

## LA Unscripted | July 20th, 2022

From hot spots to hidden gems This is your guide to all things local The L A unscripted way from Fly High in Altadena When you stop whether you want to partake in park or or on a quest to conquer a course adrenaline junkies and survivors and training flip for this 7000 square foot adventure park Hi everyone I'm and let's jump right in to night Family Fly high is an adventure park It's a trampoline park It's a soft play We hold birthday parties We have summer camps that come We have schools that come and they typically hold out the whole facility slide high is located at 737 East Altadena Drive in Altadena California We are 7000 square feet So this is different from a normal trampoline park because we do have our ninja course We have our wipe out and we have our zip line as well And then if you go across on the other side we have our soft play which is three levels four slides we have a a tube slide and then the regular ones we have two ball pits kids do learn how to start doing flips on the trampoline So for them I think they learn how to just jump and control their body and their knees and their backs and things like that And we do have a lot of kids who start to learn how to flip and even our wipe out that's really high and the hand eye coordinations of it coming whether they duck or go up Why do parents love this kind of play for their kids I think as a mother myself I think it just that gives time to just be free and play and not have any worries And the parents get to come in here and enjoy the ac they also get the wi fi We have a lot of parents who come and work while their kids play as well and kids meet other kids here and you have a special night for special needs kids Right We have Friday mornings is dedicated for autism Kids from 10 to 12 They come in for \$10 and the caretaker is free If you're coming to fly high we do have daily deals Always check our website but a normal day is \$18 for kids four and up for one hour and for kids three and under it's \$10 We do have two hours The membership is gonna be the best thing It's only \$49 for the month and you can come whenever you want You can stay here for three hours If you like the kids love it Here it wears them out They get exhausted and my assumption is they go home and go to sleep A lot of parents do say that Now I am jumping for joy because look who is here to go off script with us Survivor season 42 final three cast member Romeo Escobar I'm so happy to have you Dana Don't forget I'm also a pageant coach a talent booker a publicist a three time Emmy Award winner and a producer and a real slacker I might add Just kidding Romeo Survivor is such an iconic show that has

been on the air for over two decades So drop some unscripted T us How did you get cast as a castaway And is toilet paper really banned Well here's the thing I'm a super fan of Survivor I've been watching since I was 14 years old and I always knew I would get on I just didn't know at what point in my life I would get on So the fact that I made it all the way was a dream come true And as far as the toilet paper is concerned let's just leave some stuff up for the imagination We got nothing It's 1000% real there So we are enticing you with toilet paper because we actually have toilet paper But the question is are you up for more unscripted challenges And will you please stay with us Well the tribe might have spoken out there but I'm ready for this challenge Double D well I know you've got some tricks but I just want you to know I'm kind of like a trampoline pro a local trickster recently dared to train me So consider this year warning that I'm a survivor in my own Right I'm a survivor and another word because my knowledge and skill from tumbling and parkour really helped me transition into a tramp So the tricks that we do here should not be attempted at at home with your own backyard trampolines My name's Gary Myers Dana I dare you to try the tramp walk The junk tr community is a group of guys just having a good time progressing in the sport and filming fun exciting videos The couple to a few seconds of air time between when you take off from the wall to when you land on the trampoline That weightlessness the air time It's the closest thing anyone can get to flying without having to jump out of an airplane with a parachute attached to them I wouldn't know how to define it but it's a circus art mainly I started at a gym a free running gym with my kids I have one son who's disabled so he loved it There was a point where they changed the age restrictions so the kids couldn't come with the adults anymore So our only alternative was to build our own I got donated scaffolding I got cheap plywood It was just me cobbling it together to see if it would work And I called it junk tramp I never expected it to become what it is Ok What am I learning here I'm so excited So we're just gonna go over a couple couple of minor techniques to get you comfortable with bouncing from your back and you know um maintaining a good body position Try to keep yeah your hips and your back all in one straight line Feel the trampoline with this timing is a lot of it cause you wanna be able to load your your knees in and kick out with the bed I mean you make it look so easy Yeah it was cool from tr tricks to skydiving skills Now our Olivia de Bartoli takes a leap with the US Navy's elite parachute team This is the greatest day ever I'm jumping out of a plane but not just any plane I'm jumping out of a plane with the Navy and the leap frogs like they

do the air shows going to land on the beach with this guy Nick Let's go Drop Parachuting is one of the most exciting things we do In my opinion it's hard to find something that we do that's not exciting but falling to the earth at 100 and 21 MPH is pretty cool So we're uh the US Navy's official parachute demonstration team Our mission is to travel around the country demonstrating naval excellence at different events and uh doing different outreach events just to spread the word of naval special warfare and navy recruiting So we have an important mission It's naval special warfare What we do is just exhibit a small taste of of what one of our capabilities just to sort of pique public interest and and let people know some of the exciting things that are that are available in their careers in the Navy and Navy Special War So I decided to join the Navy in the first place because I'm I'm an immigrant first generation And so for me it was a point of service I really wanted to pay my proverbial dues and and earn my keep in this in this great land that's taking care of me and then you're gonna put this on just like a backpack the you know I'm steady blazing I feel good That was crazy That was so fun It's like such an adrenaline rush The best part is the initial fall out of the plane because it's like the biggest shock and then just soaring above the city especially above the ocean we landed on the beach Huntington Beach which is kind of crazy Tell me the significance of us landing on this beach You guys are the first ever tandem passengers to land on this beach It's gotta feel pretty cool And we're the you know first jump team or jumpers to to do a tandem on So pretty pretty cool So if anyone's interested in learning more about our team I encourage people to check us out on Instagram at Navy parachute team or Navy League frogs dot com Oh my God You guys I can't even find right Ok But my challenge to all of you stick around coming up more Survivor Secrets and local winning spots when a scripted from Fly High Adventure Park in Alta is back in just a minute We're having a ball You guys let's go Welcome back to L A in scripted from Fly High out to the Adventure Park I'm de and this place is jumping you guys and look who's up for today's L A you challenge Survivor season 42 fan favorite final three Romeo Escobar Ro were so happy to have you Ok So I want to ask you have you always been an adrenaline junkie No I hate the outdoor I hate bugs I hate sweating I take three showers a day So no to answer your question No but I'm up for the challenge You sure were And speaking of challenges what was the most challenging challenge on Survivor being cold I hate being rained on I was shivering the whole time but I pushed through You sure did All right But but can you avoid a wipe out Let's go All right Start the machine Oh

yeah Yeah No Oh wow You are scrappy No wonder the fans loved you on that show And now admirers from all over can call out Oh Romeo Romeo Where for art Romeo Will you answer Of course any type of message for some money Of course I usually get at least three cameos a day I'm actually the most requested Survivor from my season on cameo Hey Trina guess who It's Romeo from Survivor season 42 So cameo is a video service where fans get to connect with their favorite celebrities and reality stars get them to record all sorts of cool messages for them for their birthdays anniversaries or just random messages to their friends Let's get to the real reason why we're doing this You still owe him \$5 Trina pay the man pay Andrew his \$5 So one thing I didn't expect from playing Survivor was that I would have so many fans from not only the US but around the world reaching out to me telling me how they feel seen represented because not only was I playing for myself but I was playing for an entire community the Latino community the immigrant community the L A community the LGBT Q plus community And that to me means so much more than a million dollars That's why So going out there you would think I'm probably the least equipped person to play Survivor because I hate the outdoors I've never been camping I hate bugs I hate being out in the sun I take three showers a day So I was definitely surprised that I wasn't not only not voted out first in Survivor I made it all the way to the final three So when you're watching at home you can never really prepare yourself for what it's really like to be out there on Survivor You're really starving They give you absolutely nothing And when you're watching from the couch you're like oh I could do that That looks simple Not when you're starving not when you're sleeping out in the dirt in the cold and people are backstabbing each other It was totally much harder than I ever expected It would be thank you so much for your support And once again Happy Birthday I don't think I'm a celebrity but I guess you know people connected seeing me on reality TV So it's fun also to connect with your fans and fulfill all the requests and shoot all sorts of videos for them So I'm having fun with it Your daughter Morgan tells me that you have a birthday coming up So I hope you have an amazing one You totally deserve it But if you want a cameo from Romeo Escobar \$30 that that's what it will cost you And you can find me on cameo on cameo dot com Romeo Escobar So let's take a break while I make Romeo recorded cameo for my kids scripted special Survivor challenge from Fly High Al will be right back Ok You guys who is that for an unscripted fly high challenge with a Survivor twist So after season 42 of Survivor I think I could do anything What do you have for me Double

D two words ninja and course Ok Guess first let's go Seven seconds Double D Do you think you could be As a matter of fact I don't All right Let's go Bye Yes Oh cool Because higher numbers win But but I so this was child's play But do you know I actually conquered well maybe not conquered but tried a real ninja course Hey everybody Tony Horton here fitness guru and Dana I dare you to participate in the Tony Horton Ninja challenge When most people see you they think of you from P 90 X I was with Beachbody for 20 years and it was a phenomenal run and I was a young trainer in L A driving all over the city training celebrities like Bruce Springsteen and Tom Petty and Billy Idol I got really sick in 2017 So I ended up with something called Ramsay Hunt Syndrome I also had leaky gut Ramsay Hunt syndrome is shingles in my brain I had Bell's palsy I was incredibly dizzy very nauseous lost my appetite couldn't work out couldn't drive I mean it was really really difficult I lost £25 from that illness And I talked to a lot of the doctors who said Hey you know this is something you're gonna have to deal with And a lot of people who end up with Ramsey Hunter are disabled to some degree become recluse I'm gonna use nutrition and I'm gonna use meditation I'm going to do whatever I can to combat this thing I was very fortunate The timing was just right that I could meet with the parent company of Power Life to say here's what I'm suffering from What kind of ingredients do I need in these various supplements to sort of help combat this stuff and bring me back around So the supplements were one of four different things food fitness mindfulness and supplementation That is the essence of the power of four What is the key to work out success A purpose plan and accountability Your purpose really needs to be about the quality of your life I'm 63 years old and I feel like I'm stronger and fitter It's really about quality of life That's purpose You know you don't need a phd you don't need it You know you don't need to be a nutritionist or a fitness trainer All you have to do is move and when you move these chemicals get inside of your noggin and you know you're not going to lose a bunch of weight in a day but you're gonna feel better This is the accountability part I create this playground and I invite people here I love lifting weights and doing cardio But the next level for me to keep me young is to act like a kid and fly through the air Oh my God I thought they were kidding When they said you had a ninja course in your backyard Everybody I know you put this up because you heard I was coming No I know you did You're not a whiner You're an attacker No I'm a whiner So we're gonna start with ninja 101 We're gonna do the monkey bars Now I'm gonna jump up I'm gonna go a little left

I'm gonna come back come down 123 Go and yes and yes and go back and down dismounts on dismount So you killed that I think I did that seriously That's really really hard to do right But we're gonna move on these little balls here So many jokes Your index finger middle finger smokes She's going back Who are you If someone doesn't have this in their backyard pull ups it's a lap Pull down the hand grippers dead hangs are really good I did some of it Do I graduate to official Ninja Where's your trophy You did Really Really Well And if you kept going and you kept working on this in three or four months you'd be pretty the whole thing You could probably I could be like you Yeah See I take these dear very seriously But even just like me can get a little sore and you know what athletes insist is the trick to ice out pain and ib the real trick staying in it Let's see if that can take it People think that just athletes need to recover We're all athletes you know we're all putting stress on our body So we all need to find ways to counteract that stress elongate the breath as long as you can inhale You are doing amazing How's it going man So you come highly recommended by Dana Do you remember how long she lasted She was in there for three minutes What are you gonna join the three minute club on day one OK All right There we go We're gonna try to get you to the six minute club today Oh I wanna I wanna double her So we have everything from hyperbaric chambers infrared saunas a breathwork ice bath class cryotherapy You know we have your acupuncturist your chiropractor We're the world's first social wellness club So there's nothing like this in the world No I'm a guy I've got aches and pains and you know so one of the best parts about ice baths is it's a really amazing way to brush out information in the body These are 39 degrees so they are freezing This is all mental it's not physical So you control your body you control your mind and I know you can do anything for six minutes One you can now step into the tub put your feet at the bottom sit all the way down relax your head in the back of the tub I hear you You're gonna sleep Incredible Your back's gonna feel incredible You already beat her We're past the three minute mark four three two one There you go Oh you did Amazing It's a sensation that I'm feeling throughout my entire body right now that I've never felt before It feels good Dana I believe that says something greater than three minutes Talk about PTSD Dana That brought me back to when I was freezing out there on Survivor in the rain I know But you know what Romeo Now it's time to turn up the heat It is time for ultimate Survivor showdown Do you accept my Dana double dog Dana might dare Let's do it Let's go All right guys this is your final fly high challenge What do we have to do So you're going to go

through the here you're going to go through your bags Then we're going to come across here to the uh off Of course you're going to go around and the ending is going to be the slide All right Double D you're all for 20 there's a lot of talk here but the gloves are off I was just being nice Let's go Ok Ready go Not there Dina done Yes Victory victory Hey I'm doing Angel Angel balls as your wing bows as your ball wings I'm so tired but I believed and I pulled it out in the end Thank you so much Romeo in my book You're still the ultimate survivor Thank you so much to fly high in Altadena We'll see you next time we had a ball I love you