

INTERVIEWS

## 5 Busy Chefs On Staying Happy, Healthy And Relatively Gout-Free

*Fitness can be a relative term for a restaurant pro*

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*Michael Chernow and Daniel Holzman are co-owners of [The Meatball Shop](#), which recently opened its sixth location on New York City's Upper West Side. The pair also co-authored [The Meatball Shop Cookbook](#), which was published in 2011.*

**Describe your morning routine. What do you do to get your day started? Do you exercise?**

**Chernow:** I wake up between 6:30 and 7 a.m. and typically start my day with a calisthenics routine. I do a bunch of push-ups and sit-ups in the morning, then I do dips and pull-ups. Right after my calisthenics, I sit down at the table, I open up my computer, I have a cup of coffee and my wife makes me breakfast. Lately, I've been on an eggs, kale and sweet potato kick. We hang out, we chat, I do e-mails. I'm typically done with that phase of the morning by 9 a.m. And then, I'm outta there.

**Holzman:** I hit snooze three to four times, for sure – every single day. And then, well, I usually check my phone and lately I've been checking Instagram. Like, I check to see if [the Fat Jewish](#) has put anything funny up. And then I check e-mails, text messages and whatnot, to see if there are any emergencies at the restaurants. I usually don't drink coffee until the afternoon. My brain wakes up just going. I don't really have a real routine. Right now, I'm in an unhealthy phase. So I've been drinking a lot, smoking cigarettes, staying out late, not working out. There are times when I'll, like, soak chia seeds in coconut milk the night before. And I'll wake up in the morning and do yoga. And then I'll cut strawberries and make a pudding with chia seeds and strawberries. But that's not where I'm at right now.

**What is your exercise routine like? Do you play sports?**

**Chernow:** I do a lot of mixed martial arts stuff: Muay Thai, Brazilian jiu-jitsu.

**Holzman:** I train jiu-jitsu, fairly seriously.