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Writer Beefs Up, Waxes Down

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Andrew Corsello has a body to brag about, and you'll be able to see for yourself in GQ magazine's May issue.

Corsello, a staff writer for the magazine who lives in Richmond, pitched a self-makeover story during an editorial powwow in New York last October. His plan was to go from overweight and out of shape to buff and brawny in three months. To his delight, "Corsello Gets a Beach Body" got the green light from GQ editors.



"I had the potential to humiliate myself to six million readers," Corsello recalls of the pressure he felt. That's not all. There was the matter of grooming.

In November Corsello, 36, went to New York for the before pictures. At 6 feet 1 inch weighed in at 218. "I had been pretty severely out of shape for five or six years," he

With GQ footing the bill, Corsello enlisted the help of local fitness trainer Robin Crai Diamond, owner of Fitnessman Studios. The two worked out together three times a week for 90 minutes. "We did squats and bench presses," Diamond recalls, adding that he put Corsello on a strict low-cal, six-meal-a-day diet that forbids high-fructose corn syrup. Corsello credits Diamond's approach for his success. "He's not a Marine, he doesn't yell at you. He's more of the Clint Eastwood mode."

Throughout his assignment, Corsello kept a body journal, which he used as a guide for his transformation. What he discovered surprised him. "I'd written about being fat," he says. It's not just for men, for women, he stresses: "It doesn't make you ugly, it makes you invisible." Corsello trimmed down he became more aware. "You have a sense of eyes, whether they attract them or whether they go past you."

Corsello felt them on him. But it wasn't just because of his sinewy shape. To pull off the desired look, Corsello received a series of spray-tan treatments, dyed his black hair blond like Billy Idol and had every part of his hairy body waxed above his waist.

Two weeks ago, with the three-month assignment complete, Corsello went back to New York for the "after" photos. His colleagues at GQ were stunned, he says. Some didn't even recognize him. His weight had dropped to 181, four pounds below the target.

The story of Corsello's transformation for GQ has been photographed in a style reminiscent of the "Bully on the Beach" comic-strip advertisements for Charles Atlas products, for

He plans to maintain some of the look that shocked even his wife. "Who's this gay guy who's moved into my bed?" he says she teased, adding: "She actually likes the hair." Corsello keeps Diamond as his personal trainer, too. But the waxing is history, he says: "The reason for any man to endure the torture except for an inane magazine story." — *B Walters*

Letters to the editor may be sent to: letters@styleweekly.com

