

WARRIOR AT HEART

Former Marine-turned-bodybuilder and U.S. Capital Police shares his passion for being fit. By Kristin Wood

Take just one look at Nick Stoyko's physique – with his broad shoulders, tight abdomen and massive leg muscles – and you might think “that guy looks like a Gladiator.” Spend a couple minutes with him, and you'll know that he not only looks like one, but lives like one every day.

Nick is a dedicated patriot, achieving his dream of serving his country in 1997, when he joined the United States Marine Corps. He spent four years in the Marine Corps as a military policeman in San Diego, where he came to love working in the California sunshine. He says that the best part of being a Marine was “the camaraderie between all the brothers,” and the worst part was fitting his 215-pound bodybuilding physique into the “dress uniform which was very uncomfortable and hot!” Nick was honorably discharged in 2001. Seven years later, he's still serving his nation, now working for the U.S. Capital Police in Washington, DC, guarding our nation's lawmakers and the U.S. Capitol as well.

Nick's passion for fitness and competing emerged when he was a young boy playing sports. It all crystallized for him when he saw Arnold Schwarzenegger compete. “I knew what I wanted and told my mom that one day I was going to look just like him!” In 2003, Nick began competing as a novice heavy weight, and he won his first show. The victory made him all the more determined to compete. Since then he has placed in the top 15 at both Jr. USA's and the NPC Body Rock. Last year he won the Potomac Cup in Woodbridge, Virginia.

Six months ago, Nick was forced to apply every ounce of Gladiator he possesses to saving his own life. In mid-2007, he began having had a constant stomach ache that got worse week by week. After enduring agonizing pain for months, his doctor finally diagnosed him with ulcerative colitis. He spent a month in the hospital, coming close to having his colon removed to save his life. He stayed positive and focused with the support of his girlfriend, Jenna, but lost 40 pounds of lean muscle.

Nick has since returned to the gym and credits his fast recovery to eating right and taking great supplements found at Max Muscle. Nick's favorite supplements are

Max Pro, Glutamine, Full Blown Pink Lemonade from the the American Cellular Labs line. He plans to be on stage at the Junior USA's in 2009.

Nick has big dreams of owning his own Max Muscle store in the next year. “One day I would like to open my own store because I want to teach others about the fitness lifestyle and show that anybody can do it, they just need to be led in the right direction,” he said. Another reason he wants to open his own store, he said, is he would love to wake up each morning and be excited to go to work every day. “How many people do you know can actually say they love their job? By owning my own store, I could say that and mean it.”

With his perseverance and commitment to what he believes in, who could doubt he'll succeed? **MS&F**



Nick Stoyko shows off his impressive bicep during a recent workout at the gym. Inset: This is Nick when he won ???