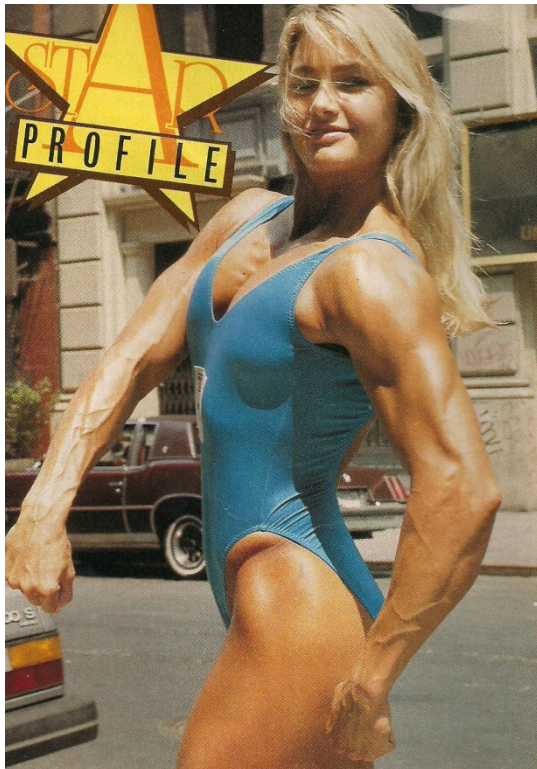

KATHY UNGER

By: Dennis B. Weis



There is an ancient proverb to the effect, "One picture is worth a thousand words". Bob Kennedy's MuscleMag International offers the photo's of the beautiful Kathy Unger, which accompany this issue of Star Profile as proof. Photo's like these are the finest argument MuscleMag can offer the general public, in support of shape training for women.

There are some female physiques which grace many pro the bodybuilding magazines which have exactly the opposite effect on the casual observer! They depict (to the average eye) an over inflated, artificially developed and unaesthetic pile of bulging muscles fitting only for a man. To those same average women, it appears to be a useless body, fir only for public display or self admiration.

Recently I had an opportunity to show a dozen or so of the most critical men and women of female bodybuilders, the centerfold of Kathy Unger in the July 1991 issue of Muscular Development magazine. Invariably, they were pleased with what they saw and made such remarks like, 'Now, that is a woman!' and 'I wouldn't mind looking like her!' or 'She doesn't have those puffy muscles'.

Look at the photo's of Kathy which accompany her star profile, better yet think about them, for there is a lesson to learn. Female bodybuilding needs more women like Kathy Unger!

MMI: I remember reading an in-depth interview about your training and nutrition strategies in the January 1990 issue of MuscleMag, which was written by

Garry Bartlett. There is no sense repeating what you and Garry talked about there. I would rather talk with you about the more personal side of Kathy Unger, if that's all right with you.

KU: That's fine with me and more than likely the MuscleMag readers might like something a little different than the usual workout and nutrition thinking.

MMI: Great! When and where were you born, what color was your hair, and how much did you weigh at birth?

KU: I was born on February 8th, 1964 in Inglewood, New Jersey, and I weight in at a porky 8 pounds 10 ounces. Hah, I didn't have any hair when I was first born and in fact I probably looked like Elmer Fudd on top. Later on when I did start growing hair it was blonde.

MMI: Boy, O' Boy Kathy, you were a herking big baby when you were born. At that weight you must have had more chins than a Chinese phone book, ha. I have a theory about big babies; having fathered three children myself who all weighed over 8 pounds themselves. I personally think that babies that are large to begin with have a much better sleep cycle than say a 6 pound or premature baby.

KU: You're right about big babies sleeping better than smaller ones. I think bigger babies are more content, depending of course how the overall pregnancy went for the mother. I liked to sleep and eat when I was a baby. As a matter of fact at my age of 28 I still like to eat.

MMI: I'm going to ask you some questions about eating in just a minute, but first I want to make the readers aware of it in case they didn't catch it earlier when you said you had blonde hair as a child that you are in fact a natural blonde, right!

KU: Yes as a matter of fact I am a natural blonde with blue eyes. I notice that as I get older my hair is turning slightly darker though not that much and I will use a light rinse to keep the blonde effect going.

MMI: This might sound like an unusual question Kathy, but do you wear contacts with blue tint? I am asking you this because your eyes are really a sky blue. It almost seems unreal.

KU: No I don't wear contacts at all and as a matter of fact I don't even own a pair of reading glasses. What you see is the natural eye color I was blessed with at birth.

MMI: You mentioned earlier on in this interview that you could really put away the food when you were a baby and still to this day like to eat a lot of food. Let's talk a little bit about your actual food intake. I've heard Bob Kennedy say

that you can really chow down when it comes to eating raw fish. Would you care to elaborate on this?

KU: Bob doesn't miss much does he? He must be referring to those times when I go to my favorite eating spot "Yagamuchi's" and have eaten as many as 30 pieces of sashimi (raw fish) along with 3 large bowls of rice. The chefs at Yagamuchi's call me champion and even have a couple of pictures of me on the wall.

MMI: Whew! Remind me never to invite you out to lunch or for that matter over for a Thanksgiving dinner. Man the people at Yagamuchi's should put a title over your pictures which read "Here is Kathy Hog jaw". Ha-ha. I guess it's a good thing they have your picture on the wall, because if they didn't, the patrons would probably be looking around for someone who looks like Roseanne Barr. Anyway what's your average food intake look like?

KU: Usually every morning I'll get up and right off I'll drink 2 big glasses of water. Then I plug in the Krups coffee maker and when its done I'll have a couple of cups just to get me going and it has to be really black and strong. Next I'll make 6 egg whites into an omelet and along with this I eat a big pot of cream of rice. This roughs out to 3 or 4 servings which I eat right out of the pot. I'll polish breakfast off with an apple or two or maybe a banana or some fresh strawberries. After I eat I take a vitamin/mineral pack and some chromium picolinate.

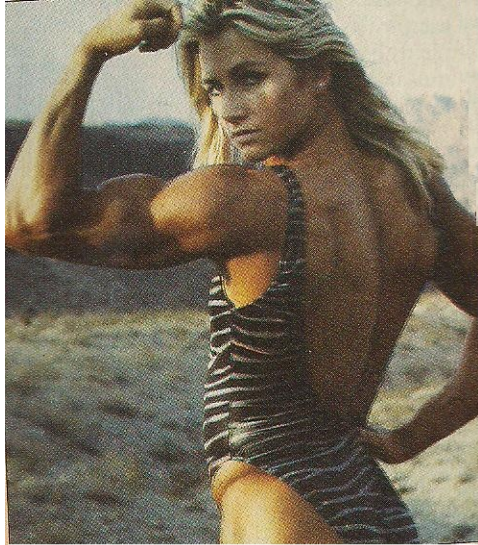
Noon time is lunchtime for me. Most of the time I brown bag it and eat in my car because I am on the run a lot. I'll have a couple of large nuked red potatoes, a large chicken breast, or turkey meat which has been grilled. I then eat an apple and wash everything down with a large glass of water.

Its a long time between lunch and dinner so about mid way through the day I mix a protein drink which consists of 2 table spoons of a powdered rice protein, in 8-10 ozs. of water. This mixture is a little bit gritty but its worth it because its really high in the amino's. Dinner tonight for example I will eat a 16 oz. tuna steak, broccoli, grilled peppers and some big red potatoes.

MMI: Take about an eating machine. Your metabolic rate and exercise level must be extremely high. Is there any food which Kathy Unger doesn't like?

KU: I'm not fond of a lot of dairy products like milk and yogurts because of the adverse reactions they have on me. I really don't care at all for anything with a cream sauce base or Fondue.

MMI: I notice that when you were telling me about what you eat that the only things you drink are water and coffee. Is there anything else you like to drink, like say a six pack of coke or perhaps a couple of beers say in the off season when you are not training for an important contest?



KU: Like I mentioned I drink coffee just to get me going in the morning, but most of the time I just drink water, except on the weekends when I might drink some champagne but it has to be the good stuff. I would never drink it the night before leg training day.

MMI: Kathy, there is no doubt in my mind that you are one of the most feminine looking female bodybuilders around today. What are some of your physical measurements?

KU: At a height of 5'8" and at a current bodyweight of 157 pounds, my biceps are 14", Chest 42", which is due to my width and thickness in my upper back and ribcage. My waist is 26" and my thighs are 24"

and my calves are 16".

MMI: With those measurements what size pants and dress do you wear?

KU: I can squeeze into a size 8 in pants or jeans and a good dress size would be around 10.

MMI: While we are talking about personal style such as dress sizes etc., what type of clothes or jewelry do you like?

KU: To be real honest with you and I know some people will find this hard to believe because I am a model, but I am not a fashion freak. I don't even use makeup except for a photo shoot and then it's only a little eye liner and blush. I do love gold earrings and diamonds though, but they have to be the real thing.

I hate shopping for clothes, but I love to grocery shop which I guess goes back to my love for food.

MMI: Oh, oh, here I go again asking you about your food habits but just out of curiosity how many times a week will you eat out as opposed to cooking dinner at home?

KU: I'll eat out maybe three times a week and the rest of the time I will cook dinner at home. Most of the meals I prepare for myself are stone age nutrition variety, where everything's made from scratch. My husband Jerry is more into the fast food scene so I have to basically cook two different meals in the evening but I don't mind.

MMI: In some of the more recent articles written about you especially the one written by Ruth Silverman in the August 1991 issue of Iron Man she says you were a classic tomboy and quotes you saying "always very hyperactive, climbing trees, building forts, playing football." Having said that how did you do grade-

wise in school or maybe a better way to put the question would be to ask you what your favorite and least favorite subjects were.

KU: No kidding I was a tomboy through and through, who liked to run and swim and have fun outside. As a matter of fact I still enjoy the outdoors by hiking or walking on the beach with my husband and our dog Damien. My least favorite classes in school were Math and History and as you might guess I really got off in Art and Gym classes, because these classes were more physically challenging.

MMI: So being a tomboy would you consider yourself an early or late bloomer?

KU: No doubt in my mind I was a late bloomer.

MMI: Are you then saying that you didn't become interested in guys till later on in your teen years?

KU: I am not saying that at all and as a matter of fact I was always interested in the guys. When I was ten years old and in the fourth grade I had arranged a little wedding ceremony but the groom never showed up!

MMI: That's really funny Kathy. One thing is for sure your husband of 4 years, Jerry Polidoro certainly didn't miss his walk down the aisle with you. I am sure there are plenty of guys out there who wouldn't mind being your husband and so it is only natural to ask you what personality traits he has that would cause you to make this lifetime commitment of marriage?

KU: Well to begin with we started out just becoming friends with both of us having a good sense of humor where we could get some good laughs together. As our relationship developed we began to become best friends and put our total trust into each other. Best of all we let each other do our own thing. To me this is way moer important than say a physical relationship only or having a high I.Q. Oh yeah, we are both good listeners also.

MMI: If there is a key element to your marriage it could very well be the word trust. To me you seem to be a friendly person even when I met you for the very first time. Your pleasant manner gives out those positive vibes that we have been friends forever. No doubt Kathy, you're a real fox and I'm not talking about Bertil so how do you discourage the guy who meets you for the first time and misreads your kindness in his own mind as a come on to make a pass at you?

KU: So far I have not had an incident like the one you speak of happen to me yet. Hey, I'm going to be nice to the guys, but in reality I am very cautious inwardly with meeting people till I get to know and trust them. I am friendly but firm in a nice way.

MMI: Well so far in this star profile interview, the readers have learned that your strong or favorable personality traits are having a sense of humor, being a good listener and being friendly. What would a weak personality trait of yours be as far as you are concerned?

KU: I think I am a little bit too timid especially when I am up on the posing platform with the heavy hitters in competitive female bodybuilding contests. I would like to be a bit more aggressive but in a positive way without getting people irritated with me.

MMI: What type of a situation can get you angry or up on step? Maybe I should call it a pet peeve

KU: Let's see. I know for sure I don't like it when people bully or tease someone. Another thing I don't care for at all is when I'm with someone who is supposed to be a friend and we mingle with a group of other people and that friend starts acting like some of the others in the group rather than themselves. Let's say you and I joined a group of people at a party and I knew before hand that you are not the type of person to ridicule or badmouthing others, yet at this gathering you start badmouthing everyone and everything because the rest of them are doing it. I say, "be yourself and don't try to be something your not just because you want to be accepted as part of the group." That's really phony in my book and not someone I would every put my trust into for very long.

MMI: What makes you happy?

KU: You're not going to believe this, on second thought you probably will. A nice sashimi dinner at Yamaguchi's.

MMI: Personally for yourself what has been one of the biggest highs in your life so far?

KU: It has to be something that I accomplish all by myself and in that respect it would have to be my trip to Tokyo, Japan as a contestant in the 1989 IFBB Womens Amateur World Invitational Bodybuilding Championships. I put together my diet, posing and training for this show and I traveled there all by myself. I won first in the heavyweights and also the overall (Queen of Japan). I felt really good about this and still do.

MMI: This star profile is getting somewhat lengthy and Ol' Bob Kennedy will start popping the Roloids when he sees how long it is so I'll ask you some simple one liners and he'll think it's almost the end of the interview and then I'll pop a couple more detailed questions on you and he'll never know before it's too late. What are some of your favorite movies and actors and actress'?

KU: One of my favorite movies was Blind Date with my favorite actor Bruce Willis and the last movie I saw was Total Recall with Arnold. My favorite actress is Goldie Hawn.

MMI: What types of magazines and books do you like to read?

KU: I don't like read newspapers like the Enquirer or magazines like Cosmopolitan, but I do read a lot of health and fitness magazines and textbooks which help me a great deal in my capacity as a personal one-on-one trainer. I really like MuscleMag a lot and Iron Man magazine. They're all generally pretty good. So I don't sound so one dimensional in reading I did enjoy reading Hemmingway's The Old Man and The Sea and Mac and Men.

MMI: What is your favorite type of music and who is your favorite recording artist?

KU: I like a very upbeat "top ten" type of dance music and I without a doubt would have to say Madonna is my favorite recording artist. I don't get off on Country Western music at all.

MMI: If you have a choice would you rather write letters or make a phone call?

KU: If we are talking about personal friends and relatives then a phone call is the best way to go for me because there is more feedback. You can say a lot more in a one hour phone conversation than you can in an hour of letter writing. Writing is a one-way thing. However when my fans write to me I send a handwritten letter of reply back to them on my personal stationary.

MMI: What is your favorite relaxing activity?

KU: Running a day care on the weekends where there are at least 10-12 crying babies who aren't potty trained. Ha ha, I'm only joking. Really I like to take nice long walks on the beach and just look at the waves and there is no better place than the Jersey shores in New Milford. It is my most favorite place to be of any place I can think of in the world. I am what you might call a lark or early morning riser so I really enjoy the walks on the beach in the mornings when I get the chance too.

MMI: What is your favorite holiday of the year? You mentioned food is quite a number of times throughout the interview so I am going to guess that your favorite day is Thanksgiving. You really have a legit excuse to pig out then.

KU: WRONG, WRONG, WRONG! My favorite holiday is Easter because everything is starting to look like springtime after a hard winter. Christmas should really be the all time favorite but it has lost its meaning due to all the commercial hype that goes into it. The end fact of the matter is there are more suicides during this time of the season than any other.

MMI: With your very outgoing personality combined with your terrific sense of humor do you and Jerry entertain in your home a lot?

KU: Not really, we are both loners who have to have space to ourselves. We are by no means selfish or self centered and I guess you could say we're more like Frank and Christine Zane. And don't forget that our day to day lifestyle here on the east coast doesn't always allow for that much entertainment.

MMI: That brings up an interesting question. Describe the average day in the life of Kathy Unger for the MuscleMag readers?

KU: I'll kind of give you what an average day is like, but every day can be a little different than the day before or after. Anyways here goes. I get up around 7:00 each morning and start off by making breakfast and generally I do stuff and dink around the house until about 8:30. Then it's off to the gym for my morning training session. My personal training session lasts anywhere from 60 to 90 minutes. I train at a number of gyms during the week.



For example if I am training my upper body I will train at the Spa II in Paramus but if I am training quads I will go over to Strong & Shapely Gym in East Rutherford, New Jersey.

Now if I have a one-on-one Training session scheduled on the morning of my own workout time then becomes the master instead of the servant and I will skip breakfast, at least the type I mentioned earlier in the interview.

Now it's about noon and I eat lunch in my car and this takes about 1/2 hour and then it's off to another one-on-one training session and it goes this way throughout the rest of the day.

Lately though I have been doing some body fat compositions and diet consultations for clients of Dr. Pete Gratele, who is a chiropractor. I do this usually from 3:30-7:00 p.m. Then I head for home and cook dinner for me and Jerry. This takes anywhere from 7:30 to 9:00 each evening. After dinner and all the chores are done I'll start winding down for bed. As you can see my schedule is pretty hectic and doesn't leave much time for socializing at least during the evenings of the weekdays.

MMI: I am going to have to wrap up this interview pretty quick since I have really gone way beyond the scope and space that Bob Kennedy reserved in MuscleMag for your star profile. What are some of your personal ambitions for the future?

KU: I am working very hard to get my personal one-on-one training and consultations business of the ground. So far it is doing very good just by word of mouth. I train a wide spectrum of clients ranging from women in their 40's and 50's who just want to get into shape through weight training to teenagers and men who want to improve their physical well being and nutritional practices.