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# MUSCLE AND HEALTH

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21 DAYS  
TO  
CHANGE



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## TERRY CREWS

HOLLYWOOD STAR

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## CHEF ANDRE RUSH

WHITE HOUSE CHEF

Famous White House chef Andre Rush gets us all fired up in the kitchen.



## JILLIAN MICHAELS

TV TRAINER

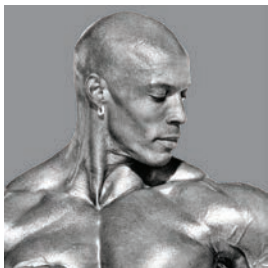
The internationally acclaimed no-nonsense TV trainer shares her 12-hour rule for success.



## DAVID MORIN

COVERSTAR

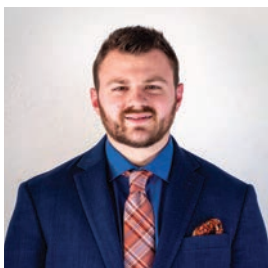
International cover star David Morin reveals what actually happens when we lose fat and explains how to fuel the fat burning furnace more effectively.



## SHAWN RAY

OLYMPIA VETERAN

Bodybuilding hall of famer, Shawn Ray provides his unique insight as to how this year's Olympia looks set to play out.



## CHRIS FREDERICK

MILLIONAIRE TYCOON

Digital marketing tycoon Chris Frederick reveals how he made \$1M in a month at the tender age of 27.



# MUSCLE AND HEALTH

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# EDITOR'S LETTER

Never has movement been so organized. Never has freedom been so restricted. Never has life mattered so much to so many.

Black lives matter. White lives matter. All lives matter. And yet we are politically suppressed and economically challenged in one of the most socially challenging eras known to mankind.

Imagine being a Hollywood star playing a black police officer in a high profile police procedural comedy series. Terry Crews takes it all in his stride though.

I couldn't quite believe my eyes when the raw images from his cover shoot landed on my desk. If that's what 52 looks like I suggest we all start getting up at 4AM to train which, incidentally, has been his daily routine for over two decades.

I wondered what Terry would have to say about the British Mr Marmite, otherwise known as Simon Cowell. It would seem he is a joy to work with on America's Got Talent, which Terry now hosts. Perhaps the new COVID-inspired Zoom filming technique has eased relations, or maybe it's because Terry is the kind of guy we just all love to love.

We are facing a global pandemic and none of us can accurately predict when we will fully recover from it. It's tougher on some than others. Being shut up and told to "shut up" has taken its toll on businesses, personal relationships and mental and physical health.

We all have things taken away from us at some point in our lives. We all suffer hardship and loss. It was interesting to hear from Terry that he felt as if he'd lost all purpose after retiring from the NFL. It took him two years to pick up the pieces and rediscover his sense of self-worth, but boy did he bounce back bigger than before!

Muscle and Health is designed with your goals in mind. Because whatever the mind can conceive and believe, it can achieve.

Danni Levy  
Editor-in-Chief

**TERRY**

**CREWS**

**21 DAYS TO  
CHANGE**

**BY DANNI LEVY**



**MOVIE HERO, SITCOM STAR AND AMERICA'S GOT TALENT HOST  
TERRY CREWS REVEALS THE LIFE CHANGING WORKOUT HE'S  
BEEN FOLLOWING FOR 20 YEARS!**

**PLUS, TERRY TALKS DIET, MINDSET AND ADAPTING TO OUR  
RAPIDLY CHANGING SOCIETY.**

WHETHER YOU  
CAN'T GET  
ENOUGH OF NBC  
SERIES BROOKLYN  
NINE-NINE,  
YOU'RE HOOKED  
ON AMERICA'S  
GOT TALENT,  
OR YOU'RE A  
CLOSET WHITE  
CHICKS SUPERFAN,  
THERE'S A TERRY  
FOR EVERYONE!

I chatted to the Hollywood legend from his LA home and acquired a new workout regime and a strong desire to become totally 'unembarrassable'.

"We're so blessed to live in this era," says Terry, who sports the most bona fide smile I've ever laid eyes on. "We know so much more about our well-being than we did in days gone by. 'I stand on the shoulders of giants' so to speak. We are part of a generation who know more about health and fitness than ever and we can all take it to the next level, you know. I will be 52 at the end of this month and I feel great. It's funny because when I look at the generation before me, 52 didn't look like this and I'm just so thankful."

Having spent the lockdown period with his wife and youngest son, Terry maintains a phenomenal physique and has a positively unwavering attitude towards world affairs.

"We are fortunate to live in such a good time that's full of opportunity," he says. Even with the COVID-19 pandemic and all the recent problems, we as a human race are in a position where we know more and we can do more with that information.

"When I say we know more, I really mean spiritually. When I work out it's a spiritual thing for me. It's all mental; it's mindfulness. I'm really trying to become self-actualized in the sense that every day I'm discovering a little more about myself."

Life wasn't always a song and a dance for Terry. Having solidified a phenomenal career with the

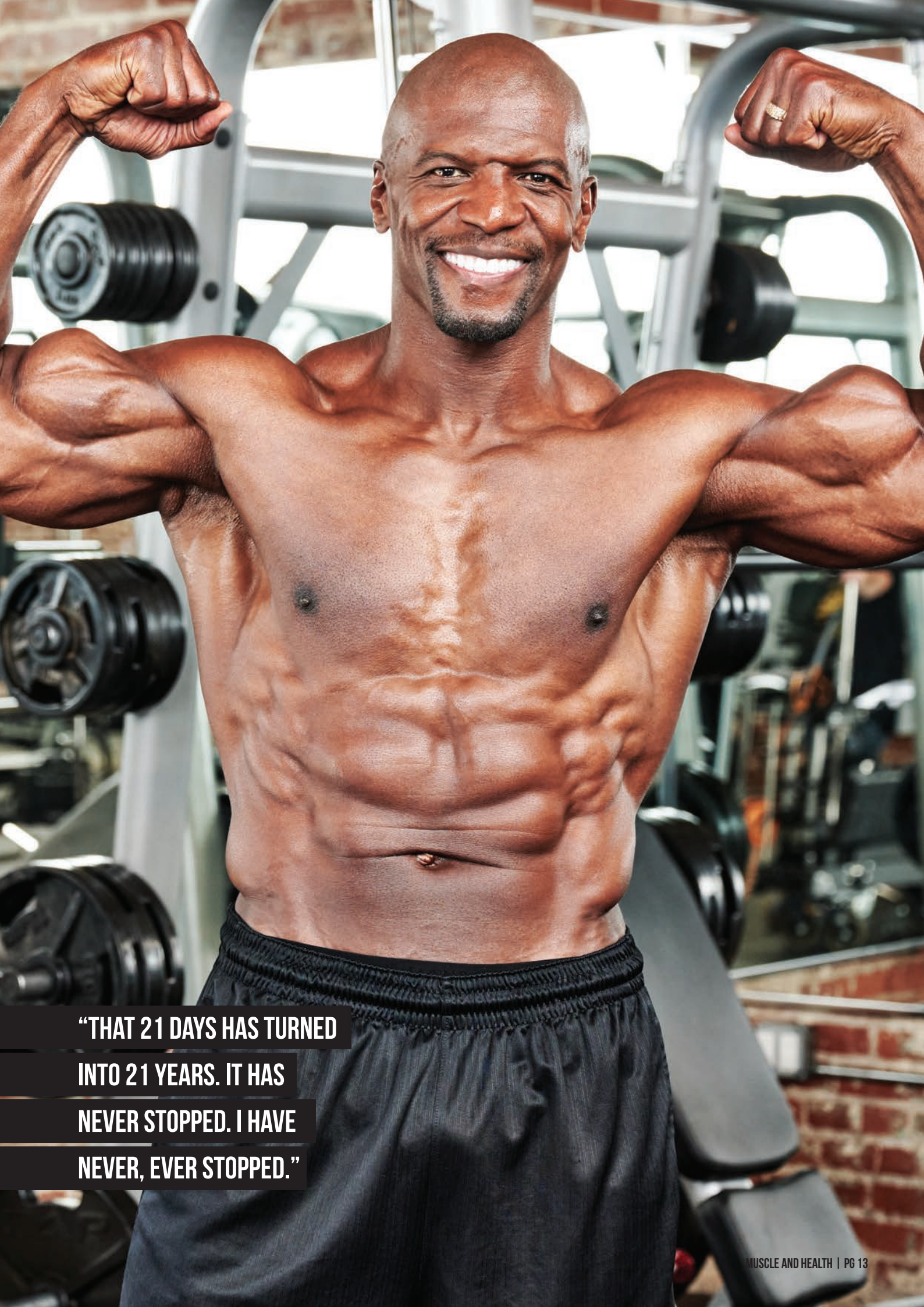
NFL, he walked off the field into complete darkness.

"After spending seven years in the NFL, I saw a ton of bodies that were incredible, but minds that were just not there to match. I witnessed many of my friends and peers end up living lives that were way less fulfilled than they ever thought they would, all because the mental side of them was not ready. I saw suicides, major depressions and weight gain after the NFL. When you make things sports specific it's easy, but once that's gone you can lose any impetus to try or to do anything anymore. You need to discover keeping fit for your health, for you, for everything- not just for sports specific reasons. It's almost like building a house. You have to have a really strong foundation. Measure twice, cut once. Build on the right things.

"In 1997 my wife and I moved out to California to make our way in Hollywood. I'd retired from football and I stopped working out. There was no going to the gym. I no longer had someone to tell me when to wake up, eat and go to the gym. Nobody was calling me or telling me what to do anymore. I gained 30 pounds of fat. In my head I thought I was fine, but I was sitting up on the couch until 2AM eating hamburgers and cookies and just dealing with this depression and not knowing how to get out.

"I HAVE NEVER  
EVER TAKEN  
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PEOPLE OFTEN  
ACCUSE ME OF IT  
AND SAY "YOU HAVE  
A STEROID BODY".  
BUT I HAVE NEVER  
EVER DONE ANY OF  
THAT."

"During that period of my life, I overheard someone say 'it takes 21 days to change.' I thought 'nothing is wrong with me so it's no big deal.' But then one morning my wife came up to me and pinched my back fat and was like, 'hey honey' and I was like, 'woah stop!' She told me it was cute, but for me I had never known I had fat there until that moment. Of course my wife had meant no harm, but it was the wake-up call I needed to change. I said, 'okay, 21 days, 21 days.'



**“THAT 21 DAYS HAS TURNED  
INTO 21 YEARS. IT HAS  
NEVER STOPPED. I HAVE  
NEVER, EVER STOPPED.”**

"I joined the cheapest gym down the street. We were broke at the time. I'd been working out for so long that it was strange for me to suddenly have to pay to work out. They were like 'that'll be 20 dollars a month' and I was like, 'I have to pay to work out here?!' That was how warped my mind was.

"I went the first day and I was so depressed. I literally sat on a recumbent bike; I probably moved my legs like three times, read a magazine and said to myself 'okay I went to the gym,' and then I went back the next day and I did the same thing. I sat on that recumbent bike and I did a little more. And each day a little more. As it got to day 14, I still wasn't really working out, but I started looking at the machines. By day 21, I had the habit of going to the gym. It was the habit of putting that space in my life. I spent that 21 days thinking- not working out, but thinking about what I wanted to be, who I wanted to become, how I wanted my body to look, why had I become depressed. It was therapy; it was so nuts.

"That 21 days has turned into 21 years. It has never stopped. I have never, ever stopped."

Terry's machine mentality has rewarded him with a body to match, but for him that's not what it's all about.

"I've never worked out just for looks," he says. "I've never done any fitness shows or stepped on stage. It's not that there's anything wrong with them, but I've never done anything like that. I'm not a bodybuilder per se, but my workouts are about my mind and taking myself to another level and then what happens is you end up with a body that goes with your mind.

"I have never ever taken steroids. People often accuse me of it and say 'you have a steroid body,' but I have never ever done any of that."

Terry practices intermittent fasting and always trains on an empty stomach.

"I've been intermittent fasting for eight years for spiritual reasons," he

says. "The reason for it is because whatever is in your grasp is not always meant to be in your hand. I had to train myself to say no to my body and give myself these limits and say, 'you're not going to do this today.' Imposing limits on yourself leads to heightened levels of gratitude. It's not about the looks. The looks do come and that's great, but when you see someone who's very thankful, they're usually successful with it. I always say, 'the height of your success is equal to the depth of your gratitude.'

"You will never see a person who's truly successful who's not thankful. It's impossible. Go deep with your thankfulness and you can go really, really high with your success.

**"MY WHOLE LIFE HAD BEEN ABOUT FOOTBALL AND WHEN THAT FINISHED I FELT AS IF THE WHOLE WORLD LOOKED AT ME LIKE A LOSER."**

"When I left the NFL I really went through the most severe depression, severe. My whole life had been about football and when that finished I felt as if the whole world looked at me like a loser. In the world of sport, sometimes you become your wins. You identify with winning. It feels so great when you win. You're actually above other people. The problem is, when you lose you have to become your losses too. When the sports career is over and all of sudden you can't run as fast and do what you used to do, not only are you not bet-

ter than other people, you're worse than other people. That's the downfall of many athletes.

"I was in a two year hole, but once I adopted the attitude I could change in 21 days, I hit the gym and I dug myself out of it. I call it 21 days to 21 years."

Terry sticks to a seriously regimented routine when it comes to eating and training.

"I love going to the gym at 4 o'clock in the morning," he says. "I love 4AM. I'll go to bed at 9 o'clock just so I can get that great 4AM feeling. I love getting my heart rate up really, really high and feeling how fast I can lower it down to my resting heart rate. I've been doing it for so long I don't need to wear a monitor anymore. I'll push 135, 155, 165 and then 185, and by the time you get to the last set the way I train it's real gut pushing. I mean, your heart rate goes 'wow!' Everything is about the heart rate for me. It's all about explosion.

"I play around with rest according to how I feel. When someone comes up and says 'hey' and I'm like 'woah, not now, I can't talk,' I know I have my heart rate up high enough. Sometimes I'll rest for like two or three minutes, but when I feel good that rest can go out the window. It takes a lot of concentration. I can't even wear headphones. I grip the bar as hard as I can just to make sure I'm present. You've got to always be present whilst you're doing it and feel how your body feels. Stay in tune with your body. When you're young maybe you can get away with listening to banging music, but as you get older those little things start to tweak if you're not thinking. In 2010 it was the premier of 'The Expendables' and I just wasn't thinking. I was moving a couch and not being mindful and my bicep popped off. I had to get it surgically reattached. They screwed it back in and it's actually better than my other one now, but it took a lot of rehab. I had a brace on for a whole year. I learned never, ever to take concentration for granted. When really good people like Mike O'Hearn train, they concentrate. It's a really beautiful thing."

Terry credits his effective training

method to his former personal trainer Mike Talik.

“Mike Talik was an Olympic trainer up in Vancouver,” he says. “In 1999, right after I came out of that ‘bump’, I started acting. I was doing my first movie, ‘The 6th Day’ with Arnold Schwarzenegger and I met Mike and he gave me something called the 24s workout. He was all about it. I incorporated it and I’ve been doing it ever since.”

Terry’s gym sessions leave him supple, strong and mindful, without any additional form of yoga or meditation.

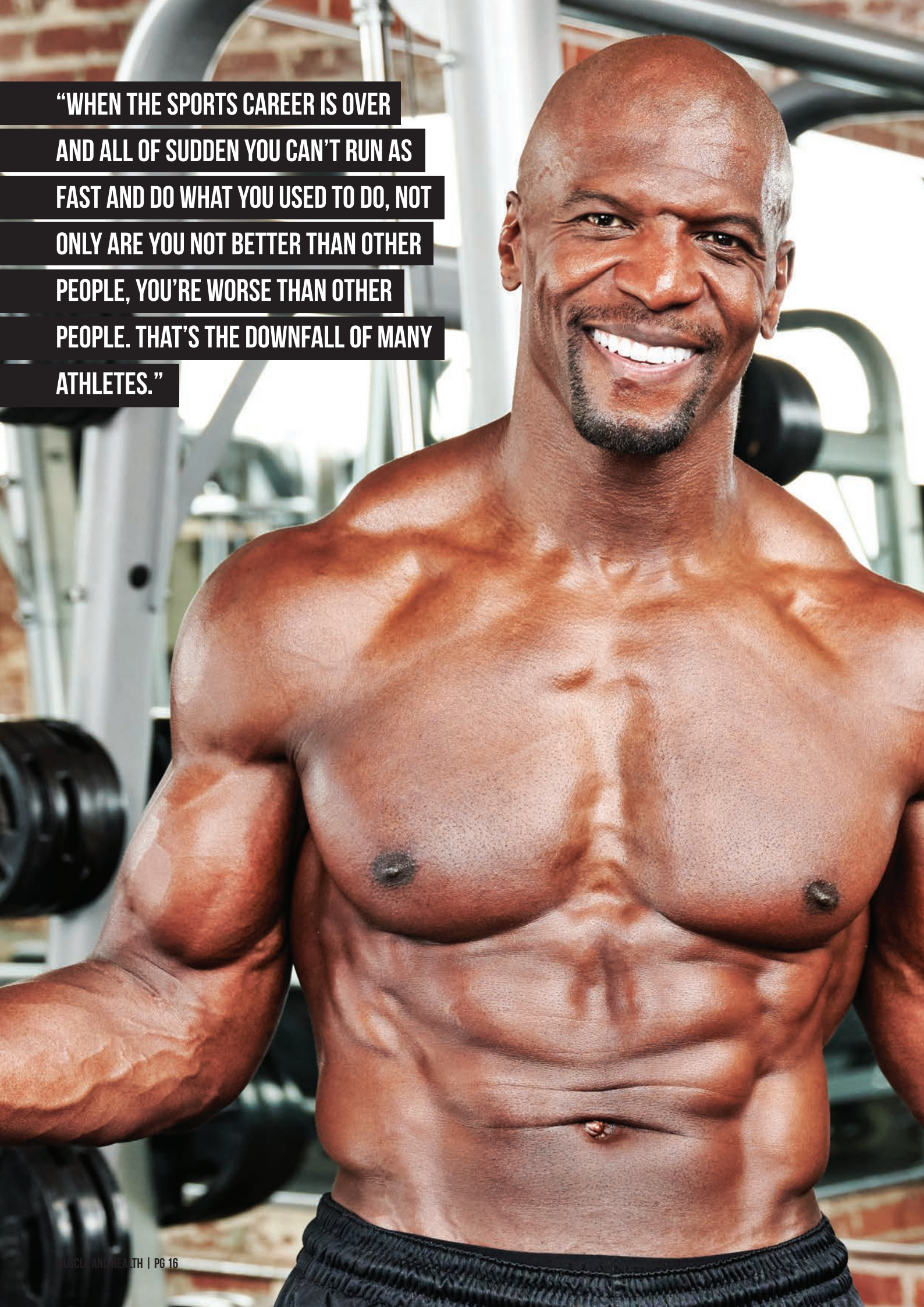
“Just stretching for stretching never really did it for me,” he says. “I always combine my stretches with a lift. A bent over row is a stretch for the hamstrings. I’ll take a 45-pound bar and just stretch it out, or grab the cables and really feel the stretch across my chest. The resistance is really beneficial for mobility. It’s that point where you’re resisting that really helps you. I’ve been doing a lot of work on my calves to help with some ankle issues I had. I get on an incline board and get into a really deep stretch, but I’m having a workout at the same time.”

The program Terry follows allows him rest days on the weekend, but there’s little rest from the fasting.

“I don’t go to the gym on the weekends, but I still fast for sixteen hours every day,” he says. “I start my meals at 2PM and I stop eating by ten. Often I don’t get to that ten o’clock meal. I’m usually done by 9PM, so most days I go more than sixteen hours. I really like the feeling of being empty and clean. I always work out fasted without exception. For eight years I did not drink any protein after my gym sessions either, but lately I’ve incorporated a zero-carb whey protein into my diet because it doesn’t stop ketosis and I like to go keto during the day.”



**“WHEN THE SPORTS CAREER IS OVER  
AND ALL OF SUDDEN YOU CAN’T RUN AS  
FAST AND DO WHAT YOU USED TO DO, NOT  
ONLY ARE YOU NOT BETTER THAN OTHER  
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PEOPLE. THAT’S THE DOWNFALL OF MANY  
ATHLETES.”**



## "THE HEIGHT OF YOUR SUCCESS IS EQUAL TO THE DEPTH OF YOUR GRATITUDE."

"Saturday and Sunday are rest days and cheat days despite the fasting window still in place. I'm a big dessert fan but there's no breakfast in bed. My wife says to me, 'you've been doing this thing for eight years; we can never have breakfast together.' I make her pancakes or waffles and I'll eat at two o'clock. I'll have my BCAA drink and we'll sit together and she will enjoy it."

Terry says he really enjoys his food and doesn't leave himself feeling hungry.

"My first two meals are always ketogenic," he says. "I usually start with an omelet with turkey bacon and some salad or vegetables. Then I'll have something like beef or chicken and salad for my second meal. I feel really satisfied because I've conditioned my body to be ready for that. Sometimes I'll have a straight double espresso for energy. Then at night I'll incorporate some carbs like brown rice or sweet potato. My workouts are really intensive so if I went 100% keto and intermittent I wouldn't be able to sustain it. I have three meals during the eight-hour eating window. I have a lot of good fats like almonds, bacon and lots of fatty meats. When I eat, I eat until I'm full. My meals are really substantial. I might have six or seven eggs at a time."

Despite being famed for his comedic charm, Terry says he's not a comedian and relishes his new hosting role on America's Got Talent.

"When you look at a guy like me, the last thing you'd think is 'host of a worldwide talent show,'" he says. "I mean, I'm an ex-footballer, an athlete, that kinda thing. It is making dreams come true."

"When I play characters, they're all versions of me, but I am enjoying being 100% myself. 'White Chicks' is a version of me. Every movie I've ever done is! But what I love is getting on AGT and being able to totally be me. What I love more than anything is creating a talent."

"I love to watch and study people and see what makes one person different from another. What makes one person rise above all the others? It's how they prepare. The ones who are really successful have always seen themselves as superstars in their heads. Not in a narcissistic way, but in a fantasy way. They've always seen themselves as

stars and when they walk out there, they walk into that stardom. They don't even have to play it up, they literally just walk right into their dream. It's a really, really fascinating study. I can always tell which ones it's going to be backstage.

"Little kids don't have fear. These dreams get beat out of you as you grow up because people tell you you can't sing or you can't dance and when they hear too many of those voices they stop. If you have an encouraging parent or an encouraging teacher you can be incredible. This group of kids from India were doing things I didn't know you could do. You couldn't tell these kids they couldn't do it. It's an 'I can do this' attitude. It's fear that prevents people from doing things. But these fears don't come from you, they come from other people."

"I've heard so many negative things in my life. But what happened was I started to study creativity and I started to change what I believe; I challenged every single one of those negative beliefs. People were telling me I couldn't do things and I was like 'yes I can!' Even with the AGT hosting, people were like, 'you shouldn't be doing that' and I was like, 'yes I can!' It never ever stops in your life."

## "IT'S FEAR THAT PREVENTS PEOPLE FROM DOING THINGS. BUT THESE FEARS DON'T COME FROM YOU. THEY COME FROM OTHER PEOPLE."

"My 4AM gym session is like a brainwash. It's like putting my brain through a sieve and washing out the negativity. By the time I'm done with my workout I'm self-actualized and I say, 'I can do this. I'm gonna go for it.'"

"I've developed this thing called 'unembarrassability'. You have to develop it! If you get out there and things don't go right you have to say 'I'm learning, it's okay, I'm human.'"

"No-one who's really good at what they're doing right now was good when they first started. Everyone who's doing something they love right now and doing it well was horrible at it when they started."



You have to be unembarrassable to get over those hurdles.

“It’s no different from 21 days to 21 years. After a year you’re suddenly like, ‘I know what I’m doing.’”

“The world we live in now rewards immediate success. People love the story of, ‘look, she’s three and she can do all this stuff!’ The truth is, the most successful people have been doing what they’re doing for years. I still face performance challenges all the time and some are easier than others to overcome.

“The most challenging role I ever played was probably a bodyguard called ‘Lonny’ in the HBO series ‘The Newsroom’. It was very serious and dramatic. The whole experience was so amazing and so wonderful, but it was also so different from what I was used to. The creator Aaron Sorkin was a genius. He was a playwright. You couldn’t just play around with lines. I’d do a whole monologue and then have to do it again. I think there’s going to be more dramatic stuff coming up for me. I’m not a comedian. Comedy is the best way to tell the truth because people don’t get offended. Saying a joke is a cool way to say what you mean.”

There’s good news for concerned Brooklyn Nine-Nine fans who don’t want the parody police force to lose their comedic charm.

“We just got picked up for an eighth season, but some things are going to have to change,” says Terry. “With Black Lives Matter, the narrative is going to be very, very different. We’ve been having deep talks.

**“THERE ARE PEOPLE WHO ARE NOT LIKING THE POLICE RIGHT NOW AND IT MAKES IT VERY, VERY HARD TO DO A SHOW THAT’S ABOUT FUNNY, HAPPY POLICE.”**

We’ve actually delayed this season because we have to wait for things to calm down. It’s a different world. There are people who are

not liking the police right now and it makes it very, very hard to do a show that's about funny, happy police. A lot of people feel as if we're being insensitive. But we've handled this kind of stuff before. We've handled deep topics before. Our writers have so much talent and I know they'll come up with something that's entertaining and also truthful. The show is already a hit. People love the show and we have a responsibility to keep it funny but not make it a cartoon. We can't just ignore things. This is a challenge that will make the show much more fun actually."

Terry attributes his polished performance record to his daily early starts.

"I have to work out before work," he says. "There is no working out later. If I don't train before eating, or I try to go to the gym after I've been on set, my energy is gone; it's terrible. If I don't get the workout in and then I have to focus on my training and then rest after a long day on set it's all too much. That's why if I have a 5AM flight, I'll work out at three o'clock in the morning just to make the airport by 4:30AM. Then I rest on the plane."

Terry has endured some recent personal battles, but his future is looking brighter than ever.

"My wife has just recovered from breast cancer," he says. "In February she underwent a double mastectomy. Because she's proactive about her health, she found it early, just before the hospitals became inundated with COVID-19 patients and she's now 100% cancer-free. I am so thankful.

"During the strict lockdown I was really lucky because I had a friend who rented me his gym for two hours every morning from 4-7AM. I was completely alone. I had a key, I opened it up and nobody knew where I was. It was really good. Nobody else wanted the gym at four o'clock in the morning! I'm building my own home gym right now. I thank God I'm in a financial position to be able to do that. It's so worth it for me. In LA you have to wear a mask and gloves in the gym when you're training. The CO2 you're breathing out is not meant to go right back into your body. You're breathing it out for a reason.

"I am throwing myself into my work as always and for AGT we are trying to work out how to film safely with this pandemic. We've been doing auditions on Zoom which will be televised. No crowds. Myself and the judges have all been using Zoom and people have been performing from their houses. We record everything and edit it later and then make a show out of it. Everything's different now, but we will get through it together and come out stronger."

IG: @terrycrews

# START TERRY'S TRAINING PROGRAM AND CHANGE YOUR BODY AND MINDSET IN 21 DAYS



## MONDAY

Legs/Shoulders/Abs/Cardio

24s (Perform 4 sets of 10 reps on each exercise. Rest only as needed to bring your heart rate back down after each circuit).

- Upright rows
- Romanian deadlifts
- Power cleans
- Jump squats

Then do 4 circuits of 10 reps of each (in superset/circuit format)

- Dumbbell front lat raises
- Lateral raises
- Arnold presses
- Rear dumbbell flies

Now do 4 sets of 10 reps of each (superset):

- Hammer dumbbell curls
- Rotator cuff curls

Finish the Terry Crews Monday workout with abs and then cardio

- Crunches: 1 set to failure
- Leg raises: 1 set to failure
- Cardio: 40 minutes treadmill (or 3.5-5 miles) at 6mph

## TUESDAY

Chest/Arms/Abs/Cardio

- Power clean and jerk- 2 sets of 6 reps
- Barbell bench press- 4 sets of 8-10 reps



- Incline barbell bench press- 4 sets of 8-10 reps
- Dumbbell flies- 4 sets of 10 reps
- Bicep curls- 4 sets of 10 reps
- Bar dips- 2 sets of 10 reps
- Push-ups- 4 sets of 15 reps
- Leg raises- 4 sets of 6-8 reps

## WEDNESDAY

Calves/Neck/Abs/Cardio

## THURSDAY

- 5 min bike warm-up (around 5-7 resistance)
- Deadlift- 1 set at warm-up weight for 10 reps, then 4 sets of 8,6,4 at a heavier weight
- Pull-ups behind the neck to failure
- Pull-ups single arm to failure
- Pull-ups close-grip to failure
- Pull-ups standard-grip to failure
- Yates row- 4 sets of 10 reps
- Dumbbell rows- 4 sets of 10 reps
- Hammer strength rows- 4 sets of 10 reps
- Hammer strength mid rows- 4 sets of 10 reps
- Hyperextensions as cool down
- Ball sit-ups- 4 sets to failure

## FRIDAY

Legs/Triceps/Abs/Cardio

- Squats- 4 sets of 8-10 reps
- Leg press - 4 sets of 10 reps
- Calf raises- 4 sets of 10 reps
- Hack squats- 4 sets of 10 reps
- Close-grip bench press- 4 sets of 8-10 reps
- Leg extensions- 4 sets of 10 reps





# YES CHEF!

BY DANNI LEVY  
IMAGES: PER BERNAL

**CHEF ANDRE RUSH SHOT TO FAME IN 2018 AFTER A PICTURE SURFACED OF THE WHITE HOUSE COOK PREPPING FOR DONALD TRUMP. HIS PHENOMENAL 24-INCH BICEPS SENT TWEETERS WILD, BUT THE MODEST 45-YEAR-OLD TALENT FROM MISSISSIPPI HAS MORE THAN JUST BRAWN TO SHOUT ABOUT.**

It was 16:00 hours in Spain, that's 7AM LA time. Chef Rush had asked me to call him for interview, but it was evident from his previous messages that he'd already been awake for at least four hours.

I dialled in hesitantly, wondering whether I'd wake a man who looked as if his phenomenal physique needed at least eight hours of quality sleep each night.

"Andre," I began... "I do hope I haven't woken you?" I'd anticipated an overwhelming, perhaps rambunctious sounding voice to respond, but instead I was greeted in a soft,

almost soothing southern tone. "Nooo, I usually go to bed at 1AM and wake at 3AM to mediate, then start my 2,222 push-ups," came the reply. "I only sleep for two hours; I'm one of those exceptions to the rule."

Gobsmacked, I didn't quite know what to ask first! Then over the course of an hour, Chef Andre Rush filled me with accounts of awe-inspiring events, truly motivational tips and tear-jerking tales.

Chef Rush, or 'Chef', as he is affectionately known today, grew up in Mississippi under the opposing advice of his mother and father. "My mom was always my idol," he reveals. "She's such a kind, nurturing lady and loved to cook. My father believed men should work hard and stay out of the kitchen, so he pushed me towards a career in the military. I would cook for my mother in secret because I enjoyed it so much, but I knew he wouldn't approve.

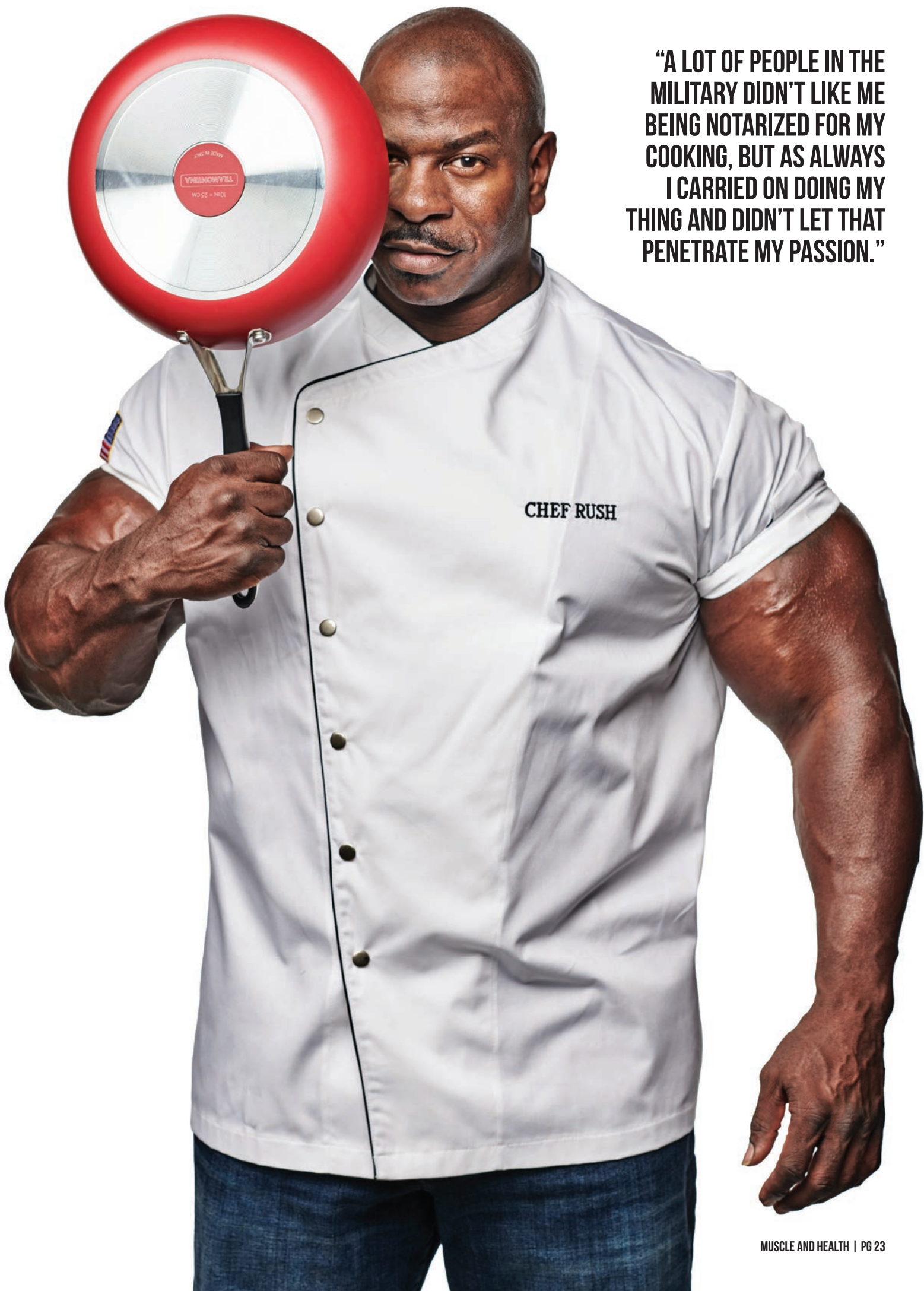
"At 19, I enrolled in the Army. My varied and extensive duties in the military included audit control, security, protocol liaison, project management and advising dignitaries on legal affairs. I travelled the world and served on the frontline, but perhaps most importantly to me, I was the chef.

"Whilst serving in Iraq, I would go

to find food for around 60 people and cook a special feast for 8-10 of them at a time. I functioned in a kitchen with no water or facilities and crossed war zones to source the ingredients. Mostly, people thought I was mad! My seniors would tease me for being the big muscular guy with a passion for cooking, but I didn't let their comments affect me. I found out the dietary and religious requirements of every member of my team and did my very best to inject as much passion and flavour into my dishes as possible, no matter what pressures or obstacles we faced as a unit."

**"I USUALLY GO TO BED AT 1AM AND WAKE AT 3AM TO MEDIATE, THEN START MY 2,222 PUSH-UPS"**

To his surprise, Chef Rush was asked by a Sergeant Major whether he would consider competitive cooking. He began competing with USACAT (the United States Army Culinary Arts Team), who compete around the world on an international level. Expanding on his skill set in the pastry kitchen, as a carver and with a variety of different cuisines, the talented big guy with an unlikely flair for food went on to win numerous medals and became highly celebrated in the field.



**“A LOT OF PEOPLE IN THE MILITARY DIDN'T LIKE ME BEING NOTARIZED FOR MY COOKING, BUT AS ALWAYS I CARRIED ON DOING MY THING AND DIDN'T LET THAT PENETRATE MY PASSION.”**

**CHEF RUSH**



“Being recognized for my passion came as such a surprise, because nowadays cooks are cool, but back then they weren’t,” exclaims Rush. “A lot of people in the military didn’t like me being notarized for my cooking, but as always I carried on doing my thing and didn’t let that penetrate my passion.”

Perhaps the most significant memory for Andre was receiving a call to tryout in the Pentagon that led to the peak of his cooking career.

**“WHILST SERVING IN IRAQ, I WOULD GO TO FIND FOOD FOR AROUND 60 PEOPLE AND COOK A SPECIAL FEAST FOR 8-10 OF THEM AT A TIME. I FUNCTIONED IN A KITCHEN WITH NO WATER OR FACILITIES AND CROSSED WAR ZONES TO SOURCE THE INGREDIENTS”**

“One day completely out of the blue, I received a call asking me to try out in DC. During the trial, I worked my butt off more so than ever before. When I didn’t hear back after 30 days, I presumed I hadn’t been selected. I later discovered a colleague didn’t want me there because he saw me as a threat.

Ironically, it was the same guy who later took me to the White House. They loved me and wanted to let him go and take me on.

I’d always maintained a strong sense of camaraderie and suggested I decline the role, but like a true gentleman he insisted and I went on to serve as White House chef under the last three presidents.”

Veteran master sergeant Chef Rush served for a total of 23 years in the US Army, before making an exit in 2017. He officially retired last year and now works to mentor and inspire hundreds of thousands of adults and children around the world. He resides in Los Angeles and regularly travels to Washington DC for his work and training.

“The reason I do 2,222 push-ups is because an estimated 22 military veterans commit suicide every single day,” he explains. “I wanted to do something not only to support their cause, but also to raise awareness for both adults and children suffering in other ways. 22 push-ups just wasn’t enough!”

“When you serve as a sergeant in the military, you

give orders to dozens of people every single day. You get used to the power and you become institutionalized. When you leave that world, transitioning back into civilian society is an overwhelming challenge. You feel disconnected and out of touch. It can be an incredibly dark and lonely time.”

Andre joined forces with his childhood fitness inspiration Arnold Schwarzenegger as an ambassador for ‘After School All Stars’, an organization founded in 1992 to provide comprehensive, free after-school programs that keep children safe and help them succeed in school and life.

**“FOOD IS LIFE. IT’S SO IMPORTANT IN FITNESS TOO. IF YOU DON’T FUEL YOUR BODY CORRECTLY IT WON’T FUNCTION AS YOU NEED IT TO, NO MATTER HOW HARD YOU TRAIN”**

“Arnold has asked me to branch out and set up my own program to encourage adults to integrate with kids as a natural mechanism for personal growth and development,” Andre exclaims. “Deprived kids can really help institutionalized adults to interact and expand their mind and vice versa. In fact, some of the kids I work with come from very privileged backgrounds and find themselves disconnected in other ways. There are so many things that can lead to poor mental health and I think it’s important to try to connect with people of all ages and from all walks of life.

“The kids love my cooking. I always say I didn’t choose to be a chef, ‘chef’ chose me. My motto is ‘cooking to cope’. I’ve used cooking to help combat my own experiences with PTSD and at the same time I use it as part of my lifestyle and as a holistic medicine. Food is life. It’s so important in fitness too. If you don’t fuel your body correctly it won’t function as you need it to, no matter how hard you train.”

Andre boasts an impressive athletic resume, having been heavily in-



volved in sport since his early years.

“In my small town we didn’t have gyms,” he explains. “But I was naturally strong and could lift 315 pounds as a 13-year-old! “My brother is 14 years my senior. On a trip back home from serving in the Navy, he left behind what would later become my bible- Arnold Schwarzenegger’s encyclopedia. Back then I just stared in awe at the pictures and tried to copy the moves as best I could. I later began to research and understand my own body to make that mind to muscle connection and that’s when things really started to happen!”

“I had football, track and art scholarships and even try-outs for the Olympics!”

Weighing in at 270 pounds, I was curious to know what the 6-foot heavy hitter ate on a day-to-day basis to maintain such an impressive stature.

“I put back around 10,000 calories a day,” Andre reveals. “I eat three whole chickens a day and love to flavor them with caramelized garlic and fresh herbs. Chicken is such a versatile food. I’ve cooked for kings, queens, presidents, dignitaries, military personnel, the homeless, celebrities and kids, but regardless, cooking is a cure and it’s all in the love. My mom taught me that.

“Even when I prep food for bodybuilders who are on a gruelling cutting plan I still make the food delicious.”

When he’s not cooking for kings, doing push-ups for charity, mentoring thousands of people via live webinars, filming TV shows or teaching kids, Andre still makes time to train! It had definitely become apparent to me that any more than two hours sleep a night would simply not agree with his schedule!

## “I ALWAYS SAY I DIDN’T CHOOSE TO BE A CHEF, ‘CHEF’ CHOSE ME”

“My 2,222 push-ups take me about an hour, but my gym sessions make them look like a warm-up,” Andre jokes.

“I implement the 72-hour rule and give each body part adequate rest time, but when I hit a muscle I hit it

hard! I usually try to train a major, minor and intermediate muscle group each session. For example, chest, triceps and traps. Right now I’m bulking. In the last two days I already gained six pounds of solid muscle and I’ll probably pack on a further 20 over the next month. Genetically I gain easily, but you have to eat right and train consistently otherwise you’ve no chance.

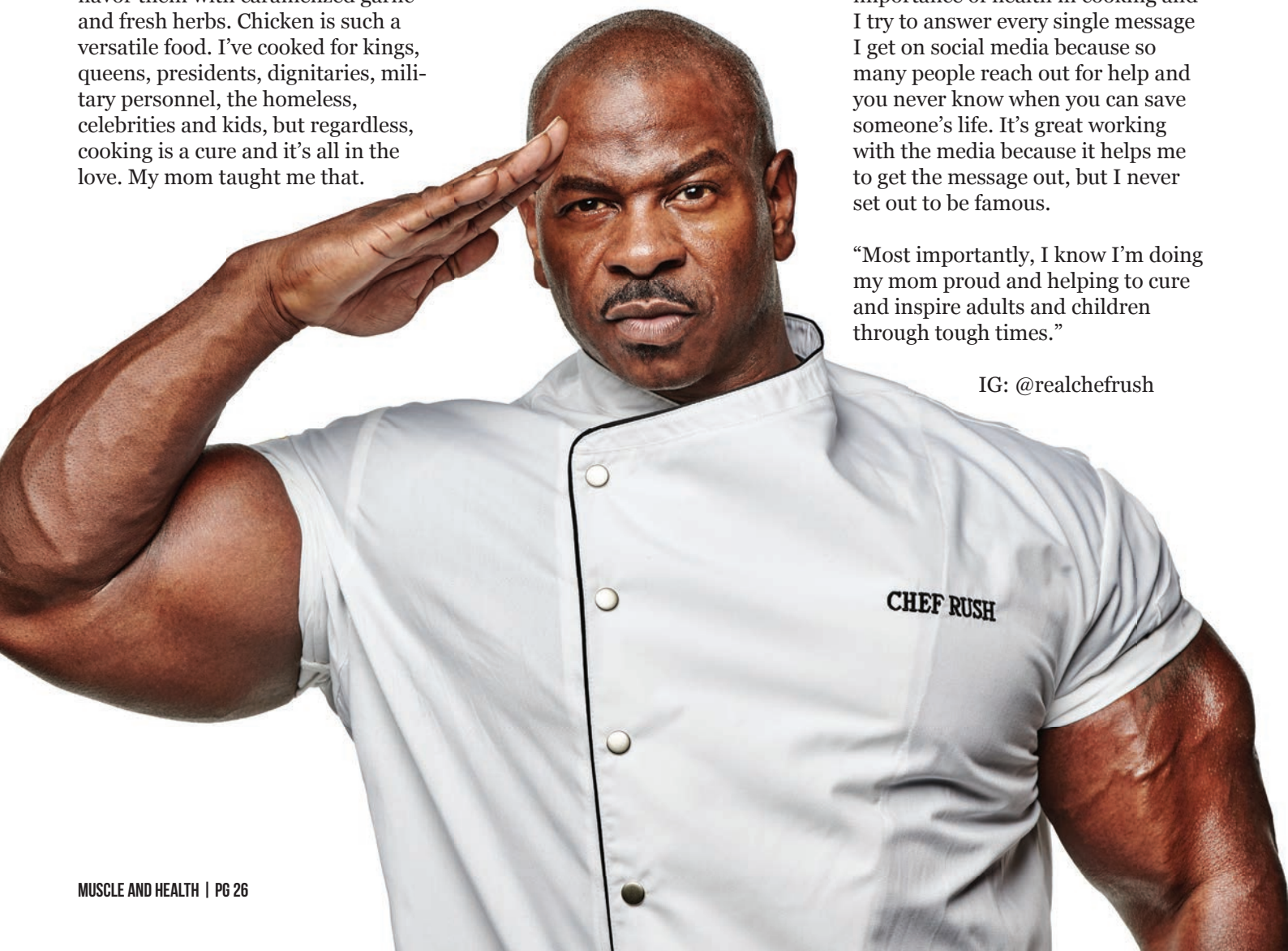
“When I cook for people I always give them nutritional advice and blood work is the first thing anyone should do if they truly want to get to know their body. You have to eat for your blood type and workout like a maniac and the results will follow. I go high reps, high weight for muscle memory, growth and longevity.”

Chef Rush has five new TV shows on the horizon, but fame is just something he takes in his stride.

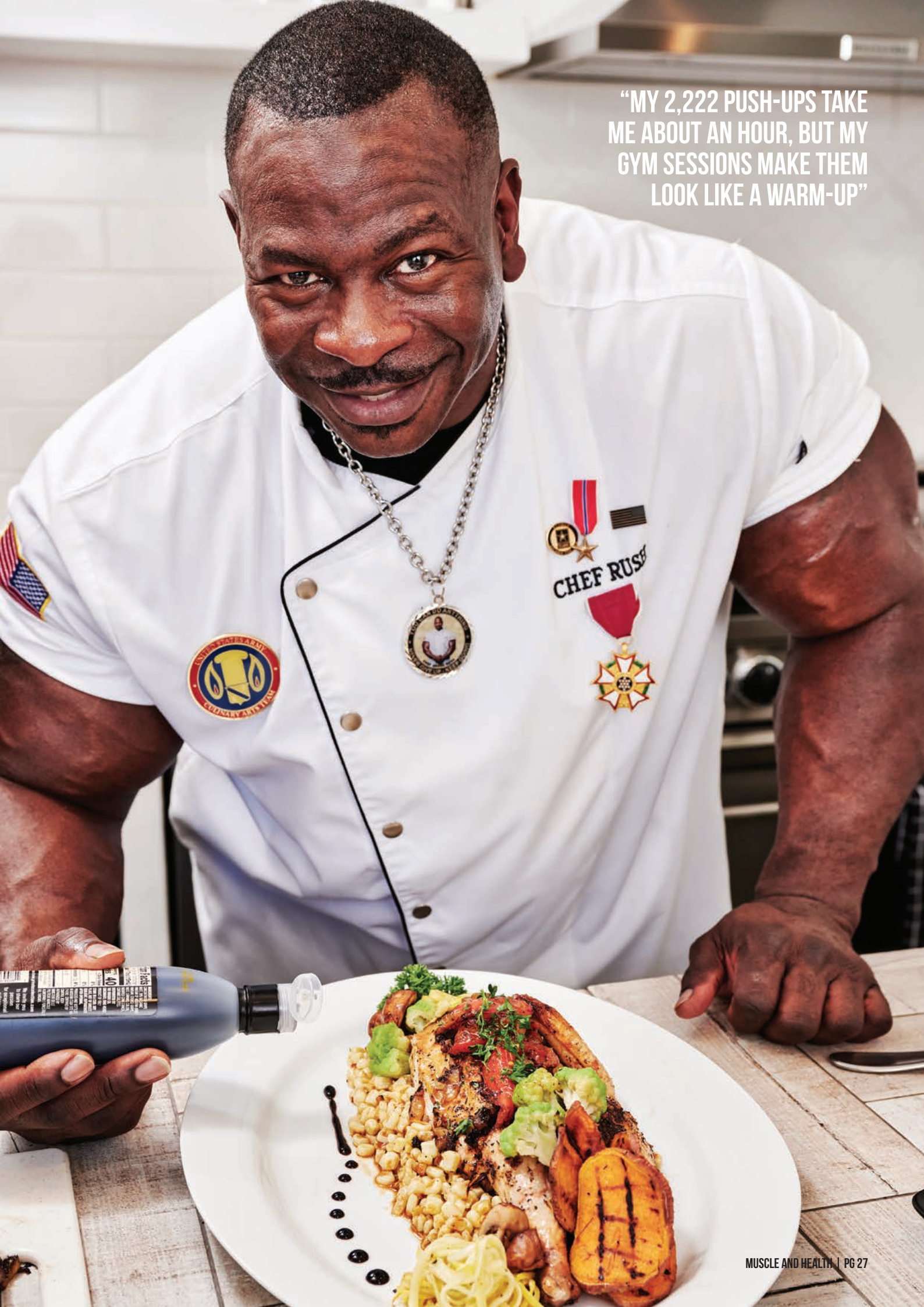
“My goal is to change the narrative through cooking and mentoring,” he says. “I conduct webinars to tens of thousands of people on the importance of health in cooking and I try to answer every single message I get on social media because so many people reach out for help and you never know when you can save someone’s life. It’s great working with the media because it helps me to get the message out, but I never set out to be famous.

“Most importantly, I know I’m doing my mom proud and helping to cure and inspire adults and children through tough times.”

IG: @realchefrush



“MY 2,222 PUSH-UPS TAKE ME ABOUT AN HOUR, BUT MY GYM SESSIONS MAKE THEM LOOK LIKE A WARM-UP”





# ANGRY CHICKEN

**IT'S QUICK. BECAUSE THE BIRD IS FLATTENED, THE COOKING TIME IS CUT ALMOST IN HALF.**

**THE BIRD COOKS EVENLY. WITH A WHOLE BIRD, THE BREAST MEAT OFTEN DRIES OUT BEFORE THE DARK MEAT IS DONE. BY FLATTENING THE CHICKEN, THE LEGS AND THIGHS (DARK MEAT) WILL BE MORE EXPOSED TO THE HEAT AND COOK IN THE SAME TIME AS THE BREAST.**

**THE SKIN GETS NICE AND CRISPY. SINCE THE WHOLE BIRD IS EQUALLY EXPOSED TO HEAT, EVERY INCH OF ITS SKIN WILL EVENLY BROWN AND DEVELOP THAT CRAVE-WORTHY CRISPINESS.**

## YOU'LL NEED

- 1 broiler/fryer chicken (3 to 4lbs)
  - Thyme
  - Pepper
  - Garlic
  - Olive oil
- Tools:
- Kitchen shears

## DIRECTIONS

**Step 1:** Cut along the side of the backbone and place the whole chicken on a cutting board with the breast-side down. Locate the backbone along the center of the chicken. Starting at the tail (or pope's nose), use a sharp pair of kitchen shears to cut alongside the spine. Try to cut as close as you can to the backbone so you don't risk cutting any other joints. You may feel a little resistance as you cut through certain rib bones of the bird—in this case, press down on the shears with both hands.

**Step 2:** Remove backbone and rotate chicken 180° so that the uncut side is closer to your dominant hand. Cut along the bone again and remove the backbone from the chicken.

**Step 3:** Flatten. Back to the bird: Flip it over so that the breast side is facing upward. With two hands (and a little bit of hulk-strength), press

down firmly on the center of the bird until you hear a crack. This is the wishbone breaking! Voila. Your bird is successfully spatchcocked.

**Step 4:** Rub the chicken with olive oil and add the thyme, garlic and pepper (salt optional). Let's grill! Place the chicken skin-side down over direct heat. Cover and let cook for 10-15 minutes. Take a peek. The bird should look nicely charred. However, keep a careful eye on the grill. Any fat that drips from the bird can cause the fire to flare-up. Next, turn the chicken over (skin-side up) and move it over to indirect heat. Grill for about 30 minutes longer.

**Step 5:** Check for doneness. Use a thermometer to tell if the chicken is ready. The thigh should read between 170-175°. Using a pair of long-handled tongs, carefully remove the bird from the grill. Be sure not to pierce the skin or you'll lose the bird's tender juiciness. Let the bird rest for at least 10 minutes before serving. The chicken needs to sit in order for the juices to lock into the meat.

Don't fret: even after 10 minutes, it'll still be plenty warm enough to serve!

# SALMON FOR LIFE

## GRILLED SALMON

### YOU'LL NEED

- 1 1/2 pounds salmon fillets
- 1/2 fresh lemon
- 1/4 teaspoon garlic powder to taste
- 1/2 teaspoon salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 olive oil

### DIRECTIONS

Step 1: Season salmon fillets with pepper, garlic powder, and salt.

Step 2: In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Refrigerate 30 minutes to 2 hours.

Step 3: Preheat grill pan for medium heat.

Step 4: Lightly oil grill. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork. Squeeze lemon on top and serve with any condiments.

### CHEF'S TOP 3 INGREDIENTS

**CHICKEN  
GARLIC  
SALT**





# BREATHE

## OUT FAT

BY DANNI LEVY

### INTERNATIONAL FITNESS COVER STAR DAVID MORIN TELLS MUSCLE AND HEALTH WHY BREATHING IS SUCH A POWERFUL TOOL IN THE FIGHT AGAINST UNWANTED BODY FAT.

With his rippling abs and bulging biceps, one would be forgiven for presuming David Morin has never suffered from more than a common cold. But five years ago, an undiagnosed heart tumour almost claimed his life. The 45-year-old Miami-based international fitness cover star learned to appreciate every breath, and now teaches the exponential power of breathing for more than fundamental human survival.

“Up until 2015, I’d spent many years focusing too heavily on productivity,” says David. “I was definitely burning the candle at both ends. This suddenly and unexpectedly triggered an undiagnosed heart tumour to clot and fragment into my lungs. The result of this clotting was a pulmonary embolism. I spent ten days in a hospital and five days in a coma, with my entire life hinged on a wire plugged into the wall.

“When I arrived at the hospital, I was already in and out of consciousness. A pulmonary embolism (for those who are unfamiliar), feels as if your lungs are filling up with water. The sensation is akin to drowning on dry land. It’s terrifying. As a strong and independent athlete, I’d always taken pride in not having to ask others for help. No matter what, I’d find a way to do things myself. Crazy in a sense, but ever since I was a young boy I’d never wanted to be a burden. Having a group of five adults hold me down and tell me everything was going to be okay whilst frantically trying to supply oxygen to my dysfunctional lungs was something I was not mentally prepared for.

“I regained consciousness on October 9, 2015. By coincidence it was my birthday.

“I learned that what had seemed like only minutes in a coma was actually five days. As I regained consciousness, I literally witnessed my own helpless, lifeless body on an ICU bed. I can only describe it as an out-of-body experience. Shocked, I instinctively extubated myself. Removing the tubes could’ve caused permanent damage to my lungs and vocal cords, but fortunately the doctors and nurses made light of the fact I’d used perfect technique! In reality, I had no clue what I was doing, but what I did possess was the will to survive.

“For weeks following my discharge from hospital I would lay awake at night fearing death or a repeat of what had happened. During these dark moments I rediscovered the meaning of life. I felt as if I’d been reborn again. I came to appreciate every breath I took.”

David decided to further explore the power of the breath; something he had some prior knowledge of as an athlete.

“I had recognised the power of breathing long before I fell into a coma,” says David. “Ever since my time practicing martial arts as a kid, I knew that breath control and certain respiratory techniques were powerful tools for both physical and mental well-being.”

But it was an interesting encounter with a respiratory therapist during his stay in hospital that sparked a deeper inquisition for David.

“My respiratory doctor explained to me his daughter had suffered with asthma and that his resolution to fix her problem had shown him his path in life. It inspired me to do the same for others suffering breathing difficulties.

“Almost 60% of the world’s population are estimated to suffer with respiratory compromise, meaning there is some type of biological or environmental obstruction to their natural respiratory capacity.



“Motivated by the doctor who’d helped me breathe again, I decided to create a rehab and recovery protocol involving specific breathing techniques. I also created the first respiratory enhancement product using organic essential oils.

“I now focus heavily on breathing techniques in my own training and when instructing others, both as a means of maximizing fat loss and enhancing overall health and well-being.”

## WHAT ACTUALLY HAPPENS TO FAT WE WHEN “LOSE” IT?

If you shut this magazine now, you probably wouldn’t be able to answer that, right?

Many doctors claim we convert our missing mass into heat or energy, but a study conducted by a team of Australian researchers back in 2013 revealed that in actual fact we breathe it out!

Their results, published in the British Medical Journal, reveal that 22 pounds of fat converts to 18.5 pounds of carbon dioxide and 3.5 pounds of water. So we breathe out 18.5 pounds of it and excrete the remaining 3.5 pounds through urine, sweat and other bodily fluids.

“Our calculations show that the lungs are the primary excretory organ for fat,” the team writes.

[bmj.com/content/349/bmj.g7257](http://bmj.com/content/349/bmj.g7257)

**Find David on the Fitplan app. Podcasts and further information available @getmorin**





# THE RESPIRATION REVOLUTION

## HIIT EPOC WORKOUT

**THIS CHALLENGING HIIT WORKOUT IS DESIGNED TO CREATE EPOC  
(EXCESS POST-EXERCISE OXYGEN CONSUMPTION)**

### WHAT IS EPOC?

Your car engine takes time to cool down after a long journey right? The same goes for your body! This means your metabolism can burn more calories even when at rest. This is known as excess post-exercise oxygen consumption, or EPOC. Otherwise referred to as oxygen debt, EPOC is the amount of oxygen required to restore your body to its normal metabolic state whilst at rest.

Your body uses something called ATP (adenosine triphosphate) as a fuel for muscular activity. Your metabolism is responsible for converting the food you eat into ATP. ATP can be produced either aerobically (with oxygen) or anaerobically (without oxygen). Going anaerobic during your workout can therefore increase the need for oxygen post-exercise, thereby enhancing the EPOC effect.

**30-45 MINS (PLUS 15 MIN  
SET-UP AND BREAKDOWN)**

### INSTRUCTIONS

Perform this workout a minimum of twice weekly to replace traditional boring cardio.

Go AMRAP (as many reps as possible), on each exercise for 1 minute, taking 30 seconds rest between each exercise. During this rest period, you should take 15-20 deep breaths in through the nose and breathe out through the mouth.

### LANDMINE ROW TO ROTATIONAL PRESS



### SLED PUSH



### TIRE MOUNTAIN CLIMBERS



**BREATHE! LETS KEEP GOING!**



HEAVY BAG WORK



BODY ROTATION PUSH-UPS



WALL BALL LUNGES



ASSAULT BIKE



DIPS TO LEG  
LIFTS



JUMP ROPE



TIRE FLIPS



..... AND BREATHE!! CHECK OUT MORE OF DAVID'S WORKOUTS ON THE FITPLAN APP.



# HOW TO MAKE \$1M IN A MONTH

BY DANNI LEVY

## DIGITAL MARKETING TYCOON CHRIS FREDERICK TELLS US HOW HE DID IT

**SOUNDS IMPOSSIBLE DOESN'T IT? MAKING OVER A MILLION DOLLARS WITHIN ONE MONTH OF STARTING A BRAND NEW COMPANY. NOT FOR CHRIS AND HIS BUSINESS PARTNER ALEX MOELLER.**

Despite having a combined age of just 56, the pair launched WiFi Money when the COVID crisis hit and set about targeting brands, offering their digital marketing services via Instagram.

“We help make products and services go viral, says Chris. “It really is as simple as that.”

But there's no back-end office boasting hundreds of staff or special automated computer system. Chris has spent eight years building every single relationship single-handedly.

“I set about making money online over eight years ago, and it was a rocky start,” he says. “The first five years were hard. I'd have good

months and then I'd have months where I was losing so much money most people would've given up, but I never ever contemplated it. The difference between a financial success story and someone who quits is that in order to see a



business plan through to fruition you often have to sit tight and find different strategies to reach your goals. It's no good jumping ship when it feels as if it's sinking. That's game over."

**"WE HELP MAKE PRODUCTS AND SERVICES GO VIRAL. IT REALLY IS AS SIMPLE AS THAT."**

Chris can regularly be seen on Instagram enjoying a high-flying lifestyle, wining and dining alongside the likes of Jordan Belfort, otherwise known as 'The Wolf of Wall Street'.

**"WIFI MONEY GIVES ME THE FREEDOM TO WORK FROM ANYWHERE"**

"I work hard and I play hard," he says. "Alex joined me in business over two years ago, and we recently booked out an entire resort in Cancun for the weekend and had the spa, pool and hotel all to ourselves. We don't waste time though. We were straight back on the plane home on Monday morning and back to business in Florida. WiFi Money gives me the freedom to work from anywhere, but it's important for myself and my family to stay grounded and keep it real."

**"MOST COMPANIES PAY AROUND \$25,000 PER CALENDAR MONTH AS A RETAINER FOR OUR SERVICES"**

Within one month of opening its doors to online clients, WiFi Money grossed \$1.7M, netting partners Chris and Alex \$1.1M in profits. One month

further down the line, their profits already exceed \$2M.

"We help companies reach over 500 million potential customers on Instagram," says Chris. "This is made possible through my extensive influencer connections I've built up myself. I have developed personal relationships with thousands of high profile influencers in order to leverage their following. It hasn't been easy but it sure has been worth it."

**"THERE IS SUCH LOW DEMAND FOR PHYSICAL RETAIL OUTLETS THAT I THINK THEY'LL SOON BECOME EXTINCT."**

WiFi Money benefits from affiliate deals, revenue share and consultancy fees.

"Most companies pay around \$25,000 per calendar month as a retainer for our services," says Chris. "They get this back really fast thanks to our exponential reach. The exposure we offer these companies is unrivalled. We only use Instagram since geo-targeting takes care of the rest across all platforms."

Chris firmly believes physical malls with soon shut up shop as the

online world continues to gain traction.

"People go to the mall because they can grab food or see a movie after they've been shopping, but now that everything is so readily available online I think they'll just go to an independently located restaurant if they fancy some food," he says. "There is such low demand for physical retail outlets that I think they'll soon become extinct."

**"WITHIN ONE MONTH OF OPENING ITS DOORS TO ONLINE CLIENTS, WIFI MONEY GROSSED \$1.7M, NETTING PARTNERS CHRIS AND ALEX \$1.1M IN PROFITS. ONE MONTH FURTHER DOWN THE LINE, THEIR PROFITS ALREADY EXCEED \$2M."**

wifimoney.com

@christhunder  
@amoeller



# JUST IN TIME

THESE BAD BOYS ARE MORE INTELLIGENT THAN YOUR WORKOUT. THEY LOOK PRETTY DASHING TOO...

## GARMIN® FĒNIX® 6 SERIES

These rugged fēnix multisport GPS watches let you add mapping, music, intelligent pace planning and more to your workouts — so you can take any challenge in stride. Dynamic PacePro™ feature helps you run smarter over various types of terrain. Tap into preloaded ski maps for 2,000 resorts around the world. Sync your favorite streaming services to listen to music without your phone and go up to 14 days between charges in smartwatch mode. \$599.99.



garmin.com

## POLAR IGNOTE GPS FITNESS WATCH

The Polar Ignite GPS fitness watch redesigns your workout routines, making sure you get your training and recovery just right. Track your sleep stages, measure how well your body recovers during the night. Access ready-made workouts based on your recovery and readiness plus sophisticated smart coaching, integrated GPS, and the Polar Flow training platform.

Price: \$229.95 (\$24.95 for accessory bands)

Colors: black, white, yellow, rose gold, and copper

polar.com



## MATRIX INDUSTRIES

### POWERWATCH SERIES 2

Carry one less charger with the most advanced smartwatch that never needs a battery boost, since the second-generation PowerWatch Series 2 is constantly charging itself using body-heat and solar power. Onboard assisted-GPS makes PowerWatch Series 2 the ultimate tool for anyone mapping out their run, hike or ride, and allows users to leave their phones at home. With more energy than ever before, PowerWatch Series 2 also introduces the first full-color LCD display powered solely by thermoelectric and solar energy.

Available in Standard (\$499), Premium (\$599) or Luxe (\$699) models.

powerwatch.com



# GET THE RAISE YOU DESERVE



## DO YOU FEEL UNDERAPPRECIATED IN YOUR JOB? WORK ALL THE HOURS BUT AREN'T PAID ENOUGH?

You do a great job, in fact, your work is outstanding, you always produce results, but your pay check just isn't cutting it. When you check your account each month you feel a pang in your stomach, there should definitely be more there. But what can you do? Your salary is your salary, right?

You've thought about asking for a pay raise but never quite had the guts to do it, maybe you got yourself geared up mentally but convince yourself it just isn't the right time, your boss will just say no anyway... so why bother?

The answer is simple; if you don't ask, you don't get. Asking in a well-structured way can not only

demonstrate your skills, but show you have the courage to stand up and ask for what you deserve. You have to believe in yourself in order for others to do the same, and if you know you are doing a great job it's time to initiate a change. This will boost your self-esteem and give you more confidence in your work and your abilities going forward.

Follow these easy steps to gain the self-confidence to ask for the pay raise you deserve.

### "THE ANSWER IS SIMPLE; IF YOU DON'T ASK, YOU DON'T GET."

1. Be fair with the pay raise you ask for. Go too extreme and you might be seen as a 'chancer', when in reality you are asking to be remunerated fairly for the work you do. This will also demonstrate your veracity.
2. Collate examples of your work: outstanding achievements, extra revenue you have brought in, systems you have implemented to improve processes, bids you have won, exemplary examples of your work and the benefit it has had to the business.
3. Think about any future work you can do to help the company. What would they benefit

from? How can you help them to make more money? Save money? Improve systems? Think outside the box and present your ideas.

4. Organize your data into a concise presentation pack.
5. Book a meeting with your boss.
6. Present your 'case'. Be confident in your tone, body language and eye contact. Demonstrate confidence by standing/ sitting tall. Have faith in your argument! You are a benefit to the company and that should be reflected in your pay check.
7. Await your outcome. If they agree, well done! If they don't, ask for feedback and strategize trying again in the future.

It's not the end of the world if they say no, you can always wait a while and ask again, and there are other job opportunities out there. However, having confidence in your convictions is the best way to get the raise you deserve.

*Natalie Bailey is the acclaimed host of the Confidence Mastery: Unlock Your Life podcast, and founder of Gold Star Life Confidence Mastery. She is cited as the go-to person for confidence coaching in the UK, helping people to unleash their inner confidence to lead better lives through video and podcasting.*

<https://goldstar.life/the-confidence-creator>

@nataliearabellabailey





# BROCK

# O'HURN.

# RIDE OR DIE.

**HOLLYWOOD SENSATION BROCK O'HURN FOUND UNEXPECTED FAME THROUGH HIS INSTAGRAM ACCOUNT. HIS TOWERING 6'7" FRAME AND IMPRESSIVE PHYSIQUE PROVED POPULAR, BUT IT WAS ARGUABLY THE MAN BUN TO TOP IT ALL OFF THAT CAUGHT THE ATTENTION OF 2.5 MILLION FOLLOWERS.**

"When I joined Instagram and started to get thousands of followers overnight I was like, 'Is this a joke?'" says Brock. "My childhood was far from

perfect and I'd never envisioned myself as someone people would look up to or aspire to be like. I grew up with undiagnosed depression and my frame resembled a stick insect. I was incredibly skinny and struggled to find the motivation to get out of bed most days. I went through periods of living off food stamps, faced multiple evictions and changed schools a total of nine times. Truth is, I never really knew what it was to be happy."

Fitness found Brock, 28, by chance and his outlook on life began to change.

"Weightlifting was the only class available when I transferred high schools for the fifth time in my sophomore year," he explains. "I had 95 pounds fall flat on my chest because I didn't have the strength to lift it. But in that same month I stayed consistent and put on 35 pounds of muscle.

I weighed just 135 pounds when I started. Working out gave me a space to push through my pain and triggered my endorphins. It gave me a taste of what being happy really was. So I ran with it and I never stopped."

The improvements he'd made in just one month gave Brock the vision he needed to put a plan into action.

**"I WENT THROUGH PERIODS OF LIVING OFF FOOD STAMPS, FACED MULTIPLE EVICTIONS AND CHANGED SCHOOLS A TOTAL OF NINE TIMES."**

"When I saw what I'd created with my own two hands in the first month of working out, I started diving



deeper into what it would take to put on noticeable size,” he says. “I began chasing happiness through bodybuilding and developed the goal of looking like a superhero. I spent hours every night in high school researching bodybuilding and powerlifting. I never went out partying. When I found ‘Pumping Iron’, I became an addict. My perspective of how to grow muscle and attain my dream physique expanded. It went from everyone telling me I was too skinny and it was impossible to learning the science, applying it and creating change. I knew in my mind if I truly applied myself I could do anything.”

Brock joined forces with trainer Kyle Hunt and together they took his body to the next level!

“Kyle is a great friend of mine with a whole database of workouts literal-

ly built into his mind,” says Brock. “Such an awesome dude. His background was completely different to mine in the way he approaches working out. We actually met when I had a broken heel and he came up to me in the gym to spot me while I was benching. We became fast friends and he showed me movements that aided in my recovery. The goal as I’ve gotten older is not about being the biggest guy in the room; it’s about being the healthiest. Finding ways to create more balance, including proper stretching, yoga and focusing on a diet that isn’t just macro-based. I’m talking nutrients, vitamins and regulating my heart health. I’m in it for the long haul. I believe we owe it to ourselves to treat ourselves and our bodies the right way.”

Brock enjoys a passion for motorcycles and can often be spotted pictured for Harley Davidson.

## **“I’LL PROBABLY RIDE WHEN I CAN BARELY WALK ANYMORE.”**

“I fell in love with motorcycles as a kid but growing up, my mother wouldn’t let me go near one,” he says. “She was right; they’re dangerous machines. But truth be told, riding for me is a form of meditation and I think many others can relate. My bike is one of the few places I am fully present. At times, it forces me to be so. I’ve had some awesome experiences with Harley. From flying out to Milwaukee for their 115th anniversary, to our recent Black Lives Matter ride where at least one thousand of us gathered to ride for change. I’ve made some of my best friends to this day through riding. I’ll probably ride when I can barely walk anymore.”

**"I BEGAN CHASING HAPPINESS  
THROUGH BODYBUILDING AND  
DEVELOPED THE GOAL OF LOOKING  
LIKE A SUPERHERO."**





# FULL-BODY WARRIOR WORKOUT

**KYLE & BROCK'S ODD-OBJECTS  
FULL BODY WARRIOR WORKOUT**

**THIS HIGH PERFORMANCE WORKOUT  
WILL TAKE YOUR BODY AND MIND TO  
NEW HEIGHTS**

## **PART ONE**

30 calorie airbike  
1 min rest  
30 calorie ski erg

**2 mins rest**

## **PART TWO**

**15 minutes of:**

- 3x tire flips
- 6x sandbag over the shoulder
- 9x log presses
- 12x sledgehammer slams

**5 minutes rest**

## **PART THREE**

**15 minutes of:**

- 9x overhead ball tosses
- 12x sandbag explosion push-ups
- 15x L-sit kick-throughs
- Heavy farmer's carry for distance

**5 minutes rest**

## **PART FOUR**

4x room sled drag  
4x room sled push

Insta: @coachkylehunt / @brockohurn

**30 CALORIE AIRBIKE**

**30 CALORIE SKI ERG**



**6X SANDBAG OVER SHOULDER**



**3X TIRE FLIPS**



**9X LOG PRESSES**



**12X SLEDGEHAMMER SLAMS**



**9X OVERHEAD BALL TOSSES**



**HEAVY FARMER'S CARRY**



**12X SANDBAG EXPLOSION PUSH-UPS**



**15X L-SIT KICK-THROUGHS**

**4X ROOM SLED DRAG**



**4X ROOM SLED PUSH**





# BATTLE READY

# FUEL

## INTRODUCING BATTLE READY FUEL, A NEW RANGE OF SUPPLEMENTS DESIGNED TO HELP YOUR BRAIN AND BODY ACHIEVE HIGH PERFORMANCE RESULTS

Being quick off the mark physically and mentally is paramount when you're in the Special Forces but not everyone is trained to SAS standards. That's when supplements can come into play. Feeding your insides with the nutritional elements you need to think sharp, act fast and perform better, Battle Ready Fuel has been designed to help you be the best you can be in mind and body.

### OLLIE OLLERTON

Battle Ready Fuel is the creation of Brit, Ollie Ollerton who stars in Channel 4's toughest TV show, SAS: Who Dares Wins. No fancy packaging, no curveball claims, just a blend of proven ingredients that, when taken in the right way at the right time, will have you fired up and feeling positive. You might not be fleeing from a pack of savage dogs but when you need that burst of adrenaline to kick in, Battle Ready Fuel is there to ensure you have the mental clarity and physical aptitude to tackle whatever life throws at you. Whether gruelling gym session or boardroom presentation, you'll be battle ready.

### THE PRODUCTS

Focused around three pillar points – mind, body and nutrition, the range includes 13 supplements that target mind and muscle stimulation.

From Liquid Collagen to support your joints, hard-working Metabolism Boosters to the most talked about well-being trend of the moment – Nootropics that improve cognitive behaviour. Mix and match or invest in a 'stack' that provides a ready-made routine.

Find out more at [battlereadyfuel.com](http://battlereadyfuel.com)

# BATTLE READY FUEL.

# BATTLE READY SNACKING



Battle Ready Flapjack bars are fortified flapjacks made with whole oats and three sources of protein. 100% natural ingredients. Available in Berry Blast and Chocolate Orange flavors. \$23.99 for a box of 12.



Battle Ready Fuel bars have more protein than the UK's leading protein bar, with low sugar, low carbs and more healthy fats. They come in Salted Caramel or Cookies and Cream flavors. \$24.99 for a box of 12.

## BATTLE READY SUPPLEMENTS

**Fish Oil – Omega-3 Supplement, \$17.99**  
Vital for brain function and improved mood, quick thinking becomes second nature.

**Nootropics Stack - Brain Supplement, \$22.99**  
Improves cognitive function, memory, creativity and motivation.

**Sleep Aid – Calcium & Magnesium, \$14.99**  
The right ratios to assist in better sleep so your body can repair and refuel naturally.

**BCAA – Intra-Workout Supplement, \$31.99**  
Minimizing fatigue, muscle soreness and transforming fat to energy, this is the perfect workout finisher.



**Creatine – Monohydrate Powder, \$17.99**  
The traditional fitness supplement to top muscles up with creatine for energy and sustained performance.

**Fat Burner – Thermogenic Metabolism Booster, \$22.99**  
Full of niacin that helps turn carbohydrates into glucose which your body uses for energy rather than storing for fat.

**Pre-Workout Fat Burner - Workout Burn, \$17.99**  
Caffeine and L-arginine fire up your insides for a healthy, natural shred.

**Pre-Workout – Natural Energy Booster, \$27.99**  
Take up to half an hour before you workout, contains everything to help increase your endurance.

**Vegan Protein – Plant-based Protein Powder, \$29.99**  
Pea protein combined with superfoods including moringa and chlorella spurs on muscles and mind.

**Whey Protein – 90% Isolate Protein Powder, \$32.99**  
A high concentration of whey protein promotes muscle building and fat burning.

**Liquid Collagen – Joint Support, \$62.99**  
Strengthening muscles, joints and skin cells, your body will move and feel better from top to toe.

**Multivitamins – Essential Vitamins & Minerals, \$9.99**  
A blend of 24 vitamins and minerals to keep insides healthy and well-balanced.

**Super Greens – Superfood Powder, \$42.99**  
Chlorella, spirulina, alfalfa, wheatgrass, dulse and barley grass feed the body with potent nutrients like iron, magnesium, zinc and protein.

# TAKE IT OUTSIDE

BY SAMANTHA YARDLEY  
PHOTOGRAPHY BY JAMES PATRICK

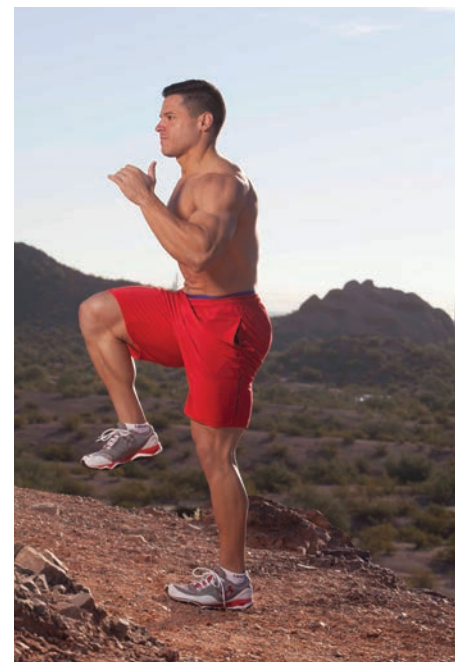
Corona caused a global shakeup, not least of which to the way we exercise. With more and more folk now sidestepping the gym in favour of al fresco sessions, try taking your next workout outside with this intensive circuit routine, guaranteed to make you sweat. Perform five rounds (more if you dare) for a fat-torching full-body annihilation.

**BEGINNER: 30<sup>SEC</sup> WORK / 15<sup>SEC</sup> REST**  
**INTERMEDIATE: 35<sup>SEC</sup> WORK / 10<sup>SEC</sup> REST**  
**ADVANCED: 40<sup>SEC</sup> WORK / 5<sup>SEC</sup> REST**



**STATIONARY HIGH KNEE** FULL BODY

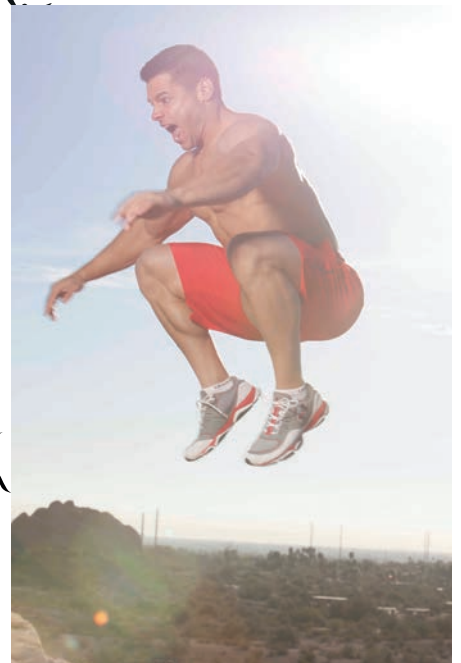
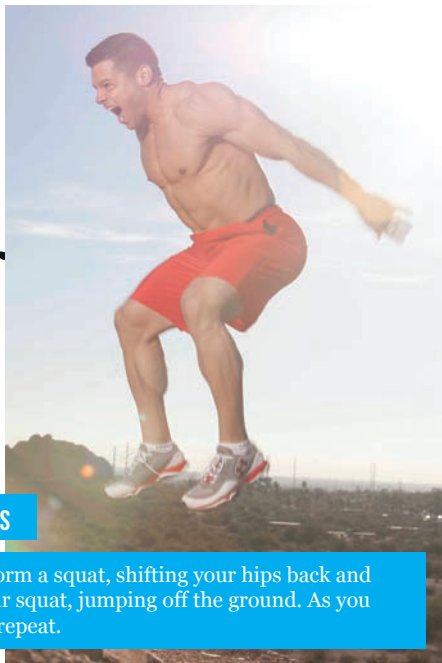
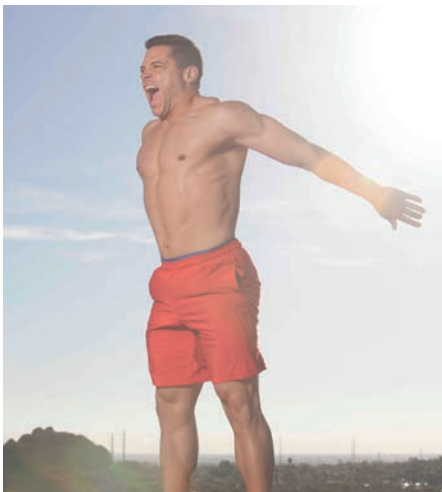
Start in an upright standing position and raise one knee up to your torso as high as possible. Lower to return to the starting position and alternate legs.





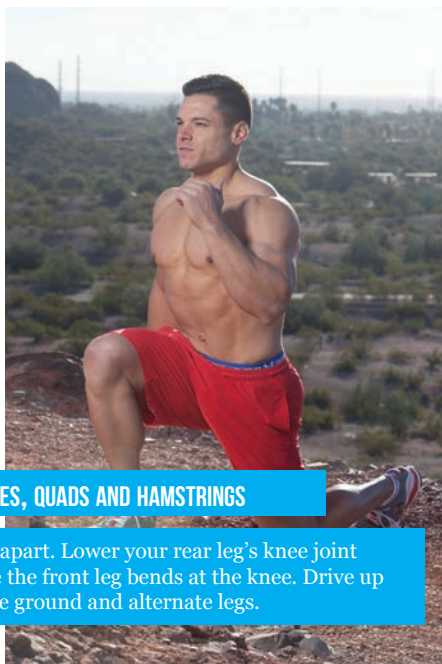
### PLANK WITH ALTERNATING REACH CORE

Assume a plank position, with elbows beneath the shoulders and extend one arm until parallel to the ground. Bend arm to return to starting position and alternate sides.



### SQUAT JUMP GLUTES, QUADS AND HAMSTRINGS

Start with feet shoulder-width apart and perform a squat, shifting your hips back and down. Explode out of the bottom range of your squat, jumping off the ground. As you land, drift back down into another squat and repeat.



### ALTERNATING SPLIT SQUAT JUMP GLUTES, QUADS AND HAMSTRINGS

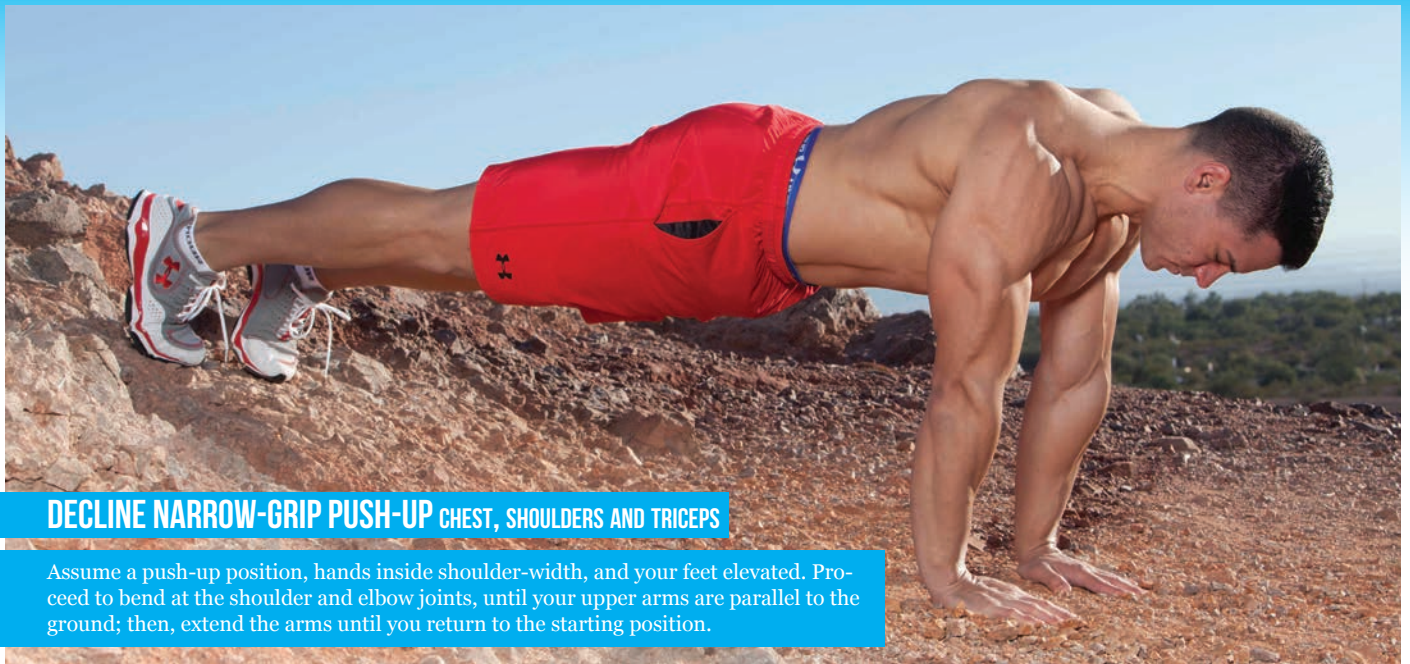
Start in a split stance, feet hip-width distance apart. Lower your rear leg's knee joint towards the ground to form a 90° angle, while the front leg bends at the knee. Drive up with both legs, so that your feet explode off the ground and alternate legs.



## MOUNTAIN CLIMBER CORE

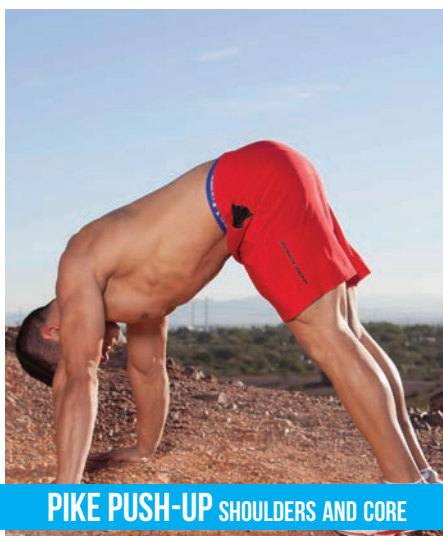
Assume a push-up position with hands directly beneath your shoulders. Drive one leg straight forward, bending at the knee. Alternate legs.





### DECLINE NARROW-GRIP PUSH-UP CHEST, SHOULDERS AND TRICEPS

Assume a push-up position, hands inside shoulder-width, and your feet elevated. Proceed to bend at the shoulder and elbow joints, until your upper arms are parallel to the ground; then, extend the arms until you return to the starting position.



### PIKE PUSH-UP SHOULDERS AND CORE

Assume an inverted "V" position and bend at the shoulder and elbow joints, until your forearms are parallel to the ground. Push-up to return to the starting position and repeat.



# FASTEST

# FOOTWEAR



### CLIFTON EDGE - \$160.00 - [HOKAONEONE.EU](http://HOKAONEONE.EU)

An innovative new shoe designed to empower athletes of all levels to feel like they can fly. Features a unique extended heel geometry designed to provide a smooth impact for a gliding sensation while moving; combined with the softest, lightest foam yet. The Clifton Edge is designed to be the smoothest ride on the road. Built on the successes of the Clifton range, which was first launched in 2014.

Available from: [hokaoneone.eu](http://hokaoneone.eu)



### 361 MERAKI 3 - \$155.00 - [361EUROPE.COM](http://361EUROPE.COM)

The 361 Degrees Meraki running shoe is created to be fast. It is designed to be used as part of your core running shoe rotation for everyday runs as well as speed work. This is an everyday neutral running shoe designed for longevity as well as speed and comfort.

### PUMA ULTRARIDE RUNNING SHOES - \$90.00 - [WWW.PUMA.COM](http://WWW.PUMA.COM)

Global sports brand PUMA has just released UltraRide, its latest performance running shoe, designed to remove excess materials for a light feel and responsive ride. Combined with PROFOAMLITE for cushioning and rubber surface area for power transfer at toe-off, it helps runners reach their highest potential.



### ON CLOUD X - \$139.99 - [ON-RUNNING.COM](http://ON-RUNNING.COM)

Leave limits behind with the Cloud X. Featuring the sole of the Cloud, it's Swiss Engineered for runners that level up their training with mixed sports sessions. Get stronger, run longer. This lightweight powerhouse is an all-rounder and the perfect training partner for those with an active lifestyle.



# WHY YOU NEED A CAFÉ RACER IN YOUR LIFE

BY SAMANTHA YARDLEY

**THERE'S SOMETHING ABOUT RIDING A MOTORCYCLE THAT YOU JUST CAN'T GET FROM A CAR. TRAVELLING FROM A TO B GETS A HIGH-OCTANE UPGRADE WHEN YOU HALVE THE NUMBER OF WHEELS AND NO BIKE PERSONIFIES THAT FEELING BETTER THAN THE CAFÉ RACER.**

Café racers have seen a huge surge in popularity in recent years, being one of the most distinctive styles out there. Defined by their uber-stylish vintage good looks, lightweight maneuverability, and eye-watering speed. "In recent years the café racer, once the preserve of aging rockers, has become the bike of choice for the hipsters and the cool. Why? Café racers stripped-down minimal styling is directly from the 1950s, and bang on trend for the retro scene" says Jim Church, owner of Retro Wheels Motorcycles.

Here's why you need to 'café racerize' your life:

## NEED FOR SPEED

No, they aren't particularly comfortable, but that's all part of the fun. There's no denying these characteristic bikes aren't built for long-hauls, they're stripped right back to make them super lightweight and gut-wrenchingly fast. Owners describe the addictive assault of the senses as you feel the vibration of the engine and smell the gas.

## ONE OF A KIND

Starting life as a garage-customized or built-from scratch machine, café racers are undeniably the most customizable bike around and can be modified with ease to suit any style. Today there are even modern off-the-shelf (usually limited edition) options designed to be tweaked and

tailored easily, with minimal tools to create a one-off design that reflects your unique personality.

## APPRECIATE

Café racers are also the exception to the rule when it comes to holding their value. With these babies, you don't have to worry about depreciation decreasing their worth faster than you can speed off into the sunset. Rare limited-edition factory options are usually in high demand so can hold or even increase in value and a well-built custom job can end up turning a tidy profit. Build and maintenance costs, whilst not cheap, tend to be a fraction of new modern-day motorcycles that feature all the newest technology.

Everyday commuters these are not, but you won't get more sex-appeal on two wheels.

# HOLLYWOOD? NO THANKS!

BY DANNI LEVY  
IMAGES: PER BERNAL

**AS ONE OF THE FIRST EVER MALE SUPERMODELS, BEIRON ANDERSSON STRUTTED HIS STUFF ALONGSIDE THE LIKES OF NAOMI CAMPBELL. BORN IN SWEDEN, HE RELOCATED TO THE US AT THE AGE OF 17 TO STUDY AND IMPROVE HIS ENGLISH.**

**BEIRON, 54, ENJOYED A 90S MODELLING CAREER THAT LED TO MOVIE OFFERS MOST WOULDN'T REFUSE, BUT HE NOW PREFERS MAKING MAGIC ON THE OTHER SIDE OF THE LENS.**

“As a young student in LA, I thought I'd contact some modelling agencies with the intention of making some extra cash on the side,” says Beiron.

“I literally had no expectations, but I contacted twelve and all but one snapped me up right away. When I started getting calls for poster shoots that paid \$1,500 for one hour's work, I thought 'this is good, I'll do a bit more of this!' Back in the early 90s that was a lot of money.

“I shot for the Levi's print campaign and was plastered all over the GUESS billboards alongside Anna Nicole Smith.

“I spent my days being flown on all-expenses-paid trips to exotic locations to shoot with the most beautiful women in the world, and I got paid a fortune for the privilege,” says Beiron. “But I had fallen in love, got married and had a daughter and after four years living the high life, I decided it was time to hang up the posing hat and settle down outside of LA.”

Beiron and wife Tina left the bright lights of Hollywood behind and headed up north to settle down. But it wasn't long before the phone rang.

“I got a call from a high-profile agent looking for 'the next big thing' to play the lead in the 'Thelma & Louise' movie,” says Beiron. “They

were after someone young and good-looking to launch as the new star of Hollywood. I thought about it, but I'd moved away from the hustle and bustle and felt really content. They ended up casting Brad Pitt and allegedly referred to him as the 'blonde version' of me.

“When I tell the story of how I turned down movie superstardom on a plate, people think I'm nuts. My daughter even said I was stupid. But happiness has to come from within and for me, my home life is more important than fame and fortune.”

**“I GOT A CALL FROM A HIGH PROFILE AGENT LOOKING FOR 'THE NEXT BIG THING' TO PLAY THE LEAD IN THE 'THELMA & LOUISE' MOVIE. THEY ENDED UP CASTING BRAD PITT AND ALLEGEDLY REFERRED TO HIM AS THE 'BLONDE VERSION' OF ME.”**





**“IF I COULD TURN BACK THE CLOCK TODAY AND TAKE BRAD PITT’S PLACE I WOULDN’T DO IT.”**

Perhaps the most enjoyable transition for Beiron was switching from hotel room workouts to intensive weights sessions.

“As a fashion model I had to keep my levels of muscularity pretty tame,” he says. “I had a membership at Gold’s but I was always travelling so most of my workouts were done inside a hotel room. I’d do a lot of cardio, crunches and push-ups, that kind of thing, and I was usually in a calorie deficit. Back then, physiques were less developed than they are now. It was a case of staying trim and having visible abs. I had to drop 20 pounds for the Levi’s campaign. They were stuck at my knees! But my real passion was for serious fitness.

“When I quit modelling, the first thing I did was start training harder. I adopted a powerbuilding program to combine powerlifting with bodybuilding. This hybrid of training styles gives me strength, explosive power, muscle size and definition and cardiovascular fitness all rolled into one.

**“I SHOT FOR THE LEVI’S PRINT CAMPAIGN AND WAS PLASTERED ALL OVER THE GUESS BILLBOARDS ALONGSIDE ANNA NICOLE SMITH.”**

“Some days I go 100% and mix high intensity, high reps with drop sets and other days I leave some in the tank. This helps to keep my testosterone levels high naturally and reduces recovery time.”

When he’s not keeping in tip-top shape, Beiron still en-

joys a passion for photos, but now sits behind the camera.

“I always loved photography and used to photograph the other models during my lunch hour, but this often wasn’t well received when I was supposed to be a model myself,” he says. “I have turned my hobby into a career, and I love photographing physiques and landscapes. Put an awesome body on a beautiful natural backdrop and you have an aesthetically pleasing set-up. I thrive on creativity and I’m an absolute perfectionist.”

Beiron designed his own dream home in which he lives with his wife, son and daughter in the City of Chico, CA. The abundance of wildlife surrounding the property alongside his own collection of animals serve as a welcome reminder he made the right decision saying no to Hollywood.


“If I could turn back the clock today and take Brad Pitt’s place, I wouldn’t do it,” says Beiron. “I am 100% confident I made the right decision and I couldn’t be more content.”

## BEIRON’S FOOD PLAN

**Breakfast:** 4 toast, scrambled eggs, cheddar cheese, hot chocolate made with whole milk, honey and raw cocoa

**Lunch and dinner:** Farm-raised homegrown chicken and eggs or red meat with plenty of green veg or salad

“I love meat and always consume full-fat products,” he says. “If I’m cutting, I usually cut out all alcohol and reduce my dairy and carb intake for around eight weeks.”



**“I LOVE MEAT AND ALWAYS CONSUME FULL-FAT PRODUCTS,” HE SAYS. “IF I’M CUTTING I USUALLY CUT OUT ALL ALCOHOL AND REDUCE MY DAIRY AND CARB INTAKE FOR AROUND EIGHT WEEKS.”**

魂で生きている。  
ジム・ビーム8年。



“AS A FASHION MODEL I HAD TO KEEP MY LEVELS OF MUSCULARITY PRETTY TAME”

“I HAD A MEMBERSHIP AT GOLD’S BUT I WAS ALWAYS TRAVELLING SO MOST OF MY WORKOUTS WERE DONE INSIDE A HOTEL ROOM.”

男が、歳月を経て真の男になるように、じっくり丹念に熟成を極めた、ジム・ビーム8年。ケンタッキー生まれの熱い魂はそのままに、さらにマイルドな口あたり、スムーズな飲み口へ磨かれた魂ほど、人を酔わせるものはない。

750ml 40度 / ¥4,500 / 希望小売価格・消費税込

Imported by NIKKA WHISKY

飲酒は20歳を過ぎてから

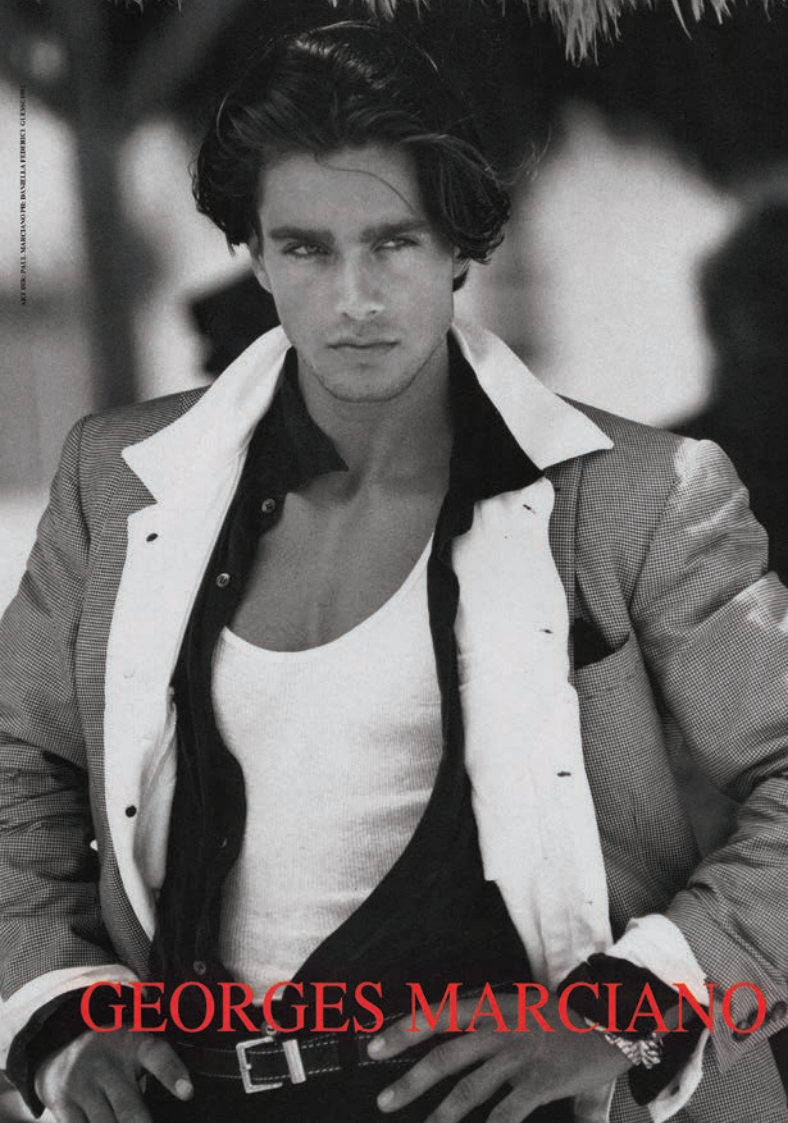


Guess Ad photography by Daniela Federici.  
Jim Beam Ad photography by Philip Dixon.  
Charlize Theron and Beiron photography by Guido Argentini.  
Tattoo photography by Michael Roberts.

MUSCLE AND HEALTH | PG 60

The American Spirit. Since 1795.

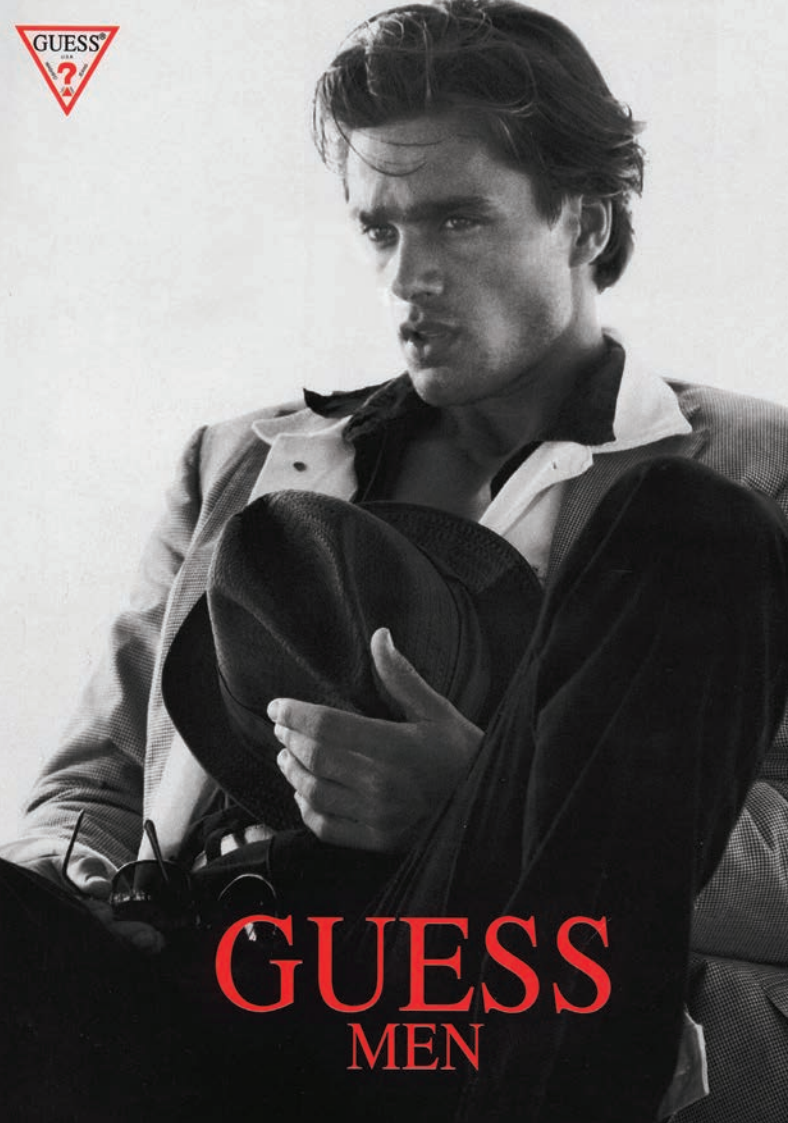
ART DIR: PAUL MARCIANO PH: MARLA FERRELLI / GUESS



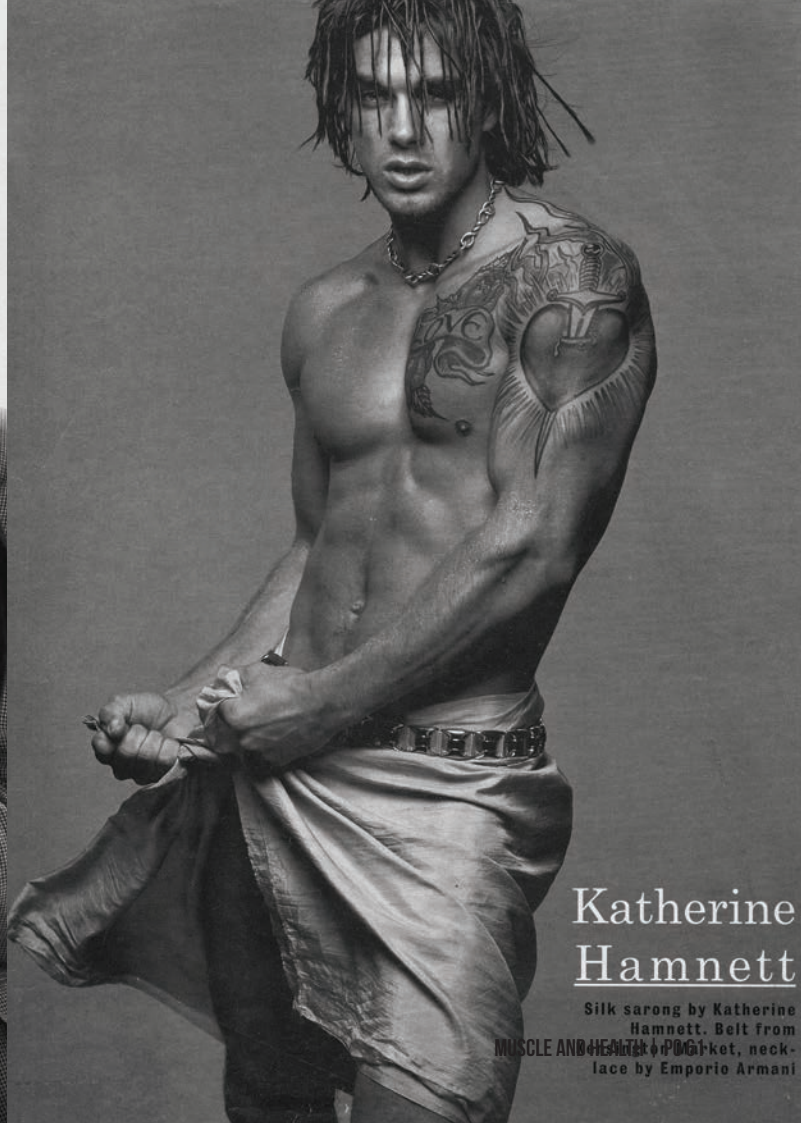
GEORGES MARCIANO



eningen



GUESS  
MEN



Katherine  
Hamnett






Silk sarong by Katherine Hamnett. Belt from MUSCLE AND HEALTH. Pocket, necklace by Emporio Armani



# REVEALED: THE DIETS OF PROS

## WHAT YOU EAT CAN MAKE OR BREAK YOUR GAME

Ever wondered what the best of the best eat to fuel their success? A new report by bookies **William Hill** has interviewed professional athletes including Olympic triathlete Jonny Brownlee and former NFL player Jason Bell to reveal what they eat on a daily basis. Oats appears to be the most popular breakfast option, and chilli with potato wedges features on the professional rugby diet. Meanwhile, cyclists enjoy halloumi and pasta. Winning!

SPORT	BREAKFAST	LUNCH	SNACK	DINNER
<b>FOOTBALL</b> 	QUINOA OATMEAL	THAI FISHCAKES SALAD SWEET POTATO	TUNA ROLLS FRUIT JUICE	TURKEY PASTA VEGETABLES
<b>TRIATHLON</b> 	OATS RED BERRIES BANANA HONEY ON GREEK YOGURT	HAM AND PEPPER OMELET SIDE SALAD GREEK YOGURT MUESLI	GREEK YOGURT OR TOAST	FAJITAS OR MEATBALLS AND PASTA
<b>RUGBY</b> 	FIVE EGGS (SCRAMBLED OR POACHED) SALMON WHOLE WHEAT BREAD	CHICKEN POTATO OR RICE VEGETABLES	SLICED TUNA WRAP GREEK YOGURT RED BERRIES WATER WITH ELECTROLYTES	BEEF CHILLI POTATO WEDGES FLATBREAD GREEN SALAD
<b>CRICKET</b> 	OATS FRESH JUICE	LARGE MACKEREL FILLET 100G MIXED NUTS AND SEEDS LOW-FAT, LOW-SUGAR YOGURT	OATCAKES LOW-FAT CHEESE BANANA	STEAK DRY ROASTED POTATO VEGETABLES
<b>TENNIS</b> 	OATS LOW-FAT MILK FRESH BERRIES	PASTA LIGHT SAUCE	BANANA ENERGY DRINK	FISH RICE BEANS AND PULSES ELECTROLYTE DRINK



# DOES THE ANABOLIC WINDOW REALLY EXIST?

BY NATHAN SMART

**THE MUCH-DELIBERATED ANABOLIC WINDOW REMAINS FOR MANY GYM-GOERS, A STRICTLY ADHERED-TO PROTOCOL EXECUTED TO MAXIMISE MUSCLE GROWTH. RECENT RESEARCH, HOWEVER, INDICATES THAT THE METICULOUSLY PACKED SHAKER IN OUR GYM BAGS MAY HAVE ALL BEEN IN VAIN. WORLD-RENOWNED BODY COACH NATHAN SMART EXPLORES.**

For years bodybuilders preached about the golden 20-minute anabolic window. It was believed that after a training session, uptake of protein would be much higher if consumed within 20 minutes.

I hold my hand up and admit that when I first started lifting weights, I used to rush to the changing room after training and slam back a protein shake, in case I missed that mag-

ical building muscle time window. If the big guy in the magazine says it... it must be true, right?

But over the years, with lots more funding and education being invested into researching the subject; it has now been scientifically proven that there is in fact, no such thing.

A study by the Shriners Burns Institute showed that after resistance training, we have a long-lasting elevation in muscle protein synthesis for at least 24 to 48 hours and the major spike can last for around four to five hours post-training. Thus, eliminating the mythical 20-minute window.

A key point to make here, is that these findings are very dependant of when you consume your pre-workout meal. If amino acids from this food are still present in your system, then the urgency for your post-workout meal becomes less critical. But, if you have trained fasted or have not con-

sumed protein within two to three hours before your session, there is a slightly higher necessity to consume it a little sooner.

In a 2013 study by the Journal of the International Society of Sports Nutrition, research revealed that total daily protein intake is the biggest factor in building muscle. Dividing your protein into four to five servings throughout the day is proven to be the most efficient and optimal way to stimulate hypertrophy. So, make this your priority if gaining muscle is your number one goal.

Whilst you may sound cool nonchalantly explaining the bro-science behind your swift exit from the gym. And even if you can see the logic there... it has been evidenced time and time again that it is nothing but a bodybuilding myth that needs leaving at home, like your protein shake.

*Nathan Smart is an eminent body transformation specialist, certified nutritionist and personal trainer and global fitness model. @nathan\_smart1*

# PLANTS ONLY

# KITCHEN

## FRENCH ONION SOUP - SERVES 4

### Ingredients:

2 tbsp vegan margarine  
2 tbsp olive oil  
4 banana shallots, halved then finely sliced  
3 large white onions, halved then finely sliced  
2 red onions, halved then finely sliced  
Sea salt and black pepper, to taste  
1 tbsp fresh thyme leaves, plus extra for serving  
2 tsp dried sage  
1 tbsp all-purpose flour or gluten-free flour  
240ml (1 cup) vegan-friendly dry white wine  
35ml (1 shot) brandy  
1 litre (1¾ pints) hot vegetable stock  
1 bay leaf  
1 rosemary sprig  
4–6 slices of French baguette (day-old bread works best)  
1 garlic clove  
Grated vegan cheese

### Method:

First up, place a large heavy-based saucepan over a low heat, then add the margarine and olive oil.

When hot, add the shallots and onions with the salt, pepper, thyme, and sage. Allow the onions to sweat down and caramelize, this should take approximately 15–20 minutes. At first, it may look as though there are way too many onions in the pan, but after a little while they will shrink right down. Stir the onions often.

When the onions are beautiful and golden, add the flour and stir well to coat the onions. Cook out the flour for a minute or so before deglazing the pan with the white wine and the brandy. Bring the liquid to a boil before adding the hot vegetable stock, bay leaf and rosemary. Place a lid on the pan and let the soup cook away for 15–20 minutes. Preheat your broiler to high.

Toast your slices of baguette. Cut the garlic clove in half and rub the cut side on each side of the slices of toasted bread.

Remove the bay leaf and rosemary sprig, then ladle the soup into your serving bowls and float a slice or two of toasted baguette on the surface of the soup in each bowl. Top each slice of baguette with a handful of the grated vegan cheese. Place your bowls onto a flat baking sheet then place each one under the broiler for two minutes. Once the cheese has melted and is nice and golden, sprinkle over a few fresh thyme leaves, grind over some black pepper and serve up.

Kcal: 450 / Fat: 14.4g / Carbs: 54.7g / Protein: 8.6g



Plants Only Kitchen by author & chef Gaz Oakley (Quadrille, available in Hardback and eBook)

Photography: Simon Smith.

Follow Gaz on socials:  
@AvantGardeVegan



## STICKY UMAMI EGGPLANTS - SERVES 4

### Ingredients:

1 tbsp olive oil  
8 baby eggplants, cut in half lengthways (or 2 regular ones, cut into wedges)  
2 shallots, finely sliced  
3 garlic cloves, finely sliced  
Pinch sea salt and pepper  
1 tsp dried rosemary  
3 tbsp balsamic vinegar  
3 tbsp soy sauce or coconut aminos (for soy-free)  
3 tbsp maple syrup  
1 tbsp English mustard

### For the lentils:

1 x 14oz can green lentils, drained  
Zest and juice of 1 lemon  
Handful of chopped fresh herbs (I used mint, basil, and parsley)  
Pinch of sea salt and pepper  
Handful of black olives

To serve:

Samphire, steamed (optional)

### Method:

Heat the oil in a skillet over a medium heat. Place the eggplants into the pan, cut-side down, then add the shallots, garlic and seasoning. Cook for 2–3 minutes, until the eggplants are nice and golden, then flip over. Add the rosemary, vinegar, soy sauce, maple syrup, mustard and 1 cup of water.

Turn the heat down and allow the liquid to reduce to a glaze-like consistency for about five minutes. Meanwhile, mix all the lentil ingredients together in a saucepan, and place over a low heat to warm up gently.

Once the eggplants are glazed, serve with the lentils and steamed samphire, if using.

Kcal: 255

Fat: 5.4g

Carbs: 35.8g

Protein: 7.4g



## SUPER SQUASH, SAGE & SHIITAKE PASTA - SERVES 4

### Ingredients:

1 butternut squash, halved lengthways, seeds removed  
2 tbsp olive oil / 14oz whole wheat pasta  
1 onion, roughly chopped  
3 garlic cloves, peeled / 1 small red chilli  
4 sun-dried tomatoes / 6 fresh sage leaves  
8 shiitake mushrooms, finely sliced  
1 tsp smoked paprika / 2 tbsp balsamic vinegar  
Sea salt and cracked black pepper

### To garnish:

Crispy sage leaves (optional)  
4 tbsp pumpkin seeds / Vegan cheese

### Method:

Preheat your oven to 350°F. Place the two halves of squash, cut side up onto a baking tray. Drizzle over a touch of oil and sprinkle over some seasoning then roast for about 55 minutes or until the squash is soft. Remove from the oven and allow to cool slightly.

Get your pasta cooking in a pan of salted boiling water according to the packet instructions. Scoop out the cooled butternut squash flesh and place it in a bowl.

Add the onion, garlic, chilli, sun-dried tomatoes and sage to a blender and blitz until finely chopped. Alternatively, just finely slice everything by hand (blitzing is just that little bit faster!).

Place a large non-stick saucepan over a medium heat. When the pan is hot, add a touch of olive oil, followed by the onion mixture. Sauté with a sprinkling of salt for 3–4 minutes. This is where the sauce will develop a great base flavour.

Add the shiitake mushroom, and cook for another 3–4 minutes, getting them lovely and golden and crisp... there's nothing worse than soggy mushrooms!

Deglaze the pan with the balsamic vinegar, then add the squash flesh and one teaspoon of black pepper. Cook for four minutes, letting the flavours mingle and getting some lovely colour on the squash. Add a small ladleful of pasta cooking water to make it slightly saucier, then add the cooked drained pasta. Mix everything together making sure your pasta is coated nicely.

To make crispy sage leaves for the garnish, simply fry them in a little olive oil for a couple of minutes until crispy.

To serve the pasta, sprinkle over some pumpkin seeds and add the crispy sage leaves to garnish. Top with some grated vegan cheese.

Kcal: 652 / Fat: 16.1g / Carbs: 115.7g  
Protein: 19.9g



## TOFFEE APPLE CHOCOLATE BROWNIE PUDDING - SERVES 6-8

### Ingredients:

1 ½ cups dairy-free dark chocolate, 5 tbsp vegan margarine, 5 tbsp superfine sugar, 2 Braeburn apples, peeled and diced, 1 ½ cups self-raising flour or gluten-free flour, 1 ¼ cups light brown sugar, 3 tbsp cocoa powder, Pinch sea salt, Pinch ground cinnamon, 1 cup non-dairy milk, Handful of walnuts, Handful of pumpkin seeds

### Caramel Sauce - Makes Approx. 2 Cups

1 cup superfine sugar, 4 tbsp golden syrup, ½ cup dairy-free cream, such as soy or oat, ½ cup vegan margarine, 1 tsp vanilla bean paste, or to taste.

### Method:

Preheat your oven to 350°F and line a 25.5-cm (10") square baking sheet with grease-proof paper. Fill a small saucepan a quarter full of water, and place over a low heat.

Place a heatproof bowl on top, then add the chocolate and vegan margarine to the bowl. Let the mixture melt together. If the water starts to boil, turn off the heat and let the residual heat melt the chocolate.

Meanwhile, place a skillet over a medium heat and add the superfine sugar. Let the sugar melt down into a caramel, swirling the pan to help it melt. Once the sugar has melted, add the apples, and toss the pan to get them coated nicely. Let the apples cook down for 3–4 minutes, then turn off the heat.

Next, add the flour, light brown sugar, cocoa, salt, and cinnamon to a mixing bowl, then mix well. Fold in the non-dairy milk, followed by the melted chocolate mixture.

Pour the brownie mixture into your lined baking sheet, spreading the mixture out evenly. Top with the caramelized apples, walnuts, and pumpkin seeds. Bake for 25–30 minutes, until lightly colored on top and springy to the touch.

Once baked, let the brownie cool completely on a wire rack, then cut into slices and serve with caramel sauce.

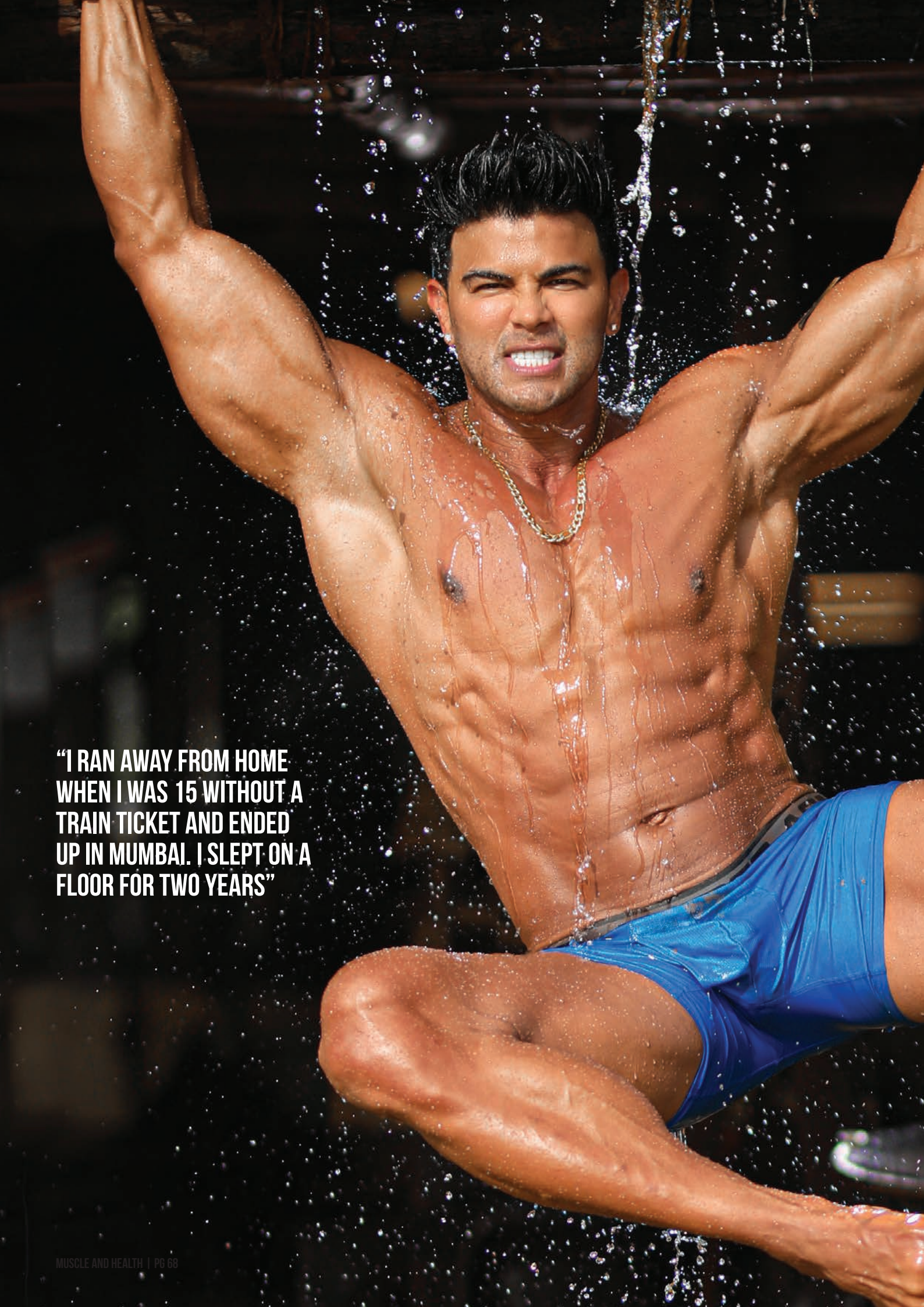
For the caramel sauce:

Add the superfine sugar and golden syrup to a heavy-based saucepan. Place the pan over a medium heat and allow the sugar to melt to an amber-colored caramel.

Once melted, take the pan off the heat, then carefully whisk in the cream and margarine. Once incorporated, place the sauce back over a low heat and stir in the vanilla to taste.

Kcal: 665 / Fat: 28.2g / Carbs: 99.6g  
Protein: 4.8g



A full-page photograph of a very muscular man in a shower. He is shirtless, wearing blue briefs and a gold chain necklace. He has his arms raised and a determined, intense expression on his face. Water is spraying all over him, creating a dramatic, high-contrast scene with bright highlights on his skin and dark shadows in the background. The lighting is focused on his torso and arms, emphasizing his muscle definition.

**“I RAN AWAY FROM HOME  
WHEN I WAS 15 WITHOUT A  
TRAIN TICKET AND ENDED  
UP IN MUMBAI. I SLEPT ON A  
FLOOR FOR TWO YEARS”**



# ONE LIFE BABY

BY DANNI LEVY

**INDIAN FITNESS AND YOUTH ICON SAHIL KHAN GREW UP IN THE CITY OF JOY, INDIA, WITH A BODYBUILDING DREAM. SUFFICE TO SAY THAT DREAM CAME TRUE.**

Sahil, 44, was born to an Indian Muslim father and Chinese Christian mother in the City of Joy, Kolkata.

“They laughed at my dreams, now I laugh at their lifestyle,” the star captioned a recent Instagram post shared among his 5.4 million followers.

Life wasn’t always plain sailing for Sahil. Perhaps his challenging upbringing has been responsible for his modest, yet unrepentant approach to his self-made success.

“My family were very poor,” he says. “I had a real hard childhood. I ran away from home when I was 15 without a train ticket and ended up in Mumbai. I slept on a floor for two years when I first came here in 1993.”

A local family reached out to

Sahil and gave him a roof over his head, providing food and water and unrelenting support.

“I’m still in touch with the family who saved my life to this day,” he says. “They don’t have much money, but they refuse to take a penny from me. It makes them extremely upset when I try to offer them financial assistance.”

When he first arrived in Mumbai, Sahil dreamed of representing India as a professional bodybuilder.

“I’d always envisaged myself flexing on stage, but my life took another turn when a highly respected Bollywood director signed me to play the lead role in his cult film ‘Style,’” says Sahil. “The movie was a huge box office success. I became the nation’s heartthrob overnight. I went on to be cast for ‘Aladin’, in which I starred alongside Amitabh Bachchan, an iconic Indian actor. My acting career continued for a while, but didn’t take off the way I had presumed.

**“I’M STILL IN TOUCH WITH THE FAMILY WHO SAVED MY LIFE TO THIS DAY,”**



“Thankfully, I had always been more passionate about bodybuilding and fitness. I started working on my physique and acquired millions of new followers. I set up India’s first beach gym in Goa and developed partnerships with some really cool brands that have gone from strength to strength.”

Sahil has received numerous awards for his immense contribution to promoting bodybuilding and fitness to the Indian youth. Having been crowned ‘India’s Fitness Icon’ and ‘India’s Youth Icon’ sequentially, he is an inspiration to millions of young fans worldwide.

“For me, luxury is a state of mind,” he says. “It’s about having some nice things and living safely and comfortably, which I do at my beautiful apartment in Mumbai.

## **“THEY LAUGHED AT MY DREAMS, NOW I LAUGH AT THEIR LIFESTYLE”**

“I truly appreciate having the time and money to do the things I enjoy. ‘One life baby’ is my motto. I travel so much that I have six passports full of stamps. I indulge in international holidays at least twice a year. I shop around the world, enjoy different cuisines, try new adventures, meet new people and experience new cultures. I also travel extensively across India for my events and programs, whilst enjoying the finest luxuries. My opulent lifestyle has earned me a huge army of fans. They watch me in awe. I would like to inspire them to work to fulfill their own dreams and enjoy all that wealth has to offer.”

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## **WEALTHY BODY, WEALTHY MIND**

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Sahil consumes three clean meals a day and trains a minimum of four days a week, mixing cardio with resistance training. He enjoys chicken, eggs, fish and lots of fibrous veg. He supplements his food intake with his own brand Divine Nutrition Isolate Whey, plus Glutamine and Creatine.

Insta/Facebook: @sahilkhan  
YouTube: sahilkhanview



**“‘ONE LIFE BABY’ IS MY MOTTO. I TRAVEL SO MUCH THAT I HAVE SIX PASSPORTS FULL OF STAMPS.”**

HEALTHY VACAYS NEVER LOOKED

**THIS INCREDIBLE**

BY DANNI LEVY



## CHATEAU MIRAMBEAU

Situated in Bordeaux, France, this renaissance style castle overlooks the Gironde River's banks and the Medoc Ridge.

Enjoy healthy gastronomy at its best, as resident chef Domenico Nicolino delivers world-class dishes sourced from local ingredients that will blow the spots off your taste buds.

Bike riding, horse riding and golf are all available in the region, whilst the on-site spa and wellness centre is the perfect spot to relax, meditate and unwind in pure luxury.

The castle's eight hectare park offers a range of traditional activities that will take you back in time and leave you wishing you were king of the castle!

[chateuamirambeau.com](http://chateuamirambeau.com)



# BRING A TASTE OF MIRAMBEAU INTO YOUR OWN KITCHEN

Chef Domenico shows you how to make homemade granola that cuts out the sugar traditionally found in supermarket boxed brands

## HOMEMADE GRANOLA

### INGREDIENTS

- 4 cups organic rolled oats
- 1 ½ cup raw nuts and/or seeds (walnut, almond, hazelnuts, chia seeds, pumpkin seeds, sunflower seeds, flax seeds)
- 1 tsp salt
- ½ tsp ground cinnamon
- ½ cup raisin oil
- 50 ml apple juice
- 2 tbsp honey
- 1 cup chopped dried fruit (cranberries, prunes, apricots, raisins)

### INSTRUCTIONS

Preheat oven to 320°F and line a large, rimmed baking tray with parchment paper.

In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.

Pour in the oil, honey and apple juice and warm slightly. Mix well, until every oat and nut is lightly coated, mixing with your hands. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes at 320°F, then 20 more minutes at 300°F, stirring every 10 minutes.

Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit.

Store the granola in an airtight container at room temperature for 1 to 2 weeks max.

[Instagram](#)  
[@domenico\\_nicolino](#)

# 38 DEGREES NORTH

You wouldn't automatically think 'fitness holiday' if you heard the word 'Ibiza', but 38 Degrees North (named after the latitude of the White Isle) pioneered the fitness retreat concept on the island back in 2011.

Their original idea was to move away from the military style workouts, shared bedroom accommodation and starvation rations that was the bootcamp industry at the time. Rather than focusing on extreme weight loss, they instead founded a concept built around coaching and education and incorporating not just workouts, but nutrition workshops, mindset coaching and follow-on support to enable lasting, sustainable change for clients.

They also opted to partner with four and five star hotels for their bases, giving clients luxurious surroundings and amenities, along with a wide range of food choices. If you want to

drop body fat, then you can eat accordingly, but if you want to relax with a burger and G&T, that's fine too. The emphasis is on education, empowerment and you taking responsibility for your health with the right tools and accountability provided to support you.

Fast forward to 2020 and 38 Degrees North is now a multi-award winning company running retreats out of Ibiza, Marbella and London. Not only that, they run midlife specific coaching programs that get rave reviews for their body and mind results, and run corporate wellness programs for organizations.

You can opt for a week in Ibiza based out of Sol Beach House in Santa Eularia, or long weekends at the luxurious Puente Romano in Marbella. The emphasis is on endorphin boosting outdoor workouts, empowering workshops, some yoga, and plenty of fun in the sun.

[thirtyeightdegreesnorth.com](http://thirtyeightdegreesnorth.com)



# TRAIN MARBELLA

Imagine having 24/7 access to a fully equipped private gym with mountain and sea views. Sounds amazing, right? That's what Train Marbella thought! Their breathtaking gym is just a stones throw away from their 5 star accommodation, and guests have access to it whenever they want.

Train Marbella offers functional fitness at its finest. Based on the Costa Del Sol, their breaks cater for visitors of all fitness levels and take care of transport, training, accommodation and food.

Holidays can be tailored according to your needs.

[trainmarbella.com](http://trainmarbella.com)



## SUN FUN YOU

Sun Fun You offers the ultimate balance of authentic and active experiences while yachting through the Mediterranean.

The voyage starts with two nights hotel in a port city, usually Kos or Rhodes. Then, you board the yacht, which is home for seven nights and eight days while you explore, workout, feast, relax and play. The boat is a wooden, 100-foot, 16-passenger gulet. Each of its eight cabins has a private en suite bathroom with a shower.

Sun Fun You's amazing team works together to make each retreat personalized yet organized, challenging yet relaxing, and consistently inspiring. We believe this is the best way to travel. Each voyage includes hikes, five-star locally-sourced cuisine and customized fitness classes led by certified instructors.

[sunfunyou.com](http://sunfunyou.com)



*Photograph by: Pause the Moment*



## ABSOLUTE SANCTUARY

Absolute Sanctuary - Asia's leading wellness resort for fitness, health, lifestyle, weight management and more.

Providing effective wellness programs that will transform you to the best you and priding themselves on being the only fitness wellness resort in Asia, Absolute Sanctuary create award-winning guest experiences, the benefits of which will last a lifetime.

Nestled on a hill amidst thick, lush vegetation overlooking the Gulf of Thailand, this serene location is the perfect sanctuary with its peaceful atmosphere.

Absolute Sanctuary's programs leverage on exper-

tise in Yoga, Pilates, core and healthy food programs through their affiliation with Absolute You, the largest health and lifestyle brand in Thailand. More than a holiday destination, this is a place where your wellbeing is optimized, results are delivered and a new quality of life emerges.

With a holistic approach to wellness, Absolute Sanctuary's tailored programs seek to address your individual goals be it to detox, pamper, de-stress or weight management. With 22 different programs across 15 categories you will be spoilt for choice.

[absolutesanctuary.com](http://absolutesanctuary.com)

# GYM WEAR THAT CARES

## PATAGONIA (USA)

Known for rejecting fast fashion by creating high-quality, long-lasting, and eco-friendly products for both men and women; and they even go as far as to discourage customers from purchasing too many of their products.

## PACT (USA)

Their use of organic cotton really pushes this brand forward and defines their collections. Pact has a true dedication to giving back. They recently started a donation program - 'Give Back. Wear Forward' which takes barely-worn clothing (from any brand) and gives them to non-profits who can benefit from them, fundamentally reducing textile waste and helping those in need.

## OUTDOOR VOICES (USA)

Focuses on the creation of sustainable and recyclable garments whilst keeping them extremely contemporary. All products are designed with the vision of longevity and purpose to reduce their environmental impact. They source sustainable fibres, including sustainably sourced merino wool and repreve (Recycled Polyester - PET).

## THREADS 4 THOUGHT (USA)

They use fabrics such as organic cotton, repreve and Lenzing modal (fibre made out of beech tree pulp) and construct their garments in a WRAP-certified factory that recycles 80% of the wastewater. Not only are they eco-friendly, but they also dedicate a large part of their time to providing a better life for refugees as partners with the International Rescue Committee.



## PANGAIA (UK)

The brand slogan derives from their very well thought out name: PAN = all-inclusive, GAIA = Mother Earth. As an eco-friendly, gender-neutral activewear brand, they are doing things the right way. They use sustainable fabrics such as organic and recycled cotton for their tracksuits, seaweed fibre to produce their T-shirts and botanical dyes to add a pop of color without harming the environment or the oceans.

## ADIDAS (GERMANY)

For the past 20 years they have had a serious commitment to sustainability. In their efforts to become 'zero waste' they have also halved the amount of water in manufacturing, reduced their energy consumptions and this year have eliminated the use of virgin plastic!

Continuously stylish they rarely disappoint, especially with their 100% recyclable Adidas initiative launching in 2021.

## GIRLFRIEND COLLECTIVE (VIETNAM)

All products are fabricated using recycled PET, which is a bi-product of plastic bottles. This helps prevent the products from going into landfills or polluting the oceans; instead we wear them to the gym. Their compression leggings are made from 25 recycled plastic bottles and their bras from 11 bottles!

## CARROT BANANA PEACH (MALAYSIA)

Focuses on organic, plant-based clothing. Created almost twenty years ago, the brand keeps its sustainable and ethical values at heart, whilst maintaining functionality. They produce modern yet comfortable yoga and athleisurewear from natural fibres including bamboo, soybean, aloe vera and organic cotton.

## NIMBLE (AUSTRALIA)

Champions projects dedicated to protecting reefs and land by donating one Australian dollar from every sale. Their designs are comfortable and fashionable, allowing for the best quality and best-looking gym outfits that will turn heads.

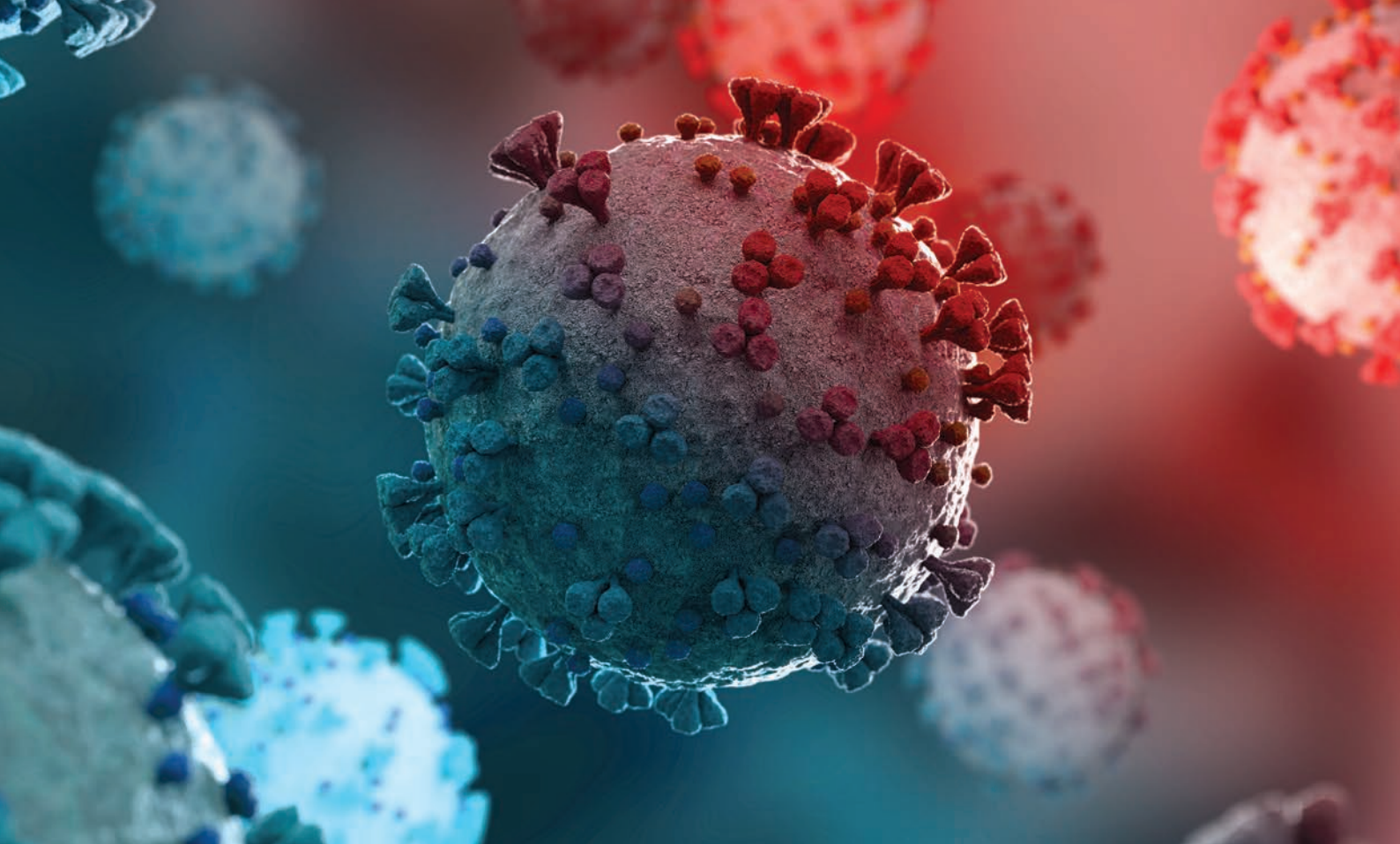


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# PROTECT YOURSELF NATURALLY FROM COVID

BY ANGELA MACRITCHIE

## COMBAT STRESS AND EAT STRATEGICALLY TO WARD OFF COVID

70 - 80% of our immune systems are made in the gut, so to ensure optimal immunity; let's bring our attention to nurturing this system of the body. Acute stress is part of our 'flight or fight' response and should be short-lived. When stress becomes chronic for prolonged periods, it is damaging to the gut. Stress affects our digestion and what we absorb from our food. The gut consists of tight junctions and stress may cause this intestinal barrier to weaken and allow gut bacteria and other molecules to enter the body - commonly referred to as 'leaky gut'. Stress can affect the gut microorganisms by changing their distribution and diversity, allowing in greater numbers of potentially harmful bacteria.

What are the solutions?

Firstly, try to reduce stress:

1. Exercise regularly; one of the best ways to cope with stress
2. Get plenty of sleep - the body heals while we are sleeping
3. Spend time in nature; it makes you feel better emotionally and supports your physical wellbeing by reducing blood pressure, heart rate and muscle tension
4. Practice breathing; in for four, hold for six and breathe out for eight. Simple but powerful
5. Engage in activities that make you happy - painting, reading, knitting, listening to your favorite music, etc
6. Switch off the news
7. Meditation or mindfulness - it brings you into the present moment to spend less time worrying about the future
8. Gratitude journaling. List all you are thankful for in your daily life

Secondly, feed the gut with foods that will support the good bacteria to grow, such as:

1. Whole foods instead of instant high-fat meals or takeaways
2. Fruits and vegetables, fish, organic chicken, free-range eggs, grass-fed beef, whole grains, nuts, olive oil and coconut oil
3. Fermented foods such as kefir, kombucha, miso soup, kimchi, nattō and tempeh

*Angela, a Holistic Lifestyle Therapist, is the nutritionist, herbalist, product developer and formulator for Wolfson Brands. Having studied with the College of Naturopathic Medicine for five years she now practices naturopathy, nutrition and herbal medicine in various clinics throughout the UK.*

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# WHEN SUSTAINABILITY STUMBLLED UPON OLI

**MODEL TURNED FASHION DESIGNER OLIVER CHESHIRE FOUNDED CHÉ TO HELP MAKE THE WORLD, AND YOUR WARDROBE, A BETTER PLACE...**

**BY DANNI LEVY**

Oli first picked up a pair of scissors as a child whose mother encouraged him to get creative with clothes.

“My mom would literally hand me the scissors and tell me to cut up my t-shirts,” he says. “My father didn’t approve, but I loved following in mom’s footsteps. I just always liked clothes.”

Oli was scouted as a model aged 16. Having been spotted at a clothes show, his career took off overnight.

“I was working big jobs with big photographers right from day one,” he says. “It was easy but it was never that satisfying. That’s not to say that I didn’t enjoy it; I loved meeting new

people, being on set surrounded by creative minds. It made me even more passionate about clothing. Yet the more I was on set, the more I realized that what I enjoyed most was editorial work; watching everyone work together to create beautiful images out of thin air.”

**“I COULDN’T QUITE BELIEVE RECYCLING ITEMS FROM A LANDFILL COULD RESULT IN SUCH BEAUTIFUL, SOFT TEXTILES.”**

Determined to start his own brand, Oli set out with the vision of making beautiful campaigns with beautiful clothing.

“It was never just about the aesthetic outcome for me,” he says. “I knew that whatever I created needed to be crafted sustainably. I was aware of the environmental implications associated with manufacturing, but to be honest, I wasn’t overly passionate about the topic. I always recycled but I didn’t really do anything more. I had always just focused on how

clothes looked.

**“MY MOM WOULD LITERALLY HAND ME THE SCISSORS AND TELL ME TO CUT UP MY T-SHIRTS,”**

“When I actually started to think about making clothes, the sustainability factor became glaringly obvious. The sustainable fabrics were such high quality. I couldn’t quite believe recycling items from a landfill could result in such beautiful, soft textiles.

“I think it’s part of the magic: taking something that’s had a previous life, has come out of a landfill, and use the technology available to us to make it into beautiful clothes.”

The substance CHÉ clothing is wrapped in is made from sweetcorn and the buttons and rubber stamps are made from olives.

“You wouldn’t have thought that shorts made out of plastic bottles could be so popular and appealing to

people, but they are,” says Oli.

Selfridges of London have snapped up the brand and it’s not hard to see why!

“Sustainability is a growing movement that more and more people are becoming interested in,” says Oli. “It feels great to help educate people about the environmental impact of these clothes and to try to convince them to change their shopping habits – to buy less but better.

“Sustainability doesn’t necessarily mean buying new sustainable clothes. Sewing up the holes in your jumper, buying second-hand garments, and holding back from buying new clothes when you don’t really need them is also helping the planet. It’s our habit of wearing things only once which needs to change.”

**“I ALWAYS RECYCLED BUT I DIDN’T REALLY DO ANYTHING MORE. I HAD ALWAYS JUST FOCUSED ON HOW CLOTHES LOOKED.”**

Oli shot his recent campaign during lockdown. The images were designed to teleport people out of their living rooms and show the clothing surrounded by trees, a lake and flowers.

“I would like to see the world slow down,” says Oli. “Before the pandemic, people were flying around, never stopping, never really thinking about their actions. Perhaps, there is a positive side to what’s happened. It has made us all slow down, take a breather, and that has been fantastic for the world and the environment.”

**“THE SUBSTANCE CHÉ CLOTHING IS WRAPPED IN IS MADE FROM SWEETCORN AND THE BUTTONS AND RUBBER STAMPS ARE MADE FROM OLIVES.”**

chestudios.co.uk  
@che.studios



# LIQUOR, LADIES AND LEVERAGE

BY ROBERT R. JOHNSON

**MOST INVESTORS WOULD BE SHOCKED TO LEARN THAT THE BIGGEST FINANCIAL MARKET IN THE WORLD IS THE CURRENCY, OR FOREX (FX) MARKET. WHILE MOST OF THE ACTIVITY IN THE FX MARKET INVOLVES MULTINATIONAL CORPORATIONS HEDGING NATURAL POSITIONS, SOME FX MARKET ACTIVITY INVOLVES INSTITUTIONS OR INDIVIDUALS SPECULATING ON CURRENCY MOVEMENTS. ARGUABLY THE MOST FAMOUS FOREX SPECULATION OCCURRED IN 1992 WHEN HEDGE FUND MANAGER GEORGE SOROS SHORTED THE BRITISH POUND AND POCKETED A PROFIT OF OVER \$1 BILLION. DESPITE THE POTENTIAL FOR LARGE GAINS, AMATEUR INVESTORS ARE WELL-**

**SERVED BY IGNORING THE SIREN CALL OF THIS ENORMOUS AND HIGHLY LIQUID MARKET.**

The FX market is different than the stock or bond market as it does not set a currency's absolute value but rather determines the value of one currency relative to another. The US dollar is the most traded FX currency in the world (88% of all FX transactions), followed by the euro (32%). Because each FX transaction involves two pairs, the grand total of all transactions equals 200% and not 100% as in every other financial market. The FX market is highly developed, and you can take a position in virtually any major currency against another major currency. For instance, you can take a position in the US dollar versus the British pound or a position in the yen versus the Australian dollar.

One of the biggest attractions for

many speculators in the forex market is leverage. Leverage involves borrowing a certain amount of the money needed to invest in something. In the case of forex, money is borrowed from a broker. Forex trading does offer high leverage in the sense that for an initial margin requirement. A trader can build up, and control, a huge amount of money. In the stock market, margin trading means that a brokerage firm lends an account owner a portion of the total purchase price (typically 50%), which increases an investor's buying power. If one buys a stock on margin and that stock rises by 50%, the investor earns a return of 100% (less the interest paid on the borrowed funds). That is, leverage magnifies gains. But, leverage also magnifies losses. If the stock falls by 50%, the investor will suffer a loss of greater than 100% and the investor will receive a margin call requiring him to put up more capital.



Leverage in the forex market makes leverage in the stock market look tame. For most actively traded major currency pairs (such as the euro/US dollar or the US dollar/Japanese yen), the margin requirement is as low as 2%. That means for every dollar of margin, the investor controls a whopping \$50 of currency. Small changes in relative currency values can mean enormous profits if the move is in the right direction or can mean devastating losses if the market moves opposite to your trade.

**“WARREN BUFFETT ONCE SAID ‘MY PARTNER CHARLIE (MUNGER) SAYS THERE IS ONLY THREE WAYS A SMART PERSON CAN GO BROKE: LIQUOR, LADIES, AND LEVERAGE. NOW THE TRUTH IS – THE FIRST TWO HE JUST ADDED BECAUSE THEY STARTED WITH L – IT’S LEVERAGE.’”**

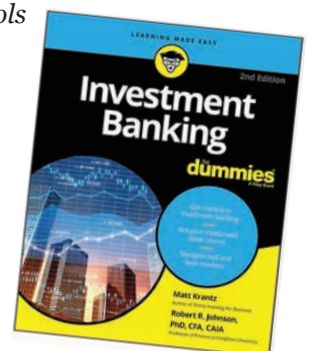
The world’s greatest investor, Berkshire Hathaway Chairman Warren Buffett once said “My partner Charlie (Munger) says there is only three ways a smart person can go broke: liquor, ladies, and leverage. Now the truth is – the first two he just added because they started with L – it’s leverage.” With the elevated levels of leverage in the forex market, the odds of going broke increase geometrically – particularly for amateur investors.

Investing in traditional currencies is fundamentally different than investing in stocks, bonds, or real estate. Over the long-term, investing in the stock market is a positive-sum game. Over the long run the value of stocks generally rise. On the other hand, over both the short and long-term, investing in currencies is a zero-sum game. When the US dollar strengthens versus the yen, those holding US dollar positions win and those holding yen positions lose an equal

and opposite amount. If you want to build wealth over the long-term, the stock market is the place to be.

*Robert R. Johnson, PhD, CFA, CAIA, is a professor of finance in the Heider College of Business at Creighton University in Nebraska and chair and CEO of Economic Index Associates, a NYC-based developer of investable indexes.*

*He is also co-author of Investment Banking for Dummies, Strategic Value Investing, Invest with the Fed and The Tools and Techniques of Investment Planning.*





# HOW TO BUILD GENERATIONAL WEALTH

BY PATRICK J. SWEENEY II

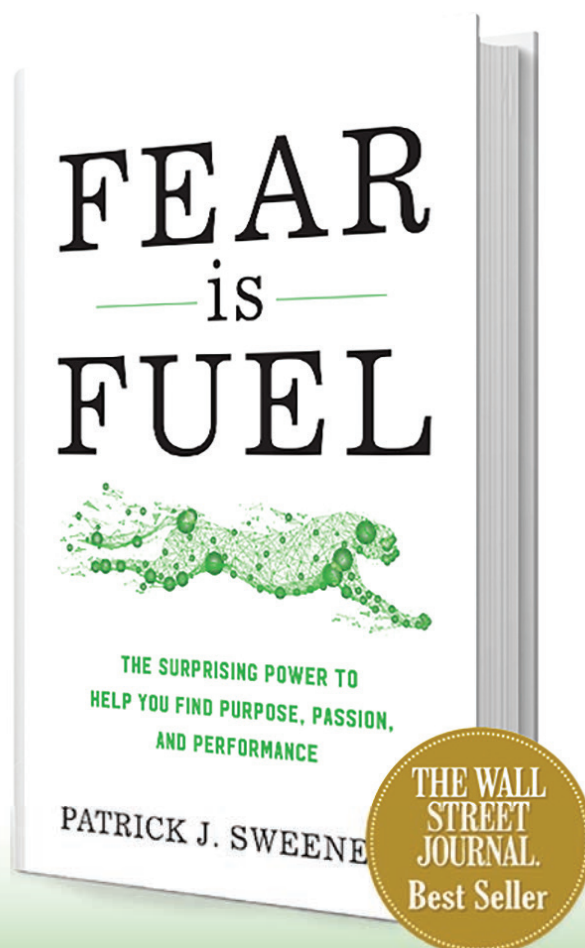
LOOK AT WHAT'S OBVIOUS AND CASH IN ON IT

**“NOT BISQUICK AGAIN, NOOOO MOM. PLEAASSSE. AN-  
YTHING ELSE!” MY BROTHER AND I WHINED IN UNISON  
WHEN MY MOM SAID WE WERE HAVING BISQUICK PAN-  
CAKES FOR DINNER FOR THE THIRD TIME IN A WEEK. I  
DIDN'T REALIZE IT BUT THE \$1.50 TO FEED US WAS ALL  
WE COULD AFFORD. WE WERE DIRT POOR. I DECIDED THEN,  
IN ORDER TO GET RESPECT AND SELF-ESTEEM I NEEDED  
TO GET RICH.**

Fast-forward 30 years when I bought my second plane,  
and a new chalet in the French Alps. What happened be-  
tween 10 and 40 that made that transformation possible?  
First was not falling into traps ordinary people succumb  
to, second was speeding into the future, third was the  
motivation. Anyone can use these strategies to build real  
wealth.

People who aren't wealthy think that their time doesn't  
cost them anything and what they own is important. It's  
the exact opposite. Time is your most valuable commod-  
ity. Nothing else comes close; your car, house, clothes,  
new iPhone or Jordan sneakers - nothing. Having the  
courage to say no to material objects now gives you the  
freedom to get whatever you want later.

All your resources should be invested in some way that





**“PEOPLE WHO AREN’T WEALTHY THINK THAT THEIR TIME DOESN’T COST THEM ANYTHING AND WHAT THEY OWN IS IMPORTANT. IT’S THE EXACT OPPOSITE.”**

will grow exponentially. That means getting rid of things that aren’t making you money. The 99 percenters hang onto things that don’t make them money for too long. That mistake is called ‘loss aversion’. Our brain is programmed to preserve our resources, so we put a bigger value on what we already own. If you put the biggest value on your time, then every moment you are either doing something to help you meet your goal or hold you back. Choose wisely.

Anticipate and act. Think about how the future or current events are likely to affect your business or investments. Did you buy Zoom in early March when COVID-19 was spreading? I bought it at \$80 and it’s worth \$266 just four months later. I bought Docusign at the same time. For anyone looking to the future those two buys were obvious. Anticipate what the future will bring and act immediately. Acting quickly and being decisive creates more data for your decision making.

Lastly, never be afraid to risk it all because you can always start over again. If you’re motivated by a bigger reason than yourself – wealth for your family, wealth to make the world a better place, wealth to end injustice, the world will always be a very friendly place and you’ll come out on top. It takes courage to believe, so learn to use your fear as fuel!

**“I BOUGHT ZOOM AT \$80 AND IT’S WORTH \$266 JUST FOUR MONTHS LATER. ANTICIPATE WHAT THE FUTURE WILL BRING AND ACT IMMEDIATELY.”**

*Wall Street Journal Best-Selling author, Patrick J. Sweeney II was called “One of the world’s most interesting people.” by Inc. Magazine. He is a millionaire entrepreneur who finished 2nd in the Olympic trials, set several world records, won the Race Across America, has invested in scores of start-ups and has a personal mission to teach the world to use fear as fuel for greatness.*



# BOOZE & SHROOMS

ALCHEMY-BASED CHEF AND NUTRITIONIST LUKE BAKER IS ON A MISSION TO ENCOURAGE PLAYFUL, HEALTHY COOKING. HE CREATED THESE SEXY LITTLE VEGAN NUMBERS DURING LOCKDOWN. WE'RE GAME!



## WATERMELON GIN PUNCH

Watermelon is a natural aphrodisiac and mood elevator with some powerful hormonal balancing benefits. Combine this with your favorite gin, the gentle fizz of some ginger ale and a squeeze of lime for the perfect cooling bevvy.

### INGREDIENTS (SERVES 4)

5 cups fresh watermelon, 6oz gin, 1 1/3 cups ginger ale, 8 tbsp lime juice and lime wedges, to serve

### METHOD

Puree four cups of watermelon, strain; dividing the juice among four glasses, top with two tbsp lime juice and 1.5 ounces of your choice of gin, add 1/3 cup ginger ale, top with lots of crushed ice, serve with a sprig of mint and lime wedge.

Kcals: 179 / Protein: 1g / Fat: 0.3g / Carbs: 21.2g



## SUPER SHROOMS

Medicinal mushrooms are considered an adaptogen due to their ability to support the adrenal glands and help us adapt to stress. Their beneficial bacteria and gut-boosting properties support a healthy microbiome. This delicious creamy dish is best served as breakfast or a small side dish.

### INGREDIENTS

- 9oz chestnut or shitake mushrooms, sliced
- 1 shallot, finely chopped
- 2-3 cloves of garlic, crushed
- 1-2 handfuls baby spinach
- 1-2 tbsp coconut yogurt
- Small bunch of lemon thyme or normal thyme
- Squeeze of lemon

### METHOD

- Sauté the shallot until nice and caramelized and add the crushed garlic
- Add the mushrooms and season well with sea salt and pepper
- Add the dairy-free/ coconut yogurt
- Cook for several minutes so the mushrooms soak up all the flavour
- Add the lemon juice and raw spinach
- Finish with your choice of lemon thyme/ thyme

Kcals: 231 / Protein: 6g / Fat: 13g / Carbs: 27g



## CHICKPEA CHOCOLATE TRUFFLES

Chickpeas are a cost-effective and nutrient-dense food, rich in both fiber and protein. Choose a good quality dark chocolate for the 'bliss chemical' anandamide, which is a neurotransmitter involved in regulating mood, cognition, and feel-good hormones. Combine that with the abundant flavonoids and trace minerals present in the raw cacao and you'll have a nutritious, guilt-free snack.

### INGREDIENTS

- 14oz chickpeas, drained and rinsed (keep the liquid, perfect egg replacement)
- 2 heaped tbsp raw cacao
- 2 tsp vanilla bean paste/ vanilla extract
- 2 tbsp maple/ agave
- 2 tbsp raw nut butter
- Optional – 1 tsp maca root powder
- 4oz dark chocolate (70% minimum), melted
- Pinch of sea salt

### METHOD

- Blitz the truffle mixture in a food processor, adding your own personality as you wish with cinnamon, cardamom, peppermint etc
- Mould into balls- use around one tbsp for each ball
- Allow to set in the fridge or freezer whilst melting the chocolate
- Dip the truffles into the chocolate and cover evenly
- Finish with a pinch of sea salt or coconut and set in the fridge or freezer

Kcals: 124 / Protein: 4g / Fat: 7g / Carbs: 11g



# BREAKING

## THE GENETIC TWITCH

CAN YOU REALLY ALTER YOUR FIBER TYPES?

BY CAT JAMES

**WE ALL LIKE TO THINK THAT IF WE TRAIN HARD ENOUGH, WE CAN EXCEL AT ANY SPORT WE PUT OUR MIND TO. BUT IN REALITY, SOME PEOPLE DO HAVE A GENETIC ADVANTAGE BEFORE THEY EVEN START TRAINING.**

Our skeletal muscles are made up of individual fibers. Did you know that most Olympic sprinters have around 80% fast-twitch muscle fibers, whilst most marathon runners have 80% slow-twitch muscle fibers?

**SLOW-TWITCH FIBERS** can work for longer periods of time without running out of energy. They use oxygen to generate adenosine triphosphate so that they can perform slower, sustained movements like long-distance running or cycling.

**FAST-TWITCH FIBERS** are often thought to be stronger than slow-twitch fibers, but that's not the case. They actually produce the same amount of force, but they fire more rapidly. This makes them best for generating short, sharp bursts of strength and speed.

There can be further categories between Type IIa, which uses both anaerobic and aerobic metabolism to create

energy and type IIb, that use anaerobic energy only. Type IIb is the fastest firing muscle fiber, but it also fatigues faster than any other.

### WHAT KIND OF MUSCLE FIBERS DO YOU HAVE?

The average person tends to have a 50/50 split of fast and slow-twitch fibers in their muscles that are used for movement. It's hard to know definitively how much of each fiber you have, but you can use this test to determine if you lean further towards one way or another.

1. Choose a classic strength exercise - like bench press or back squat
2. Load the weight to 80% of your 1 rep max
3. Complete as many reps as you can until failure, or you lose your form

If you score...

- 7 reps or less - you have more fast-twitch muscle fibers
- 8-10 reps - you are equally balanced between fast-twitch and slow-twitch
- More than 10 reps - you have more slow-twitch muscle fibers

## WHAT DETERMINES WHICH KIND OF MUSCLE FIBERS YOU HAVE?

There are two genes that have a large influence over whether you are fast or slow-twitch dominant: ACTN3 and ACE.

The ACTN3 gene gives your body the instructions to make a protein called alpha ( $\alpha$ )-actinin-3, that's mostly found in fast-twitch fibers. If you have the R577X variant of this gene, you'll produce very short ( $\alpha$ )-actinin-3, which is broken down quickly and results in more fast-twitch fibers. If you have the 577XX variant of this gene, you won't produce any  $\alpha$ -actinin-3 at all, which results in more slow-twitch fibers.

ACE gives your body the instructions to make a protein called angiotensin-converting enzyme, which converts a hormone called angiotensin I to another form called angiotensin II that helps control blood pressure and skeletal muscle function. There are three variants of this gene: II, DD and ID. The DD pattern is associated with having a higher ratio of fast-twitch to slow-twitch muscle fibers.

## CAN YOU TRAIN YOUR BODY TO PRODUCE MORE FAST OR SLOW-TWITCH MUSCLE FIBERS?

Whilst you're not likely to be able to push your body to become significantly more fast or slow-twitch dominant, you can train your muscle fibers to be more efficient with the right exercise program.

For more aerobically efficient slow-twitch fibers:

- Perform high rep, low weight exercises
- Reduce your rest period to 30 seconds between sets
- Incorporate exercises with sustained isometric contractions and no joint movement, like planks, wall sits and push-up holds

For more explosive fast-twitch muscle fibers:

- Lift heavier weights; the heavier the weight, the more fast-twitch fibers will be used
- Limit reps to 2-6 per set, and increase rest periods to 60-90 seconds in-between
- Focus on power moves using equipment like barbells, kettlebells and medicine balls

**DID YOU KNOW THAT MOST OLYMPIC SPRINTERS**

**HAVE AROUND 80% FAST-TWITCH MUSCLE**

**FIBERS, WHILST MOST MARATHON RUNNERS HAVE**

**80% SLOW-TWITCH MUSCLE FIBERS?**



## WATCH THIS SPACE

In a 2020 collaboration between watch-collector favorites Anderson Genève & Konstantin Chaykin, the prestige timepiece makers have dropped an ultra-exclusive limited run of 20 Automaton JOKER watches in white gold, starting at \$93,000.



# GET COMFORTABLE BEING UNCOMFORTABLE

BY SAMANTHA YARDLEY

## IT'S THE CLASSIC CLICHÉ BUT STEP OUT OF YOUR COMFORT ZONE TO LEVEL UP YOUR PERSONAL GROWTH.

The mind can be hacked to create any number of outcomes; as humans we're all comfortable with familiarity and we thrive off routines and habits. This ingrained behaviour can be used for good and evil in equal parts... want to embrace a fitter lifestyle? Drag yourself down the gym a few times before it becomes a habit that is an integral part of your existence, same goes for making healthier choices in the kitchen, nurturing joyful relationships and generating abundance and wealth. Thoughts are things and tangible results will manifest themselves simply from the power of your mind. Conversely, the inclination that pulls us towards the familiar is the very same trait that can leave us stuck in a rut or practicing harmful patterns, resulting in a downward spiral that can feel impossible to drag ourselves out from.

The concept of comfort zones was first explored back in 1907 when psychologists Yerkes and Dodson conducted tests on mice, applying increasing levels of stress and measuring its relative affect on performance. The results, known as the 'Yerkes-Dodson curve' found that anxiety improves performance up until an optimum level, at which point stress levels become too high and it rapidly declines.

Fear of the unknown and being disinclined to break free from the comforting complacency of our neat and often lacklustre lives is the largest single factor holding us back from reaching our full potential. Subconsciously, we all self-sabotage in order to remain sheltered and stationary. Being apprehensive of the unfamiliar can leave us trapped in uninspiring careers, remaining in detrimental relationships or leading unhealthy, harmful lifestyles to name just a few. I myself know all too well how disheartening falling into a trap of practicing unhealthy habits can be, we're all susceptible. Finding the strength to generate change can be challenging when we're accustomed to subsisting in a negative routine.

"There are more fears out there than ice cream flavors" says Vindy Teja author of *YOLO: Essential Life Hacks for Happiness*. "Fear of conflict. Fear of criticism. Fear of rejection. Fear of the unknown. Fear of failure. The list goes on. Conquering your fears not only helps you function; it helps you flourish. Most of us don't just want to get by. We

want to experience life fully. That means stepping out of your comfort zone, understanding the obstacles you face, and developing a different, more productive mindset around how to approach them."

So, how do we start creating patterns to inspire positive change in our lives? It's as easy to say as it is hard to put into practice. Take a leap of faith and get comfortable being uncomfortable. Existing outside of our comfort zones generates quantifiable, awe-inspiring dream-filling revolution. Generate the life you always wanted, it's as simple as deciding you want it. If life throws you a curveball; redundancy, failed relationship, change of circumstance etc then try to embrace it! Worrying about a situation we have no ability to control is a waste of energy, trust that the universe will provide and look forward to the next instalment. Upgrade pending...





# HOW TO OVERCOME YOUR LIZARD BRAIN FOR A HAPPIER, MORE SUCCESSFUL YOU

BY DAVID W EVANS BSC AND DR  
AGNES CHLEBINSKA

## WHY A HIGH IQ ONLY ACCOUNTS FOR 20% OF YOUR ACHIEVEMENTS

Whether we like it or not, all of our decisions are dependent on our emotions. This is a basic neurophysiology of our brain that comes from the most basic survival instinct. As such, knowing how to control our emotions is of great importance in making better decisions, which will then help us succeed in our endeavors and

live life more fully and enjoyably.

The concept of emotional intelligence (EQ or emotional IQ) was introduced in the 1960s; however, it took almost 40 years before the significance of EQ became widely recognized. In the last decade, international scientific research has proven that IQ is responsible for only 20% of our achievements and our successes in life, and 80% of them depends on our EQ. In other words, you either increase your EQ or you are doomed to mediocrity at best.

## WHAT DOES EMOTIONAL INTELLIGENCE ACTUALLY DO?

In the simplest terms, EQ controls our amygdala and other centers of our brain, which are responsible for fear, anxiety, feelings of insecurity, feelings of emotional hurt or of being treated badly, and so on.

## WHY IS IT IMPORTANT?

Our logic goes out of the window and our IQ drops to suboptimal levels when our emotions run high.

## EXAMPLES OF HIGH VS LOWER EMOTIONAL INTELLIGENCE IN REAL LIFE

When you possess high EQ, one thing you very rarely or never do is let your environment influence your decisions. No matter what your friends, family, colleagues, or the rest of the world thinks, if you are certain of an outcome, you won't allow anyone to take you off the right course.

One of my favorite examples of high emotional intelligence is Nelson Mandela who, instead of wasting 28 years in prison exercising hate and self-pity, exerted his physical, mental, and emotional strength and came out as one of the greatest leaders of all time. Most of you may think that he is one man, that he is unique, but this is of course not the truth. We all have 100 billion brain cells and we all can process around 400 billion actions per second. Therefore, there is very little we can't really do, especially if another human being has already proven that it can be done. The choice is entirely ours, 80% of which depends on our EQ.

## WHAT IS EMOTIONAL INTELLIGENCE?

In the simplest terms, emotional intelligence is recognizing, understanding, and controlling your emotions as well as the emotions of others. And of course, there are many layers to it. It involves emotional competencies: self-awareness (knowing your emotional states); healthy self-esteem (knowing your strengths and weaknesses and being comfortable with them); and self-regulation (having control over your emotions and responding consciously to external factors). By understanding your own emotions, you will also learn to understand the behaviors and responses of others, which will allow you to observe them as 'a witness' without taking things personally and responding defensively.

Emotional intelligence is not just about knowing and controlling your own emotions, however. It also has a social layer to it, which involves: empathy (understanding other people's emotions); assertiveness (owning up to your opinions and beliefs even though they don't belong to the majority); persuasion (being able to

elicit certain actions and behaviors in others); leadership (being able to come up with ideas and engage others in their ideas); and cooperation (being able to work with others to achieve a common goal).

If you take a look at the components of emotional intelligence, it must become clear to you why they are the ones needed to succeed, not just in our professional lives, but also in our personal lives and relationships.

## THE LIZARD BRAIN

To understand emotional intelligence more fully, it is also important to know that we have this so-called lizard brain; neural networks in our brain from the dinosaur times. This lizard brain helped our ancestors stay away from threats; they survived because of it. In our modern times, we don't have to run away from tigers and lions anymore, yet the lizard brain works as if we are still living in the jungle. Other than fear, it is also the source of other negative emotions, such as anxiety, doubt, low self-esteem, and all the bad memories connected to these feelings we might have accumulated throughout our life. The lizard brain may perceive talking in front of a crowd of people or being shouted at by your boss to be as life-threatening as getting attacked by a huge animal. In fact, public speaking is one of the most common phobias of our times. Of course, neither the crowd nor the angry boss will eat us, but our brain still initiates over 1400 chemical and physical responses to fear or other forms of stress.

This means that if we don't have control over the lizard parts of our brain, we will avoid most of the challenges in life because they will be always associated with taking a risk. Without high EQ, we simply spend our lives in constant fear or anxiety of losing something or someone. Consequently, we are stopping ourselves from living to our full potentials, including our health, relationships, growth, and fulfillment. And this is where the importance of developing our emotional intelligence sets in.

## YOU MAY ASK, WHAT ABOUT IQ?

Well, research has shown that your emotional intelligence affects your IQ and performance in general. Multiple studies have shown that people who are more emotionally intelligent tend to perform better on cognitive tasks and solve more problems.

Furthermore, EQ is more important than IQ when it comes to professional success as suggested by the analysis of Egon Zehnder, a global executive search firm, of 515 senior executives. It was found that senior executives who did very well in terms of emotional intelligence were more likely to succeed than those whose strong point is in terms of their relevant previous experience or high IQ.

With practice, you can increase your emotional intelligence and have more success in your professional and personal lives, but the most important thing is that by increasing your EQ, you will significantly reduce your fears and therefore your stress levels. Stress is one of the biggest health problems of our times as it leads to obesity, diabetes, heart disease, stroke, cancer and more.

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*David W Evans BSc*

*A former elite athlete, David is a lifestyle medicine specialist, educator, and health coach. He has a bachelor's degree in sports conditioning and coaching and is also an expert in personalized preventative lifestyle medicine, plant-based nutrition, and behavior change.*

300LBS

180LBS

120LBS

LOSS

TRUCKER'S

TRANSFORMATION

BY SAMANTHA YARDLEY

Photograph: Ricky Leport ©

Photograph: Rikscene ©

## BRIT-BASED RICKY LEPORT TRANSFORMED HIS HEAVY GOODS PHYSIQUE BY DROPPING AN AWE-INSPIRING 120 POUNDS

41-year-old HGV driver Ricky from Essex, England led a sedentary lifestyle by anyone's standards; forced to sit down for extended periods at work only to come home and find respite watching TV and playing video games. Top all that off with a less-than-wholesome diet of take-aways and junk food and Leport's health escalated to a point whereby high blood pressure was starting to become a grave concern. Health professionals warned that he must lose weight or be prepared to face some dire consequences.

Father-of-three Ricky recalls: "My life was a lot of sitting about and watching TV or playing games consoles" he confesses. "My diet was terrible too, eating takeaways and junk food most days. I was so unfit I

would get out of breath just walking up the stairs."

These poor lifestyle choices caused Leport's weight to balloon to over 300 pounds and his health to deteriorate to the point that doctors urged him to lose weight in order to combat his soaring high blood pressure; "as my weight kept creeping higher and higher the medication dosage to control my blood pressure got higher too" he explains. "One morning I woke up and realized I had to turn my life around and take control of my body. That is when I joined a gym, hired a personal trainer and took responsibility for my diet."

### "I WOKE UP AND REALIZED I HAD TO TURN MY LIFE AROUND"

At four weeks into his program Ricky started noticing major improvements to his body shape; "at first I found it really difficult to juggle work and family life with fitting in gym sessions, but I preserved and started

seeing results" he explains. "Being obese, I really struggled doing the physical workouts but as the weight came off, it got easier and I upped the intensity."

"The big noticeable difference became apparent by week eight" says Leport "the feeling of my body shape changing and exercise becoming easier gave me the drive to push harder and achieve even better results" he exclaims resolutely. "I learnt to maximize my sessions and be more organized."

As Leport saw his body transform so too did his self esteem "I was never a very socially interactive person as I felt uncomfortable in my own body, I kept out of photos and always felt like I was being judged for my size. Now I have a new-found confidence, I'm fitter mentally as well as physically."

### "I ALWAYS FELT LIKE I WAS BEING JUDGED FOR MY SIZE"

With momentum building at a serious pace, Ricky felt inspired to push the boundaries of his comfort zones even farther and enter his first bodybuilding competition. Enlisting the help of online coach Nathan Smart, he set about achieving the best shape of his life. He hit the gym five times a week, focusing on a different body part each session to allow for optimal recovery and included plenty of core work. Ricky kept cardio modest finishing each session with fifteen minutes of steady pace on the treadmill or elliptical but increased steadily closer towards the day of the show.

The now svelte trucker stuck to his diet plan with an unwavering resolve, eating six hearty meals a day that included lean protein, rice, and plenty of vegetables. "I found planning my days' meals in advance and food prepping helped me greatly" he reveals. Despite his strict nutrition regimen, he always ended the day with a bowl of kid's favourite cereal Coco Pops, substituting milk for whey protein to ensure protein synthesis occurred steadily throughout the day at regular intervals.

With good old-fashioned hard work and tenacity Ricky surpassed his greatest expectations, losing a jaw-dropping 120 pounds and was overwhelmed with his results "I can't even describe in words how reaching my show weight made me feel, I couldn't believe I did it" he says. His efforts did not go unrewarded either, bagging a third-place trophy "I was blown away, it was one of my proudest moments" he beams.

When quizzed for advice he would offer to other guys trying to lose weight, Ricky advises wisely "diet and training is not an overnight short-term fix but a lifestyle change. Providing you give 100% effort anything is possible."



## RICKY'S DIET

**4 WEETABIX WITH 1oz VANILLA WHEY PROTEIN**

**5oz CHICKEN BREAST WITH HALF A BAG OF MICROWAVE RICE AND GREEN VEGETABLES**

**2oz OATS WITH 1oz WHEY PROTEIN, 3oz BANANA AND 1oz PEANUT BUTTER**

**5oz TURKEY BREAST MINCE IN 2 WEIGHT WATCHERS WRAPS WITH SALAD**

**5oz RUMP STEAK WITH 9oz SWEET POTATO AND GREEN VEGETABLES**

**3oz COCO POPS WITH 1oz WHEY PROTEIN**



TRIFECTA  
PRESENTS  
JOE WEIDER'S  
**OLYMPIA**  
FITNESS & PERFORMANCE  
WEEKEND  
2020  
HOSTED BY

# 2020 OLYMPIA PREDICTIONS

BY SAMANTHA YARDLEY PHOTOGRAPHY BY PER BERNAL

**THE OLYMPICS OF RUNNING, THE WIMBLEDON OF TENNIS, THE CHEESECAKE FACTORY OF DESSERTS. FOR BODYBUILDERS THERE IS NO GREATER ACCOMPLISHMENT THAN LIFTING THE PRESTIGIOUS SANDOW TROPHY ON THE OLYMPIA STAGE.**

Curious to get the downlow on the movers and shakers of this year's upcoming bodybuilding mecca, we enlisted the help of Olympia veteran Shawn Ray. Having competed at the Mr. O over the course of three decades and racking up an unparalleled top-five placing consecutively for 12 years, there is no one better qualified to provide a unique insight into how this year looks set to play out.

"Because of last year's surprise results, people feel like the title is up for grabs" explains Ray "the returning champion used to be a sure-win but more recently the title has been changing hands" he says, "this year's excitement is through the roof!"

Curiosity most certainly peaked! Let's explore Shawn's predictions for the most hair-raising year yet...

## BRANDON CURRY

Front-runner and defending champion Brandon Curry is widely considered the one to beat. "COVID-19 may work in Brandon's favor this year due to less travelling and less distractions. But the real question is whether he has had the same success training on home turf in Tennessee that he has when he goes to his trainer and mentor at Oxygen Gym in Kuwait. It's a slippery title for Brandon to hold on to!"

## PHIL HEATH

Hall of famer Phil Heath's eventual loss after seven consecutive wins sparked the start of a new age in competitive bodybuilding. "The highly anticipated 'does Phil Heath return?' is the question that still needs to be answered" says Ray. "He has that 3D look we have been missing onstage since he left and muscle maturity that the others lack... but he also has the full, muscle belly that 'pops'" a bodybuilding trait that has grown in unpopularity in recent years.

## FLEX LEWIS

James 'Flex' Lewis is considered the greatest 212 bodybuilder of all time. Flex is moving up from the 212 division to the open category, and the new category placing is hotly anticipated! Shawn explains: "Seven-time 212 winner, Flex, knows what victory tastes like and how to peak on time. Like Phil, he's challenged in having to regain the focus and hunger required to lift that trophy once more after two years away from the stage."

## KAI GREENE

Past serial second placer, Kai Greene is thought by many to be the rightful heir to the throne. He famously stopped competing at the big O in 2014 but has teased fans about a 2020 return that may see him battle it out once again against Heath, widely regarded as one of the sport's greatest rivalries. "Kai comes in at about 250 pounds and is one of the biggest guys on stage" says Ray "but it's been six long years since we saw him and such a long time off leaves a lot of question marks. Whether we'll have him back in the same condition remains to be seen."

## WILLIAM BONAC

First runner up last year William 'The Conqueror' Bonac is known for his steadfast tenacity in the sport. His 2019 conditioning was affected by a hernia that caused nerve damage in his leg, but he's thought to be fully recovered for this year's attempt. "Bonac is a study of consistency. If anyone has the right to brag about potentially being the 2020 Mr Olympia winner, it's William Bonac" says Ray "providing he doesn't come in one pound heavier than he was last year."

MrOlympia.com



# THE JILLIAN MICHAELS 12-HOUR RULE

BY SAMANTHA YARDLEY

**AMERICA'S SWEETHEART JILLIAN MICHAELS FIRST FOUND FAME AS THE NO-NONSENSE TRAINER ON HIT REALITY TV SERIES THE BIGGEST LOSER. NOW A HOUSEHOLD NAME, THE ULTIMATE SERIAL-OVERACHIEVER HAS A STRING OF SUCCESSSES UNDER HER BELT. DID WE MENTION SHE'S AN ABSOLUTE BADASS? LET THE FANGIRLING COMMENCE...**

Jillian Michaels' trademark tough-love style catapulted her to international stardom when she first hit the small screen helping overweight contestants transform their physiques. Fast forward 16 years (take a long breath if you're reading this out loud) and she's an award-winning fitness app developer, eight-times New York Times best-selling author, multiple fitness DVD guru, television star, businesswoman, renowned personal trainer, attentive mother, oh and there's a podcast... that was ranked the number one health podcast in the US on iTunes, naturally.

**Reading your list of achievements is making us feel inferior. What is your secret to being so super-productive?**

Ha! I have a concrete answer for you! I call it the 12-hour rule. Think of it like this... If there are 24 hours

in a day and you sleep eight of them - that leaves you with 112 waking hours in a week. If you spend 50 on family/ home - (taking kids back and forth to their activities, cooking for them, dropping off laundry, taking dogs to the vet, spending quality time with kids etc.) and 50 hours on work that leaves you with 12 hours of you time. I schedule those hours religiously every week. Those 12 hours look something like this: I do four 30-minute at home workouts. I book one doctor appointment or hygiene appointment weekly (so, could be a haircut or a routine teeth clean). I do one friend dinner or lunch. I make sure I have at least one date night sans kids. And some time for a hobby/ activity like horseback riding or a surf day (and usually I can squeeze this one into family time!) Plus, if you have a significant other you get to use their 50 hours of family time to help you take care of those things... so to make a long story short it works out for me.

**That is some next-level efficiency! Do you have any hacks you can share that allow you to achieve on such a colossal level?**

I'm all about efficiency! Strictly biz when it comes to getting things done. So, for example, I might cut my workouts down to 30 minutes and exercise at home to save time. But when I train, I train with the most efficient and effective techniques;

so every minute of that 30-minute session counts. I structure all my meetings via phone or Zoom (even before COVID) to save the drive time. I realize that this isn't the sexiest, most leisurely way to relax and enjoy your day, but for me personally I prefer to pack more into my waking hours. I'm constantly assessing ways to cut things that aren't necessary.

**How has motherhood affected your quest for world domination?**

OMG (bouts of laughter). World domination? I can't even get one of the kids to take out the trash let alone dominate the world. Kids definitely force you to take a step back and appreciate that you can't have it all at the same time. Or - that you can have a lot, but it certainly won't be perfect. They are worth it though. Kids force you to reevaluate your priorities, in the best way.

**"I CAN'T EVEN GET ONE OF THE KIDS TO TAKE OUT THE TRASH LET ALONE DOMINATE THE WORLD"**

**You have helped literally millions of people become better versions of themselves. How important is looking after yourself in the process of helping others?**

You can't help anyone if you can't



help yourself. Everyone knows the age-old oxygen mask analogy, and for good reason. Only from a place of strength can you truly give support and inspiration to another. And, when you help yourself and care for yourself, you set the example for others to do the same.

**Is there one individual that you helped in the past that sticks in your mind?**

There are many; but a few that definitely stand out. One was a contestant on a show I worked on many years ago, called Abbey Rike. She had lost her family in a car accident and for obvious reasons had simply given up on life. However, she found the strength to take the step as a last attempt to salvage her health and reclaim her life. I remember thinking ‘how am I going to help this woman?’, when I wasn’t sure I personally could pick up the pieces from a tragedy like she suffered. But somehow, together we forged a path forward. And while she did most of the work, I am honored to have played a part in her journey.

**You went through your own weight loss transformation. Where do you think you would be today if you hadn’t undergone the process?**

Honestly, I can’t imagine. It wasn’t so much the weight loss component, but more the way that martial arts redefined my self-image and subsequently my self-worth. I learned that being strong physically helps you feel stronger in all facets of your life. And health is simply a platform to build your life on top of. When your health is strong the foundation is solid.

**“BEING STRONG PHYSICALLY HELPS YOU FEEL STRONGER IN ALL FACETS OF YOUR LIFE”**

**Do the world’s increasing waistlines concern you?**

Here’s the thing...I realized a long time ago that I can’t worry about people I don’t know. We are all struggling with something, be it intimacy issues, alcohol abuse, dating people who are just not that into us... the list goes on. First and foremost, I worry about myself and my family. I ONLY get involved in another person’s life or health if they invite me into their world. So, while I love what I do, I don’t really care if you don’t take my advice. Conversely, I love when people do. It brings so much meaning into my life to feel I’ve played a part in someone reclaiming their health, achieving a personal fitness goal, or becoming empowered in any facet of their life. While I don’t want to see the world be unrealistic or unhappy, I realize that I can’t save anyone; people have to save themselves. So, I put info in the world that is honest and effective. If people choose to pick up what I am laying down, then great; each person is an individual win and I celebrate the wins.

**“WHILE I LOVE WHAT I DO, I DON’T REALLY CARE IF YOU DON’T TAKE MY ADVICE”**

**That is so refreshing to hear! Your new app sounds so exciting; how involved were you in the process?**

I am 100% involved. Every aspect of that app was conceived by myself and our tech team (as these are the guys that tell me what’s possible). My background is personal training. I’ve been training people since I was 17. I owned a sports medicine facility by 29. So, while I



now do what I do on a public stage and put out content like books or DVD workouts to reach the masses- in my heart I am a personal trainer as in custom fitness - one on one. App technology allows me to come as close to that as possible. A lot of apps claim they do that, but they really don't. They just have something for everyone and then call it personalized. My app LITERALLY customizes everything from your meal plan to your workouts, based on your goals, needs, likes, dislikes etc. And, you give me feedback on the workouts as well so I can tweak them accordingly just like I would if we were in the gym together.

**That sounds amazing! If you could only do one form of exercise for the rest of your life, what would it be?**

Here is the thing... if we are talking about what workout is best - this is really dangerous. Because it's like saying to a heart surgeon you have one tool to do a quadruple bypass - which is it. Well, that patient is likely gonna die. One form of exercise is utterly ineffective and can cause injuries. This is because the body adapts to the same stimulus over and over so you will stop progressing; and the same movements over and over can cause repetitive use injuries like tennis elbow, runner's knee etc.

My recommendation with fitness is to workout with a professional that can create a program for you. One that knows how to get the variety in your routine, so you are using the most effective fitness techniques, progressing them at the appropriate intervals, splitting the muscle groups so you get adequate recovery time etc. And, if you don't want to invest in an app or a trainer - at the very least make sure you mix up your workouts regularly to avoid adaptation.

My favorite workouts are jumping rope, MMA training, yoga, and road biking.

**Can you share any tips to get in our best shape ever?**

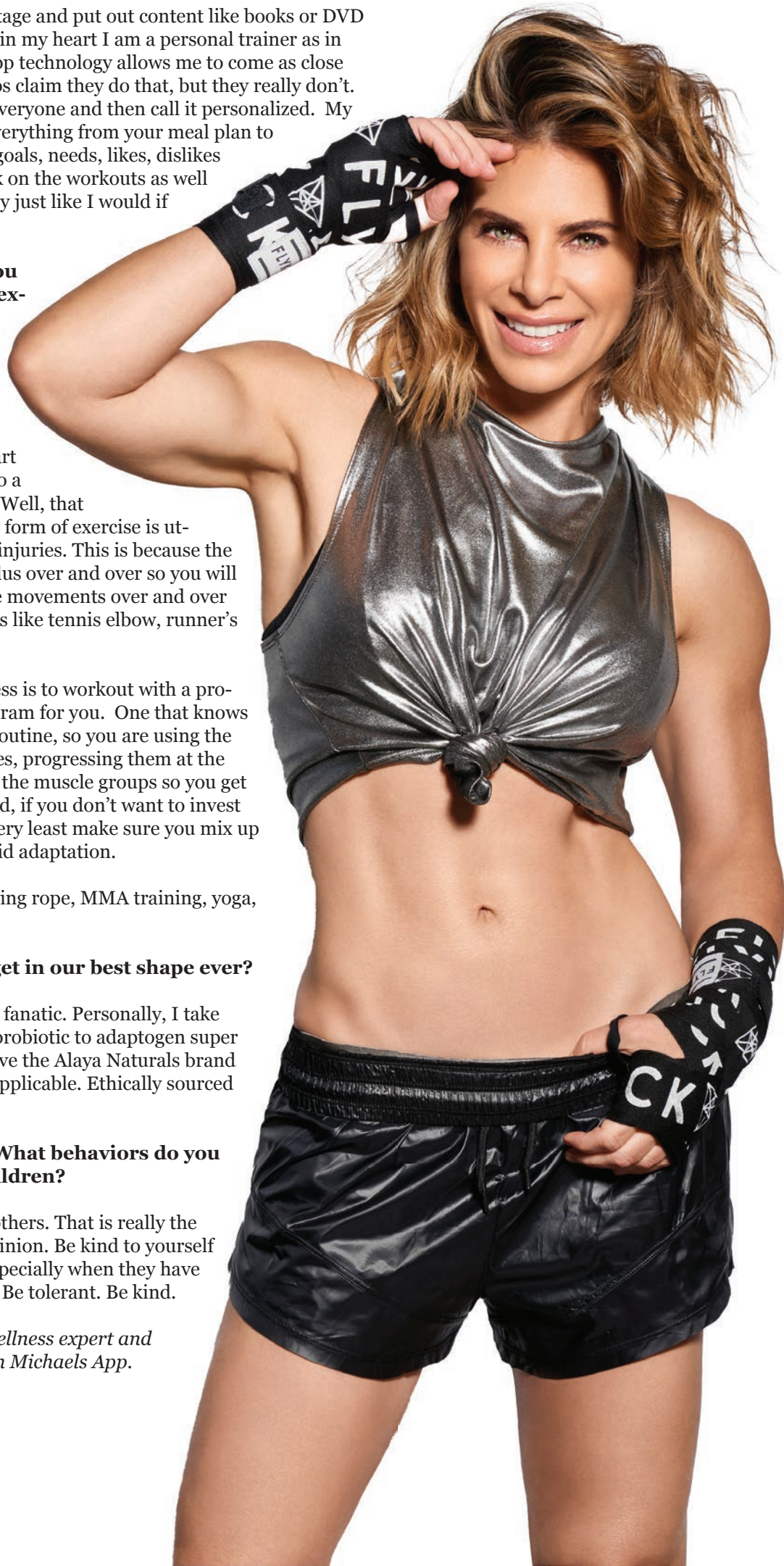
Supplement. I'm a supplement fanatic. Personally, I take everything from krill and pre/probiotic to adaptogen super greens and multi collagen. I love the Alaya Naturals brand because it's all organic where applicable. Ethically sourced from whole foods.

**Finally, as a doting mom. What behaviors do you hope to impart on your children?**

Kindness - to themselves and others. That is really the most important thing in my opinion. Be kind to yourself and empathetic with others, especially when they have a different opinion than yours. Be tolerant. Be kind.

*Jillian Michaels, health and wellness expert and creator of the Fitness by Jillian Michaels App.*

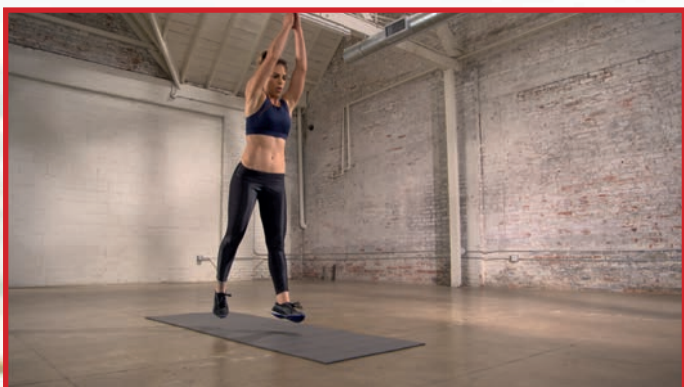
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