

ROBERT IRVINE

MAGAZINE

Nothing is Impossible

JULY/AUG 2017

THE ROBERT IRVINE

POWER 20

SOCIAL MEDIA
LEADERS TO
FOLLOW NOW
AND GET AN
EDGE IN LIFE!

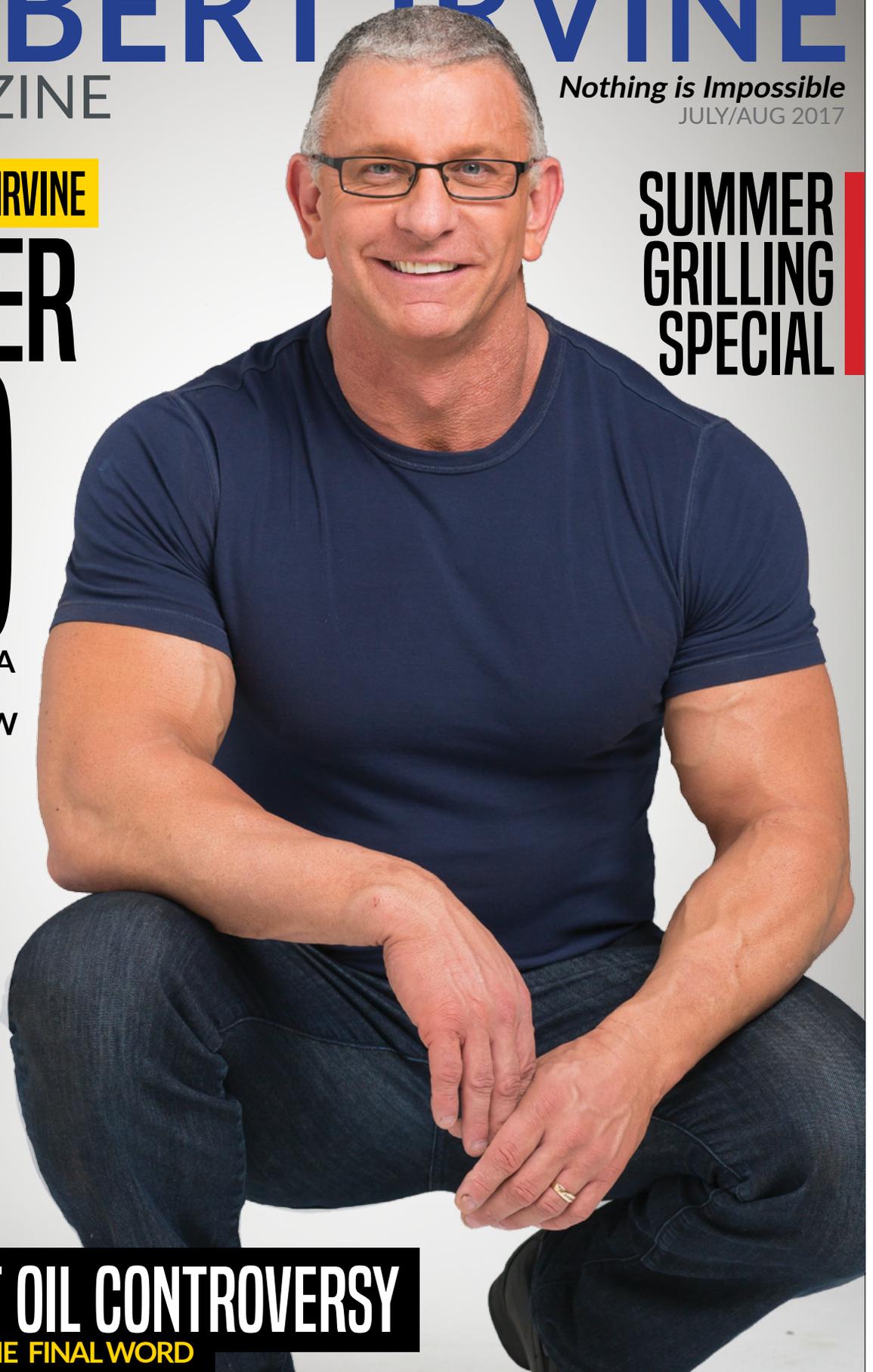
HIRE
HEROES
USA

BRIAN STANN
FIGHTS FOR
OUR TROOPS
AT HOME

COCONUT OIL CONTROVERSY

WE DELIVER THE FINAL WORD

SUMMER GRILLING SPECIAL



ROBERT IRVINE MAGAZINE

Nothing is Impossible

FOUNDER AND EDITOR-IN-CHIEF

Robert Irvine

GENERAL MANAGER

Matt Tuthill

CULINARY EDITORS

Shane Cash, Brian Goodman, Darryl Moiles

CREATIVE CONSULTANT

Sean Otto

CONTRIBUTORS

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

PHOTO AND VIDEO CONTRIBUTORS

Jeremy Borash, Ryan Coyne

For advertising inquiries, contact Matt Tuthill, matt@chefirvine.com

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

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BUSINESS and MARKETING

CHIEF OPERATING OFFICER

Justin Leonard

DIRECTOR, BRAND ENGAGEMENT

Joshua Lingenfelter

PUBLIC RELATIONS

BRICKHOUSE PR

David Sabin

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EMBRACING SUMMER, AND YOURSELF

Did you fulfill your New Year's Resolution and get in the shape of your life by summertime? No? Now's not the time to beat yourself up. It's time to have all the fun that you deserve.

Get your beach body now!

Abs in time for summer!

Beach booty boot camp!

We see the slogans everywhere, spit out by aggressive fitness industry marketers like auctioneers and old-timey salesmen. We know in our heads not to buy into it—that health and fitness are lifelong pursuits, not something that can be bought in a supplement store or with a new fitness app—yet some part of us still manages to fall for it. Even if we don't buy the product, we buy the idea that in the summertime, we should look a certain way. We buy the idea that we can't really enjoy all that summer has to offer if we aren't ready for a shirtless or bikini-clad photoshoot.

You already know that I want you to get into the shape of your life. So you already know I'm not saying that you should give up. What I am saying is that if you missed your summer deadline this year, no matter how much weight you still have to lose, you shouldn't feel self-conscious heading to the beach or to a pool. Guys, take your shirts off. Ladies, wear whatever kind of bathing suit you want. No



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

ROBERT'S LETTER



Do you deny yourself outdoor summer fun because you're not happy with the way you look in a bathing suit? Robert thinks it's time you got over yourself and accept everything you see in the mirror.

one's judgment matters but your own. As a human being living on Planet Earth it is your birthright to get out and enjoy sun!

The bright light of summertime does something to all of us. It makes us all feel more alive and makes us want to get out and do more with ourselves. Indeed, our bodies are like batteries, soaking up vitamin D from the sun and storing it for when we need it. Mother Nature wants us to get our butts out there.

So don't you dare hesitate for a second to enjoy the summer with-

out fear and without being self-conscious. Take a look in the mirror and appreciate what you have. Don't waste time wishing for something else. Be grateful. Life is far too short to spend time regretting what you didn't do over the winter. You'll enjoy the summer a whole lot more this way—and the gratitude and positive vibes you generate will carry over into your fitness goals. You can make your body achieve incredible things when you put your mind to it. Just don't fall into the trap of thinking you need to be in peak condition before you can

start really enjoying life.

In my experience, respect and appreciation for your body aren't the end result of a fitness program. But if you can learn to respect and appreciate your body now, it will yield better health and fitness results in the long run.

Yours in health,

SIN CITY HOT SPOTS

Headed to Vegas to check out the grand opening of Robert Irvine's Public House? Don't miss these other great places while you're there. /// BY GAIL KIM-IRVINE

In honor of the grand opening of Robert Irvine's Public House at the Tropicana on July 27, I decided to share my favorite Las Vegas spots. There is no shortage of options in Sin City, but these are the places I find myself wanting to go back to time and again.

Best Shows:

ABSINTHE

Caesar's Palace

www.absinthevegas.com

When our Celine Dion concert got cancelled we wound up going to Absinthe on the recommendation of our friend. I didn't know what to expect, but it did not disappoint! It was a perfect combination of comedy, cirque, dance, and sexiness. *The New York Times* scribed the show as *Cirque de Soleil* meets *The Rocky Horror Picture Show* and it's perfect description. If you sit in the front, get ready or some fun interaction.

BACKSTREET BOYS

Planet Hollywood

www.caesars.com

Seeing this with Robert was my childhood dream come true! The Backstreet Boys are truly incredible live performers. They'll be touring the country for the rest of the summer but begin a Vegas residency in November. If you want to go, check for tickets now. They go fast!



Above: Melody Sweets performs in "Absinthe". Below: the Backstreet Boys will resume their Vegas residency in November.



GAIL'S CORNER



Far left: The “creamsicle” pancakes at Babystacks Cafe. Top, the Studio B Buffet at the M Hotel. Left, one of 7 Las Vegas Athletic Club locations, all packed with state-of-the-art equipment.

Best Breakfast:

BABYSTACKS CAFE

4 locations in Las Vegas and Henderson, NV

www.babystackscfe.com

Most people think because Robert is a chef that we always have to eat gourmet meals or at fine dining restaurants. Not true. All that's important is good food; it doesn't need to be fancy. So when our friend suggested all these frou-frou brunch places on the strip, we said no. For breakfast we tend to like the basics done well, not a chef trying to reinvent the wheel. We then went off the strip to this amazing little breakfast cafe that serves over 20 different varieties of pancakes from red velvet to cinnabun. I strongly suggest one of their specialties the Lolo Rick's Adobo fried rice omelette. It's so good it could change your life. Or at least the way you think about omelettes.

Best Buffet:

M Hotel Studio B Buffet

Henderson, NV 89044

www.themresort.com

My husband doesn't do buffets—or leftovers. So when he likes a buffet, you know it's good! The M Hotel Studio B buffet is consistently voted one of the best buffets in Las Vegas with over 200 items. A lot of them are made fresh to order, and because it's off the strip, we didn't encounter the never ending lines that you see at so many Vegas buffets. Keep an eye out for when they do specialty buffets like seafood or the prime rib brunch.

Best Gym:

Las Vegas Athletic Clubs

7 locations throughout Las Vegas

www.lvac.com

This is our go-to gym when we

stay in Las Vegas. If you don't want the conventional hotel gym like us, (most of these are converted closet with a universal and a treadmill) this gym exceeds all of our needs with great equipment, classes, pool, sauna, and juice bar and many other amenities. They have day passes available for out of town guests.

Don't forget that Robert Irvine's Public House opens July 27th at the Tropicana on the strip. I'm looking forward to trying all the amazing dishes he's working on. (He's been keeping most of them a secret from me! Can you believe that?) But I was lucky enough to get a sneak peek at the actual restaurant. It will blow your mind! Check it out at troplv.com. You can follow me on [Twitter](#) and [Instagram](#).

COMFORT FOOD
COMFORT EVERYTHING



ROBERT  IRVINE'S

COMFORT FOOD WITH A CELEBRITY TWIST ARRIVING 7.27.17 AT *Tropicana*
LAS VEGAS

TICKED OFF

Don't let these mighty mites ruin your summer. Get wise on tick bits; an ounce of prevention is worth a pound of cure. /// BY MICHAEL SCHUTZ, MD

Ticks are a special challenge for a urologist like me. I don't usually get calls when people have a tick bite on their arm. I will get a call if the tick bite is on their privates. Embarrassing to remove, but not hard. That's the simple part. The complicated part comes after the bite—when diseases contracted from tick bites begin to wreak havoc. These include Lyme disease, Rocky Mountain Spotted fever and Powasson.

In the Northeast, Lyme disease is a significant problem. It is caused by bacteria transmitted by a black-legged tick bite. The tick needs to be attached to the skin for at least 36-48 hours for disease transmission. If you find a tick on you, don't panic. Using a pair of tweezers, apply gentle pressure without twisting. The tick should disengage and you can remove the tick with all parts intact. That is the simplest and easiest way to remove them. Save the tick in a small container, binding it on both sides with a piece of Scotch tape.

Avoiding a tick bite in the first place is the best method to avoid tick-borne diseases. Avoiding uncleared areas in wilderness areas and using cleared paths as ticks typically dwell in long grasses. Insect repellent and long-sleeved clothing also helps. Once you get



The sooner you remove a tick, the better your chances of avoiding a tick-borne illness like Lyme disease.

home or stop for the day, inspect yourself for ticks, including skin folds and the groin.

Lyme disease takes from 3-30 days to show symptoms. These can include fever, muscle and joint aches, and headaches that resemble the flu. The most classic symptom is the bullseye rash, which starts with a single red spot in the center surrounded by a larger red ring that can grow up to 12 inches around. If you notice any of these symptoms, see your doctor—and bring the tick with you if you have it.

Late symptoms can include non-specific nerve and muscle complaints. The wide variety and lack of specific symptoms makes it hard to pinpoint off the bat, so don't rule it out until you've had a blood test.

If you have a suspicious rash or flu like symptoms this summer, contact your health care provider. The treatment is usually a few weeks of oral antibiotics and if found early, there is an excellent chance of recovery.

Dr. Michael Schutz is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.

MARVIN YOUNG

The Grammy-winning “Young MC” just made his feature directorial debut—and continues to tour with classics and new material. Here we chat with him about movies, career evolution, and the state of hip-hop today.

BY MATT TUTHILL



*Marvin “Young MC” Young might best be known for his 1989 mega-hit “Bust a Move” and his writing credits on Tone Loc’s “Funky Cold Medina” and “Wild Thing” but he continues to create new material—both as a recording artist and now as a film director. His first feature film *Justice Served* starring genre favorite*

*Lance Henriksen premiered in May and is available now on DVD and on demand. (You can check out the trailer [HERE](#).) Young is also currently on tour with “I Love The 90s” and his new song “Know How” is featured prominently on the soundtrack to *Baby Driver*, starring Jamie Foxx and Jon Hamm.*

RI Mag: *Justice Served* tells the story of victims of crimes who get to re-try the perpetrators who escaped justice. Where did that idea come from?

Marvin Young: It’s the seventh screenplay that I’ve written. I was getting coverage on one of my

CELEBRITY SPOTLIGHT

previous screenplays that I'd put a lot of time and work into, and the main criticism that I got on that previous screenplay was that there wasn't enough tension; that there should be tension in every scene. I really took that to heart and wanted to see if there was a way that I could create something that had tension in every scene. That's where the idea of the justice room was born, and having people in a confined location, but with circumstances bringing them together that increase the tension in that scene, and thus the film.

RI: Is there anything personal in it for you in terms of where the idea of a justice room came from?

MY: No, not really. It was literally me thinking of a scene that would be the most tense for anybody; not just me, but for anybody. There are three different justice rooms going, so there's six characters in those justice rooms—three plaintiffs and three defendants, and I made sure that I made the characters varied enough that anybody watching should be able to relate to one or more of those characters and say to yourself, "What would I do if I was in that situation?" And when I was making the film I had no idea I was going to get a bunch of famous actors to be in it. So if it was just my face and a bunch of unknown faces in there, that the story would be enough to hold the audience. That was a big thing for me.

RI: That leads to my next question: Lance Henriksen is one of the great genre film actors, brings



The poster for Young's new film. Click on the image to rent or buy it on Amazon Instant Video.

a ton of cache for people who love sci-fi and horror. How did you get him on board?

MY: He read the script and he loved the character. That was it. We went out to a good amount of actors for several of the roles and did the two ensemble piece, but he was the first, and really the biggest actor to come back. He had a really strong reaction to the Callas character. From getting him and him buying in and him willing to work with me as a first-time director, that really grew suspense for a lot of the other actors to come in and for a lot of good things to happen with the making of the film.

RI: Are you eyeing a followup?

MY: I am eyeing a followup, but the problem is, I can't detach my left brain from my right brain. I've been like this with the music too. I can't get into the second project until I see the first project all the way through. The promotion has been done, the money is coming in, whatever, so I've got notes, but I've got other things happening. But I really need to see how Justice Served performs, where it performs well, where I get the best and most enthusiastic response, and that's going to dictate my next project.

I'm 50 years old now, so I'm not at the point where I'm so interest-

CELEBRITY SPOTLIGHT

ed in just communicating some personal idea as I am trying to craft a career and make a smart second film as opposed to just a convenient second film or an indulgent second film. That's kind of where my head's at.

RI: Your song "Know How" is on the Baby Driver soundtrack. Can you tell me what it means to you to have a song in a big movie that's getting a ton of heat right now?

MY: The fact that someone appreciated it and would put it in such an eclectic and interesting soundtrack, was amazing. I mean, I saw the film, I saw the press screening a week ago, and the use is great! I mean, I was just happy to be a part of it.

A lot of times you have your song in a movie and it's cool for what it is. But people will be talking about the use of music in Baby Driver for decades. For me to say that I was part of that ... There will be artists that will be envious of me, that I was able to have a song in Baby Driver. I honestly think it's going to have that amount of impact in terms of when people talk about music and film, that is going to be one of the baseline movies that people refer to.

RI: What directors do you look up to?

MY: I went to college with Bryan Singer [Usual Suspects, X-Men]. I went to college with him and John Singleton [Boyz N The Hood], so those guys. I like Quentin Tarantino and the chances that he takes. I like Zack Snyder's stuff. There's a bunch of people but I don't really look at other people's styles, I look at more of the storytelling ability. If it's got a great story I gravitate toward that.

"I think that there are a lot of copy cats, and I don't blame the artists, I blame the labels, the production companies, and the distribution companies. Because people behind desks get really scared if their artist sounds different than what's out there."

RI: Favorite movies of all-time?

MY: Oh boy. King of New York. It's an interesting film because I liked its time-period and it was very influential to me. Now I'm going to name two films, and I honestly think they're related and this is why they're two of my favorites. Seeing a relation of these two films is part of what made me want to

be a director: Searching for Bobby Fischer, and the original Jaws.

If you suspend your disbelief and you say the kid is the center of the film in Searching for Bobby Fischer, and the shark is the center of the film for Jaws, they're the same movie; same mother character, same father character, same teacher who went to school, teacher who went to the street. It's the same. So, the character interaction, they're the same film.

The moment that I had that realization I'm like, "I think I should make a movie." Because I've never heard anybody come back to me with it.

RI: Television right now is a place where directors can really stretch themselves creatively and do a lot of different things. Are you watching anything current and would you ever want to make TV?

MY: I think I'd want to do some more features first; at least one more feature before I'd feel

comfortable getting on an established television show or getting on a television show to direct, because it is a different approach. The two things that I really like right now are Ray Donovan, and Hap and Leonard. Hap and Leonard, I think, is such an underrated show. A lot of people still don't know about it, but the people that look at it are really moved by it.

CELEBRITY SPOTLIGHT

RI: You're on the I Love The 90s Tour. If I were to go, what kind of experience should I expect?

MY: It's almost like an iPod shuffle of your favorite hits. That's really what it is. It's interesting, because it appeals to an older demographic, but it takes into account the fact that people have less of an attention span than they did years ago. So instead of us doing 30 to 45-minute sets, we're doing 15 to 20-minute sets other than the headliners, other than Salt & Peppa and Vanilla Ice, the other five to six acts on the show are doing literally 15 to 20-minute sets. It's good because, for me, it gives an opportunity, like, I do Bust A Move in the set, obviously, I do Know How in the set, but I'm still able to do some new material that people may not be as familiar with. I do Nocturnal, which is the song that I did at the end credits for Justice Served. I performed that with the trailer of the film behind me.

RI: You won a Grammy for Bust A Move, you also wrote some other 90s hits that are extremely well-remembered. For a lot of guys with that kind of resume, they can wear it around their necks like a stone sometimes. People aren't always so kind if you evolve, if you move on, if you try to do other things, and yet, you've done that. Was it hard for you to do that?

Because I imagine people want to keep you in that box, "Oh, Young MC, that's the Bust A Move guy. Why is he trying to direct a movie now?"

MY: People say that it's hard being a one-hit wonder even though Know How was a big record, Principal's Office was a big record, other records in my catalog, but most people would know me from Bust A Move. The one good thing about that is, a lot of people, if you ask them, "What's your favorite Young MC song?" They're pretty much going to have the same answer. Whereas, if you take some other artist and you ask them what your favorite song is from them, you get 10 different answers. I think the fact that, with people having more stuff to do, the fact that they focus on your name and a song is a good thing.

In terms of it being difficult for me to branch out, I see Marvin Young the songwriter and Young

MC the artist as almost two different entities. So I helped write Tone Loc's Wild Thing, and helped write Tone Loc's Funky Cold Medina, and some other songs before Bust A Move, and then after Bust A Move. But the biggest song that I helped write that I actually had a bigger part of than Bust A Move, is a song called Not That Kind by an artist named Anastacia. She was huge overseas. The song didn't really get any traction here in the states with Sony, but overseas she literally sold like 8 million records. I have a bigger piece of that songwriting than I do with Bust A Move, Wild Thing, or anything else.

Having said that, I've felt a good modicum of respect, even after Bust A Move had come and had its heyday and then had its resurgence, I've done other things.

So me being a screenwriter, which I've been writing screenplays since the early 90s, and now making my first film, it just felt like an exten-



Lance Henriksen, of *Aliens* and *Millenium* fame, stars in Young's *Justice Served*.

CELEBRITY SPOTLIGHT

sion of that. It didn't feel like I went away. I may have gone away for the people that only heard Bust A Move and they looked at blurb every once in a blue moon and they don't hear from me, or they don't think they hear from me or look for me, it may seem like I've gone away and not done anything, but I feel like I've been active this whole time. I haven't had to get a regular job. I've been able to put "Musician/Songwriter" on my tax return for 25 years. It's not a bad place to be. So me directing my first film, it just felt like a natural progression from that, and it's something that I've wanted to do.

RI: What are your thoughts on rap now? There's a viral video of Snoop Dogg making fun of how so many rappers today sound the same; a lot of them use auto tune or they use the same exact cadence. Do you have a similar view of modern rap?

MY: I think that there are a lot of copy cats, and I don't blame the artists, I blame the labels, the production companies, and the distribution companies. Because people behind desks get really scared if their artist sounds different than what's out there. They get scared that the audience is not going to gravitate to something new. Then you have somebody groundbreaking like Kanye, groundbreaking like Kendrick, groundbreaking like J. Cole. You know what I mean? You have those guys. For me, I'm still proud of Kendrick coming from the west coast. It warms my heart to see his



success. Now, you have those artists that'll go and break ground, or those artists that'll get some shine and have their cadences and the way they go, and then you'll have 10 other artists with the same flow coming behind them because that flow worked for those big artists. The copy-cat aspect I have a problem with. I can agree with what Snoop said, but I can definitely give respect to the guys that went out and established those cadences and those flows and their success in their

careers.

It's been an ongoing story, because people have said the same about me when my record came out, or when I was having my success, and peers of my day. You know what I mean? So I kind of take that into consideration, that I don't want to be standing on the sidelines criticizing everybody. I definitely think that there's room for criticism though, because there's definitely a lack of originality in terms of people wanting to take chances with their music.

Click [HERE](#) to buy tickets to the I Love The 90's Tour with Young, Vanilla Ice, Salt N Pepa, Rob Base, and Coolio.

SUMMER SURVIVAL GUIDE

Beat the heat and keep your energy up with these five simple tips.



Limit caffeine and alcohol.

Both of these are diuretics, so drinking a lot of coffee, beer, wine, or liquor will dehydrate. Caffeine can help boost your metabolism and increase strength in the gym, but alcohol acts as a sugar and slows your metabolism when ingested. We're not saying don't have a drop, but limiting your intake to one or two drinks per day is wise in summer months. Drinking a little less than that is even better.

Drink plenty of water.

This is always true, but even more so in summer months. You sweat more in the heat, and failing to

replace the fluids you lose through sweat will dehydrate you and slow your metabolism, as well as give you a headache and sap your energy.

Get plenty of electrolytes.

Potassium, calcium, magnesium, and sodium are incredibly important to maintaining fluid balance and energy levels, but you don't need to pound sugary sports drinks to get them. Eat a banana, avocado, potato, spinach, raisins, or coconut. You can also season your food with regular table salt and drink a glass of skim milk. There are plenty of whole-food alternatives to sports drinks that won't make you pack on weight.

Eat local with the season.

Summer is the perfect time to eat plenty of blueberries, strawberries, celery, fennel, tomatoes, zucchini, watermelon, cantaloupe, honey dew melon, and more. We're not just recommending these for their fresh taste (though that is a big plus) but for the fact that fresher produce that isn't stored and preserved for a long time is more nutrient-dense than conventional grocery store produce. Fill your diet with fresh local fruits and veggies and you'll actually feel the difference.

Be strategic with the sun.

Sunblock or other cover is important if you're going to be out in the sun for more than 30 minutes at a time. Exposure to the sun carries great benefits, chief amongst them being vitamin D production, but overexposure that raises your body temperature will sap your energy and leave you feeling groggy and tired—not to mention possibly lead to serious skin cancers including melanoma. Sunblock and light clothing that covers your whole body is the ideal way to prevent sunburn. As to keeping your energy levels up, jumping into a pool or other body of water to cool off isn't just refreshing, but therapeutic—and can buy you more time to safely enjoy the sun.

IN THE GYM: WORKOUT OF THE MONTH



SHORT AND SWEET

Build muscle and blast fat with this simple but intense circuit workout.

DIRECTIONS: Perform the following workout as a circuit; don't rest between exercises and rest only 90 seconds at the end of each round. Perform three rounds.

EXERCISE	REPS
Bodyweight Squat	20
Pushup	10
Inverted Row	10
Side Planks	30 seconds each
Squat Jump	10
Arnold Press	15
Hammer Curl	15
Rope Pressdown	15
Plank	60 seconds

EXERCISE DESCRIPTIONS:

BODYWEIGHT SQUAT

Stand with your feet slightly wider than shoulder-width apart and both hands in front of you or behind your head. Squat low to the ground, making sure your thighs get at least parallel to the floor. Engage your glutes as you stand back up.

PUSHUP

Get into a pushup position with your hands shoulder-width apart on the floor. Keep your back flat as you lower your body to the floor, then push back up to the start. If a straight pushup is too difficult, modify it by

IN THE GYM: WORKOUT OF THE MONTH



putting your knees on the floor. In either variation, keep your back flat throughout the move.

INVERTED ROW

Lie in a power rack underneath a bar set on the safety pins. Reach up to the bar (it should be just out of reach) and grab it. Pull your chest up to the bar (or as high as you can) squeezing your shoulder blades together as you do so. Hold the position for a second then slowly return to the start.

SIDE PLANKS

Lie on your left side with your feet stacked, right on top of left. Prop yourself up on your left elbow so that your hips and legs come off the ground. Keep your body in a straight line from ankles to shoulders; don't allow your hips to "sag". After 30 seconds, switch sides. To add difficulty,

you can raise your top leg up while keeping the same position.

SQUAT JUMP

Stand as you would to do a normal bodyweight squat. Descend in the same fashion until your thighs are just lower than parallel to the floor, then reverse direction, exploding upward and jumping in the same motion. Land softly and repeat immediately.

ARNOLD PRESS

Hold a pair of dumbbells at your shoulders with your palms facing out. Press the dumbbells straight up, pause just short of full extension, then slowly return to the start.

HAMMER CURL

Hold a dumbbell in each hand and, without using any momentum, curl the weight up to chest level, stopping

just shy of your shoulder. Squeeze your biceps at the peak of the movement, then slowly return to the start position.

ROPE PRESSDOWN

Clip a rope attachment to a high pulley at a cable station and grip it with both hands at either end. Keeping your elbows at your sides (imagine they're bolted to your ribs) press down, extending and contracting your triceps hard. Flare your hands out at the bottom of the movement, hold for a second, then slowly return to the start.

PLANK

Lie facedown on the floor, propping yourself up on your toes and elbows. Keep your core muscles tight to keep your body stable and in a straight line. Hold for the prescribed amount of time.

IN THE GYM: GEAR

FITNESS ESSENTIALS

A good pair of shoes, a solid med ball, and the best calorie tracker around.

REEBOK CROSSFIT NANO 7 WEAVE ▶

There are plenty of cross trainers out there, just not any this stylish. The nanoweave tech offers the perfect combination of flexibility, breathability, and support. The low cut makes it easy to change direction quickly, and the durable outsole is equally adept at handling heavy weightlifting as it is distance running. Check the Reebok site for the full range of colorways available for men and women.

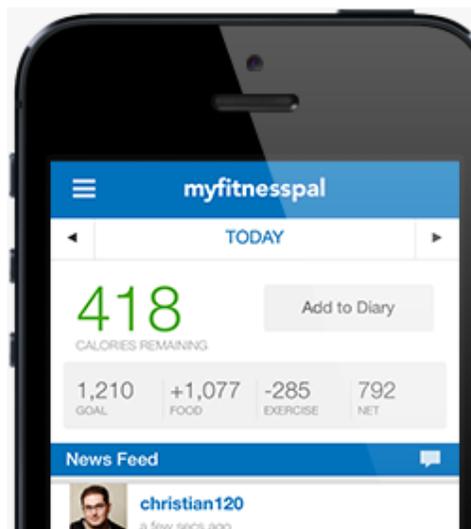
[\\$130, reebok.com](http://$130.reebok.com)



MY FITNESS PAL

You're eating healthy and getting to the gym, but can't lose weight. The culprit is likely too many calories. So often when we're eating healthy, fresh food, we forget that our body can only make use of so much. That's where the app My Fitness Pal comes in; just enter your personal info, log your food as you eat it, and the app will tell you exactly how much more you can eat for your particular goal. Consistently rated the best calorie counter app on the market.

MyFitnessPal.com



DYNAMAX BALLS

What's the use of an oversized medicine ball for your modest home gym? Plenty, actually. They can take a pretty serious beating and never lose their shape or spring a leak. From floor slams, wall-ball shots, carries, squats, lunges, partner tosses, and crazy games like [THIS](#), the Dynamax ball is indispensable.

[From \\$80-\\$120, performbetter.com](http://From $80-$120, performbetter.com)



CHICKEN MASALA

Master this comforting Indian tradition.



Serves 4

YOU'LL NEED

4 boneless, skinless chicken breasts, cut into cubes
Juice of 1 lemon
1 onion, quartered
1 onion, finely chopped
2 garlic cloves, peeled
1 garlic clove, thinly sliced
One 2-inch piece of fresh root ginger, peeled
1 ½ cups (12 oz) plain, nonfat Greek yogurt
½ cup olive oil
Garam masala paste

MAKE IT

1) In a bowl, toss the chicken with the lemon juice.
2) Place the quartered onion, 2 cloves garlic, and ginger in a food processor and chop finely.
3) Add the yogurt and strain the lemon juice from the chicken into the blender. Puree until blended, then pour back over the chicken. Cover and marinate in fridge for 24 hours.
4) Thread the chicken onto kebab skewers, reserving the marinade. Barbecue or grill as slowly as possible until just cooked through, 6-8 minutes; it's very important not to overcook the chicken. Remove the chicken from the skewers.

5) Meanwhile, make the masala. Heat olive oil in a wok. Add chopped onion and thinly sliced garlic. Fry for 4 minutes until soft. Mix in 3 tbsp masala paste, 1 tbsp at a time, and stir-fry mixture for 2-3 minutes until fragrant. Add the reserved yogurt marinade. Mix and bring to a boil. Add chicken and cook for 3 minutes.
6) Garnish with chopped parsley and serve hot over spiced basmati rice.

THE MACROS

CALORIES: 379
PROTEIN: 26 g
FAT: 25 g
CARBS: 1 g (without rice)

IN THE KITCHEN: RECIPE

JAMAICAN JERK CHICKEN

The perfect balance of tanginess and heat.

Serves 8

YOU'LL NEED

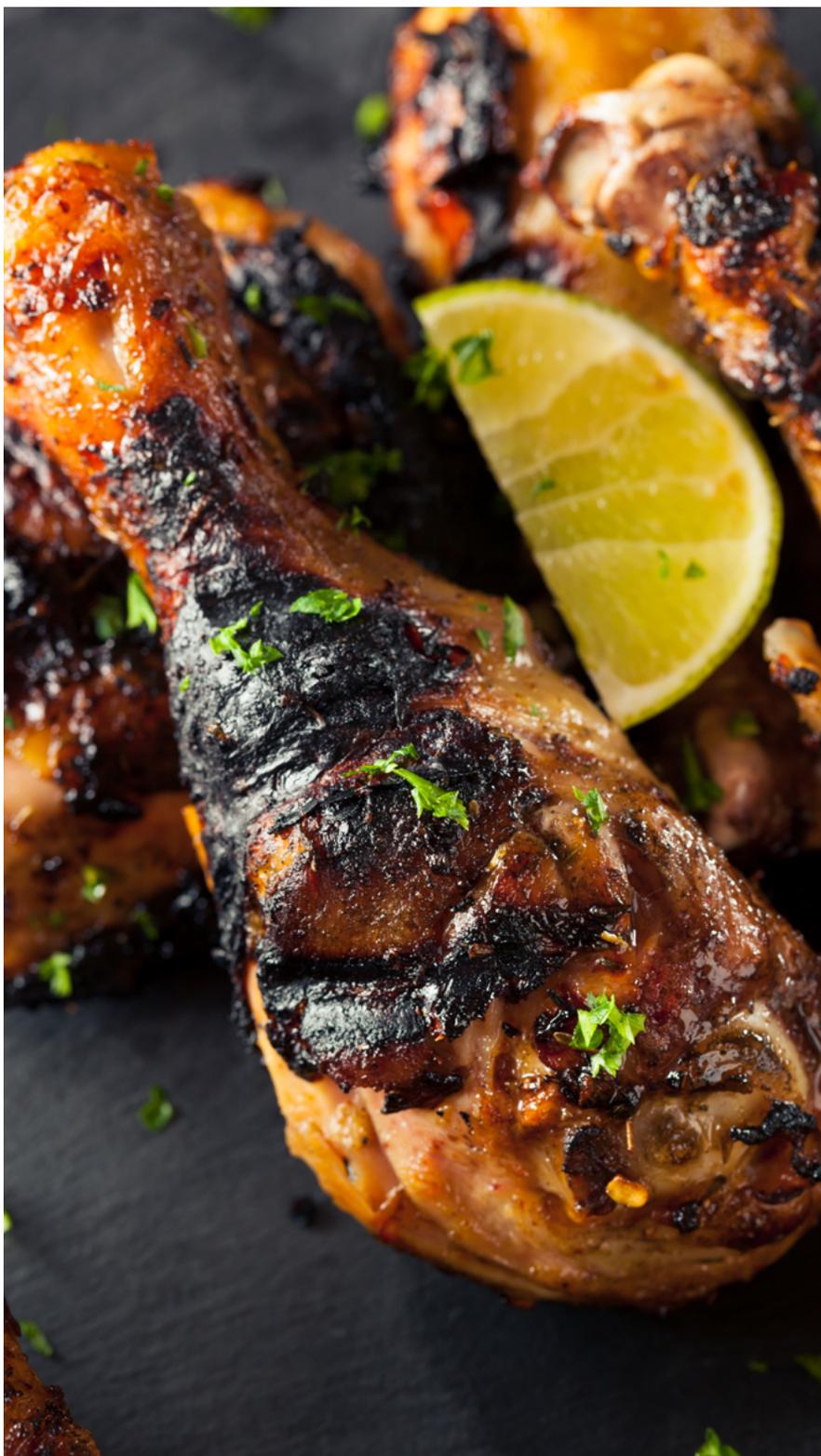
12 chicken drumsticks
12 chicken thighs
4 limes
4 tsp ground allspice
3 tsp ground nutmeg
3 tsp ground cinnamon
1/8 cup fresh thyme leaves
2 white onions, finely chopped
1 cup chopped scallions
2 hot Scotch bonnet peppers
2 cups low-sodium soy sauce

MAKE IT

- 1) Microwave the limes, one at a time, for 30 to 60 seconds to extract the oil from the skin. Reserve.
- 2) Blend the allspice, nutmeg, cinnamon, thyme, onions, scallions, and peppers to make a pulp. Return to the limes and squeeze the juice into the blender; add in the lime oil and soy sauce.
- 3) Place the chicken and lime skins in a container that you will be able to cover tightly. Pour the marinade over the chicken, and let rest in the refrigerator overnight, or a minimum of four hours.
- 4) Cook slowly on a grill or roast in an oven, covered, at 300 degrees for 2 hours. Remove cover and finish cooking for 30 minutes at 400 degrees.
- 5) Serve with sides. Recommended: coleslaw and roasted butternut squash.

THE MACROS

CALORIES: 387
PROTEIN: 43 g
FAT: 23 g
CARBS: 2 g



IN THE KITCHEN: GEAR

DOWN TO BUSINESS

Summer grilling essentials.



GRILL TOOL SET

This handsome set of stainless steel grill tools gives you a lot of bang for your buck. Not only do you get the standard spatula, tongs, and brush, you get four sets of corn cob holders, a spare brush head, and a basting brush—all in a neat carrying case that makes it ideal for home use or tailgating.

[\\$40, amazon.com](https://www.amazon.com)

NOTHING IS IMPOSSIBLE - APRON

We can't all cook like Robert, but we can channel his can-do spirit with this apron bearing his motto, "Nothing is impossible". Go on a mission to master your kitchen! One size fits all.

[\\$25, chefrvine.com](https://www.chefirvine.com)



ENGRAVED HERB GRINDER

Put fresh herbs in this aluminum herb grinder, give it a few twists, and you're ready to season any dish like a pro in just a few seconds. Comes in several gorgeous, textured designs created by laser etching.

[\\$30, etsy.com](https://www.etsy.com)



FINISHING THE FIGHT



Brian Stann left the military in 2008, but the decorated Marine and MMA champ continues the fight at home, working through the nonprofit organization Hire Heroes USA to find meaningful employment for all veterans. The organization has enjoyed explosive growth since Stann took over as CEO in 2009, growing from a single office to seven nationwide, and helping 17,000+ veterans find jobs. Nevertheless, demand for Hire Heroes' services is constantly growing. Stann spoke to *Robert Irvine Magazine* about the challenges Hire Heroes USA currently faces, and what makes America's military veterans such a perfect resource for employers.

BY MATT TUTHILL

BRIAN STANN

RI: Hire Heroes USA was a single office when you joined in 2009. Now it has seven offices around the country. What were the biggest challenges to generating the revenue to do that and building it into the force that it is today?

BS: In the nonprofit industry, the problem that you're trying to solve has to be real. It can't be fabricated. It has to be something that doesn't just impact you or just one demographic, but has substantial impact on the community or the nation.

This veterans issue, veteran employment, is that problem. There's a definite economic impact to ensuring that our military service members return home and can find meaningful employment. That also has a big impact on enlistment because of the fact that we have an all-volunteer force. Imagine if military veterans came home and they couldn't find work and they became a demographic where people looked at them differently, looked at them very poorly, similar to what happened in Vietnam. It would be very hard. We'd probably have to go back to having a draft.

So we recognized that the problem was substantial enough that it merited significant focus, and there was really no one out there that was addressing it correctly to help solve it. From there, we were fortunate that our founder, John Bardis, who was a very successful entrepreneur and business leader, was the initial sponsor of the whole thing. He donated office space and office equipment so that we could get started.



Stann speaks with President George W. Bush about the challenges facing today's veterans. A big part of Stann's mission with Hire Heroes USA is to raise awareness for the fact that veterans are a huge, untapped resource of highly skilled labor.

My first year in the organization was really me determining that the demographic that we're trying to help needs a more personalized approach. There's no website that you're going to build that's going to help solve the problem and help them transition effectively and find meaningful work. There's no technology that's going to give them all the knowledge necessary. It's going to take some one-on-one career counseling. If you're going to ask other people for their money so that you can do this, you've got to be able to prove that it works. I needed people that could be great career coaches, but I also needed minds that were analytical in strategy. I'm a big thinker. I'm a forward thinker. I needed someone that could help me operationalize this big idea and measure it at every step so that we could constantly improve it.

Interestingly enough, I had spent several years in the Marine Corps

with a guy Nathan Smith, who I grew very close to, like a brother. He was just starting his transition out of the Marine Corps right around the second year that Hire Heroes was in operation, 2010. We served together in the same company in Iraq during our second tour. We worked really well together because we had such complementary skill sets. We both have a very strong base in leadership. He has the ability to focus on something and put it to a level of detail, dig into data and really analyze it. I'm a very gregarious person who likes to go out, spread a message and develop relationships and maintain those relationships and motivate groups of people.

When he came on board and we were able to combine our skill sets. It took about a year and a half from there for us to really start to catch, I'd say, our first ride, where we were consistently helping tens

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of military veterans and transitioning service members every single week. I wouldn't say we were in the hundreds just yet, because you're talking about a team of 12 people, but we started to get interest from the bigger funders because even for that small of population, we were able to prove what we were doing is working and having a meaningful impact. Every time we edited a resume, every time we did a career counseling session, every time we did a mock interview, we had it recorded. We could show them how much work we were doing per every donated dollar into the organization.

RI: I'm really struck by just how it has exploded on the backs of private donations. Do you get any government funding or are you

totally private?

BS: We get no government funding. As you could imagine, both Nate and I are former Marine Corps infantry officers. We had leadership, operations, efficiency, effectiveness, things we were naturally good at. What we were terrible at back then was any kind of marketing or promotion. We said, "We're just going to show them how great we are." We're going to help every veteran who comes into our program."

We didn't have any money for marketing, anyway. I was fighting [in MMA] at the time. That was getting us a lot of free attention. We were leveraging that to help build our mission. It was helping. As I became a top 10 ranked fighter, I would get a lot more media that I could use. People were generally interested, saying "Wait a minute?"

Who's this fighter who also served in the Marines and isn't just a fighter, but is running a nonprofit?" That helped tremendously. Really where we started to get our first funding was the Call of Duty Endowment.

RI: That's cool to see. That video game franchise is so popular and it uses the military as its subject so it's great to see that they give back in a significant way.

BS: Absolutely. In fact, the only thing that endowment funds are organizations that help veterans get jobs, because they've identified that as the biggest issue facing veterans. They've been phenomenal. It went from an initial, say, \$60,000, to now, where it's over a million dollars a year that they're funding us.

That's always been where we raised the significant portion of our budget, in competitive grants that have been earmarked for nonprofits that can prove long-term impacts and that can showcase excellent use of donated dollars, because we do that. When you look at our Charity Navigator rating, we're through the roof. We're about as high as you can get. Everything we do, every dollar we spend is deliberate.

RI: You mentioned that recruiting could fall if the employment issue isn't addressed. That seems like something that the government would be really concerned about. The fact that Hire Heroes and other organizations like it need to exist privately, outside of the government—is it your view



Stann speaks at a June event where the Walmart Foundation presented Hire Heroes USA with a \$1 million grant with Robert taking part in the festivities.

BRIAN STANN

that the VA is doing enough? Do you feel like it fails veterans?

BS: I think they've gotten better. I think organizations like ours have pushed them to get better. They still spend an exorbitant amount of money. We could probably—not probably—we could do a better job with the entire population of service members they're trying to serve, with about a quarter of the money. It's just fact. The good thing is that we've been complementary to a lot of the contractors who are hired through the VA and through the Department of Defense. We've been a massive resource for them. It doesn't make sense for us to be enemies. We're just trying to make sure that this generation of service members comes back to their community and leads again, and wins, that the American dream is a real thing for them and not something that they no longer get because they chose to go serve their country during a time of two wars, and not go to college or not go into corporate America.

I feel like when you look at the success that military veterans have had over the last four years in corporate America, it's huge. Now you have companies—they don't have military veterans included in their diversity recruiting programs because they think it's the right thing to do, although it is, but they are including them and they're recruiting them because they realize that is a significant talent pool for

them to recruit into their company.

In many cases, they're fighting over them and they're competing for them, which is a big step. It's not across the board, but we've encountered so many more companies that have realized that in the last four years. Organizations like ours, while we're only helping under 20,000 people a year, we've been one of the biggest voices in this space. We've been one of the biggest advocates of

“When you are entrenched in a project, you're on a team, you're able to put food on the table for your family and you can live your life, guess what? You're not sitting there focused all the time on the buddies that you lost or that horrific thing that happened when you were on patrol one day. You're able to put that in perspective.”

military veterans taking ownership of their own transition. Don't wait for the government or anybody else to do this for you. Work with us and together we'll put together your plan, a phenomenal resume, practice your ability to speak, present your skill set in a verbal interview, deliver your value proposition to a company, and look to find the right

employment opportunity.

One of the issues that doesn't get talked about a lot with veterans is our rate of turnover. Over 40% of veterans who leave their first job within the first year coming out of the military, do so because they take the first thing that comes to them and it's not what they want to do. It's not a cultural fit. As you know, you bounce around to too many companies in a short period of time,

nobody wants to touch you. We're always a little cautionary about the word passion, right? So many people say, “I want to do something I'm passionate about.” How many people do you actually know are 100% passionate about what they do for a living every day?

RI: Very few.

BS: Yeah. Maybe in the first six months, right? But every job will become a job at some point. You need to be passionate about putting food on the table and earning a living so that you can afford to do the things that you're passionate about. We want them to find opportu-

nities, where there's room for them to develop professionally. If you go from being in the military where you're surrounded with comradery and a code and character traits and sometimes you go into an environment where it's completely introverted or it's totally the opposite of what you're used to, it can be a big change. It can cause that

BRIAN STANN



Left, Stann appears at the New York Stock Exchange on behalf of Hire Heroes USA. Right, Stann in his Marine fatigues. Stann earned the Silver Star for valor in Iraq. Click [HERE](#) to see a documentary about the battle Stann was involved in.

veteran to say, “You know what? This isn’t for me.”

We want to try to avoid that. We want them to invest their time wisely. By finding the right opportunities, it only helps grow the brand of military veterans.

Companies then realize that they’re great investments, that they’re a great source of talent. That the American people don’t look at us all like we’re Marcus Luttrell or Chris Kyle; the only movies Hollywood puts out make us all look like we’re damaged, make us all look like we’ve all been in major battle when it’s only a small portion of the military who’s seen high intensity combat,

and a small portion of the military that returns home that has post-traumatic stress disorder. The same percentage of our regular population has the same issues, has post-traumatic stress, as well. Lots of people have that. It’s not just a veteran issue.

RI: That’s a great point, yet it does affect a lot of returning veterans. If a guy might be suffering or is suffering and he’s also trying to find employment, where are your responsibilities to that guy? Is it more about helping him find treatment first or are you also trying to get him employed at the same time?

BS: One of the most important things about running a nonprofit is to stick to what you’re an expert at. A lot of nonprofits make the mistake of expanding their programs to chase funding, into areas where they don’t have expertise. We’re not experts in diagnosing or counseling. I will tell you this: we have good partners that we will recommend to someone if they bring that up. At the end of the day, there’s a million different degrees of post-traumatic stress. I have probably hired, I don’t know how many different military veterans who have probably been diagnosed with post-traumatic stress, and never had one issue. People have post-traumatic stress

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from being in a car accident. People have post-traumatic stress from losing a loved one. They still go to work every day. Just because you get sad about something when you get reminded of it just makes you human. It doesn't make you hard to work around.

Hollywood has exacerbated the problem and made it look like we can't walk to the grocery store without having flashbacks and cold sweats. It's nonsense. I would tell you that most of the effects of having post-traumatic stress begin to go away when a veteran is meaningfully employed and they have responsibility again. When you're busy, your mind doesn't wander to dark places. I've said that for years. When you are entrenched in a project, you're on a team, you're able to put food on the table for your family and you can live your life, guess what? You're not sitting there focused all the time on the buddies that you lost or that horrific thing that happened when you were on patrol one day. You're able to put that in perspective and understand that, "Look, that was a part of my life that I served my country and it's awful, but that is a part of combat. It's terrible and it doesn't do me any good to use that as a reason to become a victim or to start doing negative things, to abuse substances, to get angry." That doesn't help anybody.

RI: That's a great answer that offers some wonderful perspective on something that is very misunderstood. Since you mention it, you are one of the guys that saw

some pretty extreme combat while you were over there. Did you have to deal with PTSD?

BS: Of course combat like that is going to change a person. For me, I've been very fortunate where I've always been employed. I met John Bardis seven months before I transitioned out of the military. I was competing as a professional mixed martial artist for the last two-and-a-half years of my Marine Corps career. I was actually using MMA and doing a program for veterans that were struggling with the post-traumatic stress after their deployments. The thought process there was, "Look, nobody's going to feel soft talking about their feelings or their experience if they just trained submission holds, grappling, and punching. You're going to feel pretty darn tough doing that." Then all of a sudden everybody in the group is just talking about, "Yeah, sometimes I get angry about this," or, "Sometimes I get sad about that." After they left that workout, they never went home angry.

RI: So you stayed extremely busy.

BS: There has to be something that balances us. Some people run. Some people paint. Some people knit. Some people read. For me, it was martial arts. Every time I got back from combat, I immediately got back in the gym and started training. There's something about that sport, that training, that put things in perspective for me and made me realize very early on that no matter how sad I am about losing one of my Marines or what happened on a cer-

tain day or losing one of my closest friends, I don't memorialize them. I don't do anything constructive or positive by using them as an excuse to fail, to be depressed, to be miserable, to take backward steps in my life. I owe it to them to move forward. I owe it to them to help other people move forward. That's what truly memorializes them. That's what they would want. They'd give anything to live one more day. How dare I waste a day in their memory.

RI: If the VA ever wanted a new leader and said, "Here's this guy Brian Stann who's a higher profile guy. He's done this amazing thing with Hire Heroes. Maybe we could use his leadership." Is that something that you would ever be interested in if they came knocking?

BS: Certainly. I would tell you that I am nowhere near qualified to run an organization of that size right now. I think that the new gentleman that they put in place is phenomenal. I had the chance to meet him. For me, I think my expertise is specifically in employment. That's only a portion of what the VA does. We'd be happy, if they came to us tomorrow, knocked on our door, said, "Hey, look, what are you guys doing that's so effective?" We would hand them the playbook. There's no patent here. We're working as if we had to put ourselves out of business, to get to where there are no unemployed veterans. We'd do that in a heartbeat. Unfortunately, though, there's 450,000 of them right now.

RI: You just received a \$1 million

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grant from the Walmart Foundation. Is it earmarked for anything in particular?

BS: Every area of this organization helps veterans and spouses get jobs. That's it. That's what we're great at. It would be irresponsible for us to try and expand to do other things that we're not experts at.

It's going to help us help thousands more people. One of the issues that we have right now is the demand for our services is more than we have the capacity to serve. We've been so good at what we do. We could get up to 600 people a week asking for our services. We can typically only bring in 300 to 350 and give them that personalized coaching.

We tier the system and make sure we bring in the people who really need us the most. There are

a lot of veterans that are underemployed. By underemployed, I mean they're working multiple things and they're not paying their bills. This grant helps us to continue to serve a meaningful, large capacity, and helps us to continue our growth trajectory, where, as you can see, over the last eight years, we've gone from original team of four people to just under 100.

RI: You achieved a very high level of fitness during your MMA career. You've been on the cover of some fitness magazines. Is it harder for you to stay in shape with all your current duties now that you're a businessman and you're traveling everywhere? You've got your commentary duties with FOX. What is fitness like for you now? Is it much

harder?

BS: I work out every day. It's a way of life. I'm more productive because I stay in shape. Just yesterday I was in Colorado Springs. I had a speech at 11 am, then I had to meet with my Colorado Springs office in the afternoon, then I had to drive to Denver to fly home. The night before, I budgeted my time. I asked myself what time do I need to wake up to make sure that I could hit the gym, then conduct my rehearsals, set up my presentation for my speech, do my speech, get to the office, and still make my flight? Had I not done that, there's no way my speech would have had as much energy. I mean, today it's going to be scheduled during my lunch break. I'm going to go to the gym and I'm going to work out. When I come back to the office after working out, I mean, I am energized and focused. Most people after they go to lunch, you have that lull from 1:00 to 3:00 where you just eat and you get kind of tired.

RI: Can you give us your Mayweather versus McGregor prediction?

BS: Yes. I sure can. I'm going to go crazy here. I'm not going to go with my mind. I'm going to go with my heart. I would love to see Conor McGregor knock out Mayweather so badly, because Floyd Mayweather is just a terrible human being. In some amazing way, it gets forgotten about, time and time again.



Stann, right, became an MMA champ and a top-ranked fighter in the UFC. Today, as a commentator for FOX, he says he'll be pulling for Conor McGregor in his August bout against Floyd Mayweather. Follow Stann on [Twitter](#). You can donate to Hire Heroes USA [HERE](#).

BRIAN STANN

[Editor's note: Mayweather has a well-documented history of domestic violence. See [HERE](#).]

RI: It's amazing how that happens, isn't it?

BS: Floyd will most likely beat Conor in a very, very dominant decision. I would love for Conor, who surprised me on more than one occasion, to land a big punch and lay that guy out in front of the biggest crowd we've ever seen.

RI: I think the whole world is rooting for the same exact thing.

BS: I sure hope so. I sure hope people realize how horrible a human being he is.

RI: Do you ever get the itch to fight again? If not for yourself but for the way it does raise the profile of your organization considerably?

BS: Every single day. It's just like being in the military. Veterans think about going back in all the time. There's nothing like waking up in the morning and having that fight to train for. It's miserable, but at the same time it gets addicting. There's no feeling like standing in the octagon and getting your hand raised because it's just you. The amount of work and sacrifice that goes into winning a competition at that level, that feeling is unlike any other. It takes time. You never fully get away from it. But my time is best served outside of the octagon. Because I get the opportunity to call fights on national TV very often, it's really been a great platform to continue getting attention for this mission.

HIRE HEROES USA SUCCESS STORIES

These are just three of the more than 17,000 veterans that [Hire Heroes](#) has helped find employment since 2007, but will give you a window into the important work the organization does:

Chris, an Army E-5

When he registered for services, Chris was unemployed, had recently moved to Idaho from California with his wife, and he couldn't find a job. A Law Enforcement Officer with a Bachelor's in Criminal Justice and military service in Iraq and Kuwait, he needed money to take care of his family, so Hire Heroes USA worked fast to find him some temporary employment. Chris utilized the nonprofit's full services, including resume revision and mock interviews. He got a full-time job right away as a Misdemeanor Parole Officer, and he came back to Hire Heroes USA for additional assistance when he finally located a position that he thought could be a great career. Chris is now in a full-time position with the Idaho Department of Insurance as a Fraud Investigator. "I think the most valuable thing for me was having someone like my Veteran Transition Specialist (VTS), who encouraged me to stay in the fight when he could sense I was getting frustrated or discouraged. He not only served as career coach but as mentor and friend."

Jan, an Air Force E-5 (Imagery Analyst with Top Secret Clearance)

The biggest challenge for Jan was his resume: he had 11 years of performance evaluation reviews and had difficulty translating and articulating his skill set into terminology that civilian employers could understand. His first resume draft was 20 pages long! Jan eventually got it down to five, then three, and finally two when Hire Heroes USA stepped in to help him. "The whole team involved during the transition workshop was great," said Jan, adding, "It was obvious that they genuinely just wanted to help out in any way possible by sharing their experiences and providing honest feedback to help you succeed with your transition."

James, a Marine Corps E-5

James had difficulty finding work after he separated from the military. He was underemployed and working as a low-wage bartender when he first registered with Hire Heroes USA. He said, "I had no idea how challenging the job search was going to be," adding that he had received zero response from employers regarding his job applications. "Hire Heroes USA supplied me with several valuable tools that covered how to interview, sample interview questions, successful cover letter templates, and many others that aided my job search," he said. "Most importantly, I knew from the start that I have a lot of value to add to the workforce, based on my military service."



SUMMER GRILLING SPECIAL 2017

Because
Robert
knows you
can do
better than
burgers and
dogs.

SUMMER GRILLING

GRILLED MEXICAN STREET CORN



To make your own lime aioli, combine 2 egg yolks, juice and zest of 1 lime, 2 cloves garlic, 2 tsp Dijon mustard, salt, pepper, and a drizzle of grapeseed oil in a blender until thickened.

Serves 2

YOU'LL NEED

- 2 ears of corn
- 1 TBS lime aioli
- 1 lime (zested)
- 2 TBS queso blanco
- 1 OZ bacon lardons (chopped)
- 1 TBS cilantro (picked)

MAKE IT

- 1) Peel both ears of corn, and soak in cold salted water.
- 2) Place corn on a hot grill, approximately 3 minutes on each side.
- 3) Finish corn with lime aioli, lime zest, bacon lardons, queso blanco, and picked cilantro.

THE MACROS

- CALORIES: 195
- PROTEIN: 9 g
- FAT: 8 g
- CARBS: 27 g

SUMMER GRILLING



GRILLED ZUCCHINI “NACHOS”

Serves 4

YOU’LL NEED

- 2 zucchini sliced (¼ inch thick)
- ¼ cup black beans
- ¼ cup beefsteak tomato (medium diced)
- ¼ cup red onion (small dice)
- ¼ cup red peppers (small dice)
- ¼ cup avocado Diced
- ¼ cup canned corn
- ½ cup shredded cheddar cheese

MAKE IT

- 1) Season zucchini with salt and pepper, place zucchini on hot grill and cook about 3 minutes on each side.
- 2) Place grilled zucchini on a baking sheet, coat zucchini with cheddar cheese, and place in a 350-degree oven. Allow cheese to melt, next top with beans, peppers, and corn. Place back in a 350-degree oven and cook for about 8 minutes.

- 3) Finish with tomatoes, red onion, and avocado.

THE MACROS

- CALORIES: 122
- PROTEIN: 6 g
- FAT: 7 g
- CARBS: 11 g

SUMMER GRILLING

PEACH BBQ CHICKEN

Serves 2

YOU'LL NEED

2 skinless chicken breasts
½ cup white onion, chopped
1 tbsp chili powder
¼ cup ketchup
2 whole grilled peaches
¼ cup brown sugar
¼ cup soy sauce

MAKE IT

1) In a food processor, place ketchup, chili powder, brown sugar, soy sauce, and grilled peaches.
2) Puree until smooth.
3) Season chicken breast with salt and pepper.
4) Place chicken on a hot grill and cook for approximately 5 minutes, flip chicken and coat grilled side of chicken with peach BBQ sauce. Allow chicken to cook for another 5 minutes and flip again coat with

more peach BBQ.

5) Cook chicken for another 2 minutes on each side, or if you have a thermometer bring chicken to an internal temperature of 165 degrees.

THE MACROS

CALORIES: 377

PROTEIN: 31 g

FAT: 4 g

CARBS: 57 g





GRILLED CALAMARI

Serves 5

YOU'LL NEED

FOR THE CALAMARI

1 pound cleaned baby squid (left whole)
2 TSP smoked paprika
1 TSP ground cumin
1 TSP cayenne pepper
1 lemon (zest)
1 garlic clove, minced
½ TSP salt
¼ cup grape seed oil
¼ cup sliced almonds
½ cup roasted red pepper (small diced)

FOR THE SLICED FENNEL SALAD

1 bulb fennel (sliced ¼ inch thick)
¼ cup Nicoise olive chopped
½ cup picked parsley
½ lemon zest and juiced
½ cup grape seed oil

MAKE IT CALAMARI

1) In a food processor, add smoked paprika, cumin, cayenne pepper, lemon zest, garlic clove, roasted red pepper, sliced almonds and grape seed oil.
2) Place calamari into the marinade and allow to marinate for at least 4 hours.

3) Place calamari on a very hot grill, grill approximately 2 minutes on each side.

FENNEL SALAD

1) Take sliced fennel, olive parsley, lemon zest, juice, and grapeseed oil.
2) Season with salt and pepper.
3) Serve on side of grilled calamari.

THE MACROS

CALORIES: 427
PROTEIN: 16 g
FAT: 32 g
CARBS: 8 g

THE
ROBERT
IRVINE
POWER
LIST:
20
SOCIAL
MEDIA
LEADERS
WHO INFORM
& INSPIRE



ROBERT IRVINE'S POWER LIST

Follow these social media accounts today and get an instant shot of motivation and inspiration to live your best life. These men and women show day in and day out through consistent, positive messaging what Robert has always believed: nothing is impossible. Some of these accounts belong to the most famous men and women on the planet. Others belong to trainers and bloggers you might not have heard of yet. All of them can help you think of life in a new way and get you on the right track.

Gordana Biernat

[Twitter](#) /// [Instagram](#)

Twitter can drag down even the best of us. It's the number one place for people to vent dissatisfaction and insults at companies, celebrities, the government, and more. Even if you stay above the day-to-day noise on Twitter, it's hard not to occasionally indulge in it and use a platform so perfectly built for complaining. Gordana Biernat gives us all a glimpse of what a powerful tool of positivity Twitter can be. Gordana, who we interviewed in our May issue, believes that the stars in the sky and the ones in your mind are made of the same magic. Through constant updates, she encourages her followers to be their true selves, love more, and accomplish something great. Oprah Winfrey included Gordana on her Super Soul 100 list for good reason: she is the real deal. We are all influenced by whom we spend the most time with. Following Gordana on Twitter will serve as a reminder that you should at least fill your social media feed with more people like her—and cut out the folks who always seem to complain. Pre-order her new book [HERE](#).

Jay Cardiello

[Twitter](#) /// [Instagram](#)

We interviewed Cardiello for our Jan/Feb issue and asked him how to break down mental barriers to make resolutions really stick. This is something of a specialty for the celebrity trainer who pioneered the behavioral weight loss program for Sinai Hospital Systems and gave an excellent Tedx Talk in March entitled, "Diet and Exercise Make You Fat." You can watch that talk [HERE](#). The gist of it is this: without addressing the root mental cause of weight gain, there isn't a single training or nutrition program in the world that can help you. We highly encourage you to watch the speech to get the full context for Cardiello's philosophy. But his social media channels are also a gold mine of surprisingly deep philosophizing on the subject.

MONEY POSTS

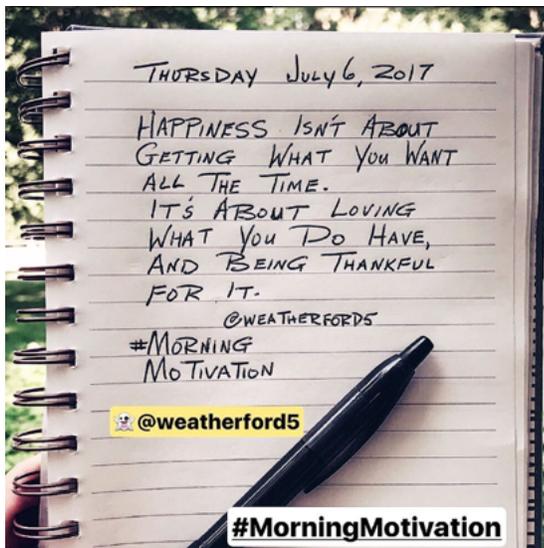


When a child learns to walk and falls down 50 times, he doesn't stop to think: "Hey, maybe this isn't for me."

ROBERT IRVINE'S POWER LIST

MONEY POSTS

mikeohearn In this world of constant noise and distraction, when I look at Teddy, I see simplicity. I see selflessness. I see appreciation. I see unconditional love. We tend to get so busy and forget that life doesn't have to be so tense. Write your own book and spend your time with those that make you happy. #Love #QualityTime #Smiles #DogFather #17YearsYoung #TimeWithTeddyBear 🐻



Mike O'Hearn

[Twitter](#) /// [Instagram](#)

O'Hearn is a statue of a man – the kind the Greek gods would worship if they had gods of their own. It really is hard to understate just how symmetrically perfect O'Hearn's physique is; he probably would have been a 10-time Mr. Olympia if he competed in bodybuilding's golden era. Instead, the all-natural bodybuilder is a man out of time, walking amongst us today and using social media to communicate with fans all around the globe. You may not aspire to anything that Mike O'Hearn has accomplished, but if you follow him on Twitter and Instagram you'll get a non-stop dose of positive vibes and encouragement to follow your dreams and never stop working for what you really want. Even the way he deals with trolls who doubt his all-natural label is a lesson in smiling in the face of hate and staying focused on your goal. (Bonus follow: [@strykersworld](#) – O'Hearn is an avid animal lover and needed a separate Instagram account for all his dog pics and videos.)

Steve Weatherford

[Twitter](#) /// [Instagram](#)

Why settle for #MondayMotivation when you can get daily #MorningMotivation from Weatherford? The shots of encouragement from the 10-year NFL veteran and Super Bowl champ hold more weight than the typical social media platitudes because Weatherford walked the walk in stunning fashion, transforming himself from a scrawny teenager to the most jacked kicker pro football had ever seen, and then into a lucrative "retirement" in the fitness industry. (You can check out his #ARMageddon program [HERE](#).)

Jen Widerstrom

[Twitter](#) /// [Instagram](#)

The Biggest Loser trainer underwent a pretty radical transformation of her own after college, and she isn't shy about posting pics or talking about how she felt when she was in the worst shape of her life. Widerstrom, who we interviewed in our October 2016 issue, is an anomaly in the fitness industry, as intelligent as she is motivated. Following her will get you an insight into her non-stop world, free workouts, tips, and of course, heartfelt motivational tips. You can check out her book, *Diet Right For Your Personality Type*, [HERE](#).

ROBERT IRVINE'S POWER LIST

Gary Sinise

[Twitter](#) /// [Instagram](#)

Our December 2016 cover guy has starred in a few all-time classic films, including *Forest Gump* and *Apollo 13*. Today, he's the star of *Criminal Minds: Beyond Borders* on CBS. But Sinise only waxes poetic about the past on rare occasion; plugs for his current projects are just as rare. His main MO on social media is to shine a light on the work of The Gary Sinise Foundation and the many brave veterans it benefits. As explained in our cover interview (which you can read [HERE](#)), Sinise was devastated by the way returning Vietnam veterans were treated stateside. It began a lifelong calling to support veterans and veteran causes, and ultimately led to the creation of his own non-profit, which builds custom smart homes for disabled vets. There is great perspective to be found by following Sinise; whatever problems you think you have suddenly seem a lot smaller. And whatever good you think you've done for others, Sinise will encourage you by example to try to do a little more.

Tony Robbins

[Twitter](#) /// [Instagram](#)

The man who revolutionized the self-help industry with best-selling books and explosive sold-out live events is, as you'd expect, a powerhouse on social media, as well. Most Twitter posts lead back to original articles on [tonyrobbins.com](#), and offer solid advice on everything from time management to personal finance, leadership, communication, parenting, relationships, and more. Robbins' Instagram feed offers inspirational quotes, as well as a glimpse into his personal life, including selfies with some of his ultra-famous clients.

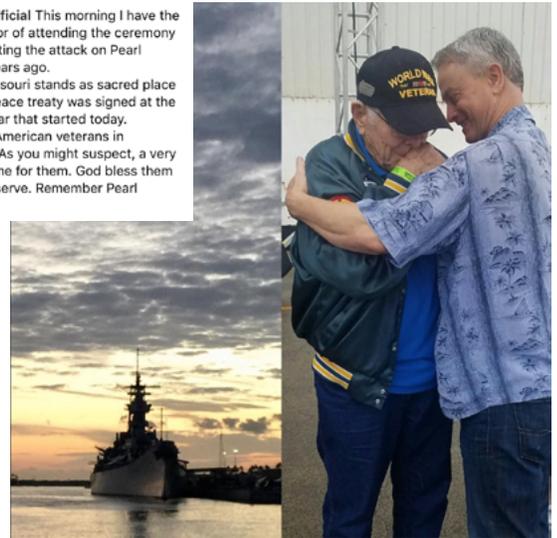
Deepak Chopra

[Twitter](#) /// [Instagram](#)

It's become a bizarre, phony cliché for social media self-promoters to label themselves a "thought leader" but when it comes to Deepak Chopra, he's one of the few who deserve the designation. Besides, it's a bit limiting to categorize him simply within "self-help" considering the fact that his musings on life attempt to explain the very nature of the universe. Whether or not you understand everything Chopra preaches about our "cosmic reality" is irrelevant. It's impossible not to read his posts and not come away with a sense of perspective that can melt your troubles away.

MONEY POSTS

garysiniseofficial This morning I have the blessed honor of attending the ceremony commemorating the attack on Pearl Harbor 75 years ago. The USS Missouri stands as sacred place where the peace treaty was signed at the end of the war that started today. Many great American veterans in attendance. As you might suspect, a very emotional time for them. God bless them and all who serve. Remember Pearl Harbor 🇺🇸



**"THE
HAPPIEST
PEOPLE
DON'T HAVE
THE BEST
OF EVERYTHING,
THEY JUST
MAKE THE
BEST OF
EVERYTHING!"**



**When you are
centered
in Being and perform
action you
can achieve
anything you intend**

ROBERT IRVINE'S POWER LIST

MONEY POSTS



Dwayne Johnson ✓
@TheRock

Following

1995. \$7 bucks in my pocket. I knew two things: I'm broke as hell and one day I won't be. #Dolt



11:09 PM - 16 Dec 2011

2,143 Retweets 863 Likes



ALWAYS GO WITH
THE CHOICE THAT
SCARES YOU THE MOST,
BECAUSE THAT'S THE ONE
THAT IS GOING TO HELP
YOU GROW.

Dwayne Johnson

[Twitter](#) /// [Instagram](#)

Megastars can get away with using social media to print money. When you've got millions of Twitter followers, you can just turn the platform into a link-mill for your new movie and places to buy merchandise—and throw the fans a bone now and then with a selfie. That's why it's so amazing to see Dwayne Johnson, one of the most bankable stars in Hollywood, use Twitter and Instagram to share deep, heartfelt stories about his own life when he was down on his luck and how he turned it around. No matter how much bigger he gets in stature (or physically) he's always reiterating his origin story (seven bucks in his pocket, no job, washed out from the Canadian Football League) as a way to encourage his fans to chase their dreams. He's prolific, too, so you'll get a glimpse of studio meetings inside Paramount, HBO, and Warner Brothers, and plenty of pics and videos of the man himself genuinely enjoying all of his success. If an attitude of gratitude really creates more abundance, no one seems to understand this concept quite as well as Johnson.

Lewis Howes

[Twitter](#) /// [Instagram](#)

Fashioned in the mold of Tony Robbins, but with a wholly unique life perspective, Lewis Howes is a voice of unrelenting positivity and infectious motivation. Howes, a frequent guest on Ellen, uses his dark personal back story as a powerful example that with the right attitude, we can overcome any hardship. Howes' wildly popular podcast *The School of Greatness* features a wide variety of luminaries from the world of business, health and fitness, entertainment, and more. In over 500 episodes, Howes proves time and again that he can get to the heart of what makes successful people tick. As a listener, you'll want to run through a brick wall after listening. Following him on social will get you more than links to his latest projects; he constantly shares inspiring quotes and motivation that buck cliché and convention and will make you want to act on your dreams today.

ROBERT IRVINE'S POWER LIST

Arnold Schwarzenegger

[Twitter](#) /// [Instagram](#)

Arnold's remarkable ability for personal reinvention continues in later life, and his latest accomplishments might be the most impressive of all. The champion bodybuilder turned Hollywood megastar turned politician is enjoying a prosperous fourth act as elder statesman. Today, he leverages his celebrity to bring attention to issues that ought to be non-partisan, most notably the scourges of climate change and gerrymandering. Schwarzenegger cuts brief, entertaining videos that cut to the heart of the matter (you'll also want to follow him on Facebook) in a way that can't be argued with. Follow him for a while and you'll slowly realize that if more celebrities had the sense of self-awareness and civic duty that Schwarzenegger has, the world would be a better place.

Ellen DeGeneres

[Twitter](#) /// [Instagram](#)

Ellen transcends the TV host profession in a number of important ways, and those extend to her social media presence: she is as concerned with making her audience laugh as she is with opening their hearts. Follow her on social media and chances are you'll get choked up once a day when she shares a particularly poignant story or clip from her show. Lest you think you might not be able to deal with all the feels, she'll pepper in cute animals and silly stuff to keep a smile on your face. (Click the photo to the right to watch the video.)

Oprah Winfrey

[Twitter](#) /// [Instagram](#)

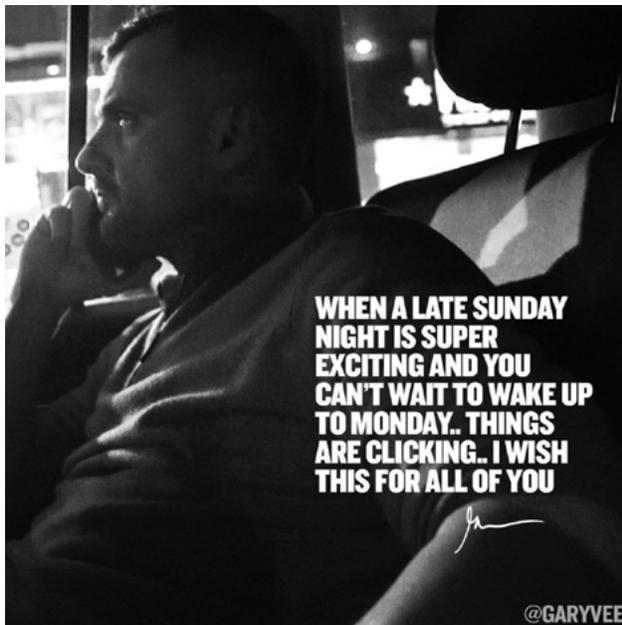
The Queen of Daytime TV is known for her boundless positivity and desire to see all her fans succeed. That's clear on social media where she shares a balance of personal posts and teaser videos for her *Masterclass* and *Super Soul* programs. (Click photo to the right.)

MONEY POSTS



ROBERT IRVINE'S POWER LIST

MONEY POSTS



Tim Ferriss

[Twitter](#) /// [Instagram](#)

The author of the groundbreaking NY Times bestseller *The Four-Hour Work Week* continues his mission of teaching work efficiency on social media. If you read Tim's books you'll learn that freeing up hours from a long commute and staying out of the office is a surefire path toward building wealth (especially once you realize that time is valuable currency). On social media you'll get into the nitty-gritty with him, specifically: a constant stream useful articles on saving time and outsourcing brainless tasks that you shouldn't be doing. (Click the image to the top left.)

Gary Vynerechuck

[Twitter](#) /// [Instagram](#)

Known better as "Gary Vee", this Silicon Valley investor can come across a bit harsh at times, but his message is a sound one: stop what you're doing right now, get up off the couch, and go do something to pursue your dreams. In addition to useful articles and quotes, Gary often shares quick-hit selfie videos to motivate his massive following.

Dave Tate

[Twitter](#) /// [Instagram](#)

You don't need to be a competitive powerlifter to love what Dave Tate has to say. The CEO of [EliteFTS.com](#)—an expert training resource and equipment supplier—has lived a life of sacrifice for the sport he loves. Tate often shares the life lessons that came through his powerlifting and bodybuilding career. Anyone can find inspiration in his blunt, truth-above-all communication style. (Click the image to the left.)

ROBERT IRVINE'S POWER LIST

Jay Shetty

[Twitter](#) /// [Instagram](#)

Check his website for some of his best material where he speaks eloquently about setting goals, relationships, and failure. One of the men on *Forbes* prestigious 30 under 30 list, Shetty has a kinetic style that's infectious. His quotes and videos will make you thankful for the failures you've had and make you realize that each one took you a little bit closer to success.

Erin Stern

[Twitter](#) /// [Instagram](#)

The appeal of the two-time Figure Olympia champion goes far beyond figure competitions. Stern is unique in the fitness industry for her years of motivational messaging that have more to do with the mind than how to look a certain way. The quote pinned to the top of her Twitter profile tells you a lot: "Control your thoughts and you control what you achieve. We are all in a constant state of becoming – We are ultimately what we believe."

Richard Branson

[Twitter](#) /// [Instagram](#)

The billionaire philanthropist and founder of Virgin spends a lot of time these days engaging with his social following, asking them questions to spark the imagination and often sharing intensely personal stories about his youth. Branson's posts encourage a childlike curiosity and seem to say that if we never stop being students, then we can't really lose.

Mel Robbins

[Twitter](#) /// [Instagram](#)

The author of the *The 5 Second Rule* is a world-renown motivational speaker who has appeared on *Oprah*, *Dr. Oz*, and *Dr. Phil*. Her brilliant Tedx talk "[How To Stop Screwing Yourself Over](#)" got over 10 million views. On social media, rather than constantly plugging appearances where most of her followers won't be able to see her, she is always on-message, sharing motivational quotes that support her message.

MONEY POSTS

"I'm bored", is a useless thing to say. You live in a great, big vast world that you have seen 0.1% of. So you should never have nothing to do. Learn something, go somewhere, think about all the amazing possibilities. So you dont get to say , "I'm bored."



Erin Stern
@ErinFAST

Following

Struggles-don't share 'em. Seek solutions, not sympathy. Once you have your solutions-share all. You'll gain strength & help others do same

4:19 PM - 3 May 2017



IS COCONUT OIL HEALTHY?

The American Heart Association recently released a report that advised against using coconut oil. But the method by which the AHA came to its conclusion leaves plenty of room for debate. /// BY MIKE ROUSSELL, Ph.D

The American Heart Association's (AHA) presidential advisory entitled "Dietary Fat and Cardiovascular Disease" released in mid-June to plenty of fanfare. In this report there was a subsection on coconut oil and its negative impacts on LDL-C, a type of cholesterol that when elevated is a risk factor for cardiovascular disease. Coconut oil is a saturated fat. When you increase the consumption of saturated fats in your diet, your LDL-C increases. The AHA advises 'against the use of coconut oil.' This caused the internet to go crazy. People were shocked that coconut oil was no longer healthy.

Here's the thing.

Due to the unending marketing and promotion of coconut oil, 72% of the American public rates coconut oil as a 'healthy food.' Most cardiovascular scientists

and especially the AHA have never considered coconut oil healthy.

To understand this disconnect let me give you an abbreviated history on saturated fats and cardiovascular disease.

Decades ago, a cholesterol-containing molecule in your blood stream, LDL-C (low density

lipoprotein cholesterol) was identified as a risk factor for cardiovascular disease in that higher levels of LDL-C in your blood would put you at higher risk for cardiovascular disease.

Americans were then advised to eat less saturated fat (butter, cheese, full-fat dairy, etc.) as saturated fat increases LDL-C.



The AHA's findings were met with considerable backlash in the fitness community. Click [HERE](#) to read fitness expert Sean Hyson's article on the topic at onnit.com.

IN THE NEWS

They were advised to replace foods containing saturated fat in their diets with carbohydrates.

Decades of food intake data shows that Americans didn't listen and didn't replace saturated fat in their diets. They instead just ate essentially the same amount of saturated fat and more carbohydrates. This addition of food instead of the recommended substitution yielded an increase in the total calories people were eating.

This resulted in a further decline in the health of Americans—what we are living right now.

The decline in cardiovascular health has yielded some push back against dietary recommendations that control saturated fat by many individuals stating that eating less saturated fat was the wrong approach and you should eat more saturated fat, and less carbohydrates.

Unfortunately, the data shows that Americans never actually ate less saturated fat but instead opted for more carbs. Piling more saturated fat (coconut oil or otherwise) isn't going to help



Roussell explains that saturated fat, whatever the source may be—red meat, nuts, full-fat dairy, and various oils—should be limited in any diet. Singling out coconut oil onto a list of foods you should never eat, however, doesn't make sense.

your health. Finding more balance in your diet will. Balance of the fats that you eat olive oil, pistachios, coconut oil, avocados, etc. Not over consuming carbohydrates and sugars but instead placing more of an emphasis on vegetables and proteins.

In the end, coconut oil is a fat/oil that you can use when you want some coconut flavor in your cuisine. It is still a saturated fat. If you are concerned with controlling your LDL or total cholesterol data suggests that it would be prudent to opt for

olive oil as your primary cooking oil. There is no health benefit to over promiscuously overconsuming saturated fats but there is health risk. Personally, I rarely use coconut oil. Hey, I just don't like all my food tasting like coconut.

Mike Roussell earned his doctorate in nutrition from Penn State. He is a nutritionist whose clients include everyone from housewives to pro athletes and he is the co-founder of Neuro Coffee, featured in our May 2017 issue. Learn more at mikeroussell.com.

KEEP IT SIMPLE

THE REAL FOUNTAIN OF YOUTH

Bikram Yoga enthusiasts have long espoused the practice as a cure-all. Now Western medicine is agreeing with them. /// BY HEATHER QUINLAN



Last month I turned 40. I was always hesitant to hit this mile marker—leftover trepidation from a time when I thought 40 was “old”. The great irony is that I have never felt better. I’m stronger physically and mentally than I was in my 20’s. I sleep soundly, can run without knee

pain that nagged me in my younger years, and I’ve never experienced any back pain that most people my age seem to deal with on a regular basis. I can thank one thing for this: Bikram Yoga.

In my early 20s I was working full time in New York City with a long

commute and fitting in workouts whenever I could, which was mainly on weekends. One day I accepted my friend’s invitation and run a 15K (9.3miles). I thought it was no big deal. After all, I could run 30 minutes on the treadmill without issue. How could that not translate into

KEEP IT SIMPLE

15k capability? Big mistake. It wound up being one of the hilliest courses I had ever run. I finished, but it only rewarded me with lingering knee pain that I couldn't shake. I decided then that it was time to see what all the yoga hype was about.

I tried every yoga studio in my area. I tried classes with lots of sitting and breathing exercises, some with props and poses, some with chanting, and some that ended with a cozy blanket laid over me. They all left me feeling like I missed the esoteric bus and it just wasn't for me. My last attempt was Bikram Yoga. I knew nothing about it, so to walk in and realize that it's taught in a heated room was a little shocking. By the end of my first 90-minute session, I left there not knowing what the heck had just happened. I was sweating head to toe and yet felt like a million bucks. I went back for more the next day and the day after that and continued to be a Bikram Yoga practitioner right up to today, some 15 years later.

Bikram Yoga utilizes 26 of the ancient Hatha Yoga postures in a unique therapeutic sequence, as well as two breathing exercises taught in a yoga room heated to exactly 105 degrees at 40% humidity. The heat increases your circulation as well as allows the muscles

to more easily stretch. Each session is 90 minutes, designed to work through all the major systems of your body. The class begins with Pranayama breathing to oxygenate your body. Then, throughout the sequence you bend the spine in all four directions to encourage proper alignment. You also compress and stretch your spine a number of times to maintain its full mobility and create space between your vertebrae, which is particularly important as we age.

Once your spine is happier, you feel better and that's not by accident. Since all of the nerve endings coming off of your spine go to your organs, your organs can again function at their maximum capacity and that starts happening just 15 minutes into the start of class.

Everything about the Bikram Yoga series is by design. The postures and their holds create a tourniquet effect in your body. In essence, you are ringing out your organs like a dirty dish rag. Then you stand in stillness to allow fresh oxygenated blood to flood through you like a high-speed irrigation system.

On top of what's physically happening to your body, there's also a powerful mental component. Every studio has mirrors and bright lighting. On day one if you don't like what you see, there is nowhere to hide from that. The self-realization aspect of Bikram yoga can be the hardest to confront but over time that changes as your mind and perspective shift based on what you've learned about yourself—that you are capable of far



The stick pose is one of several in the Bikram sequence that promotes a healthy spine and builds balance. You can watch all poses in action by clicking [HERE](#).

KEEP IT SIMPLE

more than you ever believed. You become your own best teacher and you learn to fall in love with yourself.

Today there are over 600 Bikram Yoga studios around the world, and the best part is whether you are taking a class in Massachusetts or Tasmania, it's the same class. Each class is led by a certified Bikram Yoga teacher using a specific dialogue to lead the students. For 90 minutes you are in a moving meditation as your mind thinks of each body part, freeing it from the outside world. The best part is, the sequence is completely accessible to everybody and every BODY, regardless of size, shape, age or physical limitation. It doesn't matter if you are the most athletic person on the planet or if you have a severe disability, you can do the yoga.

I have seen students start at 18 and I have seen students start in their 80's. Both students over time will see their postures improve, but the real goal is to improve quality of life outside of the yoga room. Emmy Cleaves is one of Bikram Yoga's oldest and most respected teachers. She says "Just show up. If you can stand on two feet, you're ready." You do what you can in every class with your range of motion. With the consistent repetition of the postures, the biomechanics of your body will

change and you simultaneously reinforce the benefits the postures have on your body. The sequence looks like pretty simple stuff on paper, but the result and the process that happens through the sequence of postures is incredibly healing.

For years Bikram yogis have touted the yoga's benefits, claiming it cures

vascular health proved that arterial stiffness improved and that stretching (compared to exercise) had the biggest effects on those arteries. Another study showed better quality of life for those who suffer from depression and then practicing yoga 2 times per week over a 12 week period.

Studies at Colorado State University and Massachusetts General Hospital have found, Bikram Yoga benefits cardiovascular health by improving arterial stiffness and that stretching (compared to exercise) had the biggest effects on those arteries. Another study showed better quality of life for depression patients practicing Bikram yoga 2 times per week over a 12 week period. Furthermore, Pure Action Yoga, a non-profit dedicating to researching yoga and its health benefits held is set to hold its 2nd annual Yoga Research Conference on October 21st. Their goal is to one day see yoga used as a therapy in our national and global

healthcare system. The proof is in the pudding, Bikram Yoga is a solid preventative medicine plan and an affordable one. It truly is a prescription for good health.

Heather Quinlan is a certified Bikram Yoga instructor and health coach. Visit her website at: hquinlan.com and like her page on [Facebook](https://www.facebook.com).

“Simply put, I’m healthier at 40 than I ever was in my 20s, and I have Bikram yoga to thank for it.”

everything from chronic disease to arthritis, depression, spinal problems, digestive problems, weight loss, and a whole host of other issues.

But don't just take my word for it. Western medicine is finally catching up to the ancient practice of yoga. A study on Bikram Yoga and cardio-

WHAT'S COOKING

Robert Irvine's Public House opens at the Tropicana, and Vegas might never be the same.

ROBERT IRVINE'S PUBLIC HOUSE

On July 27, Robert is proud to host the grand opening of Robert Irvine's Public House at the Tropicana in Las Vegas, Nevada. Boasting over 9,000 square-feet, the all-new restaurant will offer a range of comfort food options inspired by Robert's culinary travels from around the world—all in a pub-like atmosphere. The 275-seat restaurant will feature dishes such as burrata and heirloom tomato salad; chicken wings with option of barbecue sauce or a moonshine glaze; fried buttermilk chicken; a Tomahawk ribeye (pictured) served tableside and much more. In addition, guests can expect over 30 beers on tap and an array of specialty craft cocktails. Click the photo for more info.

BODYBUILDING.COM VIDEO SERIES

Robert's video series on Bodybuilding.com continues. Try clean eating Robert's way and you're going to enjoy healthy cooking a whole lot more. Click [HERE](#) to see what Robert has cooked up so far: oatmeal, chicken, steak, rice, veggies, and more. You don't need to be a bodybuilder to enjoy these nutritious, delicious recipes.



GRILLHAMPTON

Robert will be in Southampton, NY on Friday, July 21 to host a battle between chefs from the Hamptons and NYC. Click [HERE](#) for more info.

SIGNATURE SIDEKICKS

Robert's Signature Sidekicks have relaunched in new clamshell packaging and are now available in Wal-Marts everywhere. If you pick them up, [let us know](#) what you think!

FITCRUNCH BROWNIES

Robert's continually expanding line of protein bars recently added a new product, microwaveable protein brownies. Following the high standard set by FitCrunch bars, the brownies are made with high quality whey, and can be eaten hot or cold. Each one packs 15 grams of protein, and are available in chocolate or cookie dough. You can purchase them at Sam's Clubs and online at [Amazon](#).

WORDS TO LIVE BY

“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you’re in control of your life. If you don’t, life controls you.”

- Tony Robbins

