

GDL Feb 20, 2023

Yeah Point Right What Well 000 it's that Got a rich a rich got a rich Ah what is that No no good I'll try my new dance moves to a new week Welcome Welcome Welcome to Good Day Live Live Today is Monday February 20th 20th Thank you Um 2023 We're so happy here in the studio with me Kyle Andy Natasha We got a full house today Let us know where you're tuning in from We want to see how you're doing We got the chat So let us know where you're tuning in from Um how are you doing You know I'm doing pretty well Yeah My job entails that I come sit down in the chair and talk a lot of crap So talk a lot of crap you know Not doing too bad How about you How are you doing I'm great I always honestly every time I see everyone I just get so excited especially you It was really nice to have uh I walk in today It's a Monday and like Michelle is just like and I'm like you know what That's a good thing you know It's like what would you prefer the latter to someone to be like real docile like you know on a Monday Are you do I mean I'm a bit even you are a bit even Does it bother you Sometimes I'm over it Topic of the day How to improve your coworkers attitude Attitude is fine So what did you do this weekend You know Oh boy Here we go Parties A lot of parties You know I went out with the boys on Friday I like how you had a pause You're like because I I you know this I live a rate of our life and I got to keep it PG for for the viewers you know I mean what would the pepper and the sisters think if I just came out talking about you know all Lucy goosey So Lucy goosey modulate OK Lucy goosey What do you Right So went out with the boys Uh Friday night went great Um So we were at a bar right Well it was the boys it was me Nick Christian David I don't know why you never my friend I don't know I get this right So one guy does show up right And then he has a girl with him and they left because it was a bunch of guys I always bring me meet the love of your life this woman I'm a great wing woman I can help you find the love of your life and and I can get her on the show and we can really dive deeper really go deep dig deeper I think it was actually um when we were talking at the bar Ok So as a man you're just you're out there right And people may approach you Well one of my friends was approached by a they they they um and she had surgery right It was found out that like the person had surgery So they were like she not a he anymore Well no I think a day is still a day a day is still a day Anyway what he was saying was he was like well I we were all interested like what how did you mistake this Like he was like she looked like a she she looked like

yeah and then she told him and then he just kind of like acted very cordial about it and then they they ended and now they're still friends I thought it was I thought it was a pretty good place I mean some of the guys as he told the story some of the guys were like making fun of him But I was like I was like today's day and age That's not good to make fun Right Right Sorry I just thought it was a good thing that like we're there We're like at this place in 2023 If we're not there we never will be there which I don't necessarily believe but everyone needs to feel safe Everyone needs to feel safe and everyone needs to feel welcome Welcome Right Accepted Yeah I mean it's not even on it but like you know accepted and welcome is important But anyway uh yeah so I'm glad you went out on Friday night You go out Saturday and Sunday yesterday I did not go out Saturday I I went out a little bit Not not not too crazy Yeah Yeah I did Oh I did I did I did Yes I did I went out with Adam Fried on Saturday which was super super fun Um He is so great He was so excited to see me and I felt so bad that I wasn't able to go to go see his play Um and Adam you know I love you and I had a really fun time I actually had more than one drink and let me just tell you I was struggling what I mean I'm always meeting people Did I meet anyone that I wanted to like connect with negative Um but I I did meet a lot of cool people and it really made me feel very lucky to have the friends that I have That's good Yeah Yeah Yeah Um There was a lot of singing going down I had he read my mind I have to tell you I had 2.5 but they were little they were I but like let me tell you Kai on Sunday I I was like I am never having more than one drink again You guys gotta understand Michelle doesn't drink She doesn't even know what alcohol is I do know what it is I just don't like engage and when I do have one drink I know and he's really good about it Like when we when we'll go out we'll be like mm you know you have one drink you put it down you you love everyone I love yes When I have any kind of alcoholic beverage it's more of like like I feel my feelings even more so like but it's all loving Like I swear if you showed up I would have been like too I did text you to say where we were if you wanted to come out but I guess you were busy I was you were doing something enthralled bunch of work really happy with my reps Um just getting that moving All right You know I know you I know when you're b sing me we've known each other for a while I photo shoot next weekend and I got them already and uh I had to that Yes I actually sent out uh mine um to uh our friend Peter I have not heard from you Peter show up What are you doing He got a lot on I get it and I'm just grateful that uh he want he wanted to see it and um oh actually I

just asked I was like can I send my like can I send it to you I'd love to love to connect with you Um So yeah that was awesome Um Speaking of being busy we had a packed week Last week It was oh my gosh It's hard to believe Last week was Valentine's week It's I think it's still feeling like the like coming down a little bit but like bringing bringing it back up My face is super glowy Can I just give a shout out VIP O look glow It's super glowy Do you have some of my No OK Very very glowy This is like super glowy This is like VIP O like it This is day six No wait I did on Friday Friday Yeah No th no I did it Wednesday What is wrong with me Yeah I did it the day after Valentine's so Wednesday Wednesday Thursday Thursday You you when you sit across from me and you said that like my face started to go like this Like when I was talking my face started like like a little crack She smiled and her whole face like later in the day later in the day it was just like and um and was going out I think with uh Miss and I was like uh I wanna go out with you guys and I think he was just like no no no no no no no you you you you go you go home you go home Yeah take care of your dog enjoy your dog and take care of take care of your dog That that's the most polite way to tell someone to go home Go home But it wasn't that bad It was just so interesting because like I'm actually just peeling a little bit more like around my hairline Just like a teeny tiny bit Like this has been like the most uh effortless thing ever Yeah Right Like six days later you're like you've shed you're shedding a skin Am I Glow today Glow Glow looking good Checking it out Hey good looking Good I wanna see some stuff on this uh interactive chat Yeah I wanna see what's going on with the interactive chat You guys were very active last week super active last week Um I wanna get into some um let's let's give a special shout out to our dear friend Miss Emily Ford Do we got Miss Emily Ford uh just released that she is writing a book Um Special Shout out to Emily we love you here at the studio and we love the work that you're doing Um She is killing it and inspiring many many other people along the way So we love you Emily Keep up the good work Keep it moving Inspiring people I have to read what she said which is cool Um She said that she uh she basically um shook at how many people are trying informed by the uh the stuff that she puts out Um And she uh she says she has people barely paying rent and making eight figure earners whether you're building a business or not understanding yourself what makes you truly unique and how past life experience has shaped you Um And she's like there's freedom and discovery what you've mass or haven't dealt with for so long It's cool Like I we love we love we love we love Miss Emily Ford So a

special shout out to her Um also this is fun Not really but um I guess this isn't really that fun Um apparently um somebody uh somebody threw up on uh on uh Luna De um at her cabaret show which is a very unfortunate who is that She is um she is uh what a housewife A one of the housewives she looks very familiar in Yeah Yeah Yeah One of the housewives and somebody threw up on her That's that's unfortunate However you know I got to say and this is gonna be a bit of a Kyle statement but like she kind of needs to thank the guy who threw up on her It wouldn't make the news if it didn't happen So that's true You actually brought that up to me Um this is now I have the cards out because we are not Emily Ford We are not for you don't know when the fortunes are coming So I cards to to see to put matters into my own hands and see what we do No one gets my dad puns a little too fast A little too dry I hear you All right So what so uh what what what do you got Oh what are we asking Are we asking what's in store for Kai True blood and more so if you guys don't know Emily Ford is uh I think she was a millionaire by 26 Was it Yes she was a pretty young person She's very successful and very kind We love her and you know I love my aspiring people demographic of actors not just actors anyone Ok I just wanna pull for me and the aspire out there for us What do we need what do we want What is an element that would that would propel us into what we want quicker and faster I don't know Wait that's the question I no I I want one for us That was our question for us You always ask like oh what is this show How the show for us this week What's in store for us this week Ok cool Wait Yeah But you want to take that one Yeah Good on it Oh God Next time is all you want to read though No I don't need to read that I'm not going into it I'm not entertaining It never happened Are you ever jealous of me Never happened Jealousy I don't think we have jealousy for each other How could we have jealousy Yeah What's in store for Mick Maybe I should do this You do this book Daddy needs a new daddy Ok Daddy What do you got not I I reject what are we saying Like if it's not good we can reject it Yeah Yeah Yeah Stormy Well that's the dog's name right Should we read this one I don't know Should we No I reject it I reject anything that's not good between me and you Ok let's see what we got Ok go for it Well now maybe we shouldn't blow in the hands I don't know That was two bad polls in a row maybe Ok What's in store for me and Kai True Blood this week Is it What is it Gratitude Oh I'll go with that You wanna read it 35 It's interesting I'm 35 and my birthday is coming up in a week Gratitude I know what I'm getting you for your birthday You're getting me something nice Margarita Oh yeah and some light me some

gratitude for my aspire is out there a deep honoring as present give and feel great Thanks Now for whatever blessings have arrived you hold my hand or are en route to you Now draw on this card invite you to share your devotion or to outwardly express gratitude to someone or something for its presence in your life Meditator create gratitude list A list for all that you're thankful for in your life Candles have been long used to light a room or path or even a cake They're often used in magical rituals memorials and to honor sacred passages in life They had nothing to do with thankful for you every day How do you express gratitude by telling by sharing by hugging I don't know like I don't know How do you express gratitude I don't know I'm trying to figure it out No just like saying thank you Hi Hello I love you How are you How was your weekend Ok Yeah I I feel like I can I can get better though You know are you grateful for me You are why you didn't at all Michelle Very thankful for Michelle Murad Well let's just say I'm thankful for a guy who got braids for no reason at all And if you're not getting any of those inside jokes make sure you hit that follow button and you can follow us on Good underscore Day live on Instagram and Good underscore Day live on tiktok Michelle likes to to that she has gifted me with the blessings of the show show And another show called The Charlotte Chronicles that she created and many many more If you guys see anything blanking it's because we're a live show and we are just doing it Well no we're we're we have a live studio audience and that's them being happy that we're look they're doing the applause right now Round of applause So yeah he created a show We didn't know each other You had cast someone else and he magically for no reason at all got some braids Um which is like the biggest No no you don't change your hair drastically before a shoot It's insane They look a certain way He didn't want to be in it ultimately You think that's why he got the braids You think he didn't want to be in it What a mistake that was He didn't want to be in it I don't know That's a mistake That's a great project What's the matter 00 ok Ok Mhm Ah got it Ok Hello Hi Hello Testing Testing 12312 It's a 121212 test It's a 12 test for making sure we're looking beautiful Thank you to Andy and Natasha Um this came up uh I was uh shown this and I have to share this because that's my job Um look at this Kyle Can we hear this volume up volumes on this Oh I do remember this the volumes on this you know but the same shoes and charged hundreds more for those same shoes customers paid Here's abc's Kaya Whip Behold Pei We built a fake luxury store in Los Angeles and filled it with payless shoes The guests at our grand opening party had no idea Guests invited to check out what looked like a luxury shoe

shop They elegant sophisticated I just think it's so classy and I could tell it was made with high quality material A \$35 shoe going for \$645 an 1800% mark up store owners sat on their heels as fashion influencers emptied their wallets I would pay 405 100 people are going to be like where did you get Those Those are amazing Then they're let in on the prank These are actually from Payless You've got to be kidding me Shut up Are you serious But those shoppers were refunded their money and they got to keep the shoes experiment making headlines by the And what do we think about that I would love to I would love to have a little say on this one That's why I pulled it up So this is what's wrong with America Ok No one knows No Let the price tell you what's special and what's not Well ok so I'm with you on that I do think like when you say some how much something is valued then people see that it's valued at a certain amount So like for example for example like if you're like yeah well I always see I always that's where my brain starts Like 10 to go is the positive side Um But here's the thing I have had payless shoes My entire existence I literally had payless shoes from the time I was like I don't know three until the time I was like 23 So I know what payless shoes feel like I know what they smell like I know how they're constructed I know about shoes I will say like I until like I could afford um nice like my very first pair of Manola blo were purchased and I got them at the real real Let's get back to the pay less thing Well I'm trying to say is like I don't think if just because it's like \$1000 pair of shoes you should spend that I think you should see Is it worth that value to you Like coconut water Yes Coconut water is valuable to me You can mark it up to what how how much would you pay It depends on where I am Depends on where I am I think the most I would ever spend on coconut water or like say I'm in Hawaii What what does that have to do Because like it depends on the location I think the most I would spend 20 I think the most I would spend on coconut water is \$20 Yeah Like if it came in like a coconut and it had like fruit on the side and a straw What the coconut water is in coconut for free Now she marks it up \$20 They take the water out the coconut put it back in and she's like yeah that'll be \$20.20 percent What do you think the water kept Never mind She's like oh I would love if they like garnished it in a coconut That'd be amazing I pitch That's where the water comes from though I'm just I'm just missing it Like had you had said like oh put it in a Chalice cup Ok You mean a chalice It's it's spelled ch I think it's Chalice Should we ask Alexa It's Presidents Day out for Alexa She's not working she's not doing it It's a chalice right Not a ali that's how you pronounce it She'll listen to Natasha It sounds like you know what's

interesting Sometimes I look at you because we sit so close to each other and I see like a past you and I see like a king like in a in a royal throne Sometimes I also see a man who lives out of a you know I feel like I'm well you're both like my more recent past life was homeless but like BC like one of my past lives in the BC Er for sure 100% 100% So your voice you have such a regal voice That's why I say like get rid of the receipts You let me see your wallet Moment of truth Moment of truth there reach for it reach for it Show show the world are you listening to me these days on your side here on my side he listened That's a clean wallet That's a clean wallet There you go Good job I feel naked without my receipts Yeah you should feel naked feel naked without my receipts Don't feel naked Yeah I'm proud of you Thank you Um Yes I see like your Oh yeah it does Um So so so back to back to you babe back to you back to you Babe value you saw the positive side of this Yes of the shoes of course Because it teaches you if anything that what you ask for you'll get even if it's overpriced Yes 100% If you see the value in it other people see the value in it Now here's my answer right Let's say let's say because like as my attitude goes this is pro probably what would happen I'd walk into that prank I'd look at the shoe and they'd be like they'd say \$625 and I'd go this isn't worth that What how would you know whether it's worth 6 25 or not I'm actually pretty good at like like prices right Things like I can value something pretty well Yeah Yeah Now Michelle's actually been on let's make a deal and met one of his friends a while ago Who didn't you say you worked on Let's make a deal What's this space Oh who's one of my a long like a long time ago I forgot about it What was his name Oh my gosh Hm Who was it Clearly He made an impression on both of us He's your friend Which is hilarious Does he live near you your roommate or No not your roommate I used to be a roommate next door He had a backpack on Let's make a deal Oh yes Yes Yes Yes Yes A good friend of mine who lives close to me Oh my God Ken So good You forget his name And then I remember it Um I remember almost everything This is cute Um can we can we listen to this This is Drake Hu but there's uh a him that can eat His name is Kyle Nerd What does Nerd mean Too smart for school Yeah Do you think if you had a better dad you would be able to read This is my battery bag Do you think if he did a better job with you at home that you'd be able to read Yeah And that's a funny day and also he does a lot of jokes Can you read No I can't Why not Because but there's a him that can read His name is Kyle Nerd Nerd Mean too smart for school Yeah Do you think if you had a better dad you would be able to read This is my better dad He looks at his dad and he goes

this is my better dad Um but like that's him and his dad Look at that hair We're gonna be um interviewing your friends Um who has great hair like that too Right And what's her name with Bounce Curl her her hair looks just like a is there It's incredible Yeah she she uses um certain products to keep that curl bouncy bouncy I'm excited to talk to her about that Um that is next week Let's also look at this This is fun Um This is uh basically a bunch of celebrities We're dramatically reading Taylor Swift lyrics This will be fun Yeah Are you ready for this Pick up the first time saying oh this is it I've had enough cause like we hadn't seen each other in a month Uh When you said you needed space what then you come around and say again baby I miss you and I swear I'm gonna change Trust me Remember how that lasted for a day I say I hate you We break up you call me I love you I want to know where she's heading Are we karaoke right now Oh we called it off again last night But this time I'm telling you I swear to God I'm telling you We are never getting back together We we are never ever ever getting back together The emphasis are ever it's never going to happen You go talk to your friends talk to my friends talk to me but we are never ever getting back together Like remember when we broke up the first time saying oh this is it I've had enough cause like we hadn't seen each other in a month Uh When you said you needed Kate Hudson just took the opportunity to audition for the voice That was awesome That was awesome The cutback from like Brad to Seth Rogan is probably my funniest So I had the I had the pleasure of actually meeting Seth Rogan and watching the movie This is the end with it because I used to sneak into a F I classes and uh I think one of the guys who made the movie with him is a graduate of a F I So they they premiered the movie there Um And he has the exact same laugh in real life that he does like on the it's like the exact same in real life I did it pretty well Actually you do pretty well Um What else What else did I I bring up to share with you today This is show and tell Um by the way if my son ever answered like a Donna did I would cry Oh I'm sure your son would because you you'd be like a great dad I can see you being a great dad Um Wilson and Ramona are wait a are in engaged Congratulations She said something along the lines of she was too busy looking for Prince Charming But when all she needed was a princess Apparently go figure Um surprised it took this long for someone to say um but uh they got engaged Look at that ring Zoom in it is a Tiffany ring and I I the only reason why I know that is because look at how cute this is Oh my gosh I love you know I'm not a big jewelry person but like I mean I just almost like would wanna like just keep it in the box and look at it It's a

beautiful ring Yep Look how cute Um moments before and then look at the box It's all about presentation I mean look at like Tiffany does it so well look at the box and look at that Blazer Rebel You're killing it these days Look at look look she actually recently was told she could not lose weight for a movie Did you know that Really Yeah they wanted her to be still they wanted her to be the like because once Hollywood sees you a certain way they can't unsee you a certain way you know like like don't grow old don't get fat don't lose weight just stay the way you are That's kind of what the job entails I mean it's to not grow old You don't I mean yeah but you don't you don't really have any kids Remember We started the uh we started the whole I mean listen listen for me the gray some people may want to cast me as like a 30 year old But the gray they're like well what are you doing Well yeah you can like get rid of the gray but you can also get rid of your beard If I didn't want to then it's not the right job for you Just like rebel Yeah Well I well I don't yeah I mean like I think continuity is important and like if you want to be cast as something you have to Yeah I agree with you But at the same time how unhealthy is that for somebody That's why that's why there's a lot of issues with Hollywood and entertainment Well we gotta put a stop Well I mean listen I get because like we women they go together they're stigmatic Men go together too I know I mean think that's what I was going to say A ton of men are told gain weight for this role for this role and just do it There's no stigma around it There's no negative connotation to just do it I think men can gain and lose weight much easier than women Not true Yeah 100% true Why do you think that because women just because how their bodies are made they just cannot gain and lose weight as easily as men Is that scientific Yeah that's I'll actually you know what I'll bring in facts tomorrow about that Um you know me in fashion I'm obsessed with fashion This is the Dior Museum in Paris Oh my Kyle Look look at this place Oh my Oh look at the dresses I was thinking of Max Alexander When I saw this this morning I was just like take me there immediately Like this is candy for your eyes If you like just I get the line in Sex in the city where she says um sometimes she bought the uh bought Vogue because it fed her more And I I thought I always thought that was so strange but now like when I'm I'm getting more into it and I see the clothes and I feel the experience it feeds your soul It doesn't feed your body but it feel feeds your brain and your your your creativity and it's just so beautiful That looks amazing I definitely just fact checked the whole weight thing Oh and I'm right No why did you look up Hi Stephanie How are you today Thanks for tuning in How you doing I

like a hi too Thanks Stephanie Um no no no Technically technically it's not correct But like yes women have had a harder time losing weight uh by sheer statistics Like they're just saying like women have a harder time losing it Not but not scientifically I think it's a lifestyle thing as well You know what I mean I think just like naturally on daily activity wise said hi Sorry to interrupt you She's right there I wanna check You said you were waiting on me to look over there weren't you I love you Look over there I'm good I'm good Seth How are you Um Did you know that there's a my big fat Greek wedding number three that got its premier date for September Um we're gonna have we'll pull it up in a second The Porto Carlos family is back get all the details on the upcoming comedy My Big Fat Greek Wedding three is coming in September You ever see My Big Fat Greek wedding Oh no you were correct I was correct Yeah Yeah women have a harder time You have a lower metabolic metabolic rate which means your body uses fewer calories units of energy to fuel normal body functions breathing thinking and circulating blood The leftover calories are are restored as fat that happens more often in women It's true Thank you for high five The show I was I was right like we got that on tape So I will put that on our Instagram It is President's Day Stephanie What are you doing What are you buying Are you buying anything on Amazon today If so let us know what you're purchasing You Me Andy and Natasha are the only four working today That is not true True blood That is not true Hey listen I like it It shows work ethic It does show work ethic It's official We are Kelly and Ryan right now Oh my gosh I've never felt more in alignment in my life This whole thing Wait can we can we can we can we share the information What's gonna happen What's gonna happen Well when those things I don't all the time push this back Oh the flag I here here here here here here here here here we're good We're good We're good Um oh she's not buying anything today Um we uh might be taking over for uh Kelly and Mark when they're done on Uh yes that's a big that's a big right So make sure you follow us on slate TV And you follow us because when Kelly and Mark go off the air we have um we might be up and running for that on uh yeah Michelle it be Michelle and Kyle on ABC Can you imagine how cool that is Stephanie would you watch then Yeah Yeah Yeah It's really exciting I mean well Stephanie um President's Day I know Can you imagine a live studio audience What that would feel like for you I feel great I feel amazing I feel amazing Amazing Um also one of my favorite talk show hosts is Miss Kelly Clarkson Uh Kelly is interviewing um our good friend over here Miss Kaine Zeta Jones and she's talking about she's

talking about how um only way that a couple can work is if they have separate bathrooms I'm 100% into that The only way it works with any I don't know about the only 11 of the one of the ways that it works um is that you have different bathrooms I have to have a different bathroom with then my boyfriend Oh my gosh 100% Yeah Or husband or whatever Boyfriend Gotta have a different bathroom Yeah Gotta have like a whole floor First of all Jones I'm sure has more than enough you know money and resources to just say same bathroom different sinks 100% 100% like the hair You guys just have hair everywhere all the time everywhere Look at this What is this What is that How much do I have How much hair do you have Who whose hair do you think would be like like a man Don't have this hair Oh happy early birth Like I like how you just went like this happy early birthday step When's your birthday Let us know we have the same birthday Oh yeah Are you a Pisces I love Pisces Yes she does You all good Yeah Pretty good Look at me where the president I like the like like the unbuttoned Look for you No no I go What am I miss a a gold March 14th You are Pisces My so my best friend um Adam is March 13th Look at that Speaking of Mr T Happy Black History Month guys we didn't it's still going Yeah you're you you've done a fantastic job for this whatever you you know you Andrea did a great job That one we did we did like Encap Yeah Yeah Yeah it's good Um but Seth we want to know would you watch us on ABC It's important that we know that our friends and family that are watching us here on Amazon will translate over to ABC because that's important for us I'm sure Yeah You sure I can't wait to see them there I can't wait to see our live studio audience In fact I'm sure we could probably get a lot of these guys I am so excited followers You could probably get in the live Happy Bird 43 in March That's awesome 43 What a special number and a special age 43 is a good one That's a good one Yeah I haven't experienced it yet but I'm sure when I do it will be fantastic And I'll let you know how I experienced it I hear your thirties and forties best decades of life I think it just gets better and better at every age and every stage I'd love to believe so No like put it out there into the universe believe so Own it Betty White to me showed that it looks better and better with every well you know who also shows me that J Lo and my buddy she's ageless I don't know how old Kira is She could be like 22 Or she could be like 100 and five whatever she is She is awesome You must have said her name like 70 times You were a girl crush And I was like I have I have a serious girl crush on Kira because it's not romantic Not I'm not into that No offense to anyone who is Um but what I love about Kira unapologetically

herself and when she came for Valentine's Day looks absolutely gorgeous Has nothing to do with looks fy I has everything to do with the embodiment of who she is and she owns it And her Valentine's Day card had her on the card that she had herself on the Valentines Yes I think it was to Andy Studio and she brought candy and chocolate Yeah Love love her I think Playboy might have something to do with it I think Playboy gives you confidence that you you know she shot for Playboy I think she was you know I don't know too much about that Ok I have to do more research into it Ok Shout out to Smart Water Thank you for sponsoring the water today Yeah 100% We had a Monday on our hands here guys What does that mean A Monday on her hands Oh her son's birthday is the day after hers Oh that's amazing Yeah Valentine's Day was last week Did you watch our Valentine's episode And if not make sure you watch it you can see it on Sway TV You can if you follow us you can see the past episodes go to Valentine's Day and the day uh and the day before That's right Yeah And you go to go underscore Day Live on Instagram and underscore Day Live on tiktok Actually Kyle has a video on tiktok that has gotten a lot of views and a lot of likes I sent it to Andy Um if I thought my my uh my messenger was on here because this is not my ipad I gotta get tiktok on here Do we have Tik Tok on here No Do we have tiktok I gotta I gotta look up but Kyle it's so funny Um I'm gonna go to our uh tiktok I'm actually pretty goofy when you get to know me what I'm pretty goofy when I get comfortable You're so goofy when you get comfortable I asked you are you like this when you you know get meet people And you said no but when you get to know people more Yeah Wait what why why you comfortable Well I I really enjoyed the family atmosphere in this studio Got here which is why I'm still here This is why you're still here I think you're telling me to leave you We're a live show We're we're getting it together together together ever forever ever See I just keep going like nothing's even happening That's called professionalism Calling it out is not nonetheless Nonetheless Here we are I'm just wait I'm waiting It's loading it's loading Um Should we play the game Oh wait here we go This is do we have we got to hear the music on this Ready Know what is it happening like me So we have no fun on the set We have no fun It's not a family atmosphere Nobody's happy Oh so fun It's so fun No it's always good to like you always gotta keep it like nice and fresh with your coworkers You know it's like it's a family atmosphere It is a family atmosphere I think when you like uh add up all the hours you probably spend just as much time with your coworkers as you do with like your family I think I spent the most time with you than I have with

any person ever Yeah Especially on camera We've logged like almost 200 hours Oh my gosh How many hours have we logged We have to go out and celebrate because we I think we're at 100 and 50 episodes We're just we're putting it out there that we are Oh wait your son Jacob has ticked off Make sure he's I think you guys are following us on um heard my parents having intimate relations have actually Yes I was 10 years old My dad who is very much like you not I don't know about the sexual part Uh My dad's very much like Kyle and we all had one hotel room and I woke up to uh that's rough hearing things I never want to hear No by the way that's like we were on a road trip I was like what's mom doing What is she Ok No we were on a road trip and my dad my stepmom like there was only one hotel room left on this road trip we had and we all ended up me Brandon and my parents ended up staying in the same room and then they actually tried to pull the trick They were like hey guys wanna go see the beach without us And like at 12 we're like yeah sounds awesome We were like you're not gonna supervise us They're like no my dad and my stepmom they're like no we're not gonna supervise you We can see you from here Have fun Take a cell phone see you soon Yeah And I remember like maybe like eight years later I was like I never forgot that like he just like left me on the beach for like two hours by myself And I'm thinking to myself wait a minute Batman was hornier than sin That's what was going on Now Have I ever heard him found out You know and I think this goes for a lot of those uh you know later or earlier generations apparently morning morning relations are just a thing I woke up and they didn't know I was awake I woke up at like seven on a Saturday I don't know And it's it's oh you look nice Sorry You look so handsome Look Look look how cute he looks today I'm sure you look great as well Very patriotic today Like I look at the look I love can we talk about like the inside of this Like I can I can I shut you Ok Look look at this collar on this guy You see the inside of this looks so cute and like little detail I love I love how you paired the with the pants You look fabulous Thank you Michelle I'm gonna do something about the shoes later But I keep I'm like the guy who like is wearing like sport shorts with the suit because you can't see the bottom So I'm like listen they're not seeing Kyle said he wants what Kyle says He wants to just show up Kyle says he just wants to show up wearing shorts I do You can see you see you see you see my leg Yes Has one word one liners that just shut it all down constantly What did she say last week Oh Scorpio man Yeah that was really I think that was the week before If she starts walking across the set you know it's gonna come in hot for sure Yeah Come in Coming in to

that one Yeah She she wonder Wonder woman Yeah that's what we said
What superhero would you be I don't know you don't really care do you I
wouldn't be a superhero I super super super super Jacob's going to his first
prom April 22nd April April 22nd is actually my high school boyfriend's
birthday She wouldn't know that Listen how long No Does he have a date yet
Did he ask a date date Does he already have a date That's cute If he doesn't
get jake up on the line Me and him will talk about it No it's I I have like a I
have a I do it again Me and him will talk about it I have a thing I have a thing
Did I ever tell you my my my prom date uh dropped me like two days before
the prom Ok so tell your story and then I'll tell my bad luck with proms Do
you wanna go first or second Ok I can tell I can just like I might as well let
you go first so that if you want to go first you just start talking about I'm
talking about um my son Jacob has a friend named Jackie Oh that's very
sweet Wait Jackie is it the girl that Jackie was her best friend Jackie was the
girl who dropped me Rachel dropped me Jackie was her best friend We're all
connected Um So my boyfriend at the time Paul Medina why do you have to
drop people's government names on the shelf Paul Medina Paul Hi hope you
Hope your wife doesn't get mad at this time No she's adorable It was
adorable No Facebook or Instagram You're just curious Actually he he
actually he actually messaged me recently and was like so proud of all that
all that you've done Um keep up the good work Um know about that Huh It's
a message That's the issue here The issue She drops the government Boom
Phil Medina Done Ok Now anybody from six degrees of separation can hear
Phil Medina Then here's what Paul you see Why do you have to I was gonna
I was how does your wife know about that First of all it was a harmless
medina We could have ran with that She corrected it again and goes no it's
Paul It was it was a it was a harmless message wasn't like it wasn't like he
was like hey you want to go out It was like hey good congratulations on all
the good work that you're doing a message And I just said thank you so
much Um congratulations on your baby girl and all that great stuff Oh
getting back to having my parents my parents I thought we were talking
about the prom Michelle You and Kyle should come to um Ohio to meet my
son Jacob Oh you should come to Los Angeles and you can be in the studio
audience That's really sweet step Not to get dark But uh there is a dark cloud
over Ohio literally right now The weather the weather No no no there's a
there was a train crash in Ohio and it's actually affecting Oh Right Right
Right Right Yes So I hope you guys are out there in Ohio you're being safe
uh if there's anything you know good day lock and do let us know Absolutely

Absolutely And uh so anyway uh she was in love Rachel was in love with my best friend Right And then they broke up and then I had a crush on someone who had a date and Rachel is still like so I was like oh whatever we'll just go together Right Uh So we made the the friend agreement to go together and then my mom was like that's dumb that's dumb Her and Mike are going to get back together I said mom you don't know what you're talking about Rachel is a good friend of mine He'll be fine Yeah 48 hours beforehand I get a text long text you know I love you I would do anything for you but like it's only right me and Mike got back together and you know I I hope you'll be ok And I was like I was like you know what That's my fault that's my fault for sure because I like I shouldn't have gone like with a like just made a lackadaisical decision to go with a friend because I didn't feel like choosing a date but it all worked out It all worked out because then I ended up asking a girl that was in college I'm in high school Mind you I had a crush on her She was a year older than me and I still had her number I texted her I was like would you want to go to a prom She I had a college girl go to my senior prom with me right And nonetheless a girl I had a crush on right So it worked out but I had bad luck with proms because my junior prom the barber messed up my hairline and so I had to go he shaved my head so that my hair line right here See how it like it comes like right here he pushed it So they went behind my ear So this is like bald like right here It just looked really strange because I had a lot of hair back then like like like grown fro hair and it was just pushed all the way back behind my ear and everyone's looking at me like how you I I had to I had to see myself on the camera So well I'll tell I'll tell my story after these messages We'll be right back after this Yes we have messages too Oh hello is gonna take over the show for a second You guys you guys click back to her How you doing How are we doing Good day live Keyword live live live The studio flesh you head out I'll handle it from here You can hand it from here Yeah Yeah You good I'm gonna do I'm a place I never have I ever by myself by yourself OK Are you heading out You I I'm waiting for you to get like a single camera shot I am No way Yeah Super professional poor Paul Medina Yes I said no not yet broken something in a store and walked away 1 billion Has everyone's done this I feel way less guilty than that That was definitely stuck in my brain for a little while You shot talking I walk the car wash people Find my Wow I'm gonna stop there because this is a PG 13 show That's insane That's crazy Ok Yeah Ok Just read this read this No Never never have I ever been a booty call You 100% have been a booty call Maybe you were you didn't know it but

everyone has been a booty call Oh we should get your son out to Los Angeles That'd be great 0 100% 100% There's a lot of train in Ohio Michelle You and Kyle should come to Ketterling Ok Ok Ok It's a high of 65 and rain in Ohio Did you know that No you poor thing You poor thing I pull a card I'm gonna pull a card brought along Some airplane liquor bottles just in case to what I don't know brought along some airplane liquor bottles So what what would I bring an airplane liquor bottle to don't know Burning man I'll bring it to party man I'll bring it to Coachella concerts What something formal I would try to sneak an alcoholic This makes me sound like an alcoholic It yeah Cool Michelle's Michelle's checked out right now Yeah I'm totally checked out had relations on the hood of a car So here is our Jari unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go we have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works That car vacuum Awesome Very cool And we could even take a look at it Tam used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on with a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Yeah we got it So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally

plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So welcome back Welcome back Uh This is good day live and you just have me right now I'm playing a little never have I ever right now and I think we have a surprise guest coming on Let's just stay tight for that as well But I'm pretty excited about it So stay tuned We're having a good day It's Monday Hope everyone's doing well It is President's Day Shout out to my presidents Who's your favorite President is actually a good question Uh favorite President Andy Who's your favorite president Exactly I'm waiting for that I need like a FDR safe safe bet Teddy safe bet I love it Uh mine would have to be everyone's thinking I'm gonna say Obama 100% Everyone in their head already Like he he's gonna say Obama 100% Um but that's not it That's not it I gotta say Clinton He was just he was just uh more it was like a it was like a soap I'm trying But you guys are right there It's like they they love when I'm interacting They when I did you did you did you really Let's talk about that It's President's Day So let's do it There we go Because I love you My producers are screaming at me right now because I talk to people behind the camera I'm talking to the people Natasha is very mad at me as well I'm sorry I apologize I apologize Um so we were playing never have I ever I'm gonna do one more I know we're gonna cut the commercial Let's get let's get all my friends back on I think we have a surprise guest coming in as well Never have I ever run on a frozen lake I have not because that would be suicidal Ok great Can we uh two Are we We're gonna go to commercial Kyle Don't don't worry Stephanie Michelle's coming back No one panic Ok Michelle is coming back All right Let's cut the commercial She'll be right back I'll see you in a minute So here is our Jari Unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the

ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit and uh we are gonna take a look at the this works what's this This works That car vacuum Awesome Very cool And we could even take a look at it Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on It's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home You've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there

this all in the name of ok there we go So the little light is on and we have the did you see that Ok Turn it on let's turn on the light so you guys can see Welcome Welcome back to Good Day live on Silo TV I'm Michelle Mira Thank you so much for tuning in We have an incredible guest with us Mr Bruce Cardenas He is incredible a speaker an entrepreneur a brand builder He's done so much and I'm so excited to welcome him to our program Welcome Bruce Thank you so much I need that intro every morning when I wake up Well what we'll do is I'll record it and when you start your morning you'll be like I'm the best I'm this I'm that Bruce is so funny Um So if you guys have been watching I ran to the bathroom real quick because it is a live show and I'm very open and honest and I came out and Bruce was like you just come back from France and I was like boom jerk How are you today Yeah I just dropped in and and just decided to say hello and President's Day and I love your hat that says driven Um Can we talk about like your drive Like you've done so much in such a short span of time Um You were a body guard for some major celebrities I don't know if we're allowed to say any of them Um But how did you you're from New Jersey originally right A dumb middle class kid from New Jersey Yeah No you're well you know there's six degrees of separation in New Jersey Everyone There's so many names Do you mention any artist or a musician or or actor There's some connection to New Jersey and that's not that's not no life What part of New Jersey are you from What what's your exit on the turn bike I was inland in a very rural area called Someville New Jersey But you know some Jersey knows Jersey Yeah Yeah From the Jersey shore then we kind of distance for a little bit I was I was in Belmar I was in Belmar in North Edison Yeah Yeah Um Jersey shore I Kyle likes to say you guys like to pump your fist not your gas It's true It's true I was just like oh so you're a kid in New Jersey And what were you doing as a kid in New Jersey What life was New Jersey Honestly I thought that was you know when you're growing up something that was the entire world always had aspirations and boyhood dreams about being a police officer I was an athlete in high school but I'll fast forward when I was uh wanting to become a police officer I talked to the local police chief There was maybe a six person department I said I graduated high school They all knew me I was you know small town literally 2000 people And he said listen Bruce you're in his own kind words You're young you're immature You're not ready for this But if you go in the Marine Corps we'll hire you to get out Thank you very much I grabbed my best friend Jim Jim Lewandowski and said we need to go on the Marine Corps You're not doing anything with your

life man And I'm not and we went in the Marine Corps and then I realized there's a big world out there What about New Jersey What There's a great world out here and the rest is history Traveled The world was out of security detail for the General of the Marine Corps at the time traveled probably went to 40 countries did cool things with a power lifting team And there was a career day in San Diego when I was in there for we were only there for a weekend for a Marine Corps thing and this this career day and you know IBM and different companies are there and the and the CHP and I'm like beautiful weather beautiful people You get paid to be here So I joined a PD I became a police officer here in that We were uh he walked in and he popped in and Bruce is a great friend of us of ours And uh he popped in We were like it's President's Day He was like oh I've I've known a couple of presidents We were like what you got to get on and you mentioned your favorite president Your president I don't even know this Well my man Clinton I mean he's he's the uh he's the goat you know he was like a soap opera watching this guy So I mean that's that's why it's not anything political Yeah it's um I I don't know if I had a favorite but I I met him twice and I won't bore you too many stories But but during Police Week which is a big deal in May Mariah Carey used to be a client under music and we moved down there two years in a row and she performed in front of on the on the green on the green lawn in front of the Capitol and and Bill Clinton was president both years And that was a pretty intimate setting and then we went back to the White House And so yeah that's awesome That's awesome What was he like He he is a smooth operator I got no he's he's a speaker speaker I gotta tell you something He makes you feel I mean I'm not saying when I've met a lot of people I met several presidents when he shakes your hand and he looks at you You think he knows me and some people have that thing He made you feel like I've met you before Thanks for joining me He's like a guy's guy's guy but even women and men but he will make you feel like it will make you feel like and it's it does a I've only met a handful of people in life that do that and think about all the thousands of people he touches a day to keep that consistently up You must be exhausted at the end of the day You gotta be right Yeah When I've watched him speak I've met him at some other things with the Clinton Foundation He's always the same but now he's kind of cool What about being in the uh being a police officer Wasn't something to you as a little guy Like what was it about being a police officer You said that when you were younger that you wanted to be was a police officer My neighbor was a state trooper It was just something I always admired and you know my

dream came true I mean one of the largest and best police departments in the world and I I paved my own way I mean listen one thing I tell you that there's there's some bad press on police as with every career But I learned that there's no black and white life is gray You have to live in the gray area There's a spirit of law and people understand that there's a leather law and sometimes you have to work around that And I I would always tell my partners sometimes we're a little like more by the letter law everyone a paycheck away from a crisis Right So we stop someone has a suspended license Maybe there's a story there and I like compassionate about what I did because I did it I want to change people's lives I mean listen truly there's bad people and there's people who are just on the border of life getting screwed up or I have to I have to help those people I have real questions here I have real questions Well number one where did you get that term spirit of law from I never heard that but that's such a great way of explaining one of my early So I'll be honest with you My first training officer was a Vietnam vet hardcore guy I got in the car with him and he said Cardenas drew a picture of a face big eyes big ears and no mouth He goes that you just keep your mouth shut Yes sir But he was hard core and he wasn't the kindest person rough rough And I remember a tenant one day pulled me aside and said I know you're working with you know so and so he's a hardcore dude He goes he's gonna either bring you down a path of maybe not where you wanna go And he's the one that he's live in the spirit of the law Everyone has a story be kind to them until they have a reason not to be you know and I really that was early on and I learned that like cops could be rough and talk talk and you know I said listen I said so I learned that and that's how I can for the rest of the time I conducted myself that way Extremely beneficial How would how many uh I don't I wanna like put on LAPD because we need police officers But like how much would you say that belief of yours wasn't the rest of your department Great question I think a small percentage I would say 20% 20% Yeah I think some people you know listen like every organization you graduate here here's what they taught you and here's what you enforce right And you need almost a mentor to say hey that's great That's the law But hey everyone struggles And I tell people this to this day I worked all areas down in the hood and I tell you the right right now the kindest people were the people that were in the ghetto The families that when it was on a weekend and say stop by we're having a street barbecue the same streets that were gang members were living but the families were like so kind That seems to be a very big issue in the country itself because the loving people and the

hateful people are very living are in proximity They don't think it's in Brentwood Brentwood people aren't saying hey come on down have a barbecue but it's more of the people that are in the hood That probably can't even afford to feed You are doing a holiday spread that the police and fire That's right And a lot of people don't know that It's interesting It doesn't make the news because that's important Yeah Yeah that's a great that's a great statement Speaking of food we have someone in our chat who Miss Miss is it uh Gillette's Miss Michelle Gillette Bruce How much protein should we be eating every day And what's your favorite uh source slash snack And do you have any tattoos Do you have any tattoos I feel I have a couple of seven tattoos One's visible Um We can talk about the rest I I tell you So we're switching gear to nutrition because that is a little bit of my background The average person and no one I I would say nine out of 10 people do not accomplish this 1 g of protein for body weight So you weigh £100 You'd be getting 100 g of protein Think about that That's a lot That's a lot of now I I drink like three or four protein shakes a day to cook it but I like fish chicken Not a big beef person anymore because it raised my iron a little bit but most people don't get enough protein and that's just the stain hair nails muscles skin what's the type of protein you drink Um very you know listen I was one of the original quest nutrition guys So so we I I like their protein but pure I'm not really loyal to any protein drink brands We did have a good topic now because I I do want to segue into your branding You you've had like such a pro profound life that uh I I don't even know how branding fit into it but how did you get there How can we can we can we go back a step Is that ok I like love this question Can we go back Like how did you go from being in the LAPD to like being surrounded by all these celebrities and then going into No Yeah Oh sorry I didn't have any today Bruce This is what happened That's important because no that's a good segue So while I was a cop I wanted to make extra money and I was working for a retired Beverly Hills cop doing security work bodyguard work and he had some high end clients and I did it for about a year with him and I learned all the ropes I said this is not hard So I went and got my own license my own insurance And what I found early on even when I was in the Marine Corps in LA I was a relationship guy just like keep treating treating people kindly I I figured I was apr guy and I I didn't go to school for it just kind of came naturally So when I started building a bodyguard business I just started picking up clients I know friends of mine would refer me but I picked up all of Sony music At one period of time I was doing all the artists from Ricky Martin to Shakira to

Mariah's Um But with that said um and I know you had a question about the protein while I was doing the bodyguard business while I was doing the bodyguard business I serendipitously met the founder of Quest Nutrition because she goes by Quest Creator If you want to check her out Shannon Penna met her at the gym small talk chatting up one you know one day she gave me a protein bar quest nutrition We only had two flavors at the time They were about six months old tried the bar and I saw the next week and said those bars are amazing Hey if you have some extra bars I'm doing a security You get the Rivera country club for some celebrities I could get them in the in the gift bags Now by the way I don't even know how I even said that they just came out of my mouth I'm doing security work but I'll get it My friends doing the publicity got in the players' bags I was smart I don't know if you know how this came because I had a black bear at the time I took some content Two of my friends acquaintances where they're doing youtube videos I say hey do me a favor Can you interview some people eating the bars I'm I'm just a brand manager before you were a brand brand manager before it was popular So I made up the entire I told my friend I said excuse me publicity I you know I got you I got some she I I don't remember Maybe Mara Lopez was there some different people Yeah Get him to talk about the bars on camera I got all that content and then send it to them And they were like holy wait wait are we are you a marketing company No I said I'm just a dumb guy who's getting product and then you you not a dumb guy from I say this while I had my own career I started helping in relationships So I for nine months I was basically an unpaid intern helping All of a sudden I got on a set of extra because that was my accounts Simpson is getting in So what I was doing is I'm protecting her But hey by the way these are this is a company our friends my friends own great And it went from that to nine months later I was a full time employee And then a few years later I was a chief communications officer and we sold for a billion dollars I was I was a cog in the wheel I say I was one small part of the success But it all for me it was all relationship from day one to the last day until now I like the cog in the wheel uh analogy because it's you need each cog Let me tell you people I I'm not a I watch people have had success with saying I built a billion dollar brand Hell you did What about all the kids and the janitors And the so I always get kind of twisted about that because to me I was just one person I was one spoke Do you think you uh that camaraderie that team that collaborator spirit comes from the Marines I think it started there And even in LAPD you know I played football I I I've always been about like a team

culture that we you know and I was I mean listen that's one thing I really pride myself and you know like Tom Brady he never says I we did this we did that The guys got me to the finish line Those are true leaders And that's why I kind of like to inspire people to be more It's not about us It's about the team You know you're the epitome of a difference between a boss and a leader Yeah I love that so much and that's how it all tied together I love that I love that so much And by the way you wanna get a protein bar I love that and you wanna get we sold for a billion dollars which a lot of people got to know me because I was I'm not saying it's the best looking face but I became the face of you know I I was out there and people are like oh you're one of the founders So I kind of built a reputation of being that guy in the nutrition space and it's just evolved now now I help out you know four or five other brands and it's amazing I I actually did um a talk over at the L A Fit Expo and I know that you were there and um I was interviewing Stephen Benedict um along with our other friends um who I'm blanking I don't know why I'm blanking Why am I blanking She's a runner Yeah Yeah Her dad was there too They were doing a talk Um I'm it was uh for um what's his name No why am I blinking She's great Um runners They're both runners Um Stephen Benedict he's amazing and um his uh his good friend she was on our show I feel horrible for even we're gonna remember it by Um we have a lot of guests but um I came over to say hi to you and you were just like talking to everyone and like it's just so fun to see you in your element When did speaking become a thing for you Because you have such a as as Kyle said uh like extensive career and like taking care of people and like you know feeding them now with nutrition Now you're feeding people with your spoken word Where where did that come from Um So I was including driven which is put on by a friend of mine Albert but I would go to these they invite me to the events to bring product So I'm feeding everyone and I'd listen to speakers from Andy Priscilla and and and cool and these names and and they had inspiring stories and what I found is when I would tell people my story just in I have lunch with somebody They so how come you're not talking about this in public I go what does talk about You got like seven chapters Some of these guys are up there speaking getting \$50,000 a speech and they have like one chapter Now my biggest challenge is is fear and anxiety and self doubt And I say this publicly now and that's part of my speech My biggest fear is self doubt and I've waited this long So I have a coach and we all know Jake Jake Jake So he's helped me formulate the plan He's helped me practice But honestly uh and I'm and I'm doing some gigs now but and and

and he's actually uh my good friend Bedri is gonna spend a day with me because I'm seeing these people that are doing coaching and I feel like well if I could help one person and get a career going and I have a couple of stories where I've helped people just for free I figure why not coaching people and help help get them get them on the path right So speaking is still a struggle here Like but but but like I like right now I'm very comfortable and I feel like ok as long as you don't multiply the numbers too many people in front of the right Like we grow right We have a skill of really just making you comfortable forget about the cameras forget about the Well that's what I that's what I said to Bruce before we went live I was like just pretend like they're not here But um I think it's good to acknowledge the fact that we are live and there are people watching and and your story is inspired somebody who's you know who might replay it or not you know I think I want I think that's like the next chapter is I really want to speak and coach and see where that goes Yeah you have a good voice you have a good presence So it's gonna work out for you But yeah we we could tell when you walked in like we got to get this guy on the he's like no no no And and I say this even I spoke a couple of times I mean what I really say is because I didn't meet the folks till I was 46 and a lot of people are their trajectory is already figured out right They're either most people I think that's the expectation but I don't think many people really are But what I'm saying is so I started a brand new you know story at 46 and um and and a book is in the future Not because I like not not from it more from AAA serving the public kind of view because I think people write books sometimes saying what what is the purpose is I think I have stories to tell And I always say this and I I say this very humbly If I was a I average C and D in high school I had no I was the class clown I was the one that embarrassed myself and the teachers schooled me I didn't learn until I went in the Marine Corps when one of my bosses said hey besides working out why don't you go to college a night with me And I go that's an option like a pepper you know my degree when I was in the Marine Corps in another country But I value then I was like no I have a piece of dump tangible and I'm actually not the dumb kid from New Jersey but I will say this if I could do it being a middle class kid with D averages in New Jersey Anyone could do it That's how I look at life Yeah Absolutely I believe also that like and I asked when you were a little guy meaning Children when we are Children I think we know what we naturally gravitate towards and where our true passion lies Like because you knew at a very young age that you wanted to be in the service like you wanted to be a police

officer I knew at a very young age that I wanted to get into communications and have my own talk show When I was seven years old I had my own little talk show but I was terrible in school because I wasn't my my true passions were not in putting my head in books And so like I was told at a very young age that I was a terrible learner and I was not very good and I worked so hard to like get rid of that stigma of like that I wasn't And I was told that I was a terrible writer I just won an award for best writer for uh uh a scripted series recently So like that's just you know it's so funny how people teachers can tell us one thing But like if we really listen to our internal gps which it sounds like you have done that Um Then the sky is the limit and you can inspire so many people And it's it's such a good feeling for me because I really was a below average student I am friends now with some of my teachers on social media Facebook and it's so cool because I'll get messages from you and say wow you've really in your own kind way Like you've accomplished so much in your life like we're proud of you And I I really think they thought a local kids are gonna go nowhere but it's kind of a cool feeling Show you you never know it It's your fate is kind of in your hands Did you always have that feeling Yeah You know No I don't think I did I think my parents went into I was one of five kids I was in the middle There was no there was no conversation of college with me but yet the other ones yeah It's funny I didn't think about it like that when I was a kid But as I got older I thought you know wait a second Why are you in college to me I think because they love me to death But they said he's just gonna be a blue collar guy He'll be a cop or he'll be a construction worker And I think I was ok But I really didn't realize that till years later I said wait a second But some people are victims of systems that people think they should be in So what do you think is in you innately that separates you from like following someone else's trajectory for you Um I I don't know I think my work my my father did install a great work ethic and that that's one thing And so whatever I do I really like to work hard at it and multiple like a lot of my friends you know it's it's interesting Dating is a challenge because because I hey you wanna go on date Well it seems like you I look at your social media you're going seven days a week Well you could join that journey or you just sit on the couch all week But so it's interesting I am one of those people like I do a lot of cool stuff and fun stuff and I'm happy you know if I'm d I want them to come with me But sometimes people are like well you're you're too busy but I'm busy as I wanna be I love that I just I just had a title for you I'm gonna share it with you Don't steal it No I'm kidding A local kid that went everywhere Like yeah

a local kid that went everywhere Um Yeah Yeah we're gonna write that down
A local kid that went My first book is gonna be My Quest That's great The
Quest of Journey a local kid that went everywhere Um And I do think like
it's very fascinating how you just you know you just you come from a wee
mentality and I think when we operate and you have a coach and I'm sure he
talks about this all the time Like when we when we operate from it's just a
we you move faster you can accomplish more instead of just me Because
when I took myself out of uh so I always wanted to be an actress Um and
I've had the privilege to be an actress but I started feeling so down about
acting because it was just very so very solo journey for myself And then I
started thinking like what could I do to like inspire more people and bring
more people together So I wrote a series and I started thinking like bigger
picture Like I want to give other people the capacity to pursue their dreams
And I started going from a we instead of a me and things started to move
super super fast and that's how I met Kyle Trueblood incredible actor Um not
saying that acting is a solo journey but for me was um and uh I met like 22
people and and then that's how I came here and got to meet Andy Yeah it's
amazing Yeah there's a few things I practice one of them and and just my
parents didn't teach me this But you ever heard the term don't don't come
empty handed like to grandma's house with wine I don't go anywhere I
brought you guys bought the bag So I done that early on and and and I
always tell my friends because I go to a party you don't have to bring a bottle
I just bring something I mean you could go to a party I always bring product
everywhere I go And I always give with no expectation to return If you have
an expectation that's where it gets dicing people get offended Listen I bring
product to people and that's it if they if they reciprocate if they talk about it
great But there's no expectation and that's where people have a hard time
Like speaking of no expectations we had we had no expectations of you even
coming on the show today I I've reached out to you check these out So if
you've had a Cinnabon I'm gonna sum it up a Cinnabon or a or a pop Let me
if you grew up in America you had a pop tart Imagine a pop tart with 20 g of
protein gluten free grams of protein That's awesome That's very very cool
And 15 seconds in a microwave will change your life That's a mic That's
pretty epic in the mic What inspired you to make legendary Well I I didn't
I'm one of the team I mean obviously the founder of Quest rolled that over
and we started this OK Yeah And we're always gonna stay within the food
theme of high protein low carb gluten free And we have some cool things
coming out that I love that And I always tell people if you picture the Super

you go to the Super Bowl party right Oros and Doritos and pizzas there's gonna be then a table next to it with the healthy options that are gonna be just as tasty That's so fun Yeah because there's so many people that like that that need to get protein in that maybe struggle like eating like the proper amount of calories and food And I know like especially uh when my mom was like really sick like we were going for like something like this Like I wanted to get more protein in her and I was like and she was she had a low appetite So something like this is really great too for those that are having trouble like eating food There's zero sugar in this also I love that I tell you this and the names are nameless We've sent this to some presidents and presidential candidates and I've gotten letters back from people saying that they're joining So it's kind of cool That's cool Especially on President's Day too right Super bowl parties And you're and you're having a couple of drinks and then it's time for some protein and all they have is chips and salsa and you're like this isn't gonna fill me up You'll be you're probably going for all until the afternoon for sure That's awesome So what's next for Bruce You're writing a book the books speaking Uh I like doing a podcast I'm I'm doing more of those Uh I think they're they're fun and form of educational I like to learn and listen Where can we hear your podcast Uh Where can we hear them I am on the website now Yeah Bruce E Cardin dot com Make sure Right And I'm on Instagram Yeah Shout out to Jake Jake Everything everything goes back to Jake I'm Instagram I'm Bruce Eina So you know I actually saw your are we getting played off Really Bruce You're gonna have to come back We played off Oh Man Bruce I'm so happy you finally kicked on the show Thank you We like met months months ago and I I've been like you know politely harassing you to come up on the show Um I want to walk on the street Yeah Yeah we're gonna do that He doesn't do it but he'll do it I'm sure this time right Listen Um If you wanna check out Bruce and um the stuff that he's doing make sure you go to his website at Bruce E card dot com Um Bruce it was a legendary treat to have you on the show Um Wherever you are Thank you to our audience that was watching today Make sure you stay tuned We got some big news coming up as we keep moving the show forward wherever you are I hope you find the good in your day Spread it to whomever you may and stay driven and inspired like our good friend Bruce and we'll see you guys tomorrow Have a great rest of your day Three He does that He does that to us when we're going to play it off I'm like does it really was it really that fast It's kind of a kind of long