

Andre Rush

Celebrity Chef, Decorated U.S. Army Combat Veteran, Mental Health & Wellness Advocate, TV Host

A powerhouse presence in the world's most famous kitchens and as a mental health and wellness advocate, Andre Rush is a celebrity chef and decorated U.S. Army combat veteran with more than 20 years of service. Renowned as the White House Chef with 24-inch biceps, Chef Rush served through the administrations of Presidents Clinton, Bush, Obama, and Trump, gaining international attention for his unmistakable muscular physique when a picture of him preparing a meal on the White House lawn went viral and received more than one hundred million views. He uses his platform to advocate on behalf of our nation's veterans, while also sharing important messages about wellness, individual and collective growth, and the moments that shape who we are.

Exclusively represented by [Leading Authorities speakers bureau](#), Chef Rush brings audiences into his world of laughter, mystery, intrigue, and tear-jerking moments as he draws from his one-of-a-kind experiences in the kitchen and combat to lead an enriching session in which he inspires audience members to adopt the can-do mindset that is the key ingredient for success. Showing candor and wit, and dishing out food for thought, Chef Rush underscores how anyone is capable of seizing opportunities, being a leader, and unlocking their full potential, while reiterating that the path to success in any endeavor begins with a positive sense of self.

In addition to his distinguished career as a White House chef, TV host, and media personality, Chef Rush served tours of duty in Afghanistan and Iraq. He has trained more than 10,000 troops and served as a combative trainer — qualifying more than 1,000 service members and civilians in the art of hand-to-hand combat. While serving in the military, he held various leadership positions, including senior advisor to the superintendent of the United States Military Academy, senior enlisted aide, operational manager, and senior food service manager.

Looking for a way to cope with PTSD, he began performing 2,222 push-ups a day to bring awareness to the troubling statistic that 22 veterans take their own lives each day. This led to him launching his nonprofit organization, 2,222 Inc. to support children dealing with the mental stressors of bullying and a changing world. The organization's supporters include Fisher House, Gold Star Families, the United Services Organization, the Texas Association of Private and Parochial Schools. Additionally, Chef Rush is an ambassador for Arnold Schwarzenegger's After School All-Star Kids.

Throughout his career in the military and beyond, Chef Rush has received numerous awards and accolades, including the Bronze Star, Legion of Merit, and the Belgium Peace Medal. He has competed in culinary events across the globe, accumulating more than 150 awards and trophies, was presented the Key to the City of his hometown of Columbus, Mississippi, and is the first chef to be inducted into the Weightlifting Hall of Fame.

In 2022, he added best-selling author to his list of accomplishments after the release of his debut book, *Call Me Chef, Dammit! A Veteran's Journey from the Rural South to the White House*. In the book, he pulls back the curtain on his battle with PTSD, toxic leadership, and overcoming racism to become an esteemed chef working in the most famous house in America. He has been featured in numerous publications, including *Washingtonian*, *Food & Wine*, *TMZ*, and *Muscle & Health*, and has made appearances on the *Rachael Ray Show*, the *Kelly Clarkson Show*, *Good Morning America*, and *The Today Show* — to name a few. He is the host of the Tubi streaming series "Kitchen Commando" (produced by Chef Gordon Ramsay) and is working on various other projects in television, writing, and product development, while continuing his mission of veteran outreach and mental health awareness.