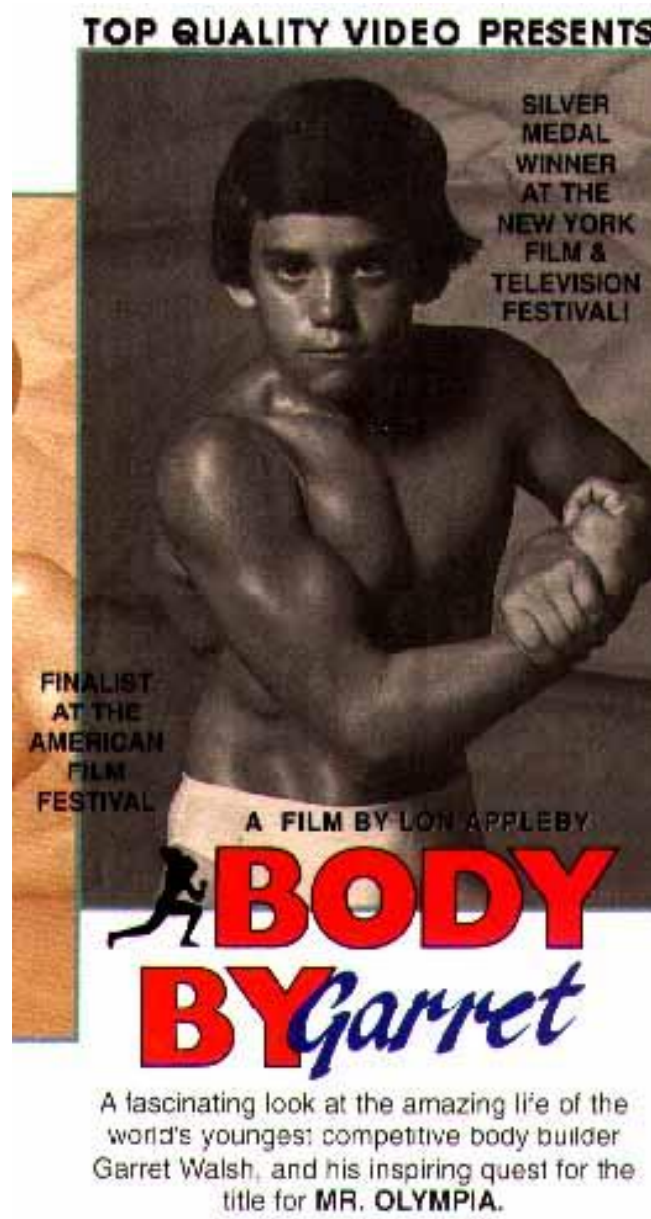


Body by Garret

US documentary short : 1981 : dir. Lon Appleby : : 30 min
prod: : scr: : dir.ph.:
[Garret Walsh](#)
Guest appearances: Arnold Schwarzenegger; Tom Platz

Ref:	Pages	Sources	Stills	Words	Ω	8	€	M	⌘	Copy on VHS	Last Viewed
5943	1.5	1	1	352	-	-	-	-	-	No	unseen



Move over Arnie, there's a new hunk on the block Source: CVMC website

CVMC video retail/rental website review:

"Meet Garret Walsh, a twelve year old Canadian boy who could probably kick my butt! Starting bodybuilding to simply give himself more leverage on the hockey field, this lad soon found his youthful yet muscular physique attracting a lot of attention, so much so that he was invited to give a guest appearance at the Mr. Olympia contest in 1981. This little documentary follows Garret as he prepares for the event, includes footage of his workouts and many interviews. A unique, well done look at a child following his dreams.

Rated NR: no questionable content.

Categories: Boy Films, Little to Preteen, Documentary, Special Interests."

[no listing in "Halliwell's Film Guide", "Leonard Maltin's Movie and Video Guide 2001", "Speelfilm Encyclopedie", "The Critics' Film Guide", "The Good Film and Video Guide", "Movies on TV and Videocassette 1988-89", "Rating the Movies (1990)", "The Time Out Film Guide", "TV Times Film & Video Guide 1995", "Variety Movie Guide 1993", "Video Movie Guide 1993" or "The Virgin Film Guide"]

No further information currently available. A silver medal winner at the New York Film & Television Festival. Bodybuilding. Well, the Ancient Greeks wouldn't have approved. They frowned on athletes specialising their physiques to compete in just one gymnastic event, and would have found the super-developed upper musculature an affront to the natural balance of a healthy body. It's true, they're all dead now, but I'd have to agree with them. Nevertheless the film is interesting as a portrait of a boy single-mindedly pursuing a private goal, and bodybuilding at least doesn't entail bashing someone else's brain to jelly.

See also "**BROKEN NOSES**", and subject index under [DOCUMENTARIES](#), [OSCAR WINNERS / AWARD WINNERS](#), [SHORT FILMS](#) and [SPORT](#).