

# HEALTH & STRENGTH

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## NO PAIN, NO GAIN: THE MOVIE



**SAMUEL TURCOTTE**  
**Writer - Producer - Director**  
**NO PAIN - NO GAIN**

Turcotte has been an avid bodybuilder since he was fifteen years old. Formerly senior manager of digital media at Sun Microsystems, Turcotte produced, directed, and hosted over 200 webcasts for the company. His film credits include writer, producer, and director of *Kata*, a live action martial arts short film that won the first prize at the Houston International Film Festival (Worldfest). He also served as associate producer on the feature film, *The Manson Family*, which won Best Picture at the New York Independent Film Festival. *The Manson Family* is an exploration into the lives of the notorious Charles Manson family through the eyes of a fictional television producer. The entertainment and technology executive and his work have been featured in numerous publications, including *Business Week*, *The Wall Street Journal*, *Videography* and *Electronic Media*. Turcotte served in the US Air Force, and trained President George Bush Sr. how to use the Internet.



Mr. Romania and IFBB Pro bodybuilder Emeric Delczeg (as himself) trains Mike Zorillo (Gus Malliarodakis) in "NO PAIN, NO GAIN"

### OVERVIEW

*No Pain, No Gain* is a 35mm feature-length independent film set in the world of bodybuilding starring bodybuilders Gus Malliarodakis and former IFBB Pro Dennis Newman. IFBB Pro, former Mr. Romania and Masters Olympia competitor Emeric Delczeg is also featured in the movie, as well as two-time "World's Strongest Woman" Jill Mills and fitness supermodel Carmen Garcia.



### PLUCKED FROM THE CURRENT HEADLINES:

*No Pain, No Gain* is the first film set in the world of bodybuilding since the 1977 classic, *Pumping Iron*, which launched the career of Arnold Schwarzenegger who has evolved from professional bodybuilder to superstar actor to governor of California. However, *No Pain, No Gain* is not a documentary, but rather a fiction film.



Pictures from Top Left: Jake Steel (Dennis Newman) mocking Mike Zorillo (Gus Malliarodakis). Top Right: Dennis Newman posing as Jake Steel. Bottom Left: Jill Mills growls after a hard workout.

*No Pain, No Gain* was recently completed and screened as an official selection at the Sao Paulo International Film Festival in Brazil. It was also screened to enthusiastic crowds at the Palm Beach Film Festival and the Houston Film Festival (Worldfest) where it won an award as Best Director, First Feature.

*No Pain, No Gain* covers some immensely important and timely issues such as the increasing obsession with body image, fad diets, working out, health and fitness, plus the steroid controversy in sports.



Mike Zorillo (Gus Malliarodakis) confronting his nemesis.

### STATEMENT FROM 'NO PAIN, NO GAIN' WRITER-PRODUCER-DIRECTOR SAMUEL TURCOTTE:

"This film is the realization of a lifelong dream," said Turcotte. I have been involved in the world of bodybuilding since I was 15 and for years have wanted to create a film about this fascinating and much misunderstood sport. Bodybuilders have long been grossly misrepresented in the media and my film gives a more balanced and realistic portrayal."

For more information, visit:  
[nopainnogainmovie.com](http://nopainnogainmovie.com)