

Mario Lopez has the overwhelming desire to always keep active. He is the two-time Emmy-winning host of *Extra*, a nationally syndicated, daily entertainment show. Concurrently, he is the host of the nationwide iHeartMedia radio shows, *On with Mario Lopez* and *iHeartRadio Countdown with Mario Lopez*. Lopez has also launched a YouTube channel called *The Lopez Family* created alongside Awestruck; the channel features his wife Courtney, their two children and their two dogs. Not only does Lopez have a proclivity for the entertainment industry, he is also an avid sports fan. He has taken his love of sports, specifically boxing, to the next level as a host of the iHeartRadio podcast *The 3 Knockdown Rule*, which is also featured on the FOX Sports Radio website.

In September 2014, Mario released his first autobiography, *Just Between Us*. In his memoir, he shares his successes and disappointments, never before-told stories and family values. Mario became a *New York Times* best-selling author with his healthy eating guide, *Extra Lean*. In May 2011, he released the follow-up to *Extra Lean*, entitled *Extra Lean Family*. This new book featured recipes and tips beneficial to the entire family. Additionally, Mario penned *Mario Lopez's Knockout Fitness*, a best-selling fitness book that offers readers a look into his impressive workout regime. He also co-authored *Mud Tacos*, a vibrant children's book, with his sister Marissa. Mario is also the author of *Mario & Baby Gia*, a children's book he wrote for his daughter Gia; the book is currently being developed into an animated series.

No stranger to rigorous routines, Lopez danced his way to the finals in the third season of ABC's hit show *Dancing with the Stars*. Shortly after, in the summer of 2009, he successfully completed his first run on Broadway, starring in the long-running hit musical *A Chorus Line* as the beloved character 'Zach.'

Mario was named the Alumni Ambassador of Fitness by the Boys & Girls Clubs of America (BGCA), joining the ranks of some 25 other prominent alumni, including Denzel Washington and former President Bill Clinton in the organization's BE GREAT campaign. Via the campaign, he helps bring to light the major issues affecting today's young people, including the importance of graduating from high school and maintaining a healthy lifestyle and the key role community-based organizations like BGCA play in the positive development of children.

Even with all his other ventures, Lopez is still in love with acting. He has recently appeared on the NBC hit drama *This is Us* and the CW series *Jane the Virgin*. He played 'Dr. Mike Hamoui' on eight episodes of F/X network's popular show *Nip/Tuc*. Lopez's run on the series brought an instant and well-deserved cult following. Lopez previously starred in the highest-rated program in ABC Family history, *Holiday in Handcuffs*. He also starred opposite Mark Consuelos in the made-for-TV movie, *Husband for Hire*, the most-watched program ever on the Oxygen Network.

Mario currently resides in Los Angeles with his wife Courtney, their daughter Gia, and their son Dominic.