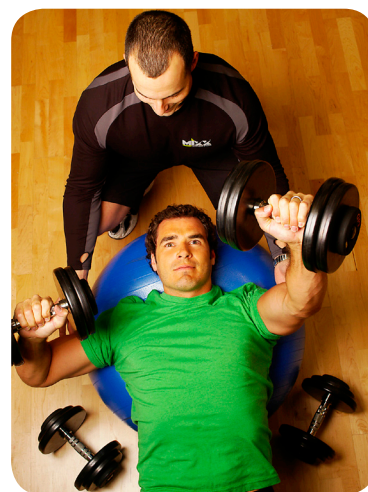




Dan Payne



Dan Payne with Rob Williams – Kinesiologist and Master Trainer at MIXX Co-Fitness Studio

If you have not heard of Dan Payne yet, you will be very soon. He just finished wrapping the first 13 episodes of the new show “Alice, I Think” for CTV and the Comedy Network. A family comedy about a girl (Alice) who is entering public school after 10 years of being home schooled by her Bohemian parents. Dan plays an underachieving father with big dreams in his eyes, but who never seems to finish anything that he starts.

For Dan the road from high school sports star in Hinton, Alberta to Vancouver actor has been a long one that has taken him around the world. Dan had a pro volleyball career in Holland and has worked with his brother (a huge mentor of his) as a professional photographer in Australia. It was 9 years ago that he found himself heading to London, England and turning his interests towards acting. For the next 5 years, the struggling actor honed his craft there and found his way onto stage, TV and film productions.

After cutting his teeth in the London acting scene, Dan found his way back to Canada and ultimately to Vancouver. Dan is impressed by the “great pool of talent” that is available in Vancouver theatre, but after experiencing London, he is saddened by the fact that it needs to be a “labour of love” to put on a show here as there is not much support for the theatre on a local level.

Now in his 30's Dan focuses on staying in shape, especially knowing that the camera adds a few pounds. Thankfully, he has always been conscious of what he eats after developing good habits through athletics, but despite the fact that he has a strict “no dessert” policy, he found his body responded differently once

he passed 30. To stay in shape he plays hockey weekly, dabbles in yoga and works out regularly at MIXX Co-Fitness Studio. The full time trainers at MIXX are able to vary his routine and have a more aggressive approach to his workouts which perfectly suit his needs. Dan finds that he can trust their knowledge base 100% as they find new ways to help with core foundations while adjusting for his lingering volleyball injuries. He counts on his sessions there for improved functional strength, stability, range of motion and balance.

With any other spare time that he has, Dan can be found writing scripts or poetry. Music is also an important factor in his life. If something catches his ear, he's been known to listen to the same song or artist for days at a time. What he listens to depends on his mood but these days it's James Blundt, Damian Rice or Grayson Caps.

Dan has now settled into the Yaletown area where you'll find him with his wife walking their 2 Pugs: Chica and Portia. He loves the cultural diversity of the West Coast and having both the ocean and the mountains so close at hand allows for a multitude of lifestyles in one city. Whether it is beach volleyball or skiing, food or just plain relaxation, “Vancouver is able to provide every indulgence with real quality”.

Find out more about Dan on his Web site www.dan-payne.com.

MIXX Co-Fitness Studio is located at #100-1201 West Pender (at Bute), Tel: 604.682.6499, Website: www.mixxco.com.

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