

Research paper on lou ferrigno

Psychology, Success



Born on November 9, 1951, Louis Jude Ferrigno was born in Brooklyn, New York to parents Victoria and Matty Ferrigno. His father was an Italian-American police lieutenant in New York, while his mother was American. Sadly, the young Lou suffered from various ear infections which took 75-80% of his hearing. His hearing loss would have been prevented if the infections were not discovered late. However, this deaf problem did not stop Lou from entering athletics and eventually the field of bodybuilding. He began bodybuilding when he was 13 years old. He cited Hercules-star Steve Reeves to be his role models, admitting that he was a fan of the Hercules movies Reeves starred. Lou was also a tremendous fan of Spider-man and the Hulk, which incidentally would become his biggest iconic role. While training, Lou attended St. Athanasius Grammar School and Brooklyn Technical High School, where he was introduced to mechanical engineering. Eventually, Lou's hard work allowed him to win his first significant body building titles in 1973: IFBB Mr. America and IFBB Mr. Universe. His win as Mr. Universe earned him a slot in Guinness Book of World Records as the youngest body builder to win the title at the age of 21. He again tried out in 1974 for the Mr. Olympia competition but only came in second. He left bodybuilding for a few years to try out becoming a lineman for the Toronto Argonauts. He then returned back in 1990 to compete again for the Mr. Olympia titles in 1992 and 1993. While he only finished 12th and 10th in the noted competitions, he competed for the 1994 Masters Olympia. However, his stint in the competition was subjected to controversy in 1996's documentary, Stand Tall. Lou retired from the competition and moved on to professional training and health consultant commitments. Ferrigno's buff and muscular built

eventually helped him earn the role as the Incredible Hulk, mutant alter-ego of Dr. Bruce Banner played by Bill Bixby. The Marvel-creation character, known for his muscular built, green skin, and its capacity to destroy buildings upon the fit of rage, was fit for a muscular actor. Upon the transformation to make Lou the Hulk, he had to endure hours of makeup every time he is on set. His muscular body had to be painted green for his transformation, and had to wear prosthetic brows and wigs to make him unrecognizable and sinister. Lou took on the role as the Hulk until 1981; however, he continued working with Bixby for additional The Incredible Hulk television movies. Lou returned back into the role as the voice of the green giant in 1996. His voice was also used for the remakes in 2003, 2008 and for the Avengers this year. Lou's role as the Hulk eventually became synonymous to his name, many often citing him as one of the only few actors who could play his part both in voice and body.

Aside from his bodybuilding, acting career, consultant and motivational speaker jobs, Lou is happily married to Carla Green, his second wife as he divorced from his first wife Susan Groff in 1979. Green was a psychotherapist who eventually became Lou's manager and a personal trainer. The couple has three children: Shanna, Louie and Brent. In 2006, Lou wore as a reserve sheriff's deputy in Los Angeles and 2010 in Maricopa County, Arizona. Like his fellow actors Steven Seagal and Peter Lupus, Lou vows to aid the fight against illegal immigrants in his tenure as a volunteer sheriff posse. Lou is currently working on a fitness and lifestyle website with the help of his family, showcasing the family's ideals of lifestyle and ideas for families .

Works Cited

" Lou Ferrigno Biography." Lou Ferrigno Official Site, 2012. Web. 13 October 2012 .

Misiroglu, Gina. The Superhero Book. Canton: Visible Ink Press, 2004. Print.