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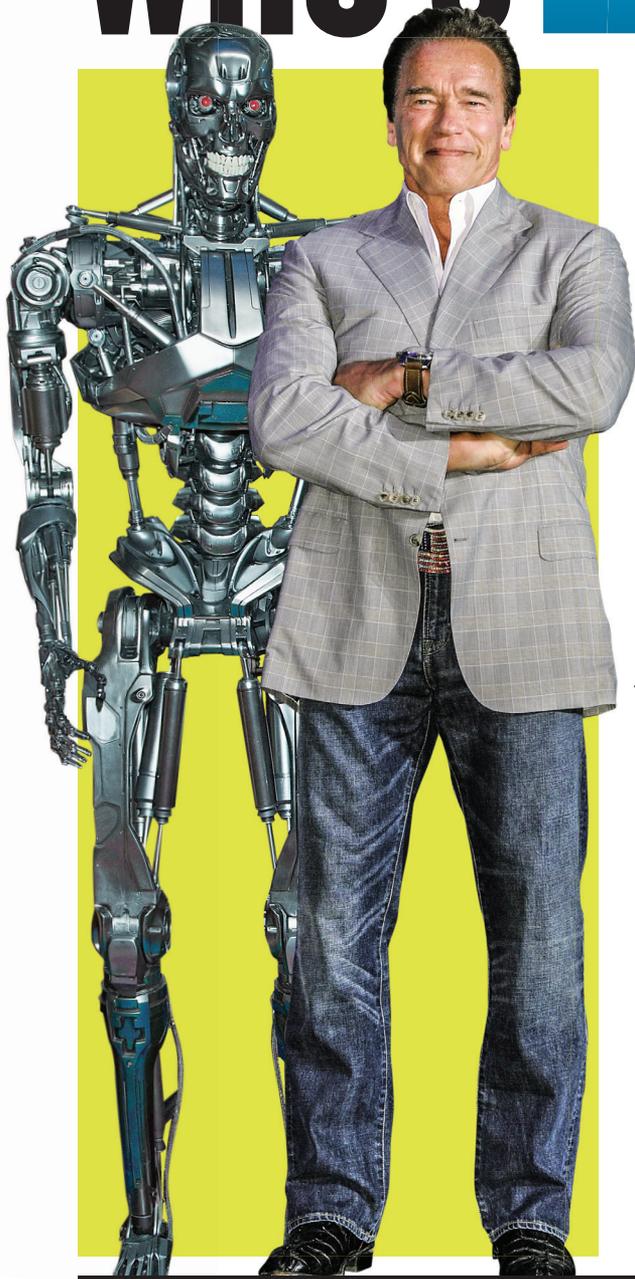
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# ARNOLD

*He's back and telling it  
like it is*

**PLUS** HAPPY HALLOWEEN FROM **KELLY & RYAN** P. 2

# LOOK WHO'S BACK!



ARNOLD SCHWARZENEGGER ON THE TERMINATOR, KEEPING FIT IN HIS 70s, FATHERHOOD—AND (NOT) RUNNING FOR PRESIDENT

— BY NICOLE PAJER —

He once promised us he'd be back, and now he is—as the Terminator.

"The character got me into action movies," says Schwarzenegger, 72. "In the history of Hollywood, no one ever came here with an accent and became a leading man [like that]." When director James Cameron offered him the chance to star as a cyborg assassin back in 1984, he was in. Then producer Joel Silver cast him in *Commando*, and after that he snagged the lead in *Predator*. Blockbuster favorites like *Total Recall* followed. And now, as he promised with his catchphrase from *The Terminator* 35 years ago, he's back—in *Terminator: Dark Fate* (in theaters Nov. 1), the sixth film in the franchise.

Hopping back into the character requires a little prep. His process includes amping up his gym time to prepare for high-octane stunts and a grueling schedule. "It's demanding. You shoot from 6 in the evening to 6 in the morning, and no one is telling

you, 'OK, if you need to, go take a nap now,' like they normally do with elderly people," he says with a laugh.

## FOCUSED ON FITNESS

Whether he's preparing to play the Terminator or not, Schwarzenegger is focused on staying fit. The former bodybuilding champ's current regimen involves bicycling from his L.A. home to a nearby Gold's Gym, where he does 45 minutes of daily strength

training. "I go upstairs to my gym and work out some more at night before I have dinner," he says. These days, the Terminator's muscles are fueled by a mainly plant-based diet. "I'm

70 to 80 percent off animal products," he says.

This modification took hold after his 2018 heart surgery, when Schwarzenegger's doctor urged him to ditch meat and dairy and "go green, green, green. I said, 'Wait a minute, that sounds like my environmental speech!'" he jokes, harking back to his days as California's progressive-minded

"I THRIVE OFF THE VERY THING THAT MOST PEOPLE ARE AFRAID OF."

governor (2003–11). Six months into his new eating routine, his cholesterol dropped significantly.

But he does make an occasional diet detour. “If I’m in Austria, I still have a Wiener schnitzel, I sometimes buy ice cream and I still make my steaks,” he says. “My kids come over and say, ‘Daddy, can you make our favorite steaks? You are the best steak maker.’” Married from 1986 to 2011 to Maria Shriver, now 63, the niece of John F. Kennedy, they have four children together: Katherine, 29, Christina, 28, Patrick, 26, and Christopher, 22. He’s also the father of Joseph Baena, 22, by his former housekeeper Mildred Patricia Baena, which was revealed publicly in 2011, after Shriver filed for divorce. (These days, he’s dating Heather Milligan, a physical therapist whom he met during a past shoulder-surgery rehabilitation.)

Throughout his life, he’s always celebrated athletics. Since 1989, he’s been running his annual multisport Arnold Sports Festival, which has expanded to include everything from martial arts and boxing to pole fitness and arm wrestling. As of 2018, there are festivals on five continents. The fitness guru works to make sure his events also accommodate handicapped and disabled athletes. “They get a standing ovation bigger than the bodybuilders or powerlifters,” he says.



Schwarzenegger with (from left) daughter Christina, son Patrick, ex-wife Maria Shriver and daughter Katherine in 2017

## DRIVEN TO COMPETE

“There was a time when I wanted to be the most muscular man onstage and to wipe out everyone else. There was literally nothing more important than that. But when I won the last Mr. Olympia [in 1980], I said, ‘What am I doing still running out with a little bathing suit here, oiled up?’”

This led Schwarzenegger to commit fully to acting, continuing with action-packed films like *Conan the Barbarian* as well as trying his hand in comedies like *Twins* and *Junior*. “I always thought there was a funny side to me,” he says, adding that he cherished having iconic comedian Milton Berle as a mentor.

Schwarzenegger also discovered the power of doing good. In 1990, he became the chairman of the President’s Council on Physical Fitness and Sports, working alongside President George H.W. Bush, and began hobnobbing with the Kennedy family through his relationship with Shriver. “All of a sudden, helping people became the new thing,” he says of setting his sights on procuring health and fitness programs in schools. “That gave me the appetite to run

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## ROLE CALL

### ARNOLD’S TOP MOVIES



**Conan the Barbarian** (1982) Schwarzenegger’s breakthrough film had the then-budding star playing a muscle-clad barbarian warrior on a mission to avenge his parents’ deaths. There was a 1984 sequel, *Conan the Destroyer*, and a follow-up, *The Legend of Conan*, was recently announced.

**The Terminator** (1984) He plays a cyborg assassin sent back in time with the mission to kill Sarah Connor, whose son, John, would go on to lead humans in a future war against machines. In the sequel, 1991’s *Terminator 2: Judgment Day*, he’s back—with a twist: Instead of being a killer out to destroy the film’s heroine, he’s now reprogrammed to protect her son.



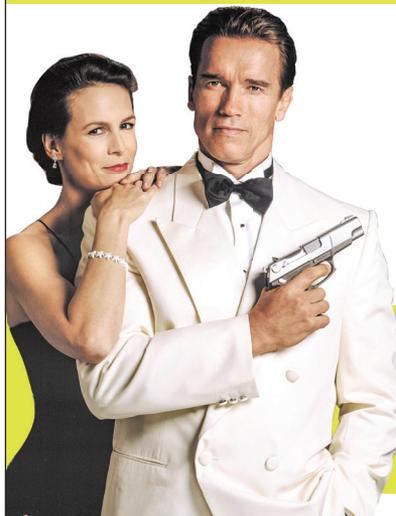
**The Running Man** (1987) Schwarzenegger is Ben Richards, an innocent man falsely accused of a crime and sentenced to a game-show-style execution in this thriller based on a Stephen King novel.

**Predator** (1987) While hoping to save hostages in Central America, Schwarzenegger’s Major “Dutch” Schaefer takes on an extraterrestrial monster.

**Twins** (1988) He stars alongside Danny DeVito, who plays his long-lost and much shorter twin brother. A sequel, *Triplets*, set to reunite the duo, is currently in the works.



**Kindergarten Cop** (1990) The brawny Schwarzenegger faces off against a classroom full of tiny tykes as a police detective moonlighting as a kindergarten teacher while trying to take down a drug dealer.



**Total Recall** (1990) It’s 2084 and Schwarzenegger plays a construction worker dreaming about vacationing to Mars. After visiting a company that implants memories of a trip to the planet in his brain, he finds himself caught up in a dangerous conspiracy.

**True Lies** (1994) He’s a secret agent trying to save the world from a nuclear attack and repair his marriage to Helen, played by **Jamie Lee Curtis**.

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for governor.” Following his governorship, “the next best thing was not available,” says Schwarzenegger, who as an immigrant cannot run for the U.S. presidency. Would he, if the law did not prevent him? “Yeah, of course,” he says. “I would have run a long time ago. I always shoot for the top!”

There is no such thing as a typical day in his busy world. “I can go from doing an interview to shooting a 50-person action sequence, and a week later I’m at the USC Schwarzenegger Institute for State and Global Policy”—a joint initiative he developed with the University of Southern California that works to advance post-partisanship—“doing a lecture about redistricting reform or creating a green future.” Sometimes he heads to the Melody Ranch, a former

moviemaking site outside Los Angeles, where he rewards local kids who’ve done well in school with tank rides. It’s a skill he learned when he was 18 and serving in the Austrian army, steering his own M47 Patton.

He credits his lust for risk-taking as the secret to his endless drive. “I thrive off the very thing that most people are afraid of,” he says. “I’ll always shoot for the stars. It’s fun when you pick some big goal and a lot of risk is involved and then you have to figure it out. That’s what makes life interesting.”

### SHOOTING FOR THE TOP

Schwarzenegger is proud to have several other action heroes in his inner circle, including Clint East-

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## HANGING WITH ARNOLD



**Watching** “*Succession*. *Billions*. *Narcos* was my favorite.”

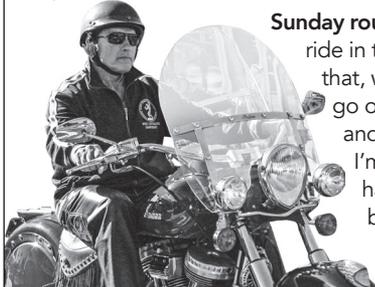
**Listening** “*Johnny Cash*, Kenny Rogers, Garth Brooks.”

**Bingeing** “Ice cream, any kind of dessert. My weakness is sugar.”

**Nicest thing you do for yourself** “Every so often, I get a pedicure and a manicure.”

**A typical meal?** “In the morning, I always have oatmeal, for the past 30 years. Then at lunch, usually I get a veggie burger or some kind of a salad. And then for dinner, usually vegetable soup because I don’t like to go to bed with a full stomach.”

**Sunday routine** “A motorcycle ride in the morning. After that, we go to church, then go on a regular bike ride and have a good lunch. If I’m at home, then I just hang out with the kids by the pool and play around.”



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wood, who at 89 still schools him on the ski slopes, and his former rival, Sylvester Stallone, with whom he publicly sparred in the '80s. "Stallone and I had a major battle of who is more ripped,

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who has more muscles, who killed more people in the movies, who uses bigger guns and bigger and more effective knives,” he says. When the former adversaries became pals, they buried the hatchet by exchanging weapons from their films. “He gave me a knife from *Rambo* and I gave him a knife from *Commando*. We were laughing about how stupid [the rivalry] was—but also how necessary, because it helped me perform better; I tried to outdo him and I helped him try to outdo me.”

This year, the pair exchanged whimsical memes that fans created on their behalf. “I sent him a picture of me being shorter than him—Danny DeVito short—and another one of me holding his decapitated head in my hand,” he says. Schwarzenegger much preferred the latter, as it depicted him coming out on top.

“I always have to be the best,” he says with a grin.

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Will Schwarzenegger ever remarry?  
Visit [Parade.com/arnold](http://Parade.com/arnold)  
to find out.

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