

# ROBERT IRVINE

MAGAZINE

SUMMER 2018

*Nothing is Impossible*

## GRILL IT!

ALL NEW RECIPES  
TO LIGHT UP  
YOUR SUMMER

## BEATS 'N EATS

GO BEHIND THE  
SCENES OF ROBERT'S  
STAR-STUDED  
CHARITY EVENT

## GEORGE FOREMAN III

WHIPS YOU INTO  
FIGHTING SHAPE

# ROBERT IRVINE MAGAZINE

Nothing is Impossible

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MAGAZINE

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# SUMMER HEAT

Hot grills, hotter weather,  
and our biggest issue of the year.

It's summer, and no doubt you've got big plans. I do, too, and I absolutely cannot wait to start sharing them with you in the months ahead. For the time being, I'm excited to present the Summer edition of Robert Irvine Magazine. I've created a couple of all-new healthy grilling recipes that you'll definitely want to check out, and we've crammed in twice as much training as usual; our Workout of the Month is presented by George Foreman III, and we have a special workout feature by Mahri Relin of Body Conceptions in New York.

On top of that, we have a wonderful piece about the women of the Nozomi Project, whom I met in Japan while traveling with the USO this past spring. These women, survivors of the 2011 tsunami that rocked the country, take the broken pottery that littered the streets in the aftermath to create beautiful new jewelry. It's an uplifting story and I hope you'll check the link and consider buying a gift for someone in your life to help



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



# ROBERT'S LETTER



support the project.

Elsewhere in the issue we have a story about a little-known pain relief treatment called Prolotherapy, a thoughtful story about how to support the military families in our lives, and a behind-the-scenes look at Beats N Eats—the flagship fundraiser for The Robert Irvine Foundation. It was a thrill for me to combine things I'm passionate about—food and music—for the benefit of the cause I'm most passionate

about—the welfare of our men and women in uniform. As you'll learn in the story, Beats 'N Eats is a heck of a fun way to raise money for charity and I hope you'll consider joining us when we do it all again next year.

In every issue, we aim to deliver information and inspiration to help you balance your life and achieve your goals. I believe this issue delivers on that promise in spades. I hope you have as much fun reading this issue as we did

putting it together. Now get out there and enjoy the summer; 2018 is halfway into the record books. Let's attack the second half for all it has to offer.

Yours in health,

# IT'S OKAY TO BE A COPYCAT

Find someone you admire and emulate their path.

BY PAUL ROBERTS

One of the tried-and-true maxims of success is to first determine where it you want to end up. Then find someone who has trod the same path and emulate as much of their journey as you can. That's true no matter what you'd like to be. There is an untold number of successful filmmakers, chefs, writers, painters, and musicians who got to where they are by emulating the habits of those they admired.

The same strategy can be applied to fitness.

For all the boutique options in fitness available today—and countless trainers and online gurus who will cater specifically to your body type and interests—there's a lot to be said for just copying what has worked for others. It's simple in concept: find a body type you admire and find out what that person did to get there. It's harder in execution, of course, because all that's left is the work. But there is a certain freedom in at least knowing how to get there.

Having worked for many years as a trainer, it never ceased to amaze me how many people would say they wanted to look like certain athletes, asked me to write workouts that would help them achieve that aesthetic, and were then



shocked to see that I prescribed the kinds of training that the athlete actually did. This happened a lot around the summer Olympics, as a lot of folks wanted to look like the sprinters they saw on TV. Their enthusiasm would then wane when I prescribed a track workout. It's baffling, but many people believe that much of the old-fashioned, decidedly un-sexy grunt work can be replaced by modern gym equipment. It can't, and we haven't even gotten to the kind of training volume required to affect the desired outcome.

But if you can make peace with the fact that a lot of work is indeed required, I believe reverse engineer-

ing eases the burden of deciding on a particular mode of training. When you know what you'd prefer to look like, the choice is made for you. Want the shoulders of a gymnast? Get ready for some ring work. The long lean look of a swimmer? You need a pool. A marathoner? Hey, exercise science has earned some respect, but this still isn't rocket science.

As for one body type I think we all admire—that of a boxer—the answer begins on the next page with a kickass boxing workout written by George Foreman III. He's written the map for where you want to go. You just need to provide the sweat.

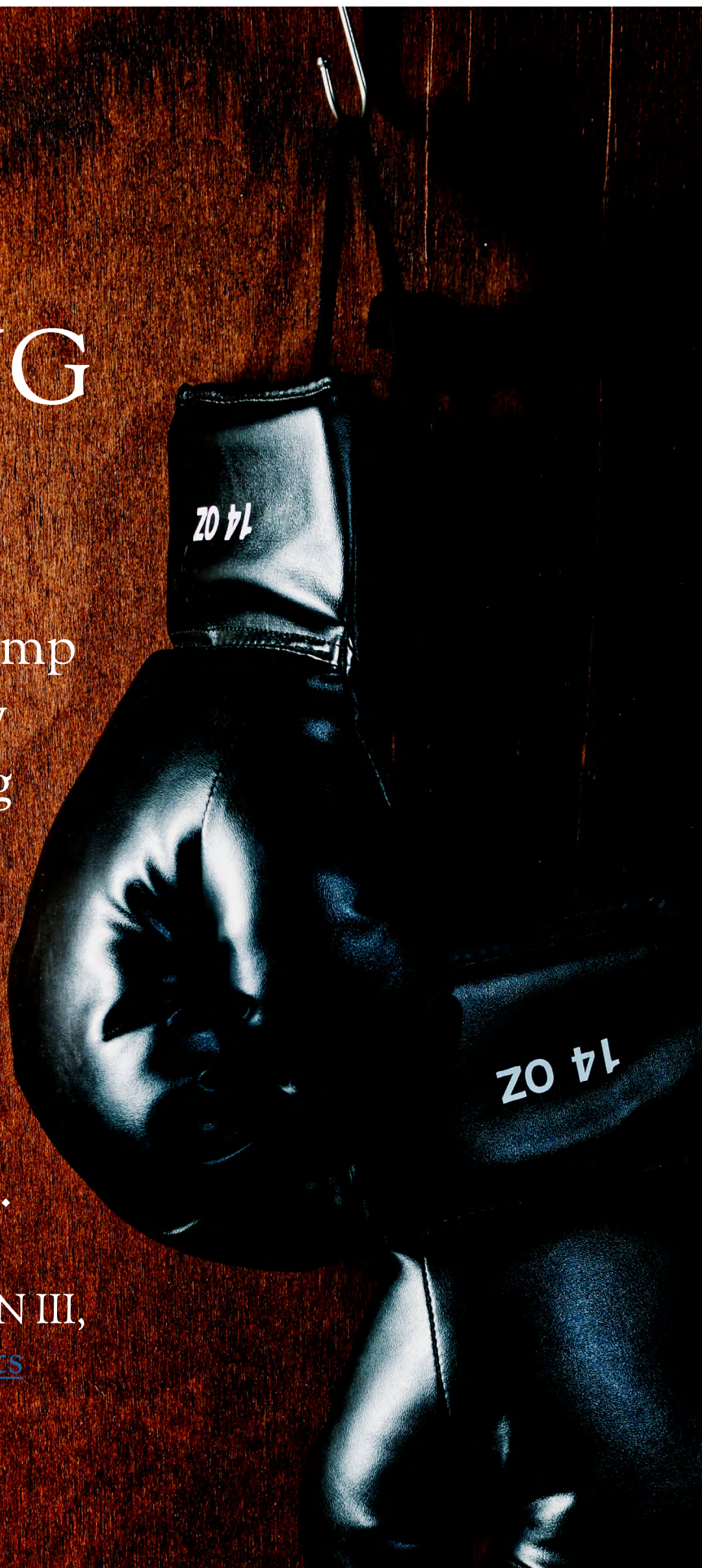


# FIGHTING SHAPE

Take one look at a boxer's training camp and it's no mystery why they're among the fittest athletes in the world.

Luckily, you don't need to take a punch to train (and look) like one.

BY GEORGE FOREMAN III,  
Founder: [EverybodyFights](#)





# IN THE GYM: WORKOUT OF THE MONTH



The namesake son of the legendary heavyweight champ, George Foreman III was raised in the sport and also fought professionally, retiring with a perfect 16-0 record. He has since founded EverybodyFights, a chain of gyms that use boxing conditioning as their fitness philosophy. EverybodyFights currently has six locations: two in Boston; and one each in NYC; Lexington, KY; Philadelphia; and Chicago. You can get a taste of that training by following the workout below. Learn more at [EverybodyFights.com](http://EverybodyFights.com)

## **TRAIN Circuit Intro:**

Our class series is modeled after a real boxer's training camp, and focused on building the strength, explosiveness, and muscular endurance required for a 12-round fight. TRAIN, specifically, is an interval-based circuit class incorporating strength, cardio, and boxing component. In addition to a training regime more focused on quality movement over time than reps, boxers must have strong legs as well as a well-conditioned core. This workout combines all the main elements of a well-balanced boxers workout and can be done anywhere with no equipment necessary.

## **FORMAT:**

12 Rounds  
Round Length: 2:30sec.  
Interval Structure: 30 Seconds on  
10 Seconds off  
Rest Between Rounds: 60 Seconds  
Beginner 30 Seconds Advanced.

## **WARMUP:**

Begin by doing some light static stretching and jumping jacks. Then get into a down Dog position and press your heels towards the ground to open up your posterior chain. From there move into the Up Dog position to loosen up your anterior chain. Then hold your updog position, pull your chin

up, push your heels backward and slowly rotate your hips left and right looking up as you do to open up your rotational chain. Hold each position for 5-7 seconds and repeat this sequence 5 times.

## **ROUND 1: LEFT JAB - RIGHT CROSS COMBO**

**JAB:** Fist begins directly in front of the lead shoulder with elbow tucked. Extend arm as though you're shaking someone's hand, and twist elbow while turning palm downward at the last second upon impact.

**RIGHT CROSS:** Start in your boxing stance with fists tight. Rotate



# IN THE GYM: WORKOUT OF THE MONTH

right hip forward, spin rear foot until heel comes off of the ground, and extend your right arm, rotating your palm toward the ground upon impact. Snatch the punch back to starting position faster than you throw it.

## **ROUND 2: FLUTTER KICKS**

Lay flat on the ground with legs and arms fully stretched out, tuck in your belly button and lift your shoulders and head off the ground. Tuck your chin. Raise both feet 6-8 inches from the ground and point your toes. Then quickly flutter your feet up & down about 4-6 inches.

## **ROUND 3: LEFT JAB - RIGHT CROSS - LEFT HOOK COMBO**

**LEFT HOOK:** Begin by rotating your right hip forward as though you're throwing a straight right cross (or after throwing an actual right cross). Then, pull your right hip back as you drive your right heel into the ground as you give a slight pivot with your left foot. As you do so, turn your palm to the side as if holding a mug as you swing your left fist about 3 inches in front of your nose. Snatch your left hand back into position (elbow back to hip).



## **ROUND 4: HIGH KNEES**

**SPRINTERS:** Stand straight up with your core engaged, draw one knee up just above your hip line, then switch explosively as fast or as slow as you feel appropriate. Maintain good posture in an upright position, focus your foot strikes on the balls of your feet, and chop your hands through the air as though you are sprinting up a hill.

## **ROUND 5: HIGH PLANK**

**SHOULDER TAPS:** Start in a high plank on your hands, shoulders over wrists, hips level and core and glutes engaged, back flat. Tap your right shoulder with your left hand without twisting or rotating out of your plank position. Hold for 2 counts and then return to the starting position, always maintaining your strong plank position.

# IN THE GYM: WORKOUT OF THE MONTH

Tap your left shoulder with your right hand, hold for 2 Seconds, and then return to plank. Repeat on the left side. The goal is to maintain perfect alignment in your core/spine the entire time and minimize twisting, shifting and rocking in the hips and shoulders

## **ROUND 6: ALTERNATING SINGLE-LEG**

**GLUTE BRIDGE:** Start on your back, knees bent, feet flat on the floor. Engage your glutes, drive your heels in and lift your hips up until your knees, hips and shoulders all create a straight line. At this position, your shins should be at around 90 degrees to the ground. Keeping your thighs parallel to each other, and your hips diagonal to the floor, fully extend your right foot. Hold for 2 seconds and return to your right heel to the floor. Extend your left foot fully, hold for a 2 count, and return to the starting position. The goal is to maintain fully extended hips using your strong glutes and to resisting rotating of the hips. Try to keep the thighs parallel to each other at all times. Keep the hips from dipping or twisting.

## **ROUND 7: LEFT JAB - RIGHT CROSS - LEFT HOOK RIGHT UPPERCUT COMBO:**

**Right Uppercut:** Keep knees bent while rotating your rear hip forward and pivoting your right foot. The uppercut is delivered in a slight upward motion while twisting your palm so it is facing up upon impact. Snatch your elbow and hand back into position once punch is completed.

## **ROUND 8: DEEP PULSING LUNGES:**

Start with your feet close together. Keep your shoulders stacked above your hips at all times. Kick your right leg back and descend into a lunge position. Reach back far enough so that your left knee is directly above your left heel to keep the load of the exercise out of your knee joint (knee behind the tongue of your shoe). From this position, keep your right foot planted and

pulse all the way up and down bringing you right knee 1 inch from the floor.

## **ROUND 9: NON-STOP UPPERCUTS:**

**Right Uppercut to Left Uppercut :** After throwing your right uppercut, thrust your left hand and hip forward with your left palm facing the up.

## **ROUND 10: PLANK JACKS:** From a high plank





# IN THE GYM: WORKOUT OF THE MONTH



Click the links to follow George Foreman III ([Twitter/Instagram](#)) and EverybodyFights ([Twitter/Instagram](#)).

position, keeping your core engaged and hips level, hop your feet out to the sides and then back in to center.

## **ROUND 11: SQUAT PULSE & PLYO SQUATS:**

**Squat Pulse:** Stand with your feet shoulder-width apart. Hinge at your hips and lower the hips towards your heels and only bend your knees as necessary. Once your hips are at knee level, hold this position and pulse up and down 2 inches.

**Plyo Squat:** Hinge and lower your

hips just as you did with the squat pulse while reaching your hands out above your shoulders. Once your hips are 2 inches below your knees, explosively stand up and jump, fully extending your hips. Land softly on your way down and raise your hands back up above shoulder level to reduce the impact on joints. Start first by jumping high enough for your heels to raise off the floor 3 inches. Increase intensity at your discretion.

## **ROUND 12: SQUAT THRUST:**

Start in the High Plank position, hands and toes on the floor. Pike

your hips up and jump your legs in towards the outside of your hands so that you are in a squat with your hands on the floor, with your knees bent, butt back, and back flat. Drive through your heels and squeeze your butt to stand completely up out of this squat until the hips are directly under the shoulders. Unlock your glutes, push your butt back, and drop into a squat, keeping your back flat. Your hands should go to the floor and you jump your feet back into that perfect plank position, being careful not to over extend and let your hips sink or back dip. That is one rep.

# DUKES UP

The right gear to get fighting fit.

### EVERLAST HEAVY BAG

The Powercore 100-pound synthetic leather heavy bag is the perfect conditioning tool, durable enough to hold up against years of grueling workouts and millions of punches. The Fiberfill inside is resilient and absorbs shock; the heavy-duty nylon straps won't tear. Use the freestanding rack or hang it from a sturdy structure and get to work.

\$100 plus free shipping at [Academy Sports](http://Academy Sports)



### TITLE CLASSIC BOXING GLOVES



A set of ring-ready leather mitts will run you a couple hundred bucks. So unless you plan on taking up real-deal boxing anytime soon, all you need is something to keep your knuckles from bleeding when you let it rip in your workouts. These vinyl Title gloves are cheap as chips, but they can take whatever you're dishing. You don't always get what you pay for. Sometimes you get more.

\$15 at [titleboxing.com](http://titleboxing.com)



# IN THE KITCHEN: RECIPE



## SEARED SALMON over RISOTTO-STYLE POTATOES

*Learn to sear fish like a pro. This amazing dish is just one of the perks.*

### YOU'LL NEED

1 quart chicken broth  
¾ cup grapeseed oil  
1 large red onion, diced  
3 cloves fresh chopped garlic  
12 oz. fresh corn kernels, about 3 ears or frozen fresh corn  
1.5 lbs peeled diced potatoes (about 6 medium potatoes set on a paper towel to absorb moisture)  
½ cup heavy cream  
Salt and pepper  
3 lbs salmon fillet  
½ cup chopped fresh chives

### MAKE IT

1) In a medium pot, heat the chicken broth to a simmer.  
2) In a separate large saute pan, heat half the oil. Add the diced onion, garlic, and corn kernels. Use a wooden spoon to saute together until the onions appear translucent, about 5 minutes.

3) In a large bowl, toss the diced potatoes with the remaining oil and season them with salt and pepper. Add the potatoes to the saute pan with the onion, garlic and corn. Stir with a wooden spoon and allow surface of potatoes to toast lightly. Gradually add the chicken broth to the pan, just enough to cover the potatoes and corn mixture.  
4) Over medium to medium-high heat, the potatoes will cook in the broth and by the end of cooking time most of the liquid should evaporate. If the broth has boiled away before the potatoes are cooked, add more broth in an amount that is just enough to cover. Be careful to neither burn the potatoes nor allow them to turn too soft. When the potatoes are done, a fork can easily go through.  
5) Preheat oven to 350 degrees F.  
6) Trim the salmon by removing

a 1 1/2-inch strip from the belly side. Divide into 5 ounce portions, leaving the skin on. Season with salt and pepper. Heat ¼ cup oil in a large oven safe skillet over high heat. Sear fillets beginning with flesh side down first. Do not disturb the fillets for the first 2 to 3 minutes; do not even shake the pan.  
7) Transfer fish to a baking dish in the oven to finish. Fish is done when flesh springs back when touched, internal temperature of 140 degrees F.  
8) Spoon potato/corn “risotto” in center of serving plate. Top with the salmon, and garnish with chives.

### THE MACROS

CALORIES: 650  
PROTEIN: 65 g  
FAT: 35 g  
CARBS: 45 g

## IN THE KITCHEN: RECIPE



# GRILLED CHICKEN CACCIATORE

*A cleaner take on a classic.*

### YOU'LL NEED

¼ cup olive oil  
3 medium onions, sliced  
4 green bell peppers, julienned  
4 red bell peppers, julienned  
3 cups white mushrooms, cleaned and quarter-cut  
6 large ripe tomatoes, large dice  
2 tbsp tomato paste  
2 cups tomato juice  
3 tbsp chopped shallots (about 3 to 4)  
3 tbsp chopped garlic (about 7 to 8 cloves)  
1 cup fresh basil leaves, chopped  
1 cup fresh parsley leaves, chopped  
Salt and pepper  
12 (4 to 5-oz) boneless chicken breasts  
For the Polenta:  
1 large onion, chopped

6 tbsp butter  
8 cups water  
2 cups yellow cornmeal  
Grated Parmesan

### MAKE IT

1) Heat oil in a large saucepot and sauté onions, peppers and mushrooms until onions begin to turn translucent and peppers begin to soften.  
2) Add tomatoes, tomato paste, tomato juice, shallots, garlic, basil and parsley. Season with salt and pepper. Let simmer 45 minutes until medium thickness.  
3) Preheat a grill to high.  
4) Season chicken breasts with salt and pepper. Grill on both sides

until cooked through.

5) **MAKE THE POLENTA:** Sauté onion in butter until softened. Add water and stir in polenta. Cook on low heat, stirring often, for about 40 minutes until tender. Sprinkle with Parmesan.

6) Arrange on serving platter and spoon sauce around. Serve with a side of polenta (as you would mashed potatoes), and remaining sauce in a gravy boat.

### THE MACROS

CALORIES: 539  
PROTEIN: 48 g  
FAT: 20 g  
CARBS: 40 g



## IN THE KITCHEN: GEAR

# THESE JUST IN

A top-of-the-line pasta maker and a whiskey glass with a taste of home.

### MARCATO ATLAS PASTA MACHINE

Make traditional fettuccini, lasagna, and tagliolini with this hand-cranked pasta machine made in Italy. Dubbed the “Ferrari of pasta machines” by *Cooks Illustrated*, this all-chrome beauty makes an attractive counter piece. In addition to the three shapes mentioned above, 12 more are possible with various attachments, sold separately.

\$65, at [amazon.com](https://www.amazon.com)



### CITY MAP WHISKEY TUMBLER

Need a birthday gift for your dad or the man in your life? Let him take off the edge with some class this year. Choose from 24 U.S. cities whose city maps are intricately etched into the side of the glass. They don't just look great; at 16 bucks a pop they're a steal, too.

\$16, [uncommongoods.com](https://www.uncommongoods.com)





A vintage-style microphone on a stand is positioned on the left side of the page. From the microphone, a series of musical notes and symbols (treble clefs, eighth notes, and sixteenth notes) float upwards and to the right, creating a sense of sound and movement. The background is a textured, light brown color.

# BEATS 'N EATS

Robert Brings Together  
Food & Music For  
An Unforgettable  
Veterans Benefit.

BY MATT TUTHILL





Above, Robert chats up the crowd between acts. At left, four hundred people attended Beats N Eats at the Fillmore in Philadelphia, with the proceeds going to The Robert Irvine Foundation to benefit veterans and their families.



# BEATS 'N EATS



**A** half dozen musicians roamed the stage, tuning their instruments and testing out the space. They weren't bandmates, but members of different acts scheduled to appear throughout the night. By all rights it should have been a muddy, grating sound check, but these weren't amateurs. They were professionals, and it didn't take long for them to find that magical common ground with each other, their spontaneous notes brewing together to create something new. Would it translate well on a record? Hard to say. But it was a very interesting jam session—and it was loud.

Throughout the sound check, Robert Irvine stood front and center in the storm, rehearsing his opening remarks, oblivious to the drum beat and bass thump emanating from just a few paces behind him. Chaos, of course, never has had much of an effect on him. And good thing. That particular unshakeable quality—on full display throughout his TV career—came in handy on the night of May 21 at the Fillmore in Philadelphia where Robert drew together five musical acts, seven celebrity chefs, and some 400 guests for the Beats N Eats festival—a fine dining/concert experience that is so unusual and captivating it can fairly be said that

it has no analogue in the mainstream. The fact that every penny raised at the event goes to The Robert Irvine Foundation to support military veterans and their families only adds to its special mystique—and the feeling amongst everyone from the patrons to the entertainers that they weren't just enjoying themselves, but contributing something of real value to society.

Philadelphia's own rap phenom Chill Moody and old-school hip-hop legend Schooly D headlined a night that also included acts Nina Rosen, Erik Dash, and Zeek Burse. Musically, they're all over the map. For instance, Dash is a singer/songwriter/guitarist in the vein of John



# BEATS 'N EATS

Meyer while Burse could best be described as a genre-bending rock vocalist. Yet for all their differences, the performances could all be described as heartfelt, upbeat, and positive—a theme perfectly suited to the cause at hand.

A similar story was crafted in the kitchen where chefs Brad Spence, Marcie Turney, Jason Chichonski, Jennifer Carroll, Beau MacMillan, Elizabeth Falkner, and Shane Cash—working on behalf of Robert who was serving as host and emcee—cooked up a gorgeous, mouth-watering seven-course family-style meal, with each new dish complementing the last.

“Robert didn’t need to tell me much,” said MacMillan, who appeared alongside Robert in *Next Iron Chef: Super Chefs* and is the Executive Chef of [Sanctuary on Camelback](#) in Paradise Valley, AZ. “He just said, ‘Will you cook for my charity?’ and I got my plane ticket.”

MacMillan was responsible for a honey hoisin glazed pork tenderloin entrée served with kimchi bacon Brussels sprouts and barbecue chicharrones, which was every bit as irresistible as it sounds.

“When Robert asks, you just say yes. I love what this guy is all about. And this is an incredible cause.”

Carroll, a *Top Chef* veteran and head chef and owner of [Carroll Couture Cuisine](#) and [Spice Finch](#), served a course of broccoli tabouli made with quinoa instead of the standard bulgar wheat.

“Robert told me what the foundation was all about and I wanted to be able to do my part,” said Carroll, who counts several family members on active duty and retired from military service. “I don’t think the military and our first responders get enough support.”

Staff Sgt. Joe Goodchild of the Pennsylvania Army National Guard led soldiers



Top: Self-styled rock and soul artist [Zeek Burse](#) captivates with his performance. Bottom: [Schoolly D](#) closes out the night; would-be sunglass thieves should know they’d never get far.

# BEATS 'N EATS



Singer-songwriter Eric Dash has already had one Top 40 hit. Check out his new hit, “Freedom” by clicking [HERE](#).

from several different battalions from all over the state to present the colors during the national anthem.

“This is one of those events we were more than honored to participate in,” Goodchild said backstage, where he had a front-row seat to the chefs plying their trade. “We know Chef Irvine and his commitment to our military. When we were called upon, the line was long; we had a lot of volunteers that wanted to come here.”

Robert’s culinary team headed by Cash served up the night’s undisputed trump card: a massive

tomahawk ribeye steak cooked to a perfect medium rare, cut into steakhouse-style slabs and served with a chimchuri sauce and fried plantains.

After the sound check, Robert walked to the front of the house to check on the details of the after-party, which would come courtesy of signature confections from Federal Doughnuts and iced lattes from Starbucks.

There he found Tom Bury, whose creativity and craftsmanship helped Robert turn around failing eateries for 13 seasons on *Restaurant: Impossible*. Bury’s task this evening

wasn’t quite as dire as remodeling a restaurant in two days, but it didn’t look easy, either. He constructed a wooden two-tier American flag studded with over 100 metal pegs which could each hold four doughnuts for the after-party. Each stripe was meant to be lit, but Bury couldn’t test it until Robert helped him attach the two halves and shimmy it into a position where it would make for the best display.

“I was up until 3 am last night,” Bury admitted, adding that he was a little nervous about only seeing the lights for the first time just before the event. Nevertheless, every-



# BEATS 'N EATS



Left: Schooly D shows off an original painting he later auctioned for charity. Right: Philadelphia's own rap phenom Chill Moody performs.

thing worked out fine, just as it did on all those episodes of *R:I*.

From there, Robert went upstairs for a private VIP cocktail hour and then made his way to the stage to kick things off. The rest of the evening ran seamlessly, with Robert chatting up the crowd between each act, and the donors ditching their tables to crowd the front of the stage for Schooly D's raucous grand finale.

"It's always great to give back," said Schooly D, who also auctioned off an original painting to benefit the Robert Irvine Foundation. "Being an artist, a musician—getting to do what I do is a gift. I'm fortunate so you have to share it. You

just have to.

"I wouldn't be healthy if I didn't give. It feels good. It sounds corny, but it's real."

The man in the middle of it all agreed, and felt sufficiently humbled by the incredible outpouring of support for his namesake charity.

"There is an old saying that to whom much is given much is required," Robert said. "I believe that in my heart, and to be surrounded by so many talented people who believe the same—from the chefs to the artists to the volunteer wait staff, everyone—is truly humbling. I love them for it because I see where this money goes and what it can do. I see

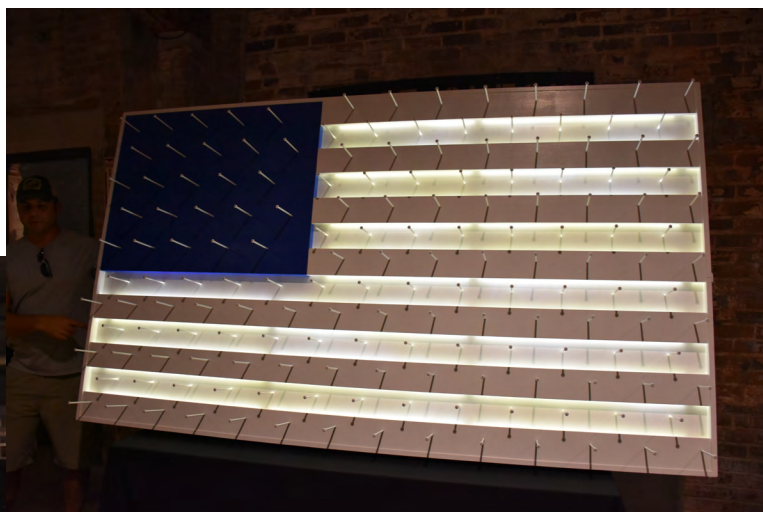
how it trains companion animals and how it helps the Gary Sinise Foundation build customized homes for wounded vets and I see how it makes a real difference in the lives of the best and bravest amongst us.

"This is an incredibly fun night for me and I think for everyone that comes here. But to know that it's helping someone who really needs it—that's what gives it meaning."

*The Robert Irvine Foundation is a 501c3 charitable organization. It is staffed by volunteers and disperses 100% of all donations to the causes that need it most. Learn more or make a donation at [RobertIrvine-Foundation.org](http://RobertIrvine-Foundation.org).*

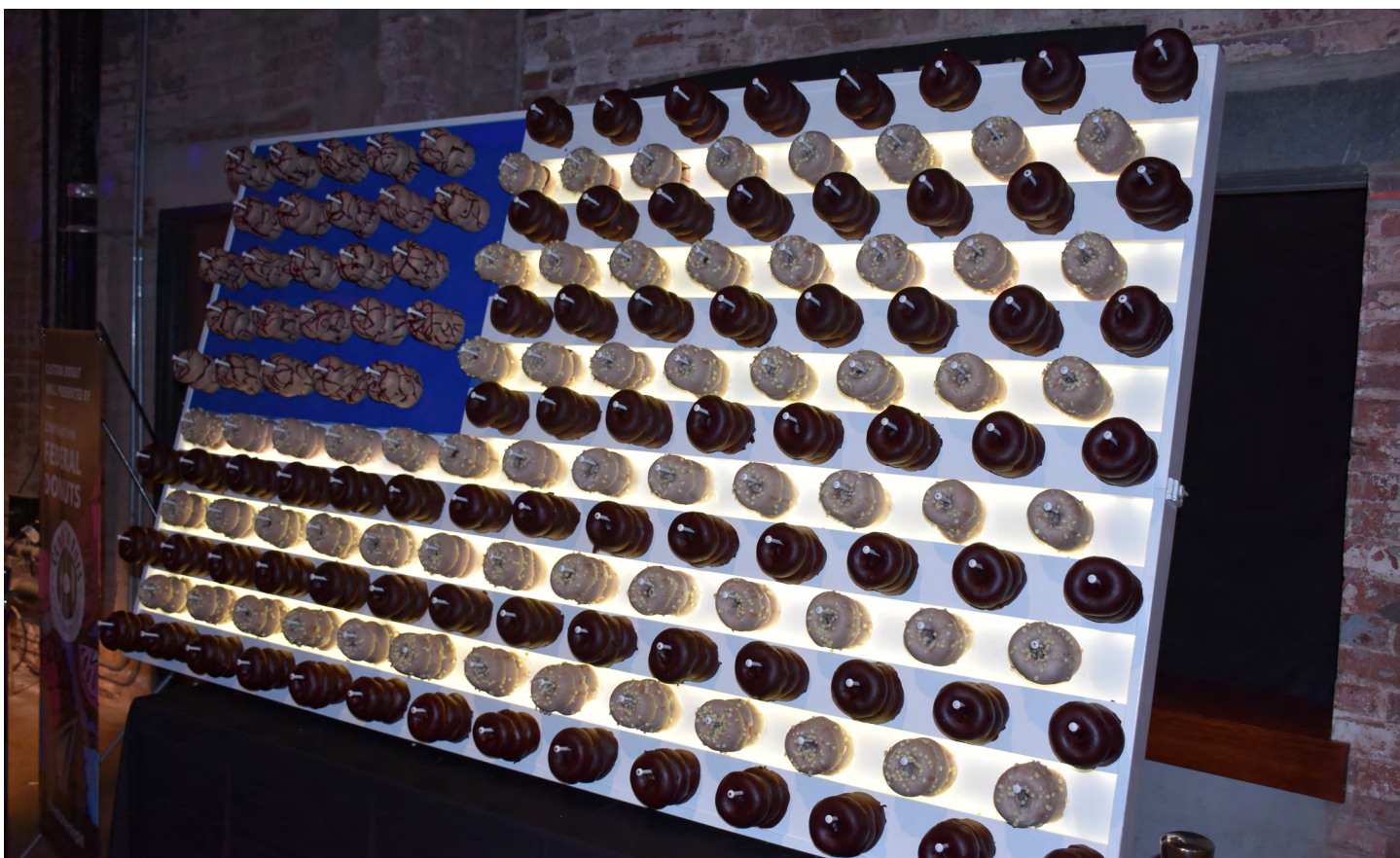


# BEATS 'N EATS



## A WORK IN PROGRESS

At left, Tom Bury shows Robert his newest creation. Above, the flag is assembled and lit. Below, each of the 110 pegs are fitted with four doughnuts provided by Federal Doughnuts. Guests were also treated to lattes from Starbucks and spirit-infused frozen treats on the way out.





# BEATS 'N EATS



Clockwise from top left, Robert steals a good luck kiss from his wife Gail; the wall behind the bar at the Fillmore is an American flag mosaic made from concert posters; Robert's COO Justin Leonard works to keep the show on track; desserts are lined up and ready to go; Beau MacMillan joins Robert on stage. Robert's tomahawk ribeye with grilled onions and fried plantains is a sight to behold.





# LICENSE TO GRILL

All new recipes to heat up your summer plate.



# SUMMER GRILLING



## GRILLED SHRIMP & PINEAPPLE SALAD

**SERVES 4**

### YOU'LL NEED FOR THE SALAD

1lb (16-20) fresh shrimp, peeled and deveined  
1 ear corn, grilled and pulled from cob  
1 ripe avocado, medium diced  
¼ pineapple, medium diced  
1 head Boston bib lettuce  
1 head romaine lettuce  
12 cherry tomatoes, halved  
1 bulb fennel, sliced thin  
½ red onion, sliced thin

### FOR THE DRESSING

½ cup orange juice

1 thumb ginger, minced  
2 cloves garlic, minced  
2 egg yolks  
1 oz grapeseed oil  
1 oz cup chili oil

### MAKE IT

1) Season shrimp with salt and pepper and place on a hot grill. Cook 2 to 4 minutes each side.  
2) In a food processor, add orange juice, ginger, garlic, and egg yolks.  
3) Slowly add grapeseed oil, and chili oil.  
4) Season with salt and pepper.  
5) In a separate bowl, add pineapple, lettuce, tomatoes fennel, red

onion, and grilled shrimp.  
6. Dress with 3 oz. of dressing  
7. Season with salt pepper and plate

### THE MACROS

CALORIES: 483  
PROTEIN: 36 g  
FAT: 25 g  
CARBS: 34 g

## GRILLED PEACHES & BURRATA SALAD

### SERVES 2

### YOU'LL NEED

8 oz. burrata ball, split in half  
2 peaches, quartered  
3 cups arugula  
¼ cup grapeseed oil  
¼ cup sherry vinegar  
1 shallot, sliced thin  
¼ cup toasted sliced almonds

### MAKE IT

1. Heat grill to medium heat. In a medium mixing bowl, lightly coat

the peaches with a small amount of grapeseed oil, and lightly season with salt and fresh ground black pepper.

2. Place peaches on the grill and cook for approximately 5 minutes on each side.

3. In another mixing bowl add sherry vinegar, sliced shallots, and whisk grapeseed oil to make a vinaigrette.

4. Place arugula, toasted almonds, and thinly sliced shallots in bowls. Dress with about 2 oz. of vinaigrette

and season with salt and pepper.

5. Top with 2 grilled peaches and burrata. Add another dash of salt and fresh ground black pepper and serve.

### THE MACROS

CALORIES: 276

PROTEIN: 10 g

FAT: 22 g

CARBS: 20 g





## ASIAN MARINATED TRI TIP



### SERVES 7

#### YOU'LL NEED

5 lb tri-tip roast  
1 cup soy sauce  
2 tsp sesame oil  
3 scallions, sliced thin  
3 cloves garlic, sliced thin  
1 tbsp rice wine vinegar  
1 tbsp mirin wine  
1 tbsp honey  
1 tbsp chili paste  
1 thumb ginger, sliced thin  
½ bunch cilantro, chopped  
2 tsp corn starch  
4 tbsp water

#### MAKE IT

1. In a large mixing bowl add soy sauce, honey, rice wine vinegar, mirin, chili paste, and mix together, reserve 1 cup of the liquid.  
2. Add ginger, cilantro, garlic, scallions, sesame oil, and add tri tip. Cover and allow to marinate for at least 5 hours.  
3. Pull tri tip from marinade and lightly season with salt and pepper. Place on medium to high grill for approximately 8 to 10 minutes on each side or until desired doneness is reached.

4. In a small sauce pan, add the previously reserved marinade.  
5. In a small mixing bowl, add water and corn starch and mix together. Add cornstarch slurry to the pint of marinade and bring to a boil.  
6. Slice the steak and serve.

#### THE MACROS

CALORIES: 409  
PROTEIN: 58 g  
FAT: 17 g  
CARBS: 6 g

# SUMMER GRILLING



## THE HELL YES COCKTAIL

### SERVES 1

#### YOU'LL NEED

3 oz Pilsner style beer  
3 oz Prickly Pear liquor  
2 oz Patron Silver  
1 oz club soda  
1 slice lemon slice

#### MAKE IT

1. In a pint glass, add pilsner, prickly pear liquor, patron, club soda and ice.  
2. Lightly stir and garnish with lemon slice.

#### COCKTAIL MACROS NOTE:

Knowing how much protein (zero) and fat (zero) are in a cocktail isn't very helpful. Think of the whole thing as simple carbs, since your body treats alcohol like a sugar, and drink in moderation.



# “BEAUTY IN BROKENNESS”



Seven years after a tsunami rocked Japan, a quest to find hope in tragedy continues.

BY MATT TUTHILL



# NOZOMI PROJECT



**J**apan isn't finished with the aftermath of March 11, 2011, and in many ways, it never will be. The Tohoku earthquake was huge, measuring a 9.0 on the Richter Scale and the ensuing tsunami caused death and destruction on a scale never seen before, including the meltdown at the Fukushima nuclear power plant. There were nearly 16,000 confirmed deaths. Over 2,500 people missing. Over 120,000 buildings collapsed, and nearly a quarter million buildings half-collapsed. The total economic loss is estimated to be in the neighborhood of \$235 billion.

The numbers give you a sense of scale, but it's impossible to measure



Top: tsunami survivors transform broken pottery at the Nozomi Project's headquarters. Bottom: a piece gets ready to make the leap from junk to jewelry. Photo on previous page appears via Shutterstock.com. All other photos appear courtesy of The Nozomi Project.



# NOZOMI PROJECT

the number of lives affected. People who lost friends and loved ones, husbands, wives, and children continue to deal with the trauma every day.

The Nozomi Project cannot erase those wounds, but its founders created a way to make something positive out of the catastrophe and to give a sense of purpose and hope to some of the people affected.

While sorting through the wreckage in the tsunami's aftermath, Sue Takamoto was overcome by the amount of shattered

pottery strewn throughout the streets of Ishinomaki, one of the cities that was most devastated. Sue, a New Jersey native, and her husband Eric, a Japanese-American born in Hawaii, have lived in Japan since 2001, working for the Christian agency Asian Access. The scale of the tragedy was overwhelming, but in the heaps of broken pottery, Takamoto saw an opportunity.

"I thought, 'What if we could use this to make jewelry?'" she says. "Japanese pottery is just so beautiful."

It was not only an opportunity to provide employment for the tsunami victims, but also a chance to create community and a therapeutic release to some of the women survivors of the tragedy. Takamoto didn't have a business plan—or even know how to make jewelry for that matter—but believed in the strength of the idea. Partnering with others who intentionally moved into the tsunami zone, Sue and her faith-based team called Be One chose the name "Nozomi" because it translates to "hope" in Japanese. And



The finished pieces are breathtaking. You can buy pieces [HERE](#) and help the tsunami victims in the process.



# NOZOMI PROJECT



Clockwise from the far left: a worker files off the sharp edges of a broken piece of pottery; the women of The Nozomi Project pose together with Sue Takamoto pictured far right; the finished project ready for sale.

they soon found people willing to donate their time to train the women of the Nozomi Project to craft high-quality pieces for sale online. Each line of jewelry is named by the artisans for a loved one, including relatives who died in the tsunami.

To date, the Nozomi Project has sold over 35,000 pieces of jewelry and has employed 30 local women who make and sell the jewelry. Their team has made enough money since its inception in 2012 to be able to donate to charities which now

have more pressing needs than its own, like the relief effort for the 2015 earthquake that rocked Nepal and claimed the lives of 9,000 people.

"I believe there is beauty in brokenness," Takamoto says, explaining that, through the work of salvaging what could be considered trash and using artistry to create something of substance, the women of the Nozomi Project are able to give themselves—and the world—a powerful healing message every day.

At present there is no shortage

of broken pottery for the women to work with. Seven years after the disaster, Sue's husband Eric is still able to bring carloads of broken pottery donated from local friends or second hand stores. It is one more measure by which the scale of the disaster becomes unfathomable. But it also means that the mission of the Nozomi Project will continue, and its message will endure.

Buy online at: [NozomiProject.com](http://NozomiProject.com)  
Watch Sue Takamoto's Tedx Talk, "Finding Beauty in Brokenness," [HERE](#).





# HOW TO GIVE BACK

They put their dreams on hold so we can pursue ours. They say goodbye to their families so we can be at peace with ours. **The men and women of our military selflessly put their lives before ours,** and too often we take it for granted.

Here's how we can change it.

BY SJ McSHANE



# GIVING BACK TO VETERANS



## **Supporting & Encouraging Military Families.**

**Help a deployed service member's family while they're away by doing the following:**

### **Yard Work/House Maintenance:**

Gather a team of people in your neighborhood to help with tasks such as mowing the lawn, taking out the trash, shoveling the driveway when it snows, raking leaves, weeding and any other task that may need attention while a family member is deployed. They need as much help as they can get and something as small as changing a light bulb goes a long way.

**Preparing Meals:** Offering an occasional meal to a military family—even once a month—will make a huge difference in their lives. Gather up a few of your friends who like to cook and assign a meal to each of you. This will allow the military family to have ready-made meals that they can pull out of the freezer anytime. You can also offer to do their grocery shopping, or pick up their children's favorite school snacks.

**Childcare:** For the spouse who is now a single parent, offering child care will relieve a big burden. Providing services such as babysitting,

driving their child to sports practice, helping them with homework, and offering to be there in any way you can to assist their child will help lift burdens as the family adjusts to their new life.

### **Documenting Important Life**

**Moments:** If you know the military family, offer to take video of their family at school functions or sporting events. Then offer to mail it out to the deployed who can watch it as a way of catching up.

### **Emotional Support/Kind**

**Gestures:** Dropping by with a coffee, being available to talk, giving a hug, getting them a gift card, leaving



# GIVING BACK TO VETERANS

a positive note in their mailbox, and simply letting them know that you that you are there for them if they need anything will have a bigger impact than you realize.

## Supporting & Encouraging Active Duty

**Say “THANK YOU”:** It is always appreciated when a member of the military hears the words “Thank You.” A lot of people don’t do it because they think it’s awkward to thank a stranger, but these two words can mean a great deal to servicemen and women.

**Send Care Packages:** If you don’t know the military family personally, contact a military base and offer care packages with items that are much needed such as a CVS gift card, a flash drive, envelopes and stamps for letters, powdered mix drinks such as electrolyte mixes and instant coffee, or a CD with their favorite music. You can also send positive newspaper clippings and pictures of the good things they are doing overseas.

**Send Letters:** You and your entire family can adopt a single service member. Send letters of appreciation, a list of inspirational quotes, photos of your family, and drawings from your children.

**Send an uplifting video:** Compile a video of their family members, friends, and neighbors sending special messages, uplifting words of encouragement,

telling jokes and letting them know they are missed and cared about.

**Shower them with “Thank You” cards:** Put their name in the local newspaper or on the radio asking for a shower of “Thank you” or “Thinking of You” cards. Have everyone send them by a certain date, pick them up, put them all together, and send them.

**Prayers:** Pray for the active military member and his or her family. No matter what the military member’s religious affiliation is, no one will turn down prayer.

*For more information on sending care packages, click [HERE](#). SJ McShane is a fitness author, trainer, and nutritionist. Follow her on [Twitter](#) and visit her [website](#).*



Photo by [Kenton Steryous](#).



# WHAT IS PROLOTHERAPY?

People suffering from chronic pain are finding relief from a treatment that mimics their original injury. But lack of awareness is keeping millions in the dark.

BY DAVID JESTER



# PROLOTHERAPY

**C**indy's back pain had plagued her every move for over a year. An avid runner, Spinning enthusiast, and TRXer, my wife's injury affected her workouts—and was beginning to affect every area of her life. She was hesitant to perform plyometric exercises due to pain and weakness. During lunges, her right leg would buckle. In the middle of planks, one side fatigued and quaked well before the opposite.

"I had a lot of stiffness and discomfort," she said. "Workouts fell off. Even walking was painful. I was frustrated. I kept telling myself it would get better. But it took such a long time with no real resolution."

This injury didn't only affect her workouts; it hindered all aspects of life. As a full-time gardener, pain was ever-present. Yanking weeds from flower beds caused discomfort. Shoveling was a cringe-worthy task even before the spade cut the dirt. Besides physical tasks, she spent many restless nights trying to get comfortable. Nothing seemed to bring relief.

When she finally told me she was undergoing prolotherapy treatment, I was skeptical. I knew she needed to do something about the pain, but I had never heard of this treatment, so I had my doubts. Of all the medical professionals I know, few were aware of such a therapy. Those who did knew little about it. This only



Dr. Bell administers prolotherapy to Cindy Jester. Photo on Pg. 36 appears via Shutterstock. All other photos by David Jester.

fueled my skepticism.

Every treatment thus far was palliative, never getting to the root of the issue. So she took a chance, accepting a recommendation to try something different, something unique. Something called prolotherapy.

Although a conclusive MRI was never taken, Cindy's injury presented, and was diagnosed, as a ligament tear to the right of her spine.

To protect the injured area, her body overcompensated with other muscles, causing imbalance. Physical therapists tried dry needling, massage, ultrasound therapy, and prescribed stretches. None of these relieved the pain. Heating pads and ice packs provided minimal relief, and only during application. It seemed like a solution would never be found. A year of constant frustration passed. When Cindy's



# PROLOTHERAPY

physician suggested Dr. Jessica Bell, a Doctor of Osteopathy, she jumped at the opportunity. It was time to seek out alternative methods of treatment.

Prolotherapy is not a new medical procedure, yet it isn't ancient. It originated in the 1930s when it was used to treat pain associated with ligament laxity. The process is not overly complicated. By injecting a solution at the injury site of a ligament or tendon, prolotherapy seeks to mimic a re-injury of the site. Acting as an irritant, the solution deceives the injured structure, stimulating the body's healing process. Today prolotherapy has wide reaching clinical applications, although it remains somewhat in its infancy.

The treatment is not a one-time fix. Multiple sessions are required to stimulate healing, each time encouraging blood flow to the injured tissue. The number of sessions

varies, depending on the severity of the injury. On average, sessions can be as few as three and as many as six. Prolotherapy practitioners recommend spacing out treatments a month apart, and no anti-inflammatories should be taken during that period. During each session, a person may be injected in multiple spots. A solution of Dextrose 15%, normal saline, and lidocaine, is the most common used. Cindy's first treatment consisted of 11 injections using a solution similar to this. When she showered that night, her back was a constellation of small circular bandages marking the injection sites.

\*\*\*\*\*

Dr. Bell's enthusiasm about prolotherapy is infectious. If anyone knows about the benefits of this therapy first hand, it's her. After injuring herself during a Cross-fit regional event, she underwent

treatment with great results.

"I had my own injury," she says, "and once my injuries improved with prolo, and nothing else, I became passionate about offering it, knowing what it's like to live with an impairment not getting better."

She learned the technique shortly thereafter, hoping to pass on the benefits of prolotherapy and to make it available to those who need it. Having performed over a 1,000 treatments to a host of patients, Dr. Bell has become a passionate advocate.

Tracy Cassidy is one of Dr. Bell's many patients. She first developed pain in her front deltoid at the end of 2017. It crept into her shoulder with a tinge of pain that affected only a few exercises. Over time, though, the pain became worse. Her workouts fell flat. During a TRX chest press, her angle decreased to the point where there was hardly any resistance. This became frustrating, especially for someone who is a triathlete and highly competitive.

Training for an Ironman, she was no longer able to swim. She continued to lose range of motion. Multiple avenues of treatment included massage, cortisone shots, and physical therapy. These gave only temporary relief from pain, never healing the actual injury, which was biceps tendinitis. Other athletes recommended prolotherapy and she decided to give it a try.

Cassidy found relief. Throughout treatment she noticed no pain at all—although this is not normal, as she notes a high pain tolerance.

"The first treatment, I was sore for 24 hours afterwards and found



TREASURE MAP: The doctor marks out all injection sites before getting to work.



# PROLOTHERAPY

slight relief, but, after each treatment, I felt better with great improvement.”

After her third round of prolotherapy she noticed a significant difference in her workouts. Her chest press increased, and she is close to where she was before. She is back in the pool and has since competed in triathlons. Beside all this, she noted a greater range of flexibility than ever before.

The greatest impedance to widespread accept of prolotherapy, Dr. Bell asserts, is a dearth of clinician’s practicing the technique. While chiropractic care and acupuncture are widely accepted, prolotherapy is still met with widespread skepticism.

“Insurance companies haven’t seen the evidence, the clinical trials, to prove that it’s effective,” Dr. Bell says. “The reason: there’s no big money in prolotherapy. I charge a modest fee for treatment. I can’t put together a huge clinical trial by myself. I’m not going to go against big pharma. So it’s kind of stuck in its ability to be accepted.”

Dr. Bell is unaware of any insurance company that covers the procedure. Cassidy’s insurance covered office visits, but not the treatments themselves. Dr. Bell believes that cultural acceptance would come if the number of practitioners was higher, and there was more clinical research for studies. As time moves on, she hopes the proof is in the patients’ recoveries.

Opponents to prolotherapy are

dubious in admitting a benefit from this treatment. Many studies cite lack of clinical evidence as an argument against the efficacy of prolotherapy treatment. A recent UnitedHealthcare Commercial Medical Policy was published May 1st, 2018, titled “Prolotherapy for Musculoskeletal Indications.” Under the subsection of coverage rationale, Prolotherapy is unproven and not medically necessary, it noted “the

*“It’s painful, and not in a way you’ve ever felt... There is nothing I’ve encountered to compare it to.”*

available studies are limited to those that include short to medium term follow-up with no significant functional improvement compared to placebo.” Throughout this policy, a need for further research is cited, noting a lack of long term benefits and patient outcomes post treatment. Throughout researching this article, doctors I spoke to were simply unaware of this treatment.

Performing therapy without proper research can have its complications. A survey of 95 clinicians using prolotherapy, yielded results

of side effects to include 29 cases of pneumothoraces (an accumulation of gas outside the lungs in the chest cavity) and 14 allergic reactions. As with any injection performed in a clinical setting, infection may also be concern. This is not singular to prolotherapy, and is a risk run with any injection. While side effects reported are limited, the lack of long-term study means there is an unknown element of what other side effects may exist.

As with any study that is inconclusive, it is uncertain whether prolotherapy truly works on its own. Until studies have been conducted in the appropriate fashion, this will be prolotherapy’s greatest detractor. There is an argument the treatment only provides relief in conjunction with other therapies. Many medical journal articles cite populations having the same relief as the placebo group, receiving only saline injection. To truly ascertain

this, prolotherapy treatment must be treated like drug testing by the FDA. Without financial backing for research and development though, it’s impossible to say when this would happen.

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Dr. Bell’s office is soothing. It is housed within an old mill building resting upon the deep, dark waters of the Androscoggin river. The walls are brick, worn by the ages of industrial factory use. Windows in the treatment room look out over the rushing water. Blue Herons and



# PROLOTHERAPY

Eagles swoop down into the waters or perch along the rocky river line.

The centerpiece in the room is what looks like a massage table. Atop a stainless steel medical tray rest a collection of syringes and needles, gloves, alcohol wipes, and a magic marker. A medical instructing skeleton faces away from the table toward the wall, like a queasy spouse averting their eyes during the treatment.

Dr. Bell's hands are methodical. She presses into Cindy's back and marks along the injury site. It is a treasure map with dots and dashes, X marks the spot. Alcohol wipes are pulled across the skin, cleaning the injection sites. After the syringes and needles are connected, the first injection begins.

Cindy pulls air in through her teeth.

"It's painful, and not in a way you've ever felt," she says later. "It's tolerable, yet uncomfortable. Instead, when she hits the areas that are really tight, it feels like a spasm. There is nothing I've encountered to compare it to."

Tears stream down her face. There are no screams. With each injection, the needle is sunk into flesh. Sometimes Dr. Bell floats it in and out, looking for that sweet spot. Finding it, she presses the plunger, injecting the solution.

Dr. Bell's gaze is fixed where needle meets skin. Talking aloud, she communicates everything being done, painting a mental image for Cindy. When she is complete, Cindy has had 11 injection sites that day. Her second therapy, it is believed she will complete one more

before finished. Finding relief after the first session, Cindy is enthusiastic for each subsequent session, even knowing the pain it produces. Tracy, after three sessions, was relieved of pain and found full range of motion again.

Prolotherapy has a long hill to climb. Insurance companies do not cover this therapy due to a lack of research proving the efficacy of the procedure. As a result, few doctors perform prolotherapy, reducing the pool of research subjects. When I teach CPR I always remind my students: medicine is a science. Because it is tied to the human body, we want to believe that it is steadfast and true. This is because it has to do with life and healing, and no one wants to believe what is meant to save life, may be ineffective. The truth with science is that nothing is steadfast. As time

moves on, scientific progress evolves, making new discoveries and innovations. This does not change for medicine.

When I began teaching CPR years ago, I was performing 12 chest compressions to one breath. Now, I am performing 30 chest compressions to 2 breaths. It is with research and time, we find some medicine effective and some not so much. And it will be with research and time that prolotherapy either proliferates and spreads, or stays on the fringes of mainstream medicine.

*David Jester is a writer and firefighter/paramedic driven by wanderlust and a persistent tug for obscure travel. He is a member of Chicago-based [Drinkers With Writing Problems](#) and is writing and starring in a series on Public Safety. Find him at [dfjester.com](#), on [Twitter](#), [Instagram](#) and [Youtube](#).*



After a series of successful prolotherapy treatments, Cindy Jester is back in the gym, feeling good as new.



# CARDIO SCULPT

*Mahri Relin of Body Conceptions in NYC delivers a workout to tone every muscle in your body with minimal equipment. But this is no cakewalk. Be prepared to sweat.*



Mahri Relin is the founder of [Body Conceptions](#) in New York City. Photos of Relin appear courtesy of Body Conceptions; exercise photos appear via Shutterstock.

This workout gives you a combination of cardio and sculpting exercises, and it can be done in any gym or living room. Just bring a mat or towel, small weights (2-3 lbs), and a timer (which can be found on most smart phones). Altogether, you will raise your heart rate, target and tone every muscle in the body, and increase your flexibility as well.

I really believe in the power of music, so I recommend picking a playlist of 10-12 of your favorite songs that really inspire you to move. Medium-fast tempos are

preferable, and I recommend trying to coordinate your movements/pulses with the beat of the music. You will have lots more fun and will probably be able to push yourself harder as well!

Begin with some dynamic stretches! Dynamic stretches involve moving smoothly through different positions to bring warmth, flexibility, and circulation to your muscles and range of motion to your joints to prevent injury. These movements might have gentle similarities to the exercises you will be doing, like arms circles, lunges, side-to-side

reaches, rolling up and down the spine, knee lifts, ankle circles, etc.

## 1) CARDIO

Tabata-Style Interval Circuit:

Tabata-style circuits are fabulous for burning calories, raising your heart-rate quickly and safely, and getting sufficient cardio for the day in a short amount of time.

For this circuit, complete each exercise for 20 seconds at the highest intensity you can do, then rest in between for 10 seconds before moving to the next exercise. Repeat this circuit twice.

# CARDIO SCULPT

- a) Jumping Jacks: 20 seconds, 10 second rest
- b) Jump Squats: 20 seconds, 10 second rest
- c) Mountain Climbers: 20 seconds, 10 second rest
- d) Ice Skaters: 20 seconds, 10 second rest

## EXERCISE

### DESCRIPTIONS:

**Jumping jacks** - Standard format. Make sure you keep your knees over your toes, your abs engaged, and your shoulders relaxed.

**Jump Squats:** Begin with the legs hip distance apart in a squat position with your chest reaching forward, your abs engaged, and your tailbone reaching back. Keep your core engaged as you jump up explosively. When you land, make sure your knees are tracking over your toes and you land fully through your feet. An alternative to this exercise is to pulse up and down in a squat position rather than jumping.

**Mountain Climbers:** Begin in a high plank (hands and toes on the ground) with your shoulders over your wrists and your hips in line with your spine. Quickly pull one knee into your chest, then switch legs at a running pace. An alternative is to slowly pull each knee into your chest, or hold the plank for 20 seconds.

**Ice Skaters:** Start with your right leg in front (slightly turned out)

and your left leg crossed behind you, your upper body leaning forward, and your left arm reaching down to the ground. From here, jump up explosively to the other side and land with your left foot on front, your right leg crossing behind, and your right arm reaching down towards the ground.

## 2) ARMS

The following exercises should be done with 2-3 lb weights. Full water bottles also work. Keep your abs engaged, chest open, and shoulders down with shoulder blades melting down the back. Keep your knees slightly bent to avoid locking, and stand with your feet hip distance apart.

**a) Lateral Arm Circles:** Holding a weight in each hand, reach your arms out to each side with your

elbows slightly bent. Keeping this shape, circle your arms backwards 30 times, then forwards 30 times

**b) Forward Reaches with Twists:** Begin with your hands by your hips and your palms facing up (with the weights), and your elbows pulled back. Reach your arms straight forward while twisting your hands so that your palms face down when the arms are extended. Pull your arms back in, and repeat 40 times.

**c) Triceps Arm Pulses:** Bend forward at the waist with your knees slightly bent, your chest reaching forward, and your tailbone reaching back. Extend your arms straight behind you and lift them slightly above your hips with your palms facing each other. Pulse your arms together with small movements 60 times.



Land softly on squat jumps, bending your knees to decelerate into the landing.



# CARDIO SCULPT

## 3) THIGHS

The key to these exercise is to keep your knees and toes facing forward, your abs engaged, and your chest open with your shoulder blades melting down your back (instead of tensing and lifting your shoulders up towards your ears).

Begin in a parallel lunge with your left leg forward. Keep your back right knee aligned below your hips, and keep your left knee aligned above your left heel. Do not let your back foot turn out to the side. And make sure you pulse directly up and down rather than forward and back. If you feel knee strain at any point, do not bend as deeply. COMPLETE ALL THREE EXERCISES ON ONE LEG BEFORE SWITCH-

ING TO THE OTHER LEG

**a) Pulses in Parallel Lunge:** Hold your lunge with your hands in prayer position, your chest open, and your abs engaged. Pulse up and down 40 times.

**b) Toe Taps Forward and Back:** Shift your weight forward onto your front left foot with your hands kept in prayer position and your right leg extended straight behind you in a longer lunge. Tap your right foot forward and then tap it back to a straight leg. Repeat the taps in and out 40 times.

**c) Diagonal Arm Reaches:** Keep your weight forward in a deep

lunge with your left knee bent and your right leg straight. Start with both hands on your hips. Bend forward and reach your right hand across your body to the ground in front of your left foot. Then lift back up to your hips. Repeat these arm reaches 24 times. REPEAT ON THE OPPOSITE LEG.

## 4) ABS ON THE MAT

Using a mat or large towel, lie flat on your back with your knees bent and feet on the ground hip distance apart. Lightly support your head in your hands with your elbows out to each side, your chest open, and your lower abs pulled into your spine. Try to pull in with your abs instead of pushing out as you execute these exercises. If you feel any strain on your lower back, feel free to lift your legs higher or bend your knees more. And take breaks if you need to in the plank position.

**a) Upper Body Lifts with Leg Extensions:** Lift your legs into a tabletop position and hold your head in your hands. As you lift your upper body/shoulder blades off the mat, extend your legs straight out. (If you can't straighten your legs completely, you can keep a slight bend.) Return your upper body back



During planks, don't let your butt pike up into the air; try to keep your shoulders, hips, knees, and ankles all in alignment.

# CARDIO SCULPT



Don't bend at the waist during lunges; keep your spine straight with your chest high.

to the mat and your legs back to tabletop. Repeat 24 times.

**b) Extended bicycle twists with Pulses:** Return to tabletop position and lift your upper body slightly off the ground with your hands behind your head. Twist your chest to the right while pulling your right knee into your chest and straightening your left leg above the ground.

Holding this twisted position and looking right, kick out your left leg 10 times. Hold your twist the other way and repeat with the right leg 10 times. Repeat this whole set 4 times.

**c) Plank with Twists:** This exercise can be done on your forearms or up on your hands depending

your preference and wrist strength. Begin in a plank position with your hips in line with your spine. Lift your hips up and over to the right side, then up and over to the left side. Don't touch your hips all the way to the ground when you twist. Repeat each set right and left 20 times.

## 5) SEAT

For this section, fold up the back of your mat or towel and come to hands and knees. If you have wrist pain, feel free to come down to your forearms. Keep your shoulders square during these exercises and try to keep tension out of your shoulders and neck. Engage your abs and extend long through the back of your knees without locking

them. Your legs should be slightly turned out with your working hips slightly lifted but not stacked open to the side. **COMPLETE ALL THREE EXERCISES ON ONE LEG BEFORE SWITCHING TO THE OTHER LEG.**

**a) Hydrant to Extension:** Come to your hands and knees, and extend your right leg straight behind you. Pull your right knee towards your shoulder, keeping your knee lifted to the side as you bend it in. Then return the leg straight behind you. Repeat 25 times.

**b) Toe Tap Rainbows:** Return to hands and knees, and place your right leg straight out diagonally behind you to the right side



# CARDIO SCULPT

with your toes on the ground. Keeping your knees straight, lift your leg up and over to the left side and place your toes on the ground to the left. Lift up and over and return to the right side again. Repeat this rainbow pattern 20 times.

**c) Straight Leg Pulses on Forearms:** Come down to your forearms, and extend your right leg straight back. Since your upper body is tilted forward, you can lift your leg higher than hip level. Keeping your leg straight and abs engaged, pulse the leg up and down 40 times. REPEAT ON THE OPPOSITE LEG.

## 6) STRETCH

You should always take time to stretch after your workouts, preferably focusing on the muscles you targeted. I have given you ideas below, but feel free to add or change them depending on what works for you. Hold each stretch for 20-30 seconds.

**a) Lunge with Knee Down:** Lunge forward on the right leg, and place your left knee on the ground. In this position, you can keep both hands on the ground, reach up to the sky with both arms and arch back, or place your right hand down to the ground and lift your left arm up and over to the right. Repeat on the other side.

**b) Legs Extended Forward:** Sit with both legs straight in front of you, and reach your hands towards your toes. Try to keep

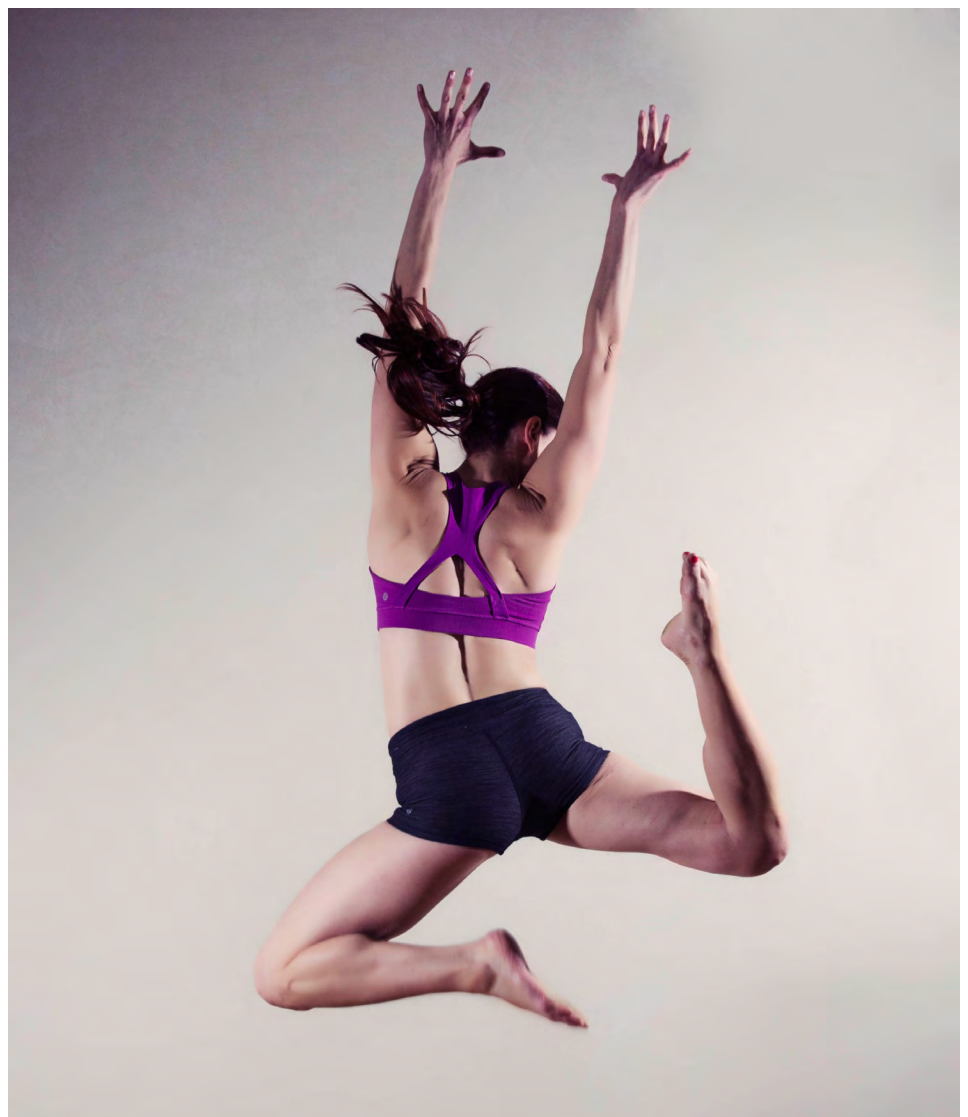
your chest reaching forward, and breathe into your hamstrings.

**c) Figure-4:** Sit back with your hands on the ground behind you and with both feet flat on the ground in front of you and your knees bent. Pick up your right foot, and place it across your left knee. Lift your chest and pull your body/pelvis forward. Repeat on the other side.

**d) Twists:** Lie flat on the

ground with both legs straight. Pull your right knee into your chest, then pull it across your body to the ground on the left. Extend both arms out to the side and look to the right. Repeat on the other side.

**e) Shoulder Stretch:** Sit up in a cross-legged position, roll your shoulders back, and clasp your hands behind you. You can slightly lower your head forward to enhance the stretch.



Learn more about Mahri Relin's Body Conceptions [HERE](#).

# KEEP IT SIMPLE



## FIND YOUR CREATIVE SPACE

Minding your surroundings can be just as important as minding your thoughts.

BY HEATHER QUINLAN

I just completed redecorating my yoga studio. New flooring, area rugs, lighting, paint, the works. It's gorgeous and doesn't look anything like it did before. Since buying the studio eight months ago I had had redecorating on my to-do list, but held off. Not just because of the expense, but because I couldn't really sell myself on the benefit. Business was fine. No one complained about how things looked. I reasoned that people came for the yoga, not for the décor. Additionally, the concept or redecorating spoke to an immature need to "put my stamp" on the

place to satisfy my ego.

I wasn't wrong, but I overlooked an important factor: by leaving the studio as-is from the previous owner, I wasn't really taking ownership of my surroundings. Mentally, I was still tending to someone else's creation. It wasn't my ego that needed satisfying; it was my creativity. I wasn't expressing myself and it held me back in a number of unforeseen ways—as an instructor, as a business owner, as a member of the community.

I have been practicing Bikram Yoga for over 16 years. I have been teaching it for almost 6 years, and

now, as a studio owner, I often think of what brought me back to the yoga so regularly for so many years. Or what even brings me back to any business as a loyal customer? The answer is the experience. There was something about living my regular life, working all day, and then walking into the yoga studio, standing on my mat, and shutting the rest of the world out for 90 minutes. I wanted to create that for my students from the moment they walked in the door. It wasn't enough that I have an awesome heating system or a big yoga room. I have been around



# KEEP IT SIMPLE



fitness and yoga long enough to know the details matter. More importantly, I know life can deal you a fair share of struggles and I wanted a space where that can easily melt away.

I'm a big believer in the Law of Attraction. I had to align what I knew instinctively was right for the studio vibe with what you actually saw when you walked in. I have a totally new sense of creativity that opened up because I was able to match the great feeling yoga gives you with the space. Also, I know students identify with their yoga studios as "theirs." It's a place where community is built and de-

veloped, a place where people can catch up and say hello and check in with one and another. I wanted to make sure that I had a space that fostered that.

I tell my students that part of relaxing includes having no stress or tension in your body. Both act as obstacles for the yoga to do what it really needs to in your body. I also talk about getting the "mental vacation" every time you walk in the room to totally disconnect from the outside world because in that quiet space you find clarity.

It's the same with your home or your work space and even more obvious because you see disorga-

nization or clutter. If your desires, hopes and ideas are that of prosperity, happiness and openness to all good things, you need to create the space to reflect and allows for that. Reorganize your closet, get outside and clean up the garden or open up the junk drawer and get rid of anything you are not using. Just as stress and tension in your body act as a block, so does excess stuff. Free up your creative pathways so you can live the happy life you deserve.

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



## WORDS TO LIVE BY

*“Wanting something is not enough.  
You must hunger for it. Your motivation  
must be absolutely compelling in order to  
overcome the obstacles that will  
invariably come your way.”*

*- Les Brown*

