

# Shining Knights and High Seas

Find out who's making waves in the spa industry today.

By L. Brooks Baldwin

**W**hat is it about knights in shining armor that makes us swoon? I'm guessing that at some point or another in our lifetime we all hope for a valiant knight to come to our rescue. Well, frivolous as the notion may be, shining knights are not reserved exclusively to the realm of fairy tales. In fact, one is a regular fixture within the spa industry.

Most of you who attend the ISPA conferences or are in the spa business already know this knight, though you may be very surprised to learn of his hero status. He seems to be just a happy-go-lucky businessman as well as tall, blonde, fit, fetching (I know he's

blushing reading this...) and a real jokester. He owns a successful Torrance, California-based fitness equipment sales and consulting business whose name pokes fun at himself and the fitness industry. Who is this guy? His name is Michael Garvey, and he owns **The Dumbbell Man Exercise Equipment** ([www.dumbbellman.com](http://www.dumbbellman.com)).

Garvey is an "uber-hero" in my estimation, not only because his mission and the mission of his business is to organize high-yield fundraisers for City of Hope National Medical Center, but also because his life is entirely devoted to his generous activities.

A decade ago, Garvey was struck with life-threatening leukemia. After undergoing chemotherapy and an experimental treatment involving a bone marrow transplant at City of Hope, he was pronounced leukemia-free in June 1996. Today, at 41, Garvey is a healthy and active cancer survivor, busily repaying his debt of gratitude as a fund-raising leader for the facility that saved his life.

Garvey now chairs Workout for Hope Los Angeles, an annual charity fitness event benefiting HIV/AIDS and cancer research at City of Hope National Medical Center and Beckman Research Institute. Garvey's business "team" participates in the Los Angeles Workout for Hope and hosts



Courtesy Dumbbell Man

Uber-hero Michael Garvey, flanked by Raymer Sweeney, Peng Garbo, Sherilyn Canady and Cheyenne Ferris at the Los Angeles Workout for Hope