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GROOMING BY { ERIN LEE SMITH AT  
ATELIER MANAGEMENT

# MIGHTY JOE

BEST KNOWN AS THE HUNKY WEREWOLF AMONG A PACK OF VAMPIRES ON *TRUE BLOOD*, JOE MANGANIELLO STEALS BIG AND SMALL SCREENS—AND OUR HEARTS—SIMPLY BY BEING HIMSELF.

“Superhuman” and “super-sexy” are words often used to describe Joe Manganiello’s characters, like Flash Thompson in *Spider-Man*, werewolf Alcide on HBO’s *True Blood*, and sword-wielding assassin Deathstroke in DC’s *Justice League*, not to mention Big Dick Richie in *Magic Mike*. In real life, he’s passionate about his Pittsburgh roots (he won a 2017 Emmy award for narrating the documentary *Pittsburgh is Home: The Story of the Penguins*), the role-playing game Dungeons & Dragons (he works as a consultant for D&D and is writing material for an adventure module scheduled for release in 2019), and wife Sofia Vergara. Up next, the film *Stano* (due out later this year) marks the first time he and Vergara have collaborated; they’re both in the cast and Manganiello is also a producer and co-writer. What did *Gio* recently learn about this 6-foot-5-inch, larger-than-life hero? He’s a super guy.

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**What serves as your inspiration?**

An insatiable drive to create things and be understood by others.

**What’s the best advice you’ve ever received?**

Learn how to say “no.”

**If you could travel back in time and give advice to your younger self, what would it be?**

Don’t drink so much.

**Acting, directing, writing, producing... You’ve done them all. What has been the most fulfilling?**

Probably my book, *Evolution*, and documentary, *La Bare*, because I had so much control over the finished products.

**Tell us about your most memorable trip.**

My wedding [to Sofia Vergara, November 22, 2015, at Palm Beach’s The Breakers Resort] and subsequent honeymoon [at COMO Parrot Cay in Turks and Caicos]. Having all of my favorite people in one place for a weekend was incredible. Then successfully sneaking off of the grid for a week with my wife with no one else around. It was the best week of my life.

**Last meal on earth would be?**

Two Primanti Bros.’ steak and cheeses, and one of their pizzas on the side.

**Where do you feel most at home and why?**

I used to say Pittsburgh, but now I say anywhere my wife and I are together.

**What has been your most romantic gesture?**

My proposal was pretty awesome, if I do say so myself. [Manganiello proposed to Vergara six months after they met during a winter getaway at the St. Regis Resort in Princeville, Kauai. He asked for her hand in Spanish, including the phrase “*Eres mi todo*,” you are my everything.]

**What would people be surprised to learn about you?**

I think most people misunderstand who I am in just about every way possible. And they have no idea how to pronounce my last name.

**What terrifies you?**

Unqualified people in leadership positions.

**What’s currently on your nightstand?**

A book about Hemingway in Cuba, a book of his short stories, *The Last Wish* by Andrzej Sapkowski, a bunch of notes on a comic book series I am working on getting the rights to, a little notebook outlining a D&D [Dungeons & Dragons] adventure I am going to DM [Dungeon Master], a tiny porcelain coffee cup from New Orleans, and a little ceramic sea turtle.

**What is your most treasured possession?**

My friendships.

**What’s surprised you through your work with Children’s Hospital of Pittsburgh of UPMC?**

How strong and brave those kids are, and how loving and devoted the parents are.

**How do you stay grounded?**

I show up 15 minutes early, look the best I can and work as hard as I can.

**What kind of legacy would you like to leave behind?**

Ask me again in 20 years...

**If you could change one thing about the current state of the world, what would it be?**

Reading comments on the Internet led me to believe there are a lot of unfulfilled and angry people who need some serious mental help. I pray they get the help they need.

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JOE'S FAVORITES

Quick workout:

The five-minute, every minute on the minute (EMOM):  
Seven clean and jerks—135 pounds, then max rep burpees  
for the rest of the minute. However long it takes you to do  
the seven clean and jerk “buy in,” you have the rest of the  
minute to get those burpees, which are how you score the  
workout. You only count the burpees.

Gym bag must-haves:

My travel workout bible full of a variety of workouts from the  
past eight to nine years, my Oly. (weightlifting) shoes and  
liquid chalk.

Wardrobe items:

A black leather Gucci biker jacket I found at an outlet mall  
that fits me like a glove, a pair of G-Star jeans and a T-shirt

Accessory:

My wedding ring

Date night scent:

Bois d'Ascese

Sports teams:

Pittsburgh Steelers, Penguins, Pirates

Car:

The biggest truck possible