

ALL “HEXED” UP

Offstage, 311 front man **NICK HEXUM** likes to push his body so he can give his all onstage.

What’s your secret to staying fit on the road?

I make it fun by incorporating music in most of my workouts. I have a running playlist of songs that are specifically 150 beats per minute, which is not a superfast pace, but it’s a good pace. I step to the beat, and it just makes it like you’re dancing rather than working out. I have different playlists. If I’m on the elliptical, then it’s more of a house tempo, under 130 beats per minute. I also do F45 classes, which are interval-training classes. There’s pounding music, and every-

body’s high-fiving each other and super-supportive.

You also play competitive sports?

I play in a couple of different basketball leagues. I’m actually

not that great, but that competitive spirit takes over. You don’t think about getting your heart rate in the target zone; you’re just thinking about getting the hell down court. I also surf. That’s really good cardio for me because I’m not one of those guys who just sit out there and wait for the perfect wave. I’m taking a lot of waves and wiping out a lot and fighting for my survival out there.

Is there any kind of set routine that you have or do



you just change it up?

Right now, I'm doing a little cardio in the morning to wake up. Like today, I was at the hotel gym for about 40 minutes on the elliptical. And then tonight before the show, I'll do some stretching and weights. Then I'll do the show, which is an exercise in itself. The risk is overtraining, where you can get to a place where there's just nothing but pain and you feel like you have the flu.

You guys are always touring in the summertime. I guess that's a good weight-loss program?

Our clothes are soaked when we get done. You have to really hydrate before and after the show because you will feel a kind of hangover from dehydration.

What about your diet?

I pretty much do Paleo or keto or whatever you want to call it. I find I can eat as much as I want except with bread and sugar.

How are fans responding to the songs from the new *Voyager* album?

It's been great. We believe in the philosophy of *kaizen*, which is constant improvement. Whether it's new material, leveling up the staging, or tightening up the harmonies and the performances—how do we keep making it better?

Nick Hexum credits the keto diet for keeping him shredded at 49 years old.

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