

ROBERT IRVINE

MAGAZINE

JAN-FEB 2018

Nothing is Impossible

**MAKE 2018
YOURS!**

**NEW YEAR
NEW YOU**

**RECIPES TO CLEAN UP YOUR DIET
WORKOUTS TO CHANGE YOUR BODY
GAIL'S TIPS TO KEEP YOUR RESOLUTIONS**

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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MAGAZINE

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HERE'S TO THE JOURNEY

If you never stop striving to learn and grow, you can't lose.

As is always the case in early January, people have been asking me if I have any new year's resolutions. The fact is, I don't. I never saw much sense in waiting until an arbitrary date—even if it is the first day of the year—to improve myself or pursue a new goal. Self-reflection shouldn't be tethered to a calendar; it should be an ongoing process, and we've written about that concept a lot in these pages. If it occurs to you on February 1st or July 15th or December 30th to start a new chapter in your life, do it! The day you choose needn't have any significance. The decision to change is what's significant.

That's not to say I don't look at January 1st as a fresh slate and a time for renewed optimism in my life; I most certainly do. It's also not to say that new year's resolutions are destined to fail. They most definitely can work if you have the right plan of attack, and we want to give that to you.

This year, January 1st actually did hold a lot of meaning for my wife Gail. The year 2018 marks the first in nearly two decades where Gail will not be a professional wrestler. She has retired and is turning the page to a new chapter in her life. As she em-



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ROBERT'S LETTER



barks on an entirely new set of career goals and takes time to evaluate her life, she has looked back to the lessons she learned while reaching the peak of her profession. By looking back, she has found wisdom to move forward—wisdom that applies to everyone with a new goal for the new year. Gail writes for us every month, but with this story—her most lengthy and personal one to date—she delivers a vital shot of inspiration. After

reading it, you'll have new tools to put to use on your goals—and you'll see how lucky I am to be inspired by such an amazing woman every day.

Now get out there and make 2018 special. Whether you've made specific resolutions or not, we must all strive to constantly learn and grow and expect more from ourselves. Throughout the year, we want to be here for you to support that journey—with new healthy recipes, simple

workouts you can do anywhere, and inspirational stories that will make you want to get the most out of life.

Thanks for being with us. Here's to you—and the journey.

Yours in health,

Handwritten signature of Robert Irvine.

EQUAL MEASURE

Strength and conditioning. Your body needs both.
Here's how to strike the right balance.



“Strength training is an investment in your future. Cardio is a short-term rental. Neither is better or worse, and they both have a place.”

– [Jordan Syatt](#), Strength Coach

Consider them ying and yang; the relationship between strength training and cardiovascular training is one that demands perfect balance. If you've read this magazine for any length of time you've probably noticed that most of our workouts share a theme of killing two birds with one stone. Or, more specifically, strength

training at a brisk pace so as to derive a significant cardiovascular benefit while you do so.

Our New Year, New You Workout on the next page ups the ante on this concept. The circuits you'll be doing provide just enough volume to build muscle, but you switch body parts often enough that your heart will have to work to keep up the blood supply to all the areas you're working. Workout I has a lot of chest and back work, with just a touch of legs sending the blood rushing to all areas of your body, whereas Workout II starts off with front

squats and barbell thrusters, which deliver a total-body shel-lacking that will jack up your heart rate and keep it there for the remainder of the workout.

The workouts are easily scalable; if you find that they're not challenging enough, just add 2-5 reps per exercise, or an extra round or two. Or just add more weight. If you get bored, however, you might need to switch it up. You can check out past workouts from *Robert Irvine Magazine* by clicking [here](#).

Now turn the page and let's get started.

IN THE GYM: WORKOUT OF THE MONTH

A FRESH START

Start the new year with a balanced approach toward building new muscle and burning off your holiday fat.



DIRECTIONS:

Alternate workouts, doing 4-5 workouts per week. Perform each workout like a circuit doing 3-4 total rounds. Don't rest between exercises and rest only for 1-2 minutes at the end of each round. Give yourself 10 minutes to warm up and stretch before each workout and do a 5-10 minute cooldown and stretch at the end of each workout.

WORKOUT I

EXERCISE	REPS
Dumbbell Bench Press	15
Dumbbell Row	15 each side
Bodyweight Squat	20
Pushup	10
Inverted Row	10
French Curl*	15
Hammer Curl	15
Cable Triceps Pressdown	10
Cable Biceps Curl	10
Plank	60 seconds

IN THE GYM: WORKOUT OF THE MONTH

WORKOUT II

EXERCISE

REPS

Barbell Front Squat	10
Barbell Thruster	10
Arnold Press	15
Lateral Raise	10
Front Raise	10
Upright Row	10
Rear Delt Flye	10
Walking Lunge	20
Side Plank	60
seconds each	

DUMBBELL BENCH PRESS:

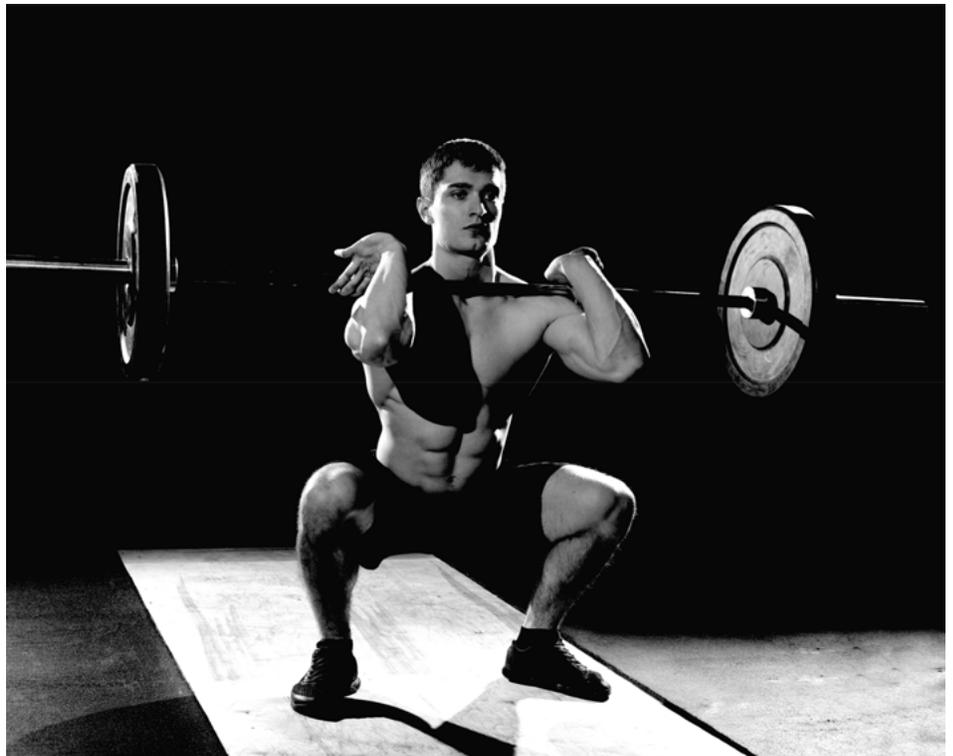
Lie flat on a bench holding two dumbbells. Engage your pecs and triceps to press them up, arcing slightly from the bottom of your chest to the center. Slowly return to the start and repeat for reps.

DUMBBELL ROW: Place your right knee and hand on a bench. With your back flat, and the dumbbell in your left hand, row the dumbbell to your chest, pulling from your shoulder blade (you should feel most of the work being done by your rhomboids, the muscles of your upper middle back). Pause at the stop and slowly return to the start. After 10 reps, repeat for 10 more with the opposite arm.

BODYWEIGHT SQUAT: With your hands straight out in front of you or at your hips, squat low to the ground, keeping your back flat



Above: the finish position of a barbell thruster. Below: a weightlifter uses a hook grip on a front squat.



IN THE GYM: WORKOUT OF THE MONTH



An upright row in motion. In the finish position the bar should be just under your chin.

and driving through your heels to return to the start. Since this is an unloaded movement, reps should be rapid, but under control.

PUSHUP: Keep your back flat throughout these, and keep your neck in alignment with the rest of your body, meaning down bend it toward the floor. Do deep, full reps, getting your chest as close to the floor as possible. Like the body-weight squat, do reps quickly, but under control.

INVERTED ROW: Lie in the base of a power rack with the bar resting on safety pins that have been set about 2-3 feet above the ground. Grasp the bar with both hands and pull your chest up to the bar, keeping your back flat and your body in a straight line from your shoulders

to your hips and ankles. Pause for a second at the top of the movement, then slowly return to the start.

FRENCH CURL: Hold a single heavy dumbbell behind your head with two hands on the underside of the top plate. Keeping your elbows facing forward, extend your arms to lift the weight overhead.

HAMMER CURL: Hold a pair of dumbbells at your sides with your thumbs touching the underside of the top plates. Curl the weight up to your shoulders without rotating your hands (when your arms are moving up and down it will look like you are hammering).

CABLE TRICEPS PRESSDOWN: Use an attachment of your choice—rope, v-grip, straight bar, or oth-

er—attached to a high cable pulley. Grasp it with both hands and engage your triceps to push the bar down. Hold it for a second, then return to the start under control.

CABLE BICEPS CURL: Using the same attachment, adjust the high pulley to the low position. Perform biceps curls under control, squeezing hard in the top position.

PLANK: Get down on the floor in a pushup position with your elbows and forearms propping up your body. Keep your shoulders, hips, and ankles in a line and squeeze your abs, breathing behind the brace, as you hold for the allotted time.

BARBELL FRONT SQUAT: Load a barbell and rest it just below your

IN THE GYM: WORKOUT OF THE MONTH



A strict textbook plank.

collarbones on the front part of your deltoids (shoulder muscles). Hold it in place with your hands just in front of your shoulders or by crossing your arms over the bar. Perform squats, getting your thighs parallel to the floor at the bottom of the movement.

BARBELL THRUSTER: With a loaded barbell across your front delts and under your collarbones, hold the bar with an overhand grip; your hands should be just outside shoulder width. Perform deep squats, then, at the top of the movement—and using some momentum to get the weight up—thrust the bar overhead to a full extension of your arms. Return the bar to your shoulders under control and go right into the next rep.

ARNOLD PRESS: Hold a pair of dumbbells at your shoulders with your palms facing your shoulders. Press the weight up, slowly rotating

your palms away from your body so that they are facing the opposite direction at the top of the movement. Reverse the move exactly to start the next rep.

LATERAL RAISE: Hold a pair of dumbbells at your sides. Without bending your elbows, raise your arms out to your sides until they are parallel to the floor. Hold the top position for a second, then slowly return to the start.

FRONT RAISE: Hold a pair of dumbbells at your sides. Without bending your elbows, raise your arms straight out in front of you until they are parallel to the floor.

UPRIGHT ROW: Hold a pair of dumbbells in front of you at your waist. Lift the weights straight up to your shoulders, keeping your hands close to your body. Your elbows should flare up and out as you do this.

REAR DELT FLYE: Lie face down on a bench set to a slight incline, holding a pair of dumbbells. Raise the dumbbells straight out to your sides without bending your elbows. Squeeze your delts in the top position then slowly return to the start.

WALKING LUNGE: Holding a pair of dumbbells at your sides, perform walking lunges, walking forward with a long stride and lowering your back knee to the floor. Drive through your front heel to stand back up and take the next step. Keep good posture throughout the exercise and don't bend at the waist as you go.

SIDE PLANK: Lie on your side and prop up your body on one elbow, keeping your body in a straight line for the duration of the exercise. Switch sides after you've hit the allotted time. For an added challenge, raise your top leg up and try to hold it there.

IN THE GYM: GEAR

THESE JUST IN

Two new picks—one to build a better body, one to build a better brain.

DEATH STAR SLAM BALL

That's no moon... it's part of Onnit's expanding line of Star Wars fitness gear. This Death Star slam ball is 20 pounds and lends itself to a variety of intense exercises such as wall ball shots, floor slams, partner tosses, situps, weighted lunges, squats, and more. The Death Star detailing on the rubber surface provides the perfect texture so you can get a grip. Elsewhere in the Star Wars line, Onnit sells kettlebells in the shape of helmets worn by Darth Vader, Boba Fett, and storm troopers, as well as a Han-Solo-in-carbonite yoga mat.

\$74.95, Preorder at Onnit.com



MOMENT APP

Ten years ago we didn't have smart phones. Now they dominate our lives to the point where we can't imagine life without them. How much time—and productivity—do you let slip away each day because you're mindlessly scrolling social media feeds, immediately responding to a text or e-mail that could just as easily wait, or reading some piece of gossip that has no bearing whatsoever on your life and goals? (People constantly do this in the gym. Do you think they're getting a good workout?) Moreover, how much time are you losing with your family?

You don't need to guess at the answer. It's easily measureable if you take a minute to—rather ironically—pick up your phone and download an app called Moment. (We first learned about it in this excellent column, which you should definitely read.) Moment will run in the background and give you a detailed report of your daily smart phone usage, including the total number of hours and minutes you spend on it as well as the number of times you pick it up and break your concentration.

Free on the App Store



IN THE KITCHEN: RECIPE



SMOKED SALMON PIZZA

Worth swimming upstream for.

YOU'LL NEED

1 pre-baked 12-inch diameter pizza crust (you can use a store-bought crust or dough, or you can use Robert's recipe for pizza dough, found [HERE](#).)

8 oz soft cream cheese
2 tbsp granulated garlic
6 oz smoked sliced salmon
½ cup chopped fresh chives
3 tbsp chopped capers

MAKE IT

1) Preheat oven to 350 degrees F.
2) Place pre-cooked pizza crust on a baking sheet. Spread cream cheese over entire surface of pizza shell. Sprinkle with garlic powder and lay salmon slices on top. Bake until cream cheese melts and salmon is golden. Top with chives and capers.

SERVES 4

THE MACROS

CALORIES: 368
PROTEIN: 19 g
FAT: 20 g
CARBS: 28 g

COLLARD & MUSTARD GREENS

For body and soul: Robert's twist on the ultimate Southern comfort food.

YOU'LL NEED

Salt and freshly ground black pepper, plus 2 tsp salt and 2 tsp pepper
1 large bunch collard greens, soaked in cold water, rinsed, drained
½ cup olive oil
4 tbsp chopped garlic
4 strips bacon, cooked to a crisp, drained, and crumbled
¼ cup vinegar
3 tbsp sugar

MAKE IT

- 1) Fill a 4-quart pot halfway with water and season, to taste, with salt and pepper. Bring water to a boil.
- 2) Meanwhile, chop all greens into medium pieces.
- 3) Place greens into boiling water, remove pot from heat, and let sit 2 to 3 minutes.
- 4) Drain and let cool. Heat oil in a large saute pan and cook garlic gently until it begins to turn light

brown, being careful not to burn. Add blanched greens, vinegar, sugar 2 teaspoons salt and 2 teaspoons pepper. Top with crumbled bacon.

SERVES 6

THE MACROS

CALORIES: 324
PROTEIN: 4 g
FAT: 28 g
CARBS: 12 g



IN THE KITCHEN: GEAR

PREP & SERVE

Our mission to find a tool for every occasion continues with these great picks.

◀ GRATE & SERVE SET



Whether you want to hit your food with a sprinkle of Parmesan, nutmeg, chocolate, or citrus zest, you can do it with this neat, classy presentation. The small grater slides over the top of the box to act as a lid when not in use, and the box can be used to hold grated ingredients at the stove side and at the dinner table.

\$22, uncommongoods.com

SOAPSTONE COOKING PRESS

Soapstone is a natural heat conductor and absorber, making it perfect for a cooking press for chicken, chop steak, burgers, paninis, and much more. Heat up the stone in a pan and then cook your signature grilled cheese from both sides.

\$35, uncommongoods.com



STEAK THERMOMETER ▼

No more guessing about the doneness of your steak — or even checking the temperature of a regular meat thermometer. This steak thermometer will flash green for medium-rare, yellow for medium, and red for medium-well. Steak is too special—and too expensive—to mess around with.

\$60, sharperimage.com



RESTAURANT: IMPOSSIBLE

OUT OF THE GUTTER AND INTO THE FIRE



We check in with Paul's Bowling in Paterson, NJ, one of Robert's more dramatic turnaround from *Restaurant: Impossible*. Things got a lot better after Robert came to town, but now the owner says his business is once again on the brink.

And it's not for any reason you might think.

BY MATT TUTHILL

RESTAURANT: IMPOSSIBLE

RESTAURANT IMPOSSIBLE

For the third episode of the ninth season of *Restaurant: Impossible*, Robert was called upon to save a landmark establishment in Patterson, NJ. Paul's Bowling had been the place to get some cheap food and drinks and knock down a few pins since 1929. When owner Paul Awramko's grandfather opened the business in the midst of the prohibition era, it became a local speakeasy, with beer sold out of ice buckets. Unfortunately, when Robert arrived it looked as though every aspect of the business had been undisturbed since its heyday nearly a century ago. From the leaky roof to the worn and weathered bar top and stools to the pencil-and-paper scorecards still used on the four bowling lanes, Paul's was a place stuck in time. Throughout *Restaurant: Impossible*, Robert always tried to preserve the charm and rustic feel of neighborhood mainstays, but Paul's felt old in all the wrong ways. When he knocked away the stained tiles of the false ceiling, it revealed a leaking roof and a veritable rats nest of wiring—a fire waiting to happen.

It was one of the few times in the history of the show where



From top to bottom, a story in three parts. In the right hands, it's amazing what a little bit of paint and plywood can do.

RESTAURANT: IMPOSSIBLE



Robert takes a selfie with owner Paul Awramko and manager Ed Arzoomanian. It was Paul's introduction to smart phones; Robert required him to get smart on technology, which he had previously avoided.

the main obstacle Robert faced wasn't the lack of cooperation or stubbornness of an owner, or even the time he had to work on the project. Simply put: Paul's needed so much work it seemed unlikely that the \$10,000 renovation budget wouldn't be able to cover the costs. But if we've learned anything in 13 seasons of R:I, there are virtually no issues that can't be solved with a little creativity.

Designer Cheryl Torrenueva and construction manager Tom Bury took the dark, dingy bar area and brightened it with lighter colors, added some new book

shelves and a bar back to break up the monotony, tore up the pitted linoleum floors and replaced the rickety bar stools with brand new ones. In the bowling alley, they gutted the very dated wood panel walls and cut plywood sheets into diamond patterns to add new decorations while maintaining a classic feel. Rather than replace the pencil-and-paper scorecards with a costly system of touch screens and overhead monitors, Robert and his team devised an elegant solution that was just as effective: tablet computers at the scoring table, open to a scoring app for bowling.

In the end, the only notable holdovers from the old Paul's were original stain glass windows in the front of the building and the mechanical ball return that is still—somehow—alive and kicking after all these years.

As far as the staff was concerned, Robert didn't run into any major issues, but took the bartenders to task for not cleaning up without being asked. Bars and restaurants need a thorough cleaning at the end of each day and doing a haphazard job allows grime to build up to a point where a major restoration project is needed.

RESTAURANT: IMPOSSIBLE

“You are his family, and you’ve let him down,” Robert said. It was a line that rang true and moved a few of the staffers to tears.

Meanwhile, owner Paul was in heavy debt and only able to stay afloat thanks to the goodwill and constant support of business manager Ed Arzoomanian (who has moved on since the show aired). Part of the problem was poor communication with staff; Paul was practically allergic to technology, having no idea how to use a computer, much less a smart phone. Robert gifted him with a tablet, smart phone, and laptop, insisting he learn how to text, e-mail, and post on social media. The learning curve was steep, but overnight (and with a little help) he was able to learn the basics.

Nevertheless, it was hard for Paul to see a way out his predicament.

“I’m six feet under and I feel like they’re throwing dirt on me every day,” he said.

Fast forward to the big reveal and Paul and Ed were in tears, overcome by what was arguably the most dramatic before-and-after reveal in the show’s history to that point.

“I feel like I can’t fail now,” Paul told Robert. “And I was failing.”

All of that took place in 2014. How are things today? We caught up with Paul to see how



Top: the dingy bar area at Paul’s before renovations. Middle: the renovated area with new stools. Bottom: the brand new bar back.

RESTAURANT: IMPOSSIBLE



New patrons flood Paul's in the wake of the *Restaurant: Impossible* makeover. Business boomed to a 40% increase in the first month. Business remains above the old baseline, but changing demographics add a brand new challenge.

business and the renovations have held up. To make a long story short: appearing on *Restaurant: Impossible* massively improved his fortunes.

"Right off the jump, we had a 40% increase in business," Paul says. "It tailed off from that but remained well above our old baseline. We still get people coming in who just saw a rerun of the show. We get e-mails from all over the world from people saying they're coming to visit."

The renovations have also held up. "I needed a big-time renovation and they really came through," Paul says.

Menu items that Robert intro-

duced, including sloppy Joe's, macaroni and cheese, and nachos, have all been a hit and remain on the menu.

And yet, the future of Paul's remains in question, though the owner explains it's through no fault of the changes made to his establishment.

"Unfortunately, the neighborhood has just changed so much," Paul says. "Paterson commercial taxes have gone way up, and a mostly Muslim and Arabic population has moved in. They buy a lot of property and build a lot of beautiful new restaurants and night clubs. There aren't too many taverns left, and they're not into

pool or bowling."

On top of a changing demographic that doesn't seem too interested in his product, Paul suffers from a few injuries that affect his ability to get around.

"I'm banged up physically and can't get around like I used to," he says. "There are a lot of factors out of my control... Looking back it was definitely better that we did the show than not do it. It bought us time. We paid down a lot of debt. It's a grind and we're taking it day-to-day but we're still here."

Plan on being in the Paterson, NJ area? Stop by Paul's and check out a piece of his local history. Learn more [HERE](#).



NEW YEAR'S CLEANUP

Robert's recipes will
replace junk holiday
carbs and fat with
loads of nutrients —
and plenty of flavor.

BROCCOLI SALAD



YOU'LL NEED

FOR THE RED WINE DRESSING

½ cup red wine vinegar
½ cup honey
2 tbsp Dijon mustard
½ cup grape seed oil
1 shallot diced

FOR THE SALAD

1 head broccoli cut into florets
1 tbsp grape seed oil
¼ red onion thinly shaved
1 tbsp dried currants, rehydrated
1 tbsp capers
1 tbsp sunflower seeds
2 tbsp feta cheese
¼ cup cashews

MAKE IT DRESSING

1) In a medium mixing bowl add red wine vinegar, honey, Dijon mustard.
2) Slowly incorporate grape seed oil into the vinegar and honey mixture, add diced shallots, and season with salt, and pepper.

SALAD

1. In a small sauté pan over medium to high heat add grape seed oil, then add broccoli and allow to cook for approximately 5 minutes; it is ok to get some color on the broccoli.
2. In a large mixing bowl, add red

onion, currants, capers, sunflower seeds, cashews, and seared broccoli.
3. Dress the salad with salt, pepper, and red wine vinaigrette.
4. Top with feta cheese and serve.

SERVES 3

THE MACROS

CALORIES: 533
PROTEIN: 10 g
FAT: 27 g
CARBS: 70 g

CURRY GRILLED CAULIFLOWER

YOU'LL NEED

1 head cauliflower, cut into medium steaks
1 tbsp curry powder
1 tbsp cumin
3 tbsp grape seed oil
2 cloves garlic

MAKE IT

1) In a large mixing bowl, add curry powder, cumin, garlic cloves, and grape seed oil.
2) Add cauliflower to marinade. Cover and let stand for about 24 hours.
3) Season cauliflower with salt and pepper, and place on a medium grill. Cook for approximately 8 minutes on each side or until cauliflower is cooked through.

SERVES 2

THE MACROS

CALORIES: 254
PROTEIN: 6 g
FAT: 21 g
CARBS: 15 g





CARROT APPLE BEET JUICE

YOU'LL NEED

3 carrots, peeled
1 apple, peeled
3 ribs celery
1 cup kale
1 cucumber, peeled
1 red beet, peeled

MAKE IT

1) In a juicer or blender, add all ingredients.
2) If you have a juicer once all vegetables are juiced simply serve.
3) If you have use a blender you will need to add a small amount of water and pass the juice through a fine meshed strainer prior to serving.

SERVES 2

THE MACROS

CALORIES: 159
PROTEIN: 5 g
FAT: 1 g
CARBS: 36 g

ROSEMARY & GARLIC PORK LOIN



YOU'LL NEED

1 ½ pound pork loin
3 cloves garlic
2 tbsp grape seed oil
2 tbsp extra virgin olive oil
2 sprigs rosemary picked and chopped
1 cup Dijon mustard
1 tbsp fennel seed, roughly chopped
1 tbsp ground cumin
1 tbsp kosher salt

MAKE IT

1) In a food processor, add garlic, rosemary, Dijon mustard, fennel seeds, cumin, olive oil, and grape seed oil, and puree.
2) Coat pork loin with mustard and herb mixture.
3) Place pork loin in a 400 degree oven for 30 minutes.
4) Drop the oven temperature to 325 degrees and cook for another 45 minutes.

5) Internal temperature should be 135 degrees, allow to rest for approximately 15 minutes prior to serving.

SERVES 4

THE MACROS

CALORIES: 308
PROTEIN: 30 g
FAT: 20 g
CARBS: 0 g

RESOLUTION REVOLUTION

As Gail Kim-Irvine turns the page to a new chapter of her career, she recalls the life lessons that got her to the top of her profession. Here, she finds the advice that will propel her forward to whatever is next—and it's the same advice that can help you turn your New Year's Resolutions into a lifestyle that works.

BY GAIL KIM-IRVINE



The start of a new year always has one thinking of resolutions or new beginnings. I normally don't make new year's resolutions but this year I found that the beginning of 2018 coincided with a major transition in my life. I retired from professional wrestling after 17 years and found myself at a crossroads. When I began my career, I didn't think about the end. I just knew I was going for my dream in life and hoped for the best. Looking back, I now know I was very fortunate to have a career for this long. Now that I'm looking forward to the future and what it has in store for me, I wanted to share the best advice from lessons I learned along the way. Recalling these lessons will help me achieve whatever I pursue next—and they can do the same for you.

1) DO WHAT YOU LOVE

I truly believe doing what you are passionate about will always find success and happiness. When you do what you love, your "job" will never feel like work (most of the time) and being passionate is the key. Whatever you can't stop thinking about in your spare time? That's a passion. I fell in love with pro wrestling when I was young and it felt amazing to break in. But I must be honest: once I got there

GAIL'S CORNER



it didn't always feel like a dream come true. The industry had serious ups and downs throughout my career—and women weren't always taken seriously. During the tough times, my passion is what got me through. It made me fight for what I believed in and helped me get through the negative stages. I'm not ashamed to admit that I'm human and almost quit at one time when things were really low. But sometimes you just need a break to step back and evaluate. Once I did that, my passion reignited and I accomplished even more than I ever dreamed possible.

This can also be applied to a New Year's resolutions. Many people ask how I get so motivated to stay fit. I just always was into fitness and health so it was easy for me to work out and get there. Keeping

me interested? That's another story. I always tell people that if you're not motivated, find something you love to do. Whether it's outdoor sports or just walking the dog, use that as a starting point. I started out interested in weightlifting and always enjoyed the old-school straight forward approach. I've broadened my horizons since then. Now I have tried several different classes and have found myself addicted to them. Being in a group setting also keeps you accountable and motivated.

2) BE PATIENT

This is probably the hardest piece of advice to follow; oftentimes concepts that sound simple are the most difficult in practice. (Ever tell someone who just got dumped to "get over it"? It's kind of like that.)

Back when I was starting out in wrestling, I knew what my goal was, but I was unrealistic about how long it would take. To master my craft and become a pro took years. To be a leader and be completely confident in my role probably took eight years! Don't pressure yourself to get to your goal too quickly. Remember, good things take time. When I knew I wanted to become a wrestler, I knew I had to be physically ready as well. Reaching my fitness goals took time as well. I had a background in kinesiology and nutrition which helped some but I also learned more from just trying different things. Which meant different workouts, different diet regimens and different trainers. All of which took time to weed out what didn't work and focus only on what did.

GAIL'S CORNER

3) BE MENTALLY FOCUSED

I've always been the type of personality that once I know what my goal is, I doggedly pursue it, and I'm a huge believer in making things happen mentally first. I always said from the very beginning, "WHEN I make it..." not "IF I make it..." and I truly believed it. Being mentally positive and goal-oriented is more than half the battle.

There are, of course, moments of self-doubt or negativity from yourself or others. Don't worry. That's normal to have a dip here and there. Do whatever it takes to get out of the funk and stay motivated. For me, it was as simple as looking at daily positive quotes. It might sound corny but it worked! I found one I really identified with, got me super motivated and I would look at it every day. I also knew working out was my stress relief so I made sure to train as much as I could to clear my mind of distractions. It was my form of meditation.

4) TAKE RISKS

Sometimes it's so scary to take risks. Playing it safe brings a definite sense of security to most, and so the concept of "easing" into a new routine is attractive. But it can also keep you stuck in old habits. Sometimes you will have to face your fears and just do it! I have always preferred to face my fears than

hesitate and look back with regret. Even if I look like a fool, I would rather say I tried.

Bet on yourself. I left a very financially secure job (leaving WWE for TNA) because I felt like my life and talent was passing me by. It was scary to take that step, but I would never have accomplished anything without taking that risk. Following my heart and passion paid off in the long run.

5) KEEP LEARNING

Up to the day I retired I remained a student of my craft. Even when others perceive you to be a master, there's always something new to learn. Things keep evolving and for most occupations, there are always new skills to acquire. For me, learning the television aspect of our business—and not just the performative aspect—was a steep learning curve. All I thought I had to know was how to wrestle. I

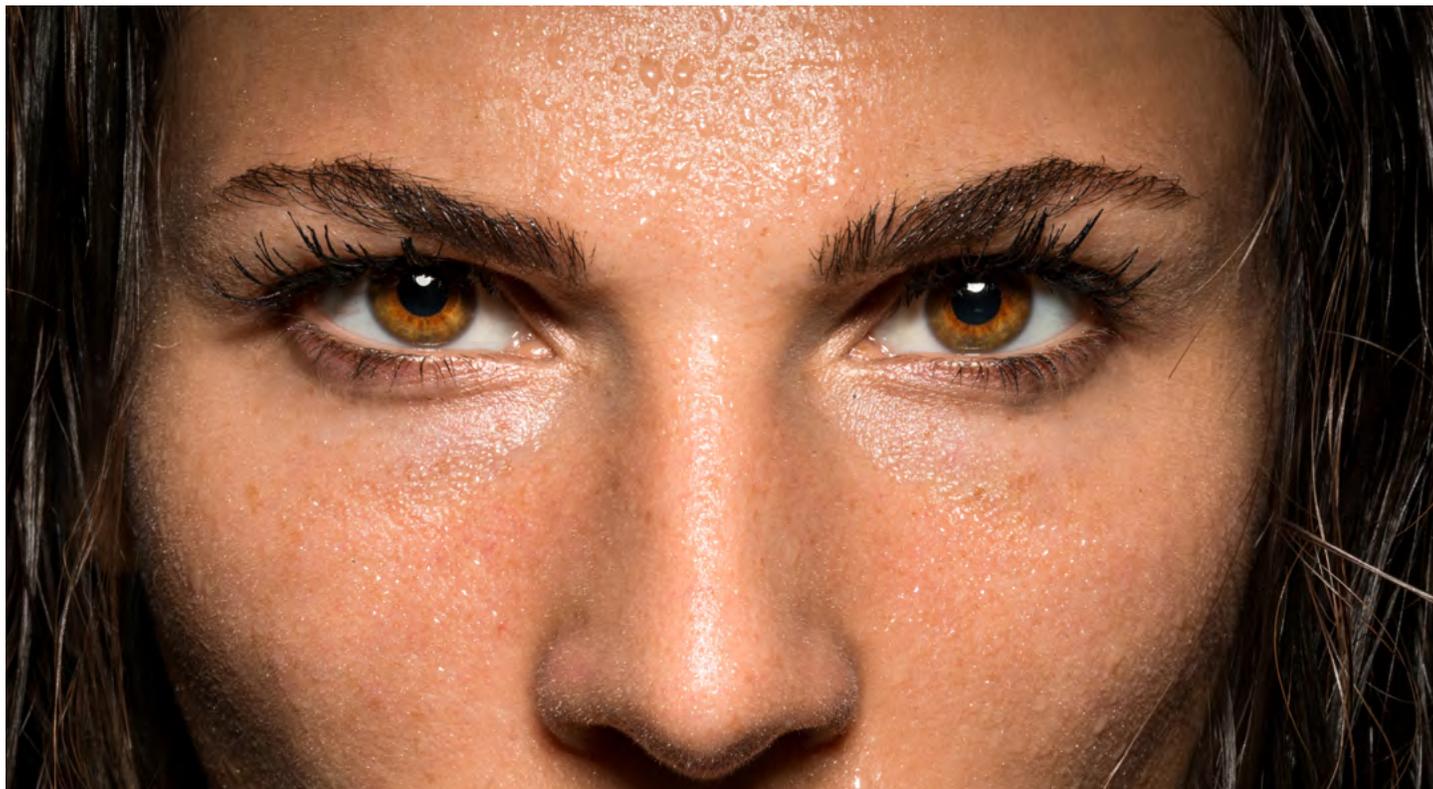
had to learn a lot about television production, storytelling, live events, and public speaking, just to name a few. My advice is simple: if you don't know how to do something, look to the people who are better than you. Always strive to learn new skills in your job or just in everyday life. You'll find that it will contribute to your life in some positive—and unexpected—ways.

6) SURROUND YOURSELF WITH POSITIVE PEOPLE

Throughout my life, I've noticed there are two kinds of people. Those who are negative and prefer to live by the motto "misery loves company", who surround themselves with people who are, in their eyes, inferior to them to make themselves feel good. Then there are those who surround themselves with positive, inspiring people. When I was in my 20's and in a cutthroat work environment, I



GAIL'S CORNER



found myself easily being pulled into a negative space without even knowing it. Getting sucked into that space is easier to fall into than finding positivity. I remember a time when women's wrestling was essentially dead and I was already unhappy. The company brought in a new female star and I wasn't exactly being myself. I'm normally easy to get along with, yet I wasn't very warm towards her. I went home one day and asked myself why I was so unhappy and why I was being different. The resentment grew so much that I misplaced my anger on other people. I apologized for my coldness and it sounds crazy but it was a turning point in my life. I learned that carrying all that negative energy was truly eating me up and I never got anything accomplished. From that point

on, things changed. She is my best friend now and is the most positive, amazing woman to be around. From that, things started to turn around in every aspect of my life. It's amazing what can happen when you face the truth and tackle it head on.

7) DON'T SETTLE

It sounds cliché, but it's true. You only live once. Don't settle for anything but the best for yourself. From relationships, to your physical well-being, to your work, always remember your worth. I even remember saying to my friends at a young age, "I want to be treated like a queen and I will treat my husband like a king." But being young, I was fiercely independent and strong and I found myself in relationships where I was the dominant one. I thought

I wanted to wear the pants in the relationship to keep my independence. Then I met my husband and I realized that I didn't have to settle. I found someone who inspired me, motivated me, and loved me and I didn't have to sacrifice anything. He supports my independence while being an inspiration at the same time.

Now that my retirement has become reality, all I've said is that whatever I do next, I want to be as passionate for this next step in life as I was with the last. All my experiences along the way have prepared me for this next phase. Stay true to yourself and all your dreams can become a reality.

Gail Kim-Irvine is a former professional wrestler enshrined in the TNA Hall of Fame. Follow her on [Twitter](#) and [Instagram](#).

KEEP IT SIMPLE



NO, REALLY, THIS IS YOUR YEAR

If you stop looking for fast results, you can buck the trend and finally make it work.

BY HEATHER QUINLAN

Another holiday season is gone and another winter is upon us. And depending on how your new year's resolutions went last year, this time of year can bring up a lot of different emotions. If they went well, you're probably excited and looking to build on that success. If they went poorly, then you're probably looking back at wasted opportunity—just another 365 days gone by. And everyone around you is making grand statements of hitting the gym every day, eating super clean, and cutting out the booze. All these are made with good intentions, of course, but very few are backed with a clear plan of action, and so very few will stick with their resolutions into February.

Change has never been easy, but the ease of everyday life makes change even more difficult. We live in a world of instant gratification—greater now than at any

point in history. We can order any physical goods—and virtual ones like streaming movies, TV, games, etc—all from our phones, which never seem to leave our sides. These changes, while convenient, make it harder to look within ourselves to find the strength to change. Social media can make it worse, creating an impression that the perfect body, relationship, or home is not even exceptional anymore—it's the norm. The fact is any long term, lasting change or goals takes not only effort but an investment of time that few seem willing to give.

The question is not who's the “new you” in 2018, but do you have faith enough in yourself to stick with it? Do you have the patience? As a yoga teacher, I see change different than most; it's the little tiny improvements I want to see in my students every day

that, six months down the road, or six years down the road, have finally made a big difference. It's the students that show up and have to decide mentally to make the changes for themselves, by themselves. I can't do it for them. As with a physical practice of any sort, you keep showing up and doing the work, never giving up. You can apply that to any personal or professional goals or resolutions you are working on.

At the end of the day it's the accumulation of those little steps that win the long game. Take the first step now—right from where you stand. This doesn't have to be just another year. It can be the beginning of a new life.

Heather Quinlan is a certified Bikram Yoga instructor and the owner of [Bikram Yoga Burlington](#), in Massachusetts. Follow her on [Facebook](#) and [Instagram](#).



CHRISTMAS IN THE DESERT

For the second year in a row, Robert and Gail spent Christmas on tour with the USO in the Middle East. For troops serving in a seemingly never-ending war, Robert cooked up a little taste of home, while Gail and some special guests put on a show to remember. Here are some stunning still shots from the tour.

PHOTOS COURTESY OF THE USO

ROBERT'S WORLD



Top, actor Adam Devine (*Pitch Perfect*, *Workaholics*) addresses the USO audience while engaging in some stage banter with Robert. Below, Gail addresses the crowd during a stop aboard the aircraft carrier the USS Theodore Roosevelt.

ROBERT'S WORLD



Top left: Gail puts Adam Devine in a sleeper hold onstage at Al Dhafra Air Base in Abu Dhabi. Below, she throws Army Staff Sgt. Cam Mitchell offstage. At right, Robert tkaes on a Marine in a pushup contest under the watchful eye of WWE Superstar "The Miz".



ROBERT'S WORLD



Above, Robert helps Gail get her gear ready for a helicopter ride. At right, Robert enjoys the view high above the desert. Below, Robert (center) sits near the open door of a Chinook helicopter in flight on the way to Forward Operating Base Fenty in Jalalabad, Nangarhar Province, Afghanistan.



ROBERT'S WORLD



Top, from left to right: "The Miz", Adam Devine, and Robert arrive at Forward Operating Base Fenty in Afghanistan. Bottom: Robert puts on a cooking clinic for the crowd.

ROBERT'S WORLD



Above: Robert doing his thing and getting the crowd fired up. Below: a quiet moment with Gail. Robert volunteers about 50 days per year attending various charity functions including USO tours and troop rallies with the Gary Sinise Foundation. If you want to learn more about The Robert Irvine Foundation or make a donation, click [HERE](#).

“There will come a time
when you believe everything
is finished. That will be the
beginning.”

— *Louis L'Amour*

