


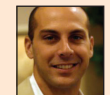









2007 Fittest CEOs

DATA COMPILED BY: 24 HOUR FITNESS, PFIZER AND CATHY S. CRUZ-GEORGE

			OVERALL SCORE	Life Cycle	Shark Skill	Push-ups in one Min.	Plank Pose (min.)	Cardio Routine	Strength-Training Routine	To stay emotionally and mentally healthy, I ...	To prevent my workouts from getting boring, I ...	My "bad" foods are ...	When I'm too lazy or tired to work out, I ...	I'm inspired by ...	My power foods are ...
1	DAVID LOW Managing director, Hawaii Capital Management Age: 45		15	59	6.06	110	6.09	Run 10 miles, bike 20 miles or swim 1 hour every day.	Full-body weight training, with 10 to 12 reps on machines and free weights every day.	train for triathlons six days a week with friends.	travel and do multisport training.	chocolate macadamia nuts and booze.	remember how I was once a fat, lazy slob. Now even my abs have abs.	my mother. She still swims an hour each day and is in great shape at 72.	energy gels.
2	CHIP DOYLE President and chief executive officer, Group Pacific (Hawaii) Inc. Age: 48		20	50	4.88	97	8.03	Bike, run or elliptical training for 45 minutes, three times weekly. I paddle my OC-1 in the a.m. for 12 miles on weekends.	Legs: extensions, curls, jumps and lunges. Chest: alternating bench/incline press, explosive push-ups on a medicine ball and cable pulls. Back: bent-over rows, pull-ups/chin-ups and cable pulls. Shoulders: smith machine, dumbbell lifts and upright rows.	paddle in the ocean, play with my kids, spend time with friends, play guitar and read.	train with friends and do their routine; ask people I admire in the gym for tips; read and take occasional breaks.	Oreos. I won't eat just one.	schedule my workouts and keep the appointment. I rarely bump my workout for business meetings.	my kids and wife. I want to stay healthy for them. I want to be healthy, have an attractive body and feel strong.	a good night's sleep, breakfast and plenty of water. Drinks with electrolytes keep me fueled during long, intense sessions.
3	KARI LEONG President/Co-Founder, Greater Good Inc. Age: 33		21	73	0.05	57	4.01	5:45 to 7 a.m. on the elliptical trainer every morning.	I carry my 2- and 4-year-old children whenever they need me. That's a workout!	have a supportive, loving husband. I eat whatever and whenever I want, spend time with family and go shopping.	watch different TV shows when working out.	chocolate and Cold Stone Creamery cookie-dough ice cream.	grab a snack and just exercise.	n/a	ice cream, chips and cookies.
4	ERIC HANSON President, EQI Inc. Age: 30		30	50	3.92	63	4.39	Six days a week, with two days each of cycling 25 miles, running five miles and swimming 800 meters.	Two days a week, with one day of chest and triceps, and one day of back and biceps. Abs on both days. High reps with medium weights, with 60 percent executed on the ball.	connect with my family via phone or trips to the Mainland as much as possible.	I also surf and golf, knowing it will help with the grueling parts of my bike and run.	anything from Taco Bell.	pop in the 2006 Ironman World Championship video to keep the dream alive.	my grandfather. He just turned 90 and is going strong.	Gatorade and an occasional Red Bull or Zipp Fizz. I rotate between Myoplex and Muscle Milk.
5	ALVIN YEH General manager and partner, Pearl Ultra Lounge Age: 32		34	44	5.52	87	3.37	Cardio in the morning. I mix it up: run at the beach, swim, jump rope, shadowbox or hit the bag and the treadmill when short on time.	Core workouts. Swiss balls and bosu balls; stability equipment for push-ups, pull-ups and plyometrics.	stay fit and spend time with family. My career is not the usual 9-to-5.	train at ICON Gym to improve my Mixed Martial Arts game of boxing, muay thai, wrestling and jiu-jitsu.	all fast foods.	am competitive by nature, so I strive to be the best in everything that I do.	my baby daughter, Madison Ai Ling Yeh, who has brought a new perspective to my life.	For supplements, I just go see the boys at Designer Body, who are on top of their game.
5	JACOB THORP Principle Broker/Mortgage Banker, Premier Mortgage Capital Inc. Age: 30		34	47	4.81	66	3.27	45 minutes of running, biking or swimming, four times a week in the afternoons or evenings.	10 to 15 reps of push-ups, pull-ups and weight curls or presses.	live a simple lifestyle. My three priorities are: God; spending time with friends and loved ones; and enjoying the surf.	surf, skateboard, bike and hike.	peanut butter and chocolate ice cream shakes; spaghetti; and energy drinks.	remind myself that I'll feel better once I'm done. I just turned 30, so I know I've got to work harder to keep in shape than I did in my 20s.	Lance Armstrong. I'm also inspired by old-timers who still surf every day.	water; a good amino drink; spaghetti and Cliff Bars. One bar saved my life on a 20-mile hike.
7	RICHARD LEWIS Chief executive officer, CORESystems Hawaii Age: 43		37	53	6.09	57	4.23	One hour of kickboxing and boot-camp cardio classes twice weekly.	Full-body weight training at 3 p.m. twice a week. Two sets, 15 reps with lots of body-weight exercises.	get enough sleep, play with my 9-year-old daughter and take vacations.	spearfish, swim, play tennis, run and practice Aikido. I also work with a personal trainer.	a large Coke and Reeses. Both are banned for me.	have to be committed. Exercise is not optional.	my daughter, who is very active. Jack Lalane was my childhood inspiration. My employees are very fit and inspiring.	protein shakes with bananas every morning; coffee; protein bars in the afternoon; Subway or Paradise Café for lunch.
8	CHERRY FU Owner, Girls Who Surf LLC Age: 27		38	68	8.81	34	6.04	Surf lesson instruction; squash; elliptical machine, treadmill or bike for 25 minutes.	At 6 p.m., a mix of machines and free weights; 12 to 18 reps each.	feel like I'm on the right track in life, so I feel pretty good about myself. Variety keeps me happy and healthy in and outside of work.	I get on a boogie board or short board, which is good for my legs or upper body.	beer, instant ramen and sunflower seeds.	If squeezing in a workout means I'll be more sane tomorrow or able to handle my surf class, that's why I get in there.	performance. I stay fit so I can do well at work, in sports and in daily living.	coffee before challenging lessons. Bananas, water and Gatorade.
9	SCOTT INATSIKA President, Lincoln Scott Age: 37		40	64	12.38	72	3.0	Three times a week: Hindu squats; Hindu push-ups; inverted crunches or sit-ups; neck bridges; pull-ups; Brazilian Jiu-jitsu twice a week.	See left.	spend quiet time reading Scriptures and connecting with my wife.	train in Brazilian Jiu-jitsu. Sparring with guys a lot heavier than I am is difficult.	pizza and beer.	realize that if I don't train, I will be dominated by guys who are stronger, faster and younger.	to be there for my family. I've seen close friends die or suffer from health problems and don't want that for my family.	lots of water.
10	MAX TSAI President and owner, TC Kokua LLC Age: 40		41	42	6.1	86	3.3	Run on the beach and swim in the ocean. In the gym: stationary bike or elliptical trainer for at least 20 minutes.	Train each body part no more than twice a week, with a four-day split. Three sets, with eight to 12 reps per set, with at least three different exercises per body part.	believe that sports is 90 percent mental and 10 percent physical. I do yoga and various forms of meditation.	change my reps, times and types of exercises. I'm also a personal trainer so I know tricks to keep my workouts fun.	fries and pizza. I don't really have a sweet tooth.	belong to two gyms, one near home and another near work. I allow myself to have lighter workouts if I'm not feeling 100 percent.	my father, who is 74 but looks 50. He and I used to exercise almost every day. He has less body fat than I.	amino acids or protein powders for recovery.
10	CAROLYN FRUTOZ-DE HARNE President and chief executive officer, Hawaii Healthcare Professionals Age: 45		41	51	6.29	64	3.02	Spinning; treadmill or outdoor cardio after a cup of coffee at 7 a.m.	Four sets of 18 push-ups, incline dumbbell bench presses and leg presses; squats and sit-ups on the ball; a focus on a different body part every other day.	exercise five times a week, eat healthy foods; learn to take breaks and breathe; keep a sense a humor; and get deep-tissue massages.	go for a swim or take a high-cardio class, or take a long walk with my husband.	cheese and movie popcorn with lots of butter.	watch Fit TV on days when I don't want to exercise; this motivates me and my husband to work out. We team up.	my mother. Years ago, she encouraged me to jog and join a gym. She works out as much as I do.	good old H2O.

To qualify for the Fittest CEO Challenge, contestants had to have one of the following titles: CEO, president, owner or the top executive of a business or nonprofit company.

Last June, trainers from 24 Hour Fitness tested 22 Hawaii executives in four fitness areas:
 1) Cardiovascular fitness (Life Cycle test) 3) Upper-body strength (push-ups)
 2) Agility (shark skill test) 4) Core/abdominal strength (plank pose)

For the Life Cycle test, contestants received numerical scores based on gender and age. For the other tests, contestants were ranked on how long they maintained the Plank Pose; how many push-ups they did in one minute; and how fast they completed the

shark skill test. Based on their performance, contestants were ranked from 1 to 22 for each test. A Pfizer representative collated the scores and narrowed the results to the top 11, or 50 percent.