

ROBERT IRVINE

MAGAZINE

March 2017

Nothing is Impossible

OUR
MOST POPULAR
ISSUE EVER!

ST. PATRICK'S DAY SUPPER

ROBERT'S AMAZING RECIPE
FOR BANGERS & MASH!

JOE
MANGANIELLO

THE INSIDE SCOOP
ON SMURFS, BATMAN,
HIS TRAINING AND
MUCH MORE

GET OUT

HOW TO MAKE
THE MOST OF
THE CHANGE
OF SEASONS

INTERVIEW SPECIAL

OLYMPIC MEDALIST
DOMINIQUE BLAKE



SIX'S
KYLE SCHMID



BLUE BLOODS'
STEVE SCHIRRIPA



ROBERT IRVINE

MAGAZINE

Nothing is Impossible

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You might remember the Canadian-born actor from BBC's *Copper*. Today, Schmid plays a Navy SEAL in History's *SIX*. Read our interview on Pg. 39.

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Gold's Gym isn't just for body-builders anymore. Robert recently opened a Gold's location in Largo,

FL. The grand opening was a day to remember.

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One reader reaches out to Robert for advice on how to save his restaurant, columnist Heather Quinlan talks about how to make the most of the great weather, we give you a look at Robert's calendar, plus our parting words of motivation.

SPRING BACK TO LIFE

The shift to better weather is an invite to get on track. Seize it and don't let go.

In the north, the snow is starting to melt. In the south, the weather is hitting a peak that's unrivaled during the rest of the year. Wherever you live, spring means new life. In nature, that means the desolation of winter is replaced with bird song, greenery, and mating season. But for too many humans, especially office workers, it can mean nothing more than the fact that it's nice out when you go to pick up lunch.

I write a lot about how you should be setting goals all year for yourself. That you shouldn't wait for a new year to set resolutions. Similarly, I don't want you to wait for nice weather to start taking care of yourself. But this is one of the few times where motivation comes gift wrapped from nature itself. To pass up the opportunity is to needlessly make things harder on yourself. Why rely solely on motivation from within when the very air—cool and crisp—is demanding that you get outside and move?

Fresh air and a general sense of well-being aren't the only reasons to get out and get going. It turns out that whatever sun you were getting during the winter didn't do much for your vitamin D



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ROBERT'S LETTER



Make every effort to get outside. Your body and mind will be exponentially more energized if you can train just once a week outdoors.

stores. One recent study showed that anyone who lives above the Texas panhandle doesn't make any vitamin D during winter months. Vitamin D deficiency manifests as low energy, muscle and bone pain, and decreased strength. Supplements and foods rich in vitamin D—like milk, eggs, and fish—can help, but the best way to get it remains direct exposure to the sun.

So grease up the bicycle chain, lace up your running shoes, or grab a pair of dumbbells and go lift weights outside. You might not consider yourself a fitness enthusiast—the kind of person who sets up their entire life schedule

around the workouts—but getting your heart pumping during the change of season can certainly make you feel like one. And once you get that feeling, it's one you'll never want to let go of. Get more ideas on how to make the most of the great outdoors in Heather Quinlan's column on Pg. 51.

Elsewhere in the issue, I cooked up a bunch of special recipes, including one you'll want to break out on St. Patrick's Day (Pg. 21). We interviewed Joe Manganiello (Pg. 29) about his upcoming projects, and Kyle Schmid about his role as a Navy SEAL in History's wonderful new series, *SIX* (Pg. 39). If you've ever wondered

what the Robert Irvine Foundation does and who it helps, you can learn about everything we did in 2016 with our year in review on Pg. 24. There's plenty more in these pages, including some killer workouts, gear picks, and ideas for the kitchen. Enjoy the issue!

Yours in health,

Robert

SIX UNDER TWENTY

The six beauty products that I can't live without—all for under 20 bucks.

By Gail Kim-Irvine



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

The key to keeping years off of my skin, and particularly my face, starts with a good routine. I went over this a couple of months ago and you can read that column [HERE](#). Moisturizing is, of course, hugely important, but it's best to approach this from the inside out—meaning, stay hydrated by drinking plenty of water and your skin will reap the benefits.

But there is more to the story. Even with a consistent regimen

of clean eating and adequate hydration, I still need a selection of quality beauty product every day. Here are six products under \$20 that I never go anywhere without.

Sally Hansen Salon Airbrush Legs

This can be found at most major retailers including Walmart, Walgreens, and Target.

Price range is from \$11.99-\$13.99

Why I love it: People always compliment me on my “smooth legs” and it's because of this product! It's a lightweight make-up for your legs. You can also use it for other body parts, but beware the smudging. It is a makeup after all, but the results are worth it. Comes in 5 different shades and in an aerosol or easy squeeze tube.

Aveeno Ultra Calming Makeup Wipes

Found at most major retailers like Walgreens and Target, but they are cheapest on Amazon for \$5.59

Why I love them: Gets all makeup off easily, while also moisturizing. The fragrance is light and when I do have to wear heavy eye makeup, I can get deep cleanse all around my eyes without the irritability.

Japonesque Precision Lash Curler

You can find it on a variety of online retailers; it's only \$12 at jet.com

Why I love it: My eyelashes naturally go straight so I've always had a hard time curling them. They allow me to get a great grip/curl on my eyelashes because I can curl in segments. Also great with false eyelashes.

GAIL'S CORNER



[Sally Hansen Airbrush Legs](#)



[Japonesque Lash Curler](#)



[Aveeno Ultra-Calming Wipes](#)



[Crystal Collagen Eye Mask](#)



[Topstick Men's Grooming Tape](#)



[Purador Argan Oil](#)

Crystal Collagen Gold Powder Eye Mask

You can get 10 pairs on Amazon for just \$7.98

Why I love them: They rejuvenate, moisturize, and awaken my eyes when I'm feeling tired, want to be refreshed in a pinch, or for those special nights out. Tip: put them in the fridge beforehand to feel even more awake and reduce puffiness

Topstick Men's Grooming Tape

Found at retailers such as Sally's Beauty Supply and online on Amazon, where it's \$8.05.

Why I love it: I haven't found a better double sided tape than this one. When I'm wearing something that absolutely needs to stay in place, or need an emergency hem, this is the product to use!

Purador Argan Oil

Get it on Amazon for \$16.99

Why I love it: I've tried many Argan oils and what I love most about this is the easy pump. There is no odor and I can use on my skin, face, and hair and no heavy residue.



STEVE SCHIRRIPA

Steve Schirripa's acting career turned out better than he could have ever imagined. He has 75 credits to his name and is currently starring in the hit show *Blue Bloods* on CBS. Later this year he'll appear in the Woody Allen film *Wonder Wheel* alongside Kate Winslet and Justin Timberlake. But for all his regular work, he is still best remembered for playing Bobby Bacala on *The Sopranos*. Schirripa sat down to talk with *RI Magazine* about family, food (he has his own line of tomato sauce, Uncle Steve's), and being a part of one of the greatest TV shows of all time.

BY MATT TUTHILL

STEVE SCHIRRIPA

Robert Irvine Magazine: We just sampled some of the sauce and it's incredible. When did you get into the food business?

Steve Schirripa: I guess about two and a half years ago. It was my mother's recipe. We made it organic, we made it gluten free. We made it healthier. We made it better. It's all organic, it's non-GMO. There's tomato basil, arrabiata, and marinara. We're in about 3,000 stores across the country. It's growing every day. Soon we'll be in Fresh Direct. If you taste the sauce, I honestly believe you've become a customer. I eat it, my wife hasn't made sauce in a year. A lot of people don't like the stigma of jarred sauce, myself being one of them, but if you didn't see the jar here you wouldn't know it came out of a jar. It's that good.

RI: I read that one of your favorite memories is Sunday mornings growing up in Brooklyn, waking up to the aroma of your mom cooking sauce for that night's dinner. Did she teach you how to cook?

SS: No, not at all. I'm not a cook, I'm not a chef. But growing up—which unfortunately people don't do as much every Sunday was like Thanksgiving. My mother would cook, or my grandmother, and everyone would go over to my grandmother's—my aunts, uncles, cousins. You would eat at 2:00 in the afternoon; all the food



Steve Schirripa developed Uncle Steve's line of sauces, which are non-GMO and organic. "A lot of people don't like the stigma of jarred sauce... but if you didn't see the jar here you wouldn't know. "

would roll out. You'd start with the antipasto, and then you have some pasta, and then roast or chicken. And then out comes the comes the cookies, the desserts. And then at 6:00 they bring the food back out and you eat again. It's quite amazing, but that's how it was when I was

growing up. People don't have time anymore for that, unfortunately. You've got kids, both parents are working, and then soccer, and little league, which is why a sauce like this is just perfect because you boil some pasta and you get one jar and you've got a meal for four.

STEVE SCHIRRIPA

RI: That's true. It goes right into my next question. The next generation, millennials, they're not really cooking at all. One study shows that they don't even want to eat cereal because that creates dishes. They want everything to be in a package that they can dispose of as soon as they're done. Looking at a trend like that, if we do become this fully automated culture where virtually no one cooks, what do you think we've lost as we get away from the kind of family setting that you just described?

SS: I think that's a big thing, and unfortunately people, whether it be younger kids or whatever, even if you go to a restaurant, you see them on their phones. You've got four people at the table, and all four of them are texting different people. My daughters are a little older now, but I absolutely refused to allow that to happen since they were little. Even now, I would tell their friends that there's no texting at the table when we're eating. Just sit down with the family.

And listen, the times are tough.

The mother used to be home when you came home from school. Now, unfortunately, because of the way the world is, both parents gotta work. There's no time for that, the mom doesn't have time to cook, and everyone's doing their own thing. And I think it's certainly a breakdown of sorts that's happened, but I think it's been going on for a number of years now. The millennials seem to be a little bit of a wacky group. They've got a lot to learn, I think. I personally find social media helpful, but only to a degree, you know?



Schirripa, center, with *Sopranos* costars James Gandolfini, left, and Aida Turturro. Schirripa played the beloved Bobby Bacala, Tony Soprano's brother-in-law.

STEVE SCHIRRIPA

RI: Of course. It's not everything.

SS: In the old TV shows or movies, the teenager was always on the phone talking, tying up the phone line. I wish they'd do that. I actually tell my daughter "Instead of texting, why don't you just talk to your friend?" Get on the phone and talk. And you know what's happening, they're missing some social skills, some people. Because they don't want to have any contact.

RI: Do your kids cook?

SS: They do. They're 21 and 25. My wife's a really good cook and she taught them. My daughter made chicken parm with the sauce last week as a matter of fact. But one daughter's away at school and she cooks there. And my other daughter lives here in Manhattan and she finds time to cook. My wife is Mexican-American so she makes some Mexican food. Having the sauce gives you a lot of opportunities to try different things. They make chili, and turkey chili, and my wife eats organic which is part of the reason we

went organic. You can make tomato soup, stuffed peppers. My daughters actually made Bloody Marys with the sauce.

And look, not unlike the millennials, I don't like cleaning up, especially when I'm by myself. My wife is in California as we speak, so what I do is I'll buy tilapia, or some basa fish, I'll buy some calamari, and I'll cut it up and I'll just put a jar of sauce in the pan and I'll put the fish in. 15 minutes later you've got a terrific white fish, and with the sauce it's terrific.

RI: Do you have to cut it up first?

SS: Well, no, tilapia usually comes in ... it's a soft fish, I'll buy a pound of tilapia, maybe it's three pieces, and I just lay it in. And then the calamari I'll cut it into rings because it comes in long tubes. Or I'll get shrimp. It cooks right in there.

RI: You wrote a book called *The Goomba Diet*.

SS: It's a diet of good living, that's what that was. It's not a "diet" book. It was a tongue in cheek, the "Goomba Diet". I just lost twenty pounds by eating the fish the way I just described, but it's not a diet book. (Laughs)



Schirripa stars in *Blue Bloods* on CBS, airing Fridays at 10/9 c. You can stream episodes online [HERE](#). You can follow Schirripa on Twitter [HERE](#).

STEVE SCHIRRIPA

RI: You've played dozens of characters since appearing in *The Sopranos* as Bobby Bacala. You're on another hit show, *Blue Bloods*, right now. But because you played a memorable character on one of the best TV dramas of all time, people must still come up to you on the street and call you Bobby Bacala. Does that bother you or is it a positive?

SS: Listen, it was my first big job and it's one of the greatest TV shows of all time. I have absolutely no complaints, that's just the way it's going to be. You're in people's living rooms every week. Millions of people are watching the show all over the world. It doesn't bother me when people call me that. And I know some actors, even on the show, they get annoyed at that, but this is what the people know. You can't get mad.

It was a moment in time, literally once in a lifetime. It's not going to come along like that again, where everything just clicked. Everyone on the cast became friends. Fans talked about the show every Monday morning. I don't know any other show where every Monday on the radio, on TV, everyone was talking about it. There were Soprano parties; people were watching it 20 people at a time. I don't know a show before or since that's brought people together that way.



Uncle Steve's sauces come in three varieties: Marinara, Arbiata, and Tomato Basil. Check unclestevesny.com to see if it's sold in a store near you.

People say, "You got type cast." Well, honestly, it's better to be type cast than not cast, you know? I was working a regular job, I was an entertainment director at the Ribeiro Hotel in Las Vegas. I was dabbling in the acting, a couple lines here, a couple lines there. I go on the audition, I get the role of Bobby, and the next year they make me a series regular. It really was like hitting the Lottery, because it's hard enough to get on any show, and you can tell that to any actor, but to get on that show, and then to have a big role in it ...

So, I'm always gonna be known

as Bobby. And I think Jim is always going to be known as Tony Soprano, and Michael Imperioli is always going to be Christopher.

RI: You also played one of the few sympathetic characters in the show.

SS: Yeah. Bobby was a good guy. He was born into it, I think we made that distinction. His father was a wise guy who wanted a Falco Jr., so he just kind of moved into the spot. I don't think he was as viscous, he only killed the one guy, and that was because Tony forced him to.

STEVE SCHIRRIPA

He loved his wife, he loved his family, so I think he was one of the good guys. At one point they said he was the only guy without a goomar, he was loyal to his wife.

I went to read for the role, I didn't know much about it, I wore a fatsuit for a couple years. There was a lot of fat jokes, when I got the script, and I remember reading it and saying to my wife "I'm not that much bigger than Tony Soprano! Did they cast the wrong guy?" A couple days before, they told me I had to come in and get fitted for a fat suit. So I wore one the first two seasons. And then I guess they must have thought I was fat enough on my own, I don't know. At some point, the third season, he said "You don't have to wear it anymore."

RI: How did you feel about the final scene, how it all wrapped up?

SS: Well, I knew it was coming. I had read it ... It was the only time that we had ever watched the show together. It was nine of us, and we watched it in Florida. There was a big event that we were invited to. Even having read it, at first I was kind of stunned. Then when I watched it again, I really liked it. And I haven't watched it in a long time, but there was some really good stuff in there. Really good stuff. I think it was a great ending, I don't know

how else you could have ended it. You know, people were disappointed, and people were "oh, Tony should have been killed." I mean did you really want Tony to be killed? Did you really want the daughter to be killed? Did you really want any of that?

RI: To me it didn't matter if he died. Either way, life as he knew it was over. He was going to be looking over his shoulder for the rest of his life.

SS: I think, personally, he's alive, and life moves on and what you saw is what you saw, you know. I thought it was kind of brilliant. To this day, like I said, the show ended 10 years ago, somebody's always talking about it, always asking the question. Being on the show in 2003 and 2004 when things

were red hot, it was like playing for the Yankees. Wherever you went, people stopped you in the street. If we went to the restaurant together, we'd get standing ovations. It was something, it really was something.

RI: You're in an upcoming Woody Allen project, *Wonder Wheel*. Is there anything you can share about that?

SS: I don't really know what it's about, because I never really saw the script. I am a long time Woody Allen fan from when I was in High School before I ever even thought about acting. It takes place in the 50's in Coney Island, and it's Kate Winslet and Jim Belushi and Justin Timberlake and Juno Temple, Toni Sirico—Paulie Walnuts—is in it. Other than that, I only know the scenes that I was in... It should come out this year.



Schirripa embraces the fact that he is still widely recognized as Bobby Bacala from *Sopranos*. "Being on the show in 2003 and 2004 when things were red hot, it was like playing for the Yankees," he says.

DOMINIQUE BLAKE

The Olympic track & field bronze medalist from Jamaica is also a personal trainer. Her fitness advice makes sense for anyone looking to get lean. Her goal-setting advice is applicable to everyone.



Photography by Riq Dilly

“I have one simple system for life, and that is putting consistent habits together on a daily basis. I don’t care who you are, where you are in the world, how old you are, or what you want to be. If I plug my system in place with specific habits targeted every single day to what you want to achieve, then you can achieve anything.

“It’s about accountability. Everybody in life, if you’re an athlete, in business, in relationships, you

need accountability partners. You need somebody to answer to. If it’s just you, we’re left to our own devices and sometimes that isn’t the best thing in the world. If you’re an employee, you have a boss. If you have an accountability or life coach, it’s a partnership. So if you drop the ball, I’m failing. If I drop the ball, we’re both failing.

“There are a couple pieces to the puzzle in addition to exercise. But I say more than the exer-

cise, 80% of it is the nutrition.

“Nobody’s going to have a personal trainer forever but every time we meet it’s going to be an educational process and I want you to then teach your kids and then it becomes a lifestyle and it’s passed down through generations.

“One of my big things is hydration. A lot of kids in school, they can’t focus and they don’t have energy because of hydration.

IN THE GYM: PRO TIPS



Photography by Riq Dilly

They're pushing milk in school but water is what they need. The majority of our makeup, is water. Our organs depend on it, and so does our brain function.

“Be specific about goal setting because the universe doesn't know if we're joking or not. When you write it down, don't say you want to do well. Write that you want to get an A on the test.

That you want to win this track meet. Get even more specific. Ask yourself what time do you want to run? Do you want to be the best in the city, in the nation? Do you want to be the fastest kid in the world? What company do you want to sponsor you? Nike? Adidas? like Nike? Will you wear pink sneakers? Every car I've

owned, I've named the year, the make, the model, the color. You have to be really specific. What you ask for is exactly what you're going to get. You can't just say I want a new car. You're going to get a new freaking Buick. Do you want a Mercedes with black rims? Then you have to say that. If you're not specific you'll get it but it won't be what you want.

“If you're trying to lose weight, there are specific times in the day when it's appropriate to eat carbs. With nine to fivers, from when you wake up until about 3 pm are your most active hours. For those hours you need complex carbs—quinoa, sweet potatoes, cauliflower rice. You need to get rid of empty simple carbs like rice and

pasta. They hate your body.

“Have lemon water when you wake up. It still adds taste but, it's also cleaning the digestive system/colon. The more healthy your colon is, the better the food's going to be able to get through there and out of your body. We don't want anything hanging on to the walls of our digestive system and our colon.

“Before I go to sleep, the last thing I do before I close my eyes is goal setting. When I wake up in the morning before I get out of bed, I listen to motivational speaking whether it be Vic Ziegler, Lez Brown, Kevin Trudeau and I cross off what has been accomplished and add more things to my list. It's just a differ-

IN THE GYM: PRO TIPS

ent kind of accountability.

“Where I am right now is what I predicted four years ago. Written goals are everything for me. It’s like casting a spell on what you want to happen in life. It can sound like crazy talk to some people but yes, I am big believer in the Law of Attraction. It is how the universe operates and there are certain laws that we live by and we have to abide by, whether we want to or not. When things happen, it’s not anybody else’s fault, it’s what we created.

“Everything is based on our feelings. Whether you think you can or think you can’t, you’re right. And a lot of that comes from our preparation, our confidence, our expectation. If you make a plan, you buy your workout outfits, buy your protein, vitamins, and take your butt to the gym every single day, you have an expectation of results. But when you cut corners, drink martinis, go on vacation and don’t work out and expect magic, you’ll be disappointed. There will be insecurity because you didn’t put the work in.

“My mom was big into philosophy. We went to a non-denominational church and she always spoke about the law of life. She believed in karma; just do the right thing and what we put out will come back to you. She believed in writing things down, too. Around age five, I used to ask my mom for things like a Barbie Dream House or a bike. And she’d say, “Don’t ask me, go write it down.”

“It was her way of teaching me

goal setting. I wasn’t ever a person to do the whole New Year’s resolution thing because goal setting was a daily part of my life. I do it 24/7, 365.

“I was always an Olympic medalist in my head. From kindergarten right up until my senior year of high school for career day I would be an Olympic medalist and every single person thought I was absolutely nuts and insane. I think I should have been more specific now that I know you have to be tediously specific about your goals. Every year, my friends thought it was a joke. Then I got to 25 and I got my Olympic medals and they were like, “Holy sh\$, this woman was really serious.”

“It was sink or swim. I didn’t give myself any room to be anything else. I knew I was going to be successful.

“Winning a medal at the 2012 Olympic Games was the ultimate celebration and confirmation for me in life. I proved to myself and my mom that everything she taught me and all my practices in life paid off. I have actually taken all my experiences, all my

proven strategies for winning in life, and put them in a book titled “The Diamond Laws”. It is my systematic approach to attain success that I have put together for everyone in the world to apply to their own life to achieve success. If I can do it anyone can. There aren’t many pro athletes or entertainers telling the public how they attain and retain their success. Why not share the secrets with the world and average person? I encourage everyone to continue saying daily affirmations, work hard to completion, and show up with an expectation to win.”



IN THE GYM: PRO TIPS

TRAIN LIKE A TRACK STAR

Want to look like a track and field athlete? Then you might want to train like one. Below, Dominique Blake designed a track workout for the average woman or man who wants to drop bodyfat, build strength, and achieve an overall athletic physique. Just get outside to a track, and, after a 5-minute jog and a total-body stretch, do 10 leg swings on each leg; stand up straight and hold onto something to keep steady if necessary, then swing one leg all the way out behind you, then kick it up as high as possible in front of you, keeping your knee extended.

THE WORKOUT

PART I

Complete the following exercises as a circuit, four times through.

EXERCISE	REPS
Bodyweight Squat	10
Stationary Alternating Lunge	12
Jumping Jack	20
Sprint/Jog*	100 meters

*Depending on fitness level.

PART II – Perform the following as straight sets, resting as little as possible.

EXERCISE	REPS
Bicycle Crunch	25
Sprint/Jog	80 meters
Russian Twist	25
Sprint/Jog	80 meters
Toe Touch**	25
Sprint/Jog	80 meters
Plank	30 seconds
Sprint/Jog	80 meters
Cross-ankle Crunch	25
Sprint/Jog	80 meters
Leg Scissors***	25
Sprint/Jog	80 meters
Superman****	20
Sprint/Jog	80 meters
Reverse Crunch	20

COOL DOWN

Jog one lap, stretch, and hydrate.

**Lie on your back with your legs up in the air, perpendicular to the ground. Without bending your knees, reach straight up to touch your toes, as high as you can reach.

***Lie on your back with your hands under your hips. Lift your legs a few inches off the ground, and, without bending your knees, cross your legs back and forth in slow, controlled movements.

****Lie facedown on the ground and, with your arms straight out above your head, lift your arms and legs together; you will feel a contraction in your lower back. Slowly return to the start and repeat.



Follow Dominique on [Twitter](#), [Instagram](#), and [Facebook](#), and visit her [website](#).

IN THE GYM: WORKOUT OF THE MONTH

OUT AND ABOUT

In the spirit of the season, this month's workout is best done outdoors.

There's no reason to go to the gym for this workout. Just get the SKLZ adjustable sandbag (flip to page 20 to read more about it and for a link to buy), and get ready for a heart-pounding circuit training session unlike any other. While we do recommend the SKLZ sandbag for this workout, it can be done by putting sand into a few heavy-duty garbage bags (preferably doubled up) and then placing those bags inside of a duffel bag.

THE WORKOUT

DIRECTIONS: Do the following workout as a circuit, with no rest between exercises and only 90 seconds rest between rounds. Do four rounds total and record your time for future reference.

EXERCISE

REPS

Sandbag Squat-to-Curl	10
Sandbag Squat-to-Press	10
Sandbag Overhead Lunge	20
Sandbag Swing	30
Sandbag Row	15
Sandbag Triceps Extension	15
Plank	60 seconds
Sandbag Run	60 seconds



A properly loaded sandbag run. For complete exercise descriptions, check the next page.

IN THE GYM: WORKOUT OF THE MONTH



When planks become routine, add challenges like holding up one leg for a set period of time. Alternate legs for balanced development.

EXERCISE DESCRIPTIONS

SANDBAG SQUAT-TO-CURL:

Holding the sandbag by both ends at your waist, squat low, getting your thighs parallel to the ground. As you drive through your heels to return to the start, curl the bag up to your shoulders, then return it to your waist.

SANDBAG SQUAT-TO-PRESS:

Holding the sandbag at your chest, squat low, getting your thighs parallel to the ground. As you stand up straight, press the bag straight overhead.

SANDBAG OVERHEAD LUNGE:

Hold the sandbag overhead with both arms fully extended. Perform walking lunges, dropping your back knee to the floor on each rep.

SANDBAG SWING: Hold one end of the sandbag with both hands.

Keeping your back flat, bend at the waist, swinging the bag between your legs like you're hiking a football. Explosively reverse direction, extending your hips and swinging the bag up to eye level or slightly higher. Allow momentum to bring the bag back down and immediately begin the next rep.

SANDBAG ROW: Hold the sandbag at both ends, and bend at the waist until your upper body is almost parallel to the ground. Extend your arms, then row the bag to your chest, initiating the move by retracting your shoulder blades.

SANDBAG TRICEPS EXTENSION: Hold the sandbag overhead at both ends with your arms fully

extended. Bend your arms so that the sandbag lowers behind your head. Contract your triceps to reverse direction and extend your arms again. Squeeze your triceps at the top of the move and then begin the next rep.

PLANK: Lie facedown and prop yourself up on your elbows, keeping your shoulders, hips, and ankles in a straight line. Squeeze your core muscles for the full duration of the time limit. Breathe behind this brace without releasing core tension.

SANDBAG RUN: Clutch the sandbag at your chest and run, taking extra care not to bend forward as you move. If your back gets tight as you do this, lighten the load by removing some of the sand.

IN THE GYM: GEAR

BACK IN ACTION

The best gear to get you back outdoors.



SKLZ SANDBAG

Durable and versatile, we've sung the praises of the SKLZ Sandbag before. But given that spring is just around the corner and you'll need a good sandbag to complete this month's workout on Pg. 18, we find it bears repeating as a recommendation. Does everything a dumbbell can do, but provides an extra challenge to your muscle fibers because the weight is constantly shifting inside the bag.

[\\$50, *dicksportinggoods.com*](http://$50, dicksportinggoods.com)

ADIDAS ROCKADIA

These heavy-duty trail runners from Adidas were designed with all terrains and weather conditions in mind. Thick strips of rubber protrude from the outsole to help you get traction wherever you are. The uppers serve as a lightweight counterbalance, fully breathable as you'd expect a normal running shoe to be. The result is added performance without added weight.

[\\$65, *Adidas.com*](http://$65, Adidas.com)



OAKLEY FLAK JACKET XL

Not sure what's better, how well these Oakleys perform, or the fact that they trademarked the material used to make the nose and ear pads, Unobtanium. Nobody tell James Cameron, OK? (Unobtanium is the ridiculously-named stuff they were mining in *Avatar*.) The Flak Jacket XL offers coverage and a full field of view for larger faces, filter out 100% of UV rays, and are shatter-resistant.

[\\$160, *Oakley.com*](http://$160, Oakley.com)

BANGERS & MASH

The high protein classic with Guinness and cheddar brings new meaning to the term “beer muscles”.



According to historians, the term “bangers” dates back to World War II and pertains to sausages that were made with water and had a tendency to explode if not cooked carefully.

SERVES 2

YOU’LL NEED

1 tsp grapeseed oil
2 lbs chicken sausage
24 oz Guinness beer
1 medium onion, diced
3 peppers (yellow, green, and red)
6 large potatoes, peeled and cut into 1-inch chunks
1 large white onion, diced
1 cup shredded white cheddar
4 tbsp butter, cut into cubes
1/2 cup half-and-half

MAKE IT BANGERS

1) Heat grapeseed oil over medium high heat in a sauté pan with a lid. Sear sausage on all sides. You can slice them lengthwise before searing if you like.
2) Add beer and onion to the pan, turn heat down to low, and braise until sausage is cooked through—about 50 minutes (if not sliced).
3) Toss in peppers and cook until heated through, but still crisp and colorful.

MASH

1) Boil potatoes and onion until the potatoes are tender and then strain.
2) Return potatoes to the pot and stir in cheese, butter, half-and-half.
3) Mash the potatoes by hand, then,

if you like smoother potatoes, whip them with an electric beater. Set aside and keep warm until you’re ready to plate.

4) To serve, place some of the potatoes on a plate, followed by the peppers and onions. Add the sausages, then top everything with a bit of the juice the sausages were cooked in.

THE MACROS

CALORIES	697
PROTEIN	23 g
FAT	29 g
CARBS	75 g

IN THE KITCHEN: RECIPE

ROAST PEAR

With granola, cranberries, and frozen yogurt.

SERVES 6

YOU'LL NEED

3 pears
3 tbsp stevia
¼ tsp ground cinnamon
¼ cup dried cranberries
½ cup low-fat granola
1/3 cup apple juice
1 ½ cups low-fat vanilla frozen yogurt, divided into 6 scoops

MAKE IT

1) Preheat oven to 350 degrees.
2) Peel pears and cut in half lengthwise. Scoop out core with a spoon. Place in a glass casserole dish, cut-

side up.

3) Combine stevia and cinnamon.

Sprinkle on top of pears.

4) Combine dried cranberries and granola in a mixing bowl. Set aside.

5) Pour apple juice into pan with pears.

6) Place pan in oven and bake for 10 minutes. Remove pan and mound the granola/cranberry mixture into the holes created by the missing cores. Return pan to oven and bake for an additional 10 minutes.

7) Remove pan and allow to sit for 5 minutes. Plate pears and drizzle with remaining juice. Serve with frozen yogurt.

THE MACROS

CALORIES: 140

PROTEIN: 3 g

FAT: 1 g

CARBS: 31 g

This recipe is an excerpt from Chef Robert Irvine's new book, [Fit Fuel: A Chef's Guide To Eating Well, Getting Fit, and Living Your Best Life](http://fitfuelbook.com). Order at: fitfuelbook.com



IN THE KITCHEN: GEAR

PRACTICAL AND BEAUTIFUL

This month's picks are a perfect marriage of form and function.



GOSUN SOLAR

Cook outside without charcoal, gas, or electricity with this solar cooker from GoSun. A stainless steel panel captures sunlight and redirects it to the vacuum tube which traps heat and cooks food at temperatures up to 600 degrees. The GoSun can even cook in cold weather and in over-cast conditions, making it ideal for long hikes. Curiosity piqued yet? Check out the video demonstration in the link below.

[\\$279, sharperimage.com](http://$279, sharperimage.com)



STONEWARE RICE COOKER

This rice cooker is modeled after the pots used in China's Yunnan province. The stoneware is highlighted by a speckled glaze and carved details by designer Todd Johnson. And it's as simple to use as it is elegant; just place the pot over a heated saucepan of water. As the water boils, steam funnels through the spout in the center of the cooker and recirculates under the lid, cooking your rice to the perfect texture and consistency. Handmade.

[\\$98, uncommongoods.com](http://$98, uncommongoods.com)



ENGRAVED TEA CHEST

You could leave your teabags in the box they came in, of course. Or you could add some homespun flair to your kitchen with this custom engraved tea chest. Dinner guests will be impressed when you take this out after dinner; the fine woodwork on the outside hides eight compartments where you can keep tea varieties neatly organized.

[\\$40, etsy.com](http://$40, etsy.com)





Irvine poses with David Longstaff, left, and Ginger Longstaff, third from right, both of the Robert Irvine Foundation, and the team from Valor Service Dogs, which trains support dogs for wounded veterans. Valor was the recipient of a grant from the foundation earlier this year.

ROBERT IRVINE FOUNDATION YEAR IN REVIEW

Breaking down who benefits and how from donations by Robert's charity.

Two of the most valuable lessons that Robert Irvine ever learned are these: 1) A free society can only be free because of the brave men and women who serve its military; and 2) The more we share, the more we ultimately have. Giving for the sake of giving is its own reward. Giving to those who defend the nation serves an even higher, and necessary, purpose.

These two lessons combined to serve as the guideposts for Robert's career. Indeed, much of his

work on television over the past decade has been focused on lifting others up. But even when he's not working, Robert has been using nearly every spare moment of his free time to volunteer. For the past several years, that volunteering is done primarily for the USO and as an ambassador to the Gary Sinise Foundation. In 2016 he spent 65 full days volunteering his time and talent to these and other charitable organizations, visiting military bases here in the U.S. and war

zones throughout the Middle East, including spending Christmas Day in Iraq with his wife, Gail.

These lessons also form the backbone of The Robert Irvine Foundation, which raises money and issues grants to military charities and other organizations who work directly with veterans and those currently serving to improve their way of life. The Robert Irvine Foundation also accepts applications and provides direct grants to the veterans and their families who need it the most.

ROBERT IRVINE FOUNDATION



Robert flips burgers at one of the Invincible Spirit Festivals put on by the Gary Sinise Foundation. Robert is a fixture at the festivals, donating his time; the Robert Irvine Foundation provides monetary support.

In the 2016 fiscal year, the foundation raised \$101,812 through corporate and individual donors, with a portion of this total being allotted by Robert Irvine Foods and Robert Irvine Products. The full 100% of the total donations received was distributed through the foundation's grants program.

"It was a great year for the Foundation and I'm happy we were able to help so many great organizations and people in need," said Chef Irvine. "We will use 2016 as a building block to even bigger things in 2017. Being able to make a positive impact is what drives me."

Funds for the Robert Irvine Foundation are generated through a por-

tion of sales of Robert Irvine Foods, FitCrunch protein bars, Fit Fuel, Robert Irvine Live! and more.]

The following organizations and programs received those grants in 2016:

American Veterans Center

The mission of the AVC is to guard the legacies and honor the sacrifices of all American veterans. Through oral history preservation, educational programs and civic events, the AVC preserves the stories and lessons of veterans past and present, from which future generations can learn. This year's grant was used to fund transportation support for the 2017 Na-

tional Memorial Day Parade. The National Memorial Day Parade, held annually along Constitution Avenue in our nation's capital shares the story of American honor and sacrifice from across generations. The parade, commemorating its 12th year, is our nation's largest Memorial Day event, drawing hundreds of thousands of spectators to the National Mall to pay tribute to those who have served, are serving, and most importantly, those who have made the ultimate sacrifice while in service to our country.

The National Memorial Day Parade is a moving timeline of American military history, honoring those who have served and sacrificed from the American Revolution to the present day. It draws on the tradition of Memorial Day

parades, going back to the beginning of the holiday just after the Civil War, to create a family-friendly event aimed at calling attention to the true meaning of Memorial Day—honoring our fallen heroes. For more information: www.americanveteranscenter.org

Buddy Cruise

Buddy Cruise is a 501c3 non-profit charity providing educational opportunities and resources for families, while promoting awareness, acceptance, and inclusion for individuals with Down syndrome and developmental delays through unique venues.

ROBERT IRVINE FOUNDATION

The programs offered by Buddy Cruise are not only beneficial for families touched by Down syndrome but other special needs as well. A Buddy Cruise gives participants the opportunity to gain information through educational workshops and events, and to network and form lasting bonds with other families from across the globe who are in similar situations. Families who have a hard time finding a scenario to meet all family members' needs are accommodated with a variety of activities for all ages and abilities.

For more information: www.buddycruise.com

Crossroads Corral

Crossroads Corral is a 501(c)(3) non-profit charitable organization based in Central Florida that provides Equine Assisted Therapy and learning activities for active military members and veterans who suffer from PTSD, as well as youth and women who have suffered trauma, abuse and neglect. For more information: www.crossroadscorral.org

Gary Sinise Foundation

The experiences of war leave an indelible impact on our servicemen and women. As they return to civil-



The six figure sum donated to military charities by the Robert Irvine Foundation is only one part of the support Irvine offers; every year he donates an untold amount of personal time to visiting with and entertaining troops. Above, he is shown with his wife Gail on a Christmas visit to Iraq.

ian life, the physical, emotional and psychological challenges they face are often difficult. As citizens, supporting the heroes of our nation is a responsibility each of us must carry. The Gary Sinise Foundation works to ensure the sacrifices of America's defenders and their families are never forgotten.

In 2012, the Gary Sinise Foundation began building custom Smart Homes for America's severely wounded veterans through its Building for America's Bravest partner program. Each Smart Home features automated amenities to ease the daily challenges these heroes face. In 2013, the Gary Sinise Foundation expanded these efforts

by establishing its R.I.S.E. (Restoring Independence & Supporting Empowerment) program.

For more than a decade, Gary Sinise & the Lt. Dan Band have toured the globe in support of our troops. As a part of the Foundation, the band is raising spirits and awareness for military and first responder causes worldwide.

Through its Invincible Spirit Festivals, the Gary Sinise Foundation is boosting the morale at military medical centers across the country. These daylong celebrations provide a respite from the rigors of rehabilitation for the hospital's patients, staff and families. The Relief & Resiliency Outreach program is

ROBERT IRVINE FOUNDATION



Want to support Robert's efforts support veterans and active duty service men and women? Visit RobertIrvineFoundation.org to donate.

providing complete support to those recovering from trauma, injury and loss during times of urgent need. The Foundation is also providing financial support and training to America's fire-fighters, police departments and EMTs through its First Responders Outreach program.

Additionally, the Gary Sinise Foundation is showing appreciation through Serving Heroes, a program providing hearty, classic American meals to our defenders across the country. The Arts & Entertainment Outreach program now includes the Steppenwolf Theatre in Chicago and the Geffen Playhouse

in Los Angeles. Each theatre provides dinner and a performance to local veterans free of charge.

In 2015, the Gary Sinise Foundation launched Soaring Valor with The National WWII Museum. The program provides WWII veterans a chance to visit the museum and documents their first-hand accounts of the war for future generations. For more information: www.garysinisefoundation.org

Semper K9

Semper K9's mission is to enhance the quality of life for wounded, critically-ill and injured members of the U.S. Armed Forces

and their families by providing them with assistance dogs. Using rescued and donated dogs, Semper K9 provides service dogs for psychiatric alert and mobility challenges free of charge to wounded service members. This year's grant from the Robert Irvine Foundation was used to retrain a service dog to meet the new needs of his veteran. For more information: www.semperk9.org

Valor Service Dogs

Valor Service Dogs is a 501c3 tax-exempt nonprofit organization that helps post-9/11 wounded veterans regain their indepen-

ROBERT IRVINE FOUNDATION

dence, return to civilian life, and maintain successful partnerships through the training and placing of mobility assistance and PTSD service dogs. In addition to aiding their veterans in community reintegration, both physically and psychologically, Valor Service Dogs brings awareness and education to the public on service dogs, their training, and the laws that allow service dogs to be active members of society. For more information: www.valorservicedogs.org

USO Metropolitan Washington

The USO was founded in preparation for World War II by national leaders who understood that maintaining high morale in a fighting force is vital to a nation's military success. Over time, the USO has become the vital bridge between Americans and their military service members. The USO is a family of volunteers, sustained by the charitable contributions of millions of generous Americans. The USO is united in its commitment to support America's service members by keeping them connected to the people, places, and things they love. The USO does this through countless acts of caring, comfort, connection, and support. Its work is America's most powerful expression of gratitude to the men and women who secure our nation's freedoms.

USO of Metropolitan Washington-Baltimore is the largest chapter chartered by the USO. Ten locations and a "deployable" Mobile USO provide signature USO services to the nearly 300,000 military



A veteran of the British Royal Navy, Irvine's message of support resonates with soldiers, sailors, and Marines currently serving.

members and their families living in the region and the 150,000 who travel through our local airports.

USO-Metro is a nonprofit 501c3 organization chartered by Congress, and dedicated to serving those who serve, and their families in Washington D.C., Maryland and Northern Virginia. It is through the generous financial support of individuals and organizations in the local community that USO-Metro is able to fulfill its mission. With the help of thousands of devoted volunteers, USO-Metro provides programs and services for active duty troops and their families at area military hospitals, six USO Centers, four USO airport lounges and a Mobile USO. Signature programs and services include holiday programs like Turkeys for Troops

and Project USO Elf, emergency housing and food assistance, and caring for our wounded, ill and injured troops and their caregivers. For more information: us.uso.org/WashingtonBaltimore/

About Robert Irvine Foundation —Irvine recently established the eponymously named non-profit organization, The Robert Irvine Foundation, in an effort to support military personnel and their families. A portion of the proceeds from the food line will support our men and women of the military and their families. For more about the Robert Irvine Foundation, visit www.RobertIrvineFoundation.org, for information about Robert Irvine Foods, visit www.RobertIrvineFoods.com.

NOTHING AVERAGE ABOUT HIM



Joe Manganiello became a household name by playing a werewolf in HBO's *True Blood*, and a stripper in the *Magic Mike* movies. Next month he'll play Hefty Smurf in the big-screen adaptation of the children's cartoon. It's just the latest in a turn toward family-friendly fare. Here, Manganiello dishes on broadening his appeal and what he's doing to get ready for his role as Deathstroke opposite Ben Affleck in the upcoming Batman movie.

BY MATT TUTHILL

JOE MANGANIELLO



Smurfs: The Lost Village hits theaters on April 7. In it, Joe Manganiello voices Hefty Smurf, pictured. Manganiello says he was excited for the project from the get-go. “I said yes because I was such a huge fan and watched it growing up,” he says. You can watch a trailer for the movie [HERE](#).

Robert Irvine Magazine: You play Hefty Smurf in *Smurfs: The Lost Village* (in theaters April 7). How did that come about?

Joe Manganiello: It came about through Sony. They called me in and pitched me the character and showed me a bunch of the artwork and ran me through the story. I said yes because I was such a huge fan and watched it growing up. I thought the character they described sounded like so much fun. I went through this period of my career where it was all adult-oriented programming—*True Blood*, *Magic Mike*.

I do a lot of work with Pittsburgh Children’s Hospital, I’m on the board of trustees, and the kids weren’t ever allowed to see anything I was in. I would go to visit the hospital and all the adults would know

who I am but the kids have no idea. And I have two-and-a-half year-old niece and two-year-old nephew and I started thinking about wanting to do things that they could see and would enjoy. This seemed like the perfect opportunity to do that. If you look at some other things I’ve done recently like *Pee-Wee’s Big Holiday* (on Netflix) and *Blaze and the Monster Machines* (Manganiello was a guest voice on the Nickelodeon cartoon) there’s been a real turn to kid-friendly stuff, especially too with *Batman* coming up.

Smurfs is a return to the Peyo artwork; he’s the Belgian artist and painter who created the *Smurfs*. That was the influence for the cartoon and comics when we were kids. The drawings of Hefty – they sparked a lot of creativity in me. I immediately had an idea of where I

wanted to take the character.

RI: Being a board member of the Pittsburgh Children’s Hospital—is your role largely ceremonial or is pretty involved?

JM: I have an involved role. I’ve been working with the hospital for years, everything from organizing events, and fundraisers to visiting the hospital, meeting with the heads of various departments, the president of the hospital, and brainstorming ways to get publicity out about the hospital. Because it’s not just about Pittsburgh. Pittsburgh Children’s Hospital also monitors other hospitals in the United States and in other countries. They have a monitoring hub, called telemedicine department, monitoring other hospitals in other countries that might not have the information and technology that PCH has, and they’ve

JOE MANGANIELLO

been able to lower mortality rates, post-op, in some cases, 40, 50, 60 percent, which is really life-changing for other hospitals in other parts of the world. I hosted a gala event last year where we raised \$12 million in one night, which is kind of amazing. It's where I grew up and it's a great way for me to stay involved in my community—and, with the technology, stay involved with the world. It's not just about Pittsburgh. It helps make a change in the world.

RI: How is your training going right now? Are you focused on playing *Deathstroke* in the *Batman* movie, or is that too far off?

JM: No, I've started. My trainer and I have started putting together some workouts that are specific to the character and how I want the char-

acter to move. It's an incredibly athletic role so all of the training is very functional. I've also started Kung fu and chi gung training, and I've also started working with katanas.

RI: How do you feel with the katanas? Pretty good?

JM: I'm gonna be ready.

RI: Robert and his wife Gail get to the gym together a lot. Do you do that with your wife (*Sophia Vergara*) or is your training time your own time?

JM: I don't think it has to do with my time/her time. My workout is just so different from my wife's workout. She's not trying to max deadlift. She's not cleaning and split-jerking. Her workouts are very different than mine.

RI: If you think back 10-15 years, what are the key differences between the way you trained then versus the way you train now? Are you more mindful of wear-and-tear on your joints?

JM: The main difference, now that I'm 40, is that I can go harder than I've ever gone in the past in terms of cardio, the intensity is ratcheted up probably times 10. I'm lifting heavier than I ever was. I am constantly achieving new heights in terms of max. I'm more mindful in terms of taking care of myself. I'm definitely more mindful in terms of nutrition, proper rest. As far as physical or muscular maturity, I love this period of my life, this particular age.

I also have to say my trainer of the last 8 years or so, Ron Mathews, is the Masters Champion in CrossFit.



Smurfs isn't Manganiello's first turn toward family-friendly fare. In 2015 he co-starred with Paul Reubens in *Pee-Wee's Big Holiday* for Netflix.

JOE MANGANIELLO

My trainer holds the title of is the fittest man in the world over 45. He's 47 and is continually getting stronger every year. I have that as my model. I'm also a Steeler fan. We've got an outside linebacker, James Harrison, who is fast approaching 40, who is getting stronger every year. There is going to be a trend over the next 10 years where you'll see a lot more professional athletes playing into their 40s because we know how to take care of ourselves via sleep and nutrition better than we ever did. That's the biggest thing for me with my age.



Above, Joe Manganiello played a rough and tumble DEA agent in 2014's *Sabotage* alongside Terrance Howard and Arnold Schwarzenegger. Below, the screen test released last year for *Deathstroke*, the main villain that Manganiello will play in the upcoming solo Batman movie.

RI: You're now entering the DC Extended Universe, which includes *Man of Steel*, *Batman V Superman*, and *Suicide Squad*— those movies have been successful, but have had a very rough time critically.

JM: As far as what other people think, I can't comment, I'm just me. I'm very excited for this role. I'm very excited to be working with the people I'm going to be working with. I've known Jon Berg (producer) prior to joining the DCEU. I met everyone, Zack Snyder included, when *Man of Steel* came out. I've known them all for years and I'm very excited to work with everyone. Ben Affleck makes great films and he's a great Batman. Geoff Johns certainly is a really fun guy to hang around with and has a great grasp on this steering wheel that is the Ti-

tanic of the DCEU. Knowing what they have planned for the future, I think fans are really gonna love. There were a lot of superhero and supervillain roles that came my way and my gut said those were not the right fit for me. This one was perfect. This was exactly what I was looking for.

RI: And you get to make him your own because he's never been portrayed in a live-action film before.

JM: Yeah, I guess there was a TV show but I haven't seen it. I won't watch it. This is my character, an exciting one, and has the capacity I think, to be a great villain. And what



all the great ones can do is polarize an audience. When I was a kid I always rooted for the villain. As a kid I think I would have rooted for him and I think fans will.

RI: You said in an interview last year that you might start filming in the spring. Other recent reports show the script might not be there.

JM: Last year, I said May and that was my understanding. It depends. They have big plans for this movie. Whether or not we start exactly on that date or in June, whatever

JOE MANGANIELLO

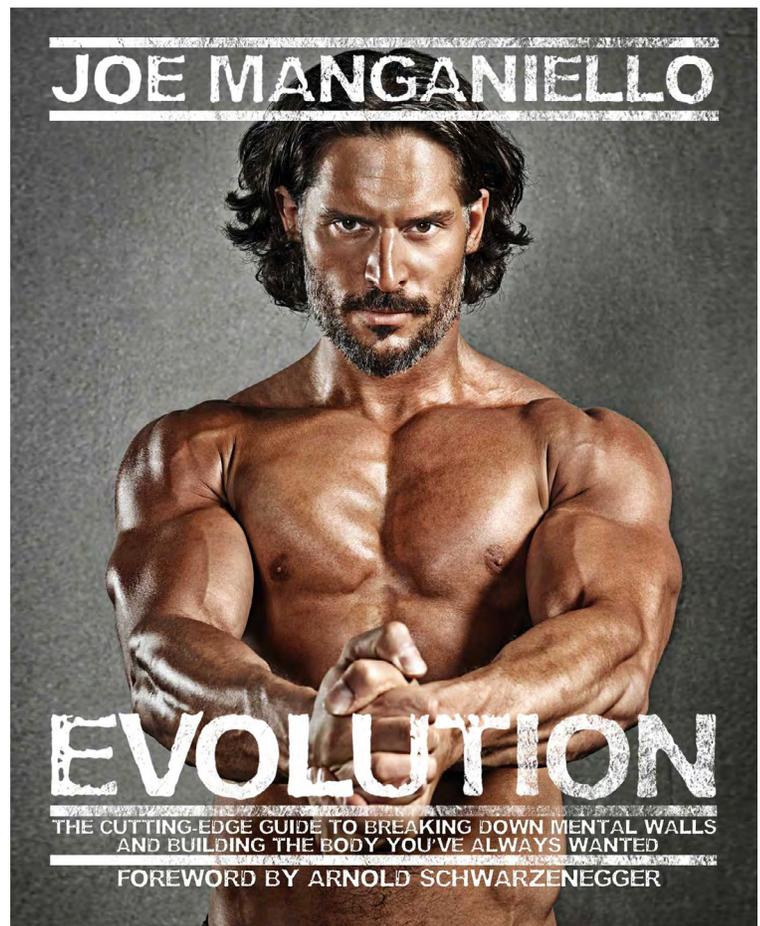
er it is, it doesn't matter. Here's the thing: The creative process needs to be respected and no one involved in this film wants to make anything less than an unbelievable film, a legendary film. The movie will start shooting whenever those pieces are in place and we know this is gonna be something that we're proud of. What we're not gonna do is be backed into a start date, scrambling to get something off the ground just to get it off the ground. Everyone involved wants to make this the best film possible, so that's really what it's about. It's funny how the media likes to run with, "Oh there's trouble!" "Oh, the script needs to be revised!" They're drama queens. There's a creative process, and everyone on the cast and crew wants to make this the best movie possible. So that's what we're gonna do. When we start shooting it, we'll start shooting it. It will be soon, I can say that. Here's the thing: No one wants to create that superhero movie that's polarizing to fans and critics. Rest assured, we're gonna do this thing right.

RI: What's one piece of motivational advice you'd want to share with readers—for fitness or for general success in life?

JM: I have a book that came out in 2013, *Evolution*. It's just about showing up for yourself. You don't have to be the greatest bodybuilder of all time. Every workout doesn't have to be the greatest workout you've ever

had. You just need to be consistent. You need to show up for yourself, and that is a mental challenge. The reason people don't achieve their goals isn't because they don't know how to lift something. It's because they don't show up for themselves. It's because they listen to that devil on their shoulder that says not to show up. Have a good plan and be consistent. With the book, I gave people the good plan. I tried to also give the inspiration to get them up and get them moving and to be consistent. Hopefully the book does that and gets them to understand that you're not going to walk into a gym on Day One and get ripped. We're all coming from somewhere, skinny or overweight. There's always going to be someone who's in better shape than you, and always someone in worse shape than you. It's about showing up and becoming the best you possi-

ble. People say they don't have time. I say, "Well, one of my best friends was governor of California. Somehow he found time to work out every day." You make it happen. You do it. You just make time for yourself. And your life will change. I'm living proof. My life changed. I started bodybuilding when I was 13 years old. I was a skinny, scrawny kid, couldn't do one pullup, couldn't do one dip. I just made it my business and it changed my life and it continues to change my life. I'm 40 years old and I'm in the best shape of my life and it's because of that.



Manganiello released a fitness and motivation book in 2013, *Evolution*. You can get more fitness content from Manganiello at Evolution359.com. Follow him on [Twitter](#) and [Instagram](#).

WITH A LITTLE BIT OF LOVE

This month, transform ordinary ingredients into extraordinary food in just a few simple steps.



FIG & BRIE BRULEE, BRANDIED CHERRY

Serves 6

YOU'LL NEED

6 black mission figs
6 oz brie cheese
6 tsp sugar in the raw
12 brandied cherries
Micro mint

MAKE IT

- 1) Split the figs in half. If they aren't ripe, lightly roast to soften, but do not cook all the way.
- 2) Lay the brie on top of the fig, cover with sugar and brulee with a torch or under a salamder (broiler).
- 3) Garnish with brandied cherry and mint.

THE MACROS

Per Serving
CALORIES: 215
PROTEIN: 6
FAT: 8
CARBS: 30

WITH A LITTLE LOVE

SCALLOP & SHRIMP CEVICHE

Serves 5

YOU'LL NEED

- 10 U-10 scallops
- 10 medium shrimp
- 1 small Spanish chorizo sausage
- 1 avocado
- 1 large cucumber
- 5 tbsp red bird chili
- 5 limes
- 1 bunch chopped cilantro
- 5 tbsp mirin wine
- 5 tbsp green onion, chopped
- 4 tbsp soy sauce
- 4 tbsp rice wine vinegar

MAKE IT

- 1) Mix the calbarian chili, lime, mirin, green onion, cilantro, soy sauce, and wine vinegar to make a marinade
- 2) Add the scallops, shrimp, and let marinate for 2 hours.
- 3) Drain some of the marinade (reserving it). Toss in the avocado, cucumber, sesame seeds, and chorizo.

THE MACROS

- Per Serving
CALORIES: 284
PROTEIN: 25
FAT: 11
CARBS: 21



WITH A LITTLE LOVE



WAGYU TARTARE

Serves 6

YOU'LL NEED

6 oz. Wagyu sirloin, sliced thin
1 tsp anchovy, pureed
1 tsp capers, minced
1 tsp garlic, minced
1 tsp Dijon mustard
1 tsp olive oil
1 tsp truffle oil
1 ½ tsp shallots
1 egg white
1 egg yolk
1 ½ tsp parsley
Black pepper
Kosher salt
6 slices brioche bread
1 Medjool date

MAKE IT

1) Mix the anchovy, caper, garlic, Dijon, olive oil, shallots, and parsley to make the dressing.
2) Mix the wagyu, egg white, egg yolk, salt, and pepper
3) Add dressing to the meat; finish with a touch of truffle oil.
4) Cut and toast the brioche. Scoop the tartare onto the bread and serve.

THE MACROS

Per Serving
CALORIES: 238
PROTEIN: 12
FAT: 13
CARBS: 18

WITH A LITTLE LOVE



CRISPY PORK BELLY WITH FRUIT SALAD

Serves 6

FOR THE PORK BELLY

12 oz pork belly
Salt
4 tbsp soy sauce
4 tbsp rice vinegar
4 tbsp brown sugar
1 garlic clove
8 green gage plums
2 nectarines
8 red radishes
12 purslane leaves
16 red vein sorrel
12 leaves Thai basil
½ bunch cilantro
½ bunch parsley
12 pickled jalapenos

FOR THE VIETNAMESE VINAIGRETTE

4 oz fish sauce
4 oz rice vinegar
2 tbsp sugar
2 oz water
1 clove garlic
1 red chili
4 tbsp lime juice

MAKE IT

FOR THE PORK BELLY

1) Mix soy sauce, rice vinegar, brown sugar, and garlic in a bowl. Place the pork belly in the marinade. Cover the top of the pork belly with salt and allow it to sit overnight in a fridge or cooler.
2) Preheat oven to 350 degrees. Pre-set a roasting pan with water and a rack on the top rung of the oven.
3) Remove pork from the marinade and place on rack above water. Bake for 40 minutes until meat is cooked.
4) Remove, raise temperature to 465 degrees. Remove salt from the pork belly and place back in the oven to bake for another 30 min-

utes. Let cool, then slice.

FOR THE VIETNAMESE VINAIGRETTE

1) Mix all ingredients the day before you make the main dish.

FOR THE MAIN DISH

1) Add the vinaigrette to the bowl. Slice the pork and lay it on top.
2) Place the plum half and the nectarine wedges in the bowl around the pork.
3) Place the greens on and around the pork and fruit. Add the pickled jalapeno.

THE MACROS

Per Serving
CALORIES: 438
PROTEIN: 10
FAT: 30
CARBS: 40

WITH A LITTLE LOVE

ROAST HALIBUT WITH TOMATOES, CHORIZO & PISTACHIO CRUST

Serves 4

YOU'LL NEED

1 lb halibut cheeks
1 tbsp grapeseed oil
4 oz pistachios, unsalted
2 oz capers
4 tbsp parsley
2 cloves garlic
1 oz ginger
4 tsp shallots

4 tbsp olive oil
Red chili flakes (to taste)
2 oz hard Spanish chorizo
8 heirloom cherry tomatoes
4 Brussels sprouts
Thyme
Micro basil
2 lemons
Kosher salt
Pepper

MAKE IT

1) Pan sear the cheeks with grapeseed oil (do not cook through).
2) In a bowl add the chopped parsley, pistachio, capers, and olive oil to make a thick paste.
3) Coat the cheeks with the paste and roast in the oven until fish is

finished.

4) Marinate the tomatoes in olive oil, chili flakes, garlic, ginger, shallots, and chorizo. When ready to serve, warm to room temperature.
5) Shave the brussels sprouts on a sharp mandolin. Mix with olive oil, lemon juice and zest, parsley, thyme, and micro basil. Garnish the halibut and serve.

THE MACROS

Per Serving
CALORIES: 515
PROTEIN: 32
FAT: 37
CARBS: 18





KYLE SCHMID'S ROLE OF A LIFETIME

In History's *SIX*, Kyle Schmid plays a battle-hardened Navy SEAL. To get the part, he had to train like a SEAL, and the experience gave him a new appreciation for America's most elite fighting force.

BY MATT TUTHILL

KYLE SCHMID

With the runaway success of Vikings, History has doubled down on scripted drama. SIX, a new series inspired by the real-life missions of SEAL Team Six, stars Kyle Schmid and Walton Goggins and airs on Wednesday nights. Season One finds former team leader Rip Taggart (Goggins) captured by Boko Haram. The current members of SEAL Team Six, including Alex Caulder (Schmid) spring into action on a series of operations to rescue Taggart. The action is fast, brutal, and realistic and the storyline zips along at a torrid pace. It's been so well-received, History has already renewed the series for Season Two while Season One is still in progress.

You might remember Schmid from his roles on Copper and Being

Human, but you've never seen him like this. Schmid and the cast of SIX underwent rigorous physical and tactical training so that their portrayal of the America's most elite warriors would be realistic. Schmid recently sat down with RI Magazine to talk about the experience.

Robert Irvine Magazine: The training for SIX wasn't just weight training, but tactical and weapons training. How long did it take you to get ready to play a SEAL and what was the first step?

Kyle Schmid: The first step was we worked with a group called SealFit (a training program developed by former Navy SEAL commander Mark Divine). Their

priority was to basically break us down mentally and physically to the point where you have a better understanding of what your limitations are. And once you're aware of limitations are, aware of how far you can actually take your body and what you can endure, it gives you a much better understanding of and respect for what we're truly capable of. That's something that the SEALs do to create these ultimate warriors. Obviously, we only touched the tip of the iceberg with that training, but it gives us a much better understanding of why these men are so fearless and courageous and why they're capable of the things they can do. Then you go through the weapons training and the tactical training



Every aspect of SIX is meant to realistically portray the life of Navy SEALs, including the bureaucratic hurdles they encounter. "We were not trying to glamorize the idea of these people," Schmid says. We were trying to tell as honest a story as we could."

KYLE SCHMID

and that gave us the ability to move and think like these men. Then it's finding the characters. When you work with a group of actors as good as these guys are on the show, throughout the training, we slowly developed into our characters innately, organically. Those bonds, those relationships you see in the show, it's very similar to what we have in our real lives. This all took place 3-4 weeks before shooting. By the time we got down to North Carolina, we were pretty much just walking and talking as our characters for the 5-6 months we were working.

RI: Your character, does he have a real-life analogue or is he an amalgam of different people?

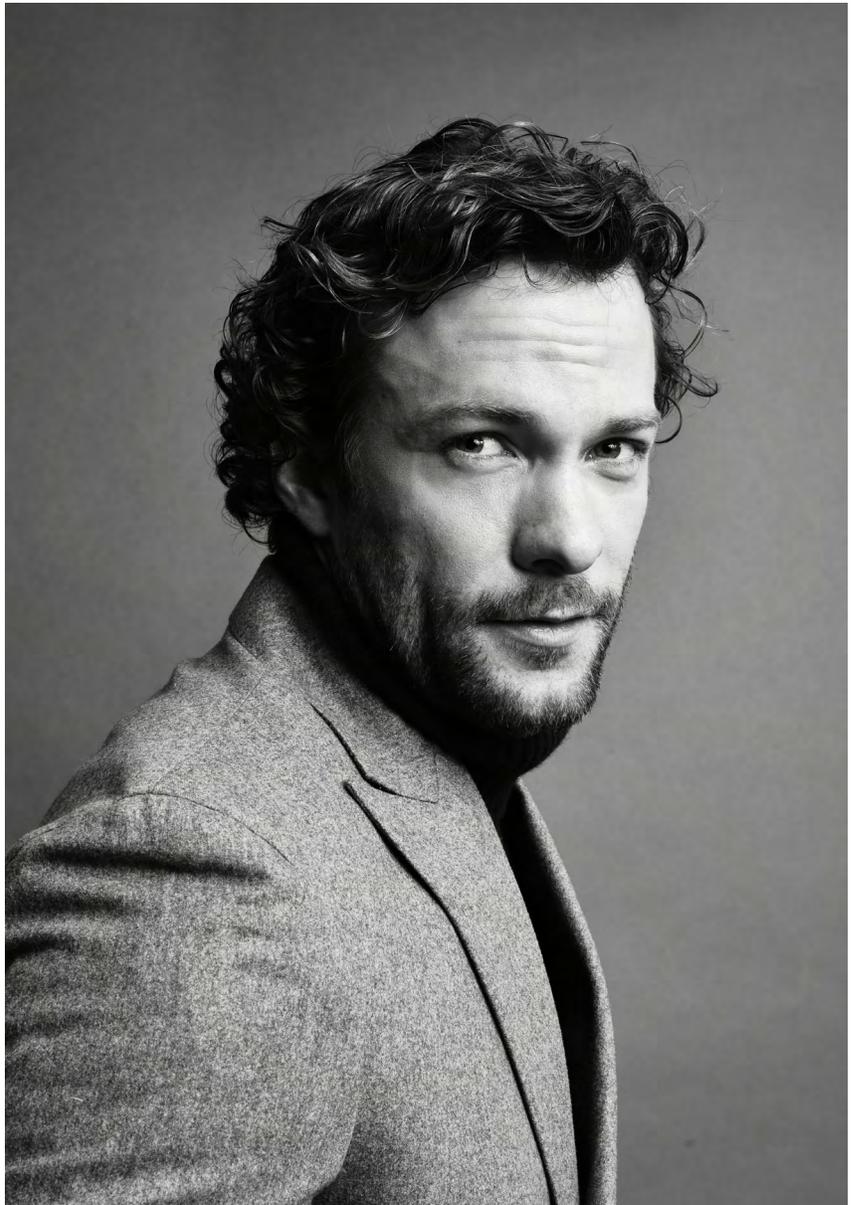
KS: He's an amalgam of different people. He was a product of his upbringing and someone who didn't have a father figure and was in a very unstable and possibly abusive household as a child and someone who had to become independent and responsible for himself at a young age. He developed this sense of loneliness or abandonment at that young age until he met his high school sweetheart. He got her pregnant at an unfortunate and early time in his life. And he decided to go out and join the SEALs and at BUD/S (Basic Underwater Demolition/SEAL training) he finally found a purpose also, more importantly, a father figure in Rip, who is played by Walt Goggins. That's a relationship we'll explore more in-depth. It allows the audience to make their own moral and ethical choices and put themselves

in the shoes of those characters and see how they'd be able to react.

Caulder is a warrior, he's broken for other reasons inside. He's quick with a joke and the way I like to describe him is there's a term in the industry called clowning. It's like the sad clown, who's always happy on the outside and quick with a joke and has that smile on his face. People think he's never bothered by anything, but he

has these dark secrets. Just below that surface there is something boiling all the time. He's constantly at odds with trying to protect the people around him and make sure they're first. I think that will eventually have a price on him, mentally or physically.

RI: I'm familiar with SealFit. You said it helped you mentally get into the SEAL headspace.



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

KYLE SCHMID

What about physically? What can you do now that you couldn't do before?

KS: There's a fact that Coach Divine threw at us during training: when the average person thinks they're exhausted, they've only done 40% of what their body can handle. That was kind of an eye opener. And we learned that the hard way. We dealt with a little bit of sleep deprivation, some water torture ideas... All of these things created a very strong sense of brotherhood. When I go to the gym now and after an hour I think I'm tired, I know I'm not. When I feel like my muscles are at their limit, I can still do another six reps. Physically, I know what I'm capable of. When I'm scared I know that if I sit in my three-foot world and concentrate on the things that are in my control and ignore the things that are out of my control, that I can focus and collect and make a better decision. All of those things are important life lessons that I am able to apply to my daily life all the time and it made me a stronger person. It made my relationships stronger at home as well.

RI: You carry 60 pounds of gear on your body while you film. Why not fake it at least half time? A lot of special ops guys have joint and mobility

issues later in life because they carry all that gear.

KS: I don't think it's fair to try and represent a group of men like that, and do it properly, without putting ourselves in similar scenarios. The gear gives you the ability to walk and feel so much. It changes the way you move. There's a confidence to the way you move when you know you've got a 20-pound plate on your chest and a 20-pound plate on your back and if someone does shoot you in the back, that if you create a small enough target, that the chances are you'll live.

The weapons are a necessity. All of those things are a necessity to

try and create a show that would hopefully open the minds of the public to understand what these men do for a living and what they sacrifice. Hopefully it creates a better understanding of how and why they should be helping veterans when they get home from 10, 15, or 20 years of service and they're struggling to find purpose or an idea of how to fill that void that they've just given so much of their life to. We put a lot on the line and it took a big toll on us over five and a half months, both mentally and physically, but you know what? It's nothing compared to what these guys go through on a regular basis in real life. It's a small



Schmid on set. The actor says he gained 20 pounds to play a Navy SEAL.

KYLE SCHMID



Schmid carries 60 pounds of gear while filming, just as real Navy SEALs do. "I don't think it's fair to try and represent a group of men like that, and do it properly, without putting ourselves in similar scenarios," Schmid says.

sacrifice for us but we're just trying to do the best we can to represent the real heroes in this world who don't get the respect they deserve sometimes.

RI: What did you bring to the table that helped create the character, from your own life experiences?

KS: I knew very little about the military. I'm Canadian by birth though I've lived down here for a number of years. But I don't think that changes anything. Fighting

for your loved ones doesn't have any limitations by culture. I was an athlete growing up and I played on many different teams and had brotherhoods that I valued very much growing up. My parents were divorced. I had a little bit of the idea of what it might be like for Caulder at times when he felt alone here and there. The idea of solace in independence, I felt that over the course of my life many times, where it's so much more comfortable to be alone and to have your brotherhood on the side, which is

what Caulder does now. He's also a fun guy and he kind of runs away from his problems to an extent. He loves to have a good time and hang out with the boys and kick back with a beer and we as a cast did a lot of that in North Carolina because our families were either out in Los Angeles or in other countries. So that brotherhood naturally developed. I luckily had a cool house that I rented and we had many barbecues with fires and s'mores and good whiskey. It was fun.

KYLE SCHMID

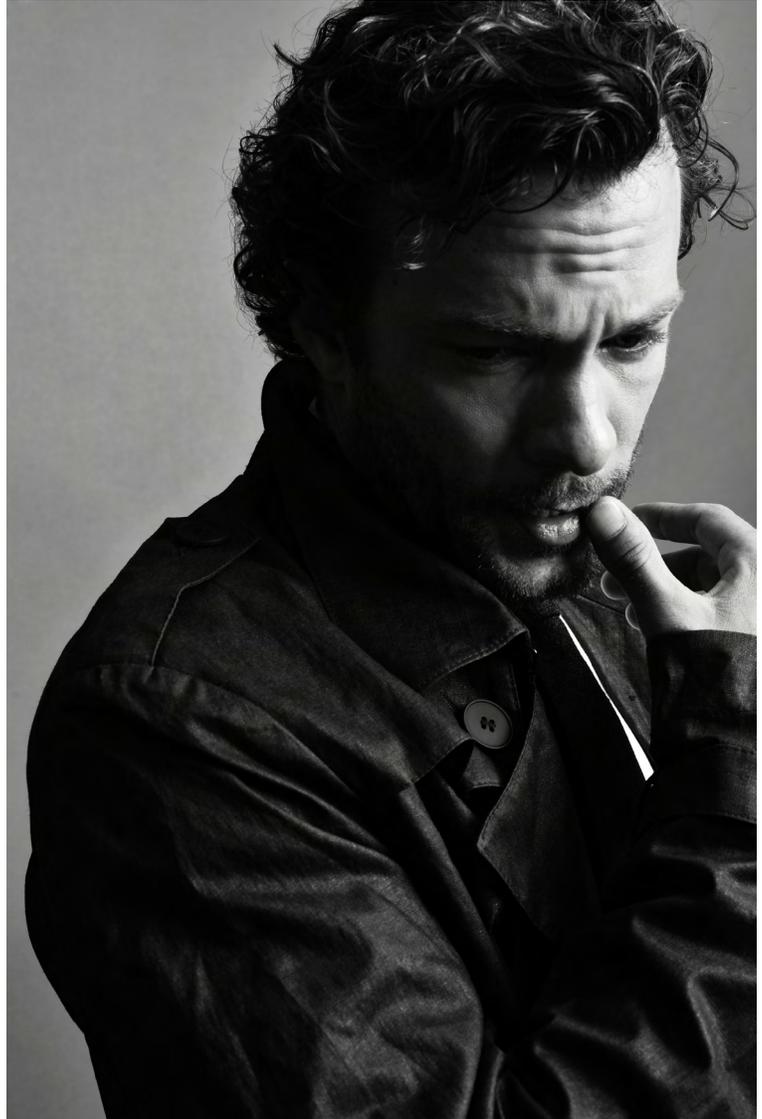
RI: Did you have to do anything different nutrition wise, to get ready for the show?

KS: I'm naturally about 155 pounds, which is what I was when I got the show. Within two months I was 175. That came from nutrition, from eating six square meals a day. We had an amazing craft services team that kept us fueled and ready to go. When you are carrying around that equipment all day, you burn calories so quickly. I was able to gain that weight for the show which helped so much with the character. These guys aren't light guys. I ate all the time. I ate breakfast for two at 5:30 and again at 8:00 and again at 11:00, and then protein shakes.

In Hollywood movies, they tend to glamorize the military as six-pack 210-pound beasts who look like they could go be professional wrestlers. These guys are not that. They are your neighbors you see walking their dogs. They are guys you see pumping gas. There was no need for us to try to have six packs. We were not trying to glamorize the idea of these people. We were trying to tell as honest a story as we could.

RI: You've been acting for over 20 years, been in several hit shows and you're now starring in a hit drama. Acting is incredibly tough business to get into but you made it. What advice would you have for someone out there who's dreaming big?

KS: Persevere. Keep the faith. Never give up. Take help when you can, give help when you can. But ultimately, just never give up. I've gone through years of my life just hoping and dying for jobs in this business and I refused to go home or walk away because I just wasn't built that way. If you're going to give up, you're going to fail. That's a guarantee. But if you never give up, you never know what's around the next corner. Life's a funny thing that way.



History's SIX airs Wednesday nights at 10 pm EST. You can catch up on past episodes by clicking [HERE](#).



THE NEW STANDARD

Gold's Gym isn't just for bodybuilders anymore. The chain has made major changes, with Robert's new Gold's facility in Florida as the prime example.



Robert and his Gold's Gym partner Ed Bogacki cut the ribbon on their new, 18,000-square-foot facility in Largo, FL. Fans turned up in droves to celebrate the event and train alongside Robert.

For years the Gold's Gym name evoked imagery of a bare-bones weight rooms, the kind of dirty-but-it-gets-the-job-done places that only a hardcore meathead could appreciate. Gold's, of course, made its name during the Golden Age of Bodybuilding when Arnold Schwarzenegger and his contemporaries trained regularly at Joe Gold's original location in Venice,

CA. That very location became famous in 1975's docudrama, *Pumping Iron*. Since that time, the Gold's name has been synonymous with bodybuilding; the brand a clarion call to aspiring and professional bodybuilders, athletes, and fitness enthusiasts.

But times change and Gold's Gym has, too.

Before a crowd of eager fans,

Robert Irvine hosted the grand opening of his first gym, a Gold's Gym franchise in Largo, FL, on Saturday, January 14. Alongside partner Ed Bogacki, Irvine cut the ribbon on the 18,000-square-foot facility, which boasts a full complement of programs and amenities for members of all ages. The new facility is reflective of the evolution the company has made

GOLD'S GYM LARGO



Above, Robert trains under the watchful eye of Eric the Trainer. Below, the functional training area of the gym features weight sleds, battle ropes, medicine balls, and much more.



over the years, transforming from a hardcore facility to one that welcomes all types, from serious fitness buffs to regular folks just trying to stay active.

In addition to a large open-space free weight training area and a huge assortment of the latest cardio machines, the Largo Gold's location has a functional training area on artificial turf outfitted with kettlebells, weight sleds, and battle ropes, a suspension training area, cycling studio, a childcare center packed with activities, plus a large group fitness studio that hosts all manner of classes, including offerings from Les Mills.

The grand opening ceremonies included outdoor group fitness classes; a local bulldog rescue set up a tent to accept dona-

GOLD'S GYM LARGO



Above, members take a Les Mills class in the parking lot of the gym. Below, Robert gives blood in the grand opening blood drive.



tions and show off some of their success stories; Outback Steakhouse provided food for patrons; members got a taste of new offerings from Robert's line of protein bars—FitCrunch—including new high protein brownies; a DJ blasted tunes; kids frolicked in a bouncy house. There was also a blood drive which Robert participated in. Valor Service Dogs, an organization which trains dogs to support veterans with PTSD, also made an appearance to raise awareness for their cause. Earlier this year the Robert Irvine Foundation awarded Valor with a \$20,000 grant (see our full story on RI Foundation grants on Pg. TK). Inside, celebrity trainer Eric Fleischman (AKA, Eric The Trainer) brought Robert and several wounded veterans through a grueling workout. Later, Robert brought all members through a 22 Pushup Challenge to raise awareness for the fact that 22 veterans commit suicide every day.

“Our partnership with Chef Robert is an important one,” say Craig Sherwood, Senior VP of franchising for Gold’s Gym. “He shares the same passion we do for helping people achieve their full potential through fitness and nutrition. This Gold’s Gym is a full amenity gym from the Kid’s Club to the Silver Sneakers. I think it’s a great fit for this community.”

Bogacki also owns the Gold’s

GOLD'S GYM LARGO

Gym in Tampa, FL, and met Robert when he came to train in that location. For the past two years, they've been looking for a place where they could partner on a new franchise and finally found the space in Largo.

"Gold's Gym, for the second year running, has won the JD Power Award for customer service," Bogacki said. "We'll be keeping that tradition alive. It's very rewarding to see all the hard work that the staff has put into this place come together today."

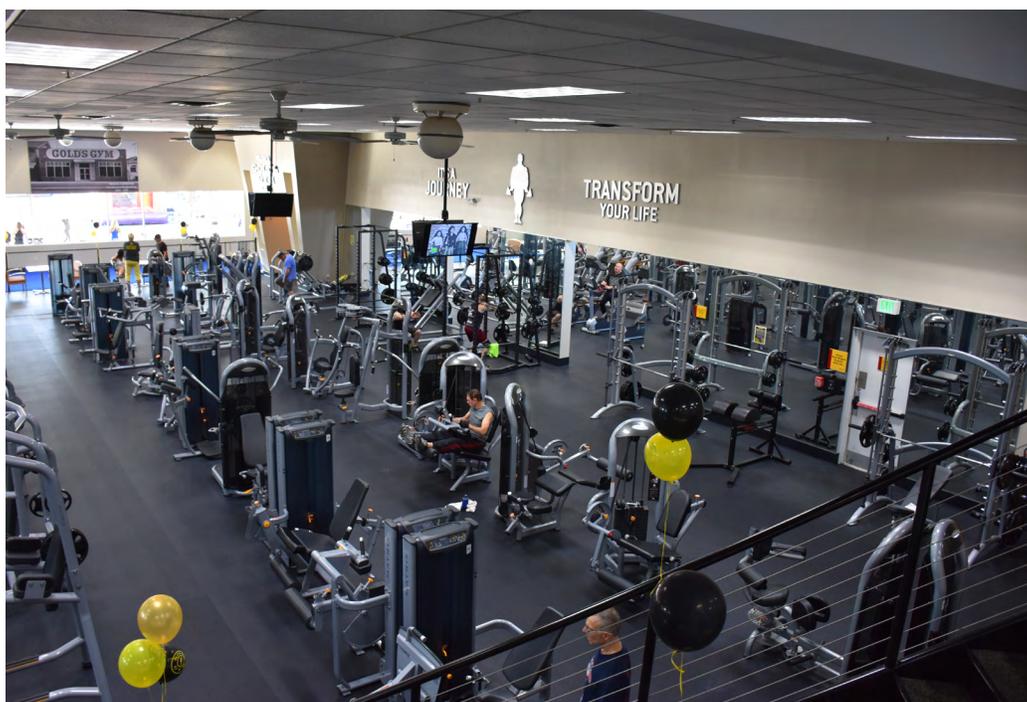
At the height of the day, the gym was teeming with new members, many of whom came to meet Robert and get signed copies of his healthy living manual, Fit Fuel.

"I always say nothing is impossible," Robert told the crowd during a speech to commemorate the new gym. "That is true of anything you want to accomplish, and it is especially true of health and fitness. It is my hope that this gym, and everything it has to offer, will give you the tools you need to take control of your health and fitness and get everything you want out of life."

To stay up to date on happenings at this location, follow the gym on Facebook.



Above, veterans train during the grand opening. Below, an overview of the main floor of the facility.



REACHING OUT

A pair of fans reach out to Robert; one wants fitness advice, the other needs to save his restaurant.

Hello Chef,

My name is Joshua, I own a small bar and restaurant in my home town. I have always had a passion for cooking and restaurants, and have worked in several restaurants for the past 16 years. I recently bought the restaurant I was working for about two years ago. I kept the restaurant the same as it was because it was doing great at the time. Over the past two years that I have owned it I've run into some problems with the restaurant and in my personal life. My mother passed away from cancer within the first year of purchasing it. She was my biggest supporter that I had and now without the support of her I feel like I am losing the fight which also has had a negative impact on the restaurant. My sales are down and I am not making the money I need to keep my dream alive. I am looking for advice on how to save my restaurant. I am not looking to be on TV but just a little bit of a general idea of how to rebuild my lifelong dream before it is too late.

Thank you,

Joshua

Hi Joshua,

My deepest condolences. I lost my father just a couple years ago so I know what you're going through. You've been dealt a tough hand right now. Losing a loved one and trying to focus on your business at the same time—it can feel impossible. But it's not impossible. I really believe nothing is.

The first thing I want you to do is this: think about what made you want to buy the restaurant in the first place. You say you kept it exactly the same as it was before you bought it. Why did you do that? Was it your dream to simply continue doing exactly what someone else was doing? Or did you have ideas of your own? Ideas that maybe, up until this point, you didn't feel like you could risk implementing?

This is what I would do: I would look up and down the menu and get rid of anything that's not selling well. I'd replace those items with items I personally love to cook for myself. They don't have to be the most sophisticated culinary dishes you've ever seen—they just have to taste great! They have to be something that YOU would want to eat, that YOU would want to pay for, that YOU would remember and

come back for.

Next, look over your dining room with some fresh eyes you trust. Bring a few friends in, friends who will give it to you straight. Ask them what they don't like about the look of the place. The fix doesn't have to cost \$10,000 like we used to spend on Restaurant: Impossible. It could be as simple as hanging some new art, getting some new lights, giving the walls a fresh coat of paint, or getting some new tablecloths. I don't know what your restaurant's concept is, but I do believe that all restaurants should feel comfortable and inviting, the kind of place you'll want to stay and talk with company long after the meal is finished.

Give these ideas a try, Joshua. Put your heart and soul into it. I cannot guarantee that they will ultimately save your restaurant, but I do know that at the end of the day, win or lose, you'll be able to say that you at least did it your way, and that you did it with love. As you do it, put nothing but good energy into the work. People have an almost magical way of responding well when you apply passion. Good luck, Joshua. I'm rooting for you.

Yours in health,
Robert

ASK ROBERT

Dear Robert Irvine,

I first want to say that I love watching your show Restaurant: Impossible and the Fitness: Impossible special you did was superb. I could use a bit of help from you regarding fitness/diet.

I am an EMT-basic and we work 12 hour days and are constantly on the road. Most days we do not even see the base. This has been a struggle in terms of fitness and nutrition. I'm lost on what to do. As I'm sure you are aware the emergency medical field is full of overweight, overworked, and underpaid individuals. Any advice or help you could give would certainly not fall on deaf ears. I want to excel at my career and to do so I need to be revamp my lifestyle in a way that works with my business.

I look forward to any response. Thank you,

William Voyles

Hi William,

I don't envy the position you're in. I imagine you spend much of your time stuck in a vehicle and that definitely makes it tough to exercise. You and many of your colleagues probably rely on fast food for your meals, as well, am I right? Since diet is roughly 80% of the fitness equation (working out is really only 20% of the battle), I want you to focus on meal prep and bringing healthy food to work with you. Try making slow cooker meals. They don't take much time to prep



Crock pot meals let you prepare a lot of food in a little time. Have a question for Robert? Send it to RI Mag GM Matt Tuthill at matt@chefirvine.com.

and you can make a big batch of food that's good for a few days. Try browning some chicken thighs and putting them in the slow cooker surrounded by potatoes, carrots, celery, parsnips and/or any other dense root veggies that you like. Add a cup of chicken stock, some poultry seasoning and rosemary and turn it on high for an hour, then turn it to low heat for another five hours. Add salt and pepper to taste and you've got some very healthy grub that will make the guys eating fast food wish they were eating what you're eating. A big batch could last you three or four days so you get a few days off from cooking.

In addition to meal prep, keep healthy snacks around: nuts, fruit, and protein bars, like my FitCrunch bars.

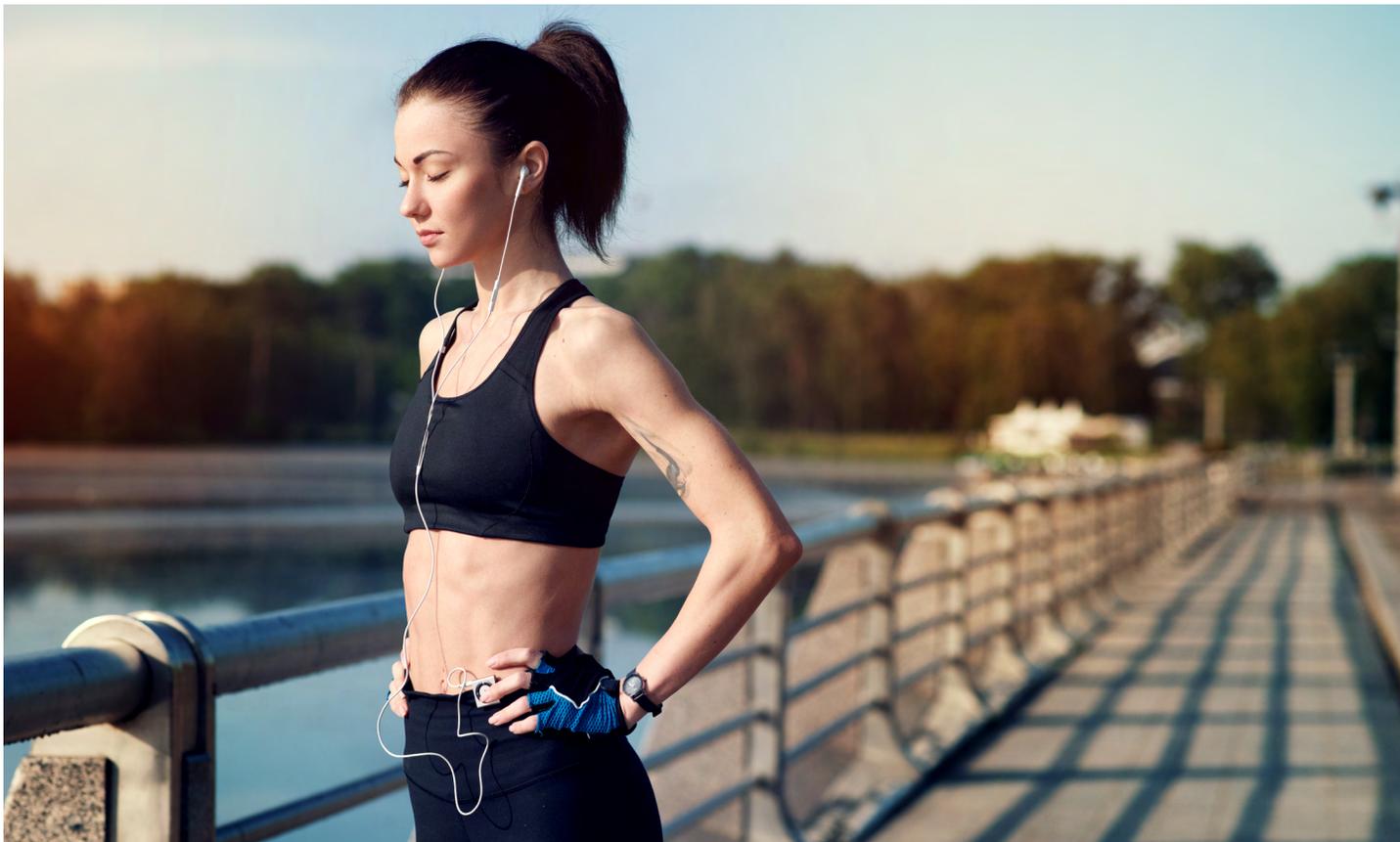
As for exercise: When you're waiting for a call, set aside 20 minutes to do a circuit of push-ups, bodyweight squats, planks, and pull-ups. You could also bring a set of bands with you and do rows, presses, and curls. Don't even worry about sets and reps, just try to stay moving for the full 20 minutes. If you can do that every day, it adds up in the long-term. In the short-term, you'll feel energized for the rest of your day.

Lastly: Thank you for what you do. Our nation owes a debt to all of its first responders that can never be repaid.

Yours in health,

Robert

KEEP IT SIMPLE



SPRING INTO ACTION

Exercise is just the start of it. Here, our columnist outlines all the ways to make the most of great weather—and it all starts in your head.

By Heather Quinlan

The month of March sparks a sense of renewal and starts the countdown to summer. The vernal equinox on March 20th marks the first day of spring in the northern hemisphere—the point in the year when the sun is positioned above the equator and day and night are about equal in length all over the world. With the shorter, darker days of winter in the rearview, color starts to return to the landscape; plants begin to wake up and warmer

temperatures and sunshine begin to recharge your body's battery. Your body is finally getting some juice after being on low power mode since the holidays.

The key is to keep that initial burst of energy and optimism burning for the rest of the year. The key is perspective. In Holocaust survivor Viktor Frankl's book, *Man's Search for Meaning*, he writes "Everything can be taken from a man but one thing: the last of the human free-

doms—to choose one's attitude in any given set of circumstances, to choose one's own way." What you perceive through your own eyes is your life. Just as you would train your muscles over and over to see physical results, the same kind of repetition can keep your mind in shape.

Recent studies on happiness depart from older thinking about delving into your past and rediscovering the negative parts of your life so you can get over

KEEP IT SIMPLE

them. Instead, the new psychology of happiness focuses on the future of your life and how to move forward without necessitating a fight with the demons in your closet. A Harvard University course called Positive Psychology is now one of the most popular courses ever offered there.

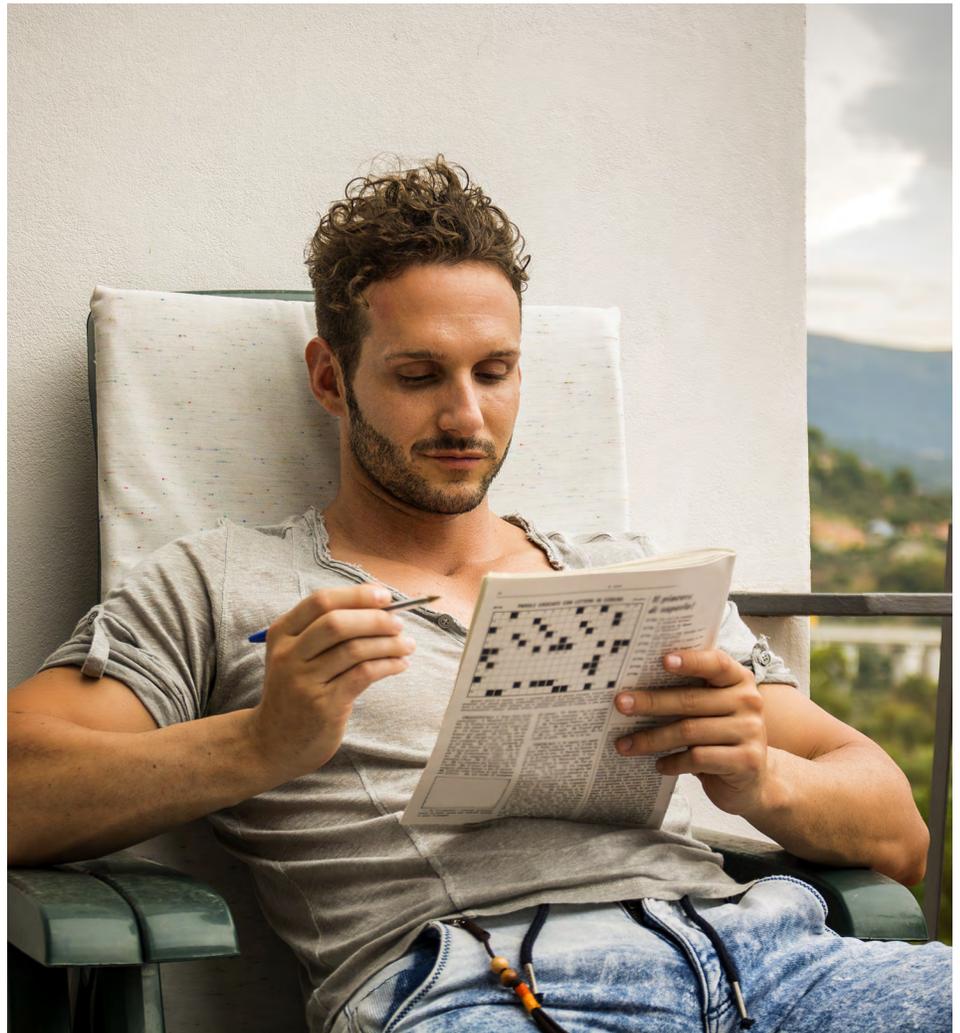
So, how do you become your own writer, producer and director of your life story?

Start with the relationships in your life. Connect with your loved ones, and not through social media. Pick up the phone and call someone you haven't spoken to in a while. Or make a plan to catch up with someone over coffee. Be mindful of who you surround yourself with. You are the average of the 5 people you spend the most time with. Consider that. It might be time to move out of your comfort zone.

Perform acts of kindness. Pay it forward. Volunteer if you can. If you are short on time, pay for the person's order behind you the next time you are at a drive thru. Or the next time someone cuts you off on the road, wave instead of flipping the person off. Your blood pressure will love you.

Exercise. Exercise gives you a natural high you cannot buy. Unlike alcohol, no one ever woke up the next day and wished they hadn't exercised the day before. Dopamine releases alleviates stress and tension in your body, which can lead to a host of other ailments.

Hobby. Find a hobby that



Activities that keep your mind sharp are as important as ones that keep you physically fit. Follow columnist Heather Quinlan on [Facebook](#) and [Instagram](#).

allows your mind to disconnect from the mundane to do list of everyday. Do a jigsaw puzzle, repaint a room in your house, start gardening. Whatever spurs your creative juices, make time to do it.

Above all, maintain a positive mindset. Life is full of ups and downs. Its been that way since the dawn of time. Change is the one thing in life we can count on, good or bad. Become aware of your self talk because your body is listening. If you are feel-

ing down in the dumps say out loud to yourself in the mirror "You are great" no matter how silly and uncomfortable it feels. If you're sad, just try smiling. The human psyche is incredible resilient. Use that to your advantage. It's a new season and the time for positive change is now. Nature wants you to be happy right now. You just have to accept it.

Heather Quinlan is a certified Bikram Yoga instructor and a health and wellness coach. Contact her at: haquinlan@gmail.com

GO TIME

Doing our best to keep up with Robert.

THE ARNOLD CLASSIC

If you happen to be in Columbus, Ohio on March 3 and 4, swing by the Fit Crunch booth at the Arnold Classic for some free samples and to meet Robert in person!

CHARITY EVENTS AND FESTIVALS

From there, Robert heads off to a New Hampshire Food Bank charity event on March 6. On March 18 he'll appear at the Disney California Adventure Food & Wine Festival, and on March 22 he'll appear at the USO Metro Awards Dinner.

Mar 6- New Hampshire Food Bank Charity Event

Mar 18 Disney California Adventure Food & Wine Festival

Mar 22 USO Metro Awards Dinner

ROBERT IRVINE LIVE

Tickets for an RI Live in Hinckley, Minnesota on May 13 are on sale now. Click [HERE](#) to buy. What is RI Live? It's not a cooking demo and it's not scripted. In short, it showcases Robert's gift



for improvisation. You'll see him enter the theater with no idea of what he is about to face, and then cook his way through a series of audience-generated challenges. And if you've got a ticket, you should be prepared to get onstage yourself.

FITCRUNCH BROWNIES

Robert's continually expanding line of protein bars recently added a new product, microwaveable

protein brownies. Following the high standard set by the Fit-Crunch bars, the brownies are made from high quality whey protein and make it easy to forgo sugary, fatty treats. The brownies can be eaten hot or cold. Each one packs 15 grams of protein, and they are available in two flavors, chocolate or cookie dough. You can purchase them at Sam's Clubs and online through [Amazon](#).



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