

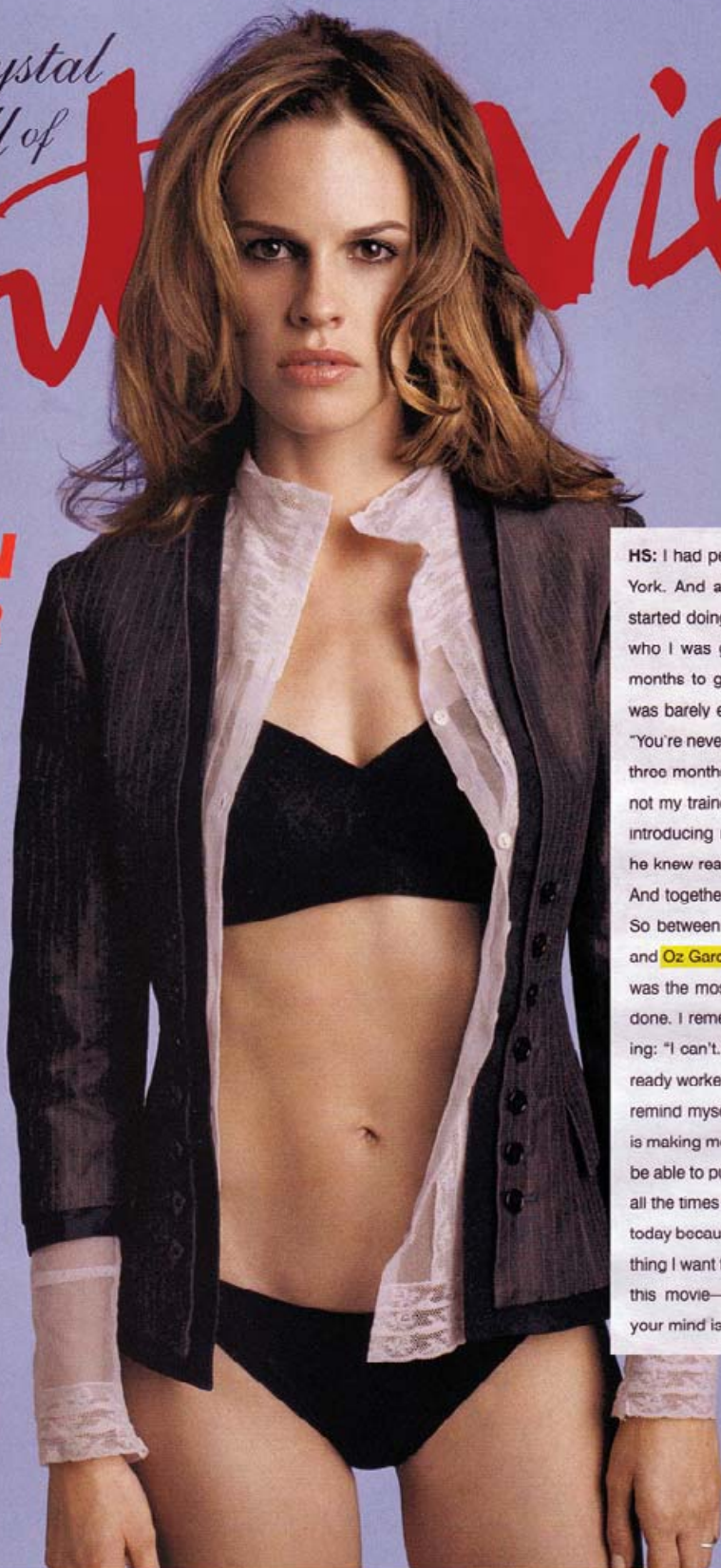
The Crystal
Ball of
Pop

March 2005

Interview

**MILLION
DOLLAR
BABY'S
HILARY
SWANK
KNOCKS
'EM
OUT
AGAIN!**

INTERVIEW BY
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PHOTOS BY
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HS: I had perma-grin the whole way back to New York. And as soon as I got there I immediately started doing my research and making calls about who I was going to train with. I only had three months to get ready, which I realize in retrospect was barely enough time. I had trainers say to me, "You're never going to be able to gain 10 pounds in three months." And I'd say, "Well, okay, but you're not my trainer, because I have to." Clint ended up introducing me to Grant Roberts, a weight trainer he knew really well, who said, "Yup, we can do it." And together we put 19 pounds of muscle on me. So between him, Hector Roca, my boxing trainer, and **Oz Garcia, my nutritionist**, I got myself ready. It was the most physically challenging thing I'd ever done. I remember waking up some days and saying: "I can't. My body hurts, I'm exhausted, I've already worked out 20 hours this week." And then I'd remind myself, "I'm going to do what I love, which is making movies" and I'd get inspired instantly and be able to push myself. Because I'd also remember all the times that I'd wake up saying, "I can't get up today because I'm so depressed I don't have something I want to do." That was a big lesson for me on this movie—that and coming to understand that your mind is your biggest obstacle.