until you’re 110-years-old. It’s not about that at all. It’s about living the absolute highest quality of life until the day you die. You’d rather live to 75 and be playing tennis your whole life, as opposed to living to 100 and being hospitalized for the last 15 years. Our project is all about taking a proactive approach and creating awareness for the audience so that they can avoid becoming infirm for even one day. If you take all the information that we’re providing in this project, and take it to heart, it will really change your life.

**IFM:** You work with many top experts in their respective fields for this project including Dr. Mike Carragher. What was it like working with him?

**SJW:** When we started doing our research, we found out that some of the best age management doctors in the world were in the United States. Our findings led us to Dr. Carragher from The Body Well USA and we really liked his approach to proactive health care. His facility in West Hollywood, California is very much a boutique – a personalized, one-on-one experience – and is home base for athletes from five countries who competed at the 2012 Olympics. Dr. Carragher provides that customized experience we were looking for. He gave us his cell phone number and told us to call at any time, and we did! He is also one of the very few doctors who actually did his residency in age management when most doctors will go into an area of specialty before focusing on anti-aging. What impressed us most about Dr. Carragher is his

four-prong approach to health care: intelligent exercise, nutrition, stress management and hormonal optimization.

**IFM:** I saw on your website that you were evaluated in Dr. Carragher’s human performance lab. Tell me about your experience at The Body Well USA.

**SJW:** Wow, what an experience that was! I’m fortunate that my crew filmed every aspect of this important scene, with four cameras, to share with our audience. The testing was intense but very motivating because I learned so much about Dr. Carragher’s system. I was evaluated for strength, power, VO2 max, flexibility, spinal alignment, reaction time and cognitive performance. There is no guesswork or grey area involved, he makes it an exact science with quantitative analysis. As evidence of this, the first thing he did was a series of comprehensive blood panels for me. The results were profound and revealed stuff I had no idea about, including an extreme deficiency in IGF-1 (the indirect marker for growth hormone) and low testosterone. Dr. Carragher is an expert in hormonal replacement therapy (HRT) and testosterone replacement therapy (TRT) so I knew I was in good hands. I’ll reveal all the results throughout the *Anti-Age Me* project including whether medically prescribed HRT and TRT improves athletic performance. Stay tuned!

**IFM:** What do you want people taking away from your project?

**SJW:** We want people to realize that no matter what your body composition is now, no matter how sedentary, or how athletic you are, or how healthy you feel, there are always ways to improve. The purpose of this entire project is to create awareness to provide audiences with the knowledge to live the highest quality of life. We have access to all the answers, so now it’s up to you to follow our story. **IFM**