



by Shana Schwarz
photos by April Bennett

The Doctor Is In... Shape

Dr. Anthony Admire is busy, fit and happy to live in Scottsdale

Have you ever met someone who is really good at something and been amazed that they can be so good at that one thing? We've all met those people, and some of us may even be those people. What's more rare than that, though, is meeting someone who is really good at not just one thing, but multiple, seemingly unrelated things. Sure, there are lots of people in this world who are really good at golf. Some of those people might even also be so fit that they can compete in extremely tough fitness competitions. But how many of those people are also accomplished plastic surgeons?

It just so happens that Dr. Anthony Admire is all of those things and more. A board certified plastic surgeon, Admire has his own office in Scottsdale, but is also the chief of plastic surgery for Honor Health, Osborn. He is a member of multiple plastic surgery societies, and clearly a success in his field. Like many Scottsdale doctors, he plays golf a lot. But unlike many Scottsdale doctors, he is a zero handicap golfer. His story, though, begins not in Scottsdale, but a few hours south of here.

"I grew up in Tucson and went to college and medical school at the University of Arizona," he says. "I then completed a five-year general surgery/plastic surgery residency in St. Louis, Mo. I moved back to Tucson briefly as acting section chief of plastic surgery at the University of Arizona College of Medicine and University Medical Center in 2006. I started my practice in North Scottsdale in 2007."

Medical school is not only tough on the mind, but also on the body. Though he's the picture of health today, it wasn't always that way. "I was always very active, athletic and fit—playing almost all sports when I was a kid, through college and medical school," he explains. "However, I became the most unfit during my residency in St. Louis due to a grueling training program—many times working over 100 hours per week, poor eating habits—hospital food most of the time—and lack of exercise. My weight and body fat ballooned and when I finished my residency, I made a promise to myself to get fit again."

And get fit he did. But he didn't just get fit and keep going to the gym. Instead, Admire took on a challenge to take his fitness to a new level.

"I started competing in cycling events in 2006," he says. "Then I wanted to challenge myself further by joining the 'triathlon craze' that seemed to be prevalent around that time. A knee injury kept me from running much early on, but I really enjoyed swimming, and I continued to bike until I recovered from knee surgery. Then I started to enjoy running, especially without knee pain, and then entered my first triathlon in 2008. I have now done many bike races as well as triathlons, including two Ironman events. I am also registered

for four more Ironman events this coming fall, winter and spring."

Like most people, Admire points to a common roadblock when it comes to fitting in workouts. Unlike most people, though, he doesn't let that roadblock stand in his way.

"Finding time to train is always the challenge," he says. "My schedule is busy and fairly inflexible; therefore, I can't train like many of my fellow triathletes. Sometimes it's waking up 4 or 4:30 a.m. in the morning, or doing it late at night after a long day of surgeries, or after seeing 30-40 patients after clinics. I rely on my indoor home trainers a lot—treadmill, dry land swim machine, and bike computer trainer, especially during the summer heat, as well. I have a great triathlon coach, Klas Kuntze, who is the owner of Your Best Coaching Company [YBCC], which modifies my workout schedule based on my busy work schedule. He, as well as all the YBCC teammates, are always very encouraging and motivating. Also I have a personal trainer, Brandon Harris, owner of Premier Fitness Systems, who helps me with core strength and flexibility."

Admire loves traveling to the Ironman events with his triathlon club, especially because the events are so well organized and allow for group competition. But when he's not in surgery or training for his next event, he also finds time for a few of his other passions.

"Both my parents played and introduced me to golf when I was about 7-years-old," he explains. "They had a 7 iron sized down for me, not knowing if I would take to the sport. It was less than a year later that I had a full set of junior clubs. I was a plus-handicap golfer in high school, but realized in college that golf wasn't going to be a profession for me, and I pursued medicine. I still play to a zero handicap, even with my busy schedule, and can still sometimes break 70."

"The best thing about golf for me is that I'm able to play with my friends and really enjoy the camaraderie. I look forward to the annual golf trips with my buddies and really get to play some amazing courses every year, such as Cypress

NAME:

Dr. Anthony Admire

PROFESSION:

Plastic surgeon

HEIGHT: 5'9"

WEIGHT: 150 lbs.,
5.5% body fat

AGE: 44

SPORTS OF CHOICE:

Triathlon, golf

FITNESS ROUTINE:

"My goal is to do some sort of fitness activity every day, whether it be biking, running, swimming, or core-strength/flexibility exercises. On the weekends, I do longer workouts, i.e. 4-5 hours of biking or 2-3 hours of running."

DIET:

"I was a big eater and had a great metabolism through medical school. I love pastas and pizza! However, with my metabolism slowing down, I'm much more disciplined about what I eat. I generally adhere to a Paleo diet, but do occasionally make exceptions. I eat a lot of fruits and vegetables, chicken and fish, and occasional lean red meat. I try to limit my alcohol intake, as well."



Point, St Andrews, Pebble Beach, Bandon Dunes and Pinehurst.”

Admire is also quite the world traveler, and the owner of what has to be a passport overflowing with stamps.

“I love adventure traveling,” he says. “I’ve scuba dived in the Australian Great Barrier Reef; Bali, Indonesia; and the Grand Cayman Islands. I’ve run with the bulls in Pamplona, Spain. I’ve bungee jumped in New Zealand. Some of my other favorite travel destinations were St. Tropez, Monaco, Cannes, Paris, Barcelona, Rome, Florence and Bangkok.”

Though on the weekends you might find him at a movie, somewhere on the road biking and running, or on short weekend trips to San Diego, he loves to call Scottsdale home.

“Well isn’t Scottsdale called the most livable city?” he asks. “The weather is excellent eight to nine months per year, it’s great for outdoor activities, and the cost of living is awesome when compared to New York City, San Francisco, San Diego, or Los Angeles.”

For a golfing triathlete who loves to be outdoors and has built a thriving medical practice, it certainly sounds like this is absolutely the most livable place indeed.