

# Actor discovers quicker way to get fit

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By Herb Garbutt  
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TWENTY-ONE MINUTES: Anthony Tullo, a local actor and martial arts fighter, has developed a workout program -- titled 21 Minutes to Fit -- that he believes produces results in a short amount of time.

Anthony Tullo was spending two hours a day working out and not getting the results he wanted. He knew there had to be a better way. The 38-year-old had been involved in Brazillian jiu-jitsu since he was 25, winning a bronze at the worlds in 2003 and a national title in 2004 in his division. It was that involvement in the sport that brought him to mixed martial arts coach Eric Wong, who showed him that, indeed, training could be done differently.

It led Tullo to create his own program, **21 Minutes to Fit**.

"When I created 21 Minutes to Fit, I learned what I can do in a short time," he said. "I wasn't getting the gains I wanted (with longer workouts) and it's something I can sustain and get in terrific shape."

Better still, because it didn't take as long, it can fit into just about anyone's day, he said.

Tullo, who recently earned his purple belt, drew from the high level instructors he had studied under, including Wong as well as mixed martial arts fighter and gym owner Jeff Joslin.

"I've got a lot of tips how to do things that others wouldn't get," he said.

What Tullo likes about it is that the program works the whole body.

"It's about feeling good, looking good and having that energy to help you get through the day," he said. "It's not easy. It's concentrated, but the results are amazing."

Tullo offers the program through **Studio 911**, which he opened two years ago. He said it has helped him stay in shape for his other love, acting. He has a recurring role on Out There with Melissa DiMarco, where he plays her best friend.

"I love to create characters that are not me, interact with someone else and create an emotion," he said.

Acting was partially responsible for getting Tullo involved in martial arts.

There were times where he would have two or three weeks between shoots.

"That's the part I don't like, having time on my hands," he said. "I like to be active, creative."

He started working out and eventually went to Joslin's studio, where he recently earned his purple belt.

"He's been absolutely terrific in pushing me to the limit," Tullo said, noting that the testing to achieve the belt was exhausting.

"If you're not in incredible shape, you're not going to last," he said.