

ROBERT IRVINE

MAGAZINE

Nothing is Impossible

September 2016

PIZZA PARTY

MAKE THE
PERFECT PIE
ROBERT SHOWS
YOU HOW

FROM 270-LB
FAT KID TO NFL
RUNNINGBACK

RASHAD
JENNINGS

SEAL STRONG

HOW ONE
NAVY VETERAN
IS KEEPING
HOLLYWOOD FIT

RESTAURANT: IMPOSSIBLE
MORE TALES OF SUCCESS

GET A FULL-BODY WORKOUT
WITH JUST A MEDICINE BALL



ROBERT IRVINE MAGAZINE

Nothing is Impossible

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ROBERT IRVINE MAGAZINE

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Learn to make your own dough and the possibilities from there are endless. Make pizza Robert's way, starting on Pg. 24

EMBRACE YOUR OWN UNIQUENESS

Don't try to look like someone else.

You're selling yourself short—not to mention wasting your time.

Every time I'm in the gym I hear it. Nonstop questions from guys and girls who want to look a particular way.

What's a good exercise for biceps PEAKS?

What can I do to get those cuts right above my hips? (They're called the inguinal folds, by the way)

I want to get a "teardrop" on my quads... "horseshoe" on my triceps... "diamonds" on my calves...

And on and on.

It's hard not to get frustrated hearing it. I trained hard for years to get big and stay lean. But the exact shape of my muscles—and the particular "cuts" they may or may not have—is something I had very little control over. Sure I could train with more volume to get bigger, or train with heavier weight to get stronger, but the fact of the matter is that genetics play a big role in how the final package ultimately looks. You can't try to get a tall biceps peak any



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

ROBERT'S LETTER



Forget about the final outcome of your efforts. Training should be about more than the result. Use it as a way to connect with yourself and accept yourself.

more than you can try to become a taller person.

But while genetics do play a big role in how you look, it's not in the way many people think. Genetics have become a crutch for people who think they're predisposed to overeating or being overweight. I'm not going to lend any credence to that notion. No matter your genetic starting point, you can always make a decision to put in the work and stop at nothing until you've taken command of your health and your body. Each of us has an ideal weight where we can be comfortable and pain-free if we work hard to get there.

Meanwhile, the idea that once you get in shape that you can chase particular body parts like peaked biceps or diamond calves—using fitness magazines as a catalogue for

body parts that you'd like to have—is absolute nonsense and a major waste of time.

On page 32 you'll read an interview with Duffy Gaver, a former Marine sniper and Navy SEAL and current celebrity trainer. Duffy says we lean on crutches like genetics and place people more successful than us on pedestals because it allows us to shirk responsibility for our own health and fitness. Duffy says that there are no different kinds of people. There's no such thing as an athlete and a non-athlete, or a person who is supposed to be in shape and a person who is supposed to be fat. There are only people who have put in the work and people who haven't.

At the same time, obsessing over the exact way we should train has petrified many of us. "The 'should'

has people too freaked out to go to the gym," Duffy says. I couldn't agree more. So many of us are afraid of making all these different mistakes when the only legitimate mistake is failing to take action.

So get out there and put in the work and become the best version of yourself that you can possibly be.

Forget about how the final package will come together. Whatever it looks like, I can guarantee you it will be totally unique, the very first of its kind. Others might be so impressed they'll ask you how they can copy it. But you'll know better.

Yours in health,

A stylized, handwritten signature in black ink, appearing to read 'Robert'.

MAKING IT WORK

If you can find someone who brings out the best in you, then you'll find a way around the obstacles.

By Gail Kim-Irvine



Q: *I follow you and Robert on social media and it seems like you guys are always travelling—separately! How do you make a marriage like that work? — Samantha S., via Facebook*

A: I'm sure you've heard that absence makes the heart grow fonder. There's more to it than this, but it certainly is a factor. Because Robert and I have to spend so much time apart, we really do treasure what time we have together. My schedule is hectic and changes month to month, but Robert's is even busier. Last month we were together for only two out of the four weeks. This month figures to be even worse; we'll only get one out of the four.

But even with that, we make it work because it's a priority for us to make it work. Communication is the center of any healthy relationship and we make a huge effort to stay connected on the phone and through Skype. Yes, we're both busy, but he's not the president and I'm not out curing cancer. There is always a way to carve out time to stay connected in a meaningful way—not just texting.

Nearly 10 years after I first met

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

ASK GAIL

Robert, it's still exciting to see him. The places we've gone together and the experiences we've shared in that time are more than many people get in a lifetime. It's not lost on us how fortunate we are. But not everything is some great adventure, of course. We like to crap out on the couch and watch a *Homeland* marathon as much as anyone else. We love going to the movies so much that if we have a day off together (which is rare), sometimes we'll go twice in the same day.

Moreover, we complement each other really well and each of us has had a profound effect on the other. To give you an example, on one of our first dates we were out late and wound up at a diner. Robert had one of the regular dishes and I ordered six egg whites with sliced tomatoes and dry wheat toast. His jaw just about hit the floor. He couldn't believe how strict I was being. Pretty soon he started to clean up his diet (and got shredded) but he also taught me how to relax and enjoy food more. I had gotten so used to being incredibly strict with my diet that I associated food that tasted really good with being unhealthy. That's just one of many ways we play well off of one another.

I'd also argue that one of the advantages we have over couples who see each other every day is we don't get fed up with each other. There's just no time for it! We're human of course and we have issues. We're not some super-couple and we have challenges just like everyone else. But heavy travel isn't an issue because we understand each other's lives and we have similar commit-



Robert and Gail pose outside the Tropicana, where Robert will open a new restaurant in 2017.

ments that we both brought to the table. Had I met Robert while he was working in the same restaurant every night and then he started travelling all of a sudden, I imagine that an experience like that would have been quite jarring and hard to handle. But this is the way it's always been. The only other guys that I've met who understand how much I

have to work and travel are other wrestlers—and I've always kept my business and personal lives separate.

At the end of the day, everyone has their own challenges. If you can find someone who brings out the best in you, and you both make a commitment to prioritize communication, you can make it work no matter what the circumstances are.

NATURAL T BOOSTERS

Our own Dr. Michael Schutz says oral T supplements are useless. But there are steps that men can take today to give themselves a boost.

Q: *I recently had some blood-work done and my testosterone came back a little low. I did a bit of searching online and there are loads of over-the-counter supplements that promise to increase testosterone. Are any of them any good? Are there any you can recommend?*

— Josh T., via the web

A: Oral testosterone supplements are not effective in raising blood T levels. Once you swallow and absorb oral T or DHEA (Dehydroepiandrosterone), it first goes to the liver where it is broken down and does not raise testosterone levels. This is why supplemental T you get from your physician is either injectable or topical. Of course, there are risks and side effects of using supplemental T including liver injury and polycythemia (an abnormal increase of hemoglobin) which should be monitored by a physician.

If you have a low T level, some dietary products can help. D Aspartic acid can temporarily increase your T level if it is low but this effect lasts for only about a month. Zinc and Magnesium can return T levels to normal if it is low due to deficiencies but will not raise T above normal. If you're trying to enhance your T levels, know that these have no effect in men with normal T.

If you are concerned that you have low T because you are tired or

have low energy or libido, these symptoms may be related to other endocrine abnormalities such as low thyroid or insulin resistance. These can be checked by your physician. Some men convert T to estrogen at an unusually high rate; there are medications that can slow this conversion. Also be aware that some drugs, such as opioid painkillers and cortisone, can impede T production. Diabetes and low T are also related. High glucose levels can impair T production and low T can impair glucose metabolism and insulin sensitivity.

However, setting aside medical factors, what's often overlooked in the endless chatter about supplements, steroids, hormones, and vitamins and minerals is that fact that there are a few very simple things you can do to keep T levels optimal—and these boil down to lifestyle choices.

1) Maintain a healthy weight. Carrying excess fat will increase



the conversion of T to estrogen and lower your serum T level.

2) Exercise. Moderate exercise provides positive feedback to the brain to produce more T.

3) Lower your stress levels. Increased stress and the stress hormone cortisol will decrease T production and can interfere with T activity.

4) Sleep! Getting less than 7 hours of sleep per night impedes T production. Given the fact that T levels peak in the morning, put an emphasis on getting at least 7 hours (or as many as 10) to set yourself up for success each day.

Dr. Michael Schutz is a urologist practicing at the [Jersey Urology Group](#).

IN THE GYM: PRO TIPS

FUN WITH TRACTOR TIRES

A lot of gyms have added tractor tires as a low-cost attraction. Here's how you can make the most of them.

A heavy tractor tire makes a great conditioning tool. Tire flips and sledgehammer smashes are the staple exercises—and fine ones at that—but you can do even more. Here's how to make the most of them.

1) FLIP-AND-JUMP

Squat low to the ground and grab the underside of the tire with both hands, your palms facing up. Explosively extend your hips to stand up, then push the tire away from you. As soon as the tire lands and settles, jump over the rim and into the center of the tire. Jump out—while still facing in the same direction—and then turn around. Repeat for 15 to 20 reps.

2) ALL-ANGLES SMASH

A standard set of tire smashes might look like this: 10 overhand swings from the right side, 10 overhand swings from the left side. When you're done with that, do croquet smashes, swinging underhand from each side. Then when you're done with those, stand on top of the tire and swing all the way down to smash the outside of it; these will give you maximum extension. Do two to three sets of all three varieties, taking 10 swings from the right and left sides on each set.

3) DEADLIFT-SHRUG

Stand in the center of the tire with your arms at your sides and turn your palms out. Squat low and grab the top inner ring of the tire. Stand up, keeping your back flat, chest and eyes forward. At the top of the move, perform a shrug, lifting your entire shoulder girdle straight up. Pinch your shoulders by your ears for a moment, then lower the tire back to the floor. Repeat for three sets of 10-12 reps.



Don't limit yourself to the standard moves; jump to the center of the tire after each flip, or stand on top of the tire and smash the sides.



IN THE GYM: WORKOUT OF THE MONTH



THE MED BALL WORKOUT

You don't always need a full gym and an hour to train.
Sometimes, 20 minutes and a medicine ball will do.

DIRECTIONS: Perform the following workout as a circuit; do all the reps listed for each exercise and then move on to the next exercise without resting. Rest 90-120 seconds after each round. Do Circuit I three times before moving on to Circuit II, then do Circuit II three times through, resting 90-120 seconds at the end of each round. In addition to the med ball, you will need an open space and a wall.

CIRCUIT I

EXERCISE
Med Ball Squat
Med Ball Slam
Wall Ball Shot
Overhead Toss
Russian Twist
Med Ball Lunge-
and-Twist

REPS
15
15
10
10
30
(15 each side)
20
(10 each leg)

CIRCUIT II

EXERCISE	REPS
Med Ball Pushup	12
Side Slam	20
	(10 each side)
Wood Chops	20
	(10 each side)
Overhead Squat	15
Med Ball Situp	20
Med Ball Plank	60
	seconds

IN THE GYM: WORKOUT OF THE MONTH

EXERCISE DESCRIPTIONS

MED BALL PUSHUP (at right):

Set a medicine ball on the ground and get into a pushup position with both hands on the ball. Squeeze the ball to keep it stable and prevent it from rolling away from you. Lower your chest to the ball and then push back up. Concentrate on keeping your entire body, from shoulders to ankles, in a straight line.

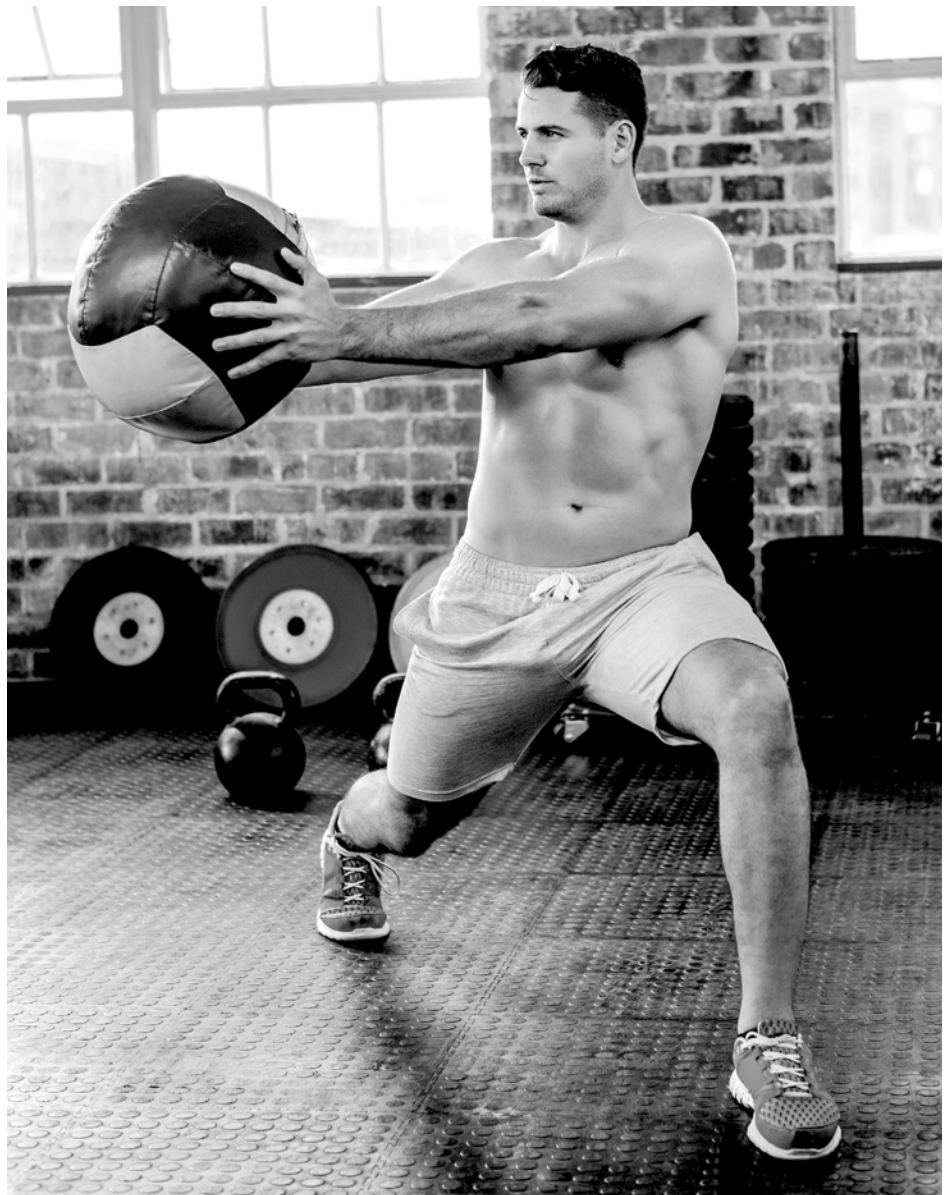
MED BALL LUNGE-AND-TWIST (below right):

Hold a medicine ball straight out in front of you and perform walking lunges, keeping your torso upright throughout. As you step forward, twist toward your the side of your forward leg, keeping the ball away from you.

MED BALL SQUAT: Holding a med ball at your chest, squat low to the ground; try to get your thighs parallel to the floor on each rep.

MED BALL SLAM: Hold the med ball overhead with both hands and your arms fully extended. Explosively slam the ball to the ground, aiming for a spot just in front of your feet. Catch the ball on the rebound and immediately go into the next rep.

OVERHEAD TOSS: Hold the medicine ball with both hands at your waist. Go into a half squat, then explosively extend your hips and raise your arms quickly. Release the ball overhead so that it propels behind you. Run to get the ball, then immediately go into your next rep.



IN THE GYM: WORKOUT OF THE MONTH



WALL BALL SHOT (at left): Stand facing a wall. Holding the medicine ball at your chest with both hands, squat low to the ground. As you explosively stand back up, throw the ball up the wall, shooting it as high as you can. Catch it or let it fall to the ground, then immediately go into your next rep.

RUSSIAN TWIST: Sit on the ground holding the medicine ball at your chest with both hands. Extend your arms away from your body, bend your knees and raise your feet off the ground, then twist the ball from side to side, reaching for your hips with each rep.

SIDE SLAM: Stand next to a wall holding a medicine ball straight out in front of you. Twist away from the wall, then twist back toward it, releasing the ball into the wall as you do so. Catch the ball on the rebound and then immediately go into your next rep. Perform an equal number of reps on each side.

WOOD CHOPS: Stand holding a medicine ball overhead, extending your arms over your right shoulder. Make a chopping motion across your body, bringing the ball down to your left foot. Do 10 reps from your right shoulder to your left foot, then 10 reps from your left shoulder to your right foot.

OVERHEAD SQUAT: Stand holding a medicine ball with both hands over your head. Keeping your arms fully extended, squat low to the ground. Try to get your thighs parallel to the ground on each rep.

MED BALL SITUP: (See Pg. 10) Hold a medicine ball away from your chest and lie on the ground. Sit up, keeping the ball away from your body. Don't round your back.

MED BALL PLANK: Get into a plank position with both elbows on the ball and your entire body in a straight line. Flex your abs and breathe behind this brace.

IN THE GYM: GEAR

HOME IMPROVEMENT

Three pieces of gear that offer major league upgrades to your home gym.



▲ VYPER RECOVERY ROLLER

Foam rollers are high density foam tubes that help break up adhesions, or knots, and increase blood flow when you roll across them, speeding recovery. So if it's just a foam tube, why does this one cost 200 bucks? Because the motor inside the Hyperice VYPER is so powerful it could rattle the fillings out of your teeth—seriously, the third power setting is insane. Turn it on for a makeshift deep tissue massage as you roll your soreness away.

\$199, [Amazon.com](https://www.amazon.com)



◀ DYNAMAX BALLS

The perfect companion to our workout of the month on Pg. 10, these large but not-quite-unwieldy medicine balls are soft and offer moderate rebound for wall shots and floor slams and the durable hide is water and scuff resistant. All balls, ranging from 4 pounds to 20, are 14 inches in diameter—a perfect size for every move.

\$62.95 and up, [PerformBetter.com](https://www.PerformBetter.com)

MARCY MINI CYCLE



Don't get us wrong; this little gadget is not going to take the place of real, pulse-pounding cardio. However, with so many of us working desk jobs, anything you can do to keep the blood flowing and the heart pumping at even a moderate pace will do you a world of good. This cycle fits easily under most desks so you can pedal while you work or sit on the couch; it can also be used as a hand cycle.

\$50.59, [Walmart.com](https://www.Walmart.com)

PASTA FAGIOLI

Adding protein power to an Italian classic.



SERVES 12

YOU'LL NEED

4 tbsp olive oil
1 ½ cups onion, chopped
1 cup sliced carrots
1 cup celery, diced
12 cups low-sodium chicken stock
4 cups canned cannellini beans, drained and rinsed
1 cup roasted red pepper, diced
½ cup minced garlic
Salt and pepper
5 cups cooked chicken, shredded
4 cups rough chopped tomatoes
¼ cup fresh parsley leaves, minced
3 cups cooked fusilli
1 cup grated Parmesan cheese
2 tbsp fresh oregano, minced
6 fresh basil leaves, rolled and sliced

MAKE IT

1) In a soup pot, heat the olive oil over medium heat until hot.
2) Add the onions, carrots, and celery, searing the veggies until the carrots have browned, 2-3 minutes.
3) Reduce the heat to medium low, then add the stock, beans, red pepper, garlic, and salt and pepper. Simmer until the veggies and beans soften.
4) Add the chicken, tomatoes, and parsley, and allow the soup to cook until the tomatoes have softened. Reduce the heat to low and add the pasta, cheese, oregano, and basil. Cook 20-30 more minutes.

ROBERT SAYS: “The cannellini beans add fiber and the Parmesan cheese adds a small amount of fat. The chicken, meanwhile, adds a huge amount of protein. All of this combines to increase your sense of satiety, which makes a little of this go a long way.”

THE MACROS

CALORIES: 475
PROTEIN: 37 g
FAT: 8 g
CARBS: 64 g



TUNA STEAK & EDAMAME

Cook it just right and it's completely irresistible.

SERVES 4

YOU'LL NEED

4 tuna steaks, 1" thick (6-7 oz. each)
Salt and pepper
1 tbsp grapeseed oil
½ cup tomato, diced
¼ cup edamame, cooked
1 tbsp garlic, minced
2 tbsp basil, minced
2 tbsp capers, drained
1 tbsp parsley, minced
1 ¼ cups dry brown rice (4 cups cooked)
1 cup spinach leaves

MAKE IT

1) Season steaks with salt and pepper on both sides. Add oil to a saute or grill pan and heat for two minutes.
2) Cook for 2-3 minutes, flip, and reduce heat to medium-high.
3) Cook for an additional 2 minutes, then add tomato, edamame, garlic, basil, capers, and parsley.
4) Cook for another 2 minutes, remove tuna, and allow to rest while finishing the pan sauce.
5) Add rice and spinach to the pan, allow to cook for additional 1 minute, toss ingredients with spoon or

tongs, then remove from heat.

6) Once the sauce and rice mixture is finished cooking, portion rice salad and top with tuna and basil.

THE MACROS

CALORIES: 616
PROTEIN: 63 g
FAT: 17 g
CARBS: 49 g

BUTTERNUT SQUASH BARLOTO

A hearty way to welcome fall.



SERVES 6

YOU'LL NEED

7 cups low-sodium chicken broth
2 cups pearl barley
1 bay leaf
1 medium butternut squash
5 tbsp olive oil
2 shallots, minced
1 garlic clove, sliced
2 cups maitake mushrooms, sliced
2 cups oyster mushrooms, sliced
2 cups crimini mushrooms, quartered
½ cup white wine
½ cup Parmesan cheese, grated
2 tbsp fine herbs (chopped chives, parsley, tarragon)
Salt and pepper

MAKE IT

1) Bring 5 cups chicken broth to a boil and add the barley and bay leaf.
2) Cook for 30-35 minutes. Spread on a sheet pan to cool.
3) Preheat oven to 350°.
4) Peel the butternut squash. Cut off the bottom, split it down the center, remove all seeds, then dice. Toss the squash with 2 tbsp olive oil, then place on a baking sheet. Cook in oven for 15-20 minutes.
5) In a large sauté pan over medium-high heat, add 2 tbsp olive oil, shallots, and garlic.
6) “Sweat” the shallots and garlic, then add the mushrooms. Sauté until tender.

7) Deglaze the pan with white wine (heat until sauce forms). Add 2 cups chicken broth, barley, and squash and continue to cook over medium heat.
8) Once the barley begins to thicken, add cheese and finish with fine herbs.

THE MACROS

CALORIES: 579
PROTEIN: 24 g
FAT: 14 g
CARBS: 87 g

IN THE KITCHEN: GEAR

THE PERFECT PIE

Before you tackle our cover story on Pg. 24, get the tools you need to make pizza like a pro.

◀ SOAPSTONE PIZZA PAN



Full set (inset) also available

Unless you're lucky enough to have your own pizza oven, you're going to want a good pizza stone to cook on. This Brazilian soapstone can withstand temperatures up to 1000 degrees Celsius (no, your oven doesn't go that high) and comes equipped with a handsome copper base with handles. Heat it up in the oven then transfer your pizza to its red-hot surface for a crisp and even final product. \$75, uncommongoods.com

AMERICAN METALCRAFT DOUGH DOCKER

Prevent giant bubbles from popping up and wrecking your pizza as it cooks, unevenly distributing your sauce, cheese, and toppings and making a mess. This docker gently perforates your pizza dough to ensure that it bakes up even and flat. Also works great for making your own flatbreads and tortillas. \$16.58, katom.com



WOODEN PIZZA PEEL ▼

For everything but a pan pizza, a pizza peel is a must-have kitchen tool. This peel from Heritage is thick and durable, made from acacia wood that's meant to hang on the wall to add a bit of old-world decorative flair to your kitchen. \$23.18, amazon.com



RESTAURANT: IMPOSSIBLE

LIFE AFTER **RESTAURANT** **IMPOSSIBLE**

DODGING A BULLET



One of the first restaurants to get the *Restaurant: Impossible* treatment went from the brink of failure to booming success. We caught up with the owners of the Dodge City Steakhouse in Harrisburg, PA to see how things are going five years after their makeover and find out what the outlook is for the future.

BY MATT TUTHILL

RESTAURANT: IMPOSSIBLE

Doug and Debbie Krick bought a local barroom in Harrisburg, PA in 1980 and promptly turned it into a thriving eatery, Dodge City USA Restaurant. Specializing in classic American cuisine, Dodge City built a loyal following of local families who came back time and again for menu staples that included chicken and waffles, turkey and mashed potatoes, and ham steak with a pineapple glaze. For 24 years, steady business rolled through the doors. Then in 2005, the Harrisburg area saw an explosion in the restaurant scene. An astounding 92 restaurants opened up within a 10-mile radius, with 50 of those right in the city of Harrisburg. The new competition dealt a tremendous blow to Dodge City. For the first time in nearly a quarter century of doing business, they lost money. The losses in 2005 compounded in 2006 and continued every year through 2010. No matter what the Kricks did in terms of advertising and offering specials and promotions, the hit to his business seemed to be permanent. Doug and Debbie wiped out their retirement fund to keep it open, and fell \$600,000 in debt. By the middle 2010, Doug made a decision: The restaurant would have to close, and he'd do it in May 2011. Of course, that didn't happen. By pure accident in the fall of 2010, Doug came across one of the very first episodes of *Restaurant: Impossible*. Deciding he had little to lose, he applied for the show and producers agreed his restaurant would make a perfect fit for Robert and his team. Plans were made to film at Dodge City in March of 2011.

On most episodes of *Restaurant:*



Above, Robert sits for a service at Dodge City and isn't impressed. Below, the Dodge City dining room, pre-renovations (see previous page to see the result of the makeover). Robert removed all the stuffed animal trophies as well as the wallpaper, which he called "the world's ugliest."



Impossible, Robert clashes with owners who are too proud to admit they're doing things wrong. Unlike many failing restaurant owners, Doug had good reason to resist change; he had been successful for such a long time and could point to external factors beyond his control as the culprit for the restaurant's downward spiral. Nevertheless, every attempt to pull the restaurant out of the spiral failed, as well.

"When you're in this business, every time a restaurant opens, it takes a little bite out of your business, but when you have that many, it just took a much bigger bite," Doug says. "We had to make a lot of adjustments, and we had to do everything we could from reducing our salaries—and sometimes not getting paid—to try to stop the loss of revenue. No matter how much we advertised during that time, the

RESTAURANT: IMPOSSIBLE

one thing that we were never successful at doing was generating new business. We were still able to hold on to our base of regular customers, but we just couldn't generate new customers to come to our restaurant."

To get new customers meant radical change was necessary. But just because Doug had applied for

Restaurant: Impossible didn't necessarily mean that he was ready for all of Robert's changes.

First of all, the size of the *R:I* crew was intimidating.

"They showed up and we were just shocked at the size and the scope of the show," Doug says. "You had Chef Robert, his sous chefs, the decorator and her crew, Tom the

contractor and his crew, the production people, sound people. It just blew our minds."

When all those people started talking about his restaurant and the things that needed to change, it was hard not to take it personally.

"It was extremely emotional for me having been here for 30 years and having all these people in the restaurant and listening to the criticisms and the reasons we were failing and the comments about the décor and the food were really difficult to take," Doug says. "At times, I really had reservations as to whether or not I wanted to continue, but Chef Robert was extremely understanding. He and I had several private conversations about the episode, and that was kind of a turning point for me because I began to understand that he was really doing everything, and the show was doing everything, to help us, to benefit us."



With guidance from Robert and innovations by Doug Krick Jr., Dodge City Steakhouse has created an award-winning menu and boosted revenue from a low of \$640K to nearly one million annually.



CHANGES TO THE DÉCOR

Robert's first impression of Dodge City was not a flattering one. Upon arriving, he immediately said the outdated road sign had to go. When he entered the dining room, he quickly dismissed the Wild West-themed statues as "tacky," called the wallpaper the "world's ugliest" and announced that all the stuffed hunting trophies on the walls had to come down. "Who would want to eat here?" he asked.

Robert's team brightened the dining room, built a beautiful wooden room divider (see Pg. 18), laid down new flooring, and pared down the number of nicknacks to a respectable few bullhorns and

RESTAURANT: IMPOSSIBLE

horse shoes to create a sleek art collection. Doug had amassed the collection himself, and it wasn't easy to watch most of it end up in a dumpster.

"It was really, really hard, but the more Robert and I talked, the more he made it clear that it was all part his mission," Doug says. "Unlike some of the other shows that I think are there for just TV ratings, he does this because he cares. I genuinely believe that, and any of the other episodes where the people didn't understand why he was doing this and just questioned everything and went back to the way things were before, really that was their loss."

Moreover, the renovations have held up.

"We loved what they did so much," Doug says. "The restaurant is quite large, so with their budget they were able to renovate the main



Robert has a word with Doug and Debbie Krick about the major changes needed. "It was extremely emotional for me," Doug says.

dining room and the middle dining room. They couldn't do the bar or the banquet room that we have. So after they left we bought the materials they had used—the wood for the walls and the flooring they picked—and we redid the other two rooms as well. All told it only cost us \$5,000."

During the initial application process, Doug says he was asked if there were any part of the restaurant that Robert and his team were not allowed to touch. He declined, giving the team carte blanche to do whatever they wanted. Even so, he was still made for a nervous reveal.

"I didn't know what we were going to be,"

Doug says. "Would we be a buffet? A diner? A fast-food inexpensive steakhouse? And they turned us into an upscale steakhouse. It is absolutely unbelievable what they did, especially in the time they had. The difference was night and day and we could not have been more pleased."

One of the biggest changes Robert made: Ditching the somewhat unwieldy name of Dodge City USA Restaurant and rebranding it as Dodge City Steakhouse.

CHANGES TO THE MENU

Classical American fare like a roast turkey dinner might have helped Dodge City hang onto their old customers, but such familiar dishes could never lure new customers in such a competitive landscape. Perhaps just as troubling, the menu choices in Dodge City were entirely overwhelming. When a guest was seated, the server

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RESTAURANT: IMPOSSIBLE

presented them with five menus; lunch, all-day, banquet, drinks, and specials. Robert demanded simplification, saying that overabundance of choice only leads to customer confusion, slow service, and an inability to turn over tables multiple times in a night.

Robert immediately deleted items that had no place in a western-themed restaurant like Dodge City, including spaghetti with marinara. He also scrapped a host of other items he deemed unappetizing after sitting down for a service.

In the kitchen, Robert taught the chefs new recipes using ingredients not previously seen in Dodge City. He started by showing them how to make a balsamic-marinated hanger steak served sliced with a red wine demi-glace and a sautéed spinach and blue cheese orzo, as well as a hearty trail soup, and shredded bison tacos. This sparked the imaginations of Dodge City's chefs.

"Since the makeover, we've added some items to the menu," Doug says. "We have added some of our old customer favorites to the menu by request, but for the most part, we've kept all of his recipes. We took a lot of his ideas and procedures for preparing food, and we've applied them to a lot of the new recipes that we have. We had never used orzo before, but the hanger steak and orzo dish was such a hit, we devel-

oped a lemon-Parmesan and basil orzo that we serve with our salmon dish."

REVENUE

Of course, all the change is for naught if it didn't help Dodge City pull in a lot of new money. And, despite all the positive changes, the new business rolled in very

slowly. Deleting many of the old menu items and offering new, more expensive dishes chased off the regular clientele. What's more, the renovations were only known locally; the episode filmed in March of 2011 but didn't air until July. That led to some scary moments in the intervening months, but once the episode aired, business exploded.

So has Dodge City been able to maintain the boom?

"During our peak, before we crashed in 2005, when business was going well, our best year was \$840,000 in gross revenue. In the lean years, we were down to \$640,000 as our lowest volume. After the show, we went up, and by the end of 2013, we had close to a million dollars in sales and we've stayed very close to that ever since."

The overall experience was so positive and lasting, Doug says it's hard to express how grateful he is.

"We feel extremely close to Robert," Doug says. "When we get the opportunity to see him it's like a family member."

"WE FEEL EXTREMELY CLOSE TO ROBERT. WHEN WE GET THE OPPORTUNITY TO SEE HIM, IT'S LIKE A FAMILY MEMBER. I GET TEARS OF JOY WHEN I SEE HIM."



Robert interviews patrons, all of whom had gripes about the original Dodge City.

RESTAURANT: IMPOSSIBLE

I get tears of joy when I see him. People ask us what he's like and I say, 'He's one of the most likable, friendly, sincere, caring people that I've met.' My wife and my son and I are indebted to him for saving our restaurant and providing us with the opportunity to have this successful restaurant. We owe him and the crew everything."

WHAT THE CAMERAS DIDN'T SHOW

You see Doug Jr. in only a few scenes of this episode of *Restaurant: Impossible*. That's because at the time, he was in the trucking industry and only helped out part-time in the kitchens. Today, he is the Executive Chef of Dodge City Steakhouse, and has garnered several awards for his cooking. Doug Sr. explains Robert had a role there, as well.

"He had worked in the restaurant since he was a child but never with the interest and the passion and the enthusiasm that he has now," Doug says. "But Chef Robert saw something in him and encouraged him to pursue it. After that, it turned on a light bulb in his head, and he said to himself, 'If Chef Robert thinks I have the potential to do this, then maybe I do.'"

Doug Jr. continues to innovate with the menu and add exciting new dishes to keep customers coming back to see what he'll come up with next. Some new items of note include a crab-topped haddock, chargrilled swordfish topped with a white nectarine salsa and a jumbo lump crab-stuffed filet mignon. At



Above, a signature smoked bourbon cocktail. At right, award-winning Executive Chef Doug Krick Jr.

the bar, patrons can enjoy a bourbon cocktail where the bartender uses a piece of Applewood and a blowtorch to infuse smoke right into the booze.

If your mouth is watering just thinking about it, take a culinary road trip to the Dodge City Steakhouse. dodgecityrestaurant.com



THE PERFECT PIE



Once you've mastered making your own dough, the only limit with pizza is your imagination. Sure, you could top it with pepperoni and sausage, but when you're ready for a bold, gourmet experience, try these delicious new flavor combinations from Robert himself.

PIZZA



**IT ALL STARTS WITH
THE DOUGH**

NEAPOLITAN- STYLE DOUGH

(Prepared the day before)

YOU'LL NEED

- ¼ tsp dry active yeast
- 1 ½ cups water at 105°
- 2 tsp extra virgin olive oil
- 2 tsp sea salt
- 4 cups “00” flour*
- *Italian milled flour

MAKE IT

- 1) In a small bowl add the yeast to the warm water and proof for 10 minutes. Yeast should dissolve into a soft, frothy paste.
- 2) In a bowl of a stand mixer with a dough hook add the flour and the yeast mixture together for about 2

minutes on low or until the water is absorbed. Knead on medium-low speed for an additional 10 minutes until the dough pulls away from the side of the bowl.

- 3) Cover the bowl with a damp kitchen towel and let rest 5 minutes.
- 4) Knead again on medium-low speed for another 10 minutes until the dough is smooth and warm to the touch.

- 5) Place dough in a bowl that has been lightly coated with olive oil, roll the dough so its covered with the oil. Cover the bowl with plastic wrap and refrigerate overnight.

- 6) The next day, punch down the dough in the bowl, fold over the sides into the middle and turn the dough over, cover and refrigerate for an additional 5-24 hours.

- 7) When ready to use, remove the dough and cut into 4 portions, placing it on a floured work surface. In your hands, fold over the corners

and form a smooth ball, place each ball on the floured surface, cover with a damp kitchen towel and let rise until it doubles.

- 8) Once proofed, pat down the ball from the center and roll out to desired thickness and size.

OR...

MAKE IT (Without the electronic mixer)

- 1) Combine yeast with warm water, oil and salt in a bowl and let it bloom for 5 minutes.

- 2) Add half the flour and mix until well incorporated, then the other half mixing thoroughly with your hands. Take this mixture out of the bowl and place on a lightly floured work surface and knead it for 7-10 minutes, add flour as needed until you get a smooth dough. It should not be sticky.

- 3) Follow steps 5 through 8 in the instructions above.

PIZZA

ARTICHOKE & SWISS CHARD



MAKES 4 PIZZAS

YOU'LL NEED

1 Neapolitan dough
½ lb artichokes in oil, drained
1 lb Swiss chard (spinach or kale can be substituted)
4 tbsp olive oil
½ tsp chopped fresh rosemary
½ lemon, zest and juice
2 garlic cloves, minced
1 onion, peeled and sliced thin
4 oz crème fraîche
4 free range eggs
6 oz French feta broken into pieces
Sea salt
Black Pepper

MAKE IT

1) Preheat oven to 500°.
2) In a skillet on medium heat, add the oil and lightly caramelize the garlic and onion. Add the artichokes. Remove the stems from the chard and add to the garlic and onions. Set aside to cool.
3) In a small bowl add the crème fraîche, lemon zest, juice, and salt and pepper. Mix.
4) Roll out the pizza dough on a floured work surface and place on a lightly-floured pizza stone, brush the dough with the crème fraîche, scatter ¼ of the artichoke mixture over the dough, garnish with the feta cheese, place the pizza in the

center of the oven and bake for 20 minutes. Open the oven and crack one egg in the center of each pizza and continue to bake for an additional 5-10 minutes until the egg is cooked to desired temperature and the crust is golden.

THE MACROS, PER PIZZA

CALORIES: 524
PROTEIN: 18 g
FAT: 32 g
CARBS: 42 g

PIZZA

SPICY SWEET POTATO, GOAT CHEESE AND CHILI

MAKES 4 PIZZAS

YOU'LL NEED

1 Neapolitan dough
2 lbs sweet potatoes sliced and baked
2 tbsp olive oil
3 oz low fat sour cream
3 oz goat cheese
4 calabrian chili peppers, sliced very thin
4 tbsp unsalted pumpkin seeds, lightly toasted
4 sage leaves
1 tbsp parsley chopped
Sea Salt
Black Pepper

MAKE IT

- 1) Preheat oven to 400° and bake the sweet potatoes for 40 minutes until they soften but are still “al dente”. Cool, peel, and slice thin.
- 2) Once potatoes are cooled, preheat oven to 500°.
- 3) In a small bowl, mix the sour cream and the goat cheese together until smooth, fold in the chilis.
- 4) Portion the dough into 4 portions. Roll out the pizza dough on a floured work surface and place on a lightly floured pizza stone.
- 5) Brush the dough with the sour cream mixture and lay the sweet potatoes evenly across the top and brush with a light amount of olive oil.
- 6) Chop the parsley and sage together and sprinkle over the sweet potatoes, season with sea salt and pepper and top with the pumpkin seeds.
- 7) Bake for 25-30 minutes until the dough is golden and crispy.

THE MACROS, PER PIZZA

CALORIES: 368
FAT: 35 g

PROTEIN: 10 g
CARBS: 38 g





ROAST FENNEL, CAPERS, OLIVES, AND RICOTTA

MAKES 4 PIZZAS

YOU'LL NEED

4 medium fennel bulbs, trimmed
2 tbsp olive oil
16 garlic cloves
2 tbsp red wine vinegar
1 large tomato, diced
4 tbsp capers
8 tbsp black olives pitted and sliced in half
2 tbsp chopped thyme
1 lb ricotta
1 tbsp lemon zest
Sea salt
Black Pepper

MAKE IT

1) In a large pan add the oil and fennel, season with salt and pepper, and cook 5-6 minutes on each side until golden brown. Remove the fennel, cool and slice thin.
2) In the same pan add the garlic and slowly roast until caramelized

and sweet. Deglaze with the red-wine vinegar and add the remainder of the ingredients, including the fennel. Continue to roast in the pan on low-medium heat until the fennel is tender. Remove from the heat and let cool.

3) Preheat the oven to 500°.

4) Portion the dough into 4 portions. Roll out the pizza dough on a floured work surface and place on a lightly floured pizza stone.

5) Spread the cooled fennel mixture over the dough, then place small dollops of the ricotta around the pizza. Use a microplane to zest the lemon over the top and bake for 30 minutes until crust is crisp.

THE MACROS, PER PIZZA

CALORIES: 494

PROTEIN: 15 g

FAT: 26 g

CARBS: 44 g



PIZZA

SHISHITO PEPPER, PROSCIUTTO, AND BURRATA



MAKES 4 PIZZAS

YOU'LL NEED

1 Neapolitan dough
32 shishito peppers, stems removed
1 oz honey
2 oz grapeseed oil
2 cups san marzano tomato puree
16 thinly sliced pieces of prosciutto or speck
½ lb burrata mozzarella
1 tbsp dried oregano
4 tbsp basil, sliced thin
Sea salt
Black pepper
2 tbsp mosto cotto or saba

MAKE IT

1) In a sauté pan on high heat add the grapeseed oil and sear the shishitos until browned. Turn off heat cool and drizzle with honey.
2) Preheat the oven to 500°.
3) Portion the dough into 4 portions. Roll out the pizza dough on a floured work surface and place on a lightly floured pizza stone.
4) Spread out 4 oz of the san marzano puree on each of the pizzas and dust with the dried oregano.
5) Scatter 8 shishito peppers over the sauce and bake for 25-30 minutes until the crust is golden.
6) Remove pizza from the oven and

lay 4 slices of the prosciutto on each pizza. Break up the mozzarella and scatter it across the pizza as well, garnish with the basil, sea salt and pepper.
7) Drizzle the mosto cotto over the pizza when serving.

THE MACROS, PER PIZZA

CALORIES: 496
PROTEIN: 23 g
FAT: 28 g
CARBS: 40 g

PIZZA

MUSHROOM, ASIAGO, AND TARRAGON

MAKES 4 PIZZAS

YOU'LL NEED

2 oz grapeseed oil
4 shallots, minced
8 oz cremini mushrooms, stems removed and quartered
8 oz shitake mushrooms, stems removed and sliced
8 oz shimeji or cinnamon cap mushrooms separated
1 oz porcini powder
1 cup crème fraîche
½ cup tarragon chopped
½ cup parsley chopped
1 tbsp truffle oil
4 oz asiago cheese block
4 cups upland watercress
1 tbsp olive oil
Juice and zest of 1 lemon
Sea Salt
Black pepper

MAKE IT

1) In a large sauté pan on high heat, add the grapeseed oil and the cremini and shitake mushrooms and sauté for 5 minutes. Add the shallots and continue to sauté for an additional 5 minutes. Add the shimeji mushrooms and the porcini powder, cook for an additional 2 minutes. Cool and drain, fold in truffle oil. Add salt and pepper.
2) In a small bowl add the crème fraîche, tarragon and parsley.
3) Preheat the oven to 500°.
4) Portion the dough into 4 portions. Roll out the pizza dough on a floured work surface and place on a lightly floured pizza stone.
5) Spread the herbed crème fraîche over the dough, then spread the mushroom mixture over the dough. Bake in the oven for 25-30 minutes until the crust is golden and crispy.
6) Once removed from the oven in a small

bowl add the watercress, lemon juice and zest, olive oil, sea salt and pepper to taste, and mix.

7) Cut the pizza and then top with the watercress salad. Using a microplane, grate 1 full ounce of the Asiago over the top of each pizza.

THE MACROS, PER PIZZA

CALORIES: 436

PROTEIN: 16 g

FAT: 21 g

CARBS: 42 g



PIZZA

FIT CRUST PIZZA

When you need to take the night off from cooking, RI Foods can help.



In select areas, you can let Robert do the cooking for you. Baked on thin, multigrain crusts, all three varieties of frozen Fit Crust Pizzas—Margherita, Uncured Pepperoni, and Four Cheese—let you indulge without wrecking your calorie count for the day. The serving size for each is a realistic one-third of a pizza. The Margherita clocks in at 240 calories per serving, with the Four Cheese at 290 and the Uncured Pepperoni at 320.

Fit Crust Pizzas are part of an expanding line of Robert Irvine Foods, which currently includes Gourmet Crab Cakes, Flat Chicken (a partially deboned whole chicken, seasoned and ready to cook), Better-For-You Cheesecakes, and the soon to be released Sidekicks—gourmet vegetable and seasoning combinations including Garlic Balsamic Broccoli, Sesame Ginger Stir Fry, Braised Collard Greens, and Provençal Ratatouille. A portion of all proceeds benefits our servicemen and women. For a complete list of availability and nutrition information, visit: RobertIrvineFoods.com

INTERVIEW: DUFFY GAVER

SEAL STRONG

Meet Duffy Gaver, the Navy SEAL who's whipping Hollywood into serious shape.

Duffy Gaver is a former Marine sniper, Navy SEAL, and veteran of Operation Desert Storm. Today, he's a stuntman and highly sought-after trainer to Hollywood's biggest stars. Duffy says there's only one reason you're still out of shape: You're not being honest with yourself about what you can really do. If you ever have the opportunity to talk to him, it helps if you're dressed for the gym when you do. The 51 year-old speaks with such authority and passion that he'll immediately make you want to run through a brick wall—or at least run, period.

When Brad Pitt got in the shape of his life for the role of Achilles in 2004's *Troy*, it was Gaver who was pushing his buttons in the gym. Ditto Toby Maguire for *Spider-Man*, Scarlett Johansson for *Avengers*, and Chris Hemsworth for *Thor*. He's never met an excuse he couldn't see right through, or a lazy client he couldn't shame into working harder. *RI Magazine* caught up with Gaver while he was working on the upcoming *Spider-Man Homecoming* to discuss what everyone can learn from his military service and his work with Hollywood's elite.



Gaver is an advocate of staying active outdoors and not worrying about specifics. Of his latest swim workout he said, "It takes however long it takes."

RI Magazine: Your celebrity clients have had such incredible success. What's one thing that they all have in common?

Duffy Gaver: They always show up ready to work, no matter what's going on. That is a big similarity between the film industry and the military that people might not realize. In the military, you don't ever call in sick to work. The film industry's the same way. There is no "I can't do it today."

A big budget film is spending millions of dollars a day. You can't quit on that. I know people look at the factors in the film industry and what some people are paid, and they think, "What do they really do that's so hard?" But most people can't understand what it's like to have a \$200 million film resting on the fact that you had better show up to work. When it comes to training for one of those roles, it doesn't dawn on the actor that they

INTERVIEW: DUFFY GAVER

might quit along the way or come up short. They're going to get it done no matter what. By the way, the ones that do quit, you don't see them anymore.

RI: But regular folks quit all the time. How do you motivate them? Does the military background help?

DG: Obviously, the way I come across has some bearing on the outcome. One story comes to mind. This is a conversation I had with a woman 17 years ago, because she really looked at me and the people I had trained as being one type of person, and she saw herself as being a different type of person. As if we were born athletes, and she was born not to be an athlete.

I sat her down on a beach. I sat next to her, and I said, "Feel your leg right here." She touched her quads and then I had her touch mine. I said, "Those are your quads, and those are my quads, and they're exactly the same. My muscles are built out of the same tissue as yours are. They connect at all the same spots, they do all the same functions. The only difference is I take mine out, and I work them all the time. You haven't done that, but now you will."

I was trying to break that negative preconceived notion that a lot of people have, which is that they are

one type of person, and those other people who succeed are another type of person. That's nonsense.

You can get into the whole issue of different body types, but that's just coming up with excuses. Because as much as you can say that one person is predisposed to being fat, that person is also predisposed to carrying a boat load of muscle if they challenge themselves. If a person is predisposed to being rail thin, the muscle that they do build will be shredded; it'll look incredible. You can speak to it in negative terms, or you can speak to the positives of

your body type.

RI: You've been very critical of the fitness industry in the past, saying there's more industry than fitness. What do you mean by that?

DG: The fitness industry has no interest in getting you fit. It only wants to get bigger and sell you more things. What they want is to make feel f---ed up and inferior so you'll buy their shit.

"You should look like this guy, but you don't, which is pathetic, so buy this jar of stuff."



"When I was working with Brad Pitt I told him, 'Discomfort is where all this change takes place,'" Gaver recalls. "He grabbed a grease pen and wrote it on the gym wall. At that moment, I thought, 'This is going to get done.'"

INTERVIEW: DUFFY GAVER

"You're a woman so you should have big boobs, and a ripped stomach, and a tight butt, or you're totally inferior, so buy this pill."

RI: You're also a big champion of old-school, no-frills workouts. Do you dislike new equipment?

DG: Don't get me wrong, equipment in and of itself is not a problem. If you can use it to stay motivated, that's great. If I have a client and we have to travel, and we've got a hotel gym with all different equipment than we're used to, I tell them to look at it as a challenge to use all the new stuff. If you can get away from the marketing of it, that's perfect.

But the problem is, running used to be this: "Hey, you want to go for a run?" "Yeah sure, cool." Just two guys, out running, with no preconceived notion of what it has to be. One day you're a little faster than me, and I think, "Shit, I gotta go faster." You push me and I push you. We're happy as can be about running.

But now it's, "You should have this kind of heart rate monitor, you should be in this heart zone, you should be using these orthotics, you should be running in these barefoot shoes..." The "should" has everybody staying at home, too freaked out to go to the gym.

RI: How can you tell when someone has bought into your philosophy?

DG: You see the lights coming on in their head. It's that clear. When I was working with Brad Pitt I told



Scarlett Johansson trained with Gaver before 2012's *The Avengers*. Gaver doesn't just train superheroes; he also does stunt work on big budget action movies.

him, "Discomfort is where all this change takes place." He grabbed a grease pen and wrote it on the gym wall. At that moment, I thought, "This is going to get done."

Then I trained other people where three months in, you hand them an EZ curl bar, and they look at you like, "Are we doing squats?" You're amazed. You wonder how someone

can be this absent. I get that you have a busy life. I get that you have stuff going on, but we've been doing this same workout and every time I hand you this bar, we do curls. By the same token, they get the results they deserve. Which, again, is whatever result they're ready for. Everybody can only get what they're ready to have.

INTERVIEW: DUFFY GAVER

RI: Why did you join the Marines?

DG: I was 18. I was going down all the wrong roads. School was not working out, and my mom and sister were talking to me and said I should join the service. Three days later, I was in the Marine Corps. That was 1983. I went down and joined and then talking to one of the Marines on the range, he suggested that I be a sniper so I did that.

Later, I went overseas and I met the SEALs, and I talked to them about the difference between my job and their jobs, and it sounded like a good game plan. When I got out of the Marine Corps in '87, I joined the Navy and went to SEAL training. I served there through Desert Storm.

RI: There is a lot of information out there about SEAL training, and what that life is like. There are documentaries, books, movies. It's become a cottage industry that caters to civilians who are fans, SEAL enthusiasts, I suppose. They engage with enough of this stuff and they seem to think they have a good idea of what being a SEAL is like.

DG: There are a lot of SEAL-like things people do now. The Spartan races, the SEAL Course, pretend to be a team diver for 72 hours or whatever. I'm sure to them, it means something. To me, it means nothing. Because you really haven't said, "I'm in." The difference between a bunch of guys spending 72 hours on a course that they've paid for, where they could, at any moment, just walk out of it, is a far cry from being on a team. Watch the videos of a BUD/S class, when they go through Hell Week. It's 24 hours a day. It's not just that it's hard. It's hard, and all your cards are on the table. I can't speak to

the guys that quit, that ring the bell, and put their helmet down. I don't know what that is. But it's what the majority of the guys do. A recent training had 164 guys in the beginning of the class and they were down to 54 guys by the end. You tell me how hard something has to be that it makes 110 guys quit the program. What can you do to 110 guys, who are already in the military, that makes them pack it up and go home?

So those classes... to me, it's about the equivalent of people that have pets and say that it's just like having a kid. Having a dog is about as close to having a kid as flying a paper airplane is to going to the moon.

RI: What is the most accurate movie about the

Navy SEALs? Recently you've got *American Sniper* and *Lone Survivor*. You go way back and you've got that *Navy SEALs* movie with Charlie Sheen. DG: I just saw *13 Hours*. The actor's name is Pablo Schreiber [Liev Schreiber's brother] who played a team guy named Tanto. I had to look him up the other night because I thought I knew him. He was that good. He had it down. As far as the conduct of the team guys, I really liked *13 Hours*.

"IT USED TO BE SIMPLE. BUT NOW IT'S, 'YOU SHOULD HAVE THIS KIND OF HEART RATE MONITOR, YOU SHOULD BE IN THIS HEART ZONE, YOU SHOULD BE USING THESE ORTHOTICS, YOU SHOULD BE RUNNING IN THESE BAREFOOT SHOES...' THE 'SHOULD' HAS EVERYBODY STAYING AT HOME, TOO FREAKED OUT TO GO TO THE GYM."

RI: Can you talk about any missions you were on? The author of *No*

***Easy Day*, which recounts the Bin Laden mission, is being forced to hand over every dime of profit to the government.**

DG: No. Here's my other thing about being a team guy: If somebody wants to know about it, they can go talk to a recruiter. Or join the teams. That's kind of where I'm at with it. Go be a SEAL. You will know everything there is to know about it.

INTERVIEW: DUFFY GAVER



"People see Chris and they think he was on steroids, but he didn't touch a single substance," Gaver says. "It was just red meat, heavy weights, and some protein powder. Chris looks like Thor because he crushed every single workout. He simply decided to look like Thor."

RI: So you're not surprised at all to hear these guys getting in trouble for talking about their operations.

DG: There was an instance that happened a few years ago. A team guy behaved in a certain way and it was personally embarrassing to me. I wound up talking to his training officer about it and he said, "You've got to remember, these are different guys than us. It's a different generation."

The guys that go in now, they know what Twitter is, they know what Instagram is. They take selfies. I was trying to talk to the old guys

about it and I had to explain what a selfie was. I had to tell them, "That's a picture of yourself, that you take, most likely with your shirt off with something stupid in the background."

If you talk to an old guy, that seems like the dumbest thing on earth. But as we know, this is how life is now. It's not shocking that everybody feels compelled to talk about everything they've done. The old riddle, "If a tree falls in the woods, and no one's there to hear it, does it make any noise?" Apparently nobody thinks so. Because now we think nothing really happens

unless you post it. Nothing is worth doing unless you show the whole planet.

RI: You're a dad. How old is your son?

DG: He's six.

RI: If you're not a fan of selfies, I'm sure you resent the idea of participation trophies and the coddling of the next generation. How do you balance the parental instinct to protect your kid with the knowledge you have that adversity builds character?

DG: I don't want him to get hurt

INTERVIEW: DUFFY GAVER

any more than any other parent, but I also don't want him to be one of these kids that won't take a risk or can't make a decision. I've been hearing a lot about things like kids that grow up so sheltered that at the college level they can't make any decisions. Kids have to learn how to make a decision and not to waste time or else their options go away.

I've let my son hang out with kids that are a little problematic at times, much to the dismay of his mother. I want him to learn that other kids aren't going to be easy. Not every kid is going to be your best friend. You're going to have to learn to manage things. You're going to have to learn to say, "I don't like that kid and I don't want to be

around him."

People say you're defined by the company you keep. I think you're also defined by the company you won't keep. If some kid's a little racist, I want my kid to turn around and go, "Wow, you're a bad guy, I don't want to hang out with you. My dad wouldn't like you."

RI: The answer is not to make sure he's never around the racist kid.

DG: No. He should be around them. He should hear what that is. He should have a discussion with them and say that doesn't sound very right to me. I think he's a little young for that conversation, but that's the direction I want him to go.

NOW TRY THIS: DUFFY GAVER'S SHOULDER WORKOUT

Instructions: Pick a set of relatively light dumbbells and repeat this circuit three times through. Do not rest between exercises and rest only 2-3 minutes between circuits. You can add this circuit to the end of a regularly scheduled upper body workout or perform it on its own.

EXERCISE	REPS
Dumbbell Lateral Raise	10
Dumbbell Front Raise	10
Dumbbell Rear Delt Raise	10
Dumbbell Overhead Press	10



Gaver offered high praise to Pablo Schreiber for his portrayal of SEAL team member in *13 Hours*. "I had to look him up the other night because I thought I knew him," Gaver says. "He was that good. He had it down."

PROOF POSITIVE



NY Giants runningback Rashad Jennings wasn't destined for athletic greatness. He forged his NFL career out of an unrelenting work ethic and unflappable positive attitude. What he learned along the way can teach us all some valuable lessons.

BY MATT TUTHILL

RASHAD JENNINGS

Rashad Jennings' father spent most of his time shut away from his family. A heavy drinker and smoker, Albert Jennings was checked out, his senses too bleary to ever really be present with his family. It ate away at young Jennings until one day, the 13-year-old outright asked his father to stop. His father thought the idea so ridiculous he offered a sarcastic challenge to his son, asking him what he wanted to do with his life. When Jennings told him he wanted to play in the NFL, his father scoffed. "And do you think you can get all the way to the NFL without ever drinking or smoking?"

"Just to prove him wrong I never drank or smoke," Jennings says. "To this day, I've never smoked a day in my life. I've never had alcohol a day in my life. I've never had a sip of champagne at a wedding."

Of course, to get to where he is today—with a starting running back job for the NY Giants, entering his seventh NFL season at 31 years of age—Jennings had to do much more than avoid his father's vices. It's been a long, pitted road for the Lynchburg, VA native. Though Jennings' father was a superstar track and field and football athlete in his youth, no one pegged his son for any kind of athletic greatness. Jennings was an afterthought on his high school football team, where, as a fat 270 pound fifth-stringer who sat on the sidelines, he ate candy and



Above, Jennings leads the Giants out of the tunnel. At left, the 31 year-old preps for a workout. Below is a sample offseason workout:

JENNINGS' WORKOUT

1. Floor Press with 2 Chains 4x8
2. DB Incline Row 3x10
3. Pullups 4x10
4. Dips 3x10
5. Shoulder Press 4x12
6. DB Concentration Curl 4x12

RASHAD JENNINGS



Above, Jennings pitches in at a local youth football camp. Below, he engages with students for the Rashad Jennings' Foundation's reading challenge, which awards NFL memorabilia to kids based on how much they read.



drank soda during games.

"M&M's and Sprite," Jennings says. "That was my combo."

Getting Jennings to even see the field took what could, in fairness, be called an act of God; during a rivalry game in Jennings' junior year, the first three running backs on the depth chart were knocked out of the game with injuries, and the fourth-stringer proved to be useless. At that point, coaches were still so reluctant to put Jennings in that they trotted the first stringer back out onto the field, and only once he was reinjured did Jennings get the call.

"On my first play, I scored a 40-yard touchdown," Jennings says.

Another bizarre series of injuries on defense saw Jennings playing both ways.

"To make a long story short, I did the same thing on defense," Jennings says. "So I played a total of 14 plays and scored four touchdowns—two on offense and two on defense."

The real miracle came after the game. A Tennessee scout in attendance came up to Jennings and told him he had Division I potential.

"I told him the truth about my grades," Jennings says. "I had a 0.6. But he said if I got my grades up I could go to the next level. It was the first time that someone outside of my family had said that I had an opportunity."

Jennings transferred schools and repeated his junior year, taking nine home school courses and reading voraciously to get his grades up. Meanwhile, he realized he could be an even better athlete if he got down to a healthy weight. With some experimentation, he eliminated gluten and casein (milk protein) from his diet, saw a tremendous spike in his energy levels, and began to drop weight. Combined with religious devotion to a new lifting and running program, he transformed himself into a powerhouse of an athlete. When he graduated, he was offered a full ride to Pitt, where he started as a freshman.

Albert Jennings, meanwhile, was so inspired by his son that he actually did quit drinking and smoking. Nevertheless, complications from diabetes took a serious toll, and at the end of Jennings' freshman year at Pitt, Albert needed to have his right leg amputated.

RASHAD JENNINGS

Jennings was heartbroken over the news, and decided he needed to be closer to home to see his father. He transferred to Liberty University, a D-I AA school. Doing so considerably lowered his profile to NFL scouts and put his pro dreams at risk, but Jennings never doubted his decision.

"I wanted to be close to my family," Jennings says. "That was the most important thing. And you know what? I found out that the world is round. If you do what's right, it comes back to you."

After a record-breaking career at Liberty, the Jaguars selected Jennings in the 7th round of the 2009 draft. After four years with the Jags and a stint in Oakland, Jennings took over starting duties in NY in 2014. His father continues to battle health problems; he lost his left leg to diabetes in 2013 and suffered a stroke in 2014. Through it all, the two have strengthened their bond.

"We saved each other," Jennings says.

Jennings has dealt with injuries throughout his career, including a knee injury that sidelined him for all of 2011. But since becoming a starter in 2013, when he replaced an injured Darren McFadden while on the Raiders, he has found his stride. As he looks forward to the 2016 season, the 31-year-old appears to be in the prime of his career, yet another unlikely feat considering the running back position is so demanding that most players don't last more than three or four seasons before being forced out by injuries or pushed aside for younger talent. Jennings says he's overcome too many real obstacles to get hung up on an imaginary issue like age.

"Age doesn't matter," Jennings says. "Age doesn't take into account what you put into your body. Age doesn't take into account how you lift, or how you eat. I'm a gluten- and casein-free eater. I sleep in a hyperbaric oxygen chamber. I do a lot of functional modalities that allow me to keep going. So



In the spring, Jennings delivered the keynote address at his alma mater, Liberty University.

"I THINK THIS IS VERY
MUCH A COPYCAT WORLD
AND YOU'VE GOT TO
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WE'VE GOT TO CHANGE
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RASHAD JENNINGS

when it comes to age, I could care less because I'm in the best shape of my life and I'm probably in better shape than most 20 year-olds."

Jennings' physical transformation is noteworthy in its own right—at 6'1" he has maintained a lean 231 pounds for his entire NFL career—but he says the real blessing of his life is that he found the motivation to make the most of his education. Through the Rashad Jennings Foundation, he aims to get as many kids as possible to make the most of theirs. The foundation runs a reading challenge in select schools where kids read books to obtain tickets for an NFL memorabilia lottery. The more books a kid reads, the more chances he or she gets. The memorabilia up for grabs is game- and practice-used equipment—hats, cleats, socks, etc. The idea came to Jennings during his rookie year with the Jags. When he went to clean out his locker, he looked into the trash can and couldn't believe what was being thrown away.

"There's a lot of nice stuff in there!" Jennings laughs. "I didn't come from much. I wanted to take it! I'm a fan of the game, too. But being a rookie, I didn't want to get called out or get made fun of for it. So, since I had a reading comprehension deficit as a kid, I came up with the reading challenge. Now I take that used equipment—what would have been garbage—and I have the guys sign it and then we award it through the reading challenge. It's so amazing to watch a kid get excited to read. Parents will e-mail me and say, 'He came home with a book in his hand so excited to read and I've never seen him excited to

read.' And it's because of our trash. That's amazing to me."

Jennings says he hopes that by making a positive influence, others will be inspired to do the same in their communities. The mainstream media's predominant focus on negative headlines makes it harder for good deeds to spread. On Twitter, Jennings has often lamented the lack of coverage for positive stories.

"I think this is very much a copycat world and you've got to give people something worth mimicking," Jennings says. "Understand the power of media outlets; whatever you want more of, you've got to show it. For us to focus on racial

issues so much instead of focusing on all the other really positive ways that our communities authentically come together, or showcasing an athlete with a DUI instead of an athlete inside of his community who's spending his quality time trying to get kids educated. There are so many things that you could mimic. We spend so much quality time trying to get kids educated or showing them the way, but we don't highlight it when it happens.

"We've got to change what's sexy."

Learn more about the Rashad Jennings Foundation at:

rashadjenningsfoundation.com.



Jennings celebrates at touchdown with Odell Beckham Jr. during the 2015 season. Follow Jennings on [Twitter](#) and [Instagram](#).

ASK US ANYTHING

YOUR QUESTIONS ANSWERED

Our experts tackle the burning questions on our readers' minds. First up, a question for Robert.

HEALTHY BBQ SMOKING? IT CAN BE DONE.

Q: *Robert, I am looking for some healthy alternatives to cook on my smoker. I am working towards opening a BBQ sports bar so I am constantly practicing cooking. I currently weigh 400 lbs. and am starting to develop health problems due to the weight. Both of my knees are bad, so walking is very painful. Any suggestions for food or exercise would be helpful.*

—Greg C., via the web

Answer by Robert Irvine:

Greg, first things first, weighing 400 pounds is a serious concern. Every day you spend at that weight puts you at greater and greater risk for serious health complications, including a sudden heart attack. I drew up a simple bodyweight routine in *Fit Fuel* that I recommend for obese individuals, which I'll personally send to you. You could start with that, though I must also insist you to speak with your doctor before beginning any exercise regimen.

As for smoker recipes, it's not my specialty but I have dabbled. Since



Brisket packs far too many calories to be part of weight loss diet; but you can still get rich, smoky flavor by spice-rubbing chicken and smoking it.

you didn't say what you cook on your smoker, I'm working with the assumption that you're using the standard smoker proteins of brisket and ribs. Both of these options are a non-starter for anyone trying to lose that much weight—there's just too much fat and overall calories for them to be a regular part of your diet. I'd encourage you to experiment with lean meats like chicken and pork tenderloin. Try different dry rubs and Cajun seasoning and let the smoke do the rest. Keep tweaking your recipes and you could probably innovate something delicious and healthy in

the process.

The next time I hear from you I want it to be through a news story. I can see the headline now: "DELICIOUSLY HEALTHY: Customers rave about BBQ guru's amazing nutritious fare." Now you need to see it, too! Imagine opening your restaurant and doing so at a healthy, comfortable weight, with no pain in your knees. Remember: Wherever you are in life, you always have the power to write your own story. If you write this story, you can make a real impact in your community—and save your own life in the process. Go get it, Greg!

ASK US ANYTHING

ABDOMINAL DISCOMFORT AFTER GIVING BIRTH

Q: *“I stayed active throughout my pregnancy, lifting light weights, doing yoga, and going for power walks. I had my baby naturally (no C-section) without incident two months ago. I feel fine getting around the house and holding the baby, but my old routine, even at half of my old intensity, still feels like too much. I get winded and have abdominal discomfort. Should I be easing back into things in a different way?”*

— Shannon P., via the web

Answer by [Michael Geremia](#), personal trainer with pre- and post-natal specialties:

Assuming there was no diastasis recti (separation of the abdominal muscle) or, at least, minimal separation of the rectus abdominis during pregnancy, your core musculature has still taken quite a beating, with vast changes in length and tension of your rectus abdominis, erector spinae (lower back muscles), pelvic floor and diaphragm—just to name a few. Abdominal discomfort during exercise is a sign that your body just isn’t ready for what you’re trying to do. I would recommend a series of progressive exercises developed by Shirley Sahrmann PT, PhD, FAPTA. All of these are fully explained and demonstrated [HERE](#). Follow the link; the video is less than five minutes long and will have a tremendously positive effect on your abdominal discomfort.

As far as feeling winded, dial back



Pregnancy wreaks havoc on your abdominal muscles. After giving birth, work back into things slowly, and use progressive exercises in the link below.

the intensity and duration of your workouts and try increasing the frequency of your workouts for the time being. You will be back to your old self in no time.

HERNIATED DISC BLUES

Q: *“I recently herniated a disc in my back and am slowly working my way back to activity. I used to do yoga—and Bikram yoga on occasion—in addition to weightlifting. Which activity should I prioritize as I try to get back to things? Weightlifting? Yoga? A low-impact routine like swimming?”*

— David S., via Twitter

Answer by [Heather Quinlan](#), Bikram Yoga instructor:

I like to say in my Bikram Yoga classes “Happy spine, happy life.” So what happens when something goes wrong to that very important

super highway that runs down your back? Go to Bikram Yoga. If you are already a student, KEEP GOING.

First and foremost, the sequence of 26 postures and two breathing exercises has been taught in the US completely unchanged for almost 50 years. That says a lot given the plethora of ever changing fitness options we have today.

With that said, the beauty of Bikram Yoga is when you are injured you can still come to yoga. You don’t have to stay away and sit idle hoping you wake up tomorrow feeling better. Give yourself 90 minutes in the hot room and relief is on the way. As always, the sequence must be done in its entirety so the body is completely warmed up and ready as you move through the postures. The bad news is there’s no shortcut and no magic

ASK US ANYTHING



If you suffer from any type of back pain, your bow pose probably won't look as textbook as this one. Nevertheless, certified Bikram Yoga instructor Heather Quinlan urges you to move through the poses as best you can. It won't be easy, but it absolutely is possible to heal your back.

pill. However, change is guaranteed, and Bikram comes with no scary list of side effects like a prescription painkiller!

The way the magic of the postures works is two-fold. First, the phrase “like natural human traction” is used often in a Bikram yoga class. In a number of postures, Half Moon, Balancing Stick, Half Tortoise, your spine is experiencing traction through the stretch of the posture. That creates space in between the vertebrae and takes pressure off the nerves that are creating the pain and inflammation. That same pressure is decreasing the function of the nerves that are attached to the vertebrae.

The second key to the magic is back bending. Any postures that include back bends (Awkard,

Cobra, Camel), that movement is essentially pushing the disc back into place over time. Make sure to use caution on any forward bending in the class and if you feel sharp pain after any posture, talk to your certified Bikram instructor. The key is to move slowly and remember with any injury your body is probably capable of less range of motion and that's OK! With Bikram Yoga, as long as you try 100% the right way to get into the posture, you get all the benefits. If that means less range because of a herniated disc, then listen to your body but keep doing your yoga!

BULLETPROOF COFFEE: IS THIS STUFF FOR REAL?

Q: “*Everyone in my office is*

talking about Bulletproof Coffee. They say it gives them more energy and has helped them lose weight. But I'm worried about putting butter in my coffee; seems like too much fat to add to my diet. I wanted to ask an independent expert: Is it really effective and safe?”

— Rick D., via Facebook.

Answer by [Nathan Mikeska](#), owner of [N8 Wellness & Fitness](#):

You should be concerned about what you are adding into your body, especially when we're talking about butter and high amounts of caffeine. Bulletproof Coffee has created a frenzy about helping people lose weight and gain more energy. But the fact is there are no peer-reviewed studies that corroborate the idea that eating nothing but MCT

ASK US ANYTHING

(Medium Chain Triglycerides) and caffeine in the morning sets you up for burning body fat. Anybody can lose weight on an extreme diet and make no mistake, the Bulletproof Coffee Diet is extreme. Our bodies crave real food and when we're fasting throughout the day our energy levels will eventually start to crash leaving us with low blood sugar and less energy. Between the two tablespoons of butter and one tablespoon of MCT oil in your morning coffee, you are consuming 140 percent of your RDA (Recommended Daily Allowance) for saturated fat before you have taken a single bite of real food.

This is the problem with these extreme diets that promise rapid results: They aren't sustainable. Bulletproof recommends that you get 50 to 70 percent of your daily calorie intake from fat when typically, you should be consuming 50 to 70 percent from healthy carbohydrates. Healthy carbohydrates found in fruits, vegetables, and whole grains will fuel you brain, heart, and central nervous system with sustainable energy versus utilizing caffeine. While no one diet is a perfect fit for everyone, some conventional wisdom has stood the test of time. If you want to lose weight and keep it off, increase the amount of calories you burn by becoming more active, and then find a way to reduce the calories you consume until you're burning a bit more than you con-

sume. Find a way that feels right to you, so you don't feel like you're starving, and so you get all the nutrients you need. In my opinion there are better ways to get healthy, and there are tastier ways to drink coffee that don't involve paying a lot of money or falling into another fad diet trap. Keep it balanced and you'll reach all your goals!



You should have reservations about adding butter and oil to your coffee, writes Nathan Mikeska. Bulletproof Coffee contains 140% of your RDA of saturated fat.

ACUPUNCTURE: REAL RELIEF OR PLACEBO?

Q: *A friend of mine swears by acupuncture and says it can help me with my lower back pain, but my doctor says any relief you might experience is really just a placebo effect from the relaxing environment that many acupuncturists use. Can you set me straight?*

— James T., via Twitter

Answer by [Robert Kachko, ND, LAc](#) ([Licensed Acupuncturist](#)):

Acupuncture is a therapy that has been in use for thousands of years, with an equally long record of success. During its origins, acupuncture was passed down via family lineages, and the therapeutic approach often looked quite different depending on the region of East Asia where it was practiced (with distinct and simultaneous origins in places like China, Japan, and Korea among others). In the middle decades of the 20th century, the practice of acupuncture in China (and Chinese medicine as a whole, which encompasses adjunctive therapies including herbal medicine, nutritional medicine, physical medicine, and bone setting) was standardized across all of those lineages for a multitude of medical, but also socio-economic reasons. Among other effects, this allowed modern biomedicine

an opportunity to better study the effectiveness and mechanisms by which acupuncture works.

As far as the effectiveness of acupuncture specific to low back pain, there is good research that it is more effective than placebo alone (this is not necessarily the case for all other disorders). A 2008 study, which reviewed 23 trials involving 6,359 patients, concluded that receiving acupuncture for low back pain was more useful than no treatment at all. Whereas this doesn't rule out the placebo effect, in another large analysis looking

ASK US ANYTHING

at 33 trials, it was concluded that acupuncture was more effective than “sham acupuncture” in improving chronic but not acute back pain. “Sham acupuncture” is the best method we have to adjust for the effects of placebo, as it involves inserting needles into points that are not “true” acupuncture points. If the effectiveness was due only to placebo, it would not matter where specifically the needles were inserted. As these patients did not know if they were getting “real” or “sham” acupuncture, placebo did not play a role.

How and why exactly does it work then? The jury is still out on that one too, but researchers believe it may work by increasing the body’s production of endorphins

(natural feel-good pain relievers produced in the brain), reducing inflammation, reducing muscle spasm, and improving circulation in the area of treatment.

Still, just because we don’t fully understand why something works doesn’t mean that it does not. To discard an effective therapy because we can’t quite explain why it works is the surest way to halt progress, as long as that therapy is safe. Acupuncture has an exceedingly impressive safety profile when conducted by a licensed acupuncturist.

Just as comparing to placebo is important, it is equally important to compare its effectiveness to “usual care”. In other words, if a person doesn’t get acupuncture

but instead seeks out another therapy (medication, surgery, physical therapy, etc.), will they be better off? And if so, what are the side effects they might expect from taking that route?

With the recently well-publicized epidemic stemming from opiate pain medications, they should certainly be reserved as a last resort. Surgery can at times be effective, but of course, comes with some pretty major risks and potential side effects. And, unfortunately, surgery is often much less effective for back pain than people believe. Luckily, acupuncture has been shown to be effective in multiple trials at reducing pain after surgery for those who got the surgery specifically for back pain.



While scientists haven’t been able to determine the exact pathway through which acupuncture works, they have been able to determine that it does relieve pain for most patients.

ASK US ANYTHING



Meal prep doesn't have to mean plain chicken and fish sitting on a bed of greens. If you're really pressed for time, make a crock pot of meat and veggies at the beginning of the week. You'll wind up eating far fewer calories than if you grab takeout.

CRUNCH TIME AT WORK

Q: *"I'm staffed to a huge project at work right now that has me working 60 hours a week for the next four months. It's so busy we're all working through lunch and dinner and eating takeout at our desks. I've been through these projects before and they're exhausting. I pass out immediately every night when I get home and don't wake up until the alarm sends me to work the next day. I usually skip the gym altogether or get there once a week. What's a contingency plan I can use to keep my energy and health up during a really hard time like this? I really don't want to go backward, health-wise.*

— Jeff. K, via the web

Answer by [Sara Jane McShane](#), fitness author and trainer:

With an intense work schedule such as yours, the best thing you can do for your body and mind is to fuel it properly. Diet plays a huge role in how we think and feel. The saying goes "Eat like crap, feel like crap." That statement is especially true if your body is already being taxed by long work hours and not enough rest. If you swap the daily takeout for clean meals that you can prep at home, that alone will make a huge difference in energy both mental and physical. Another bonus to bringing your own food to work is you will also be saving money instead of spending it on fast food. Another major key is hydration. Hydrating with water will help your

body operate better and feel more alive; you'll also help keep cravings at bay. Each cell in our body needs it and it will naturally cleanse your body while helping you feel less tired.

After you have fueled and hydrated your body better, you can get outside for a quick walk or jog in before your work day. Being outside and working out is great for the mind and actually gives the body more energy throughout the day. If you can't get outside, you can always do a body weight workout for about 10 minutes that consists of jumping rope, pushups, squats and crunches. Perform these moves for 15 reps each as many times as you can in 10 minutes. Ten minutes may not seem like a lot, but it's a great way to start the day!

A WHOLE NEW ERA

Daytime television might never be the same.

Keeping track of Robert this month.

THE ROBERT IRVINE SHOW

Circle September 12 on your calendars. That's the premiere date of *The Robert Irvine Show* on the CW. Syndicated nationwide Monday through Friday, the show puts Robert's tough-love coaching skills on full display for a full hour of conflict resolution with guests facing all manner of desperate circumstances. "This is what gets me out of bed in the morning," Robert says, "the opportunity to make a real difference in people's lives." Check your local listings for air times, and be sure to check back with *RI Magazine* for our October issue; we'll have a feature story that goes behind the scenes of the new show.

FRESH KITCHEN

BY ROBERT IRVINE

September will also see the grand opening of Fresh Kitchen by Robert Irvine—a first-of-its-kind restaurant operating within the walls of the Pentagon. Serving up fresh and healthy options to Pentagon staff, Fresh Kitchen continues Robert's mission of serving the men and women who serve our nation.

MUSCLE & FITNESS

Robert will be featured in the October issue of *Muscle & Fitness* magazine, which will hit newsstands late this month. Robert is no stranger to the pages of *M&F*; he's contributed



Robert poses on the set of his new daytime talk show. For more info and to apply to be a guest, go [HERE](#).

a regular column to the magazine since 2011, but this is the first time the magazine photographed Robert in the gym for a sprawling feature that covers his fitness philosophy and his expansion into daytime TV.

ON THE ROAD AGAIN...

When he's not filming new episodes of *The Robert Irvine Show*, Robert will be appearing at a USO event on September 13, as a guest at a NASCAR race at Chicagoland Speedway on September 18th, then hosting the inaugural Beats 'N Eats Festival at The Fillmore Philadelphia on September 19. Designed as

an upscale, seated dining and music experience, Beats 'N Eats features a seven-course family-style meal prepared by celebrity chefs, with live music performances by both established and emerging artists between courses—bringing together the best of Philadelphia's food and music to fight hunger. Guests include Chef Masaharu Morimoto of *Iron Chef* fame, Kevin Sbraga of *Top Chef*, Buddy Valastro of *Cake Boss*, and Brian Duffy of *Bar Rescue*. Robert closes out the month with an appearance at the Epcot Food and Wine Festival in Orlando on September 25.

WORDS TO LIVE BY

"THE STARTING POINT OF ALL ACHIEVEMENT IS DESIRE."
— NAPOLEON HILL

"AMATEURS SIT AND WAIT FOR INSPIRATION.
THE REST OF US GET UP AND GO TO WORK."
— STEPHEN KING

"SUCCESS IS NOT FINAL, FAILURE IS NOT
FATAL. IT IS THE COURAGE TO CONTINUE
THAT COUNTS."
— WINSTON CHURCHILL

"WE CREATE SUCCESS OR FAILURE ON THE
COURSE PRIMARILY BY OUR THOUGHTS."
— GARY PLAYER

"SUCCESS IS A LOUSY TEACHER. IT
SEDUCES SMART PEOPLE INTO THINKING
THEY CAN'T LOSE."
— BILL GATES

MAKE THE CHANGE

We've all got problems,
but real problems require
real change.

ROBERT IRVINE is here
to make that change.

He's taking bad behavior
head-on, and it's gonna'
get real, real quick!

The Robert Irvine Show

PREMIERES SEPT 12TH

ON YOUR LOCAL CW STATION

