

ROBERT IRVINE

MAGAZINE

July-August 2016

Nothing is Impossible

**SUMMER
GRILLING
BLOWOUT**

RESTAURANT: IMPOSSIBLE

WHAT HAPPENS WHEN
ROBERT LEAVES TOWN?

GARY PLAYER

80 Years Young,
His Health
Crusade Continues

ZACH MCGOWAN

THE BLACK SAILS STAR ON
SUCCESS AND TRAINING

ROBERT'S ULTIMATE COOKOUT

OUT OF THE FRYING PAN AND INTO THE FIRE WITH ALL NEW RECIPES

ROBERT IRVINE MAGAZINE

Nothing is Impossible

FOUNDER AND EDITOR-IN-CHIEF

Robert Irvine

GENERAL MANAGER

Matt Tuthill

CULINARY EDITOR

Shane Cash

ASSOCIATE CULINARY EDITOR

Darryl Moiles

FITNESS CONTRIBUTORS

Jay Cardiello, Amber Day, Mike Geremia, Gail Kim-Irvine, Andy McDermott, Nathan Mikeska, Kenny Santucci, Vanessa Tib

PHOTO AND VIDEO CONTRIBUTORS

Jeremy Borash, Ryan Coyne

For advertising inquiries, contact Matt Tuthill, matt@chefirvine.com
For general magazine inquiries, contact him on Twitter: [@MCTuthill](https://twitter.com/MCTuthill)

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BUSINESS and MARKETING

DIRECTOR, BRAND ENGAGEMENT

Joshua Lingenfelter

VP OPERATIONS

Justin Leonard

PUBLIC RELATIONS

BRICKHOUSE PR

David Sabin

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ROBERT IRVINE MAGAZINE

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BRING THE HEAT: Never mind burgers and dogs. Cook up a feast that the whole family will enjoy. Check out our cover story featuring Robert's ultimate cookout on Pg. 24.

ROBERT'S LETTER

NEW AND IMPROVED

Our biggest issue yet is also our best.

Welcome to the July-August edition of *RI Magazine*, the biggest issue we've published yet. Not coincidentally, I believe it's also our best offering to date—and not just because of all the great recipes, workouts, and motivation packed inside. *RI Magazine* is now easier to access than ever, however you prefer to read it. I'm pleased to announce that we're now available on Apple News. For anyone with an iPhone or iPad, just tap the news icon, favorite *Robert Irvine Magazine*, and you'll get streamlined access to all of our content, optimized for your screen. Don't use Apple News? We'll soon be available on Flipboard and the Google Play Newsstand. So whether you use Apple, Android, or anything in between, it will be easier than ever to keep up with everything we're doing.

For those who prefer to read on a tablet, laptop, or desktop, we've taken steps to make that experience easier as well. You no longer have to download the issue to get reading. On the magazine's home page, you simply have to click the "Read Now" option to access an instantly streaming version. This new streaming version offered by Adobe actually works just like a YouTube video—so it's easy to embed and share on any site you wish.

And for those of you who prefer to save each issue or read the articles when you're offline, we will of course continue to offer the PDF



Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

ROBERT'S LETTER

version—which looks sharper than ever. I really am thrilled to make this magazine so much more widely available and make the experience of reading it as seamless as possible because as we go forward and plan for the future, I believe each issue is going to be better than the last.

In this issue, we begin a limited series of feature stories that will start to answer the question people ask me all the time: “What happens after *Restaurant: Impossible* is over?” It’s the most relevant question you could ask about a show where I charge in like a bull and radically change the way a restaurant looks, prepares its food, and conducts its business. And of course, some restaurants do fail after I leave. As they say, you can only lead a horse to water; you can’t make him drink. But I’m proud of the great track record the show does have, and the great many restaurants it not only saved, but turned into powerhouses in their respective communities. On Pg. 20, you’ll read the story of Joe Willy’s Fish Shack in Fishkill, NY. In the four years since we filmed that episode of *R:I*, Joe Willy’s is thriving and has doubled its business.

Elsewhere in the issue you’ll find an interview with golfing legend and health and fitness crusader Gary Player, who was decades ahead of his time when he embraced weight training in the 1950s. We tap into his unique perspective on the benefits of weight training and what we can do to combat America’s obesity crisis. We also sit down with burgeoning star Zach McGowan, who plays the terrify-



Before you get grilling, check out our guide to grilling gear on Pg. 19

ing Captain Charles Vane on the hit STARZ show *Black Sails*. Zach is an inspiring young man and an incredibly talented actor with a unique perspective on fitness and what it takes to succeed.

Elsewhere we interview Erica Ash of *Real Husbands of Hollywood* and *Survivor’s Remorse*, and The Ask Us Anything section tackles a ton of pertinent questions regarding elimination diets, reintroducing carbs after you’ve been on a low-carb plan, and why you need to lay off of alcohol almost entirely if you’re trying to lose weight. On Pg. 6, I’m

proud to present the debut column for my beautiful wife Gail who will be sharing her indispensable wisdom with you every month.

And of course don’t miss our cover story—the ultimate summer cookout feature on Pg. 24. It’s time to get outside and fire up those grills! Thanks for reading and enjoy the issue.

Yours in health,

TAKING FLIGHT

No matter how much you travel, it's possible to eat healthy and feel great, and it's not even that hard.

By Gail Kim-Irvine



Q: I know that you travel a lot. How hard is it to keep your figure when you spend so much time on planes and in airports?

— Becca S., via Facebook

A: Yes, there's a ton of junk food and plenty of huge portions in airport food courts. And the options on most planes are pretty pathetic when it comes to nutrition. But the workaround isn't that hard—and no, it doesn't involve lugging around Tupperware containers full of grilled chicken from home. Here's what I do to make travel work for me.

1) Drink twice as much water.

However much you're used to drinking in a day, double it on the day you travel. On days when you don't travel, eight glasses of eight ounces (or a half gallon) is a good standard to for general health. That means you should drink a gallon or more on a day that you fly. Does it mean a few more trips to the bathroom? Sure does. But it also means you'll stave off phantom hunger pangs that often hit because air travel dehydrates you—which can be blamed on the cabin's very low humidity. Stay hydrated and you won't mistake thirst for hunger. It'll also help combat the high sodium levels that are practically universal in take-out food.

ASK GAIL

2) Carry on healthy snacks. In my to-go bag I pack vegan nutrition bars, one of my husband's FitElite protein bars, and hot sauce. I get 2.5 ounce boxes of garlic tabasco sauce, buy them by the dozen on Amazon, and keep them in my bag whenever I travel. Heat is key for helping you feel full.

3) Work out on days you travel. For me, that means getting up early to train before my flight, hitting the gym as soon as I land, or on rare occasions when I have a long layover, actually leaving the airport to find a gym. If you have a couple of hours to kill between flights, why spend it sitting in a bar or waiting at the gate? The fatigue people feel when they fly has less to do with the actual flight and much more to do with all the eating, drinking, and sitting they do on the day they fly. So if you have a chance to break the cycle, take it! Some airports like Detroit have attached hotels where you can use the gym for a small fee. Take advantage of opportunities like that and you're going to feel a whole lot better when you fly.

4) Hack the burrito. Chipotle-style burrito bars are a staple of airports now—and I'm loving it. Eating sensibly at one of these places doesn't mean sticking to salad, which I find incredibly boring. Just leave out a few of the items that will bloat you (rice) and the ones that are very calorie-dense (cheese, sour cream, and guacamole). You still get to fill it to the brim with chicken or beef, fajita veggies, salsa, and hot sauce. Try it that way and it'll become your new go-to even when you're not flying. It's always nice to kick back after a big meal without feeling like a bomb went off in your stomach.



Gail says that on days you travel you should pack healthy snacks like trail mix, to order burritos without rice, cheese, or guacamole, and to plan on drinking twice as much water as you normally do. Follow this advice—and hit the gym before you fly—and air travel won't feel like such a draining experience.

Follow Gail on [Twitter](#) and [Instagram](#).

ERICA ASH

The star of *Survivor's Remorse* and *Real Husbands of Hollywood* shares her secrets to healthy eating and staying positive.

RI Magazine: You're a comedic actress. Is it harder for a woman in very good shape to be funny? Schlubby comedians have obvious flaws and it disarms an audience.

Erica Ash: I definitely agree with that. It's got to be some problem that the audience can recognize, either a physical problem or something that's going on in the media. Kevin Hart (Erica's costar on *Real Husbands*, which is a spoof of the reality genre) is in great shape as well, but he's short so guys don't feel threatened.

You know what I mean? There's got to be something about you that disarms people and women have it the hardest comedically. That's why you don't see very many women at the level of, say, Kevin Hart or Mike Epps, because you get up and you're pretty and you're in shape and the chicks are sitting next to their boyfriends like, "Oh, you think she's funny? You're going to laugh at that?"

RI: You're a big believer in the power of positive thinking. What's an example of how it has worked in your life?

EA: My whole career is the example of how that's worked in my life. I didn't go to school for this. I went to school and I was studying to be a doctor. The idea of doing this was



Follow Erica on [Twitter](#) and [Instagram](#).

something that everybody thought was absolutely ridiculous. What I decided to do was just stop talking, stop telling people, and just do it. I had to be very, very optimistic myself even when things got rough and jobs weren't coming to me and I was having to sort of struggle and figure out what was next.

I think it was me saying, "Absolutely, yes you can. Why not you?" I had a vision and manifested everything that's happened in my life thus far including being a series

regular on a TV show. When it happened, it was one of those things where it was like, "Oh my Gosh, this really works."

RI: But you went for pre-med and graduated.

EA: Yes. From Emory. I just decided that medicine was not where my heart was. I don't mind the work. I don't mind pushing for what I want. I'm a workaholic. Give me work for days. I can do it. But I've got to have my heart in it. That's the difference.

CELEBRITY SPOTLIGHT

RI: Did you always dream of acting?

EA: When I was little I sort of fancied myself as an actor, a ballerina, you know, everything that I saw on TV, but it was never something that I really thought was a possible career because it wasn't something that my parents had told me was a possible career. We'd go to theater shows and things like that and I would look at them and think, "Oh, that's so fun! They've got the best hobby ever." It just never clicked that it could be something that I could actually do and make a living at until later.

This is actually something I've never told someone before, but my grandfather passed away while I was still in college. My grandfather was a very, very well to do man. He had made a name for himself and

he made his money all on his own. Both of his parents died by the time he was 16 and he was the oldest of six children. He had four brothers and a sister and it was his responsibility to take care of all of them after his parents died. He worked really, really hard and built up quite a good deal of money for himself and was able to take care of his brothers and sister and able to get them great jobs and make sure that their lives were on the right track, and owned most of Tallahassee in Florida at one point.

I thought to myself, "My gosh, that's a great work ethic. That's brilliance." I don't know what it was that made me do this but I actually prayed to him and I said, "I don't know what happens when you die, but that spirit that made you do that, I want that, so please

stay with me and show me what I need to do in order to make that for myself. I want to be great. I want to make my mark in the world and I want to leave the world better than I found it. I want to do something and make my name count." I swear, from that moment on, shortly after was then I started questioning medicine, shortly after that was when I decided that I needed to take a break and get away, and then that's when I came across the book *The Secret*, and then that's when I ended up reading it and going to Japan, that's when I started doing all this work.

RI: You're big on running. What do you diet-wise to stay on track?

EA: I grew up in a house where my mother was always on a diet. It was always nasty rice cakes and



Erica Ash, left, with costar Tichina Arnold in a scene from Season 2 of *Survivor's Remorse*. The series deals with the complications that arise in the wake of a family member's sudden fame and fortune. Season 3 premieres on July 24 on STARZ.

CELEBRITY SPOTLIGHT

recipes that weren't any good. I was aware of it from a very young age. She kept us active. When I went away to school I definitely gained the freshman 15. When I went to Japan after I graduated I saw how small the portions were and I had to eat two dinners just to feel full. I realized that there was a big disconnect. Something was wrong. Then I started getting comfortable with eating just enough instead of overeating like we can do in the States.

What I do now on a typical day on my own is wake up and I go running. I come back home, I have a bottle of water, I sit and meditate before breakfast, and then I make myself some sort of healthy bowl with kale and blueberries or acai, coconut water, some bee pollen. (See recipe in sidebar.) I find that when I eat really well and I concentrate on every ingredient that goes into my bowl in the morning, I don't have the urge to snack throughout the day. The reason why people eat so much is because no matter how much they're eating they don't get full if they're not eating nourishing things. If you eat pancakes, yeah that's a lot of mass, but there's nothing healthy in there that's helping your cells. Your cells are still hungry and you think that you're still hungry so you're eating an hour later. The problem is you've got all this trash in your stomach.

The thing to really remember is that fitness is free. I think a lot of people are very hesitant because they think it's such a huge commitment and huge cost as well, but it doesn't have to be. You don't have to take big leaps. Take pebbles, then the stones, then the boulders, and you'll eventually get there. Everything in my entire life has been that way.

ERICA'S MORNING BOWL

SERVES 1 YOU'LL NEED

1 cup water, coconut water, or almond milk
1 cup frozen mixed berries
1 banana
1 cup kale or spinach
1 tbsp ghee (clarified butter)
¼ cup granola
2 tbsp coconut flakes
1 tbsp honey
Optional toppings: Bee pollen, goji berries

MAKE IT

Blend water, coconut water, or almond milk, frozen berries, banana, kale or spinach, and ghee until smooth. Pour into a bowl and to with granola, coconut flakes and drizzle with honey and optional toppings.



THE MACROS

CALORIES: 499
PROTEIN: 9 g
FAT: 22 g
CARBS: 81 g



Erica at home striking a yoga pose. "The thing to really remember is that fitness is free," she says.

HERE COMES THE SUN

Why it's crucial—and not just to your mental health—to make the most of the outdoors during the summer months.

Of all the vitamins that play a crucial role to health, vitamin D is unique in that your body can synthesize it entirely on its own, no food or supplements necessary. The foods and supplements that are richest in vitamin D (milk has 115 IU per cup while a typical vitamin D pill delivers 1,000 IU) still can't hold a candle to just 30 minutes of sunlight; fair-skinned folks can produce 20,000 IU in 30 minutes of exposure to direct sun.

But your ability to produce vitamin D doesn't hold up year-round. Unless you live near or south of the Texas panhandle, the angle of the sun is too weak during winter months for your body to synthesize any vitamin D whatsoever. During winter months, D supplements and D-rich foods like milk, yogurt, eggs, tuna, and salmon are highly recommended. As for the summer months, get out there and get it for free. Hit the beach, go for a run,

or hook up a suspension trainer to take full advantage (see our "Out of the Gym" workout on Pg. 12). A lack of vitamin D often manifests as muscle and bone pain, low energy and decreased strength. Recent studies also suggest a link between vitamin D deficiency and certain types of cancer, type 1 diabetes, and multiple sclerosis. And yeah, not getting any sun and fresh air is a pretty big drag mental health-wise, as well.



OUT OF THE GYM: WORKOUT

GET OUT THERE

There's more to outdoor training than running and biking. Enter the TRX.



There are few things as invigorating as a good run, bike, swim, or hike with the sun on your back. There isn't a treadmill or elliptical in the world that could give you the sense of well-being that comes from enjoying nature in fair weather. But why limit outdoor training just to cardio? Suspension training offers a more practical way to take advantage of outdoor training—more so than bringing dumbbells outside. The TRX (featured on this month's gear page and available to buy at

TRXtraining.com) was developed by a Navy SEAL who was looking for an easy way to train on the go while deployed—and it delivers as much value for elite soldiers as it does for civilians who want to stay in shape. The unit is highly durable and can be set up by clipping it to any sturdy anchor point—like a thick tree limb. What follows is a circuit that will cover all your bases, training all of your body's major muscle groups. Keep rest times brief to make the sweat pour.

DIRECTIONS: Do the following workout as a circuit. Don't rest between exercises and rest only 90 seconds at the end of each round. Complete 3-5 rounds.

EXERCISE	REPS
TRX Row	12
TRX Squat	20
TRX Chest Press	12
TRX Curl	12
TRX Triceps Press	12
TRX Lunge	10 each leg
TRX Plank	60 seconds

OUT OF THE GYM: WORKOUT

EXERCISE DESCRIPTIONS

TRX Row: Hold the handles of a TRX at your chest and lean back so that your arms fully extend. The closer you get your feet to the anchor point, the harder the move will be. Adjust accordingly. Keep your body in a straight line from your ankles to your shoulders. Retract your shoulder blades and pull with your arms until the handles are again at your chest. Lower yourself and repeat for reps under control.

TRX Squat: Hold both handles of the TRX and step back from the anchor point. Squat low to the ground until your thighs are parallel to the ground. Using only slight help from the handles (which help to keep your posture and give a small amount of work to your arms and lats) stand back up. Repeat for reps under control.

TRX Chest Press: Stand facing away from the TRX's anchor point. The closer your feet are to the anchor point, the steeper the angle and the more difficult the move will be. Lean forward until the handles are at your chest. Press up to fully extend your arms. Repeat for reps under control.

TRX Curl: Set up in the TRX Row position, but with your palms facing up. Lean away from the anchor point, then curl your biceps to return to the starting position.

TRX Triceps Press: Set up in the TRX Chest Press position, but with your hands up by your forehead.



Lean forward away from the anchor point. Press with your triceps to extend your arms.

TRX Lunge: Set one foot in the cradle of a TRX and face away from the anchor point. Step forward with the other foot and perform lunges, lowering your body to ground until your back knee almost touches the ground. Press through the heel of your front foot to return to the

starting position. Repeat for equal reps on each leg.

TRX Plank: Set your feet in the cradles of a TRX and face the ground. Get into a pushup position, but with your elbows and forearms on the ground. Keeping your body in a perfectly straight line, hold the position for a minute or more. Keep your core muscles tight throughout the move.

SUMMER MELTDOWN

Start sweating—and shedding pounds—with this high intensity circuit.



DIRECTIONS: Do the following workout at least once per week in conjunction with your regular training routine. Do the workout as a circuit. Don't rest between exercises and rest only 90-120 seconds between rounds. Start with three rounds of the circuit, but add rounds as you gain proficiency, working up to five rounds.

EXERCISE
Row* 100 meters
Pushup
Row 150 meters
Barbell Row
Row 200 meters
Bodyweight Squat
Plank

REPS
AFAP**
15
AFAP
12
AFAP
20
60 seconds

*This workout requires a rowing machine. If you don't have access to one, replace with a treadmill, or outdoor sprint of the same distance.

**As Fast As Possible

HOT PICKS

Mother Nature's bringing the heat. Time to take your training outside.



▲ TRX TACTICAL GYM

Suspension training uses your own body weight as resistance for shockingly effective variations on a huge number of exercises including rows, curls, triceps press-downs, and pushups. The Tactical Gym from TRX—which is used by the U.S. Armed Forces—improves on the original product by adding a few accessories that make it easier to hook up anywhere—plus a 12-week conditioning program and the TRX Force App.

[\\$249.95, TRXtraining](#)



VIBRAM FUROSHIKI



▲ The barefoot running craze may have hit its peak a while ago, but when the hysteria died down, one fact remains: the closer you are to the ground on heavy lifts, the more stable—and safer—you'll be. The cushioned soles of most regular sneakers provides an unstable surface that gets worse the heavier you go. (If you do have great running form, it is surprisingly comfortable to run in barefoot shoes.) The biggest problem with the first wave of barefoot shoes: they were a pain to get on and off. The Furoshiki corrects this problem with a wrapping sole that cinches with Velcro.

[\\$110, vibram.com](#)

◀ POWERBEATS 2

The premium sound that Beats By Dre is known for now in lightweight, Bluetooth buds that wrap to your ears and won't fall out during long runs and intense workouts. The six-hour rechargeable battery means they'll go longer than you.

[\\$143, Amazon](#)

IN THE KITCHEN: RECIPE

SPINACH & HAM QUICHE

Satisfying and yet surprisingly light.



SERVES 8

YOU'LL NEED

9-inch piecrust
1 ½ cups low-fat milk
8 eggs
½ tsp salt
1 tsp white pepper
1 tsp nutmeg
1 cup fresh spinach, chopped
½ cup ham, cooked and chopped
½ cup low-fat cheddar cheese
1 tbsp fresh parsley, chopped

MAKE IT

1) Preheat oven to 350 degrees.
2) Whisk milk, eggs, salt, pepper, and nutmeg in a bowl. In another bowl, blend spinach, cheese, and parsley. Add one half of the egg mixture and stir well. Pour this mixture into the crust. Top with remaining egg mixture.
3) Bake until middle of quiche is set, about 20 minutes. Serve hot.

THE MACROS

CALORIES: 204
PROTEIN: 13 g
FAT: 12 g
CARBS: 10 g

FRIED CHICKEN BREAST

Breaded, fried—and only 12 grams of fat per serving.



SERVES 4

YOU'LL NEED

½ cup all-purpose flour
1 tbsp salt
1 tbsp freshly ground black pepper
2 lbs boneless, skinless chicken breast, cut into 4 pieces.
2 tbsp grapeseed oil
¼ cup white wine
¼ cup yellow onion, finely diced
¼ cup fresh lemon juice
2 tbsp garlic, minced
2 tbsp fresh parsley, minced
1 tbsp butter, room temperature

MAKE IT

1) Preheat oven to 375 degrees.
2) Combine flour, salt, and pepper in a small bowl. Dust the chicken on both sides, coating well.
3) Heat grapeseed oil in a large sauté pan over medium-high heat. Add chicken, cooking evenly to brown, about 4-5 minutes on each side.
4) Once browned, finish chicken in oven for about 6 minutes, or until internal temperature reaches 165 degrees.
5) Return pan to medium heat and add wine to deglaze. Add onions, stir, and cook until slightly trans-

lucent—about 3-4 minutes. Add lemon juice and garlic, stir again, and cook until warmed.
6) Remove from heat, stir in parsley and butter to finish sauce. Serve over chicken.

THE MACROS

CALORIES: 412
PROTEIN: 55 g
FAT: 12 g
CARBS: 16 g

PORK TENDERLOIN APPETIZER

A sweet-and-savory way to please a crowd.

SERVES 12

YOU'LL NEED

2 tbsp grapeseed oil
3 lbs pork tenderloin
¼ cup roasted garlic
pepper
1 red onion, diced
1 red bell pepper, diced
1 orange bell pepper,
diced
½ cup honey
¼ cup red wine vinegar
½ cup red wine
2 tbsp Tabasco
½ cup cranberry sauce
1 French baguette
2 tbsp butter
1 oz extra-virgin olive oil
4 cloves garlic, minced

MAKE IT

1) Preheat oven to 350 degrees.
2) In a hot saute pan, add grapeseed oil. Sear tenderloin on all sides.
3) Transfer pork to roasting pan, rub with garlic pepper, and roast in oven until tender, 45-60 minutes. Allow pork to rest for 8-10 minutes before slicing.
4) Heat onions and peppers in a hot, dry (no oil) skillet for 3 minutes.
5) Add honey, vinegar, wine, hot sauce, and



cranberry sauce. Stir well. Reduce over medium-low heat until marmalade is thick.
6) Melt butter and oil together over low heat. Add garlic and cook until soft. Slice baguette into thin slices. Brush a small

amount of garlic and oil/butter mixture onto each slice. Toast lightly under broiler, 1-2 minutes.
7) Slice pork and assemble appetizer, layering a pork medallion on top of the crostini, and marmalade on top of that.

THE MACROS

CALORIES: 305
PROTEIN: 34 g
FAT: 9 g
CARBS: 19 g

IN THE KITCHEN: GEAR

GRILL LIKE A PRO

A serving platter that adds flavor, perfect corn, and the ultimate grill brush.



◀ HIMALAYAN SALT PLATE WITH HOLDER

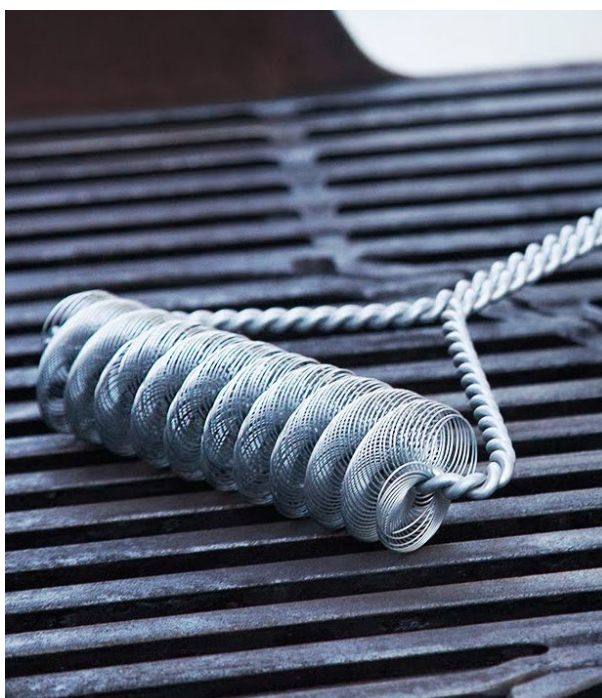
Add flavor to meat, fish, and more with this brick of mineral-rich pink salt cut from the foothills of the Himalayas. Heat it up on the grill to cook thin cuts of meat, shrimp, and shellfish, or use it as a serving plate that adds a rich saltiness to fruit, jams, meats, soft cheeses, and much more. When you're done, just scrub it down with a brush and give it a rinse.

[\\$39.96, Williams-Sonoma](#)

BRISTLE-FREE GRILL BRUSH

Unlike a traditional stainless steel grill brush, you won't watch this one disintegrate and leave its bristles behind when you lay it on a hot griddle. The stainless steel wires are wound into a circular weave that leaves no ends exposed. This creates grooves that hug each bar to strip away grease and grime.

[\\$16.95, UncommonGoods](#)



STAINLESS STEEL CORN BASKET

Evenly cook up to four pieces of corn on the cob at once with this stainless steel basket from Steve Raichlen's Best of Barbecue collection. Leave the husks on to steam the corn to perfection or husk them to get a sweet, smoky char on each kernel.

[\\$17.84, HomeDepot](#)



WHAT HAPPENS WHEN
ROBERT LEAVES AFTER...

RESTAURANT *IMPOSSIBLE* ?



We head back to Joe Willy's Fish Shack in Fishkill, NY to see what's happening over three years after Robert visited with the crew of *R:I*.

BY MATT TUTHILL

RESTAURANT: IMPOSSIBLE

This is Part I of a limited series that will revisit some of the eateries that got the Restaurant: Impossible treatment. This month, we go back to Joe Willy's Fish Shack in Fishkill, NY. This episode originally aired in March of 2013. When Robert arrived at Joe Willy's he encountered bland décor, a puzzling menu (fresh flounder covered in melted cheese), and an owner so stubborn he challenged much of Robert's advice. And as is always the case on the show, Joe Willy's was struggling. Two days and \$10,000 worth of renovations later, Joe Willy's had a new look, a new menu, a roomful of satisfied customers, and most importantly, owners Joe and Dena White appeared to mend fences. But has it stayed that way? RI Magazine caught up with Joe and Dena to see how business is going over three years later.

WHY THEY APPLIED FOR RESTAURANT: IMPOSSIBLE

It was Dena who applied. Joe White, self-aware of his own stubbornness, laughs. "I would never apply for anything like this. It was Dena."

So what was the straw that broke the camel's back for Dena?

"It got to a point where I was working two jobs and working seven days a week so we could get our bills paid. Yet people would come into the restaurant and say, 'Oh, we didn't know you guys were here.' [Joe Willy's is set far back from the road] Then they'd say they enjoyed their meal and didn't understand why there wasn't a line out the door. I started watching *Restaurant: Impossible* and I just started thinking to myself that we were doing something wrong. We were

not doing the business we should be doing. After a couple months of watching the show, I literally finished watching an episode one night and then I got my computer out and took three hours to fill out the application. Three weeks later I got a response from them."

REVAMPING THE MENU

In contrast to many other instances throughout the history of *Restaurant: Impossible*, Robert was not hyper-critical of Joe's cooking, a flounder-and-cheese dish notwithstanding. Nevertheless, there was a lot of room for improvement and Robert overhauled the menu to draw more customers. So did it pay off?

"Robert added some things that are our biggest sellers," Joe says. "He added a pan-seared salmon



Robert gives Joe White, second from the right, and the crew of Joe Willy's, a crash course in the kitchen. Joe says the menu items that Robert added remain bestsellers today. Check out recipes from this episode at FoodNetwork.com

RESTAURANT: IMPOSSIBLE

dish and a pan-seared scallop dish, a couple of salads, and barbecue chicken. We use his barbecue sauce. It was better than mine. His crab cakes were better than mine. And my recipes had come from culinary guys. Robert molded me a little bit."

RENOVATIONS

Thankfully, Joe's kitchen was sanitary to begin with. This episode of *Restaurant: Impossible* didn't see Robert decrying filthy conditions in the back of the house. But the front of the house was as depressing and bare as a high school cafeteria. The crew gave Joe Willy's a flashy new bar back complete with silver fish scales, a fish skeleton fashioned out of PVC pipe, and re-lacquered the tables. So how did Joe and Dena like the renovations? And more importantly, how did everything hold up?

"We haven't touched a thing that they've done," Joe says. "They did a wonderful job. Even Robert thought they did a wonderful job."

"I don't know if you saw our before pictures, but it could only get better," Dena adds. "We just repainted the place and we'll probably have to do the tables again soon, but people still comment on it. To me it's still beautiful."

BUSINESS

Robert can overhaul a menu and change the interior design of a restaurant, but without sustained commitment to customers, restaurants can still fail. Any restaurant featured on national television can expect an initial uptick in business,



Robert looks for answers from his design and construction team. Owners Joe and Dena White say all of the renovations have held up well.

but sustaining that interest means delivering on a daily basis. That leaves the biggest question of all: How did appearing on *Restaurant: Impossible* affect business at Joe Willy's?

Joe explains it by the numbers.

"We had been in business for five years when Robert came," Joe says. "The first year we did gross sales of \$220,000. By the third and fourth years we were doing \$300,000 and \$320,000. So we were growing, just very slowly. But the year Robert came, we did over \$700,000. It leveled off and came down a bit, but we're steady at \$600,000 of gross sales every year. Robert doubled our business."

COMMUNITY REACTION

With an increase in customers comes an increase in amateur food critics for Yelp—not to mention

folks who simply want to be part of the moment. So does Joe Willy's have more critics to contend with now?

Joe laughs, "There are a lot of food critics out there."

"People did feel like they needed to come in and critique us," Dena says. "People will say 'they got a second chance and they blew it.' Being on the show made a lot of people feel like they had to come in and critique us more so than if it were just a regular restaurant."

"But a lot of people will be very supportive."

"I don't mind the critics as long as we're doing the business," Joe adds.

THE PERSONAL SIDE OF RESTAURANT: IMPOSSIBLE

Joe and Dena's counseling session with Robert provided some tense moments. Any husband-and-wife

RESTAURANT: IMPOSSIBLE

team working side by side is a recipe for tension. Before filming began, Dena was working seven days a week—full-time at the front of the house at Joe Willy's and part-time waitressing at another restaurant. Joe practically lived at the restaurant, hours that put a strain on their marriage. At one point, Robert asked Joe if he needed Dena more as a wife or more as a co-worker, and Joe said he didn't know. The air came out of the room and tears started to flow. Today, Joe and Dena say a lot of that tension has dissipated, even if it's still hard to make time for each other.

"It's totally different for me before and after the show," Joe says. "Dena is committed to the front of the house where I was trying to do it all. You have to be a special character to be able to do it all at a restaurant. I find it much easier to run the kitchen and I have full confidence that Dena is taking care of the front of the house now. This arrangement works."

FOLLOWING UP

Both Robert and *Restaurant: Impossible* producers stay in touch with restaurant owners long after they've appeared on the show. Joe and Dena say it created a bond with Robert and the crew.

"The whole crew kept in touch with us for a good year-and-a-half after the filming," Dena says. Everybody was amazing to us. People ask us about that all the time. I always rave about the crew."

"He invited us to his 50th birthday," Joe says. "I feel like he's family."

FINAL OUTLOOK

When asked if there's anything she would change about the experience, Dena simply says she would've relaxed and taken more time to enjoy it.

"I wish I had known at the time how amazing it was going to be," Dena says. "I think I would have been calmer. I was on edge both days. It was very emotional. But I would do it again in a heartbeat."

I thank God every day that they came. I really do. It was just amazing to me that they came to us. I'm forever grateful to them. I really am. We wouldn't still be here if it weren't for them coming. Joe feels differently, but that's how I feel."

Chastened, but still proud, Joe has his own take.

"We'd be here," he says. "It would just be more of a struggle than it is right now, but I do think we'd be here."



Joe and Dena White also needed to work on their marriage. The improvement in business has helped ease a lot of the tension.

SUMMER GRILLING

MASTER THE FLAME



Whether you're firing up the coals or turning on the gas, summer means grilling. But it's time to move beyond burgers and dogs. With the recipes on the following pages, you can mix and match salads, sides, entrees, and desserts to throw the ultimate backyard barbecue.

SUMMER GRILLING: SALADS

TOMATO & CUCUMBER SALAD



SERVES 4

YOU'LL NEED

1 oz avocado oil
2 oz balsamic vinegar
½ medium English cucumber
1 tsp fresh ginger minced
1 garlic clove minced
1 lb heirloom tomatoes, cored and cut into slices
¼ cup thinly sliced red onion
2 cups arugula
¼ cup small basil leaves

1 tsp sea salt
¼ tsp red chili powder
¼ tsp turmeric
¾ tsp freshly ground black pepper

MAKE IT

1) Peel cucumber, halve lengthwise. Remove seeds, and slice diagonally. Add cucumber, tomatoes, spices, onion, ginger, garlic, salt, and pepper. Toss well with oil and vinegar, let marinate for 1 hour. This can also be done overnight (wait to add

spices on the next day)
2) Toss with arugula and arrange salad on a platter; sprinkle evenly with basil.

THE MACROS

CALORIES: 91
PROTEIN: 1 g
FAT: 7 g
CARBS: 7 g

SUMMER GRILLING: SALADS

SUMMER MELON & ENGLISH PEA SALAD

SERVES 6

YOU'LL NEED

- 1 tsp crushed red pepper
- 2 tbsp white balsamic vinegar
- ½ tsp minced shallots
- 1 cup english peas
- ½ tsp honey
- ¼ tsp sea salt
- 2 tbsp avocado oil
- ½ cantaloupe
- ½ honeydew melon
- 2 oz country ham, thinly sliced
- 8 basil leaves, torn
- 4 oz burrata
- ¼ tsp cracked black pepper

MAKE IT

- 1) Combine crushed red pepper, vinegar, shallots, honey, English peas and salt in a small bowl, stirring with a whisk. Slowly add oil.
- 2) Cut melons into quarters and slice.
- 3) Toss the melon, basil and ham slices and place into small bowls. Add the burrata over top, score the tops and spoon the English pea vinegar mixture over the top.

THE MACROS

CALORIES: 201
PROTEIN: 8 g
FAT: 10 g
CARBS: 21 g



SUMMER GRILLING: SALADS



MASON JAR SALAD

SERVES 4

YOU'LL NEED

2 oz avocado oil
1 oz red wine vinegar
1 tsp Dijon mustard
¼ tsp black pepper
⅛ tsp kosher salt
½ cup chopped red onion
½ cup sliced cucumber
1 cup chickpeas, cooked
½ cup sliced bell pepper
½ cup sliced hearts of palm
½ cup halved cherry tomatoes
⅔ cup cooked freekeh
4 cups spinach
1 oz feta cheese, crumbled

MAKE IT

1) Combine oil, vinegar, mustard, pepper, and salt into a mason jar, shake to make dressing then divide into 4 mason jars.
2) Divide onion, cucumber, chickpeas, bell pepper, hearts of palm, tomatoes, freekeh and quinoa into all 4 jars, top with the spinach and feta.
3) Shake jar to distribute dressing before serving. Eat straight from the jar, or empty contents into a bowl.

THE MACROS

CALORIES: 291
PROTEIN: 8 g
FAT: 10 g
CARBS: 25 g



SUMMER GRILLING: SIDES

FREEKEH WITH FIGS



SERVES 5

YOU'LL NEED

2 tbsp coconut oil
1 cup uncooked freekeh
1½ cups water
⅓ cup finely sliced shallots
⅓ cup cucumber peeled and diced small
⅓ cup heirloom tomato diced small
3 tbsp apple cider vinegar
½ tsp kosher salt
¼ tsp freshly ground black pepper
¼ cup finely chopped fresh flat-leaf parsley
¼ cup finely chopped mint
¼ cup finely chopped basil
¼ cup chopped marcona almonds
6 fresh figs sliced or wedged
1 oz goat cheese, crumbled

MAKE IT

1) Heat a large saucepan over medium heat. Add 1 ½ teaspoons oil to pan; swirl to coat. Add freekeh; cook 2 minutes, stirring occasionally. Add 1 ½ cups water; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid is absorbed.
2) Place shallots, cucumber and tomato in a small bowl with 1 ½ tablespoons oil, vinegar, salt, and pepper and mix.
3) Place freekeh, half of the oil and shallot mixture, herbs, nuts, in a large bowl; stir to combine. Spoon freekeh mixture onto a platter; top with figs and cheese. Drizzle with remaining half of oil mixture.

THE MACROS

CALORIES: 276
PROTEIN: 10 g
FAT: 11 g
CARBS: 43 g

SUMMER GRILLING: SIDES

TOMATO & AVOCADO



SERVES 5

YOU'LL NEED

RANCH DRESSING:

½ cup low-fat buttermilk
⅛ cup chopped fresh cilantro
⅛ cup chopped fresh parsley
⅛ cup chopped fresh tarragon
2 tbsp reduced-fat sour cream
1 tbsp reduced-fat mayonnaise
½ tsp grated lime rind
¼ tsp minced fresh garlic
¼ tsp sea salt
⅛ tsp ground cumin
⅛ tsp turmeric
Dash of ground red pepper

SALAD:

4 large heirloom tomatoes
16 leaves basil, finely shredded
¼ teaspoon salt
1 red onion, sliced thinly and soaked in cold water
2 peeled avocado sliced
Black pepper, coarsely ground

MAKE IT

1) Combine all the ingredients for the dressing in a small food processor or blender; process 30 seconds or until pureed, scraping sides of bowl occasionally. Cover and chill.
2) Slice each tomato into 4 equal slices (about ½-inch thick). Place

1 tomato slice on each of 4 salad plates; sprinkle slices evenly with ¼ teaspoon salt and basil. Top each serving with a few onion pieces and slices of avocado. Repeat layers 3 times, ending with avocado. Drizzle 2 tablespoons dressing over each serving; sprinkle with black pepper, if desired.

THE MACROS

CALORIES: 145
PROTEIN: 3 g
FAT: 11 g
CARBS: 14 g

STEAK PANZANELLA



SERVES 6

YOU'LL NEED

1 lb skirt steak, trimmed
½ tsp kosher salt
½ tsp freshly ground black pepper
3 tbsp avocado oil
2 tbsp red wine vinegar
2 cups arugula
½ cup thinly sliced red onion
½ cup thinly sliced fresh basil
2 large heirloom tomatoes, cut into wedges
1 medium cucumber, halved lengthwise and sliced
3 oz multi-grain French bread baguette, cubed and toasted

MAKE IT

1) Preheat grill to medium-high heat.
2) Season steak evenly with some of the salt and pepper. Add steak to a high heat grill and cook 3 to 4 minutes on each side to get a great sear, cook longer if desired temperature is more well done. Place steak on a cutting board and let rest for 5 minutes. Cut into thin slices.
3) Combine salt, and pepper with oil, and vinegar in a large bowl with onion, tomatoes, and cucumber, steak and bread cubes, toss and let marinated for 10-15 minutes, then toss with basil and arugula and serve.

THE MACROS

CALORIES: 231
PROTEIN: 6 g
FAT: 15 g
CARBS: 12 g



SUMMER GRILLING: MAIN COURSE



GRILLED SALMON

SERVES 4

YOU'LL NEED

1 small red onion, sliced thin
4 center-cut wild salmon steak,
6-oz each
1 lb small yukon gold potatoes
2 lemons, skin zested and reserved
1 tbsp chopped fresh thyme
2 tbsp coconut oil
1 tsp kosher salt
½ tsp freshly ground black pepper
1 pt heirloom cherry tomatoes cut
in half

2 tbsp finely chopped fresh mint
1 tbsp capers, chopped
2 tsp apple cider vinegar
2 tsp dijon mustard

MAKE IT

1) Preheat grill to medium-high heat.
2) Cut potatoes in half and toss with avocado oil, salt, and pepper in a bowl. Place on the grill and cook until tender, toss them with fresh squeezed lemon and zest and chopped thyme.

3) Combine onion, avocado oil, salt, pepper, tomatoes, mint, capers, vinegar, and mustard in a bowl.
4) Dry the fish and season with salt and pepper and oil. Grill fish for 4 minutes on each side. Serve fish with potatoes; top with tomato-onion salad.

THE MACROS

CALORIES: 428
PROTEIN: 37 g
FAT: 18 g
CARBS: 28 g

SUMMER GRILLING: MAIN COURSE

MARINATED LAMB CHOPS



SERVES 4

YOU'LL NEED

- ⅓ cup chopped parsley
- ⅓ cup chopped thyme
- ⅓ cup chopped fresh mint
- 1 tbsp balsamic vinegar
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp dry mustard
- 2 tsp honey
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 2 lamb racks cut into chops
- 1 cup greek Yogurt
- ½ cucumber peeled and grated
- 8 mint leaves finely chopped
- 1 tsp honey

MAKE IT

- 1) Combine all the ingredients in a small bowl, stirring well. Rub the lamb well and let sit for 4-6 hour refrigerated.
- 2) Mix all ingredients for the yogurt—Greek yogurt, cucumber, mint leaves, and honey—and refrigerate.
- 3) Grill lamb on high heat, over wood if available, for 2 minutes on each side or until desired doneness is achieved. serve with side dishes and yogurt sauce.

THE MACROS

CALORIES: 454
PROTEIN: 54 g
FAT: 21 g
CARBS: 10 g

SUMMER GRILLING: MAIN COURSE

GRILLED CHICKEN

WITH PINEAPPLE CANTALOUPE SALSA



SERVES 4

YOU'LL NEED

½ cup pineapple, small diced
½ cup cantaloupe small diced
½ cup small diced peeled English cucumber
¼ cup diced red onion
4 Brussels sprouts, leaves removed and blanched and shocked
3 tbsp chopped fresh mint
3 tbsp chopped cilantro
1 tsp grated lime zest
2 tbsp fresh lime juice

4 tsp avocado oil
1 tsp minced red jalapeño pepper
½ tsp kosher salt
½ tsp freshly ground black pepper
4 skinless, boneless chicken breasts, 6 oz. each

MAKE IT

1) Preheat grill to medium-high heat.
2) Combine first 11 ingredients; stir in salt and black pepper, tossing well to combine.
3) Season chicken evenly with

remaining salt and black pepper. brush with avocado oil and place chicken on a grill rack, grilling 5 minutes on each side or until done. Serve with salsa.

THE MACROS

CALORIES: 338
PROTEIN: 49 g
FAT: 13 g
CARBS: 8 g

SUMMER GRILLING: DESSERT



CHERRY-APPLE CRISP

SERVES 10

YOU'LL NEED

½ lb. dried tart cherries
1 cup boiling water
½ lb sweet cherries, pitted
1 lb green apples, peeled, core removed and sliced
⅓ cup granulated sugar
3 tbsp all-purpose flour
1 tsp vanilla extract
¼ tsp ground cinnamon
4 oz all-purpose flour (about ¾ cup)
1 cup old-fashioned rolled oats
¼ cup packed brown sugar
¼ cup sliced almonds
1 tsp salt
3 oz unsalted butter, melted

MAKE IT

1) Combine dried cherries and boiling water in a small bowl; cover and let stand for 30 minutes.
2) Combine dried cherries with soaking liquid, 1 pound sweet cherries, 1 pound apples, sugar, flour, vanilla extract, cinnamon in a large bowl; stir well.
3) Pour the mixture into a 13 x 9-inch glass or ceramic baking dish lightly buttered. Bake at 375° for 40 minutes.
4) In a separate bowl add 4 ounces flour, oats, brown sugar, almonds, and salt and stir well. Melt butter in a small bowl, and drizzle over oat mixture and mix well.
5) Remove the fruit from the oven,

cover with the streusel topping. Bake for 20 minutes until golden brown. Let stand for 5 minutes; serve warm.

THE MACROS

CALORIES: 288
PROTEIN: 6 g
FAT: 10 g
CARBS: 47 g

SUMMER GRILLING: DESSERT

WARM FRUIT WITH MASCARPONE

SERVES 4

YOU'LL NEED

½ cup fresh cherries, seed removed and halved
½ cup blueberries
½ cup raspberries
½ cup blackberries
½ cup strawberries
4 tbsp mild honey
4 large basil leaves, torn
8 vanilla beans, halved lengthwise
8 oz mascarpone
6 small basil sprigs

MAKE IT

1) Combine cherries, blackberries and half of the strawberries and honey in a small saucepan over low heat; cook 8 minutes or until slightly warmed, gently stirring occasionally. Remove from heat; stir in basil. 2) In a separate bowl mix the blueberries, raspberries and the remaining strawberries. Set aside.

3) Scrape seeds from vanilla bean. Combine seeds and mascarpone in a small bowl, stirring well.
4) Spoon about ¼ cup cheese mixture into 4 small bowls. Top each serving with about ¼ cup warm fruit mixture. Top each serving with ¼ cup remaining fresh berries and a basil sprig.

THE MACROS

CALORIES: 348

PROTEIN: 4 g

FAT: 26 g

CARBS: 28 g



GARY PLAYER IN THE 21ST CENTURY

One of the greatest golfers of all time is also one of the first golfers to embrace weight training. Gary Player looks back on an amazing career and offers his thoughts on the obesity crisis, PEDs, and much more.



The 80-year-old Gary Player earned the nickname "Mr. Fitness" for embracing weight training many decades before other golfers did.

INTERVIEW: GARY PLAYER



Player took to all manner of physical training early in life. His brother gave him his first weight set at the age of 9.

Gary Player has a lot of claims to fame. He's one of the greatest golfers of all time with 18 Major Championships (nine on the regular tour and nine on the senior tour), including the career grand slam, winning the Masters, U.S. Open, British Open, and PGA Championship—a feat accomplished by only four other golfers in history: Ben Hogan, Gene Sarazen, Jack Nicklaus, and Tiger Woods. In retirement, the South African native made a seamless transition from superstar athlete to successful business owner and generous philanthropist, nearing \$100 million raised for charity. He's also one of the first golfers to ever embrace

weight training, and was decades ahead of his time. During Player's heyday in the 1950s, 60s and 70s, most golfers—and a lot of other athletes—believed weight training would make you “muscle-bound” and destroy flexibility. He proved all the critics wrong, and now at 80 years old, Player is still spreading the word about proper exercise and a healthy diet.

RI Magazine: What made you think that lifting would be beneficial for your game? All the golf authorities of your day preached against it. All other major sports, even American football, had not embraced it fully.

Gary Player: Isn't that interesting how I was ridiculed by so many? One famous golf architect saw me squatting 325 pounds the night before I won the U.S. Open and said “Gary Player will never last. You just cannot do weight training and play golf.”

As a young man I was running, swimming, riding a bicycle, doing pushups and playing many sports. My brother was actually responsible for my attitude towards fitness. He went to war to fight alongside the Americans and the British at the age of 17. He stood there in his uniform and purple beret and said, “I'm off to war. I probably will never come back. You want to be a pro-

INTERVIEW: GARY PLAYER

fessional sportsman?" He bought me one old dumbbell with weights on both sides and he said "That is all I can afford. Promise me you'll exercise the rest of your life." I have. I started at the age of nine so by the time I became a golf professional I wasn't concerned it was going to do me harm because I had been doing it all my life.

Why should you become muscle bound? We had a fella on the regular tour doing excessive bench presses and upper body exercises many years ago. I said he would never last and I don't think he ever won. You can't do excessive bench presses and play golf. I never like to say you can't but it is not advisable because you want to keep flexibility in your pecs. The ideal build for golf is Popeye: A thin neck, flat chest, big forearms, narrow waist, strong thighs, big calves, strong feet and fingers and flexibility. One of the hardest things to do in your life I would say is to exercise four or five times a week. How many people have had the discipline throughout their lives to do this? Very few.

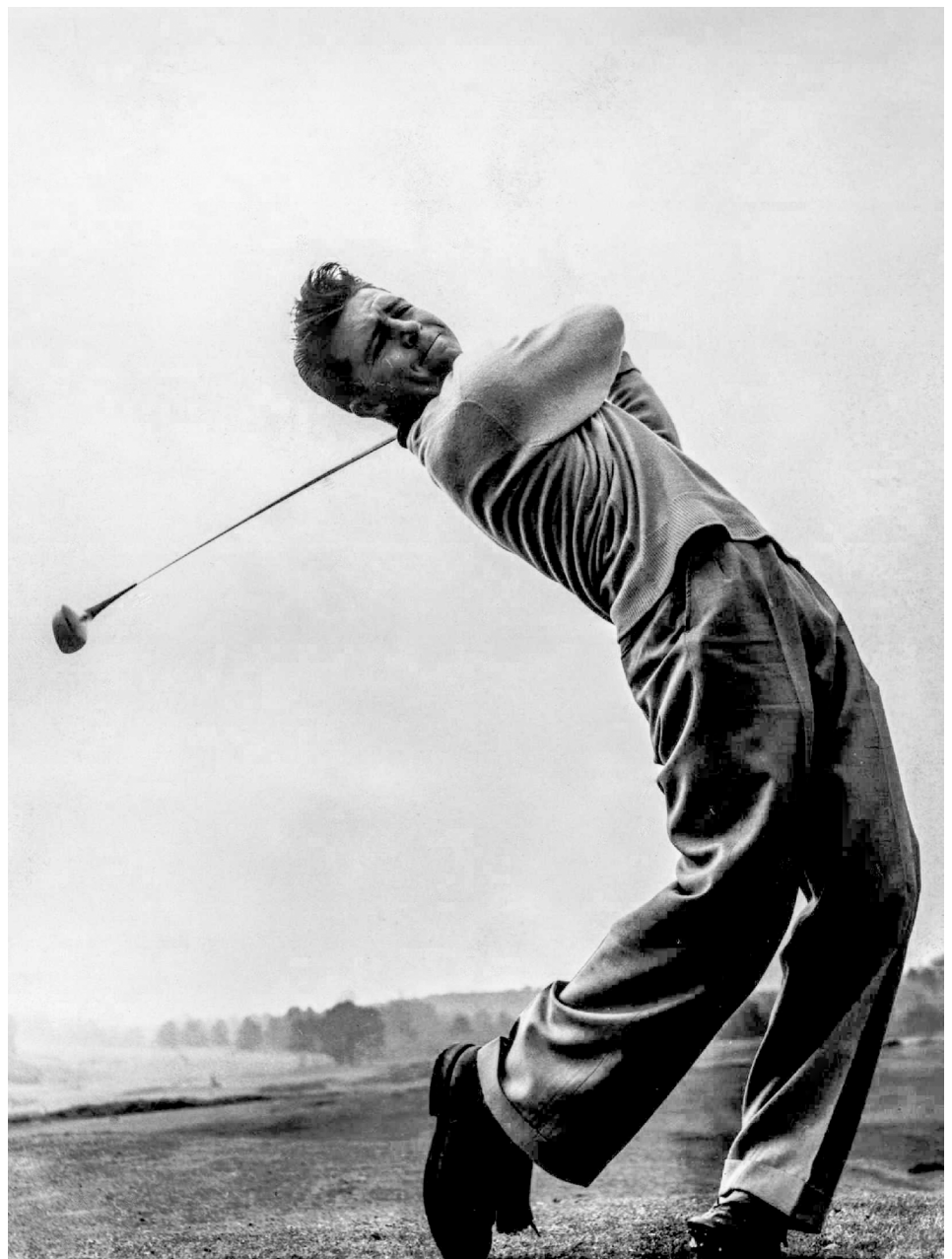
RI: There is the myth that lifting stunts bone growth in young kids. You were way ahead of your time in that sense as well.

GP: You have to do everything according to nature. Don't fight nature. It's like when people first go to the gym and they have a trainer. Some trainers upset me so much. The first day a man goes to exercise and the next day he can hardly walk. They should just start them off gradually. Very slowly. You have to exercise

and make sure you eat properly. There are many opinions on what is right exercise and many opinions on what is the right diet. The problem is that everybody is trying to promote themselves. All I know is that I have traveled more than any athlete that has ever lived and I've been to the places where they live a long time. That is in India, China, Japan, and

Africa where they don't have many hospitals, doctors, and access to all kinds of drugs and medicine. All the people that have lived a long time have not had high sugar diets with processed foods and pharmaceuticals at a drive by.

RI: What kind of weights are you throwing around today?



Player credits staying lean with both his career longevity and his health later in life.

INTERVIEW: GARY PLAYER



Follow Gary on [Twitter](#) and learn more about his charitable works at [GaryPlayer.com](#)

GP: I don't do a lot of heavy stuff but consistency is key. I go the gym probably four or five times a week. It fluctuates depending on where I am traveling and what I am doing. Sitting in airplanes and around airports, you obviously cannot go. But I always exercise before I travel. My routine is usually 1,000 crunches a day (200 with 100 pounds on my chest). I can still easily leg press more than 300 pounds. I do a lot of wrist curls, neck exercises, and just about 40 bench presses just to keep me tuned. Running on the treadmill to keep my speed up has been very important the last 10 years. I

also do a lot of stretching.

On my ranch there is a high mountain and we built steps. It took us a year to do it. When I am on my ranch I'll run up these steps and come down, which is a great workout in itself. If I don't do that I'll be riding a horse or working in my garden planting trees. I don't do much above my shoulders because if you're a golfer you have to be very careful of injuring your rotator cuff.

RI: Golfers have to maintain a delicate balance of training in relation to when they are competing. You can't really afford to

be sore during a tournament, but it sounds like you paid no mind to this kind of thing because you lifted heavy the night before you played.

GP: Yes, I did. Not overdoing it is crucial and proper recovery periods. Here's what helped: I always like to have a hot and cold shower after a workout (also known as a contrast shower) because they give great circulation and relieve the muscles. I take regular massages too. That's one of the great secrets. Speaking of which, I believe some of the great secrets to life are exercise, to be happy, to have a good

INTERVIEW: GARY PLAYER

laugh (because laughter is God's medicine), good water, fresh air, and a positive attitude.

RI: You were saying that as long as you have proper recovery it doesn't matter when during the week you lift in terms of when your competition is?

GP: That's right. I'll tell you what is interesting. Some days, if I'm on holiday, I go to the gym in the morning and I say I am going to work out harder today than yesterday and I am going to play after lunch. I go back and work on my garden, swim in the ocean, have lunch, play in the afternoon and I don't even notice I worked out. But, there is a reason. My body is full of good food, water, fresh air, and I keep my weight down. You are what you eat!

RI: How do you feel lifting affected your motor control?

GP: I felt it gave me more speed. It gives me more speed today. I just realized when I was playing against Jack Nicklaus and Arnold Palmer that they were so much stronger than me. But, I always felt I was going to be superior coming down the line on the last day of the tournament because I was so much fitter than they were. Today, I am 1,000 times fitter than they are.

RI: Is it surprising to you that with the example you set and all the tournaments you won that it took many years for lifting to finally catch on with even just a small percentage of golfers?

GP: It was only a matter of time



Still working hard in the gym today, Player says he trains four days per week. All Gary Player photos courtesy of Black Knight Archives.



INTERVIEW: GARY PLAYER

until the world of professional golf understood the benefits of weight training. I believe my success helped see it through. They have a traveling gymnasium on tour now! Can you believe it? They have skin specialists, a masseuse, and an instructor to help you with your exercising. It is just another world. Today, strength is speed. What is going to happen in golf in 40 years is that hitting the ball 400 yards will be very common. It will be an absolute necessity to have strength and speed in every sport.

RI: You were quoted in ESPN a while back saying that you think steroids are going to become a big thing in golf and you knew of at least one player who was taking steroids. Do you think that number has grown?

GP: I think golf is one of the very cleanest of all sports by far. But, there is no question there have been quite a few golfers that have taken performance-enhancing medicine. We never had any governing policies then but now we do and it is very clear what is allowed and what is not. We had to introduce this to get back into the Olympic Games.

The trouble now is that we're on the path that if you don't take performance-enhancing drugs, you'll never be able to compete anymore. There are a lot of sports that if you don't take them you definitely won't be able to compete again. The big problem today is that many young athletes at schools are taking PEDs to get to the next level. This is very sad to me.

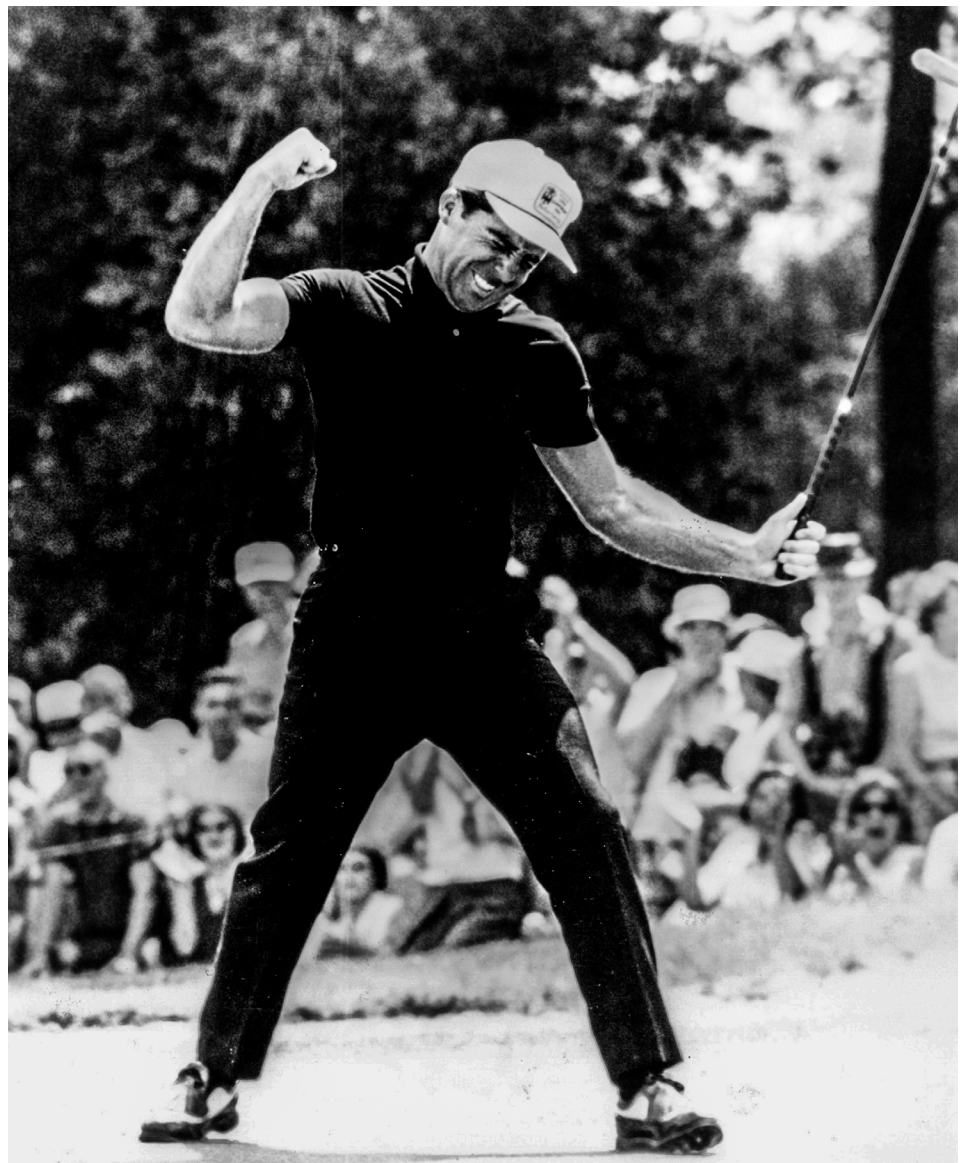
RI: What do you see as the answer to that?

GP: It is very worrying to me. I have a doctor friend who says he has these athletes come in and can tell they have been taking PEDs. They are proud of the fact. I do not know a solution to prevent it other than educate them of the harm it will do to their bodies long term.

Somebody of my age in 50

years will be able to take a growth hormone and it will improve his life. I don't think we are there yet. That is an interesting topic. I don't know how you stop it. I don't think you will be able to stop it because the people that are masking it are far ahead of the people trying to prevent it. The playing fields are not level that is for sure and it's not debatable.

But remember, the harder you practice, the luckier you get.



Player wins the U.S. Open in 1965, one of 165 tournaments he won during his career.

INTERVIEW: ZACH MCGOWAN

THE CAPTAIN OF HIS OWN SHIP

Actor Zach McGowan, star of TV's *Black Sails*, talks training, success, and how to steer your life in any direction you choose.



Zach McGowan
photos appear
courtesy of STARZ.

INTERVIEW: ZACH MCGOWAN

For his role as Captain Charles Vane on the STARZ pirate drama Black Sails, Zach McGowan ran 13 miles several days a week, and mixed in copious amounts of pullups, push-ups, and boxing. He eschewed the personal training regimen appointed by the studio in favor of a routine that would yield a more believable look for a ship's captain of the early 1700s. With that, you have a rough understanding of how seriously the man takes his craft. The 34-year-old NY-born actor ives with passion and intensity—which pours out of him with every question he answers. Here, he talks about his training and diet, what drives him to succeed, and the ending of Black Sails Season 3.

RI MAGAZINE: (SPOILERS FOR BLACK SAILS SEASON 3) Near the end of Season 3, your character, Charles Vane, is executed by the British. The scene starts out with the crowd mocking him and throwing vegetables, but when he gets to speak his last words he appeals to their sense of independence. You had a long speech you got to deliver, part of which was, “To fear death is a choice and they can’t hang us all.” What were your emotions like filming that scene?

Zach McGowan: When it comes to death of any character you’re playing, it’s a very emotional time. Especially someone like Charles who I really grew to love playing. I learned to watch him. He’s the first character I think I ever played where I learned to watch it and be a fan of it. That was a new experience for me.



McGowan typically ran 13 miles a day to play Captain Charles Vane on *Black Sails*. He weighed in at 170 pounds during this time. To gain weight for *American Brawler*, he gained over 30 pounds.

When it came to his end, which was something that I knew was always on the books, the idea with the character was that we were going to build this quintessential pirate, get everyone to love him, and then have England hang him, which is the true story of it, as well. It’s the crux of building the tragedy that is the tale of the pirates of that time. They didn’t win any sort of war of independence. They were eventually crushed and scattered by the British empire.

That being said, yes, from the beginning (showrunners) Jon (Steinberg) and Robert (Levine) and I, we always talked about how Charles was going to be an unapologetic

person. He was never going to apologize for the things he did because he believed righteously in this code, in this world that maybe he was one of the only people who believed in. As far as input into the scene, I said to them, “I don’t think he’s afraid,” because the way I played him from the beginning was that he wasn’t ever afraid of dying because he’d looked in the face of death so many times. To him, rather than fear death, it was more like a question: How the hell am I still alive? That character was almost looking for a good death. I feel like he was a very archetypal warrior in that way.

That’s something we were always going for with him, and I pushed

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very hard that idea of not fearing death. It's funny. The writers and I are good friends and we always talk about how I ride a motorcycle. They're always like, "How are you not afraid of falling off the motorcycle?" and I'm like, "I think that's what being alive is. That's the moment of life." It's not like I'm reckless. I don't do reckless things, but I do like doing things where they keep me alive in the sense that when riding a motorcycle or even learning to ride a horse for an action sequence. That just kind of keep you on the edge.

To wrap it all up, I think that it was a perfect end to Charles. He was introduced as a villain and got to go out as a hero. That is not every character you get to play. That's for sure.

RI: You said that you're able to watch him and be a fan. How are you able to separate that fully?

ZM: I'm not someone that's so self-conscious about my work that I don't like to watch. I actually do like to watch the work and just kind of see what worked and what they used and what they didn't. I like to watch it and analyze it. That being said, normally when I watch my work, normally I'm very removed, but I actually do find myself getting pulled in watching Charles. It's like it's one of the first characters I've ever played that I ... I don't know even how to explain it. He definitely affects me more than most characters I play. Most characters I play I'm just watching more technically and whatnot whereas him, I sometimes forget I'm watching myself.

RI: Aside from missing the character, you were in a great spot as an actor on a hit show with some staying power. Were you upset to lose the gig?

ZM: Yeah. I mean, there's definitely the sadness of not doing the gig and of not being there with your cast mates and your friends, directors and whatnot, but there's plenty of different work in the world. My goal wasn't to play one character forever. My goal is that the characters I play have some sort of impact on the story and for the audience.

Obviously, I would love to play Charles for a longer period of time, but also that films in South Africa, which is very far away from where

I live and my family and friends and all that. As awesome as it is to play Charles, it is also very difficult to play Charles. I have to stay in a very, very high end of conditioning while I'm playing him, so it's a give and take. Playing him is very physically demanding. I had to do it at 110%. I had to be literally in the best possible physical and mental state every time.

Charles in many ways, as much as I love playing him, sometimes I was like, "Oh my god. I can't believe I've got to play him for another couple of months," because he's very hard to hold inside of myself. You know what I mean? I've got to do a lot to keep him there.



On days when he had to shoot 12 hours of hand-to-hand combat, McGowan says he was justified in taking the day off from training.

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RI: You have *Imperfections* and *American Brawler* coming out soon. What can you tell us about those?

ZM: *Imperfections* is a small indie I got. A filmmaker was making a movie in Chicago, and wanted me to come out and play an Irish guy for him. I love doing accent work, so I play an Irish guy named Ray in that movie. I don't know what's happening with that movie. I shot it a number of months ago, and I'm sure they're in post-production. I'll find out more as time goes on. Then *American Brawler* is a movie I play a boxer in. It's a really great story. I think the trailer will be coming out pretty soon, which will speak to it more. I think I'm supposed to see like a rough cut or assembly of it pretty soon with the director.

I just got back in town. I've been in Bulgaria most of the winter shooting an action movie. I play a really fun character and there will be more coming out about that soon. (At press time, it is rumored that film is *Death Race 4*).

RI: You were running 13 miles—half marathons—nearly every day to play Charles. Did you sustain that through all three seasons of *Black Sails*?

ZM: Yeah, I did. To be honest, when I go to gyms and stuff, I just don't feel like I get much of a workout after having done that. I think it's funny to do that boxing movie I did, *American Brawler*. I gained thirty pounds to do that, and so all I did was stop running and just eat a lot of starch essentially. Just

ate a lot of bread and a lot of pasta and didn't run, and in a month was able to put on thirty pounds (going from 170 pounds to just over 200). I think my body is naturally bigger than I keep it, and so it wants to be that way. When I do the cardio, it brings it down to kind of the leaner version of myself, which I continue to this day. I mean, I gained thirty pounds for that movie, and dropped it in basically about six weeks running again.

I don't run 13 miles every day now. I just kind of maintain. I maintain maybe 90% of where I was at with Charles, and then when I'm doing a movie or a project, I go up to 100 or 110 because I want to be crazy.

To be clear, there were some days on *Black Sails* where you're shoot-



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INTERVIEW: ZACH MCGOWAN

ing an action sequence and you don't need to work out. They always had me doing very physical things like the sword fights or fist fights. On a day you're going to spend 12 hours play fighting on a beach in the sun wearing a leather costume, you definitely don't need to train.

RI: How hard is it to sustain a healthy diet with craft services serving up all manner of rich food?

ZM: Different productions do a good job of providing healthy options for people, but when I'm training that hard, nothing can keep the weight on me. When I'm working out five days a week, it doesn't matter what I eat. My body is just crushing through calories. As much as the diet is important, I think exercise is even more important, you know? I think the diet gives you only so much. You can't get in shape just by a diet. There's a balance to it, and if you have to kind of drop one for the other, especially when I'm doing cardio, I can drop the diet element of it and still get great results whereas if I drop the exercise element of it, that's where I'll suffer.

RI: People in your life must ask for fitness advice all the time. What do you tell people starting from nothing?

ZM: I just tell people life is a marathon, so train accordingly. It's one of my favorite quotes. I read that somewhere. I don't even know who said it, but life is a marathon. Everything is a marathon. Your career, that's a marathon. Having a family, that's a marathon. Just life in gen-

eral is a marathon, and that's why I like long distance running. I try to tell people to get into it. If they don't like running, long distance swimming, bike riding. Just something where they can find Zen. Where they can learn to enjoy that time they have alone. They go and they work out and there's no one watching them and no one around.

So many people who don't like running, they say, "I get so bored when I'm running." I'm like, "What are you doing?" They're like, "I was on the treadmill and after 15 minutes, I was going to kill myself." I was like, "Yeah, you can't run for an hour on a treadmill." I mean, I've done it before when I've forced myself to do it, but I just tell people get a pair of running shoes on or go run on a beach. Find somewhere. Wherever you are, there's some sort of park or mountain or hill or beach. Just someplace that's outside that you can go run. Even if it's a nice neighborhood that you wished you lived in that's a mile away from your house. Go run around that for a while. Look at those houses and be like, "One day I want to see if I can live here."

I like running because you can start the second you walk out your door. If you only have an hour and you spend 15 minutes driving there and 15 minutes driving back, you only get to train for 30 minutes. Or you can just throw on some running shoes and go running for an hour. You'll get a hell of a lot more out of that hour that you spent running. You don't have to do it so fast. If you run for an hour a couple times a week, before you know it you'll be going very long distances

in that hour. It's also very inexpensive. You can do it anywhere, and you don't have to take anything with you. Then there's always the floor for pushups, a tree branch for pullups, and I do a lot of hand stands these days.

RI: You don't get bored doing it your way.

ZM: That's what I really think. Gyms are such social environments, and as much as I love social environments, I feel like for me working out is just something that's inside my own head and inside my own body. If I can go do it alone, then I can get my mind around what I have to do. People always ask me how I memorize my lines. I memorize my lines running. I get my lines kind of basically down, and then once I go on a run, that's when it's locked in because I can just think about that.

RI: You've been successful at a young age and in a hyper-competitive industry. For every Zach McGowan there are just hundreds and hundreds of actors who never make it. In broad strokes, what do you think it is that helped you get to where you are today?

ZM: Definitely my family. Definitely my mom and my dad and my brothers. I'd have to chalk that up right next to anything else as maybe one of the most important things. Not that they worked in entertainment and were able to give me jobs in any way, but just support and inspiration. I think both of my parents are hard workers, and instilled that in us. Both of my brothers are very successful in what they do.

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They taught me that there is no substitute for hard work

The number one thing in life is to not give up. It's always easy to look at all the things you don't have. It's harder to see what you do have, so I think kind of having a cup-half-full philosophy has helped a lot. I think however successful you are, there's always someone more successful. Comparing yourself to other people is a trap. You should be looking at yourself and saying, "Am I doing the best I can?," and being honest with yourself.

The truth is most of the time you'd say you're not doing the absolute best you can—if you're honest with yourself. "I could have totally gone and worked out for an hour today, and I spent more than an hour procrastinating on other things." That's a pretty common one. There's always something we could be doing better, and I think the more honest with ourselves that we are, the better we get at everything.

I have two daughters. I say to them all the time, I'm like, "What can we do if we try hard enough?," and they say, "Anything." I say, "What do we do when we fall down?," and they said, "You get back up." I think that those are really simple and honest lessons, and if you really want to do something, then you might as well do it in this life.

RI: How do you deal with auditions and not getting a part? Rejection is a big part of the deal for actors.

ZM: I audition all the time for things that I don't get, and no matter how big you get as an actor, you're going to get rejected. Talking



to every actor I've ever talked to, no matter how big you get, there's things that you want that you're not going to get, and there's things that you get that you're not going to want and that you do. I've just come to an understanding that as much as I feel like I'm right for everything that I think I'm right for, that other people may not see that. That doesn't mean that what I did wasn't great. It just means that they didn't see, or it wasn't exactly what they needed. It's not a personal thing is what I've learned. As personal as it may seem, it's not a personal thing. Having had to do some casting on my own at times, there are people who are perfect for roles and then

there are people who aren't.

No one gets everything they want, and that's probably the most common thread in the human experience. Even the princes and kings, not everyone gets what they want. But it doesn't mean you don't strive for it just because you don't get it. You just keep working hard and try.

If we were still hunters and gatherers, you would want to make the kill and get the meat, but you might not do that every time. You have to keep trying or else you don't live. You just have to keep trying to be what you want to be. That's what life is. You keep trying to do and then you enjoy what you succeeded with.

YOUR QUESTIONS ANSWERED

Experts tackle the burning questions on our readers' minds.

WEIGHTING GAME

Q: “I tend to stick to machines when I’m in the gym. I’m just more comfortable with machines than I am with barbells and dumbbells. Some machines use a weight stack and a pin and some are plate-loaded. Is one better than the other?”

— Sunil R., via Facebook.

A: Eventually, you should get comfortable with free weights and try to mostly leave the machine work behind, says [Sean Hyson](#), author of [The Truth About Strength Training](#) and the Training Director for *Muscle & Fitness* and *Men’s Fitness* magazines. But if you’re going to use machines at all, you should know exactly how they work.

“Selectorized machines—the ones with the pin in the weight stack—offer quick weight changes and are therefore more convenient to use and a bit more user-friendly,” Hyson says. “However, it’s hard to gauge how much weight you’re really lifting, since the weight of each plate on the stack is up to the manufacturer and often isn’t labeled clearly or at all. For instance, the first plate on the machine might say “1” but it doesn’t weigh 1 pound,



and may not even be 10 pounds.

“Plate-loaded machines, on the other hand, give you a more accurate idea of how much you’re lifting since you can control exactly how much weight you load. They also allow for more customized loading increments (you may want to go up by five pounds, but 10 might be the only option on your gym’s selectorized machine). However, you’ll still have difficulty measuring the exact amount you’re lifting, as a machine’s various cams offer leverage that’s different than how your body works, and lifting 100 pounds on a machine can feel much easier than lifting it with free weights.

“Ultimately, while machines offer a good jumping-off point for begin-

ners, you’ll have to eventually tackle free weights if you want really substantial, long-term gains. Because they can’t rely on cams, your muscles have to move—and stabilize—the loads you lift, and that creates significantly more muscular tension, and leads to much bigger gains overall.”

ELIMINATION DIETS

Q: “I have intermittent bloating, diarrhea, and fatigue. A friend of mine suggest trying an elimination diet to figure out what foods might be affecting me. Does it work? How would I try it?”

— Jenn H., via the web

ASK US ANYTHING



How can you tell if you have an allergy to dairy? Eliminate it from your diet for three to four weeks, then reintroduce it and make note of how your body reacts.

A: Your friend made a wise suggestion, according to [Mike Geremia](#), a personal trainer and wellness expert in Queens, NY. “An elimination diet can help you figure out which foods “work” and, better yet, don’t “work” very well for you,” Geremia says. If you have a specific food allergy, an elimination diet can pinpoint what kind of foods are bothering you. “The elimination diet is designed to point out food intolerances by eliminating a large number of foods that you may be sensitive to. After three to four weeks you start reintroducing them one group at a time for 1 day and monitoring yourself for the

next two days to see if you have an adverse reaction (while continuing your elimination diet). After two days of monitoring reintroduce the next group for one day and so on.”

If you’re interested in doing an elimination diet, here’s a list of what would have to eliminate for three to four weeks, and then slowly reintroduce, one at a time:

- Eggs
- Gluten
- Alcohol
- Dairy
- Soy
- Refined Sugar
- Peanuts
- Corn

LOW-CARB DILEMMA

Q: “I’ve fallen into the trap that everyone said I would when I first went on a low-carb diet: I lost 25 pounds to start with, tried to transition to a balanced diet and gained back 15, got upset and went back to low-carb, and lost it again. I would really like to have a balanced diet, but I’m afraid I’m going to gain a bunch of weight if I do. What’s the best way to transition off of a low-carb diet?”

— J. Santiago, via Facebook

ASK US ANYTHING



Carbs are not the enemy, says wellness coach Nathan Mikeska. Here, he provides guidelines for how to responsibly reintroduce carbs after going on a low-carb diet.

A: Slowly reintroduce the carbs and then leave them in your diet for overall health and improved bodily function, says [Nathan Mikeska](#), a certified Personal Wellcoach and owner of [N8 Wellness & Fitness](#). “Low-carb diets are and continue to be very popular diets in the weight-loss community ever since the Atkins Diet came out in 1972,” Mikeska says. “Yes, low carb dieting has been around for over 40 years now. A low-carb diet emphasizes high proteins and fats while restricting carbohydrates. Carbohydrates actually have the same amount of calories per gram as protein does, both having 4 kcal/gram. As you can see you are not consuming more calories by consuming carbohydrates, as long as they’re healthful ones. Our bodies actually need carbohydrates for very important bodily functions including heart-beat and brain and central nervous system functioning. I tell my clients that choosing complex carbohy-

drates is okay and would be a great addition to a balanced diet, especially if you are exercising. If you’re looking to transition off a low-carb diet and are worried about weight gain I would recommend consuming between 100-150 grams of complex carbs a day. Start some-

where between 100-150 and you could always gradually increase the amounts. Examples of good carbs to consume throughout your balanced diet would be: vegetables, fruit, oats, whole grains/wheat products, brown rice, and sweet potatoes. Just remember, a balanced diet is something that you will be able to maintain for long term weight loss success and it’ll keep you feeling full after a meal.”

You can’t hit the bars and expect to lose weight, says nutritionist Sara-Jane McShane.

BOOZE AND WEIGHT LOSS

Q: “I need to lose about 20 pounds. I’ve gotten my diet straightened out for the most part but need to entertain clients on four or sometimes five nights a week. These social meetings revolve around alcohol and it’s definitely getting in the way of trying to lose weight. What’s the most I could drink and still expect to reach my goal?”

— Sean J., via Twitter

A: Drinking alcohol while you’re trying to lose weight is not a good idea, says [Sara-Jane McShane](#), a personal trainer, nutritionist, and fitness author (Check her [Facebook](#) page for more). “Alcohol can sabotage your weight-loss efforts and is a surefire way to pack on the pounds. Health-wise, there’s nothing wrong with having a drink from time to time but when you are trying to reach a specific weight loss goal, you want to avoid drinking as



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much as possible.

"I know this can be overwhelming since your job places you in settings where the alcohol is flowing, but keep this in mind; drinking alcohol releases estrogen into your bloodstream, promotes fat storage, and decreases muscle growth," McShane continues. "As soon as you have a drink, your body eats up all the glycogen (stored glucose) in your liver, makes you hungry, and reduces your inhibitions, so you're more open to eating something that isn't on your clean eating plan. Not to mention the extra "empty" calories. For example, a 20-ounce serving of beer can pack 250 calories, a 6-ounce glass of wine contains 120, and a 1.5-ounce shot of liquor contains about 100. And that's without any sugary mixers.

With that said, a glass or two of wine per week, along with clean eating and workout regimen will most likely not derail your progress. But, if you aren't seeing changes in your physique, I'd take all of the alcohol out. Saving occasional drinking for when you have reached your goals, while in a 'maintenance phase is ideal."

Additionally, McShane recommends the following tips to get through social event that involves drinking while you're trying to stay sober.

Remind yourself of your goals, whether you write them down and read them before entertaining, or create a "vision board" of your goals, creating visual motivation will help you stay the course. Also, ask yourself what's more important, the present situation of future

goals?

Create fun non- alcoholic drinks that you can drink in a wine or cocktail glass. This will avoid the feeling of not drinking and or possibly having to explain to people why you aren't drinking. And if they do ask, you never know who you may inspire to get healthier. Try soda water with lemon or lime, flavored seltzer water with frozen fruit like berries or watermelon, or natural flavored water with any added fruits.

YOGA FOR PAIN

Q: "I lift and do cardio and I don't have any particular desire or need to become more flexible. But I do have some joint pain. How much can yoga help, and what are some poses I should do to start with?"

— John S., via the web

A: Yoga helps overall condition-

ing, so it can definitely help alleviate joint pain and even improve lifting, according to [Heather Quinlan](#), a certified Bikram Yoga instructor based on Long Island, NY. ([hquinlan.com](#)) "In particular, pranayama breathing improves conditioning because that's increasing your lung capacity," Quinlan says.

As a Bikram practitioner, Quinlan doesn't advocate trying one or two poses and trying to integrate them into your warmup. Rather, she encourages you to take a 90-minute Bikram class. Give it a try and you'll swear by it, she says. "In Bikram it's the entire series of poses that helps the body," she adds, "working every muscle, joint, organ and major gland. The whole sequence gets all the systems functioning at their optimal, maximum capacity. You also strengthen the muscles around your joints, easing the stress that typically comes with age."

Investing in a Bikram class is a lot cheaper than investing in physical therapy, and besides, there's a method to the madness. "For example,



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the spine strengthening series of poses—Cobra, Locust, and Full Locust—strengthens and compresses the spine in sections and is excellent for any back issues. However, that series comes late in the class, when the body is warm and primed for deep work in the spine. You can't just jump into those."

CROSSFIT CONUNDRUM

Q: "I'm old-school when it comes to training. My split is back/bis, chest/tris, shoulders/legs, cardio and abs at the end of workouts, repeat. As I'm getting older (I just turned 43) I find I'm getting bored and unfortunately, a little thicker around the waist. I think CrossFit looks exciting, but I'd really prefer not to go whole-hog and join a "Box".

What's a good way to incorporate some CrossFit elements into what I already do?"

— Jake T., via the web

A: Don't be shy! There's nothing so extreme about CrossFit that you should hesitate walking into a gym to take a class, says Kenny Santucci, (KennySantucci.net) a Reebok elite trainer and director of the Body Studio at CrossFit Solace in NYC.

"The most beautiful thing about Crossfit is the community aspect and having other people there supporting you," Santucci says. "Lifting on your own can get old. And doing Crossfit alone can get stale. Even the top athletes travel to other boxes to work out with others. The motivation and intensity is what you are missing and that's what the Crossfit community provides. Research a good box in the area. The

ones that are a little more pricey are pricey for a reason. It's like getting a tattoo or surgery. Don't skimp out or cut corners on your health and wellness. The extra 50-60 bucks is always worth it. If you're not ready for that then EMOMs and AMRAPs are great ways to light a fire under your ass. EMOM stands for doing X number of reps "Every Minute On the Minute" If you finish within the minute, the remaining time is yours to rest. Start again the next minute and see how much quicker you can complete the work. AMRAP stands for "As Many Rounds As Possible," which means getting as much work done as you can in a given time period. Choose an amount of time and complete as many repetitions of a set of movements in that period. In either situation, the time will not only push you out of your comfort zone, it will also give you the intensity and excitement you're missing."



The main benefit of CrossFit is the community aspect—so don't be afraid to step into a real CrossFit Gym or "box," says CrossFit expert Kenny Santucci.

ASK US ANYTHING



FAMILY FITNESS

Q: “My wife and I are a little overweight. I have the usual excuses: jobs, stress, and lack of sleep have caught up with us. But what I’m really worried about is our kids. We have two girls ages 11 and 7 and two boys ages 9 and 5. All of them are on the heavy side as well. The pediatrician says they’ll “grow into it” but of course I’m worried. In the summer I insist that the family go for a 20-minute walk after dinner but I know I need to do more to get them into healthier habits for life. Any suggestions for what we could all do together?”

— Ralph A., via Facebook

A: You need to tackle this issue in two phases: Nutrition first, and then exercise, says [Andy McDermott](#), an LA-based celebrity trainer and owner of [McDermottFamily-Fitness.com](#) “Start with nutrition, more specifically, target snacking,” McDermott says. “Meals are another subject, but simpler in the fact that you can use a good resource, like Chef Robert, to build quality meals that the family will find delicious.”

However, I find that a lot of the families I deal with have a hard time with snacks. Kids in particular have a tendency to eat mindlessly during the day—and they’ll grab whatever they can find. I know this sounds difficult, but we real-

ly need to eliminate the “garbage calories” that live in our kitchens. And truly, what goes hand-in-hand with snacking mindlessly is television and video games. (I know, one thing at a time.) However, we can start by subbing in some healthy snacks.

There are many options, but some things that get devoured by my hobbits over here are: carrots, almonds and other nuts, apple slices with peanut butter, bananas, sliced peppers, and dried fruit, just to name a few. I should also mention drinks we can’t waste time working on healthy snacks if we are still drinking liquid sugar from sports drinks, sodas, most juices, and flavored coffee drinks.

ASK US ANYTHING

Try hard to encourage water with meals and throughout the day. I believe MOST kids in our country are flirting with dehydration at any moment- and that can make them think they are hungry, feel lackadaisical, and cause other health issues.

“The second part is exercise. We’ve learned firsthand that if kids (and parents) don’t get to burn off energy in a positive way, then there are negative consequences. For parents, that means creating the time (even 20 minutes!) every day to do something active. If we are honest with ourselves about the specific use of the minutes in our day, I know we can all make the time to exercise. You just have to schedule it with the vigilance that you would the most important appointment in other areas of life—because it is that important!

“Start with something that’s simple and enjoyable enough that everyone will want to do it. The greatest plan or equipment in the world will do absolutely nothing for our bodies if we don’t actually use them. And for kids—how do we get them active each day? Do they play a sport? Do they ride a bike? Do they play outside? Another option, of course, is to combine all of this, be creative, and find something that you can do together (or at least some of you, while others do their own activities).

“My sons do their own little “circuit workout” while I do mine every morning. Theirs involves games, a soccer ball, a squishy baseball, push-ups, sit-ups, and running. The key is that they think it’s fun/rewarding/makes them feel good. We’ve also come up with



Andy McDermott says to encourage your kids to train and to work out alongside them whenever possible—and to ban processed snacks from your kitchen and replace them with healthy fare like apples and peanut butter.

some workouts that the whole crew can do together, but again, we keep it short, fun, and non-punishing. As an example, here is a workout [video](#) from our free family fitness website; McDermottFamilyFitness.com. Of course, I realize that working out as a family is not realistic every day- life gets in the way fast! But, parents can fit in quick and effective workouts anywhere, without equipment—and that sets a great example for our kids.”

“Please remember, I always tell people to only make a couple small changes at a time. Don’t try to change everything at once—it will never stick! Creating good hab-



its takes time, so take it slow and don’t be too hard on yourselves. Be encouraged that if we all make any positive change a part of our daily routines, then we are all establishing good habits that will become our lifestyles before we know it.”

GO TIME

Keeping track of what Robert is up to isn't easy! Here's an update.



To say that Robert has had a busy summer would be putting it mildly—even by his own standards. The highlights:

On May 16, Robert rappelled down the side of the Tropicana Hotel and Casino in Las Vegas to announce his new restaurant opening there in 2017.

On June 14, Robert was hanging off of a building once again—this time to celebrate the Army's 241st birthday by rappelling with the Sergeant Major of the Army, Daniel Dailey (pictured above) and the Undersecretary of the Army, Patrick Murphy.

On June 20, *The Robert Irvine Show*

was announced. This syndicated talk show, airing on the CW and Tribune channels, will air five days a week and put Robert's unique conflict-resolution skills to the test and help families reach their full potential. "We can be entertaining without being demeaning," Robert told *Variety*. "We want people to embrace the idea that these are not solutions to be jammed down their throat but that this is content that can help them change their lives." For casting info, visit: ChefIrvine.com/Casting.

"Flat Chicken" from Robert Irvine Foods just made its debut into Sam's Clubs. Rubbed with Robert's special blends of herbs and spices, the Flat Chicken is a mostly

deboned whole chicken—only the drumsticks and wings are intact. That means you can just open the package, put on a baking tray, pop it in the oven, and have a delicious meal for your family in under 30 minutes.

In July, Robert's newest restaurant, Robert Irvine Fresh Kitchen will open. What separates this restaurant opening from all others? Restaurants don't open inside the Pentagon every day. The new restaurant will offer sit-down and takeout options and is aimed at serving up fresh, healthy fare to the men and women who serve our nation every day. Look for more news about its opening in a future issue of *RI Magazine*.

WORDS TO LIVE BY

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

– Thomas Jefferson

