



MEET VEGAN BODYBUILDER JIM MORRIS, FORMER MR. UNIVERSE

By Brian Wendel

Jim Morris: Lifelong Fitness, a documentary short by director Ryan Vance, features the story of vegan bodybuilder Jim Morris, the former Mr. America, Mr. USA, Mr. Universe, and Mr. International. This is a beautifully shot film of an inspirational competitor and all-around barrier breaker. Jim won the Mr. America competition by the widest margin in history, and he won the Mr. Olympic masters at age 61 as a vegetarian.

Jim was a professional bodybuilder for over 30 years, and was a soft-spoken and humble man who lit up the screen. Right up to his death in early 2016, he worked as a personal trainer in Venice, California. In 2000, Jim became a vegan for health and ethical reasons. He credited his diet for his age-defying physique and fitness level.

<https://www.youtube.com/watch?v=tUtv4slpm-U>

Jim Morris: Lifelong Fitness was a 2014 Slamdance Film Festival official selection and has been screened at festivals all over the world.

For more information on Jim or the film, please visit the film's [Facebook page](#) or [Jim's own site](#).

You can also view more interviews with Jim Morris on Ryan Vance's channel [here](#).