



Life With John

by Angela Grimek

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John Grimek added a note of his own to his wife's report on her family. He said:

This was some job the editor set me. Getting my wife, Angela, to write an article for H & S took a lot of doing.

I had to be sure she made notes only in her relaxed moments. If she had recorded them when the kids were on the warpath, or when I was making her lose her patience, these revelations would have been unprintable.

One thing we all admit. She is an excellent wife and a wonderful mother. We are always making demands on her but she copes with everything—even to taking my pictures when I don't want to use the self-timer (the method used, by the way, to snap these pictures). We have nothing but praise for her.

What's it like being married to John Grimek, the "Monarch of Muscledom?" I know: it's a fulltime job. Our live children are the most active bunch I have ever seen. [Ed. note: At the time this was written, their sixth child, John, had not been born.] They take some looking after.

In the past John himself has seemed to have been away travelling more than he has been at home. Last year he turned down more invitations than he accepted. His travels always mean that we received gifts from those far-away places. But we enjoy having him at home more than all the presents he can bring.

Meals are a Problem

Mealtimes are one big problem. John has an enormous appetite. The kids eat well, too, but they



YOUNG STEVEN GRIMEK, AGE FIVE, SHOWS THAT LIFTING IS A FAMILY TALENT. HERE IN THEIR BACKYARD IS THE GRIMEK FAMILY IN 1956: (L-R) JOHN, BONNIE, REGGIE, STEVEN WITH WEIGHT, PATRICIA, ANGELA IN CHAIR, AND ROBERT.

sometimes have finicky tastes which make it easier to eat in a restaurant where there is a large choice. But you can imagine the cost! Anyway, John has yet to find a restaurant that can do justice to his appetite. Sometimes he goes on a restricted diet—and it is surprising how little he can get by on then. But when he goes all-out he can never be filled.

At such times I, too, eat more. I only realize it when my clothes begin to feel tight. Then I know it's time to ease up. But the "hog" (our pet name for John) just eats and eats and still remains trim and muscular. I can't imagine anything more exasperating. I enjoy eating as much as anyone. But mother isn't getting, and won't get fat! So I watch with envy while my hogs enjoy luscious desserts and other pound-gainers.

I exercise at least once a week, and more when time allows. If possible, I like to get in three or four sessions, using regular barbell exercises given me by John. If I didn't exercise, I know I'd have more trouble keeping my weight down. But I do all my own housework. That means looking after six, making six beds, washing and ironing. Washing isn't so bad—I

have an automatic washer—but ironing is my pet peeve. The girls try to help me with the lighter items but their slowness makes me impatient and I finish the job myself.

Of course, it gets boring sometimes to hear so much "shop" talked. Yet everyone who visits us naturally wants to talk bodybuilding. Every enthusiast who passes through York wants to see John and when we lived in the city (we are in the suburbs now) the phone never stopped ringing. Now we're not listed in the directory and we get a little more time to ourselves, especially at weekends. You can understand John's reluctance to discuss training. He works with it all the week and on Saturdays and Sundays he likes a change.

Wherever he goes people in all walks of life never fail to ask him how he got his muscles and how he keeps his waist so small. So when we go away on holiday we prefer unpopulated places where we can be alone.

So Many of Them!

We appreciate the enthusiasm of John's fans, of course. And he has a keen sense of his duty to them.

But at times I wish there weren't so many of them! However, like other wives of famous men, I have gotten used to having so many visitors. Maybe I do have one gripe. I know that John refuses many propositions that would pay him thousands of extra dollars a year. But he refuses to work harder than necessary or become involved in too much worry.

However, when all is said and done, there is nothing to take the place of health and happiness and the ability to enjoy what life gives.



NO WONDER THE FAMILY'S NICKNAME FOR JOHN WAS "THE HOG." EITHER GRIMEK UNDERSTOOD THE NEED FOR PROTEIN EARLIER THAN MOST IN THE BODYBUILDING GAME OR, LIKE ANGELA SAID, HE SIMPLY HAD A HUGE APPETITE.