

// LIVING THE LIFE //



"Nothing compares to the agility, power, and pure joy you get from training on the beach," says Jimmy Minardi, a Main Beach lifeguard and founder of Minardi Training.

BEACH-BOUND

FITNESS STAR AND LIFEGUARD **JIMMY MINARDI** FINDS SUSTENANCE AND SOLACE ON THE SAND.

"Whether I'm surfing with, guarding, or training my clients, there is no place I feel more at home than on the beach. I was born and raised in the Hamptons, and some of my earliest beach memories are bodysurfing with my father in the '70s. He was an ocean lifeguard, so lifeguarding has been in my blood since day one.

"This photo captures me in a routine I've done for almost 40 years. My first lifeguarding job was as a pool guard at the age of 16, and 37 years later, with more than 300 rescues, I'm as dedicated and passionate about it as I was when I first started. In the summer, when I'm not involved in Minardi Training, you can find me managing the lifeguards on Main Beach, and in the winter, as a pool guard in Aspen.

"I spearheaded the initial concept of a volunteer ocean rescue squad (the first of its kind), which is now East Hampton Volunteer Ocean Rescue, a municipal

rescue department in the town. In 2005, I founded my own nonprofit, East End Ocean Rescue, to share my insight and build awareness around water safety, which often involves giving lectures to children and parents at local schools.

"One of my greatest pleasures is training new lifeguards in a preventive rescue technique I created called "Happy Swim," which teaches lifeguards to recognize a potential issue in the ocean before the swimmer is in trouble.

"The foundation of Minardi Training's high-intensity, high blood-volume training was built on a lifeguard workout my father developed 40 years ago. Nothing compares to the agility, power, and pure joy you get from training on the beach.

"I'm so fortunate to be able to work where I play. There's not a day that I don't look out on Main Beach and remind my clients to check out their 'gym'—one of the most beautiful in the world." **H**

PHOTOGRAPH BY PATRICK PALLI FOR L'ETIENNE