

# Dr. Terry Akers

by Bret FitzGerald



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When young Terry Akers was growing up in the Bronx, weight training gyms were few and far between. But he and his older brother managed to find one. And while the name of the place now escapes him, he does remember that Mr. New York, the Big Apple's top builder, worked out there too. He was 13-years old.

Now, 30 years later, Terry Akers still works out. But this time it's at a more familiar location. Las Vegas Athletic Clubs.

The once skinny teen is now a buff doctor, with a thriving chiropractic practice. His reasons for working out are different now (stress reduction vs. self-preservation), but he still rarely misses a day.

"I feel terrible if I miss a day. Literally miserable," Akers said.

When he's not running his successful business or de-stressing in the weight rooms of West Sahara or Central, Akers is either grabbing dinner at Marc's World Cuisine on Lake mead Blvd. or vacationing in Costa Rica, his new favorite getaway.

Akers says, "Costa Rica is paradise. Clean, warm beaches, great food and not crowded."

Akers loves living in Las Vegas and shows it by giving back to the community. He speaks to high school students as part of the JUST SAY NO program and provides free sports physicals to the students at Cheyenne High School. He was also President and a member of the Board of Directors of the National Black Republican Roundtable.

I found it poetic that, while Akers rarely if ever watches television, he is fascinated by a true Las Vegas phenomenon: *Televised Poker*.