

Who is Lou Ferrigno?

Name _____ Class · period _____ Date _____

THE SHORT VERSION

Lou Ferrigno (1951–present) lost most of his hearing as a child, became a champion bodybuilder, and played The Hulk on television. He credits his hearing loss with pushing him to maximize his potential.

FROM BROOKLYN TO BODYBUILDING

A childhood ear infection, and two decades of competition

01 EARLY LIFE AND ATHLETIC SUCCESS

- 01 Born in Brooklyn, NY in 1951, Lou contracted an ear infection as a child that resulted in 80% hearing loss.
- 02 Lou entered the bodybuilding scene by taking first place as *Eastern Teenage Mr. America* in 1971, and then went on to win over a dozen competition awards over 20 years, from 1971 to 1994.
- 03 During his role as The Hulk on *The Incredible Hulk*, Ferrigno played professional football in Canada.

02 TELEVISION AND MOVIE ROLES

- 01 Ferrigno starred as The Hulk on *The Incredible Hulk*, which he had to beat out Arnold Schwarzenegger to get.

Lou's success on television as The Hulk began in the late 1970s, which is still his lingering claim to fame.
- 02 Lou has also participated in dozens of movies and television projects almost every year since, his most recent being John Bradley in a film entitled *Instant Death*.

MORE THAN A MOVIE STAR

A badge, a fitness brand, and a life he says his hearing loss shaped

03 PEACE OFFICER

- 01 Lou is currently putting in time as a peace officer with the San Luis Obispo County sheriff's office.
- Starting in 2012, Ferrigno has dedicated about 20 hours a month as a volunteer reserve.
 - Lou attended the police academy to properly prepare, stating, "People assume it's just an honorary thing... I'm very happy to be a real-life hero, protecting life and property."

04 FERRIGNO FIT

- 01 Ferrigno is also the inspiration and co-founder of **Ferrigno Fit**, "a lifestyle brand that celebrates positive, healthy living... to build personalized transformation programs aimed at helping individuals achieve their fitness goals."
- This venture is an understandable outcropping of his life experience as a professional bodybuilder, fitness trainer, and consultant. He's helped clients as famous as Michael Jackson.

05 MAXIMIZING HIS POTENTIAL

- 01 Lou has 3 children with his second wife, Carla, and people can still book Lou to make an appearance at events.
- 02 Lou has lived with permanent, partial hearing loss for the majority of his life, and he has not let it define his life or actions, but rather believes it has positively shaped them. In his words:

If I hadn't lost my hearing, I wouldn't be where I am now. It forced me to maximize my potential. I had to be better than the average person to succeed. That's why I chose bodybuilding. If I became a world champion, if I could win admiration from my peers, I could do anything.

LOU FERRIGNO

06 NAMES AND TERMS TO KNOW

NAME OR TERM	WHY IT MATTERS IN THIS STORY
Eastern Teenage Mr. America	Lou's first bodybuilding title, won in 1971, which started a 20-year run of competition wins.
<i>The Incredible Hulk</i>	The late-1970s television series that made Lou famous, and the role he beat Arnold Schwarzenegger to get.
San Luis Obispo County sheriff's office	Where Lou has served as a volunteer reserve peace officer since 2012, about 20 hours a month.
Ferrigno Fit	The lifestyle and fitness brand Lou co-founded, building personalized transformation programs.
Michael Jackson	One of the famous clients Lou trained as a fitness trainer and consultant.

CHECK YOUR UNDERSTANDING

Answer in complete sentences using what you read

07 WRITTEN RESPONSE

01 How did Lou lose his hearing, and how much hearing loss resulted?

02 Name three different careers or roles Lou has held besides acting.

- 03** Lou says people assume his police work is “just an honorary thing.” What did he do to show otherwise?

- 04** Lou says his hearing loss forced him to maximize his potential. Do you think a challenge can push someone to achieve more? Explain your answer.

- 05** Lou chose bodybuilding because he wanted to win admiration from his peers. What would you choose, and why?

08 WHERE THIS INFORMATION COMES FROM

Lou Ferrigno louferrigno.com

Lou Ferrigno mini biography [IMDb · imdb.com](http://IMDb.com)