

# ROBERT IRVINE

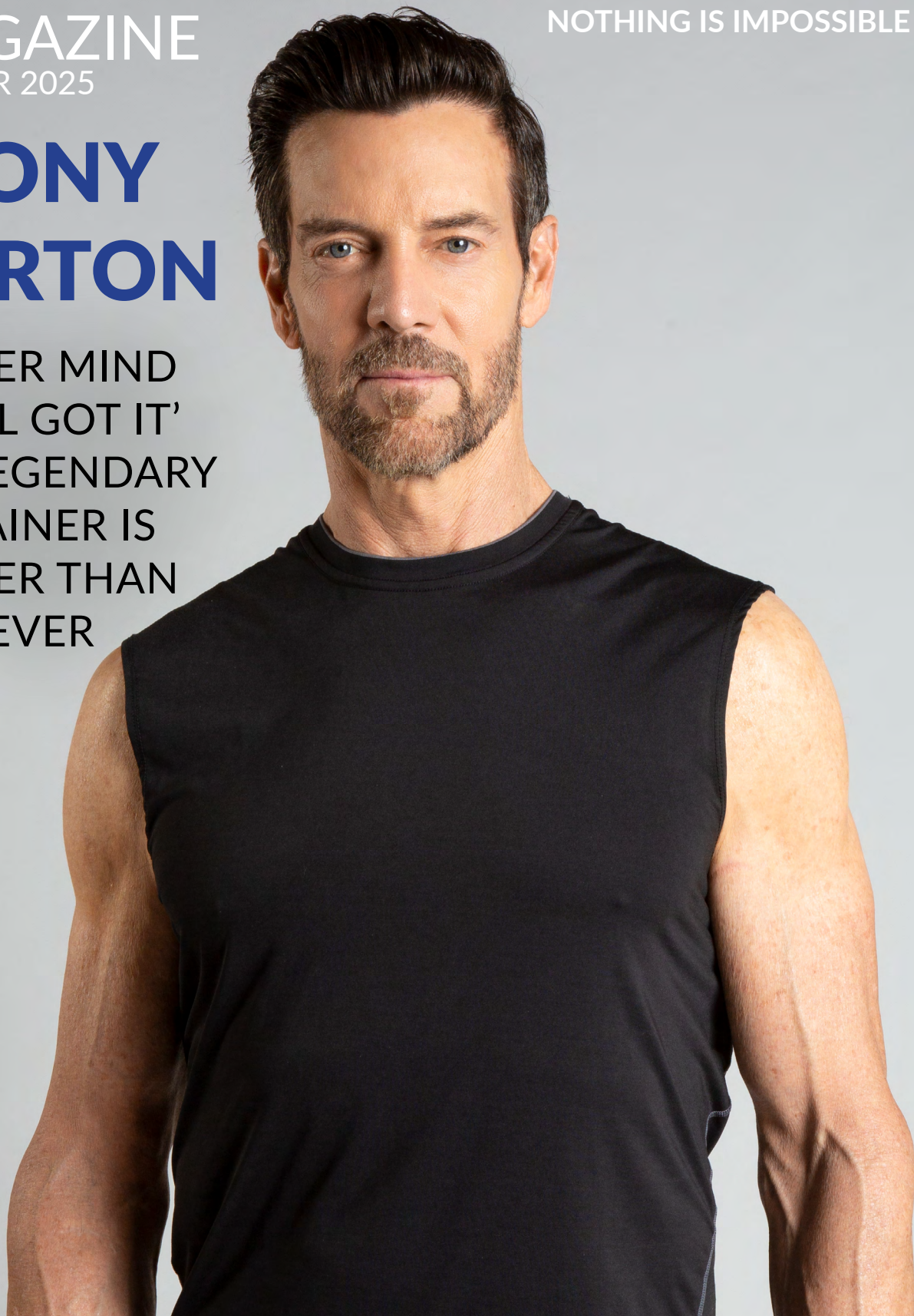
MAGAZINE

WINTER 2025

NOTHING IS IMPOSSIBLE

## TONY HORTON

NEVER MIND  
'STILL GOT IT'  
THE LEGENDARY  
TRAINER IS  
FITTER THAN  
EVER



# ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

## FOUNDER AND PUBLISHER

Robert Irvine

## VP, CONTENT & COMMUNICATIONS

Matt Tuthill

## CREATIVE CONSULTANT

Sean Otto

## SENIOR WRITERS

Gail Kim-Irvine, Katie Linendoll, SJ McShane, Jay Johnson  
Heather Quinlan, Michael Schutz, MD, Steve Wrona, C.S.C.S.

## CULINARY EDITORS

Shane Cash, Brian Goodman, Darryl Moiles

## CONTRIBUTORS

Jay Cardiello, Ryan Coyne, Amber Day, Mike Geremia,  
Leah Jantzen, David Jester, Mike Simone, Brittinie Wick

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

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

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*Contact the publisher at [media@chefirvine.com](mailto:media@chefirvine.com).*

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## BUSINESS and MARKETING

## CHIEF OPERATING OFFICER

Justin Leonard

## VP, FINANCE & MARKETING

Joshua Lingenfelter

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MAGAZINE

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He helped millions of people all around the world get fit with P90X, but when a rare medical condition left him bed-ridden, it proved to be the ultimate test of his iron will.

# SOMETIMES, LESS REALLY IS MORE

What to do when the “abundance mindset” gets out of control.

I feel like the old cliché that sometimes less is more could use closer examination right about now. We are a culture that is awash in talk of “abundance”. We are constantly being told to aim for more, achieve more, and earn more—and we are rarely encouraged to dial it back. During the holidays, the abundance mindset can go haywire, and I’m not just talking about how much we spend on our holiday spreads or how many gifts we buy. I’m talking about how many people we try to see, parties we attend, drinks we have... it’s as if the brakes can just fall right off the train and we wake up in January with everything a bit depleted: our energy levels, our social batteries, our bank accounts.

This month, I want to remind you that, as the old cliché insists, less really is more sometimes. If you’re feeling overwhelmed as so many of us are, let me be the first to insist that the only thing you need “more” of is time to take care of your mental health. Maybe it’s OK to say no sometimes. Maybe



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# ROBERT'S LETTER

we could all use fewer holiday sing-alongs and cookie exchanges and more time in the woods, the peace of the forest being the only Christmas carol that can really lower your blood pressure and save your sanity.

When you flip over to our cover story beginning on Pg. 8, you'll see our interview with Tony Horton, the trainer whose P90X program took over the world and became a bona fide phenomenon in a way that few fitness regimens ever have. He is responsible for whipping an untold number of students, soldiers, and civilians into the best shape of their lives, and in our interview, Tony talks about Ramsay-Hunt Syndrome, a rare medical condition that saw him bed-ridden for months and turned the adonis into half of what he was—"weak as a chicken" in his words.

His fight to get healthy again and regain his peak fitness levels—especially now at the age of 66—took an iron will, not to mention every recovery trick in the book. The lion's share of these had to do with improving the quality of his sleep and reducing stress. More naps, less screen time, more deep breathing, fewer urgent emails to reply to. In short, Mr. Intensity learned to do something new: He learned how to truly relax, and his body thanked



You don't need to go to every—or even any holiday parties. If your body is telling you that you need a break, you'd be wise to listen.

him for it by restoring him to full health.

If there were ever a perfect example that less is more, it might be in the story of Tony Horton's recovery.

In closing: There are so many wonderful things to enjoy at this time of the year, but you must also remember it's the most stressful time of year, not to mention the darkest and one of the coldest. So while I know you have a lot to take care of, I guarantee you that the best gift you can give anyone close to you is being the best version of

you that you can possibly be, and that means taking care of yourself.

Until next time, remember the words I live by:

**NOTHING IS IMPOSSIBLE.**

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ON THE COVER:

# TONY HORTON

The ultra-fit trainer behind the global phenomenon P90X was nearly destroyed by a debilitating medical condition. The story of how he fought his way back to health—and peak condition—holds valuable lessons for us all.

INTERVIEW BY  
BY MATT TUTHILL

**ROBERT IRVINE MAGAZINE:** Diet is an even bigger part of being fit and healthy than exercise is. But we make a little harder in this country than it has to be with the number of artificial flavors and colors and carcinogens that are a normal part of our food supply that are outlawed in many other places in the world. Do you have hope that the US can turn the page here and get right on some of this stuff?

**TONY HORTON:** Well, I think you're asking this based on RFK Jr's hopes and dreams to turn things around.

**RI:** Sure. I don't know how realistic it is, but it's in the spotlight finally.

**TH:** Look, man, I don't know if it's RFK or any particular administra-





# ON THE COVER: TONY HORTON

tion... But if you're going to sit around and wait for the government to begin to make changes for us, then you'll be waiting a very, very long time.

If you don't know the difference between complex carbs and regular carbs, then you might want to look into it. If you don't know what one sugar is compared to another...

most of us are like lemmings jumping off the cliff. We just assume that because it's got a nice, pretty label on it and it's on the store shelf, it's safe. Then there's a lot of people that did P90X and my new programs on Power Nation. They were a little bit more curious. They were a little bit more open-minded. They wanted to ask questions because they weren't waiting for any government official to take ingredients out of their Froot Loops. You know what I mean? Come on.

**RI: Sure.**

TH: Seriously. It's fruits, vegetables, whole grains, proteins, and healthy fat. That's been around forever. Almost everybody knew that. A century and a half ago, those were the only options you had. But now because of fast food and processed food and all the other kind of junk that's flying

around, because they've got our taste buds wrapped around their finger, it's too bad. So if either you want to learn a little bit more and feel a little bit better, or live a little bit longer because of those choices, then you're going to have to do the work on yourself.

And if you're just too overwhelmed and too busy and not

*“If you're going to sit around and wait for the government to make our food healthier, you're going to be waiting a very long time.”*

interested, well, then you're going to suffer more than you need to because these choices will shorten your life. They'll ruin the last third or fourth of your life. Not only physically, but mentally and emotionally. You're going to have a lot of issues that other people who figured this stuff out on their own without help from the government could do a whole lot more, live a whole lot longer, and feel a whole lot better. So it's really

up to the individual to figure it out or not.

**RI: That's a great way to put it.**

TH: Look: As a kid, my favorite foods were burnt toast and chocolate cake. I don't eat that anymore. I used to drink alcohol. Then I learned, “Oh, alcohol is really poison.” Even a quarter glass of wine, it's poison. So do you want a little bit of poison over the course of a long period of time, or do you want a whole lot of poison right away and be dealing with your alcohol issues? Either way, it's poison.

**RI: That kind of tough love cuts through a lot... When did you quit drinking?**

TH: Oh, 30 years ago.

**RI: And what was the moment?**

TH: I wasn't dealing with alcoholism or anything. I just go, “I'm acting like an idiot. I'm doing it for all the wrong reasons. And the next day I feel like I have a flu. Let's see. Math says, ‘Don't do that anymore. Stop.’” And I think within two weeks I was like, “That's it. I don't need it ever again.”

It's just empty calories. It's bad for every internal organ inside of your body, bad for your brain,

# ON THE COVER: TONY HORTON

bad for your pancreas, your liver, your kidneys, your heart, your lungs. It's just bad. Whatever. Am I stricter than most? Yeah, but can I do more than most people at 66? Yeah, that is also true.

**RI: Could you then rebut some of the positive press we see for alcohol? Especially with regard to red wine and heart health and things like that. To you, it sounds like the downsides are just much more significant.**

TH: Well, anybody can find an article about anything that says it's okay. I don't know who are spon-

soring those articles about how a glass the wine is okay. And maybe for some folks, it is. Look, the truth be told, one size does not fit all. And so the way I live my life might not apply to other people based on their genetics, based on their culture, based on their stress levels or lack thereof, based on how often they exercise or they don't, how healthy the rest of their diet is. You know what I mean? There's so many things to consider. There's a lot of people who have a beer at the game and have a glass of wine at dinner, and they live to be well into their nineties.

You know what I mean? And they end up being pretty active, as well.

One thing about our conversation is I'm not giving anybody any advice. The worst kind of advice to give is the kind that's not asked for in the first place, because your best intentions are received with resentment.

**RI: You came down with Ramsey-Hunt syndrome in 2017. What were you feeling leading into that diagnosis? What made you go to the doctor?**

TH: Well, it's all stress related. It was herpes in my ear. Herpes zos-



Relaxation and breathing techniques were key to Tony's recovery from Ramsey-Hunt Syndrome, a severe viral infection that damaged nerves in Tony's ear and permanently damaged his balance. Nevertheless, today Tony is stronger than ever at 66.

# ON THE COVER: TONY HORTON

ter it's called, which is just another term for shingles. Doesn't sound as bad as herpes zoster, but it's the same thing. And so I was feeling a lot of stress. Beachbody, the company that I was with... they didn't want to pay me what I thought I deserved after 20 years of helping millions and millions of people and helping make that company grow. It was a bit of a shock. And so I had to make a decision, and that was to leave. And that was scary. And then I had friends that were at the Vegas shooting and heard those stories, and that just rocked my world. And then Tom Petty died the day after the Vegas shooting. I knew and trained Tom for 32 years. He was a friend.

## **RI: Whoa.**

TH: Here's this icon of rock and roll, I knew his first wife. I knew his second wife. I knew and watched his kids grow up. I went on tour with him. And he passed away. So if you've ever had chickenpox, shingles virus is in there just waiting for you to deal with the craziness of life. And that was too much for me. You know what I mean?

When it actually kicked in, my wife and I thought I was having a stroke because my balance was off. I had some serious brain fog. My right eye and the right side of my face started to droop, and then it became full Bell's palsy there for about a month and a half... I was throwing up because I was so nauseous from being so dizzy. It affected my sight, my smell, my taste, and my balance. The nerves inside your ear, when

you get open sores, it fries the nerves. And a lot of people don't fully recover.

They don't fully recover because they didn't have the health and wellness background that I did. But there was just too much stress in my life, man.

## **RI: How do you treat this? How do you recover?**

TH: You take antiviral meds, which I'm still on to this day. I still take a tablet of that every day. Plus meditation helps, breathwork helps, plus yoga and stretching and playing music. You know what I mean? Just trying to stay chill. I go for walks. I hang out with my dog. I take naps. I meditate. I do sun salutations in the morning or when I need to.

I do a lot of mellow reading. I hang out with my wife just laying in bed, listening to music, doing nothing. I do a lot of altruistic stuff, a lot of charity work. On top of the cold plunges, and the saunas, and the foam rolling, and the massages, and the jacuzzi and the compression work, and my supplements, which are part of the recovery, and making sure that I'm getting enough protein because I don't want to end up with sarcopenia like a lot of people my age. Hydration is also really important. Electrolytes are really important.

And then getting a decent amount of sleep. Creating an atmosphere in my bedroom that is free of EMFs (electromagnetic fields). There's no phones and no laptops and no TVs in our bedroom.

## **RI: How long were you down and out?**

TH: It took three and a half months to be able to drive again. Took that period of time to be able to walk on a treadmill again. It took me forever. I lost 25, 30 pounds and I was weak as a chicken.

## **RI: Well, if it was three months to drive, that first day back in the gym must have been one of the most humbling experiences a human being could really experience. This is Mr. High Intensity. This is Mr. P90X. If I could imagine it, that was probably a private moment for you. I would imagine you wouldn't want to go to a public place and be around a lot of other people...**

TH: Look, it didn't upset me or bother me or freak me out as much as it could. Because I knew, I watched other people who lost 210 pounds through one of my programs. I saw where they started, and I go, "I already know all this stuff. I can't do most of it, but I know over the course of time, I'll be able to..." Why do you think at P90X I had those worksheets? I broke out a piece of paper and a pen, and I started writing down what I could do. And then I tracked it over time, and within three weeks, I was about half as strong as I used to be. At about six weeks, I was about 80% where I was. And after about two months, I was right back where I was.

My balance wasn't great, and my balance still isn't. That's permanently damaged. Whatever nerves I have there are permanently

# ON THE COVER: TONY HORTON

quasi-fried. But yeah, I did what I could. And then I did the extra rep, and I added the extra five pounds, and I increased my range of motion by a half inch or more every time I did something. And the human body is pretty resilient. Even when you kick the crap out of, it'll come back.

**RI: But never mind the illness, there's age, too, so you must be slowing down. You're not the same exact guy you were when this thing came out.**

TH: I'm better.

**RI: You're better?**

TH: I'm better. BETTER.

**RI: By what metrics are you better?**

TH: In some respects, stronger. In other respects, not as strong. But in areas where I feel I could be, there is improvement, I will

work on that. I'll still work on my weaknesses. I made P90X to work on your weaknesses and your strengths. I can't do as many push-ups as I used to be able to do. I can do 45 four ball pushups. I did it on Sunday. So four med balls, basically they're hard as a rock like bowling balls. And I can get on all four, and I can do 45 pushups. I can do 30 pullups in a row still. I can sprint hills, which I couldn't even do eight months ago, but I could do it now because I started working on it.

**RI: When you couldn't do a thing, did you have some dark thoughts?**

TH: Oh, very dark... I was very sad, very depressed, very crushed, very overwhelmed. I couldn't see the forest for the trees then, because I couldn't get out of bed. I couldn't eat. If I turned my head too fast to the left or the right, I'd

vomit. I had no energy. We had a little plastic chair in the shower, and I would just sit in the shower with my head between my legs and just let the hot water run over my body for a half hour. I took a bath as many days as my wife could draw one and throw epsom salts in there, salt and just lie there. Or I just laid in bed because getting out of bed was climbing Everest. It was terrible, man. Terrible.

**RI: P90X is a thing that it still has a seemingly permanent recognition within the culture. It was such a huge phenomenon. As you're creating this thing, I'm sure you know you've got a solid program, but you can't predict it being embraced on this scale. So, its success: how did that feel? Did it alarm you? Or did you think, "Yeah this is what should happen"?**



To learn more about Tony Horton, visit [TonyHortonLife.com](https://www.tonyhortonlife.com) and to buy his supplements—which we reviewed and loved in our last issue, visit [MyPowerLife.com](https://www.mypowerlife.com)

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TH: We were blown away, mesmerized, overwhelmed, shocked, appalled. No, we weren't appalled. We were thrilled. But yeah, we did something called Power 90 prior, which was also pretty intense. My initial feeling was that we should back off a little bit, give people who are way out of shape and not ready for this kind of lifestyle. And then we had other conversations. Then they said, "What do you do to be the guy you are?" I go, "I crush everything. I go to town on everything." So eventually we said, "Let's do that." I thought, "I don't know how this is going to go."

And in the first year, it was crickets. I was seeing my royalty checks come in and go, "Oh boy, that wasn't very smart. Probably should have done Power 92."

But then word of mouth started to kick in. And the infomercials were there and we were changing the offers. And we were taking people's videos and photos of themselves that they were submitting to us, and we were putting that in the infomercial. That was what was actually happening. Initially, it was, "Look at these results from the folks that were in our test group."

They were real results, because I was eyeballing them. I was the one leading these classes morning and night every day for our test group folks to make sure that it worked. And everybody's like, "Nah, that's a controlled environment. I don't know. That's not really me." But there was that select few people out in the world that went, "Man, that looks

badass and serious. And it's time for me to step up." Along with a lot of people in the military along with a lot of division one, two, and three college coaches making their students do it. The other day I was like, I met this kid. He was a guest at one of my workouts. He said, "Yeah, man, I saw you from third grade through 12th grade in our gymnasium at my school. They would just plug you in."

That happened in schools all across the country. Then I got involved with the Pentagon. The folks at the Pentagon go, "Oh, yeah, it's the most popular thing any of us ever do." I went to Andrew's Air Force Base, it was my first military pit stop, and they put me on a screen the size of the Empire State Building behind me and then there are all these Army, Air Force, Navy, Marine joint base... And then year two, three, four, five, six, it was insane.

**RI: You are a guy who was famously stuck for a while. Now you're unstuck. What is the best advice you can give to someone who feels stuck?**

TH: Purpose, plan, accountability, and intensity.

First, PURPOSE: You need a reason why that it's so impactful, so forceful that there's nothing that can stop you. You know what I mean? And so that requires a little bit of research, a little bit of introspection. So what I would tell people is write down on a piece of paper, "What is the problem?" A lot of times it just sits in your head and 10 years later it's still in your head and you haven't

done anything about it. You haven't done anything because you haven't written it down. So in two sentences, you don't have to write a novel. Just two sentences. "I'm really struggling with my health and wellness. I don't like the way I feel. It's really preventing me from enjoying my life. And I don't know what to do about it." Boom, perfect.

And then you have seven days to take the first step. What's the first step? Call, find out how much trainers cost, find out if somebody else, who's a friend, a neighbor, a relative that you want to do this thing with and figure it out. If your purpose is, "I want to look a certain way on this date," then you're screwed. "I want to look like a certain thing"? What are you? A bikini model? Are you a professional bodybuilder or are you somebody with a massive ego that only cares about how you look in front of other people because they don't really care because they're too focused on themselves?

So that's not the reason. The reason is, "I want to feel good today. The past is history. The future is a mystery. What is it that I can do today to improve it today?" So if I move physically, with any method: yoga, weightlifting, cardio, elliptical, versiclimber, slide board, ski machine, animal flow, Pilates, it's not like there aren't enough choices. All right? Figure out which one you're quasi-interested in and start doing it. Go read John Ratey's book *Spark*, and you won't miss a day of working out ever again unless you broke your leg.

# ON THE COVER: TONY HORTON

That book says, you move today, you're better today.

Here's a simple thing: escalators on either side of the stairs. Pick the stairs in between because you know that's just the wisest thing to do. That's my purpose. My purpose is to function as well as a 66-year-old that I did when I was a 22-year-old. Period. Aging's a number.

Then your plan. What are you going to do when? Now, this fitness thing is a priority.

It's not like this fifth thing on the list, the seventh thing on the list, the 12th thing on the list. It has to be number one. So you tell the entire world, "I'm working out on

these days, doing these things at this time, these things on these days at this time. And so don't schedule anything. Don't schedule a call. Don't schedule a meeting, don't schedule a flight. Don't schedule anything because that's what I'm doing, and I'll figure out how to work everything else around me." All right? And then accountability comes from the company you keep.

Now, if you're not self-motivated and you've been having this self-talk that sucks forever, then you better find some new friends. Your number two priority is find ass-kickers. All the naysayers and the finger pointers and the wan-

nabes, they go to the back of the line. And you see them at Thanksgiving and Christmas. Other than that, you have no need. You don't have to spend any more time with lazy procrastinators that hope and wish and pray.

Give yourself four months. Work out four or five days a week and get off the hooch and eat more vegetables. You'll be a completely better human being because those four months are going to come and go. So you can either talk to yourself and beat yourself up, and say, "Woe is me," for those four months, or you just do what I say. Like I tell my friends, "You want to live? Come with me."



Follow Tony Horton on [Instagram](#) and [Facebook](#), and subscribe to his [YouTube](#) channel.



# 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: 36 g  
CARBS: 1 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

INTERVIEW:

# ANDREA LAING

The star of Adult Swim's outrageous *Yule Log* movies follows her passions and is positively allergic to playing it safe. Here, she dishes on choosing such a wild project, how she stays fit, and her advice to readers who feel stuck.

INTERVIEW BY  
MATT TUTHILL

**Setting a horror film around/within a yule log video... that is certainly unique. Describe your reaction when this idea was first pitched to you.**

What's interesting about this question is that I was kinda thrown into this world. I say that in regards to auditioning and not knowing the full extent of how things would unfold in the first movie. The previous title being "The Fireplace" seemed pretty normal. When I received sides to audition, it was a scene between Zoe and her partner at this seemingly normal cabin in the woods BUT after finding out about the flying murderous log (editor's note: you really need to see it to appreciate it – click [HERE](#)), I kinda just buckled up and went along for the trippy



In addition to the hilarious *Yule Log* movies, Andrea has appeared in *Pain Hustlers*, and the TV series *True Lies* and *The Game*. Follow her on Instagram: [@yourfavoriteandrea](#)

ride. I love Adult Swim and their style and I've been a longtime fan of Casper Kelly so I was down to make weird stuff. Sign me up!

**Now that the first film became a quirky, cult hit in that very**

**unique Adult Swim way, how excited were you for the sequel, and what do you think fans will appreciate most?**

There was definitely a sense of "what can we do next?" with [Adult Swim Yule Log 2: Branchin Out](#), and the anticipation to build

# INTERVIEW: ANDREA LAING

on that weird energy is palpable. Fans of the original film probably really appreciated how it played with traditional holiday tropes and took them in unexpected directions, so *Yule Log 2: Branchin' Out* turns up the dial up on that. Expect more chaos, absurd humor, and a lot of playful irreverence. Saying that I was beyond excited to reprise my role of Zoe and slip back into that world is an understatement. I love the energy that the production company, Media Team, brings and Casper Kelly's writing is the chef's kiss. The entire cast was composed of Atlanta actors (Laing is an Atlanta alum) and I couldn't be more proud to be a part of that magic. Shout out to Warner Brothers and Max for supporting the dream.

**You stay in terrific shape, and that's due in large part to your diet. What is your favorite healthy Jamaican dish, and can you share the recipe with our readers?**

Hands down, it's probably Curry Chicken. For those seeking a little adventure, you've come to the right place. This is a fave go-to for any occasion, mainly during any American holiday tradition to add a little flavor to the ambiance. Warning\* to those that enjoy

simple mundane dishes, this will wake up your sleeping tastebuds. I rarely follow the instructions when preparing meals...It's more about a feeling...knowing what works and what doesn't, so use your own discretion. Without further ado: Start with chicken drumsticks (measure seasoning according to amount used) and clean the chicken. On a separate cutting board,

*“It's really important to give yourself grace while trying to figure things out. Don't beat yourself up for not being where you want to be.”*

chop up some onions, garlic, trio bell peppers, spicy red peppers, carrots, potatoes (feel free to add any of your favorite veggies really) but this portion is mainly for marination prep. In a separate large container: paprika, red pepper flakes, scotch bonnet, salt, pepper, cayenne, ginger, onion powder, garlic—any combination of your fav Jamaican curry powder—a few splashes of soy sauce, thyme, scallion, and bay leaf. Throw everything together and let it sit

overnight. Next day, throw everything in a slow cooker and let it cook until complete or prepare on a stove top. Pair with your favorite side. I try to maintain a keto diet, so any sort of veggie side works for me, but feel free to pair with rice or more potatoes.

**You do a lot of yoga; do you also do any traditional strength training or cardio?**

I usually strength train or take a HIIT class 3 times a week, hot yoga at Yonder twice a week, kickboxing twice a week, Fast Twitch at the Forum on the weekends. I give myself a day or two to just chill. It gets harder in the winter to work out, but I find that doing something is better than nothing.

**I hear you're a writer, as well.**

**What do you like to write? Anything you ever intend to share with a wide audience?**

My tendency is to write comedy. Dark comedy. It speaks to me so naturally. I often find that sharing everyday experiences without forcing the situation to be funny already leans towards absurdity and humor. I've written a quirky dramedy pilot with my friend and writing partner Liz McGeever that we are hoping to put on its legs soon!

# INTERVIEW: ANDREA LAING



A scene from the uproariously funny *Yule Log 2* on Max.

**You've been successful in one of the most competitive industries on Earth, so we want to know: what is your best advice for someone who feels stuck?**

I think it's really important to give yourself grace while trying to figure things out. Don't beat yourself up for not being where you want to be. Recognize that everyone feels stuck at times and it's okay to not have everything figured out. It might also help to question your assumptions. What if your usual approach is actually limiting your options? Try alternative meth-

ods. Let your gut instincts guide you. When I left TBS to pursue this career, I was pulled in and I followed that bliss. I had doubt and uncertainty but I went forward anyway and allowed things to unfold as they should.

Also, I have often found myself in the best positions in life when I just chill out. Take a step back. Take a nap! Take a break from yourself and your thoughts. It's ok to start small. Take a walk. Meditate. Find a mentor. Surround yourself with people who support your dreams and beliefs. Most importantly, don't die

with the music inside of you... even if it's baby steps, take small actionable steps daily. Don't be afraid to ask for help. But for the love of—whatever entity you believe in—do not waste your opportunity on this rock, and pursue what brings joy to your soul.

**What's next for you?**

I am working on a super cool horror/thriller in Lacoste, France before 2025. I have a few other projects I have to keep under wraps at the moment BUT excited to share very soon.

RI MAG ALUM:

# SUSIE ABROMEIT

A lot has happened in Susie Abromeit's world since we originally interviewed her two years ago. Most significantly: her podcast Great Ones has taken off. A collection of inspiring conversations with actors, athletes, and other influential people, it needs to move to the top of your queue today.

INTERVIEW BY  
MATT TUTHILL

**Listening to other people's personal stories of triumph is more helpful than just listening to advice, isn't it?**

When you get to hear people's stories you get to put into the context of their lives, their points of view, how they overcame things, their struggles and so much more. You get to learn about the human experience through someone else's eyes. Getting advice is great from people you're close to and people's judgement you trust. You trust that they will guide you with the lessons they learned, but when you fill in all the context you fully understand their wisdom and



We previously spoke to Susie Abromeit in our Fall 2022 issue, where she talked about her acting career, charity work, and advice to get unstuck. You can check that out [HERE](#) and follow Susie on [Instagram](#).

why they do what they do.

**When we hear the personal, it resonates with us more, doesn't it? It's certainly more helpful than advice like, "Chase your passion," or whatever.**

Catch phrases are great and

sometimes quick reminders of complete heroes' journeys you've gone on and then you distill it down to one phrase. It's like a quick reminder, but we are all storytellers. We tell stories constantly and we create meaning with everything we do. We

# RI MAG ALUM: SUSIE ABROMEIT

tell and watch stories to make sense of our world, and when you hear the full story of someone's journey it gives context to why they might have those catch phrases and why they do what they do. And the wisdom they've gained. Until you fully hear why they have gained that wisdom, you can't make sense of that wisdom or make use of it, until it's put to work in some way.

**Do you feel that the podcast is personally enriching for you?**

It's made my life better in so many ways. I've learned so much from people who are the best in the world at what they do. I've become a better listener, better at the art of conversation, better at being uncomfortable, or triggered, and having a camera on you while I'm baring my soul and having intimate moments with friends, colleagues, and strangers. When two people are having a conversation about vulnerable topics, and it seems to go everywhere and we get into the nitty gritty of who someone is, and why they do the things they do, and how they became great and their struggles. I have to also meet them in vulnerability and

openness, and meet them on their level. It's been so inspiring in so many ways. These conversations have been changing my life and I feel so grateful that I get to have these incredible conversations. And in turn, I've heard the same thing, that it's changed their lives, too.

*“It’s really important to give yourself grace while trying to figure things out. Don’t beat yourself up for not being where you want to be.”*

**What is the most significant or profound revelation you have had thus far?**

There's too many to name, I come away with something profound each time, but one of them that stands out in my mind was listening to Picabo Street winning the gold medal, and how she visualized the entire race beforehand every day, making it a part of her habit. She visualized and felt how cold it was, her skis underneath

her feet, the course, the time she had, and winning the gold, and would cry with tears. She said the only thing she would change was the outfit and that was fun for her. I loved that story.

**Name your top three shoot-for-the-moon, bucket list guests you'd love to have on your show and why?**

Joe Rogan, because he's got the number one podcast in the world and I've been listening to him for years. He has some of the best guests and greatest minds in the world on his podcast. We're also both former athletes who grew up in Boston and Florida and are Italian, and are also in this crazy

business of entertainment, although he's more of a comedian. Taylor Swift, because I'm a total Swifty and she's never done a podcast before and I think we would have a lot in common. And lastly, Prince, if he were alive. That would have been a dream because he's an icon and one of the greats. But also I love Kat Williams because he's very similar to Prince and I call him the Prince of Comedy.



# RI MAG ALUM: SUSIE ABROMEIT



Guests on Susie Abromeit's Great Ones podcast have so far included: *The Boys'* Erin Moriarty, *Twilight's* Peter Facinelli, and legendary comedian of *Kids in the Hall* fame, Dave Foley. Subscribe to [Great Ones on Spotify](#) or wherever you get your podcasts.

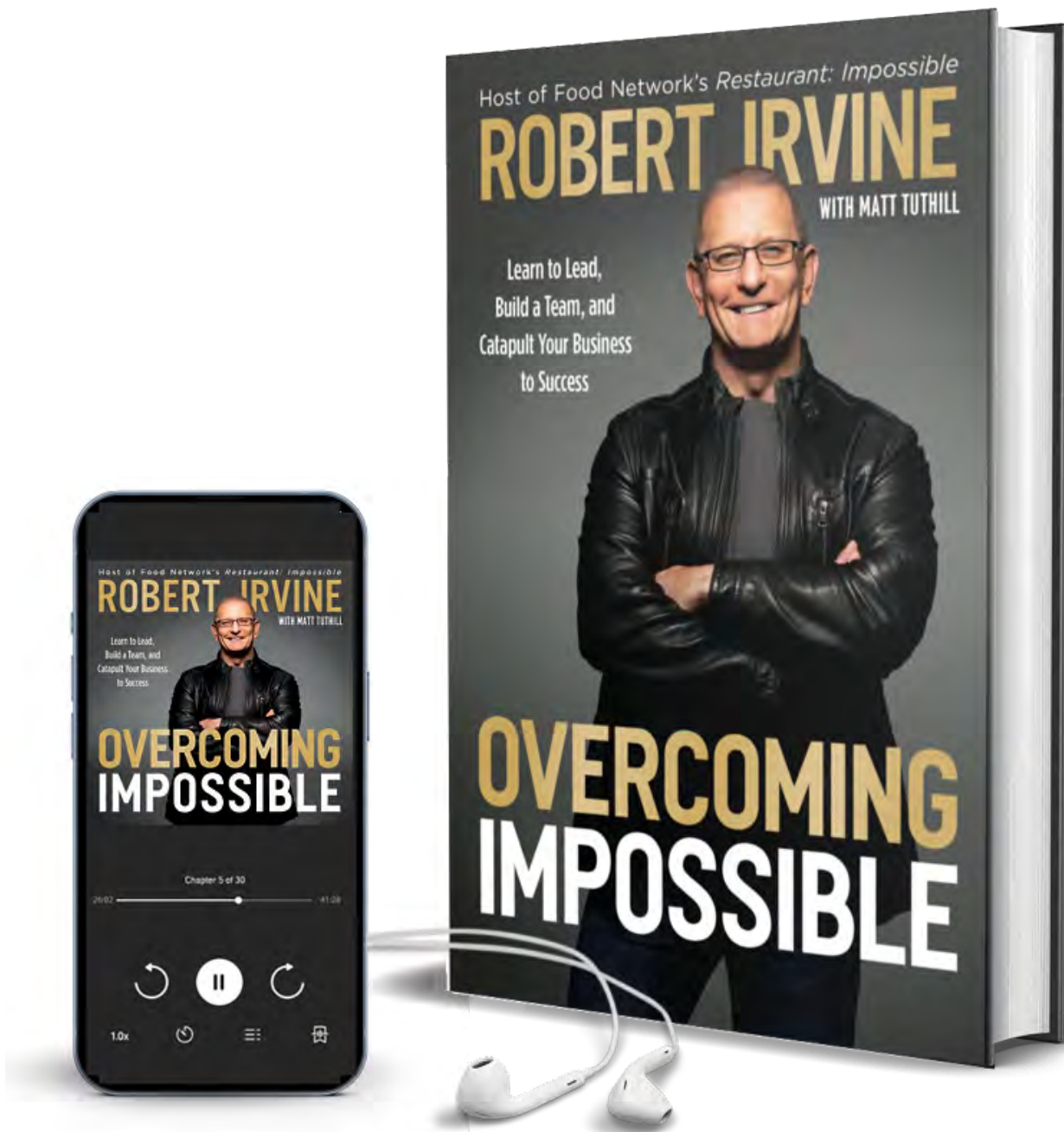


## **What else do you have going on right now?**

I have a project called “Grief Looks Good on You,” that our best friend Alona Tal directed (who starred in the Amazon show *Cross*) that I’m so excited about and can’t wait to share it. It’s a semi-autobiographical dark comedy about the 24 hours after the unexpected death of my mother.

The original longline is: After the unexpected death of her mother, Ada is joined by best friend Sadie to navigate the murky waters of life, love, and letting go as they encounter friends and strangers that make the city, and life, totally worth all the grief.

Christie Campo and I wrote and starred in it together and it was deeply personal and a labor of love. It’s currently in post-production.



## **Wipe impossible from your vocabulary**

Make achieving your goals and finding success possible with this one-of-a-kind guide by Robert Irvine, popular host of Food Network's *Restaurant: Impossible*.

**CLICK THIS AD TO  
LEARN MORE!**

## TRAINING: PRO TIPS

# BURN, BABY, BURN

We all consume more calories than normal during the holidays. Here's a workout that'll set them ablaze.

BY STEVE WRONA, C.S.C.S., CPT



There are lots of ways to measure exercise: total duration, number of reps, number of steps, miles run, laps swum, punches thrown, plates spun... you get the picture. But for all these methods, none of them account for intensity. That's why calories burned is probably the most important metric to measure by, especially at this time of year when we're surrounded by treats and holiday parties. Calories burned, of course, skyrockets when we add INTENSITY. Note that the workout below is a tough one no matter how you slice it,

but it's a whole lot more effective when you go quicker and thus up the intensity.

### THE HOLIDAY CALORIE BURNER WORKOUT

#### WARM-UP

Treadmill 5-minute light effort  
Lunges + Rotation x 10 each  
Band Pass-Through x 10  
Inchworm to Plank x 5

#### WORKOUT

CIRCUIT 1 (3 Rounds)  
Treadmill x 6 minutes (1 minute

hard effort:1 minute easy effort)  
KB Russian Twist x 15 ea  
KB Cannonball Crunch x 10-15  
Plank-Shoulder Taps x 10-15 ea

#### CIRCUIT 2 (3 Rounds)

Sled Push and Pull x 90 seconds  
Hollow Body Hold x 30 seconds  
Bicycle Crunch x 10-15 each  
Spiderman Plank x 10 each  
*This is an excerpt from the Life Ingredients newsletter presented each month by the Robert Irvine Foundation. Check out all past newsletters [HERE](#) and follow Steve [HERE](#).*

ASK US ANYTHING

# AVOID THE HOLIDAY WEIGHT GAIN

Your fool-proof plan to enjoy the holidays without destroying your health.

BY SARA-JANE McSHANE



*Q: Samantha, via e-mail:  
Each year as the Holidays approach, I get filled with anxiety due to yearly weight gain. What are some tips to help keep me on track while also enjoying my favorite holiday food?*

*A: You're planning ahead, and that's smart. With a plan in hand, you'll be better equipped to handle*

everything the holidays throw your way—and they can throw quite a bit—while still enjoying your favorite dessert and traditional dishes.

Keep in mind, if you're looking at the scale during the holiday season, you may see an increase. I'm talking one to five pounds; this may even happen overnight. If this takes place while doing your best to

stay on track, don't fret. When we consume high-calorie, high-sodium meals, the body tends to hold onto "water weight" causing the scale to rise. Typically, this is not fat gain. This water weight will come off in a few days as you continue on your clean eating plan.

Now, it's time to set the tone for your holiday season and kick stress to the side. Just follow this plan:

# ASK US ANYTHING

## STICK TO YOUR SCHEDULE

Sticking to your regular clean eating meal schedule during the holidays will help your body receive the nutrients it needs to function properly. This means reinforcing your healthy norms at every possible opportunity. If you're out at the office Christmas party and have a few drinks while gazing on cheese and crackers and fried appetizers, you get right back to clean eating the next day. Skipping meals to save calories to get "back on track" can cause serious damage creating a cycle of unwanted binge eating.

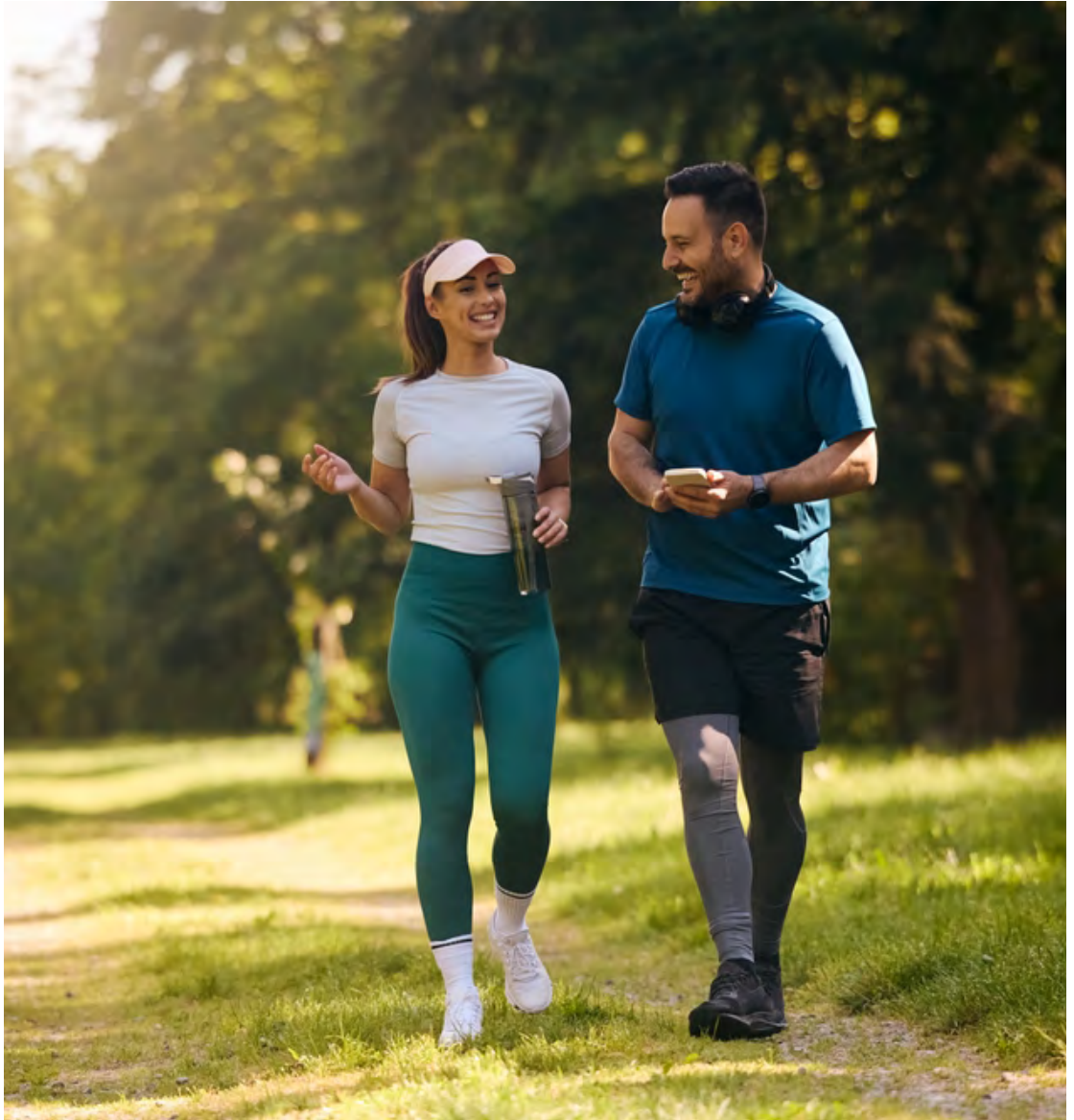
## MOVE WHENEVER YOU CAN

With the Holiday season comes a busy schedule. If you can't make it to the gym, move when you can. This might look like taking a walk in the morning, playing with your kids outside, raking leaves with the family, or a late-night sweat session after the kids are in bed. Movement

causes a boost in feel-good hormones, burns calories, and helps lessen the holiday guilt. If you don't want to exercise, just commit to doing a tiny bit—even five to ten minutes. If that's all you do, fine. But chances are, that once you get it going, you're going to want to keep it going.

## EAT THE PIE (BUT PORTION IT OUT)

Please enjoy the pie, or whatever your favorite dessert is. However, practicing portion control will allow you to enjoy your dessert without the guilt. Start with one piece and then take a break; walk around, mingle with family, or even



You may be so overwhelmed during the holidays that you don't have time to hit the gym. That's OK. Just commit to small walks of five to ten minutes. Once you get going, chances are you're going to want to keep it going.

# ASK US ANYTHING

take a walk. These actions will help you stick to a smaller portion while allowing you to still indulge.

## **PACE YOURSELF**

This can be hard, especially when your favorite holiday dishes come out. Instead of ‘wolfing’ it down, chew your food slowly, enjoy the flavors, and think about what you love about it. This will allow you to be in the moment and appreciate your meals while giving your stomach the time it needs to signal the alert of fullness.

## **LOAD UP ON VEGGIES**

This is a classic move practiced by many fitness-minded people. Piling on the veggies (and eating them

first) will help fill your belly while allowing you to enjoy your favorite side dishes you have waited all year long for. Not to mention the fact that your digestive tract will thank you in a few hours as the fiber helps keep the train moving.

## **LIMIT ‘TASTE BITES’ WHILE COOKING**

Small bites add up. If you’re the one cooking, a small bite per dish will do it. Many times, one test bite can lead to another, and another, and before you know it, you’ve had a meal’s worth.

## **WRITE OUT YOUR GOALS—AND READ THEM DAILY**

Oftentimes, the goals we have for

ourselves during the holiday season go out the window as we contend with busier schedules, holiday parties, gift buying, and lots of cooking. However, jotting down your goals for the holiday season, and reading them daily, will help give your mind the refresher it needs; bringing your mind back to the end goal that means so much to you.

## **FIND AN ACCOUNTABILITY PARTNER—AND CHECK IN!**

This can be a friend, family member, coach, or anyone who has the same goals in mind: To avoid unnecessary holiday weight gain without depriving yourselves. There is strength in numbers. Hold each other accountable and remind each other of your goals.

## **REMEMBER: BEVERAGE CALORIES ADD UP QUICK**

Not only do the calories in these drinks do nothing to aid satiety, but too much alcohol or sugary drinks spike your food cravings. Limit these drinks and opt for water before toasting. Drinking water in between other beverages can also help the body feel fuller.

## **BE PROUD OF YOURSELF**

You’ve taken the time to plan out your holiday season to ensure you’ll get to enjoy holiday goodies while staying on track. No matter how it goes, you set out to do what is right for your health and you should pat yourself on the back. At the end of the day, you need to be your own biggest fan.

*Follow fitness author SJ McShane on [Instagram](#), and visit her [website](#).*



Any good chef knows you have to take a taste while you cook to make sure it’s going alright, but you should limit these to only what is necessary; otherwise they add up quickly.

*“The best way to predict the future  
is to create it.”*

*- Abraham Lincoln*

