

ROBERT IRVINE

MAGAZINE

MARCH 2018

Nothing is Impossible

WIN!
FITCRUNCH BARS
DETAILS INSIDE

SCHWARZENEGGER

A LIFE WITHOUT LIMITS

EXCLUSIVE
INTERVIEW



THEN & NOW
HOW HE ACHIEVED
SUCCESS IN
EVERY ARENA

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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TERMINATE YOUR LIMITS

This month's cover guy never listened when people told him what he couldn't do. You shouldn't, either.

Arnold Schwarzenegger's story was supposed to end when he retired from bodybuilding. Of course, if he had only ever been a bodybuilder, his legacy as the greatest competitor in the sport's history would have been secure. Yes, bigger competitors would emerge in the years after Arnold, but none with his charisma or stage presence. To this day, he is still unquestionably the greatest of all time. But conquering bodybuilding wasn't enough for him; he wanted to conquer cinema, as well. Onlookers saw the brutishly huge Austrian with the funny name and thick accent and scoffed. "Good luck," they said.

What happened next isn't just the stuff of Hollywood legend, but American legend. Arnold went on to become the biggest box office draw for just about all the years that he was active in the industry. That funny name became arguably the most famous name on the planet. Whether you liked bodybuilding or action movies didn't matter; you had to admire Arnold's unflinching tenacity and optimism. Amer-



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

ROBERT'S LETTER

ica loves a winner, and Arnold was the biggest winner of all—a self-realized man in every sense of the term.

Once again, it was supposed to end there, but Arnold had his sights set even higher. For those that didn't know him very well, it was easy to laugh at his aspirations for public office. The bodybuilder turned action hero thought he could be governor of California? "This isn't make-believe," they told him. "You're out of your depth." Yet Arnold easily won California's recall election in 2003 and served as governor until 2011, helping to sort out California's financial woes while making it a world leader on the environment and LGBTQ rights.

The last few years have seen Arnold return to movies, write a best-selling autobiography, and continue to lead the health and fitness crusade with the expansion of the Arnold Classic—the world's biggest sports exposition—to new locations around the globe. All the while, he has continued to be a non-partisan advocate for issues that affect us all, namely climate change and gerrymandering. He not only addresses these massive undertakings in our exclusive interview beginning on Pg. 40 – he talks about how life lessons learned in the gym gave him the mental stamina for his new charge. His answers are insightful and inspiring, a call



Catching up with Schwarzenegger at the 2017 Arnold Classic. You can support Arnold's incredible charity work with After School All-Stars, by clicking [HERE](#).

to action for all of us to make a positive impact in the lives of others.

I've had the pleasure of seeing Arnold the last few years at The Arnold Classic in Columbus, OH; he runs the show and I'm there with my FitCrunch protein bar team. I can't even begin to tell you how happy it makes me to have learned firsthand that Arnold is as gracious, magnetic, and inspiring in person as I always imagined him to be. If you've read my healthy living manual, Fit Fuel, then you know that as a teenager I greatly admired him—and I still do

today. Reading his answers in this issue gave me flashbacks to reading about him in the pages of Muscle & Fitness as a kid. Just as they did back then, his words motivated me and gave me new energy to go out and get the most out of life. I hope they can do the same for you.

Yours in health,

A stylized, handwritten signature in black ink, appearing to read "Robert Irvine".

MY KEYS TO SUCCESS

What I learned on my way to the top of an ultra-competitive industry can help you unlock your full potential. /// By Gail Kim-Irvine

If you ask people what their keys to success are, everyone will have a slightly different answer. Most successful people, though, have more in common than not. I found through the years, both in my professional and personal life, the same elements brought success.

MIND OVER MATTER

MY STORY: “Mind over matter” is such a well-worn cliché that we take it for granted without truly appreciating the truth behind it; most people know the saying but don’t realize how powerful the mind can be. I’ve said it before many times, but when I decided to become a pro wrestler, I simply set that one goal for myself and was determined as hell to reach that goal. I didn’t see anything else! After that first weekend of training, I told myself, I’m going to not only make it but I want to be signed to WWE within a year. I didn’t realize at the time, but a year wasn’t realistic. When one year elapsed, I knew it wasn’t attainable that quickly but I never changed my determined mindset and positive attitude. I actually “made it” in two years—which is still very fast—and I truly believe it was because of the way I mentally set my goals.

HOW YOU CAN USE IT: Know that you will have your high and low moments. As the saying goes, “It’s not how many times you fall, but how



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

GAIL'S CORNER

many times you get back up.” Stay mentally focused, but also be open minded. Know that there is more than one way to achieve your goals, and the answers often come from unexpected places. I learned my craft through the help of many people, some of whom I never thought I would look to. For instance, my sister has always been into meditation, but I always thought my life was too fast-paced for it and that I wouldn’t benefit from it. She told me that it was precisely because of those reasons that I probably would benefit from it the most. I never was as disciplined as she was when it came to meditation but I kept an open mind. When I hit stressful overwhelming times, I used her techniques to clear my mind and get myself back on track.

DISCIPLINE

MY STORY: Again, this sounds very logical and obvious, but I think it’s the hardest part for a lot of people. I found that when I became disciplined in most aspects of my life—not just with my craft—success came faster than anticipated. When I knew I wanted to be in the wrestling business, I was going to school and bartending on the weekends. I was a bartender in a nightclub making great money and was very comfortable at my workplace. My coworkers were like family to me and I always had fun—maybe too much fun. Typically, I would have a few drinks and stay out late. I soon realized that it was sidetracking me. The

drinking was not allowing me to get where I needed and wanted to be physically and I was exhausted from working and staying out late. So I made the conscious decision to quit my job and leave my comfort zone. I found a restaurant/bar where I could still make ends meet but where I knew I would be focused. I made that decision to do what was right to get myself back on track. What a difference that made! I saw improvements quickly and got myself into a disciplined routine of sleep, working out, and

eating right. Once that one thing got on track, the rest was easy.

HOW YOU CAN USE IT: A lot of my friends have or had FOMO (fear of missing out) which often cripples discipline. I had it for a long time and often found that in the end all I missed out on was sleep and a workout. You can still go out and have once in a while. Just don’t let the peer pressure distract you from your goal. I finally reached a point in my career where it was more important for



Gail started out as a bartender with a dream. Then she set a goal and pursued it with passion and self-belief. Today she has a legion of fans and will forever be remembered in her industry. Follow her lead for success in any discipline.

GAIL'S CORNER



me to study matches than to go for a drink or party. I truly believe that helped separate me from the rest and to be the best that I could be! When you set a goal that you're passionate about, find a way to weed out the excess in your life that doesn't contribute to that goal. You'll be shocked by how much then falls into place.

ALWAYS SET NEW GOALS

MY STORY: I believe in setting new goals in every aspect of your

life. Whether that is in fitness, relationships, or your career. When it came to fitness, starting out in wrestling my goals were always to be physically appealing and toned. Then I wanted to be strong and well-rounded in the ring. Eventually towards the end of my career I set new goals of training for the health and well-being of my body and changing all my training techniques to prevent further injury. All these factors played into the longevity of my career.

When it comes to my marriage, I think that as the years went on, both Robert and my priorities shifted. When we met, I was at a selfish point in my life. I was career-oriented to the point that it consumed my life. I realized over time that it truly wasn't bringing me happiness and success, so I shifted my priorities and set new goals for myself. I wanted to have balance in my life and finding someone I loved and cared about made finding that balance a priority. Not only did these new

GAIL'S CORNER

goals bring me success in my relationship, but in my career as well. What's more: being happy in your relationship can give you the confidence to accomplish things in other aspects of your life.

HOW YOU CAN USE IT:

Don't rest on your laurels! Once I reached my goal of getting signed to WWE, I knew that was just the beginning. I had reached my goal but knew I still had a lot to learn. Throughout my 17-year career as an active pro wrestler, I was constantly learning every day. Once I felt like I felt comfortable physically in the ring, I strived to become a great leader. If I was a good babyface (a good guy/heroine), I strived to become a great heel, or villain. As my career in the ring started to wind down, I set goals to teach and move on to producing. Even now as I continue my career behind the scenes of a business I truly love and know, I still have my sights on expanding to outside of wrestling. I always thought that all I wanted out of life was to be known as a great wrestler but now I have even bigger goals, to leave behind a greater legacy to remember.

The take-home: Never forget that wherever you are and whatever you're doing, you still have a lot to learn and improve upon—personally, professionally, and in your relationships. Those who can embrace that fact with optimism will find success again and again.



WEIGHT LOSS & YOUR HORMONES

What you need to know about your body's inner workings as you get ready for summer. /// By Michael Schutz, MD

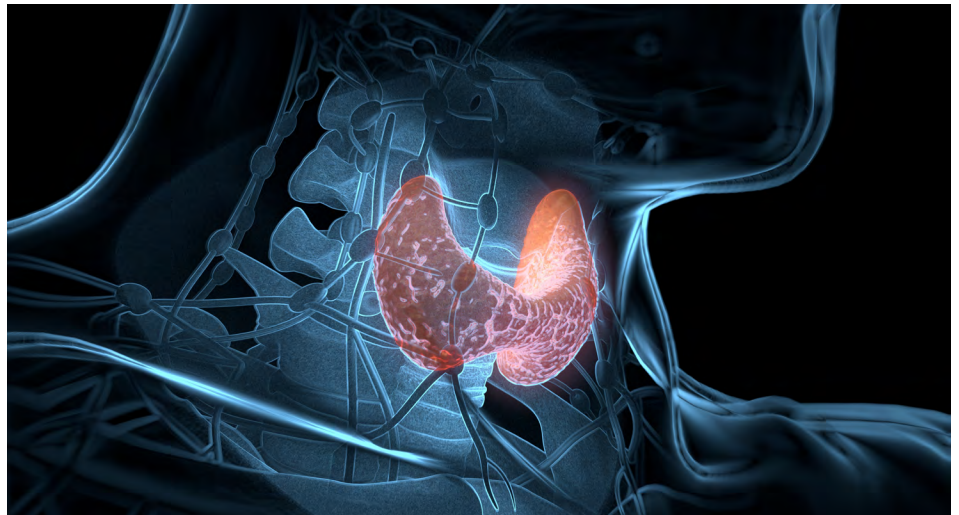
Spring is here, and for many of us that means our thoughts have turned to losing weight and getting in shape for summer. What might not be on your mind: Hormones—and the role they play in regulating your weight and appetite.

There are many hormones that play a role in metabolism, including:

Thyroxine is produced in the thyroid gland, thyroxine increases your metabolism and allows you to burn more calories. Hypothyroidism, or an underactive thyroid, is a common finding in those who have slow metabolism and insufficient thyroid hormone levels. It is measured with a simple blood test your physician can order. Hypothyroidism can be corrected with an oral medication that needs to be monitored by your doctor.

Cortisol is a stress hormone made in the adrenal gland and it is released when your body is under stress, increasing blood sugar and reducing your immune response. Cortisol and related medications are very helpful in treating certain kinds of inflammation, but need to be carefully monitored.

Insulin is the hormone produced by your pancreas to control serum blood sugar. The body's response to a rise in blood sugar after eating is to produce insulin, which increases the accumulation of glucose in muscle, liver, and fat cells. Insulin resistance occurs as more body fat is stored and more sugar



A typical thyroid gland.

ingested until one becomes diabetic. Weight loss and reduction of calories will reduce insulin resistance and can improve diabetes.

Leptin is a hormone that regulates your food intake and metabolism to maintain your body weight. More leptin is released by fat cells as their fat content increases. Higher leptin levels tell your brain to decrease food intake and increase metabolism. As one becomes obese, the brain becomes resistant to higher and higher leptin levels. Thus, the brain thinks that you are not getting enough calories and increases your hunger even though you are overweight. Reducing leptin resistance is helpful in returning to a healthy balance. The same actions that lower insulin resistance also work for leptin resistance.

Some things that can reduce your

leptin resistance—and promote normal hormone function for all the hormones that regulate weight—include getting regular exercise (at least 30 minutes a day) and getting adequate sleep (7-10 hours per night). A balanced diet can also reduce leptin resistance; aim for a diet high in whole grains and fiber including fruits and vegetables, oatmeal, lean proteins like fish, chicken, and non-fat yogurt.

If you are having difficulties with your metabolism, ask your doctor to check the hormones mentioned in this article. Or simply be proactive: get to the gym and get to bed on time. Be thoughtful about what you're putting into your mouth. A doctor can help, but a proactive patient is almost always a healthier patient.

[Dr. Michael Schutz](#) is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.

CELEBRITY SPOTLIGHT

NANCY KERRIGAN



The Olympic medalist talks about what she's learned through adversity, advice for chasing your dreams, and her new documentary about eating disorders in the world of sports, entitled *Why Don't You Lose 5 Pounds?*

By Sara-Jane McShane

CELEBRITY SPOTLIGHT:

NANCY KERRIGAN

Robert Irvine Magazine: Taking a step back in time, when was the first moment that you knew you wanted to be a professional skater? Where there any doubts about achieving that goal?

Nancy Kerrigan: I never set out to be a pro skater or an Olympian. I skated because it was fun. I loved the speed. As time went on I loved it more and got better, but my hope was that I could get good enough to teach and pay my way through college. It wasn't until much later that I realized I might be able to represent the United States in the Olympics, which only two or three people every four years get a chance to do.

RI: What was the biggest challenge in making that dream a reality? What advice can you give to an athlete that is facing financial hardships?

NK: My overarching advice to anyone is to do something you love. If you can find that, then at least you will always enjoy it. I loved to skate and perform, so I was lucky. As for the finances, when they say it takes a village, they aren't kidding. I could never have done what



I did without the help of so many who aided me financially and in so many other ways. It sure helps to have a great support system.

RI: Outside of your Olympic career, what is your greatest accomplishment?

NK: It is probably a cliché, but I most treasure my kids! I so value

being a mom and being able to be there for my kids. Beyond that, I am humbled by the fact that I have had an influence on others, which is a huge compliment and a responsibility I take very seriously.

RI: How has your perspective on young athletes changed since having children? Would you en-

CELEBRITY SPOTLIGHT:

NANCY KERRIGAN



Retired from competition, Kerrigan is producing a documentary about athletes and body issues called “Why Don’t You Lose 5 Pounds?” You can learn more by clicking [HERE](#).

courage your kids to choose one strength to develop, or instead explore a lot of different sports and interests?

NK: My kids have all taken to their own areas, be it theater, gymnastics or ballet, at a very young age. We have been supportive because they love those disciplines. But I would love to see kids explore many things before becoming so focused. Today’s environment of specializations so early is dangerous in my view.

RI: You’ve spoken about experiencing fertility issues in the past. If you could give one piece of advice to a woman struggling with

the same issue, what would that be?

NK: Recognize first that you are not alone. Communicate with your partner. Also realize that this is not your fault. These are hard to do but it will help anyone get through what is definitely a difficult situation.

RI: Athletes battling eating disorders is a topic that you’re raising awareness of with your new documentary “Why Don’t You Lose 5 Pounds?” What can we do better to help athletes learn more about this issue and recover?

NK: Parents, coaches, and peers have no idea the impact they have

by innocently suggesting that someone’s performance might improve slightly if they lost a couple of pounds. That has a way of sometimes spiraling into so much more and becoming destructive when it was meant to be helpful. So it really is a difficult topic. Our movie is meant to address that and is still in production. But anyone having issues should reach out to their physician. Similar to the fertility issue, silence is not your friend in these situations.

RI: You did an amazing job on Dancing with the Stars—congratulations! What was your fitness

CELEBRITY SPOTLIGHT:

NANCY KERRIGAN

routine like, and was it a challenge to take off the skates and put on the dancing shoes?

NK: It was a great experience for me but it was rigorous for sure. My body doesn't react the way it did when I was 22. I loved the challenge of learning new things and their format is tough as you have to learn a new routine every week — that's very different from skating, where you basically do the same competitive routine for a whole season. But it was all great. I would do it again if I could.

RI: What is your training routine like today?

NK: I try to work out every day but I don't always succeed. I like to do a combination of stretching, cardio, weights, spinning, and yoga. I like to mix it up to keep it fresh and interesting.

RI: Having dealt with back issues, is there a specific technique that has helped you recover?

NK: I can never get enough deep tissue massage. I also get a monthly myofascial release. At home I

use foam rollers a lot and find that when I lie with the foam roller on my back along my spine, it really helps. One thing is for sure, taking care of your body is so important and some of the options today are so much better than when I was

competing. But's never too late to try what's new.

SJ McShane is a fitness author, trainer, and nutritionist. Follow her on [Twitter](#) and [Facebook](#) and visit her [website](#).



Kerrigan with two of her three children, Nicole and Brian.



SUPER TRAINER:
TURN THE PAGE TO MEET
DON SALADINO
THE MAN BEHIND SOME OF
HOLLYWOOD'S FITTEST
ACTION HEROES
BY MATT TUTHILL

IN THE GYM: PRO TIPS

DON SALADINO



Above, Saladino on the cover of the March 2018 issue of *Muscle & Fitness*. Below, with client Scarlett Johansson.



*You've seen his clients in big-budget movies like *Deadpool* (Ryan Reynolds) and shows like *Ray Donovan* (Liev Schreiber) and recently helped Blake Lively lose 61 pounds in 14 months after giving birth to her second baby. Don Saladino walks the walk himself, and this month appears on the cover of *Muscle & Fitness* magazine. We sat down with New York City's trainer to the stars and asked him to give you guys and gals some free advice. He went one better. As an exclusive offer to Robert Irvine Magazine readers, you can click [HERE](#) to get a free month of workouts on his new workout app, *Playbook*.*

Robert Irvine Magazine: Blake Lively has made a lot of press for her weight loss. Why do you think that got so much attention?

Don Saladino: I think it was very refreshing for people to see that it took her 14 months. We weren't doing any gimmicky three- to six-week plan. It does take a mom extra time. This is what she struggled with. It was very genuine.

RI: What's in the *Playbook* app?

DS: Every month you get a four-week plan, so you get four workouts. I've split my

workouts into either 'suit-up' workouts for the guys, and 'tone-up' workouts for the girls. But then on top of that, you get six bonus workouts. Those workouts can be mobility, arms, cardio, abs. Those workouts are at the request of the subscriber. The subscriber only pays \$9.99 a month. But for that, they're getting the same programs that I use with myself, but that I also use with Ryan Reynolds, or Blake Lively, or Sebastian Stan.

RI: You're training Dave Harbour (of *Stranger Things* fame) for his role in the *Hellboy* reboot.

DS: Yes, and when he came on day one the guy had such bad back problems, he couldn't deadlift the 24-kilo-gram kettlebell. Then when he left to shoot *Hellboy* nine weeks later, we had him pulling 400 pounds off the floor. I trained him with a philosophy I like to refer to as performance physique. It combines the strength and conditioning world with the physique world, which is bodybuilding. red carpet ready, if you know what I'm talking about.

RI: He was husky in Season 2 of *Stranger Things*. Did he need to drop weight?

IN THE GYM: PRO TIPS

DON SALADINO

DS: About three weeks in I got a call from the production company, and they wanted to stop his training because they said he was losing too much weight. I said, 'Guys, he started at 250. He's 249 now.' They said, 'Well, his shape is changing too much.' They explained that he actually needed stay big. So what we did was we kept him training hard but let him eat a bit more dirty with his diet. He had to be able to move and he had to be strong, so we got him a lot stronger. He was like an Olympic shot putter. The guy stands at about 6'4", 250 pounds, so he's already a big dude. Not everyone that trains with me needs to be in Ryan Reynolds ab shape.

RI: The motivation for an actor in a big-budget movie is built-in. There's millions of dollars riding on them doing this. It's part of their job and they have to do it. What do you do for someone who doesn't have a hard deadline?

DS: You've got to find that emotional connection. The majority of the people out there don't really have a goal in mind. They want to look better naked or just want to feel good.

One guy recently told me he wanted to lose weight, so we sat down and looked at his diet. We found out he has a few drinks every night. Found out that he was doing desserts maybe four or five nights a week. I just kind of cut that volume in half. After two

weeks of doing that and seeing where it got him, he was ready to do more on his own. I didn't have to push him; I showed him.

I think a big mistake is that you go to an expert for a program or a diet, they're writing their best—or perfect—diet. For me, and for the majority of the people out there, that's not realistic. Most people out there don't have that type of motivation. I found that if we can just go and fix a couple of small things, and build some confidence in that person, then within a few weeks, they're gonna be coming to you asking



David Harbour, who plays Jim Hopper in *Stranger Things*, worked with Saladino in the lead-up to the *Hellboy* reboot, which is currently in production. Harbour arrived at Saladino's gym with back problems and left with a 400-pound deadlift.



IN THE GYM: PRO TIPS

DON SALADINO



Above, with clients Blake Lively and Ryan Reynolds. Below, with Liev Schreiber. Click the links to follow Saladino on [Twitter](#) and [Instagram](#), and visit his website, [DonSaladino.com](#)



for more. The biggest mistake it taking someone who's sedentary and completely cleaning up their diet and putting them on P90X six days a week, eliminating everything they love. Nine out of ten times, people drop out. But the company that makes the program will take that one out of ten and they'll collect that data. They get those before-and-afters for the commercial and sell that. We never see all the failures.

RI: Your philosophy seems almost bulletproof the way you explain it, but how long did it take for you to come to the conclusions that you've come to? What kind of mistakes did you make along the way while you were formulating this?

DS: I've been doing this professionally in the city since 1999, and before that in college when I wasn't playing baseball, I was obsessed with diet and nutrition.

So I've been a student of this for 25 years and there's been a lot of trial and error. And I don't use the word 'expert' when I talk about myself. I'm a professional, but I'm still a student. I really enjoy learning and I somewhat still enjoy learning from mistakes. There's nothing more invigorating for me to turn around and be like, "Oh, wow. I can change this." I'll sit with a new nutrition coach every year. Or I'll sit with a new power lifting coach, or a bodybuilding coach, or someone that I feel like has something to offer every year. I might go hire that person, on top of continuing

IN THE GYM: PRO TIPS

DON SALADINO

ed courses that I take. The day I stop learning is the day I die.

RI: The distinction between expert and professional is a really important one.

DS: Look, it's sad because everyone on the internet is an expert and people believe it because the guy has a good picture. You get these internet sensations popping up on Instagram who have a great set of abs, then they turn around and they want to give advice. But they've never actually trained someone. They know what works for themselves or for their genetic type. And for me, it's scary because that spreads a lot of misleading information.

RI: What is one exercise you think everyone should do?

DS: I love the farmer walk—one-arm and two-arm carries. It is probably the most underutilized tool, but it makes everything in the body work hard. You'll walk into to my gym and see a 120-pound Victoria's Secret model walking around doing them. I think they're so much bang for their buck. I think you can burn fat with these, you can build strength, you can build muscle, it's safe. People who can't hinge or do a simple toe touch can do these. The other big bang movements that I like are sled pushes, squatting, benching. I love dead lifting.

RI: You're in great shape, but you've also got a very successful



Saladino with his wife Melissa and their two children, Amelia and Don Jr.

business with A-list clients and you're now covering a major magazine. As far as general success is concerned, what are the most valuable lessons you could share?

DS: There are three lines that I always live by from my grandfather. They are, "Run scared, try harder, and there's no room for complacency." On top of that, if you mix that formula with humility, you can be successful. I would want people to understand that, just because you see someone on the cover of a magazine, don't think it's always been glamorous. I've got kicked in the face ten times more than I've actually had successes. Humility is huge. With me, right when things start going really good, I almost get a little insecure. Like, "Okay. Let's keep a

good head on our shoulders here. This can all go wrong really quick. We know this. Be grateful to be in this situation."

That's my advice. That's been my formula for success. I still don't feel like I've become successful yet. I still feel like I have a lot of work to do. But the fact that I can do what I do for a living and absolutely love what I do, I think that's the biggest blessing.

RI: Do you use visualization?

DS: I do. I do ten minutes of meditation minimum every day. I've been doing it with my daughter a lot too, because she's been urging me to do it. We'll sit for around ten minutes. I spend roughly two to three minutes visualizing things that I want to change, visualizing things that I

IN THE GYM: PRO TIPS

DON SALADINO

want to see go my way. “Where would my perfect life be?” Then, just focus on those things. Then also focusing on a few things that I’m grateful for.

So, I break down my visualization to those three things. What I’m grateful for, things I want to improve, and exactly the way I want things to be. It’s a really simple formula.

RI: How do you deal with stress?

DS: I work out, which is why I’m in pretty decent shape. (Laughs) I love playing ice hockey, I play golf in the summer. So, I have some escapes. I love to laugh. I’ve got a great support system around me. I would say every week something goes wrong at some point. I’ve got a good group of people that I can confide in and talk to. Working out is my medicine. It’s one of those things where if I can just catch a sweat, even if it’s an extra session of cardio, whatever it is, I feel like that really helps me out.

No matter what, I’m trying to get seven to nine hours of sleep at night. I’m up early so that means I’m in bed early, no later than 9:00. I’m up between 4:30 and 5:00 most mornings.

RI: Do you have a favorite client success story?

DS: Right now, my favorite success story is a woman I’m working with for free. She reached out to

me on social media three years ago. She started following me. I saw her liking my posts and she was very friendly. One day she turned around and she goes, “Can I tell you my story? I’m in a little bit of trouble.”

She was 872 pounds.

“I don’t use the word ‘expert’ when I talk about myself. I’m a professional, but I’m still a student. The day I stop learning is the day I die.”

RI: Wow.

DS: She couldn’t walk. She had a heart condition called cardiomyopathy. I started giving her some easy tips. I was very, very attentive about it because we wanted to get her doctors involved. Fast forward three years, she’s at her lowest weight right now. I think she’s at 443 pounds. She lost half of her body weight. She couldn’t walk more than 2,500 steps after she started losing the weight. Right

now, she’s consistently, every day, walking 17,000 steps a day, which, for anyone, is fantastic.

I just gave her a full body workout this week. It’s got step-ups, bicep curls, kickbacks, standing up and getting off the floor. Things that we just take for granted, she used to not be able to do. We

actually have her doing glute bridges right now, which is exciting. We communicate every day, and every week she sends me an update.

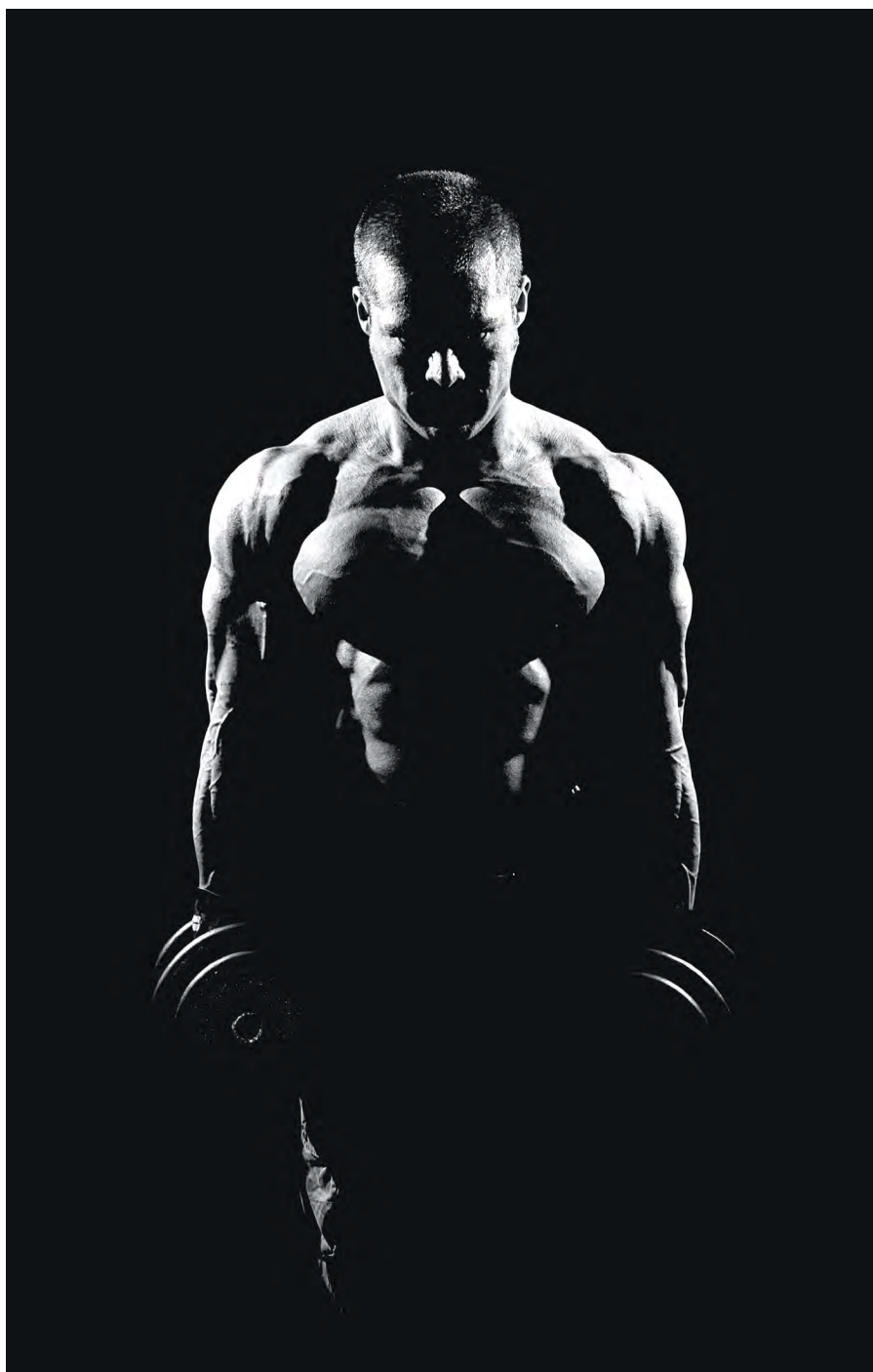
Originally I sent her a diet and she said she couldn’t do it because she couldn’t afford it. She was on food stamps. So, we had to do a diet around her budget, but we were able to do it. I think it’s a great story. We’ve got a lot of work to do, but I know it’s gonna turn out as one of my favorite success stories so far.

RI: Parting thoughts?

DS: I think a lot of people out there aren’t interested in fitness because they just think fitness is too hard. My thing is, fitness does not have to be going to the gym and hitting the iron for hours. Fitness can be as simple as making better choices and doing things in moderation. And you know what? Taking the stairs instead of the elevator. I think once we start breaking people into this simpler idea of fitness, and they start building some confidence, they realize it’s not that hard.

DOUBLE DUTY

There's nothing sexy about loaded carries. Well, nothing except the results.



Check the next page for a description of the farmer's walk.

Loaded carries like farmer's walks and sandbag carries might not seem like fun, but they accomplish a lot in a short amount of time. Like the deadlift and barbell squat, they are great "bang-for-your-buck" exercises that work every muscle in your body and improve conditioning at the same time. The following workout incorporates several such exercises, and will jumpstart your efforts to shed bodyfat in time for beach season. For farmer's walks, we recommend the Spud Inc. straps seen in our gear section. For a sandbag, we recommend [THIS ONE](#) from SKLZ. But please bear in mind you don't need to purchase anything to do this workout. In lieu of farmer's handles or straps, you can simply use a pair of heavy dumbbells. In lieu of the SKLZ sandbag, you can fill an old backpack with sand, or double-bag sand into heavy duty trash bags.

THE WORKOUT

DIRECTIONS: Do the following workout as a circuit, with no rest between exercises and only 90 seconds rest between rounds. Do four rounds.

EXERCISE	REPS
Farmer's Walk	50 yards
Sandbag Squat-to-Press	10
Sandbag Swing	30
Sandbag Row	15
Plank	60 seconds
Sandbag Run	60 seconds

IN THE GYM: WORKOUT OF THE MONTH



By frequently using exercises that force you to engage your core throughout the movement, you can amass a cumulative training effect equivalent to hours of mind-numbing direct abdominal work.

EXERCISE DESCRIPTIONS

FARMER'S WALK:

Grab a pair of heavy dumbbells or loaded farmer's handles or straps and walk, keeping your core braced and your body upright for the entire duration of the distance traveled. Learn to breathe deep behind a braced core (or flexed abs).

SANDBAG SQUAT-TO-CURL:

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

SANDBAG SQUAT-TO-PRESS:

Holding the sandbag at your

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

SANDBAG OVERHEAD LUNGE:

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

SANDBAG SWING:

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

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

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

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

OUT & ABOUT

Outdoor training gear to build athleticism and burn fat.

FORZA RESISTANCE SPEED CHUTE

You don't need to look much further than the physiques of world-class sprinters to know what a perfect exercise sprinting is. Jogging might be great cardio, but when it comes to burning fat, the sprint is still king. This speed chute from Forza adds resistance that works harder when you do, making you dig deep to hit the finish line. When not in use, it crumples into a tiny ball that easily stows anywhere. Perhaps best of all, it's dirt cheap. There aren't too many pieces of training equipment this effective for under 10 bucks.

\$7.99, networldsports.com



ROGUE FARMER'S WALK HANDLE



Celebrity trainer Don Saladino speaks to the indispensable nature of farmer's walks and other weighted carries in his interview starting on Pg. 15. He says that no matter the client goal or current physical condition, farmer's walks are part of their programming. That's because they build strength everywhere in your body particularly in your arms, shoulders, and even your legs. Your grip strength gets an overtime session, and even your abs get a great workout thanks to the fact that you need core tension to keep a straight spine during the exercise. They're such a great conditioning tool that your heart might actually reap the most benefits. These durable farmer's straps from Spud Inc. are great to keep in your gym bag or the trunk of your car for impromptu workouts on the go. You can use them one at a time as well; suitcase carries (or one-arm carries) double your volume and help eliminate muscular imbalances.

\$69, roguefitness.com

PAN-SEARED ROCKFISH with LEMON BUERRE BLANC

A light bite that will actually fill you up.

SERVES 6

YOU'LL NEED

4 lemons, juiced
½ cup dry white wine
1 cup heavy cream
Canola oil, for frying
6 (8-oz) rockfish fillets, boned and skinned (you can also use rock cod, pacific snapper or striped bass)
½ cup all-purpose flour seasoned with salt and freshly ground black pepper
1/2 cup butter, softened

MAKE IT

1) Prepare the lemon beurre blanc sauce by combining the lemon juice, wine and cream in a 1-quart saucepan and simmering on medium heat until reduced by half.
2) Heat canola oil in a large skillet over medium-high heat.
3) Dredge fish fillets in flour and saute in the hot skillet until golden brown. Remove fish from heat and let rest.
4) When the sauce has thickened, slowly whisk in the butter. Place

fish on platter, and drizzle sauce around and over the fish to serve.

THE MACROS

CALORIES: 552
PROTEIN: 45 g
FAT: 38 g
CARBS: 10 g





BBQ GLAZED CHICKEN NUGGETS

Because you deserve better than the drive thru.

SERVES 6

YOU'LL NEED

BBQ Glaze

¼ cup apple cider vinegar
1 tsp garlic powder
1 tsp onion powder
2 tsp chili powder
¼ cup Worcestershire sauce
1 cup ketchup
¼ cup molasses
¼ cup packed dark brown sugar
¼ cup honey

CHICKEN NUGGETS

2 cups all-purpose flour
½ teaspoon salt
¼ teaspoon pepper

2 (8-ounce) boneless chicken
breasts, cut into large pieces
¼ cup olive oil

MAKE IT

1) Prepare the barbeque glaze. Pour apple cider vinegar into a small saucepan and whisk in garlic powder, onion powder, and chili powder. Bring to a boil and add Worcestershire sauce, ketchup, molasses, dark brown sugar and honey. Lower heat to medium or medium low and allow to bubble and thicken.
2) Preheat oven to 425 degrees. In a plastic bag, shake together flour, salt and pepper and add chicken

pieces in batches to coat.

3) Place on a baking sheet (lined with heavy duty foil for easy clean-up) and drizzle olive oil over. Bake for about 15 minutes, and then coat each piece with some of the glaze and bake for 5 to 10 more minutes. You can do a second coat of glaze for the last 5 minutes, or serve any additional glaze on the side.

THE MACROS

CALORIES: 523
PROTEIN: 27 g
FAT: 12 g
CARBS: 60 g

PICTURE PERFECT

Prep and serve with precision and style.



RECLAIMED WOOD SERVING TRAY

If you've made some noshes that you prefer to keep under wraps at room temperature, this is the way to display them and make quite a statement when you do. This reclaimed wood serving board is made from old Hungarian buildings and is finished with beeswax and mineral oil to bring out its unique grain patterns. The thick glass cloche creates an enclosure that prolongs freshness.

Starting at \$65,
uncommongoods.com

VEGETABLE CHOPPER

You can be sure that Robert doesn't need or want a gadget to dice his onions—no pro worth his salt would. But that doesn't mean you should feel any shame about using a well-made kitchen gadget to make life just a little bit easier. This vegetable chopper pulverizes an onion into a uniform large or small dice in seconds; other attachments let you spiralize or make perfect ribbon cuts.



\$19, amazon.com ▶

BURGER PRESS

Make uniform beef, turkey, chicken, or fish patties that won't bunch up when they hit the grill or skillet. Made of non-stock aluminum alloy with a grooved surface that creates perfect sear marks.

\$10, amazon.com



A man with short grey hair and glasses, wearing a dark blue t-shirt, is smiling and holding a silver tray. On the tray is a white plate with two burgers. One burger is cut in half, showing a pinkish-red patty, green onions, and a sauce. The other burger is whole, with a dark patty, green onions, and a sauce. The background is dark blue.

COMFORT FOOD
COMFORT EVERYTHING

ROBERT  **IRVINE'S**

COMFORT FOOD WITH A CELEBRITY TWIST ARRIVING 7.27.17 AT 

UNAPOLOGETICALLY KATIE



She's an Emmy-winning tech expert and philanthropist. Here, KATIE LINENDOLL breaks down her upcoming projects and the lessons of a career that saw her thrive in not one, but two male-dominated industries.

By MATT TUTHILL

KATIE LINENDOLL



Katie Linendoll on location in Iceland with her production company, Katie Linendoll Productions, to film a story about renewable energy. Linendoll previously won an Emmy for her work on ESPN. A Today Show and Weather Channel correspondent, she sponsors a school in Kenya and works to distribute VR headsets as recreational therapy for pediatric cancer patients. Follow her on [Twitter](#) and [Instagram](#) and visit her [website](#).

Robert Irvine Magazine: You've been coding since you were 12. For folks that don't know what that means, can you explain?

Katie Linendoll: Foundational code is called 'scratch'. It's like building blocks. When you write code, it sounds very complex, but when you're putting in different words, it eventually equals something. Behind the scenes, your computer is made up of lots of different coding languages. You can create things, essentially, from strings of words. And I became compelled by that at a very young age, and then ended up getting my—it sounds super-nerdy—but my networking certifications by the time I was 18

and still in high school. Then my degree was in information technology.

There are lots of different coding languages out there and kids now are exposed much more to that now than ever before. When I was little it wasn't very popular and it wasn't as cool as it is right now. But to see things come to life onscreen and to see how things work behind the scenes really captivated me and I found it very powerful.

RI: You will likely think this is a dumb question—and I know it exposes how little I know about computers—but can you hack something?

KL: I used to be... my mom says

I've turned things a lot more positive lately, but I started messing around with, you know, behind the scenes computing and how to get into different systems, when I was in high school. I definitely parlayed that into more positive experience. Now I'm much more into a consumer-friendly, technology space. I've moved in a different direction.

RI: That's good, because they'd be coming after you if you had a different answer.

KL: Exactly.

RI: Are there any TV shows or movies that get computers right? I feel like writers can get away with general audiences by

KATIE LINENDOLL

turning computers into magic boxes that do anything. Someone runs over to a computer and they start pounding out indiscriminately on a keyboard and then their problems are solved.

KL: I think it's infiltrated culture in a big way and it's more realistic the way it's represented. Just the other night I was on a Homeland binge, and one of the latest episodes was on ransomware. I think that ransomware episode on Homeland showcased a problem that's been happening for quite a while now—and how many big businesses get hit where your computer will get completely locked down. It can happen

to anybody and it can happen to big businesses. So I think it's well-represented, in terms of the good, the bad, and the ugly, but also just how powerful it can be.

RI: Tell me about the VR initiative you have for kids with cancer.

KL: I've been working for seven years as a volunteer for kids diagnosed with pediatric cancer. I'm a big sister to them. I go in and spend time with them, taking them to the movies and using different kinds of gaming to get their mind off things. It's what I call 'distraction technology'. I started working at Sloan-Ketter-

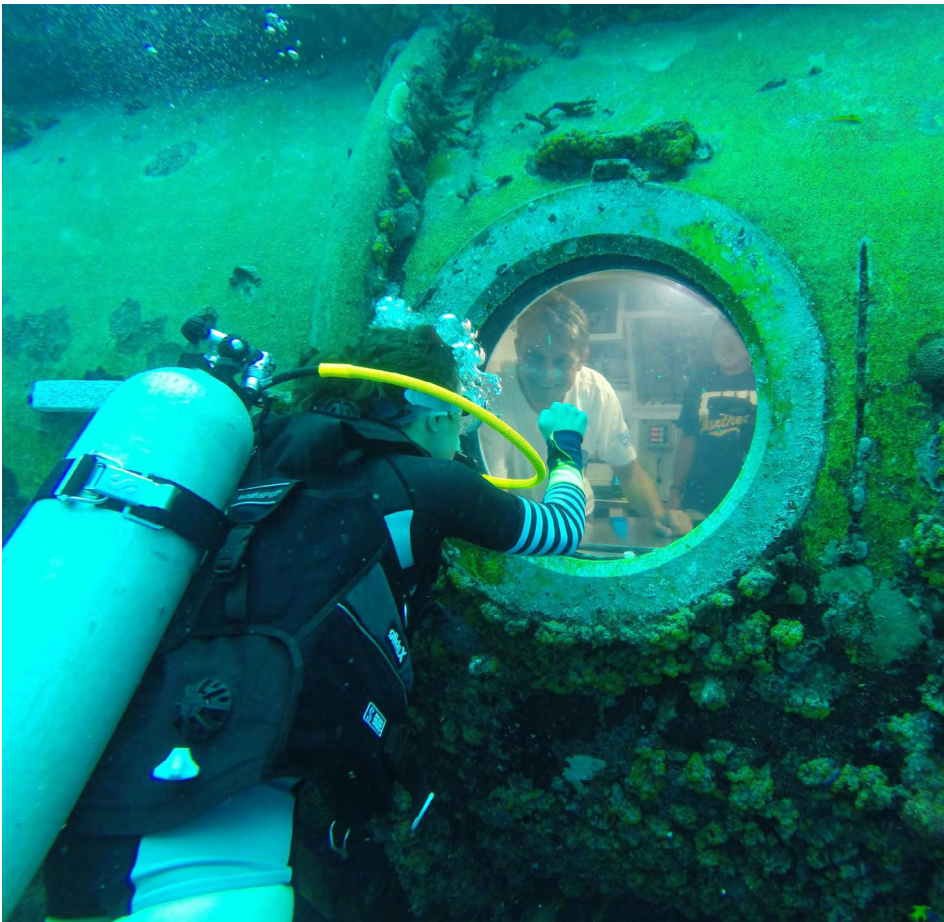
ing in New York. They would be there, transported from wherever they live in the world, for days, weeks, months, and it's a laborious treatment process. It's brutal.

I've been working in virtual reality since the early days, and when I first discovered VR I was hooked. The first thing I tried had me training on a Navy ship. It was such a realistic environment. I was on this boat and I was like, 'Wow, I feel like I'm in a whole other digital world.' And I not only saw that for like the gaming side of things, but I saw what it could be for physical therapy and other kinds of treatment. For pediatric cancer patients, this is obviously great distraction technology. So we started implementing VR into trial programs into some of the hospitals.

To take a kid who's in an environment where—those hospitals are just brutal in themselves—but now they can be underwater and diving with whales, or they can be on a roller coaster. And the content for VR just keeps coming out and getting better.

RI: You also sponsor a school in Kenya. You did this out of your own pocket?

KL: Yeah, I do a lot of conscience projects out of pocket. It's very important to me. I say that my journalistic work is far more than just doing a story and then kind of on to the next thing. I follow up on many of my pieces that need it. I'm on the road about 280 days a year, and a lot of my stories are on location. One was in the



Linendoll has always been willing to go anywhere for a story.

KATIE LINENDOLL

slums of Kibera, Kenya, which is actually the second-poorest part of the world.

I was following a big e-reader program called World Reader, which gives out e-reader devices and then the kids are able to, within seconds, download thousands of books that are culturally relevant to them. So these schools that didn't have anything can now, through technology, download all of these books for their curriculum.

I became so fascinated with this program that I ended up sponsoring a school over in Kisumu, Kenya. No matter where you are in the world, you can still give back. And again, an example of the power of technology that can be accessed to anybody anywhere.

RI: You're an advocate for STEM (Science Technology Engineering and Math) for young girls. That seems so relevant right now in the context of everything that's going on with #MeToo. The Atlantic recently ran a cover story 'Why is Silicon Valley So Awful To Women?' And in that cover story, there are really awful stories that women share about an industry that treats them as second-class citizens. I'm curious how much optimism you might have that the tech world can clean up its act? Because it is male-dominated to a degree where it seems like there are too many blind spots.

KL: It's a good question. I have



to say, from my perspective, this growth in STEM leads to so much optimism. I started in technology at a time where it was so rare to be a female. I was the only female, typically, in all of those classes, but I was thriving in a male-dominated world. Not only did I get a degree in IT but then I went on to ESPN, which was another male-dominated world at that time. So I think STEM is hugely important. The research says if girls aren't interested in

science, technology, engineering, and math by middle school, then it's gone.

My thing is I don't tell them to go into computer science or into engineering. Any career ideas that people throw at a child is boring. But if you show them that they can create an app or they can work with a school over in Kenya on e-reader technology, then it piques their interest. When I go into schools and I give them hard, concrete examples of what

KATIE LINENDOLL

I'm doing, then the kids light up. They just want me to keep talking. I think that's critical.

So, yes, of course, there are some terrible stories from women in technology right now, but I think we're in a very powerful movement on the flip side, and I think there's so much optimism.

RI: The fact that it's even being talked about is a huge plus. But I'm also curious: do you feel like you had to develop skills that a man would not have to develop? Just in terms of how to deal with difficult personalities or people that might look past you? The Atlantic showed that women in tech are interrupted more in meetings than men are. They're evaluated on their personality traits in a way that men are not, and they're also less likely to get funding from venture capitalists. Do you feel like you had to kind of develop a sixth sense to deal with men who are dismissive or pushy or anything like that?

KL: It's a great point. I think I've always, being both in the sports world and the tech world, I think I've always worked a little harder,

or felt like I've needed to prove myself a little bit more, and I can tell you even today, when I got into different environments, I can tell immediately if I'm getting that look like, "Who's this girl and where's she from?"

"Being in both the sports world and the tech world, I think I've always worked a little harder, or felt like I needed to prove myself a little bit more."

And I'm so unapologetically female about who I am. I'll throw a bow in my hair and I'll have a cute outfit on and my makeup all done; I'm just not apologizing for that. I'm very, very girly, but at the same time I'll go toe-to-toe with you. I think allowing for that environment and reshaping that environment is so important. I do feel like I have been challenged, absolutely, in the past. And when

you are the only girl in the class, or you are in an environment that is male-dominated, you know, innately, but it can spur an attitude like, 'All right. Bring it.' You have to be ready for that.

I think it builds a confidence.

I've told girls, 'Use it to your advantage.' I think it's kind of cool in some ways to be like, 'Yeah, there's only two, three females in here, but we're killing it.' So I tell people to flip their attitude on it, but I think it's something that we're still working on.

RI: That's a great perspective, to be thankful for having it harder because it made you stronger.

KL: It makes you unique, in a way, I think.

RI: In terms of general success, is there a single most valuable lesson you've learned in getting to where you are now, or have you developed rules for success that you share with young girls who look up to you?

KL: I think you need to realize there is no such thing as a 9-5 work day. I work an insane amount of hours, but I love what I do, and I think putting in all those hours makes you grow.

I have about 30-plus freelancers

KATIE LINENDOLL



Linendoll during an appearance on The Rachel Ray Show.

that I work with on my team; I run my own production company and have everyone from an SEO team to graphic designers to an analytics team. There's a lot of people I work with and I very much value their experience in what they do.

I know how to run a camera and I know how to edit. It's important to be able to speak to your teammates and to understand their job. It's critical. I think a lot of people now are like, 'You know, that's not my job. That's not what I'm supposed to be here to do.' I've always been ready to do

anything. And I'm still like that. Being game for any environment or any task is huge. It's an attitude that shows your character.

RI: You mentioned your production company, what is it called?

KL: Katie Linendoll Productions.

RI: And what is the next big thing coming out of that we can look forward to?

KL: We're doing a piece for the Weather Channel, and we're shooting in Alaska to capture the

Northern Lights. So I think that'll be a really exciting piece and that will be at the end of next month (late March, early April). We also have a series that we shot in Iceland, which, if you've ever been there, this country is 99% renewable energy; all of the energy they harness is from their volcanic terrain because it's such a uniquely-placed country. We visit some of the blue lagoon spas and geothermal locations. We shot some of the pieces on top of a volcano. I think it's absolutely absurd. That was a three-part miniseries that'll air very soon.

A St. Patty's Day Feast

A festive St. Patrick's Day still life. In the center is a wooden calendar with the date '17' and the month 'MÄRZ' (March) visible. To the right is a glass of green beer with a white head of foam. To the left is a copper pot. In the foreground are several green shamrock-shaped cookies and some gold coins. The background is dark and out of focus.

Robert serves up corned beef,
Irish soda bread, and more!

ST. PATTY'S DAY



IRISH SODA BREAD

SERVES 8

YOU'LL NEED

2 ¼ cups all-purpose flour
½ cup cake flour
1 tsp baking soda
1 tsp baking powder
½ cup light brown sugar
1 tsp salt
1 cup raisins
1 cup currants
1 cup buttermilk
12 oz Guinness Stout
1 cup quick cooking oats
1 tsp caraway seeds
1 tbsp vanilla extract

MAKE IT

1) Preheat oven to 425 degrees F.
2) Prep a cake pan, smearing it with butter and flour.
3) In a large mixing bowl add all-purpose flour, cake flour, baking soda, baking powder, sugar, salt, raisins, and quick cooking oats and currants.
4) In a separate bowl add buttermilk, beer, and vanilla extract.
5) Form a well in the middle of the dry ingredient mixture, add the wet ingredients to the flour mixture.
6) Incorporate with your hands, it will look more like a cake batter

than a bread dough

7) Add the batter to the butter and floured pan bake for 40 minutes or until a toothpick comes out clean.
8) Cool bread on baking rack allow to completely before serving.

THE MACROS

CALORIES: 338
PROTEIN: 8 g
FAT: 2 g
CARBS: 75 g

ST. PATTY'S DAY

IRISH SPEEDBALL

SERVES 2

YOU'LL NEED

2 oz Jameson whisky
3 oz regular coffee, brewed and chilled
3 oz regular cola
2 oz baileys
Whip cream for garnish

MAKE IT

1) In a rocks glass add ice, Jameson, coffee baileys, and cola.
2) Gently stir and serve with whip cream.

THE MACROS

CALORIES: 196
PROTEIN: 1 g
FAT: 5 g
CARBS: 13 g



ST. PATTY'S DAY



GUINNESS CHEDDAR BANGERS & MASH

SERVES 2

YOU'LL NEED

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

MAKE IT BANGERS

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

MASH

1) Boil potatoes and onion until the potatoes are tender and then strain.
2) Return potatoes to the pot and

stir in cheese, butter, half-and-half.
3) Mash the potatoes by hand, then, if you like smoother potatoes, whip them with an electric beater. Set aside and keep warm until you're ready to plate.
4) To serve, place some of the potatoes on a plate, followed by the peppers and onions. Add the sausages, then top everything with a bit of the juice the sausages were cooked in.

THE MACROS

CALORIES 697
PROTEIN 23 g
FAT 29 g
CARBS 75 g

ST. PATTY'S DAY

CORNERED BEEF & CABBAGE

SERVES 6

YOU'LL NEED

2 gallons chicken stock
3 ½ cups pickling spice
6 cloves garlic
4 bay leaves
4 cloves
2 pounds raw beef brisket, cut into four equal portions
2 heads cabbage, cut into wedges
Salt and pepper
Vegetable oil, for frying
3 medium Idaho potatoes, cut into wedges
½ lb baby carrots

MAKE IT

1) Pour the stock into a large 4-gallon stockpot over medium-high heat and bring to a simmer. Add the pickling spice, garlic, bay leaves and cloves. Reduce the heat to medium, then add the beef, cabbage, and carrots. Simmer until tender, 3 hours. Season with salt and pepper.
2) Heat a few inches of oil to 325 degrees in a deep pot.
3) Fry the potatoes wedges until tender, 6 to 7 minutes. Remove and season with salt and pepper.
4) To build the plate, place wedges of cabbage on a plate with corned

beef next to it, then add potatoes and carrots and finish with 2 to 3 ounces of the cooking broth on top.

THE MACROS

CALORIES: 450

PROTEIN: 37 g

FAT: 21 g

CARBS: 29 g



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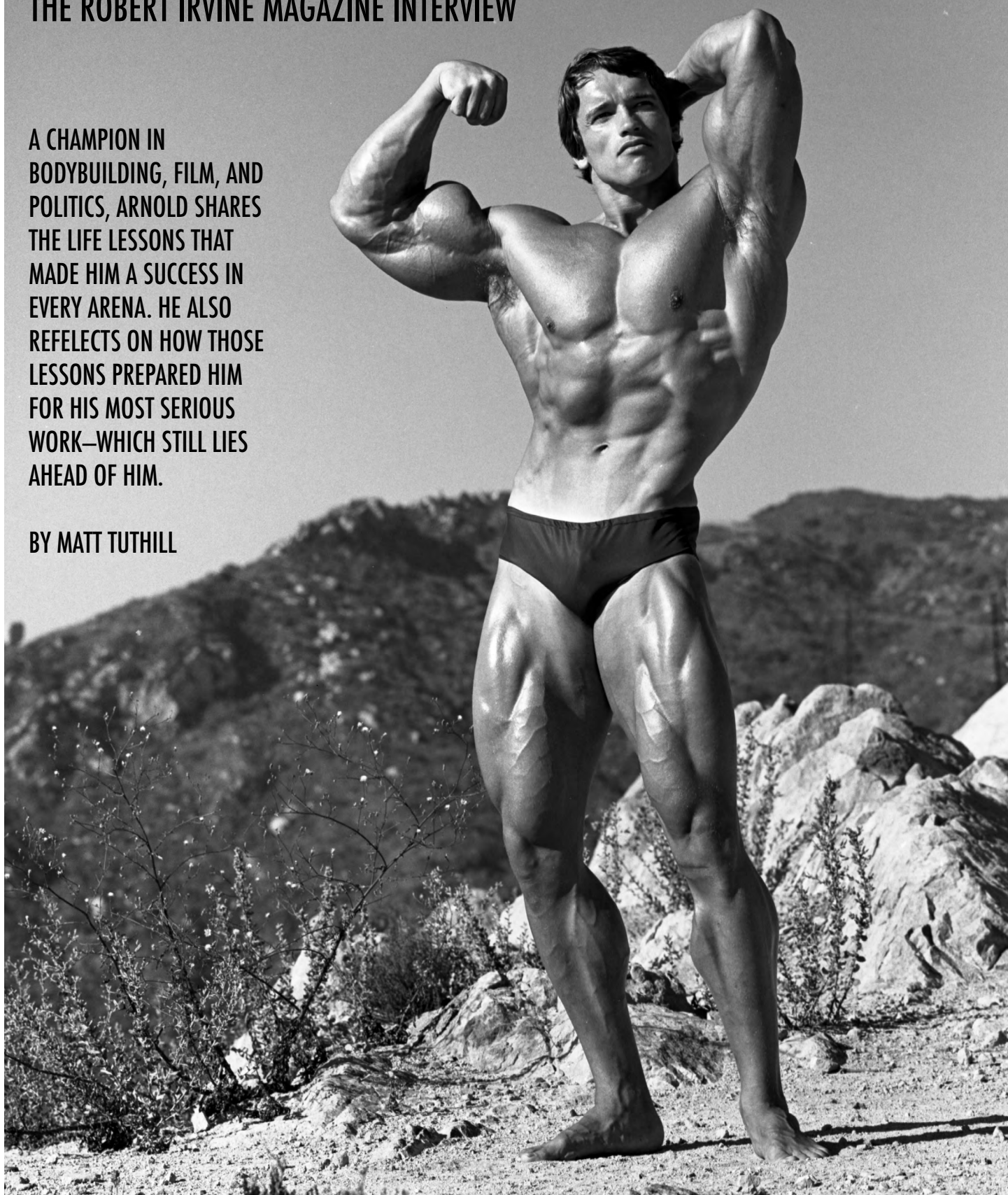
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ARNOLD SCHWARZENEGGER

THE ROBERT IRVINE MAGAZINE INTERVIEW

A CHAMPION IN BODYBUILDING, FILM, AND POLITICS, ARNOLD SHARES THE LIFE LESSONS THAT MADE HIM A SUCCESS IN EVERY ARENA. HE ALSO REFLECTS ON HOW THOSE LESSONS PREPARED HIM FOR HIS MOST SERIOUS WORK—WHICH STILL LIES AHEAD OF HIM.

BY MATT TUTHILL





Walking with the mayor of Paris, Anne Hidalgo, in advance of the Paris Climate Summit in 2014. Schwarzenegger is a staunch environmentalist; in the wake of President Trump deciding to withdraw from the Paris accord last year, Schwarzenegger said, “One man cannot destroy progress. One man cannot stop our clean energy revolution. One man cannot go back in time—only I can do that,” the last bit a wry reference to his Terminator films.

Robert Irvine Magazine: You’re currently trying to tackle some very big issues, gerrymandering and climate change. I see your videos everywhere. Everyone shares them. You’re obviously very passionate about this. My question is what lesson from your past, maybe in body building, best prepared you for this crusade? Because it’s an uphill battle, progress is barely discernible, and for the average person, it’s easy to get discouraged when thinking about the enormity of the task. As I think about it, there is at least that much in common with fitness.

Arnold Schwarzenegger: I think there’s a lot of similarities. When I think back to where we’ve come from, in fitness, with there not being very many gymnasiums to where we ended up now—having a gymnasium in every hotel in the world, and in every military base, every fire station and police station, at every university, every high school—we’ve come a very long way. So we know that it has been very successful, but if I would of thought that this could have happened from one year to the next, I would have been totally wrong. But I did not think that way. I thought

that it’s gonna be an uphill battle, and all we have to do is keep plugging away and have as many people as possible help me, and that’s how we’re going to end up successful in the fitness crusade.

At the Arnold Classic (held every year in Columbus, OH, and around the world—learn more at arnold-sportsfestival.com) we now have 78 different sports, with 20,000 athletes participating and 250,000 spectators. It didn’t start that way. At first it was a bodybuilding competition. The same will happen with the environmental movement and the same will happen with

the anti-gerrymandering movement. It will take time and it take a lot of help from a lot of people. I've learned to be patient and I've learned to stay focused and to keep on message, so that we don't deviate from that, but to keep talking about gerrymandering and the environment. When we talk about gerrymandering, we talk about what damage did this caused in America, what damage it's causing right now as we speak, and how we have to get rid of it. How politicians made it their business to pull the wool over our eyes and make us believe everything is okay, dandy and fine.

RI: You're a Republican and an environmentalist, and there are very few left who would call themselves both. Is it disheartening for you to see your party take scientific consensus and throw it out the window?

AS: There are two answers. The first is that Republicans are very interested in a clean environment. Republicans are as concerned as Democrats about pollution, but the problem is the communication of a lot of the environmentalists is so wrong and so off—because they talk about global warming and climate change and they talk about stuff that is going to happen in 20, 30, or 100 years from now. Even though it is all true—those things will happen—but most people are more concerned today

about 'What is the job that I can get today?', 'How can I get healthcare today?', 'How can I go and provide for my family today?', 'How can I feed my kids today?'. It's all about today. So when an environmentalist starts threatening people and saying 'If you don't go and drive an electric car' and 'If you don't change over to solar then the seas will rise six feet and we're going to have horrible heat and storms,' and people say, 'What the hell is he talking about? I'm worried about today.' And then brush it aside. So it doesn't mean that they're gonna be invested in pollution, but their not interested at all in talking about anything that is happening twenty or thirty years from now. That is a miscommunication on environmentalists part.

My idea for this is that we need to go and communicate the right way, which is, 'What is happening today? Today we have a tremendous amount of pollution and today 19,000 people will die because of pollution. Today. And tomorrow, again, 19,000. And the next day, 19,000. When you can get it out that nine million people die every year because of pollution, people will recognize the fact there is no Republican air or Democratic air. We all breathe the same air. There's no Republican water or Democratic water. We all drink the same water, so therefore, we all have to protect our environment. We have to protect what we have and our future and get rid of the pollution.

Now it is true that today, the Re-



While serving as Governor of California, speaking to the California Medical Association.

ARNOLD

publican party, in general, has gone in a different direction. That means that certain principles that the Republican party used to stand for, all of a sudden, get thrown out the window by some of the people. Not all of them, but some of the people.

If you think about the party of Abraham Lincoln, this is the party that ended slavery. The Republican party that a huge majority voted for giving those slaves citizenship in America. This very same Republican party has given those very same, that were slaves that became citizens, voting rights. That is the party that I belong to. I belong to the party of Roosevelt that was protecting a huge amount of natural resources, land, and created all these huge National Parks, in order to have a great, clean environment.

I belong to the party that is of President Nixon, that created the Environmental Protection Agency. I belong to the party of President Nixon that wanted to have universal healthcare in all the past Democrats derailed him. Specifically, Teddy Kennedy derailed him so that a Republican wouldn't have healthcare reform. This is the Republican party that can win in the future.

RI: In addition to your civic work, you're still making movies. Do you ever get stressed out by all the work and if so, how do you deal with it?

AS: I'd say if you're passionate about something, it doesn't really stress you out. You know what I'm saying? If you're passionate about exercising and you work out three, four hours a day, it doesn't stress you out. If you're passionate about writing and you write books, articles, and cover stories and all this stuff, I don't think it stresses you out because you're writing a book. It maybe stresses you out when the publisher calls and says 'Hey



Top: "Muscle Beach" in Venice, CA, where Arnold cut his teeth as a bodybuilder. Middle: starring in the sci-fi blockbuster *Predator* in 1987. Bottom: Arnold served President George H.W. Bush as the Chairman of the President's Council on Physical Fitness.

ARNOLD

you're five months behind schedule,' then you maybe get a little bit stressed out, but the writing itself doesn't stress you out. So I think if you're passionate about something, it brings you great joy. The things that I do always bring me great joy because I love fighting for a good political system and to get rid of gerrymandering. I love fighting for a clean environment because I believe in it.

I love fighting for people being healthy and fit, because I know how good it feels to get up in the morning and to jump on your bike, to go bicycle riding and to work out in the gym and to be full of energy because you've done something great. It feels great and I want everyone to feel that great and that's a huge part of what we do with the Arnold Classic. I also want the people to be passionate about giving something back to their community. So I don't really ever see that it is stressful, what I'm doing.

RI: You're on social media a lot, do you ever find it to be a distraction that takes away from what you're trying to accomplish? So many people get sucked into it, especially young people. You see them spending so many hours on their phone every day. Do you make a conscious effort to limit social media or random web browsing, things that distract from what you're trying to do?

AS: I think there are two categories here. One of them is: because I did not grow up with a telephone in our house and I did not grow up with a television in our house, I



At the Cannes film festival in 2017. "You have to find your passion," Arnold says. "I was fortunate to always find my passion...The things that I do always bring me great joy."

was always very content and happy without any of that. So therefore, today, I very rarely watch a television show. I watch the news and then I turn it off. When something is on spectacularly, if it's the Academy Awards, or the Super Bowl, of course you watch it, but in general

I don't watch it.

So I'm not obsessed with it. I might come home from the gym and I read a script from 9:00 in the morning to noon. My iPad is off. I don't hear if anyone calls or rings or anything like that. I read my messages and all that stuff but

ARNOLD

there are times of the day where I just turn it off. When I drive around in New York, I find what I see through the window of the car so much more interesting than anything that I can find on an iPhone or iPad. I want to experience what is going on live. I want when I go to the show, the Arnold Classic, I don't want to go and look at the iPad. I want to see what is on stage.

The second point of it is: Unlike some people that attack the media relentlessly because they're not happy with what's going on—I'm different about that. I compliment the media and at the same time, I know what their shortcomings are

and what their shortfalls are. Therefore, I find it's extremely important to use social media to go and to get my point across of the things that I want to say or that I want to present to the people. We are very active on social media during the Arnold Classic weekend. This year we had 468.5 million impressions.

So imagine, all the channels together in the morning, is approximately 11.5 million people are watching news. In the evening, it's 12.5 million and with a big sports program it can get to 20 or 30 million. But we in the "Arnold Classic" have had 468.5 million impressions! That's how many people were

reminded there's a sports festival, because we made sure that each one of our seventy-eight sports is tweeting out, is snap chatting out, is sending out information talking about the Arnold Classic sports and fitness festival, and reminding people to stay healthy and fit. So that is power of social media and so therefore, that side of social media, I hail, and I will go all out for it and I can tell a really good story.

On the other hand, I'm very disciplined and can turn it off and still enjoy the real action out there rather than just getting everything through the phone. Kids, they're starting to do everything through



Signing copies of his memoir, *Total Recall*, at the Frankfurt Book Fair in 2012. The book was an instant bestseller. You can get a copy on Amazon by clicking [HERE](#).

ARNOLD

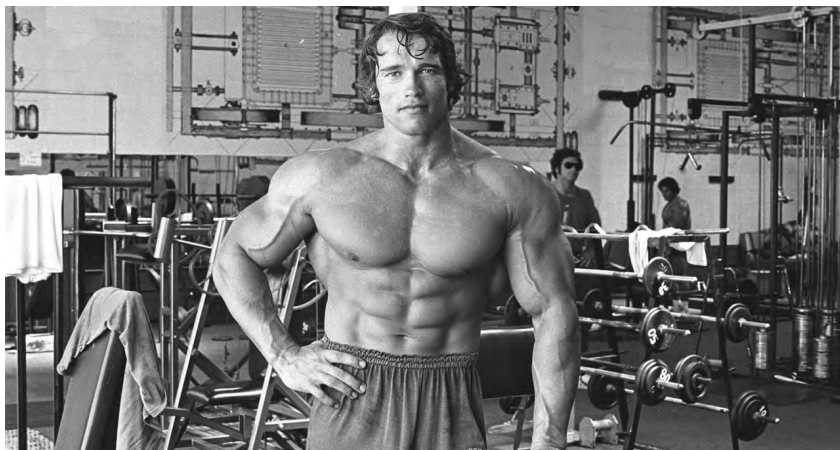
social media. They don't even talk to each other anymore when you sit at the table. So I think that is a big, big mistake and I think the parents should watch that and make sure there is some discipline in the house and say 'When you sit down at this dinner table, we talk. We don't talk through the iPhone. We talk. For this hour we're sitting together for dinner. We talk and we hang out together.' Those are rules I think parents should have. We did that, Maria and I, and have been very successful with that, and it helps us.

RI: What is the most valuable piece of advice for success that you could offer to our readers? You've won in every arena, in bodybuilding, the movies, and politics. What is the unifying factor of your success?

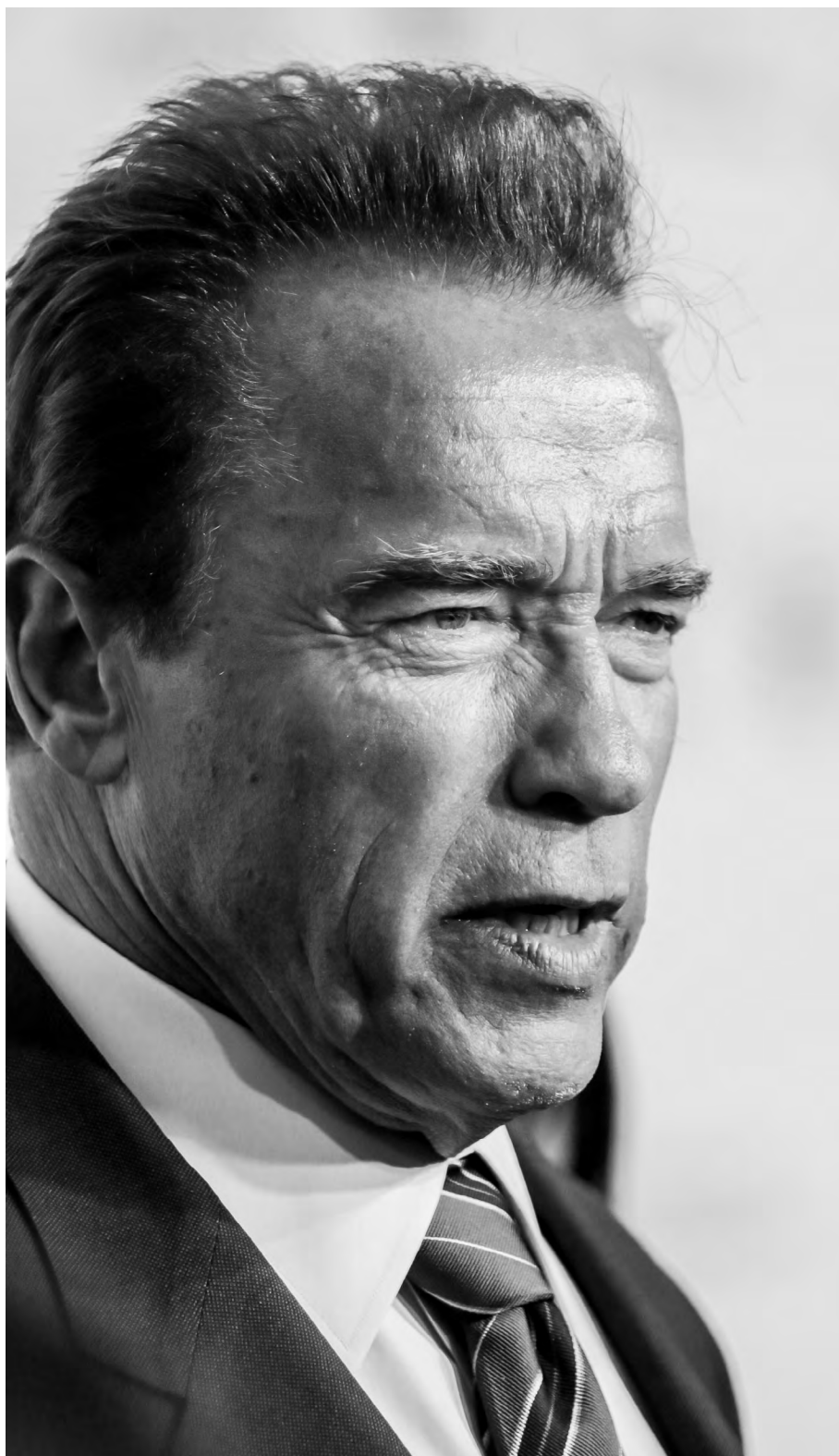
AS: First of all, find your passion, because it's not going to help you if someone says 'You would make a great salesman,' but you really have no interest in selling. If you're not passionate about it, then you can never be successful in it. You have to find your passion.

There was a woman at the Arnold Classic and she crushed a watermelon between her legs. As I'm walking away, the thing that came to mind was not 'Oh, she's crazy' but I said to myself 'She found what she could shine in.' As crazy as it may be, it makes no difference because she was on the floor and bringing tremendous entertainment. There was a huge amount of people standing around her because she was squeezing one watermelon after the next between her legs, which none of us can do—and crushing it!

And making people say 'Wow! Look at the power in her legs!' and she was smiling and she was full of joy. That's what it's all about. She found what she is good at and she is using it to its fullest. It's just a little example, but it reinforces what I said. You have to find what you're passionate about. I was very fortunate always, to find what I was passionate about. And you know it was the



Top: during the *Pumping Iron* days. Middle: The Schwarzenegger museum in Arnold's hometown of Thal, Austria. Bottom, Arnold's palm and boot prints on Hollywood Boulevard.



Stay up to date on all things Arnold at Schwarzenegger.com. Click the links to follow Arnold on [Twitter](#), [Instagram](#), and [Facebook](#). To learn more about his children's charity, After School All-Stars, or to make a donation, click [HERE](#).

weightlifting and bodybuilding, when I was 14 years old or later on with entertainment when I fell totally in love with being in front of the camera and performing. Then later on, I did not know that eventually I would turn into this passionate person about giving something back to my country.

But I developed and found my passion. I remember that I felt so good to be working with the Special Olympics. I remember in 1977 training those guys and making them feel really feel happy about lifting weights. When I went home at night, I just felt happier than when I had done *Stay Hungry* or *Pumping Iron* or anything. So I found another passion of mine, giving back. So I went all out on that and eventually got to the point where I wanted to run for Governor, to really work full time for 40 million people here in California. I think that the thing is, passion. Find your passion, number one. Then number two is, you got to work your ass off. Don't ever think anything comes easy. Everything is a struggle, everything takes 24 hours a day. Concentrate on it, be passionate about it, work your ass off. Work, work, work—that's the way you can do it.

The other thing is there will be a lot of people in your life that will be saying 'You will never make it' or 'This is stupid, what you're doing here, what you're trying here.' Pay no attention to that. You can take their advice, weigh it, but that should not be your final answer. Always go with your passion. Always go with your instincts. My instincts told me that I can make it. I believed in myself, and so therefore I did not listen to the naysayers.

KEEP IT SIMPLE

THE LITTLE ISLAND THAT COULD

In the wake of a devastating storm, a lesson in humanity.

By Heather Quinlan

September 6, 2017 is a day the British Virgin Islands will never forget. It will forever be remembered as the day Hurricane Irma, the most powerful Atlantic storm to ever make landfall, ripped through the Virgin Islands and decimated everything in its path. Irma was rated a category 5, but that's only because there's no such thing as a 6 or 7.

For perspective, a category 5 hurricane means near or total destruction with winds above 157 mph. Irma maintained winds as strong as 187 mph hour, with winds as high 216 mph reported in some places. The island of Virgin Gorda was turned upside down by all of this, and even reported at least 4 tornadoes touching down during the same mammoth storm.

I recently visited Virgin Gorda, one of the islands that make up the British Virgin Island archipelago. The license plates there read "Nature's little secrets". I've been there in the past and my parents have visited the island every year for the last 20 years. It is indeed a very special little wonder, one that typically thrives on tourist dollars—which it



The turquoise waters of Virgin Gorda are as warm and welcoming now as they were before Hurricane Irma decimated the island. While all the British Virgin Islands are still in recovery, they are open for business. Tourism dollars can provide as much relief as donations.

needs now more than ever.

It was a clear sunny day in February, a little over five months after Irma, when I arrived. As we departed the island of Tortola and motored toward Virgin Gorda via ferry, I could see the little island in the distance. I realized it wasn't just the sun shining down, but the beauty of

the island suddenly seemed more evident and brilliant than ever before. There was an immediate sense that I was approaching an island full of resilience. This island had been totally destroyed and was in the middle of being built up again by the blood, sweat and tears of its people.

I sat down with Rose Giacinto,

KEEP IT SIMPLE

business owner and ex-patriot of the United States, who's been living on the island since 1981.

"My family [back in the States] said, 'Just come home. Drop everything and come home,'" Rose recalls.

After all, so many people on the island did just that. But as a business owner of two well-known restaurants, the Bath and Turtle Restaurant and Chez Bamboo, that was not an option for Rose.

In the days leading up to the hurricane Rose says, "We were moving on adrenaline to get as much ready as we could." As the hurricane started bearing down, it ripped the roof off the apartment building she was in.

"The roof started making a banging noise and then it went; all of a sudden it was just pouring down rain and everything in the apartment got sucked out."

Rose and her friends then retreated downstairs to the safety of her restaurant's kitchen, which had a concrete roof. Miraculously, Rose's establishments are some of the very few still standing after the hurricane.

"So many people didn't understand the magnitude of this hurricane and the pictures shared with the rest of the world just didn't do it justice," she says.

By the end, downed utility poles and debris made roads completely impassable. The



Bob Donnelly

Above, the Mermaid Restaurant on Virgin Gorda, as seen before Hurricane Irma. Below, the site of the restaurant after the hurricane—with no evidence it ever existed.

water treatment facility was destroyed. Roofs flew off houses, windows exploded, and cars were tossed like toys. Entire steel shipping containers tumbled around free. A popular resort called the Bitter End Yacht Club, known for its bungalows nestled into the cliff side, was torn apart; today it looks like it was made of tooth picks.

One islander described the winds of Hurricane Irma as being so loud, it was "like a pack of wolves coming for [her] soul." In the aftermath, the islanders sat without water, electricity, cell service, and no ability to communicate with the rest of the world, many now suddenly homeless, some with literally just the shirt on their back.

KEEP IT SIMPLE



A church on Virgin Gorda, its roof ripped clean off.

It took a Herculean effort to fix what Irma destroyed. The government response was slow and, in the end, disappointing. It was ultimately up to the people—and a little help from outside. Jim Hagedorn and Petr Kellner, two billionaires who own homes there, were a major part of the relief effort. Two days after the storm, Hagedorn distributed satellite cell phones. Then came the airplanes—two a day for weeks, loaded with supplies. Generators, chain saws, bug spray, bottled water, etc. Those same planes would then leave with women, children and anyone sick needing to get medical help. Then came shipping containers from

Kellner, including lumber to help the rebuilding effort. All the while, the people on the ground who had lost their homes never lost hope. They undertook the grueling work of rebuilding without sorrow or self-pity.

It puts life into perspective to know that a community, devastated by something totally out of its control, can shine bright just a short while later. We are living in an era where there is a growing lack of real human connectivity with the rise of social media. Many of us here in the States don't know who our neighbors very well; sometimes we don't even know their names.

In Virgin Gorda, being a neigh-

bor means something. In the wake of Irma, it meant, "We're all in this together."

The lesson for me was obvious: I want more real, quality interactions with the flesh and blood humans around me. I want more relationships that matter. Because when all else fails and you are stripped of your creature comforts, the people around you are what you have left. No one should wait until tragedy strikes to look up and see what's important.

Heather Quinlan is a certified Bikram Yoga instructor and the owner of [Bikram Yoga Burlington](#), in Massachussets. Vist her [website](#), Heather Quinlan wellness.

ASK US ANYTHING

A JOLT OF TRUTH

A recent scientific review says energy drinks laden with caffeine and sugar can pose serious health risks.



Q: *"I don't like coffee or tea, but I drink a couple of Red Bulls every day to keep my energy up. They work great and they taste good, but my friends are always telling me they're not healthy. Do they have a point?"*

– John T., via e-mail

A: They definitely have a point. Energy drinks pose a serious health threat to regular users, and that's not according to us, but a recent review of available scientific research published in the journal *Frontiers in Public Health*. People who consume energy drinks like Red Bull, Monster, and others that are laden with excess amounts of caffeine and sugar increase their risk of obesity as well as heart,

kidney, dental, and even mental health problems. The researchers say that any short-term benefit derived from the drinks is far outweighed by potential negative consequences. The researchers say they hope to sound the alarm to policy makers as energy drink consumption, especially amongst young people, is on the rise; the industry amasses \$10 billion annually in the US alone. At the heart

ASK US ANYTHING



Mixing energy drinks with alcohol—a popular trend in the last decade-plus—can compound the negative effects they have on your heart and kidneys.

of the problem: some energy drinks pack as much as 100 mg of caffeine per fluid ounce, compared to 12 mg per fluid ounce of regular black coffee.

“We summarize the consequences of energy drink consumption, which include heart, kidney, and dental problems, as well as risk-seeking behavior and poor mental health,”

said one of the study authors, Dr. Josiemer Mattei, Assistant Professor of Nutrition based at the Harvard T.H. Chan School of Public Health in Boston.

“The evidence suggests they are harmful to health and should be limited through more stringent regulation by restricting their sales to children and adolescents, as well as setting an evi-

dence-based upper limit on the amount of caffeine.”

Moderate daily consumption of coffee, meanwhile, has been linked to heart health in a number of studies. For more, learn how caffeine really works in your brain and why you really can have too much of a good thing at Examine.com: [How caffeine really works in your brain.](#)

FITCRUNCH GIVEAWAY

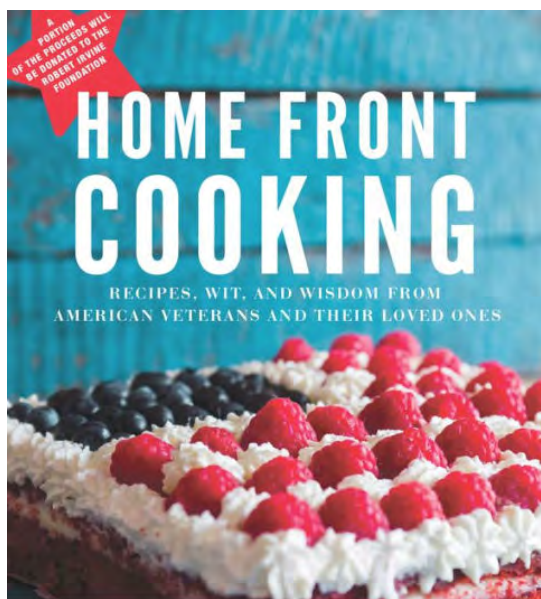
Robert's giving away a FitCrunch care package to one lucky reader; the upcoming Home Front Cooking features one of his recipes

Click [HERE](#) for a chance to win a FitCrunch FitPack!

The prize pack includes:

- (36) FITCRUNCH Whey Protein Bars
- (3) FITCRUNCH Protein Powder Canisters
- (1) \$50 Amazon.com Gift Card

You must enter by April 15, 2018 for a chance to win. The winner will be selected at random.



TRACEY ENERSON WOOD, BETH GUIDRY RIFFLE,
AND CAROL VAN DRIE

A new cookbook, Home Front Cooking, is now available for pre-order. (You can do that by clicking [HERE](#).) In it, you'll find recipes from veterans and their families, along with stories about why those recipes are special to them.

"Homefront Cooking is so much more than a cookbook," Robert says. "I've always said that you can get a window into the soul of a family when you look at what they do for each other in the kitchen. There you see love and creativity on full display, poured out amid the heat of the oven and stovetop.

That holds especially true in the pages of this book, as veterans and their loved ones share the recipes that bring them together and strengthen their bonds. I'm always searching for ways to support the best and bravest amongst us, so I was particularly thrilled to contribute a recipe but I'm even more excited to try all the other enticing dishes in this delightful, heartfelt tome."

A portion of the profits from the sale of this book will benefit [The Robert Irvine Foundation](#), which disperses 100% of all revenue collected to the veterans and veteran causes who need it most.

WORDS TO LIVE BY

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

- Arnold Schwarzenegger

