

# ROBERT IRVINE

MAGAZINE

*Nothing is Impossible*

October 2016

**EXCLUSIVE**

## BEHIND THE SCENES

DAY 1 ON THE  
SET OF THE  
ROBERT  
IRVINE SHOW

**BRAND  
NEW  
FALL  
COMFORT  
FOOD  
RECIPES**

## JASON PEGG

HOW THE  
WOUNDED VET  
FOUND A NEW  
LIFE WITH  
POWERLIFTING

## DESIGN YOUR OWN WORKOUT

WE SHOW YOU HOW

**"BIGGEST LOSER" TRAINER JEN WIDERSTROM SHARES HER TRAINING AND DIET WISDOM**



# ROBERT IRVINE MAGAZINE

Nothing is Impossible

## FOUNDER AND EDITOR-IN-CHIEF

Robert Irvine

## GENERAL MANAGER

Matt Tuthill

## CULINARY EDITORS

Shane Cash, Darryl Moiles

## CREATIVE CONSULTANT

Sean Otto

## CONTRIBUTORS

Jay Cardiello, Amber Day, Mike Geremia, Leah Jantzen, Andy McDermott, SJ McShane, Nathan Mikeska, Heather Quinlan, Kenny Santucci, Michael Schutz, MD, Vanessa Tib

## PHOTO AND VIDEO CONTRIBUTORS

Jeremy Borash, Ryan Coyne

## BUSINESS and MARKETING

### DIRECTOR, BRAND ENGAGEMENT

Joshua Lingenfelter

### VP OPERATIONS

Justin Leonard

### PUBLIC RELATIONS

BRICKHOUSE PR

David Sabin, Jessica Fontaine

For advertising inquiries, contact Matt Tuthill, [matt@chefirvine.com](mailto:matt@chefirvine.com)

For general questions, contact him on Twitter: [@MCTuthill](https://twitter.com/MCTuthill)

*Robert Irvine Magazine is published digitally 10 times per year—monthly with double issues in the summer (July/August) and winter (January/February). Download it exclusively at [RobertIrvineMagazine.com](http://RobertIrvineMagazine.com). Read it on mobile devices through Apple News and Flipboard.*

*Copyright 2016 by Irvine Products, LLC. No part of this magazine may be reproduced in any manner whatsoever without written permission from the publisher except in the case of brief quotations embodied in critical articles and reviews. For information or written permission contact the publisher at [media@chefirvine.com](mailto:media@chefirvine.com).*

*The information herein is not intended to replace the services of trained health professionals. You are advised to consult with your healthcare professional with regard to matters relating to your health, and in particular regarding matters that may require diagnosis or medical attention.*

Cover photo and all photos herein appear courtesy of Shutterstock.com unless otherwise noted. Robert's portrait appears courtesy of Ian Spanier. Gear and product photos appear courtesy of their respective manufacturers.

# INSIDE THE ISSUE

## ROBERT IRVINE MAGAZINE

OCTOBER 2016 /// Vol. 1, No. 5

### GETTING STARTED

**4 ROBERT'S LETTER** Rome wasn't built in a day. Anything great takes time.

**6 ASK GAIL** You can heal your back in the gym.

**8 DR. SCHUTZ** The dangers of metabolic syndrome.

**9 BREAST CANCER AWARENESS** What women need to know this month.

**11 REAL HEROES** The inspirational Jason Pegg.

### IN THE GYM

**13 PRO TIPS** How to design your own workout.

**15 WORKOUT** Get a set of bands and then get to work—anywhere.

**17 GEAR** Training simplified.

### IN THE KITCHEN

**18 RECIPE** Shepherd's Pie.

**19 RECIPE** Farro Aubergine.

**20 RECIPE** Pulled Pork.

**21 GEAR** Impress your guests with a festive Halloween bash.

**22 SEASONAL SPECIAL** Pumpkin carving advice from the experts at Maniac Pumpkin Carvers in Brooklyn.

### FEATURES

**24 COVER STORY:** Behind the scenes of *The Robert Irvine Show*, and what's in store for the future.



Robert made a special Halloween appearance on *The Rachel Ray Show* in 2015 dressed as his Marvel Universe twin: The Incredible Hulk. Get some cool Halloween tips on how to carve the perfect jack-o-lantern on Pg. 22.

### 30 JEN WIDERSTROM

*The Biggest Loser* trainer knows a thing or two about how to make lasting, impactful changes, and she does it with fire and compassion.

**36 FALL INTO COMFORT:** Robert reimagines comfort food so that it'll warm your heart and tastebuds, not expand your waistline.

**42 ASK US ANYTHING:** Experts

weigh in on back training and proper warmups.

**46 OPINION:** Feed your soul first. Feeding your body will be easy.

**48 ROBERT'S WORLD:** Keeping up with Robert this month.

**49 WORDS TO LIVE BY:** Parting motivation.

# JUST GETTING STARTED

Rome wasn't built in a day. Finished products of any kind don't suddenly appear overnight.

Last month I started a new chapter in my television career with the launch of *The Robert Irvine Show*. Since it was first announced, people have been asking me what the show was all about, and now that they've seen it, the questions have only multiplied. Mostly, they want to know why I'm not sticking with what I'm known for, and why the show isn't focused on cooking or failing restaurants.

From the moment I signed on to do a daytime conflict-resolution talk show, I knew that some of my fans might balk at the concept. This type of show isn't everyone's cup of tea, and if it's not yours, I respect that. Hey, Bob Dylan lost a lot of fans when he picked up an electric guitar. Many of Bill Murray's fans had no interest in seeing him do drama. I get it. It's a constant throughout the history of entertainment.

What I want you to know is that I didn't make this decision lightly. Yes, I wanted to try something new



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

and different but it was more than that. I chose to do *The Robert Irvine Show* because it gives me the best opportunity I've ever had to help as many people as I can. Helping others is addictive. It feels incredible to know I've made a positive impact on someone's life, however I can do it. And once I do it, I want to do it again and again. This show lets me do that every day with people

I would never have met under any other circumstances.

Looking at the big picture, the key thing to remember is that over the course of 13 seasons of *Restaurant: Impossible* the show evolved greatly—so much so that if you watched it over the last couple of years you would hardly recognize an episode from Season 1 if you saw it today. In the early days of the show we

# ROBERT'S LETTER



On location with Tom Bury on *Restaurant: Impossible*. In the beginning, *R:I* focused only on cosmetic changes. As the show evolved, we started to address the personal problems of the owners. *The Robert Irvine Show* faces a similar evolution in its future.

only focused on cosmetic changes to the restaurant, not on the real people and issues that were causing failure. But over time, we worked hard to realize the full potential of the show and it became a comprehensive hour of television that addressed all the issues it needed to.

I have plans to evolve *The Robert Irvine Show* in a similar fashion. I've never set out to do exactly what everyone else is doing in any area of my life. With this show, I want to take daytime television to places it hasn't been before. To that end, we just finished construction on a new wing of the set which is a fully-equipped gym. I'm incredibly excited for all the opportunities it gives me to help folks who are struggling with their health. In the future, we'll also be adding a kitchen to the set so I can show people how to cook healthier meals and use food to connect with their

loved ones.

Of course, creating something entirely new within the genre of daytime talk doesn't happen overnight. Producing good television—especially the kind that airs on a daily basis—is a process of gradual evolution. All *The Robert Irvine Show* has done so far is plant its flag on the map. From there, we will build a new settlement. In the end, I'm confident it will be something that everyone will enjoy.

In the meantime, when I'm not filming I'm still touring with *Robert Irvine LIVE* (click [HERE](#) to see when we'll be in your area) and I will continue to write tons of new recipes for this magazine every month—while also presenting brand new workouts and motivational stories.

You also might have heard that I just opened up a restaurant inside the Pentagon—the very first of its

kind—and that I signed a deal with Sodexo to revolutionize military dining service throughout the country. You can read about these and other projects I'm involved with in the Robert's World section on Pg. 48.

Until next time, I urge you to go out of your way for someone in need and try to have a positive impact on their life. I guarantee you that being generous with your time and attention is going to make you feel incredible. It's been said that the more we share, the more we have. I've never known truer words. Enjoy the issue.

Yours in health,

# BACK IN ACTION

Lower back problems are a reality for many of us. Luckily, in most cases, the fix is simple.

By Gail Kim-Irvine



**Q:** *“I have two boys and a little girl, ages 7, 4, and 2. I’m constantly running around after them, picking the youngest one up, and cleaning up all their messes on the floor. All that bending down has just about wrecked my lower back. With you being a wrestler, I thought you might have some advice for this area! What do you suggest?”*

— Karen A., via the web

**A:** You’re right. I’ve put my body through the ringer in my career and my back has borne the brunt of the abuse. I’ve thrown myself off of turnbuckles into the center of the ring, onto opponents, and sometimes onto hard concrete. I’ve taken a few steel chairs to the back, too. Hey, just because you know it’s coming doesn’t mean it doesn’t hurt.

In the last few years it’s all begun to catch up with me. It got so bad that I couldn’t even do the most basic lower back strengthening exercise, a Superman—where you lie face down and simultaneously lift your upper body and legs to contract your spinal erectors—without extreme pain.

It was alarming for me because I’ve always trained hard, main-

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

# ASK GAIL

tained a healthy weight, and have thus far avoided other debilitating injuries that are typical to my profession; my knees, neck, and shoulders are all A-OK.

But the fix for my back troubles was actually simple. The pain subsided when I started to strengthen my core muscles. It's simple logic if you think about it; the stronger your abdominals and obliques, the more support they can offer your lumbar spine, and the less stress there is on the muscles of your lower back.

In most cases, this concept holds true whether your pain is the result of activity or inactivity. Build up your abs and your lower back will get much-needed relief. Then, as you can tolerate it, you can add in lower

back exercises. In addition to basic core exercises like planks, crunches, and cable rotations, I started attending Barre classes, which focus a lot on core work. Once I strengthened my abs I was able to do Supermans again. Now I'm able to do 50 on a stability ball at the end of every workout.

Other things I've done to help with back pain: I see a chiropractor at least once a month, I take 10-15 minutes to get a deep stretch at the end of every workout, and I've peppered in some yoga poses to my training sessions. Everyone, of course, is different. I would add one of these suggestions at a time so you can evaluate what has the most beneficial impact for your body.



Above: photo evidence that Gail's career hasn't been kind to her back. Below: abdominal work is the fix for most lower back issues. The stronger your abs are, the more stress you can take off of your back, particularly the lumbar spine.



## METABOLIC SYNDROME

This misunderstood condition is actually a group of risk factors—to be avoided at all costs.

**Q: I've been about 40 pounds overweight for the past 10 years and my energy levels have been low—and gradually getting lower. A friend told me I might have metabolic syndrome, but there's a lot of conflicting information online. How would I know if I had it?"**

**— Sydney G., via the web**

**A:** I get this question a lot from folks who want to blame an external factor for being overweight. The truth is the term metabolic syndrome refers to changes in our body processes that increase our risk of medical problems such as stroke, heart attack, erectile dysfunction or diabetes. Approximately 34% of adults are affected by metabolic syndrome. The diagnosis of metabolic syndrome involves taking medication for 3 of the 5 following factors.

- Blood pressure over 130/85
- Blood sugar over 100 mg/dl
- Large waist line or so called apple shape, greater than 40 inches in men and 35 inches in women
- Elevated Triglyceride levels, over 150 mg/dl
- Low HDL or high density lipoprotein (good cholesterol), under 50 mg/dl

These changes can be related to obesity and low levels of physical

activity. This increases the circulating blood sugar and triglyceride levels and lowers the HDL that lead to damage to the lining of blood vessels.

Some risk factors for metabolic syndrome include the following:

- Age, the older you get, the greater the risk
- Polycystic ovary disease
- Nonalcoholic fatty liver disease
- Gestational diabetes or family history of diabetes
- Whites are more likely affected than African Americans

Avoiding or ameliorating the effects of metabolic syndrome includes the following steps to improve your lifestyle and getting heart healthy:

- If you are overweight, lose weight and this can help with improved diabetes and high blood pressure control.
- Good blood sugar control including taking any diabetes medications and reduce simple carbohydrates and increasing the fiber and complex carbohydrates in your diet to reduce the blood sugar spikes that one can see in diabetes.
- Get up and get moving with an exercise program. This does not have to mean looking like Robert. Start at your own pace and consult



with your physician to assess the level of activity that is right for you or if you have any questions.

- Excellent control of your high blood pressure including taking your medications and follow-up with your physician.
- If you smoke, quit.

Your destiny is not set in stone. You can make changes in your lifestyle that will reduce the risks from metabolic syndrome and the cardiovascular disease that is associated with it.

*[Dr. Michael Schutz](#) is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.*

# BREAST CANCER AWARENESS MONTH

## THINK PINK

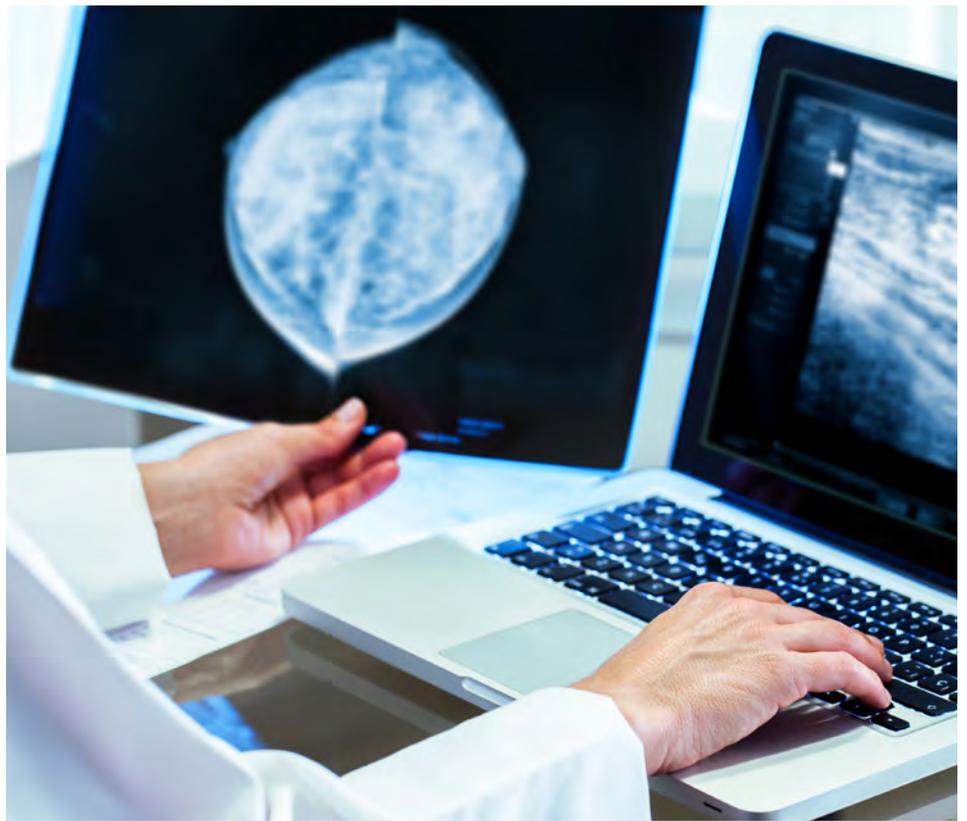
For breast cancer prevention to work, women need more than awareness.

Every year, 40,450 women in the US die from breast cancer. And every year, nearly a quarter million new cases of breast cancer (246,000) will be diagnosed. Yet, with October being Breast Cancer Awareness Month, The National Breast Cancer Foundation acknowledges that awareness in and of itself is widespread.

“Awareness is not so much the problem as is the follow through,” says Rebecca Anderson, the NBCF’s marketing manager. “For many people, they would never let their child get behind on a doctor checkup. It’s ourselves we tend to neglect.”

The NBCF recommends mammograms for women 40 and over and for all women to see their physician for regularly scheduled exams. And, while breast self-exams are no longer officially recommended (a statistically significant study showed they didn’t improve mortality rates) it is imperative for all women to know what their normal breast tissue is like so that they can easily detect any changes. It should also be noted that stats aside, anecdotally, self-exams have worked to catch breast cancer early for many women.

Ultimately, early detection is the goal of the massive awareness campaign taking place throughout



Early detection is still the best tool for fighting breast cancer. The five-year survival rate for women who catch their cancer early is 100%

the month. When breast cancer is caught early, there is a 5-year survival rate of 100%.

General health recommendations from the NBCF include maintaining an active lifestyle, not smoking, and eating a balanced full of antioxidant-rich foods including peaches, kale, spinach, cherries, nuts, and more. The full list can be found [HERE](#).

But, as Anderson notes, preventative measures like this can only go so far.

“Women who are the picture of health—marathon runners who do everything right—can still get this disease,” Anderson says. “Early detection is still the best tool we have.”

As for family and friends of loved ones battling breast cancer, Anderson says the NBCF insists that no one face cancer alone. Things

# BREAST CANCER AWARENESS MONTH



Women 40 and over should have get regular mammograms (top). Above, a survivor's retreat. At right, a daughter stays at her mother's side for chemo treatments. Attending doctor appointments and taking notes for a patient provides a big benefit; cancer patients are overwhelmed with information.



you can do for your family member or friend facing this terrible disease:

- Help them prepare for their doctor appointments. These visits can be overwhelming, and oftentimes, an important question is forgotten in the heat of the moment.

- Go to the doctor appointment and take notes. Doctors put a tremendous amount of information in front of patients. Having a level-headed note-taker—and emotional supporter—is indispensable.

- When you offer help, be specific. “Everyone says, ‘Let me know what I can do to help.’” Anderson says. “But at that moment the patient is thinking, ‘Do I get a lumpectomy or a mastectomy?’ By asking an open-ended question you’re giving them another decision to make.” Also consider the fact that even a woman who’s shouldering a lot of worry and pain still doesn’t want to inconvenience those around her. Instead, be very precise with your offer. Ask the person, “I’d like to cook dinner for you and do laundry on Saturday. Does that work for you?” You’re much more likely to be of help.

Visit the [NBCF](#) to learn more about early detection, to read their wellness blog, and to learn about retreats for women with metastatic breast cancer, or breast cancer that has spread to other areas of the body. You can download their free breast health e-book [HERE](#).

# JASON PEGG

Gravely wounded in Afghanistan in 2005, Jason Pegg found a new lease on life through powerlifting.

By Matt Tuthill

The good will mission was like any other he had been on. Army Sgt. Jason Pegg was providing security for a medical assistance program where his unit escorted doctors, dentists, paramedics—even veterinarians—through small Afghani villages to bring aid to the locals.

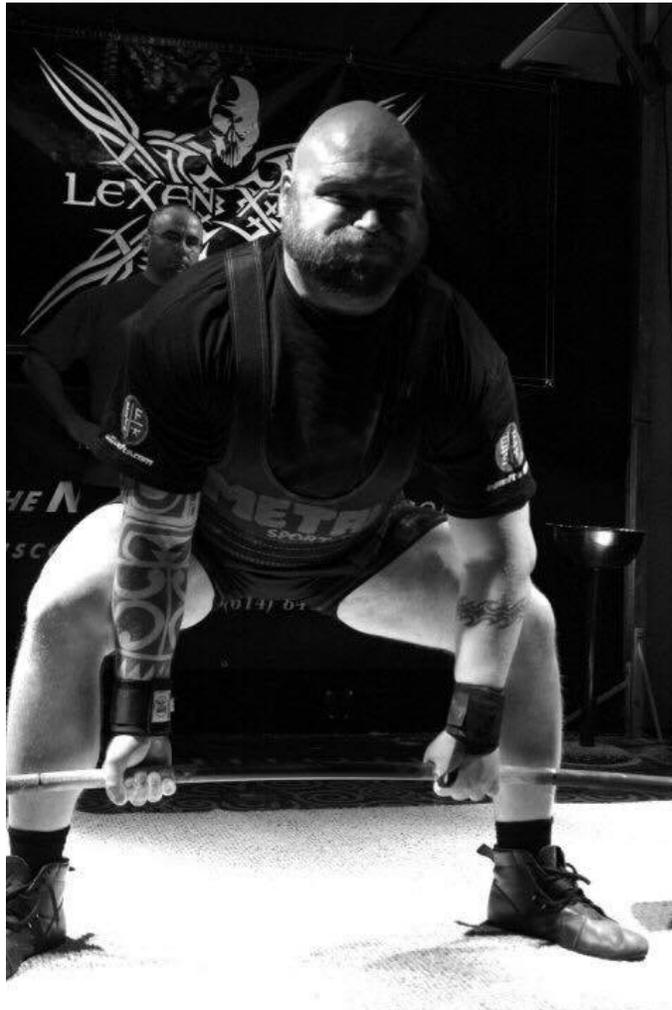
“The Taliban would tell them that Americans were there to kill them,” Pegg says. “We did this kind of community outreach to prove that we weren’t.”

After two days of visiting villages, Pegg rode with his unit in a Humvee to their final destination. While en route, an IED exploded, ripping through their vehicle. His memory of the aftermath is hazy.

“It was loud and there was a lot of dust all of a sudden,” he says. “Honestly, the roads are so bad—and we often blew out tires—that I thought we had blown another tire.”

Then he heard his platoon leader shouting into his radio calling for help—and he saw the blood spattered throughout the vehicle’s interior—and finally realized what was going on.

Miraculously, no one in the vehicle was killed, but there were serious injuries; the driver lost an eye and the soldier manning the turret suffers from memory loss today. Pegg is lucky that his helmet did its job, absorbing shrapnel that was



Pegg gets ready to deadlift. His post-injury powerlifting numbers include personal bests of 770 pounds in the deadlift and 1,035 pounds in the squat. Follow Jason on [Twitter](#).

otherwise headed for his brain.

His left arm wasn’t so lucky.

“My arm was pretty close to coming off,” Pegg says. “There was a lot of soft tissue loss and severe fractures in all three bones, including a radial fracture in my ulna.”

Doctors succeeded in saving the arm, but Pegg spent the next 18 months in Walter Reed recovering.

The way the arm healed, he can no longer pronate or supinate his hand. It’s “stuck in neutral” with his palm facing inward. Range of motion is also very limited—from 90 degrees to about 110.

During his first day or two at Walter Reed, stray thoughts came into his mind. “*Why did this happen to me?*” “*We were almost done with the*

# REAL HEROES

mission...”

Those thoughts stopped immediately when he was visited by two other patients.

“One had lost his right leg above the knee—it was six inches long—the other guy had suffered severe burns all over his body including his face. He was missing his ears.”

Despite the seriously debilitating nature of their injuries, they didn’t carry one iota of self-pity, and they wanted to know what had happened to Pegg.

“Those guys came in and were cracking jokes,” he says. “When you see that—not just their injuries but their attitude—you say ‘Ok, it’s not that bad. It’s really not that bad. I can deal.’”

The recovery process was still a long slog. At one point, he only had a two-inch range of motion on his left arm. Physical therapy gave him time to think. Pegg had always been athletic (he played a year of

D-I football for Ball State before leaving for the Army) and had lifted weights recreationally. But life post-injury would mean he couldn’t even swing a softball bat. Powerlifting—which tests the squat, bench press, and deadlift—on the other hand, provides a great physical and mental test that would allow him to compete around his injury.

The moment he got out of the hospital he dedicated himself to powerlifting and retaught himself how to do the big three lifts with his new limitations. The 36-year-old’s best all-time numbers, post-injury, are inconceivable to the average person. Pegg has deadlifted 770 pounds and benched 330. In the squat, where the limited use of his arm is much less of a liability, he has put up a staggering 1,035 pounds. It’s a seriously competitive number, one good enough to get him sponsorship from [PowerRackStrength.com](http://PowerRackStrength.com).

Pegg is otherwise able to get by just fine. He lives with his girlfriend in Marion, OH, works as a painter for a company that repairs railroad cars, and is able to pick up his three kids.

He laughs a lot and is able to joke about his injuries. He even sent us a picture of the gaping wounds on his arm. You can see that photo [HERE](#) but be warned that it is very graphic. The photo is part of a Facebook album of the destroyed Humvee and his injuries which he sarcastically entitled, “What great tourist destinations!” The photo of his arm has a one-word caption, “PWNED”.

The care-free attitude stems at least in part from the fact that Jason knows he got off easy. He also knows that a lot of veterans don’t have the support that he’s been able to find through family and the powerlifting community. Suicide remains a huge problem for returning veterans, with 22 committing suicide every day. Pegg has firsthand knowledge of the epidemic.

“My unit has lost more men to suicide than to combat,” he says.

Social media has allowed him to stay close to the other men in his unit and use humor and comradery to deal with their experiences.

“I want anyone who comes back and has trouble to know they can reach out to their buddies,” he says. “You’re not alone. I know it’s not a conversation you can force on anyone, but we’ve all had similar experiences. There’s no shame in it. There is always someone out there for you to talk to before it gets to the point where you think there’s no way out.”



Jason gives a thumbs up from his Humvee in Afghanistan in 2005. Two days later, the vehicle would be destroyed in an IED attack, and Jason’s life changed forever.

# DESIGN YOUR OWN WORKOUT

Every workout needs four things. Incorporate those basic elements to build an effective routine every time.

If you know what every workout needs, you can always design your own routine. Here are the elements that every full body routine requires, and suggestions on how to start designing your very own.

### **PUSH**

Pushing movements engage the pectorals (chest), deltoids (shoulders), and triceps. Classic pushing movements are the bench press, pushups, dips, military press, and all other forms of overhead pressing.

### **PULL**

Pulling movements engage the latissimus dorsi (back), rhomboids (mid-back) biceps, and forearms. Classic pulling movements include pullups, deadlifts, bentover barbell rows, lat pulldowns, and seated cable rows.

### **SQUAT**

Squats trump all other ways of working your legs, incorporating the hamstrings, quadriceps, and glutes. In addition to classic barbell squats, this category can include bodyweight squats, sumo squats, goblet squats, single-leg squats, and sissy squats.

### **CORE**

All abdominal exercises fit into this category, from basic situps and crunches to leg raises, Russian twists, planks, side planks, and cable rotations.



# IN THE GYM: PRO TIPS



It's hard to beat the old-fashioned pullup for upper-body work. If you can't do a pullup, use an assisted pullup machine or loop a band around the bar and rest one or both knees inside the loop.

## PUTTING IT ALL TOGETHER

Designing your own workout from these choices is a simple matter of balance. For every rep of pushing, there needs to be an equal amount of pulling. Add a comparable amount of squatting and enough core work to make it challenging and you've got yourself a workout. Keep machine work to a minimum. Free weights are superior. Here's an example of how to do it if you've only got 30 minutes. You'd perform this as a circuit with one minute of rest at the end of each round and no rest between exercises.

### SAMPLE WORKOUT 1

EXERCISE	REPS
Goblet Squat	15
Bench Press	10
Barbell Row	10
Squat Jump	10
Decline Pushup	12
Dumbbell Row	10 (each side)
Plank	60 seconds

If you had more time, say an hour, you could lose the circuit setup and perform straight sets, completing all sets and reps for each exercise before moving on, like so:

### SAMPLE WORKOUT 2

EXERCISE	SETS	REPS
Barbell Squat	4	12
Deadlift	4	8-10
Pullup	4	10
Bench Press	4	10
Incline DB Bench	4	8-10
Russian Twist	2	50
Leg Raise	3	10
Cable Twist	3	10 (each side)

**BEFORE YOU GO:** Designing your own workout is going to take some trial-and-error as you figure out exactly how much volume makes it effective for you. The nice thing about doing it yourself, however, is that you can add reps on the fly—or merely pick up the pace—if you think it's too easy. Likewise, you can do a little subtraction or slow down if you've bitten off more than you can chew. Whatever the case, don't get caught up in the science of it and start worrying that your program wasn't designed by an expert or performed by a movie star. Exercise science is inexact and can't account for effort. As long as you're being honest with yourself about how hard you're working, you'll get a positive effect from your training. Move briskly, but put proper form above all.

## IN THE GYM: WORKOUT

# BAND TOGETHER

One key to lasting fitness: Make it easy to work out anywhere, anytime. A couple of resistance bands can do just that.



### DIRECTIONS:

After a 5-minute warmup, perform the following workout as a circuit, resting 1-2 minutes at the end of each round. Beginners should do 10 reps per exercise, and do 2-3 rounds per workout. Advanced trainees can set an interval timer for 30 seconds and do as many reps as they can for each exercise until the buzzer goes off, then immediately go to the next exercise. Perform the circuit in a continuous loop for 20 straight minutes.

### EXERCISE

Squat-to-Press  
Band Chest Press  
Band Row  
Band Curl  
Band Triceps Extension  
Lateral Raise  
Bent-over Lateral Raise  
Plank

### EXERCISE DESCRIPTIONS

**SQUAT-TO-PRESS:** Step on the center of the band with one or

both feet and hold handles at your shoulders. Squat low, getting your thighs parallel to the floor, and as you stand up press both handles straight overhead.

**BAND CHEST PRESS:** (See Next Page) Loop the band around a sturdy anchor point and face away from the anchor point, holding both handles at your chest. Step forward and then press the handles straight out. You can vary the target area by pressing wide or narrow.

# IN THE GYM: WORKOUT

**BAND ROW:** Loop the band around a sturdy anchor point and face the anchor point, holding both handles at arms' length. Row the handles to your chest, pulling first with your back, initiating the move by retracting your shoulder blades.

**BAND CURL:** Step on the center of the band with one or both feet and hold the handles at your waist. Curl the handles up to your shoulders, squeezing your biceps at the top of the move.

**BAND TRICEPS EXTENSION:** (Top Right) Step on the center of the band with one or both feet and hold the handles at your shoulders with your elbows bent, facing forward. Extend your triceps to press your hands up. Lock your elbows out overhead.

**LATERAL RAISE:** Step on the center of the band with one or both feet and hold the handles at your waist with your palms facing inward. Keeping your elbows locked out, raise the handles out to your sides until your arms are parallel to the floor. Squeeze your shoulders at the top of the move.

**BENT-OVER LATERAL RAISE:** Step on the center of the band with one or both feet and bend over at the waist, keeping your back flat. Holding the handles straight in front of you, raise the handles out to your sides until your arms are parallel to the floor.

**PLANK:** Lie face-down on the floor and prop yourself up on your forearms, elbows, and toes. Brace



Light posts, telephone poles, and fences all make fine anchor points. If you're lacking for these, try heavy furniture, or have a training partner hold the band.



your core and keep your body in a straight line from your ankles to your shoulders, holding for time.

## PRO TIP

Adjusting the difficulty level of a resistance band is as simple as shortening the length of band that you're working with. For example, on exer-

cises where you step on the band to create tension, step on it with both feet and spread your feet apart to create more tension. On exercises that use an anchor point, wrap the band multiple times around the anchor. Advanced lifters can try wrapping the band around the barbell or dumbbell they're lifting.

# IN THE GYM: GEAR

## MAKE IT SIMPLE

The right gear should make it easier to train—not more complicated.



### SKLZ SUPER SANDBAG



Fill the sealable internal bags ▲ with sand and drop them into the ultra-durable outer shell and get to work. Adjustable from 10 pounds up to 40 in seconds. Includes multiple sets of handles for all variety of exercises including overhead presses, curls, swings, loaded carries, and much more.

\$59.99, [sklz.com](http://sklz.com)

### ▲ BLACK MOUNTAIN PRODUCTS RESISTANCE BANDS

This set of 7 resistance bands comes with two sets of handles, door anchors, a carry bag, and a starter's guide. The carabiner system allows you to augment standard barbell and dumbbell lifts, as well. For the price, you won't find a better set that makes it so easy to work out anywhere. If time makes it an issue to get to the gym, this set is a great ally.

\$54.99, [blackmountainproducts.com](http://blackmountainproducts.com)



### ◀ #ARMageddon

This new e-book from Super Bowl champion Steve Weatherford presents the very same 12-week arm training program that he used to grow his arms to an astonishing 19 inches. Firsthand testimonials from men show exponential growth while women report increased tone and definition. Includes video demonstrations and a nutrition guide.

\$67, [armageddonebook.com](http://armageddonebook.com)

# SHEPHERD'S PIE

Let it stick to your ribs, not your gut.



**SERVES 5**

**YOU'LL NEED**

- 1 tbsp olive oil
- 1 onion, diced
- 1 clove garlic, crushed
- 1 large carrot, diced
- 1 lb lamb, minced
- 1 cube beef stock
- 1 lb tomatoes, chopped
- 3 tbsp tomato puree
- 1 tbsp corn flour
- 2 lbs potatoes
- 1 stick butter
- Salt and pepper

**MAKE IT**

- 1) Heat the olive oil in a pan over medium heat. Add the onion, garlic, and carrot and cook until soft. Add the lamb and beef cube and cook until the meat is brown and has a crumbly texture. Stir in the tomatoes, tomato puree, and corn flour. Simmer, stirring occasionally, for about 15 minutes or until thickened.
- 2) Peel and chop the potatoes, toss in a large pot and cover with water. Bring to a boil over medium heat and cook until soft. Drain and add them back to the pot. Mash with

- a potato masher, stir in the butter, and season to taste with salt and pepper.
- 3) Set broiler to low.
- 4) Put the filling into a deep baking dish, top with mashed potatoes and put under the broiler until the top is brown and crisp.

**THE MACROS**

- CALORIES: 524
- PROTEIN: 30 G
- FAT: 28 G
- CARBS: 37 G

# IN THE KITCHEN: RECIPE



## PULLED PORK

Slow cooked—and well worth the wait.

### SERVES 6

#### YOU'LL NEED

1.5 lbs pork tenderloin  
2-3 whole cloves  
2 tbsp smokey spice seasoning  
1 red onion, sliced thin  
1 cup water  
6 oz bbq sauce  
Salt and pepper

#### MAKE IT

- 1) Stud tenderloin with cloves and rub with seasoning blend.
- 2) Place roast in crock pot or slow cooker and top with onions.
- 3) Cover pork with water and slow cook for 8-10 hours.
- 4) Remove pork, discard cloves, then drain fat and water.
- 5) Allow pork to cool, then shred by hand or with fork.
- 6) Return meat to pot and add bbq sauce. Heat for 1-2 hours. Serve straight up or on a roll.

#### THE MACROS (with Roll)

CALORIES: 448  
PROTEIN: 42 G  
FAT: 13 G  
CARBS: 38 G

## FARRO AUBERGINE

The best vegetarian protein you're not eating.

**SERVES 6**

### YOU'LL NEED

3 eggplant  
3 tbsp extra-virgin olive oil  
Salt and pepper  
2 cups farro  
2 cloves garlic  
1 bay leaf  
5 cups low-sodium vegetable stock  
1 cup balsamic vinegar  
1 tsp honey  
1 cup red onions, diced small  
1 cup red peppers, diced small  
1 cup yellow peppers, diced small  
1 cup asparagus, blanched  
4 oz low-sodium vegetable broth  
1 bunch parsley, chopped  
6 oz goat cheese, crumbled

### MAKE IT

#### Eggplant:

1 Preheat oven to 350°.  
2 Cut eggplant in half lengthwise and trim off enough of the rounded sides to allow sliced eggplant to sit firmly, faceup, on a plate. Drizzle with olive oil and season with salt and pepper.  
3 On a grill or in a broiler, grill eggplant on both sides and place on a sheet

pan. Finish in oven for 15–20 minutes, until tender; remove and let cool.

#### Farro:

1) In a heated saucepan, add 2 tbsp olive oil and farro. Toast for 1 minute.  
2) Add garlic, bay leaf, and vegetable stock and bring to a simmer. Turn heat down low and allow farro to cook for 25–30 minutes, until slightly tender.  
3) Strain excess liquid from cooked farro and spread farro out on a sheet pan to cool.

#### Balsamic Reduction:

1) In a small pot over medium heat, slowly reduce balsamic vinegar by two-thirds.  
2 Remove reduction from heat and stir in honey. Allow to cool to room temperature before using.

#### To Finish:

1) Heat a large sauté pan over medium-high heat and add 1 tbsp olive oil. Add diced red onion and red and yellow peppers.  
2) Lightly season with salt and pepper and continue to sauté until red onions are translucent.



3) Add asparagus and farro. Deglaze with vegetable stock and continue to cook for 2 minutes to allow farro to absorb stock. Finish with chopped parsley and set aside.  
4) Place ½ eggplant in the center of the plate. (You can warm eggplant up quickly in the oven beforehand.) Mount warm farro salad on top of each eggplant. Garnish by lightly drizzling balsam-

ic reduction on top and around eggplant. Finish by topping with crumbled goat cheese.

#### THE MACROS

Calories 374  
Protein 16g  
Fat 18g  
Carbs 44g

*This recipe is excerpted from Robert's book, [Fit Fuel](http://fitfuelbook.com). Get the book at [fitfuelbook.com](http://fitfuelbook.com)*

## IN THE KITCHEN: GEAR

# FUN FOR FALL

Gadgets sure to impress at your Halloween party.



### ◀ COUNTERTOP MARSHMALLOW ROASTER

Gather everyone around the kitchen counter; you don't need a bonfire to enjoy a fresh batch of s'mores. The flameless electric heating component is safe for indoor use and lets you evenly roast marshmallows in no time. Four surrounding compartments can be stocked with graham crackers, chocolate, and marshmallows.

\$59.95, [bulbhead.com](http://bulbhead.com)

### VILLAFANE STUDIOS MASTER TOOL SET

Famed pumpkin sculptor Ray Villafane created this set of essential tools—the seven that he can't live without. If you're ready to go beyond basic carvings and want to create a real work of art, this is a must for shaping and fine detail work.

\$24.99 at  
[VillafaneStudios.com](http://VillafaneStudios.com)



### CAKE BOSS GHOST CUPCAKE PAN

Put a scare into your guests with ghostly cupcakes using this cupcake pan from the Cake Boss himself, Buddy Valastro. The durable, high-temperature resistant non-stick lining means you'll be baking up Halloween surprises for many years to come.

\$11.89, [cakebossbaking.com](http://cakebossbaking.com) ▶



# HALLOWEEN MANIACS

We sit down with one of the co-founders of Maniac Pumpkin Carvers in Brooklyn to get advice for carving the perfect jack-o-lantern—or sculpting something truly unique.

*Some sculptors use clay. Others stone, or wood. Marc Evan's medium is pumpkin. He's been collaborating with Chris Soria for the past 20 years and together they founded Maniac Pumpkin Carvers ([maniacpumpkincarvers.com](http://maniacpumpkincarvers.com)) in Brooklyn, NY. They have since elevated pumpkin carving from a hobby craft to an art form. Their work has been featured nationally, including The Tonight Show with Jimmy Fallon. Here is Evan in his own words on perfecting the basic—and the not-so-basic—for a truly unique Halloween. After you read these tips, check the Maniac site for ideas and instructional videos (tools will be available soon). Or, if you want something world-class without the trouble of doing it yourself, order a custom design from Maniac and have it shipped anywhere in the US.*

**“The first thing you should do** is sketch out ideas. It doesn't have to be a detailed drawing, it could just be a doodle, or a thumbnail sketch.



At left, a picture-perfect representation of Freddy Krueger by Maniac Pumpkin Carvers. Below, the Maniacs themselves, Marc Evan, left, and his Chris Soria.



# SEASONAL SPECIAL

But you should have some kind of plan before you start carving into the pumpkin. Keep that with you as you get to work. We always like to have reference pictures printed out or available on a device as we work so we have some inspiration to go from.”

“**We work with a variety of techniques.** We’re really fond of classic jack-o-lanterns. We’re also known for elaborate etchings that allows light to pass through. The other is the full sculptural style. For jack-o-lanterns and etchings, you hollow out the pumpkin. For a sculpture, you don’t touch the inside.”

“**When you sculpt you’re using subtractive methods.** It’s more similar to wood carving or stone carving than working with clay. You’re removing flesh from the pumpkin to reveal a sculpture, so you need to choose a pumpkin with a thick rind or skin. The best tip for that is to pick a pumpkin that



is heavy for its size. You don’t want it to feel very hollow. Smaller and heavier is better than bigger and light. If it’s light it’s not good for sculpting. The subtractive method means you have to mentally plan out what the extremities are—which areas will protrude the most, like a nose on a face—because you want to preserve those elements.”

“**The great challenge with sculpting on pumpkin is** that no matter how thick the rind, they are hollow on the inside. Bursting through to the center is always a concern. The way to avoid that is to go slow; as the material gets stringier or the texture starts to change, you know you have to ease back a bit. Push gently on the surface; as you get close to the surface there will be more give.”

“**The pumpkins that are best for sculpting** are not the picture-perfect round pumpkins that are good for jack-o-lanterns. Take a pumpkin that is oblong, misshapen, or has odd features can lend itself really well to creating a character in a pumpkin. You can use the imper-

fections sometimes to really great effect.”

“**Our favorite tools for sculpting** are a combination of woodworking and clay sculpting tools, using a lot of ribbon tools common to clay sculpting, plus gouges and chisels common to wood carving.”

“**For jack-o-lanterns and etches,** you want to start with a pumpkin that’s been emptied really well. Take the extra time to remove as much of the pulpy, stringy material from the inside surface as you can. You want as smooth and as dry a pumpkin as possible.

“**Practice doesn’t make perfect,** but it definitely makes you better and more confident. Having a few pumpkins handy so you don’t feel so precious about it and afraid to make a mistake is a good idea. It should be a fun, festive event. It’s great to create a work of art, but the root of it should be embrace the holiday. Halloween is such a pop culture celebration. Have fun, get your hands dirty, and enjoy the process.”



# ROBERT'S TRUE CALLING

Cloaked as a typical daytime talker, *The Robert Irvine Show* is driven by the heart of its host, who wants to make a lasting positive impact for as many troubled people as he can.

By Matt Tuthill



The steel bay doors of Stage 1 of The Burbank Studios reach from the floor to the ceiling, some two stories high. Jay Leno's smiling face is still painted on them, right next to *The Tonight Show* logo towering over the scene below. Security guards are handing out bracelets to crew members

and special guests. To say there is some history here is an understatement. Before the stage belonged to Leno, it belonged to Johnny Carson. Now it belongs to Robert Irvine.

The brand new set for *The Robert Irvine Show* hides Carson's star, which rests directly beneath

its center. It's so new the smell of freshly cut wood and spackle hangs in the air. The set itself is warmly lit with blue and auburn lights behind panes of glass framed in dark reclaimed wood. Robert strolls onto the gray carpet to his mark. A producer approaches him to fiddle with the

# THE ROBERT IRVINE SHOW

microphone on his shirt collar.

She covers the microphone on her headset and listens intently to her earpiece. She takes her hand off and answers, “OK, I’ll ask him.” She looks at Robert. “Do you need to rehearse? Or practice the blocking like we did yesterday?”

Robert considers it for half a moment, then curls his lip. “Nah.”

He cuts a few promos and the stage manager confirms they’ve got what they need. He can go back upstairs to his dressing room. There, over a hot cup of English breakfast tea, he reviews his notes. The show’s executive producer, Andrew Scher, who previously created the daytime talk show *The Doctors*, enters the room with two segment producers. They discuss the first guests of the day—a mother and daughter who haven’t seen each other in six years.

From the moment *The Robert Irvine Show* was announced, fans have wondered how the new show fits in for Robert. For starters, it’s not on in prime time and it’s not on Food Network. What’s more, it’s a conflict resolution show not built around cooking or the restaurant business. But die-hard fans of *Restaurant: Impossible* will realize that it isn’t so much of a sharp right turn as it would seem on paper. The idea for a conflict resolution show



The doors to Stage One of the famed Burbank Studios. Jay Leno and Johnny Carson’s presence still loom large in the building.

wasn’t plucked from thin air; it was born from the same type of segments that gave *Restaurant: Impossible* its emotional resonance and staying power. (Look no further than this *R:I* follow-up on [Dodge City Steakhouse](#), or this one on [Joe Willy’s Fish Shack](#).)

*Restaurant: Impossible* may have started out as a strict look at correcting menus, décor, and business practices, but it evolved. Because so many restaurants are family owned, failing meant much more than losing money. It meant emotional rifts and dysfunctional relationships that, in

turn, exacerbated problems at the family restaurant. To the delight of audiences everywhere in the years that followed, it turned out that Robert was just as good at patching up these personal rifts as he was at knocking some sense into Stage 1 Door a line cook.

So yes, Robert has practice in this area, but he definitely has his work cut out for him on his new show. The first guests carry a level of dysfunction and animosity that easily trump the very worst case he faced on *Restaurant: Impossible*. As the producers go through their notes with Robert, the group collectively realizes he

# THE ROBERT IRVINE SHOW

might have to tag in one of the show's invited guest psychologists who will be sitting in the audience today. She stays on call for certain episodes to provide a safety net for seriously dire issues, like guests who could potentially do harm to themselves or others.

"If, at any time in the course of the show I feel that they need professional help before we say another word, I can call on that help straight away," Robert says. "And when they leave, I have the ability to offer counseling ser-

vices anywhere in the country if I believe that's what they need. I do not want these people here for spectacle. Yes, it is a TV show that is meant to entertain an audience, but at the end of the day if these people aren't getting the help they need—if I'm not giving them their very best chance to succeed—then it's all a waste."

Later that day Robert will hold true to his promise when he confronts a young man whose controlling behavior toward his girlfriend has gotten out of hand.

When the guest tells Robert he's so angry he doesn't know what he might do, Robert brings the segment to a swift end and sets him up with an offer of professional help. "You see the news," Robert says later. "He's the kind of guy who could wind up on the news. You can't take any chances with a situation like that."

To refocus on relatable issues, eight weeks from today the crew will finish work on a new wing for the set—a gym that will allow for segments where Robert trains

guests who are struggling with their weight. Soon after that there are plans to add a roll-on kitchen to allow for cooking segments. Robert is aware of early gripes from some fans that he has stepped too far from what he's best at. He respectfully brushes them aside and reiterates that the show is a work in progress. (See his letter this month on Pg. 4.)

When the gym and kitchen become fully integrated into the production process, he says *The Robert Irvine Show* won't resemble anything else in the daytime TV landscape. And, in spite of any grumblings, three weeks in the show is thus far a ratings success.

What's more, no matter how firmly you play devil's advocate with Robert, there is virtually no way



Having a quick word with Executive Producer Andrew Scher backstage.

# THE ROBERT IRVINE SHOW

to antagonize him. Whatever question you throw at him and however rudely you might phrase it, he has a thoughtful reply—a good quality to have considering his new line of work.

So when he's alone again in his dressing room, patiently waiting to be called down to the set, and you throw the elephant in the room right at him—"Why should people come here to get your advice? What gives you the right to do this?"—he's happy to address it, and seems reinvigorated in doing so.

"Life in general has prepared me," Robert says. "Being in the

military, having two kids, being married, being divorced, having parents who divorced and then had a complicated relationship where they stayed together for 50 years without remarrying... Those personal experiences informed the common sense that I have. I learned a lot about what makes people tick. Through my life experience, the most valuable lessons that I learned were about relationships, communication, and how to really listen. And that's what I'm doing here. It's systematic listening. You have to get all the information and then you can give advice.

"Look, I know that some people will need a mental health professional and if that's the case, I'll offer that. I know that I'm not a psychiatrist, but that's not always what someone needs. Sometimes it just takes a fresh set of eyes, someone who can look at a situation quickly, sort through the superfluous details, and get to the root of the problem. That is something I've been doing for a long time and it does help people. I wouldn't be doing this show if it didn't help."

A network executive from the CW enters the room. He glances at the clothing rack near the win-



In his dressing room with Scher, far right, and two segment producers, Robert goes over the plan for the day.

# THE ROBERT IRVINE SHOW

dow, where a half dozen identical pairs of dark blue jeans rest on hangers next to black and burgundy golf shirts. He howls with laughter.

“This is wardrobe?”

The executive is clearly used to seeing something more elaborate.

“It’s all we could afford,” Robert quips. They laugh for a moment, then Robert adds, “Come on. What did you expect? You should know that’s all I wear.”

They talk for a few minutes and then the executive leaves so Robert can finish his prep.

And then, Robert admits that yes, he is a little nervous.

“I was more nervous yesterday,” he says. “Getting to the gym helped. It is strange being in a place with so much history. Earlier in the day one of the producers showed me a script for Carson they had found buried under a seat upstairs.”

Call time finally comes. Robert hits the elevator and heads downstairs. The live crowd is abuzz. The quick hit of electric guitar intro music blasts through the speakers, Robert walks onstage, and the audience erupts. Then, 10 seconds into Robert’s monologue,

producers stop the show. Microphone trouble.

Robert goes backstage and the whole process repeats. Shockingly, it is the only hiccup of the day.

what the studio audience sees bears almost no difference.

At the end of Day One there are two episodes in the can. When the crew really finds its groove

two weeks later, they’ll film three episodes a day. That allows for nine episodes to film every week; Robert only films the show from Thursday through Saturday, owing to his still packed schedule of live shows, USO tours, and festival appearances.

For the devil’s advocate, this raises one more major question: With nine episodes per week and three to four segments per

episode, that means Robert is attempting to solve up to 36 serious, deep-seated issues—in about 20 minutes of stage time apiece.

*“If you come on this stage, one way or another, we are going to get you the help you need.”*

The crew is a well-oiled machine. Segments are filmed in real time with very little editing later on. Comparing the final product to



The calm before the storm: *The Robert Irvine Show* set before the crew arrives.

# THE ROBERT IRVINE SHOW

Could this really have a positive impact?

To answer that question, it's helpful to ask the guests when the glare of the lights has faded from their eyes and they've had a while to consider their experience. Almost unbelievably, every guest that day says they loved their experience on the show.

One woman, whose husband used Robert's stage to reveal that he had been cheating on her, says she does wish that her husband had told her the truth before they had flown to Burbank, but emphatically added that doing the show was the right decision—for one reason only.

"It's Robert," she says. "He helped us a lot. He really did. He just... he really, really cares. I don't know how else to say it. It was amazing."

Robert says responses like that reaffirm his decision to do the show.

"If people have lost their way, their hope, and there's nowhere to go, that's why we're here," he says. "If they're in a relationship that's failing and eventually they don't stay together, that's their choice. But we've shown them a way out of their most serious problems. If you come on this stage, one way or another, we are going to get you the help you need."

*The Robert Irvine Show* airs Monday through Friday on the CW. Check your local listings. To apply to be on the show, click [HERE](#).



Top: The control room during a taping of the show. Middle: Robert reviews his notes in his dressing room. Bottom: The hallway of Stage One pays tributes to Hollywood legends.

# JEN WIDERSTROM

*The Biggest Loser* trainer gets her clients to change with an energetic mix of toughness and compassion. Here, she lays down practical weight loss advice—perhaps none more pertinent than the fact that first you need to love yourself.



Jen's portrait appears courtesy of the [Riker Brothers](#).

**RI Magazine:** If you were to talk to the average guy about why he bought the TV that he has, he'd be able to tell you every last thing about it. It's the perfect size for the room he's got. It's the perfect resolution for the kinds of shows he likes to watch. The perfect price point for his budget. Every angle of that purchase will have a really well-researched justification. Then if you ask him why he trains the

way he trains, he'll tell you that it's what his buddy showed him. I think most people are kind of like that with the way they'll really respect a major purchase and do the research, but then when it comes to their own health and fitness, they're incredibly susceptible to snake oil salesmen. I wanted to know if you see the same kind of thing and if in your opinion, why is there that disparity?

**Jen Widerstrom:** Well I think that the real difference is vulnerability. When you buy a TV, it's a very black and white scenario. When it comes to physical health, when it comes to changing your body, it's much more personal. And if you don't know what to do, that makes you vulnerable.

Instead of showing that vulnerability you say, "Hey, buddy what did you do? Oh great. Yeah, you

# INTERVIEW: JEN WIDERSTROM

look like you've got some abs. I'll just do that." It's easier to use the buddy system than to do the work yourself because you don't want to look like a fool. That's really it. It's not that complicated of a thing.

But when it comes to training, to really find the what works well for you, you have to put the ego to the side and learn what your body needs. That takes some time.

**RI: I know this predates your involvement with the show but I want to get your thoughts. There was a study that came out about *Biggest Loser* contestants. They followed 14 contestants and six years after being on the show, 13 out of the 14 had regained the weight. So that raises a question about sustainability. What do you do to ensure the people you train can sustain their progress?**

JW: You've got to look at *Biggest Loser* like you would a rehab center. These are people that come in with multi-layered issues or problems. We're putting them in an environment that they can thrive in, that they can learn in, that they can find success in and really feel stable.

Then when they go home, they're placed back in an environment where it's the environment that created a lot of the issue. You see that with any kind of addict, whether it's drugs or alcohol, and you see it with people that struggle with food and their weight.

It's not that what we're teaching is not sustainable. It's that there are more variables at home to operate with. Trust me, I would let them all move in with me if I could,



Jen with her dog, Hank. Jen was a D-I college athlete, a hammer thrower for KU, a role for which she needed to gain weight. After she graduated and serious training stopped, she struggled with her weight before finding the right balance. You can follow Jen on [Twitter](#) and [Instagram](#) and visit her [website](#).

you know what I mean? Because I realize a lot of times the behavior changes take a lot of time. There's a transtheoretical model for change. We use it for people that smoke cigarettes, for people that drink alcohol, for people that are on the brink of type 2 diabetes and would use it for people that are trying to lose weight. There is a process, a medical process that teaches behavior change. Some get it and some don't. There's nothing that we do during the time on the show that jeopardizes them. It's when they go home and they're met with a lot more variables and it's not easy. It's not easy. That's

just the honest to goodness truth.

It's not like every person that's ever gone to rehab leaves and says, "Yeah. Works forever." I know really incredibly good people that have relapses. We all do. I think that unfortunately what does happen is these contestants, the biggest fear that they have is disappointing their families, or their spouses, or their friends, or their communities. The pressure to keep the weight off is often very tough.

**RI: Have you kept in touch with a lot of people you've worked with?**

# INTERVIEW: JEN WIDERSTROM

JW: Every single one. Yeah, these guys are stuck with me. It's fun to see. I have a contestant from my very first season who's dating a girl that actually had a really big weight loss as well and now they're apartment shopping up in Minnesota.

I still get the calls. I still have the text threads of season one, text threads in season two, and everybody's all connected and supporting each other. It also opens up an opportunity for them to support each other. I'm one person, but by keeping the channels open between all of us, they're able to be like, "Hey. I had a really hard day. This is what happened." Or, "I kind of had a binging episode and this is why."

Then one of the contestants can speak up and say, "You know? It's so funny, I struggled last week. This is what I did to get out of it." It's now created a community of support outside the show.

**RI: To get someone to change their eating habits, you actually have to get them to change their palette, their idea of what tastes good, what constitutes a satisfying meal. That change is so difficult for most people. How do you approach that hurdle?**

JW: It's interesting that you said palette, because I thought you were going to say mindset. The palette will change with the mind.

What used to sound really good to me, doesn't anymore. In college [Jen was a hammer thrower for the University of Kansas], oh my God. I would get an entire pizza, and I would trade a slice. Like if you wanted to try a slice of mine, I would trade you a slice. I would never give one away. I was like, "I need all this so I can't give some away." Now the thought of me sitting down and having an entire pizza with the ranch dressing, with the parmesan cheese... I'm literally nauseated and it would mess up my system. It doesn't sound good to me anymore.

A lot of what my book is about [Diet Right For Your Personality Type, available for preorder on Amazon, [HERE](#)] you've got people that are trying to be like someone else. They'll see a new book or program come out that tells them you've really got to be like this, you've really got to get organized, you really got to do this. I say, "No, no, no. Be who you are because who you are is an asset, not a problem. Let's lean into that personality. Let's lean into those qualities. Here are some guide twists along the way so you can be as you are and use that as a strength and as a support of the nutritional templates than as a problem."

I think that what ends up happening when you give people guidelines that are accessible for them and the behavior patterns is they're able to spot those potholes in the road. You're able to navigate where your tendencies are.

I know a lot of people that I've worked with had terrible cravings.



Jen with her *Biggest Loser* client, Colby Wright, from the most recent season of the show. Colby started at 339 pounds and finished at 217, a loss of 122 pounds.

# INTERVIEW: JEN WIDERSTROM

I looked at their day and I'm like, "Oh okay. You've had 2 cups of water all day." Some cravings come because people are actually just dehydrated and their body's craving for sugar and carbohydrates only happens because they're so depleted. When your body is depleted it goes to the immediate and more successful fuel source, which are probably from the sugar.

You're not a sweets person. You're just dehydrated.

And if you skip a meal, of course because your body's smarter than you, it said, "Well I didn't know when this jerk's going to feed me again so whatever they do feed me I'm going to store" It reaches back into that old DNA that we have in us to survive.

**RI: The pizza eating that you mention. You needed to gain weight as an athlete?**

JW: Yeah. As a hammer thrower you really want to create a lot of velocity and speed, and the faster you go, the more the weight kind of pulls you out of your legs. You want to stay as low as you can in the crouch in order to use that snatch position and throw far. I was so light that it would pull me out of my legs, so by the time I got to the front of the circle to throw, I was already almost upright. It was a goal to just put weight on me. I was eating everything I could. But the weird thing about training, I couldn't break 150 pounds. I got to like 149.7 once and I was like, "Dangit! Why can't I be 150?"

After I graduated [and stopped training for track every day], by

that September I had gotten to like 165. I actually got on the scale and I was like, "This can't be right. This thing's broken." Not in all my years of throwing could I break 150 and yet in a blink I was up. It just kind of woke me up. Then I was like, "I've got to figure this out."

There's heart disease in my family, there's high cholesterol in my family and blood pressure issues. I was like, "I need to go to be present here and not go down the rabbit hole" which was by the way, my reaction. My default was to get emotional, get upset. Just drink and eat, because what am I supposed to do? I felt really lost and frustrated. Instead I decided I wanted to be mindful and I wanted to be aware.

**RI: Your book, *Diet Right For Your Personality Type*, does it dive into these mindset issues?**

JW: One hundred percent. It's mindset, but it's more. We are all very unique people. One size doesn't fit all. Well then why are we only creating programs that are one way? When asked to write a book, I was like, "Why? We already know that protein is good. We know how important water is. We know why fiber is important. What am I going to write about that people don't already know?" I almost got in a fight with my book agent because I was like, "I don't know what you guys are expecting. I'm not going to make up some bullshit diet that doesn't work. People deserve the



Jen posted these side-by-side photos, taken seconds apart, to her Instagram account to illustrate how much angles can affect photographs. "We all look like this when we sit," she wrote. "Don't stress about the way your body looks in certain positions."

# INTERVIEW: JEN WIDERSTROM

right answer. You've got to make that for them."

I cannot teach people about what I do because I'll only get about 20 percent of the people that are out there.

I started to realize this when I was training people in group classes. I would say something that I thought was really motivational, and half the room didn't respond.

There's a percentage that would go faster or grab a heavier weight and really respond. Then there was another person that got on their cell phone and walked to the bathroom. I was like, "We're all pretty different, aren't we?" I started to use this customization of training within a group setting, walking by people, talking in their ear, knowing their PR and saying things to motivate people differently within the room. With the book I applied this to food. You need to ask, "What do people need? What kind of person are they?"

Essentially it's based on using a personality assessment where you identify your dominant personality trait. I've got 5 programs within the book and based on the assessment you are assigned one of the programs.

**RI: When we're talking about how much exercise a person needs in a week, you always hear these very doable numbers thrown around, like it's 30 minutes a day 3 to 4 times a week, or something in**

**that neighborhood. Someone who has a lot of weight to lose, that might get them into kind of general health range, but to lose a lot of weight, don't they need much more activity than that?**

JW: Yes, but no. I mean we have to realize that transformation has to come in layers. For someone who has a lot of weight to lose, I recom-

*"Ultimately, success is not going to come find you. You've got to go get it."*

mend 20 minutes of walking every day after lunch or dinner. Just 20 minutes, moderate pace to move. It works with digestion, brain activity. I mean it's proven already you add between 3 to 5 years to your life just by walking 20 minutes a day. That's where you start.

Then you start to layer. You start to extend the time. You start to add some weights in there.

And, frankly, when people have more weight to lose, you really

have to protect the knees and the feet. We have to progress forward without injury, without setback. It's making sure you create not only success for the body. I also want to create success mentally.

When I ask someone to walk 20 minutes after lunch and they do it, I'm creating a neuro pathway of success. Number one, I did

it. I actually went out and walked after lunch. Number two, I didn't die. Number three, I feel pretty good! Now neurologically I remember that walk was good and I was able to do it, so I'm going to try it again tomorrow. Now we've got 2 days, and now we've got 3, and now we've got this layer.

Then after those few weeks you think, "I think I could actually walk longer, or actually I'm going to start carrying weights. Actually I'm going to go to my gym and see what I can learn with a personal trainer because the neuro pathway of success has told me I can."

A lot of times when it comes to weight loss, I need to prove to someone that they can before they're willing to extend themselves and try.

Then what happens? If I have to work out and move, I'm probably not going to go get a big burrito before I do it, right? Because that's going to sit in my stomach and I want something lighter. Then also if I have moved, I'm probably not going

# INTERVIEW: JEN WIDERSTROM



Jen covered Oxygen Magazine for the July 2016 edition. Jen's book, *Diet Right For Your Personality Type* hits book stores on February 7, 2017.

to go get that whole pizza because you don't want to ruin the work you just did. Your body is going to want something healthier.

**RI: You use support groups to create accountability. What can someone do at home?**

JW: Training partners create accountability. Daily weigh-ins create accountability. If you don't know what you weigh you don't have to do anything about it, right?

**RI: A lot of people like to go on Facebook and say, "I'm starting a new thing today" and they make a big deal that they're starting**

**a program. Do you want people to make that announcement or not? Because if they fail, now they're a public failure.**

JW: Well the definition of failure is learning, right? You can look at as the kid doing a forward roll. You can look at 3-year-olds doing big jumps on a trampoline. When they go to their butt and they can't get their feet under them, did they fail or did they learn that the next time they've got to pull their

feet tighter to stand up? In my mind they're learning.

It's not for them to feel shame or embarrassment, but for people to say, "Hey. I care that you're doing well and that you're trying." That's why I have a job. They're showing up because I'm there. I think that's why CrossFit's been thriving is because when you leave class, someone's like, "Hey. See you tomorrow?" Then they say, "Yeah. Okay, I'll come." That person cares if I'm here.

Ultimately, success is not going to come find you. You've got to go get it. You've got to find your finish line. You've got to be accountable

to yourself. That's what I'm trying to get across. I know you're not going to be perfect. I don't need perfection, but I do need progress. That's what I say to a lot of my people because people show up every day and feel like they're falling short and failing. I go, "You're perfect. This is who you are today. Get out of your head, man. Let's just do this right now." You've got to give yourself permission to be human.

## CAN YOU TRAIN LIKE JEN?

We wouldn't recommend this workout for a beginner, though it can be scaled down by changing the 30-rep exercises to 20-rep exercises. Leave the running and rowing as is.

**DIRECTIONS:** Do the following workout as a circuit, one time through. Try to complete it in the 25-minute time limit.

- Row 500 M**
- 30 Bumper Burpees\***
- 30 Wall Balls\*\***
- 30 Box Jumps\*\*\***
- Run 200 M**
- Row 500 M**
- Run 200 M**
- 30 Box Jumps\*\*\***
- 30 Wall Balls\*\***
- 30 Bumper Burpees\***
- Row 500 M**
- 100 Partner Situps**

\*Perform a burpee while holding a bumper plate.

\*\*Men use a 20-lb. ball, women use a 14-lb. ball. Squat low and throw it to the overhead target.

\*\*\*Men jump to a 24-inch box, women jump to a 20-inch box.

# FALL INTO COMFORT



Robert shows you how to embrace the flavors of the season without packing on the pounds.

# FALL RECIPES

## QUINOA, SWEET POTATO, APPLE & CRANBERRY SALAD



### SERVES 6

#### YOU'LL NEED

1 ½ cups quinoa  
3 cups water  
¼ cup grapeseed oil  
1 pound sweet potato, peeled and cut into small dice  
¼ cup apple cider vinegar  
1 tbsp light brown sugar  
1 tsp ground cinnamon  
2 (large) Granny Smith apples, cored and sliced thin  
½ cup dried cranberries  
½ cup flat-leaf parsley, chopped  
½ (medium) red onion, thinly sliced, soaked in cold water for a few minutes  
8 cups (packed; about 6 ounces) baby greens, such as arugula or baby kale  
6 oz goat cheese

#### MAKE IT

1) Preheat the oven to 400 degrees.  
2) In a large sauce pan bring 3 cups

of lightly salted water to a boil, add the quinoa, cover and turn down to low to let steep for 15-20 minutes.

3) Fluff the quinoa, spread it out on a baking sheet and refrigerate until it is chilled, about 20 minutes.

4) Toss the sweet potatoes with 1 tbsp of the oil and season with salt and pepper. Roast at 400 degrees for about 10-15 minutes until golden and softened. Let cool.

5) In a large bowl, whisk the remaining oil with the vinegar, brown sugar and cinnamon, season with salt and pepper.

6) In a large bowl add the chilled quinoa and sweet potatoes, sliced apples, cranberries, parsley, onion



and greens and toss with some of the dressing, crumble the goat cheese over the top.

#### THE MACROS

CALORIES: 479  
PROTEIN: 14 G  
FAT: 19 G  
CARBS: 54 G

# FALL RECIPES

## PUMPKIN AGNOLOTTI WITH PARMESAN AND BACON

SERVES 8

### YOU'LL NEED

4 tbsp butter  
1 medium Spanish onion minced  
1 cup pumpkin puree  
1/4 cup whole milk ricotta  
3 tbsp fresh goat cheese  
1 bunch Italian parsley, finely chopped  
1/4 tsp lemon zest  
Salt and pepper  
1 lb basic pasta, (recipe follows)  
3 oz unsalted butter  
1/4 cup grated parmesan  
4 oz chopped bacon  
2 tbsp green onion sliced very thin  
4 tbsp toasted panko bread crumbs  
1/4 cup grated Parmigiano-Reggiano

### FOR THE PASTA

3 1/2 cups "00" or All Purpose flour plus 1/2 cup  
4 extra large eggs  
1/2 tsp olive oil

### MAKE IT

1) Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and oil. Using a fork, beat together the



eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well.

2) As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when half of the flour is incorporated. Knead the dough with both hands, using the palms of your hands for 5-10 minutes, wrap in plastic and let sit overnight in the refrigerator to relax dough.

3) Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14 inch saute pan, heat butter until foam subsides, add onion and cook until soft and golden brown, about 7 to 8 minutes. Remove pan from heat and allow to cool. Add pumpkin puree, ricotta, goat cheese, parsley, lemon and nutmeg and season with salt and pepper.

4) To form agnolotti, roll the pasta to thin sheets, cut into 3x3 squares.

Place 1 tablespoon of filling in each, brush the top of the pasta sheet with water and roll each of them until sealed. Pinch each side and trim edges for presentations. place in the refrigerator for 2 hours to firm up.

5) In a skillet heat the butter and add the small diced bacon, render the fat until the bacon is crispy, turn heat off.

6) Drop agnolotti into boiling water, cook at high simmer until tender and they will float, 2-3 minutes. Drain agnolotti and place in the pan with bacon. Sprinkle with Parmesan and toss over medium heat to coat, place the pasta evenly in bowls, coat with toasted panko and green onions. Serve immediately.

### THE MACROS

CALORIES: 533  
PROTEIN: 21 G  
FAT: 25 G  
CARBS: 56 G

# FALL RECIPES



## SAGE AND GARLIC ROASTED CHICKEN WITH POMEGRANATE GLAZE

### SERVES 4

#### YOU'LL NEED

1 whole chicken (4 pounds)  
4 tbsp fresh sage, chopped  
2 cloves garlic, peeled and chopped  
4 oz unsalted butter, lightly melted  
1tbsp cinnamon  
1/2 tbsp coriander  
pinch of cayenne  
1 tsp kosher salt  
1 tsp coarsely ground black pepper  
2 cups (16 oz) pomegranate juice  
1/4 cup pomegranate seeds

#### MAKE IT

1) Preheat oven to 425°F.  
2) Finely chop the sage and garlic.  
Combine the butter, sage, garlic,

and salt in a bowl and mix well until combined.

3) Rub the chicken with salt and pepper, cinnamon, coriander and cayenne pepper, and then add the butter over the entire chicken including the cavity and underneath the skin. Place any additional sage or garlic inside the cavity.  
4) Place the chicken in the middle of a cast iron skillet Place the chicken in the oven and roast for 45 minutes to 1 hour.  
5) While the chicken is roasting, pour the pomegranate juice in a sauce pot and bring to a boil. Reduce heat to medium and simmer until the juice has reduced by 3/4 and formed a syrup, about 15

minutes.

6) Remove the chicken from the oven and baste the chicken with half of the glaze. Return the chicken to the oven and roast for an additional 15 minutes. add more syrup every 2-3 minutes.  
7) Allow the chicken to rest for 5 to 10 minutes before carving. Spoon any additional pomegranate black pepper glaze over and garnish with pomegranate seeds.

THE MACROS  
CALORIES: 410  
PROTEIN: 43 G  
FAT: 18 G  
CARBS: 18 G

# FALL RECIPES

## BUTTERNUT SQUASH WITH FETA & GREEN ONION GRATIN

SERVES 4

### YOU'LL NEED

½ tsp salt  
1 1/2 pound butternut squash  
1 tbsp coriander  
1/2 tbsp cinnamon  
1 tbsp brown sugar  
1/2 tsp cayenne pepper  
¼ cup lower-sodium chicken broth  
2 tbsp butter  
8 oz feta cheese crumbled  
1 cup green onions, sliced thin  
½ cup panko (Japanese-style bread crumbs)  
1½ oz Parmesan cheese  
1 tbsp olive oil  
1 tsp fresh thyme leaves  
¼ tsp crushed red pepper

### MAKE IT

1) Preheat oven to 400 degrees.  
2) Grease 2-quart shallow baking dish.  
3) Sprinkle 1/4 teaspoon salt along with the coriander, cinnamon, brown sugar and cayenne all over squash. In prepared baking dish, arrange squash in overlapping layers; pour broth into dish. Dot squash with the butter and coat evenly with the crumbled feta and green onion. Cover tightly with foil and bake 35 minutes, or until a knife pierces through squash with only slight resistance.  
4) In a small bowl, combine panko, Parmesan, oil, thyme, red pepper, and 1/4 teaspoon salt until well mixed.



5) Uncover squash and sprinkle evenly with panko mixture. Bake, uncovered, 12 to 15 minutes or until crumbs are golden brown. Garnish with thyme sprigs.

**THE MACROS**  
CALORIES: 337  
PROTEIN: 15 G  
FAT: 21 G  
CARBS: 24 G

# FALL RECIPES

## TURKEY CHILI WITH ROAST ACORN SQUASH, ROSEMARY & GOAT CHEESE



**SERVES 8**

### YOU'LL NEED

2 tbsp canola oil  
2 lb ground turkey, mix of dark and white meat  
Kosher salt and freshly ground black pepper, to taste  
3 jalapeños, cored, seeded and minced  
2 yellow onions, diced  
3 garlic cloves, minced  
2 tbsp tomato paste  
1/4 cup chili powder  
2 tsp ground cumin  
4 tsp dried oregano  
1 tsp red pepper flakes  
2 cups white beans  
2 cans (each 14 oz.) diced tomatoes with juices  
2 large acorn squash, each about 1

lb, peeled and cut into small dice  
4 cups chicken stock  
Juice of 1 lime  
1tbsp rosemary chopped fine  
3/4 cup cilantro, chopped fine  
4 ounces firm goat cheese  
2 avocados, peeled and sliced  
1/4 cup green onion sliced thin

### MAKE IT

1) In a cast iron pot heat the oil and then add the ground turkey and cook, stirring occasionally, until browned, about 10 minutes. Season with salt and black pepper. Transfer to a bowl.  
2) In the remaining fat add the jalapeños and onions and cook until browned, about 5-10 minutes. Add the garlic, tomato paste, chili powder, cumin, oregano and red

pepper flakes and cook, stirring for 3-5 minutes then add the tomatoes, acorn squash, white beans, stock and turkey and bring to a simmer. Once the squash is tender shut off the heat and add the rosemary, cilantro, lime juice and half of the goat cheese and incorporate until creamy.

3) Ladle the chili into 4 large warmed bowls. Garnish with avocado and green onions and remaining goat cheese.

### THE MACROS

CALORIES: 462  
PROTEIN: 32 G  
FAT: 24 G  
CARBS: 32 G

## YOUR QUESTIONS ANSWERED

Our experts weigh in on what's keeping you up at night.

### WARMING UP

**Q:** *“In the summer I don’t seem to need much of a warm-up. Five minutes or so on a treadmill and a quick stretch and I’m ready to get into my workout. But when it gets colder I’m finding I need a more time to get ready. Besides adding more time to the treadmill, what should I be doing?”*  
— Jack M., via Twitter

Answer by Alden Ryno, Level 2 Certified Physical Preparation Specialist:

While running on the treadmill may make you feel warm, it’s actually doing very little in actually preparing you for the workout to come. Once you leave the treadmill, it’s not likely that you’ll be running anymore during your workout. So what can we do to better prepare for a workout? Use the muscles and movements that we are about to load! The outline here is a bit lengthy, but that doesn’t mean that your warm-ups need to be. They only need to be 5 or 10 minutes, max, to reap the great rewards from a proper warm-up.

A proper warm-up begins with ensuring that the muscles you intend to use are free of most knots

and trigger points through SMR (self-myofascial release), or foam rolling, lacrosse ball rolling, and the like. Applying pressure to the tissues (muscles) will allow them to relax which can then be put through dynamic stretching to improve your range of motion without the diminishing effects on the elastic properties of muscles often caused by static stretching.

Following a couple of dynamic stretches, activating your core will do wonders for both achieving a further range of motion and allowing you to produce and apply more power to whatever movements are to follow in your workout; core work should NOT be underestimated in a proper warm-up routine.



What follows core work is what most people think of as a warm-up; activating the muscles (and antagonistic muscles) of the focus of the workout. A couple of intelligently selected movements go a long way here. And most can be done with just bodyweight or a few resistance bands. Then, depending on your workout, a proper warm-up will end with a few explosive or plyometric movements.

#### **Proper Warm-Up for Upper Body, Pressing Focused:**

1) Foam Rolling, 30-45 seconds from lower back to upper back; focusing on tender areas, breathing deeply.

# ASK US ANYTHING



2) Medicine Ball Rolling, 30-45 seconds per side from armpit across chest and into shoulders.

3) Static Dead Hang Stretch, 15-30 seconds; relax in the bottom position of a pull-up. Allow shoulders to rise and upper back to stretch.

4) Over-and-Back Shoulder Stretch with band, 8 reps (AKA band dislocates); with arms at shoulder width, grab a band and make a big circle from your hips to over your head to your lower back. If band tension is too great, spread your hands wider.

5) Band Retraction/Face Pull/External Rotation, 10 reps; very light, the three together are one rep. Contract core.

6) Band Pull Apart, 15 reps; with straight arms and wrists, stretch a band from arms out front to the

point that the bands lands across your chest (ending with your body in a “T” position). Contract core.

7) Pushups, 10 reps; pause briefly on the ground on each rep, maintain muscle tightness and a strong core throughout.

8) Pushup Plus (Serratus Push-Up), 10 reps; in a push-up/extended-arm plank position, ONLY move your shoulder blades so your torso rises and falls vertically.

9) Medicine Ball Chest Toss, 5 reps; press/shove a medicine ball as far as your can, with maximum force.

The benefits of proper warm-up go a long way in not only preparing your mind and body for a training session, but also for injury prevention. By properly massag-

ing, stretching, and activating the tissues that will be used in training, the risk of an injury is severely diminished. On top of that, you get a good sweat going, get your heart rate up, use your muscles more, and practice the movements you’ll likely do in the “main workout.” Also, a hoodie might be a good addition for the winter months.

*Alden Ryno is a Level 2 CPPS coach based in North Georgia. He’s an avid bodybuilder and powerlifter and is a co-founder of [PinnaclePerformancePhysiques.com](http://PinnaclePerformancePhysiques.com) where he works with clients from a variety of backgrounds and locations, turning their fitness and health related goals into reality. He may be reached at [alden@PinnaclePerformancePhysiques.com](mailto:alden@PinnaclePerformancePhysiques.com)*

# ASK US ANYTHING

## BUILD AND DEFINE YOUR BACK

**Q:** *“I can’t seem to develop the middle of my back. I use cable rows, lat pulldowns, T-bar rows, and dumbbell rows. Every now and then I’ll throw in Hammer Strength machines, too, but I’m not getting what I want. What can I do to hit this area better?”* — Leigh S., via Facebook

**ANSWER BY:** Ed Darcey, natural bodybuilding champion and owner of [Personal Fitness](#) in Rocky Point, NY:

Mid-back definition comes with hard work and maturation. In other words, it’s not going to happen overnight. You have some decent variety in your plan, but you’re missing the very best back exercise there is and it should be the very first thing you do on back day: the bent over row over.

This is one that hardly anyone does correctly; most people do more of a lean over row, which is not good or effective. You need proper form for this one or it can be dangerous on top of useless. Here’s how to do it right: Bend your knees and “sit”



into your hips so your legs hold your weight, grab the barbell with hands a little bit wider than shoulder width, start with an upper body position parallel to the ground and then pull the bar hard into your mid-stomach. do this for 6-8 tough reps, 4 working sets, use a weight where the last 2-3 reps are very tough. You can’t build muscle without intensity.

After that, the rest of your workout needs to keep the intensity high. Plus, it takes a lot of volume to really develop your back. Put in the work and be patient and don’t throw your program out if you’re not seeing what you want immediately. Building muscle and bringing out definition is a long game. Those with patience always win.

# ASK US ANYTHING



## HALLOWEEN CANDY AND YOUR KIDS

How to manage their intake without being a killjoy.

**Q:** *I want my kids to enjoy Halloween, but the amount of candy they come home with is absolutely staggering! They fill pillow cases with the stuff. When I was a kid I would eat all of it and feel sick, so my instinct is to take it away after a few pieces. What's the right balance? I don't want to be a killjoy but I don't want them getting sick, either.*

Answer by [Leah Jantzen](#), [life coach](#) and mother of four:

When it comes to this I have no problem being a “mean” mom because I am definitely anti-sugar. What I have done in the past is let them eat a good amount of candy on Halloween night. After that I keep the bags out of reach and out of sight. I slowly let them have like a piece a day for a few days. After a week later and I throw it all in the garbage. Recently, I spoke to their dentist who said it's better to let the kids go crazy for one night and then throw it all out immediately. Of course, there's more to consider than just

their teeth. Sugar causes insulin spikes, can contribute to mood swings, sluggish behavior, and big-time energy crashes. Sugar also makes you fat and some studies have suggested it has strongly addictive properties. Whether it's one night of craziness or doling it out piecemeal over the course of a week, there is no scenario where any kid should eat all of the candy they bring home. It's not good for them and it'll wind up driving you nuts, too. Make a plan to toss it out or give it away at work. Better yet, send it overseas to our troops! (You can do that [HERE](#).) Don't keep it in the house.

# FIRST, FEED YOUR SOUL

Be quiet and listen to what's really bothering you, and taking care of your body actually becomes quite easy.

By Heather Quinlan

Think of all the diet plans that have risen to prominence: Paleo, Atkins, Weight Watchers, The Grapefruit Diet, The Wheat Belly Diet, The South Beach Diet, The 10 Day Smoothie Diet. The list is endless and deciding between so many different choices is beyond confusing. It's ultimately fruitless. With the rise of social media, anyone with six pack abs is an expert, meaning there is an endless supply of these programs with new ones being devised and marketed every single day. Just buy the plan that worked for its creator because it worked for *his* body, right?

Think back: we have all probably hit that point in our lives where everything just fell into place and suddenly your waist line wasn't a concern. But as life goes on, something takes over and things fall out of balance. Whether it be work, family, health issues, or life transitions. Whatever that monkey wrench in life is, you find yourself back on the hamster wheel, like millions of other Americans, chasing the golden carrot to optimal health—the thing that if you could finally get it, it would make you happy:

weight loss.

The problem is, because so many other aspects of your life are out of balance, losing weight could never make you happy. (And it's pretty hard to do when you're out of balance, anyway.) Optimal health is multi-faceted and, for many, it includes weight loss. It takes some delving into your

own life to achieve it and it also requires making the most important person in your life a priority: YOU. That tends to be uncharted territory for many people.

The good news about finding balance is you don't have to read any fine print of side effects that may include minor things like blindness, gastrointestinal issues,



# OPINION

dizziness or maybe even death. The golden ticket is identifying the imbalance in your primary foods and living a truly fulfilling life. As an IIN certified Health Coach, we take food and break it down into two categories. First, there's primary food: your career, spirituality, physical activity, and relationships. Secondary food is the actual food you put in your mouth. The truth is, the secondary food is not that hard to figure out. We all know we should eat more unprocessed foods and that stopping at McDonalds on the way home from a long day of work and eating in the car is not healthy. And you know there's no magic pill. We don't need a book

or an expert to tell us these things. We have become conditioned to think we don't know the answers for our own bodies. Whether it's because of our need for convenience to have the answer laid out for us or just plain lack of faith in ourselves. You have lived in your body for a long time! You know what makes it tick. You know what makes you gain. You know what makes you lose.

So what gives? It all comes back to primary food? Yes. Some part of the spirit, mind, and body triangle is not being fulfilled. If work has got you down, change your perspective or start looking for another job. If you are not physically active, get up and start mov-

ing. Going back as far as 400 B.C. Hippocrates wrote "Eating alone will not keep a man well, he must also take exercise." The positive effects of regular exercise on your body are astounding. If you don't have a spiritual practice, start by sitting down for 5 minutes every day and just listen to your breath. If your personal relationships are draining you, reexamine who you spend time with. When these aspects of your life are fulfilled, even the thought of McDonalds or late night snacking simply disappear. It's simple. No pills. No books. No instruction manuals. The only diet that works every time for every body is living a fulfilled life.



[Heather Quinlan](#) is a certified Bikram Yoga instructor and an IIN certified health coach. Follow her on [Twitter](#) and [Instagram](#).

## NEW HORIZONS

Robert doubles down on his military commitments, starting with the food served on base.

*Keeping track of Robert this month.*

### SODEXO

At the end of September, Robert signed a 10-year exclusive partnership with Sodexo to revolutionize the food service on military bases throughout the country. Sodexo is the largest federal food contractor and tapped Robert not just because of his reputation as a chef, but for his dedication to health and wellness and to our men and women in uniform.

“I am so excited about this new partnership with Sodexo,” Robert said. “Not only does Sodexo share similar views to mine when it comes to health and wellness, but we are both active in improving the quality of life for our military and their families.”

### PENTAGON

Fresh Kitchen by Robert Irvine, the first of its kind restaurant within the Pentagon, opened successfully in September. The restaurant serves up healthy fare for all personnel in the building. Look for a story in a future issue of *RI Magazine*.

### SIDEKICKS

Signature Sidekicks, a new line from Robert Irvine Foods, are now available in Walmarts everywhere. Sidekicks are fresh, healthy, and flavorful vegetable sides that prepare in 10 minutes or less—no chopping required—and are available in four



Photo courtesy of Ian Spanier.

varieties: Garlic Balsamic Broccoli, Provençal Ratatouille, Sesame Ginger Stir-Fry, and Braised Collard Greens.

### MUSCLE MEDIA

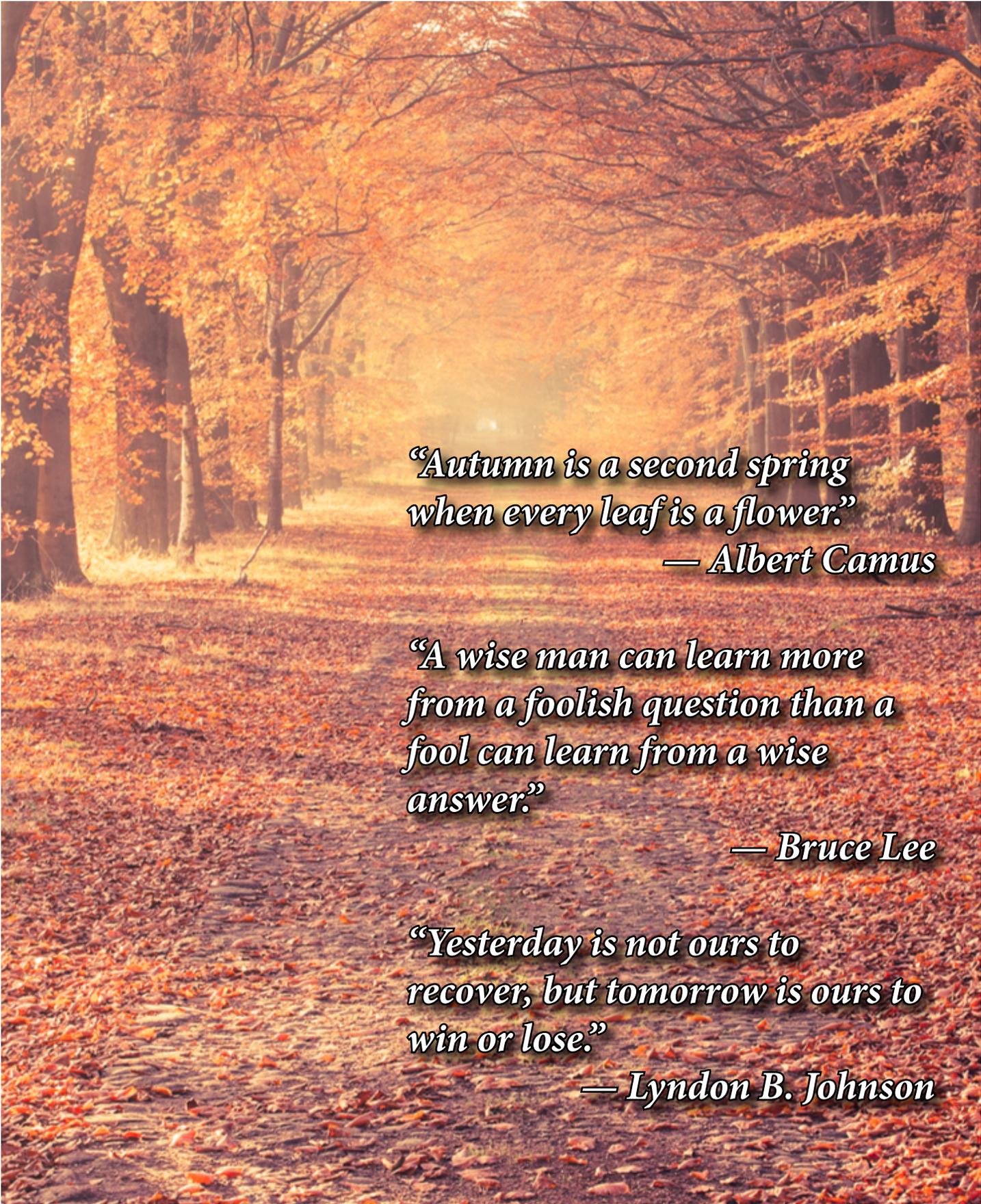
Robert covers this month's issue of *Muscle Media for Men*. The magazine interviewed Robert about his training and eating habits and published a lengthy Q&A with recipes and workouts. You can download it for free [HERE](#).

### ON THE ROAD AGAIN...

Robert will be appearing at the NYC Food & Wine Festival held October 13-16. You can click [HERE](#) for tickets.

On Thursday, October 20, Robert will appear as a special guest at the USO's 75th Anniversary Gala in Washington, DC, an event for which he has designed the menu for three straight years. Ryan Seacrest is hosting and the Zac Brown Band is performing. Next up, Robert heads to Dallas, TX for Sky Ball, a massive, annual fundraiser held by American Airlines. In addition to appearances by Robert, Gary Sinise and the Lt. Dan Band will perform. On Saturday night, Tim McGraw closes Sky Ball with a concert. Last year, the event raised \$2.2 million for military families.

# WORDS TO LIVE BY



*“Autumn is a second spring  
when every leaf is a flower.”  
— Albert Camus*

*“A wise man can learn more  
from a foolish question than a  
fool can learn from a wise  
answer.”  
— Bruce Lee*

*“Yesterday is not ours to  
recover, but tomorrow is ours to  
win or lose.”  
— Lyndon B. Johnson*

# 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

**WEEKDAYS**  
ON YOUR LOCAL CW STATION

