



Matt Dusk
sings a
Balanced Tune

BY BONNIE SIEGLER

Whether he's running on a desert road outside of Las Vegas or in the suburbs of Toronto, people notice Matt Dusk. The 5'10" Canadian jazz musician and vocalist is a familiar face in both locales, having lived in Vegas for five years performing and most recently recording *Matt Dusk: Live From Las Vegas*, slotted to air on PBS during its March 2011 Pledge Drive. Dusk has also been busy in his native Toronto recording *Call Me Fitz*, the soundtrack for the new miniseries of the same name. But today, this entertainer is fixing things around the house that he shares with live-in love, Julita.

"I'm pretty good with a hammer," admits Dusk, 32. "I'm usually fixing things for people, renovating or doing some sort of construction thing when I'm not working. It's like cooking for some people – it's therapeutic. I'm a homeowner so there's always stuff to do around the house. Whenever I am home, I try to find some creative way to improve the place because I'm not home often and when I am, I want it to be very comfortable."

Dusk has been a very busy man lately. So it would be natural to assume that in his downtime, there is some relaxing and rejuvenating going on. "But I thoroughly enjoy entertaining," he says. "So in my business, there is a lot of networking to be done but I get to meet so many people that I don't consider that downtime. My life is kind of a party so everybody around me usually helps me enjoy that." While most days you'll find Dusk renovating something, he does get a massage at least once a month and likes to garden. "Gardening is great for exercise and downtime," he says.

At his ideal weight of 155 pounds, Dusk says that weight management proves to be a challenge at times because, "I love life, I love food, I love wine and there's so much good stuff to be had that if I didn't run my five miles a day, I'd be 3,000 pounds," he laughs. "I'm a fat man trapped in a skinny body." That said, a typical day of eating would be six to 10 little meals a day or, as Dusk says, "constant snacking." Seeds, nuts, eggs, vegetables and lean protein make up the bulk of his daily consumption. "I don't eat full meals so it's like I'm always

eating. But what I mean is that I might munch on celery sticks or have a plate of steamed broccoli or even make myself an omelet or beef tenderloin. I realize I have to be careful because my work requires a lot of logistical and creative time and when you're creative, you're not running around ... it's more in front of a piano or playing guitar, or routing trucks and buses, putting the schedule together. So if I sit there and munch away, that can be absolutely detrimental to my overall balance and success." He laughs. "Really I exercise not only for good health but to fit into my suits."

Dusk doesn't prefer one food over another, yet when he sees a few extra pounds on his lean frame, especially during the winter months, he drops his carbohydrate intake drastically. "Because I'm not active – it's hard to run and take walks in Toronto during the winter – my body doesn't require fast energy. And I find the treadmill can get boring. So I cut the carbs down to maybe 20 per cent of my total intake and increase my protein and non-saturated fats." He doesn't believe in vitamin or mineral supplements, opting to eat healthy and balanced meals. "But you can't be healthy all the time," he cautions. "I do make time for fitness and somewhat healthy cooking but keeping my stamina up and energy reserves intact, there's a healthy balance that can create a very good stamina level. I also think keeping both your mind and body active keeps you energized."

His appealing endurance comes from a balanced living philosophy, not just a healthy and fulfilling lifestyle. "In the music business, you're always working, you're always hustling for opportunities so you have to understand that you can't be a workaholic all the time. You have to spend time with friends, family and your respective partner and make sure you make time for everything else in life. But fast lives usually have fast exits so you have to have respect for your own health." The self-described "fun, energetic and dorky" crooner sums up his balanced lifestyle, referring to his debut hit *Two Shots of Happy, One Shot of Sad*. "Good friends, good company and family – that's what brings me happiness. Surrounding myself with people who don't really care who I am or what I do ... that's happiness and being happy completes the balance." ♡