



LIFE HEALTH & FITNESS

KEEPING FIT

# Good advice: How Dr. Levi Harrison stays in shape

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Dr. Levi Harrison is under no illusions about his own mortality. He's just not that interested in aging.

"I stopped aging at 28," the 49-year-old orthopedic surgeon and fitness expert tells Sun Media in a phone interview from his office in Los Angeles. "I'm not participating. I'm not aging anymore. I'm done with that. I just want to feel good."

To stave off the ravages of time and remain as youthful as humanly possible, Harrison relies on two old standbys: Regular exercise and good nutrition. Yup, no earth-shattering revelation there. But Harrison — a fit 160 pounds at five-foot-nine — is a stickler for sticking

to his regimen.

"Exercise is non-negotiable. It's a lifestyle. You have to love it," he explains. "And if you love exercise, it'll love you. It'll love your body back."

Without a doubt, Harrison can be classified as an "exercise lover." He works out every day. Every. Single. Day. On weekdays, he allots 60-90 minutes to sweat it out. On weekends, he shows his body even more love with workouts of up to two hours in length.

To keep his routine from getting old, Harrison does everything from CrossFit and swimming to jogging and hiking.

"I rotate my workouts," he says. "I pride myself on allowing my body to do different things. I think it's important to cross-train." Along with regular exercise, good nutrition is also non-negotiable for Harrison.

"You can eat whatever you want, but you have to be consistent about not eating large quantities of food and not eating late at night," he adds. "A lot of people eat because food is available. I remind folks that if you don't buy it, you won't eat it. ... The ice cream, yogurt, chips, cakes, candies and fried foods just didn't magically appear. They got there because they were bought."

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