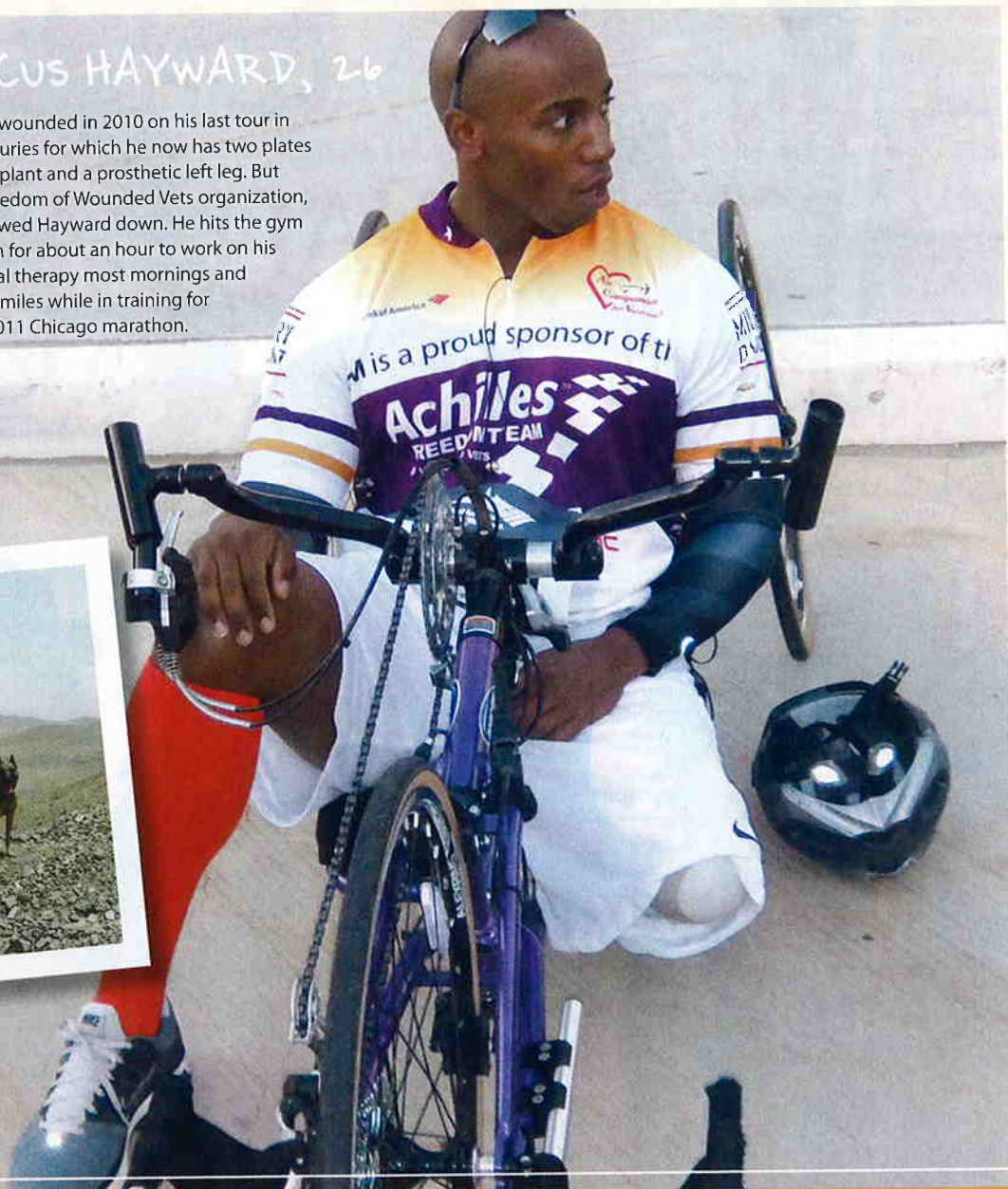
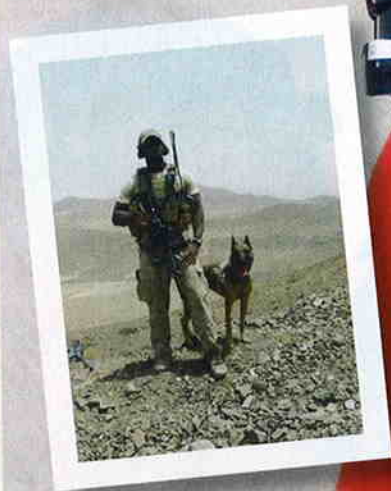


## SGT. MARCUS HAYWARD, 26

The military veteran was wounded in 2010 on his last tour in Afghanistan, suffering injuries for which he now has two plates in his face, a cornea transplant and a prosthetic left leg. But thanks to the Achilles Freedom of Wounded Vets organization, those injuries haven't slowed Hayward down. He hits the gym every weekday afternoon for about an hour to work on his upper body, does physical therapy most mornings and hand cycles five or more miles while in training for road races, such as the 2011 Chicago marathon.



**1. GUILTY PLEASURE:** Hawaiian pizza

**2. FAVORITE VEGETABLE:** Broccoli. My wife likes to just throw it in the oven with some olive oil and a little bit of shredded parmesan cheese.

**3. WORKOUT MUSIC:** Rick Ross's *Teflon Don*

**4. EXERCISE ALONE OR WITH OTHERS:** By myself—me and my music

**5. FEEL-GOOD MEAL:** Chicken parmesan and linguine

**6. LATE-NIGHT SNACK:** Wheatables. I eat those all day, morning, night, whenever.

**7. HOUSEHOLD STAPLE:** Water and Gatorade are always in the pantry.

**8. TOUGHEST THING YOU'VE EVER DONE:** The CrossFit 222 workout. We had to do 222 reps of five different things—pull-ups, pushups, squats, sit-ups and dips.

**9. HOW OFTEN DO YOU NOT FEEL LIKE WORKING OUT AND HOW DO YOU MOTIVATE YOURSELF WHEN YOU DO?** Maybe once a week. I grab a *Flex* magazine or a *Muscle and Fitness* magazine and try to read an article to get me excited about going to the gym.

**10. FAVORITE PRODUCT:** Isopure makes the best protein shakes; they are really low carb and easy to make.

