

Film shoots scenes in county

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Written by [Frank Konkel](#), DAILY PRESS & ARGUS

Aging is inevitable.

Yet Emmy-winning filmmaker and Novi resident Keith Famie believes there is more to aging than most of us know, and he aims to shed light on the subject by compiling a three-part documentary series called "The Embrace of Aging."

Famie was in Hamburg Township last week filming a portion of the [documentary's](#) first segment, "The Embrace of Aging: A Man's Perspective of Growing Old."

Famie's crew set up shop at the Hamburg Fitness Center, shooting segments with nationally recognized triathlete and local fitness trainer Ryan Rau, who demonstrated his unique training sessions with clients looking to change their lives through [physical fitness](#).

"The crux of this film is, is there a fountain of youth, and if so, where and what is it?" Famie said. "Is it part of our daily life, and we don't know it? We're documenting a really huge cross-section of males, showing what they go through physically and emotionally, combined with tremendous research and people on the cutting-edge and front line of aging."

Last week, Famie captured Rau training with 48-year-old Chris Banfield, who, at 280 pounds "felt it was time to change." Hourlong workouts with Rau, Famie said, will bring Banfield change faster than workouts with most anyone else.

Part of Famie's documentary is dedicated to informing males about fitness techniques that can help them live longer.



Documentary filmmaker Keith Famie films bodybuilder Brent Lane working out at the Hamburg Fitness Center in Hamburg Township. Lane is training for a bodybuilding competition. Famie is currently shooting the first of a three-[part documentary](#) series on aging. / SUBMITTED PHOTO

"Because Ryan is a professional triathlete, these aren't normal gym-type workouts — these are unique," Famie said. "In an hour, Chris was sweating, big-time."

Rau is one of many experts Famie has been interviewing all over the world in an effort to better understand the aging process in men.

Also included in the film will be candid interviews with doctors, [fitness experts](#), professors at well-known medical universities, health gurus, spiritual leaders, psychologists and "men of all walks of life from vastly different environments, all facing the inevitability of growing old," Famie said.

He added he plans to cover every base that deals with men aging — from "man caves" to [a man's](#) nutrition plan.



Documentary filmmaker Keith Famie films weightlifter Ken Mudoon at the Hamburg Fitness Center in Hamburg Township. SUBMITTED PHOTO

For the documentary, Famie has filmed as far away as Sardinia, Italy — one of five regions in the world classified as a blue zone, which is a region where people commonly live to be more than 100 years old. Already, he said, he's come to understand much more about what it means to be an aging man.

Plus, he said, he's picked up on a few secrets the world could stand to learn.

"These centenarians all have a low-calorie intake and a high-calorie burn — they walk everywhere and get a tremendous amount of exercise each day," Famie said. "They don't eat as much, and everything they eat is grown or raised."

"The Embrace of Aging: A Man's Perspective of Growing Old," is scheduled for a 2012 premiere in Detroit. It will be followed by "The Embrace of Aging: A Female's Perspective of Growing Old" and "The Embrace of Dying: How we Deal with the End of Life."

For more information, visit www.embraceofaging.com

<http://www.livingstondaily.com/article/20111113/NEWS01/111130307/Film-shoots-scenes-county?odyssey=nav%7Chead>