

Mike Donovanik

Check out the fitness buff's Youtube channel www.youtube.com/mikedfitness for his workout videos!

LIVING THE AMERICAN DREAM

At 28, not only is this Asian-American a celebrity personal trainer and fitness instructor in Hollywood, California, he also has his own workout series *Mike Donovanik Extreme Burn* airing on Life Inspired (Astro HD channel 728). Growing up, he might have wanted to be a doctor (didn't we all?) but nothing makes Mike happier than helping change lives around the world. "Messages on social media encourage me to put more energy into my work; I want to travel around Asia, teach some classes and meet my fans."

BOY NEXT DOOR

He might be on speed dial for Hollywood's finest including Rumer Willis but that doesn't make Mike any different from the rest of us. Any attempt to turn down an offer of ice cream, cake, pizza or chicken wings will always fail and Mike's all-time favourite movie is *The Devil Wears Prada!* On the one who inspires him the most, there's no doubt that he finds his mother to be the biggest influence in his life.

5 WAYS TO MIKE'S HEART

1. Don't be afraid to challenge him.
2. Make him laugh.
3. Have an individual sense of style.
4. Be charitable.
5. Don't mind staying in on a Friday night.

Who would you switch places with for a day?

"Katy Perry. She is such a rock star and someone who constantly inspires me."

You would never leave home without...

"... my iPhone! It is literally my life!"

Favourite wardrobe staple?

"My go-to footwear is definitely a pair of Converse! I also love J Brand jeans and John Varvatos distressed T-shirts."

You would happily splurge on...

"... an amazing, decadent and delicious dinner because life is too short to watch what you eat 24/7."



KATY PERRY

