

ULTIMATE TRAINING GUIDE

7 PERFECT
BRAIN FOODS

TONS OF
USEFUL STUFF

Men's Health

SEXPLOSION!

27 SIZZLING SEDUCTION SECRETS

**100
WAYS TO
LOOK GREAT**

Free Workout Poster!

**MELT
YOUR
GUT!**

4 WEEKS TO A FLAT BELLY

**8 FOODS THAT
GROW MUSCLE**

**HUGE
BICEPS
NOW!**

**189 INSTANT
HEALTH FIXES**

No Doctor Required!

EXCLUSIVE
**ARE YOU
SPECIAL
FORCES
FIT?**

**WIN
THE
MONEY
GAME**
& FATTEN UP
YOUR WALLET

JOHN CARTER STAR

**Taylor
Kitsch**

SHARES HIS
5 RULES
OF FITNESS

APRIL 2012
\$4.99 US DISPLAY UNTIL APRIL 17



MensHealth.com



PREMIERING AT MACY'S AND MACYS.COM

idmags.net



sport

DOLCE & GABBANA
the one



GONE

- a.* **FISHIN'**
- b.* **HUNTIN'**
- c.* **OFF-ROADIN'**
- d.* **ALL OF THE ABOVIN'**

No matter where it is you're headin', the Chevy Silverado Half-Ton will get you there with its best-in-class available V8 4x4 fuel economy⁽¹⁾ and intelligent Active Fuel Management™ technology.

(1) Based on GM Large Pickup segment and EPA-estimated MPG (city/highway): Silverado Hybrid (available at participating dealers) 20/23, Silverado with available 5.3L V8 engine 15/21.



From getting away to getting far, far away, Chevy Runs Deep



WorldMags.net

A full-page advertisement featuring a muscular man with short, dark hair, wearing bright blue Calvin Klein briefs with a black waistband. He is leaning his right arm on a vertical metal pole, looking off to the side with a serious expression. The background is a solid, vibrant blue. The text "Introducing Bold Calvin Klein Underwear for men" is overlaid in the center.

Introducing Bold Calvin Klein Underwear for men





BANANAREPUBLIC.COM 1868 BRSTYLE MAD MEN® IS A REGISTERED TRADEMARK OF LIONS GATE TELEVISION INC.

THE LIMITED EDITION
BANANA REPUBLIC
MAD MEN
COLLECTION

www.fugnet

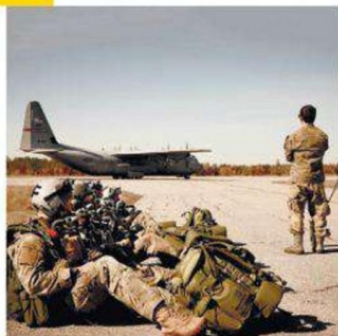
122

SEXPLOSION!

Think you're funny?
A comedian's guide to
what kills in bed
By Amy Schumer



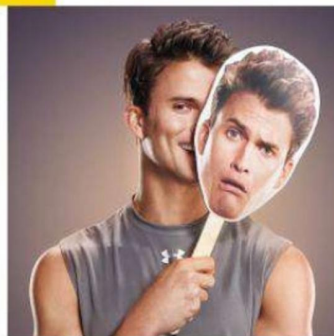
110 Be special-forces fit!



132 Win the money game!



126 Fake it to make it!



31
8 FOODS THAT GROW MUSCLE

Your muscles and tastebuds will thank you

62
BUILD HUGE BICEPS NOW

6 moves that'll pump you up and slim you down

97
THE ULTIMATE TRAINING GUIDE

These drills can prep your body for any madness

By Jill Yaworski
Workout by
Chris West, C.S.C.S.

104
MELT YOUR GUT!

Learn the secrets of the Belly Off! club

By Paul Kita
and Sara Cann

106
IS THIS PROSTATE TEST POINTLESS?

Why doctors argue, and why you should listen
By T.E. Holt, M.D.

136
PLAY YOUR SPORT WITHOUT PAIN

Prevent and treat common injuries
By Jordan D. Metz, M.D.

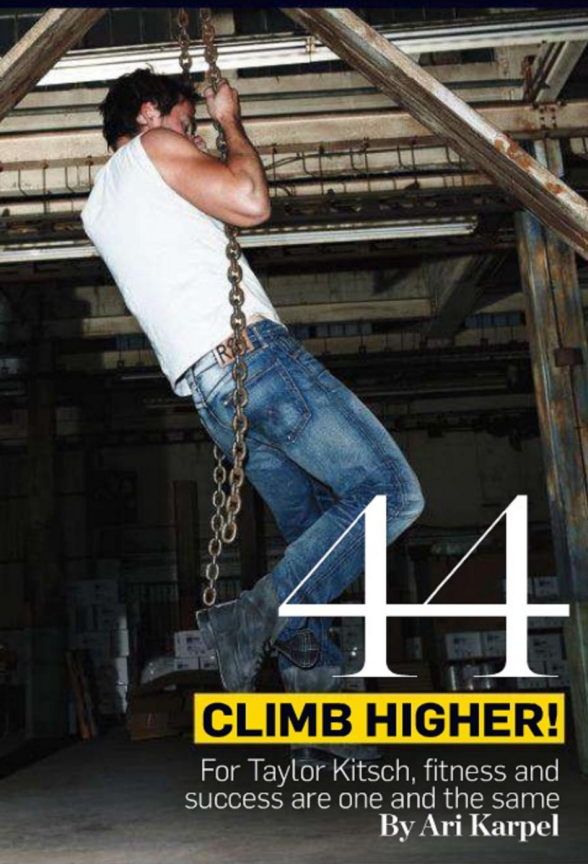


Spring Footwear Collection clarksusa.com



Clarks®

WorldMags.net



44

CLIMB HIGHER!

For Taylor Kitsch, fitness and success are one and the same
By Ari Karpel

Sex & Relationships

40 THE SECRET OF THE PERFECT HOOKUP

Do this to satisfy her desires—and yours

48 READ HER MIND

The key to seducing actress Hannah Simone? Scrabble

50 ASK THE GIRL NEXT DOOR

Does "negging" actually win the girl? Our resident sexpert tells the truth

86 RELATIONSHIP TEST

They were married. But were they really compatible?
By Steven Leckart

Nutrition

38 BUST YOUR CRAVINGS

A simple tip that can save you countless calories

42 THE 7 BEST FOODS FOR YOUR BRAIN

Delicious ways to feed on a nutrient that gears up your gray matter

52 NUKE IT!

Good food, prepped by top chefs and cooked in your microwave. Really!

54 DINNER TONIGHT

A mouthwatering meal in just 21 minutes

Fitness

34 REFUEL FAST

Choose the right drink

36 LIFT TO LOWER BP

Weights can help your heart

58 SHRINK YOUR WINTER GUT

Four smart moves to break your body out of hibernation

94 COURT MUSCLE

The "Sweat Sixteen"—our NCAA-approved plan
By Andrew Heffernan

110 SPECIAL-OPS STRENGTH

Secrets of America's finest
By Ben Court and Bob Drury



42

Health

32 BE FLOSSIN'

Dental upkeep may help you fight off disease

56 LIVE A HEALTHY, HAPPY LIFE

The 10 essential smartphone health apps

74 AMERICA'S DEADLIEST DRIVERS

This month's MetroGrades ranks the cities with the riskiest roads

98 STOP STRESSING

Six moves to help keep you calm and sane
By Paige Greenfield

Guy Knowledge

68 EASY WAYS TO LOOK GREAT

With these face-saving tools

84 BOSS YOUR BOSS

Make the big man listen up
By Gil Schwartz

90 CLOCK OUT

One man's watchless week
By Bryan Smith

126 FAKE IT!

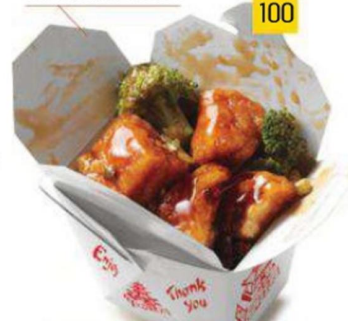
It's the best way to make it
By Laurence Roy Stains

132 THE WEALTH DIET

Don't lose money digitally
By Richard Sine

Think outside the box.

100



ORDER IN!

The next time a takeout craving strikes, avoid diet disaster. Junk your stack of Chinese food menus and start cooking
By Matthew Kadey, M.S., R.D.



97



86

Men'sHealth MORE USEFUL STUFF ...

16 From the Editor When being unqualified is your greatest asset

18 Ask the Docs Brainy advice from a neuroscientist

22 Ask Men's Health Which toothpaste is best for my teeth?

28 The Best List Where real sports fans must go

31 Bulletins News on health, sex, nutrition, exercise, and more

44 The Best Life A guide to everything important

72 Jimmy the Bartender How do I make my parents respect the rules I have for my kids? **Plus:** Talk about wine without sounding like a snob

77 How to Do Everything Better Master poker and more!

144 The Above-Average Guy... and his manners

ON THE COVER

Taylor Kitsch, photographed by Ture Lillegården. Styling by Michael Cioffoletti/celestineagency.com, grooming by Helen Robertson/LoveAmika.com/celestineagency.com. RRL Jeans/Barney's New York, Vince T-shirt



MEN'S HEALTH Vol. 27, No. 3 (ISSN 1054-4836) is published 10 times per year (monthly except for January and July) by Rodale, Inc., 400 South 10th St., Emmaus, PA 18098-0099; (610) 967-5171. Copyright 2012 by Rodale, Inc. All rights reserved. In U.S.: Periodicals postage paid at Emmaus, PA, and at additional mailing offices. Postmaster (U.S.): Send address changes to Men's Health magazine, Customer Service, P.O. Box 26299, Lehigh Valley, PA 18002-6299. IN CANADA: Postage paid at Gateway, Mississauga, Ontario, Canada Post International Publication Mail (Canadian Distribution) Sales Agreement No. 40063752. Postmaster (Canada): Send returns and address changes to Men's Health magazine, 2930 14th Avenue, Markham, Ontario, L3A 5Z8. (GST # R122988611). Subscribers: If the postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months. The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A health-care professional can best guide you.



RAYMOND WEIL

GENEVE

raymond-weil.com | freelancer collection



INDEPENDENCE
IS A STATE OF MIND

SCAN TO DISCOVER



FREELANCER COLLECTION

WorldMags.net

TOURNEAU

Shop 800.348.3332 tourneau.com

For store locations, please visit www.raymond-weil.com

NOW! AT MENSHEALTH.COM



BEER! COEDS! MH.COM!

Men's Health is giving you a full ride

Ah, college: Parties! That girl from sociology! Football! Parties! At **Men's Health U**, we celebrate the best of college life and help you deal with the worst. Students (and misty-eyed alums) can go to **MensHealth.com/MHU** to learn to...



**CRUSH YOUR
STUDENT LOANS**



**PLAN A PERFECT DATE
FOR UNDER \$10**



**HOST AN EARLY-
MORNING TAILGATE**



**HAVE THE BEST SEX OF
YOUR LIFE—IN YOUR DORM**



**JAM TO THE HOT
COLLEGE PLAYLIST**



**THROW THE WORLD'S
SEXIEST PARTY**



J.I. Rodale
Founder,
1942–1971

Robert Rodale
Chairman of the Board
and CEO, 1971–1990

Ardath Rodale
CEO and Chief Inspiration
Officer, 1990–2009

Maria Rodale
Chairman and
Chief Executive Officer



Paul McGinley
EVP, General Counsel,
Chief Administrative Officer

Thomas A. Pogash
EVP, Chief Financial Officer

Anthony Astarita
SVP, General Manager,
Digital and New Brand
Development

Chris Lambiase
SVP, Group Publishing Director

Robert Novick
SVP, International

Amy L. Plasha
SVP, Human Resources

Allison H. Falkenberg
VP, Brand and Corporate
Communications

Steve Madden
VP, Digital Product
Development

We inspire and enable people
to improve their lives
and the world around them.

Rodale Inc.
400 South 10th St.
Emmaus, PA 18098-0099
(610) 967-5171
rodale.com



Advertised merchandise may not be carried at your local Macy's and selection may vary by store. ★ Enter the WebID in the search box at macys.com to order. 2020022.

find your magic

at macy's,
we've got
you covered

THE NORTH FACE™
Resolve hooded jacket. \$90.
★ WebID 587118.

FREE SHIPPING AT MACYS.COM
with \$99 online purchase.
No promo code needed;
exclusions apply.

THE
NORTH
FACE



the magic of
macy's
.com

WorldMags.net



Men's Health

The World's Largest Men's Magazine

David Zinczenko

EDITOR-IN-CHIEF

EDITOR Peter Moore

EXECUTIVE EDITOR William G. Phillips

DEPUTY EDITOR Matt Marion

FEATURES EDITOR Adam Campbell

ARTICLES EDITOR Bill Stieg

SENIOR MANAGING EDITOR Debbie McHugh

MANAGING EDITOR John McCarthy

SENIOR EDITORS Eric Adams, Ben Court

FITNESS EDITOR Trevor Thieme

FOOD AND NUTRITION EDITOR Adina Steiman

SENIOR ASSOCIATE EDITORS Nick Marino, Kyle Western

ASSOCIATE EDITORS Clint Carter, Paul Kita, Maria Masters,

Laura Roberson

ASSISTANT EDITOR Sara Cann

REPORTERS Michael Easter, Julie Stewart

INTERNS Annamaria Anselmo, Lila Battis, Kevin Cirilli,

Stephanie Smith, Diana Stanczak

FASHION

FASHION DIRECTOR Brian Boyé

SENIOR FASHION EDITOR Sandra Nygaard

ASSOCIATE FASHION EDITOR Moira Lawler

ENTERTAINMENT

CONTRIBUTING EDITOR Elycia Rubin

COPYEDITING AND PRODUCTION

COPY CHIEF Eric Rinehimer

SENIOR COPY EDITOR Susan West

COPY EDITOR Jerilyn Covert

PROOFREADERS Diana Cobb, Nancy Wallace Humes

ASSOCIATE PRODUCTION DIRECTOR Daniel Sause

ART PRODUCTION MANAGER Carly Migliori

RESEARCH

RESEARCH CHIEF Jaclyn Colletti

SENIOR RESEARCHER Carol Ann Shaheen

RESEARCHERS Jennifer Messimer, Christa Sgobba

RESEARCH ASSISTANTS Kate Kluge, Sonya Maynard

PUBLIC RELATIONS

SENIOR MANAGER, COMMUNICATIONS Emily Weber

JUNIOR PUBLICIST Kateri Benjamin

INQUIRIES FROM THE MEDIA: (212) 573-0510

ADMINISTRATION

EXECUTIVE ASSISTANT TO EDITOR-IN-CHIEF Charlene Lutz

ADMINISTRATIVE ASSISTANTS Leah Bonano, Mary Rinfret

EDITORIAL ASSISTANT Hannah McWilliams

FOUNDING EDITOR Mark Bricklin

EDITORIAL OFFICES

RODALE INC., 400 S. 10th St., Emmaus, PA 18098 (610) 967-5171

Ronan Gardiner

PUBLISHER

ASSOCIATE PUBLISHER Tim Koorbusch

NATIONAL DIGITAL ADVERTISING DIRECTOR

Matthew Spengler

ADVERTISING BUSINESS DIRECTOR Samantha Irwin

ADVERTISING SALES

ATLANTA REPRESENTATIVE (770) 664-5342

PEASLEY & PARTNERS John Peasley

CHICAGO OFFICE (312) 726-0365

MIDWEST SALES DIRECTOR Colleen McGee

MIDWEST SALES MANAGER Erin Donohoe

SALES ASSISTANT Amanda Sloan

DALLAS REPRESENTATIVE (972) 669-1663

JAMESON, WEINBRENNER Craig C. Weinbrenner

DETROIT OFFICE (248) 637-6668

SALES DIRECTOR Mary Meyers

SALES ASSISTANT Danielle Weber

LOS ANGELES OFFICE (310) 615-4567

WESTERN ACCOUNT DIRECTOR Richard Keech

ACCOUNT MANAGER Brett Gentry

SALES ASSISTANT Denise deLeon

NEW ENGLAND REPRESENTATIVE (617) 695-2206

COREY MEDIA GROUP Ryan Corey

NEW YORK OFFICE (212) 697-2040

FASHION DIRECTOR Randi Siegel

BEAUTY AND GROOMING DIRECTOR Susan Faggella

ACCOUNT MANAGERS John Kearon, Christopher Peel

ADVERTISING PRODUCTION MANAGER

Elaina Nan Fulgham

MAGAZINE PRODUCTION MANAGER Mike Ruemmler

ASSOCIATE ADVERTISING PRODUCTION MANAGER

Amanda Walters

ASSOCIATE ADVERTISING SERVICES MANAGER

Rheannon Serino

PUBLISHER'S ASSISTANT Jennifer Wilner

SALES ASSISTANT Lauren Blatter

CUSTOMER SERVICE Absolute satisfaction guaranteed. E-mail access at MensHealth.com, or call (800) 666-2303. Scent-free subscription available on request. We occasionally make our subscribers' names available to other companies whose products or services may be of interest to you. If you would prefer not to be included, you may request that your name be removed from promotion lists by calling our toll-free number, (800) 666-2303. Printed in USA

GLOBAL EDITIONS/EDITORS-IN-CHIEF

 AUSTRALIA

Ian Cockerill

 BRAZIL

Airtion Seligman

 CHINA

Zhou Song

 CROATIA

Kresimir Sego

 FRANCE

Michel Birnbaum

 GERMANY

Wolfgang Melcher

 GREECE

Vasilis Vardakas

 INDIA

Luoin Purie

 INDONESIA

Nino Sujudi

 ITALY

Luigi Grela

 KAZAKHSTAN

Andrey Zharkov

 MALAYSIA

Gareth Corsi

 NETHERLANDS

Jan Peter Jansen

 PHILIPPINES

Peter Pilar

 POLAND

Krzysztof Komar

 PORTUGAL

Pedro Lucas

 REPUBLIC OF KOREA

Seung Kwan Paik

 ROMANIA

Razvan Spiridon

 RUSSIA

Kirill Vishnepolsky

 SERBIA and MONTENEGRO

Ivan Radojic

 SINGAPORE

Sherwin Chua

 SOUTH AFRICA

Jason Brown

 SPAIN

Alberto Saborido

 THAILAND

Chatchawin Unhanun

 TURKEY

Eren Erentay

 UKRAINE

Dmitry Pribytko

 UNITED KINGDOM

Morgan Rees

 LATIN AMERICA

Francisco Cuevas

 ARGENTINA

ARUBA

 CHILE

COLOMBIA

 COSTA RICA

CURAÇAO

 DOMINICAN REPUBLIC

ECUADOR

 EL SALVADOR

GUATEMALA

 HONDURAS

MEXICO

 NICARAGUA

PANAMA

 PERU

VENEZUELA

SAN FRANCISCO OFFICE (415) 956-8341

KRAMER MEDIA Andrew Kramer

SALES COORDINATOR Tracy Brown

CANADA REPRESENTATIVES (416) 368-6800

Mark Boxer, Brian Fields

MILAN, ITALY, REPRESENTATIVE 011 39 02 874543

OBBERON MEDIA S.R.L. Angelo Careddu

PARIS, FRANCE, REPRESENTATIVE 011 33 1 47 30 71 80

DEF & COMMUNICATION Fabio Lancellotti

MARKETING SERVICES

EXECUTIVE MARKETING DIRECTOR Eric Hunter

SENIOR MARKETING MANAGER Teresa Palladino

MARKETING MANAGERS Dina Biblarz, Grant Gillespie

ASSOCIATE EVENTS MANAGER Brittany Jones

MARKETING ASSOCIATE Jessica Absatz

CREATIVE DIRECTOR Jeff Griffith

ASSOCIATE ART DIRECTOR Jay Lathigra

Chris Lambiase

SENIOR VICE PRESIDENT,

GROUP PUBLISHING DIRECTOR

SENIOR VICE PRESIDENT, CIRCULATION AND AUDIENCE

DEVELOPMENT John J. McCarthy

SENIOR VICE PRESIDENT, RETAIL SALES

Richard Alleger

SENIOR VICE PRESIDENT, CUSTOMER MARKETING

Janine Slaughter

VICE PRESIDENT, GROUP RESEARCH DIRECTOR

Lynn Canning

VICE PRESIDENT, FINANCE Ray Jobst

FINANCE DIRECTOR Joanne Ferenczi

MENSHEALTH.COM

DIGITAL PRODUCER Steve Ruvolo

DIGITAL SALES PLANNERS Christina Pescarino,

Jennifer Whiting

CONSUMER MARKETING/AUDIENCE DEVELOPMENT

ASSISTANT VICE PRESIDENT, CONSUMER MARKETING

Kimberly Shay

CONSUMER MARKETING DIRECTOR Kimberly Draves

PLANNING DIRECTOR Robert Miller

FULFILLMENT DIRECTOR Brennan Corbett

SENIOR NATIONAL MARKETING DIRECTOR

Diederik Terlaak Poot

DIRECTOR, DIRECT SALES Philip Trinkle

DIRECTOR, NEWSSTAND SALES Mark Buckalew

SENIOR CIRCULATION PLANNING MANAGER Robert Pegg

CIRCULATION PLANNING MANAGER Sonya Arias

RODALE INTERNATIONAL

SENIOR VICE PRESIDENT, RODALE INTERNATIONAL

Robert Novick

EDITORIAL DIRECTOR, RODALE INTERNATIONAL John Ville

DEPUTY EDITORIAL DIRECTOR OF WOMEN'S HEALTH

AND PREVENTION INTERNATIONAL Laura Ongaro

DEPUTY EDITORIAL DIRECTOR OF RUNNER'S WORLD

INTERNATIONAL Veronika Taylor

INTERNATIONAL CONTENT MANAGER Karl Rozemeyer

EDITORIAL ASSISTANT Samantha Quisgard

BUSINESS DEVELOPMENT DIRECTOR Kevin LaBonge

INTERNATIONAL MARKETING AND SALES DIRECTOR

Lucio Grimaldi

INTERNATIONAL BUSINESS MANAGER Jennifer Lally

INTERNATIONAL MARKETING AND BUSINESS

COORDINATOR Dana Rich

MICHAEL KORS

UNDERWEAR

MICHAEL KORS MICHAEL KORS

Unqualified Success

Don't wait for your golden opportunity. Invent it

Watching the presidential primary debates over the past many months, I'm struck by one very obvious realization: None of these guys running for the Republican nomination is qualified to be president.

Which is fine, because neither were George Washington, Abe Lincoln, John F. Kennedy, Ronald Reagan, or Barack Obama. They all became president without ever having been president before!

So I was really excited when I was recently promoted to a position for which I am entirely unqualified: running Rodale's Healthy Living group and our book division. That means I'm in charge of not only *Men's Health* but also somewhere near 100 magazines in 40 different countries—magazines as diverse as *Prevention* and *Organic Gardening*. Having never used a trowel or had a mammogram, I am utterly unfit for office.

Nor am I qualified to manage Rodale Books, which publishes nearly 100 titles a year. Alongside my equally in-over-their-heads coworkers, I can only fumble about, trying to learn every aspect of this rapidly changing world and rebuilding the engine as I go.

Quite frankly, I think my lack of experience is a huge plus. Every business in the world is changing, at a pace never seen in history. So what we think of as "qualifications"—that is, "being schooled in the way things are done"—aren't the great advantages they once were. If anything, they're disadvantages. While veterans in other businesses are trying to get back to normal, the amateurs—like the hardworking folks at *Men's Health* and the rest of our company—are inventing the new normal. And it's paying off, at the newsstand and on those fancy new devices the old-schoolers are still trying to figure out. Whatever advantages seniority once brought have been wiped away.



What does this all mean to you? It means the next time you wrangle a job interview or march into the boss's office to ask for a promotion, don't let them use the idea of your being "green" against you. To paraphrase Gordon Gekko, "Green is good. Green works." Anything that made sense 5 years ago—before the recession, before tablet PCs, before the real-estate crash, before Twitter!—doesn't make sense anymore. And anybody who knew how the business world worked back then doesn't necessarily have a clue today.

Now, you might still feel intimidated by the old-schoolers who want to keep the clock—and you—from moving forward. But that's fine. In this issue, we've cooked up a formula for instant confidence—a simple trick that will make you feel, and hence appear and act, as though you know exactly what you're doing (at least long enough for you to actually get a handle on things). Turn to page 126 and read "The Life-Altering Power of Faking It," and then you'll actually make it.

THE TWEET LIFE

FOLLOW ME ON
TWITTER.COM/
DAVEZINCZENKO
FOR FREE DAILY
LIFE CHANGERS
LIKE THESE

BREAKFAST "ZERO"

A bagel is a nutritional black hole. Adding just 2 oz cream cheese to it = 500+ calories & ½ day of fat.

FISH FOR MUSCLES

Omega-3 fats may help signal your body to turn protein into muscles, says new Washington U study.

NATURE KNOWS BEST

Broccoli has 5x as much cancer-fighting power as the supplements made from it, says study.

DON'T CHEAT YOUR MUSCLES

Lifters with better form are 10% stronger because they stress their muscle fibers more.

GENIUS SHORTCUT

Just 25 mins of puzzles & games a day can make you smarter, says U of Michigan study.

TAKE IT TO HEART

Nuts may reduce LDL (bad) cholesterol by 10 mg/dl & improve LDL-to-HDL ratio by 8%, say researchers.

CHILL, MAN

Women prefer a calm man & can sense his demeanor just by looking at his face, says a Scottish study.

FORGET RITALIN

Taking a multivitamin could make you a better multitasker, say U.K. researchers.

KUNG FLU FIGHTING

People with the highest blood levels of vitamin D have half the viral infection risk, Yale researchers report.



NEW YORK
TOKYO
MOSCOW
AMSTERDAM

shop tommy.com

TOMMY  HILFIGER

HOW THE TOP DOCTORS DO IT

ON CALL THIS MONTH THE NEUROSCIENTIST



Breaking bad habits and establishing good ones usually takes 12 weeks. That's because your brain needs time to reconfigure its "soft wiring," says **P. Murali Doraiswamy, M.D.**, a member of the Duke Institute for Brain Sciences. "It does this by establishing new network connections and resetting your pleasure thresholds." Dr. Doraiswamy's lab is using real-time brain imaging to pinpoint how lifestyle changes can alter the brain's networks, and looking for ways to best stimulate the kind of neurological changes that lead to healthier behaviors.



Blow Off Steam

TENNIS

"I hit with a pro for an hour 3 days a week. Playing against someone better than me ensures that I'm constantly improving. Studies show that aerobic exercise not only eases anxiety but also boosts cognitive ability. I also like listening to chill-out music, such as the Buddha Bar series."

HONE MY CREATIVE EDGE

NOVELTY

"I network socially with people from a wide range of fields in order to expose myself to new and contrarian ideas. Our brains thrive on novelty, and studies show that happiness, creativity, and health spread through our social networks."



Stay Focused

DHYANA

"I practice dhyana yoga, which helps my mind tune out distractions. I also read a lot of science and historical books. We're all prone to a variety of cognitive biases, or unconscious blind spots; reading exposes me to my own and improves my rational decision making."

FIGHT BRAIN AGING

VIGILANCE

"I'm in my 40s, which is when the bad stuff—plaques, inflammation, free radicals—can start to build up in the brain. Obesity, high blood pressure, and high LDL cholesterol can all play a role. I eat a vegetarian diet, get lots of exercise, and monitor my body fat, blood pressure, and blood lipids to make sure my numbers stay in the healthy range."



NOURISH MY NEURONS

CURRY

"The irrational part of me loves to think that my favorite vices (curry, chocolate, coffee, and wine) help build a superbrain. While some studies do suggest that these foods can lower the risks of stroke and dementia, it's not been fully proved."

OUR ADVISORY BOARD

BRAIN HEALTH

David S. Liebeskind, M.D., is an associate professor of neurology at UCLA.

P. Murali Doraiswamy, M.D., is on call this month.

CARDIOLOGY

John Elefteriades, M.D., is chief of cardiac surgery at Yale School of Medicine.

Prediman Krishan (P.K.) Shah, M.D., is the director of cardiology at Cedars-Sinai Heart Institute in Los Angeles.

Eric J. Topol, M.D., is a professor of genetics at the Scripps Research Institute in San Diego.

DENTISTRY

Kenneth Young, D.D.S., is a Manhattan-based dentist with 30 years of experience. He's a leader in cosmetic dentistry.

DERMATOLOGY

Adnan Nasir, M.D., Ph.D., is the director of dermatology at Wake Research Associates.

EMERGENCY MEDICINE

Travis Stork, M.D., is an ER physician with more than 10 years of experience. He's also the host of TV's *The Doctors* and author of *The Lean Belly Prescription*.

EXERCISE SCIENCE

Alexander Koch, Ph.D., C.S.C.S., is an associate professor of exercise science at Lenoir-Rhyne University in North Carolina.

David Pearson, Ph.D., C.S.C.S.*D., is a professor of exercise physiology at Ball State University.

FAMILY MEDICINE

Ted Epperly, M.D., is a former president of the American Academy of Family Physicians.

GASTROENTEROLOGY

Mark Welton, M.D., is chief of colorectal surgery at Stanford University School of Medicine.

INTEGRATIVE MEDICINE

James N. Dillard, M.D., D.C., L.Ac., is medical director for the complementary and alternative medicine program at Oxford Health Plans.

Have a question for our advisors? Go to MensHealth.com/askthedoctors.

MENTAL HEALTH

Thomas Joiner, Ph.D., is a professor of psychology at Florida State University and the author of *Lonely at the Top*.

William Pollack, Ph.D., is an associate clinical professor at Harvard Medical School/Cambridge Health Alliance.

NUTRITION

Alan Aragon, M.S., has 18 years of experience helping regular Joes and pro athletes lose fat and gain muscle.

Jeffrey Blumberg, Ph.D., F.A.C.N., F.A.S.N., C.N.S., is the director of the antioxidant research lab at the Human Nutrition Research Center on Aging at Tufts University.

OPHTHALMOLOGY

Kimberly Cockerham, M.D., teaches ophthalmology at Stanford University School of Medicine.

RELATIONSHIPS

Debby Herbenick, Ph.D., M.P.H., is the associate director of the Center for Sexual Health Promotion at Indiana University.

SLEEP MEDICINE

W. Christopher Winter, M.D., is the medical director of the sleep medicine center of Martha Jefferson Hospital in Virginia.

SPORTS MEDICINE

Andrew J. Feldman, M.D., is an orthopedic surgeon and team physician for the New York Rangers.

Nicholas A. DiNubile, M.D., is an orthopedic surgeon and author of the *FrameWork* book series.

UROLOGY

Larry I. Lipshultz, M.D., is a professor of urology at Baylor College of Medicine.

Judd W. Moul, M.D., F.A.C.S., is chief of the Duke University Medical Center's division of urologic surgery.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACPM, F.A.C.P., is director of the prevention research center at Yale University.

Jeff S. Volek, Ph.D., R.D., is an associate professor of kinesiology in the human performance lab at the University of Connecticut.

00:02

2-second
lifesavers

1 BLAST BAD BLOOD FATS!

To squash your triglyceride levels, eat more mangoes. In a new Mexican study, people who ate about a cup of mango every day for 30 days lowered their levels of these harmful fats by 38 percent. The fruit's polyphenols help reduce oxidation.

2 SAVE YOUR FACE!

Apply a facial moisturizer with SPF 15 or higher every day. That's the best strategy to reduce your risk of melanoma and other skin cancers, according to research from Australia. Use a no-residue product like Arbonne RE9 Advanced facial moisturizer SPF 20, or Neutrogena Oil-Free Moisture SPF 35.

3 FALL ASLEEP FASTER!

Grab a handful of honey-glazed almonds and a cup of chamomile tea. The nuts are high in tryptophan, which is sedating; the glucose in honey suppresses the electrical activity of neurons that signal alertness; and a flavonoid in chamomile reduces anxiety.

4 STRENGTHEN YOUR SQUAT!

Try the Russian wall squat: It corrects form flaws, like shifting your knees forward. Face a wall with your feet shoulder-width apart and toes touching the wall. Keep your arms by your sides and squat until your thighs are parallel to the floor. Do 2 sets of 10 as part of your warmup.

ADRIEN BRODY

UNCONVENTIONAL CHIC **LACOSTE** 



Lacoste.com

WorldMags.net

New York • Los Angeles • Miami • Las Vegas
Chicago • Dallas • Houston • San Francisco • Honolulu
Montreal • Toronto • Vancouver

my A

AFTER I'VE GIVEN 110%, I'VE GOT
AND TO GET BACK KEY NUTRIENTS.

A black and white photograph of a person's head and hand. The person is wearing a dark, textured cap. Their hand is holding a small, clear plastic bottle of chocolate milk. The bottle has a label that reads "LOW FAT CHOCOLATE MILK" and "16oz". The background is dark and out of focus, showing a blurred figure of another person in the distance.

FTER

NOTHING LEFT. SO I REFUEL WITH CHOCOLATE MILK FOR PROTEIN
'CAUSE I'M GONNA DO IT AGAIN – AND GIVE EVEN MORE TOMORROW.



got chocolate milk?

WorldMag.net

Q

THE TOOTHPASTE AISLE ALWAYS HAS SOMETHING NEW. WHAT ACTUALLY WORKS?

RON, HOUSTON, TX

It depends on what you're looking for, Ron—toothpaste that merely cleans your teeth is passé. "Companies are trying to cash in on the buzz about how good oral hygiene can help you fend off a host of health problems, including heart disease," says Kenneth Young, D.D.S., a private-practice dentist in New York City and *MH's* dentistry advisor. "This has led to increasing specialization in toothpaste." In fact, a staggering 67 new toothpastes hit store shelves last year alone. To help you choose a tube that's right for you, we checked with a panel of dentists, including Dr. Young; Mark Schlesinger, D.D.S., a clinical associate professor of dentistry at New York University; Paul Levi, D.M.D., an associate clinical professor of periodontology at Tufts University school of dental medicine; and Jennifer Jablow, D.D.S., a Manhattan-based cosmetic dentist.



SENSITIVITY

Most sensitivity formulas contain 5 percent potassium nitrate, which blocks receptors that translate hot and cold signals into pain. We like **Sensodyne ProNamel iso-active** (\$5) because it's also pH balanced to help prevent acid erosion. To maximize the pain blocking, says Dr. Schlesinger, spit after brushing, but then wait 20 minutes before rinsing.



GUM HEALTH

The best way to kill the germs that cause gum disease is to use a toothpaste with the antimicrobial triclosan, such as **Colgate Total** (\$4.50). In a University at Buffalo study, it out-gunned a stannous fluoride product. Just brush at a 45-degree angle, says Dr. Levi. This helps the bristles reach up under your gum line, where bacteria burrow.



ALL-AROUND

Only one brand, **Crest Pro-Health** (\$4), is accepted by the American Dental Association in six categories. It whitens, reduces sensitivity, and helps prevent cavities, gingivitis, plaque, and bad breath. One caveat: Its stannous fluoride can cause tooth staining. If you notice brown spots, alert your dentist, who can easily remove them.



NATURAL

Go natural to avoid artificial flavors and colors, but make sure the brand you choose has cavity-fighting fluoride. **The Natural Dentist Anticavity** (\$6) has fluoride as well as xylitol (which makes plaque less sticky) and aloe vera (an inflammation fighter). Plus, it's free of sodium lauryl sulfate, a foaming agent that may cause canker sores.



WHITENING

Most whiteners are not powerful enough. For real results, pick a product with hydrogen peroxide, such as **Supersmile Professional Whitening System** (\$36, supersmile.com). Bonus: Two tubes keep the toothpaste separate from the whitening gel, the best way to maintain bleaching power, according to Japanese research.

If I'm out running and hit a red light, should I stop or jog on the spot?

JAMEER, HARTFORD, CT

Neither. If you stand there, you risk cooling down, and if you jog in place, you just look silly, says Rachel Cosgrove, C.S.C.S., co-owner of Results Fitness in Santa Clarita, California. "A smarter strategy is to do a dynamic stretch. This keeps your

glutes firing and your ankles and hips mobile, both of which help prevent muscle strains." Cosgrove recommends this stretch: Stand in a staggered stance, left foot forward, hands on your hips. Bend your left knee and push your hips forward to stretch your hip flexors while engaging your glutes, and press your right heel into the ground. Reach up with your right arm and hold for 5 seconds. Then step back with your left foot and switch sides. Keep at it until the light turns green and you're ready to hit the gas again.

TRAVIS RATHBONE (brushes), prep styling: Richie Owens/Halley Resources and Wendy Schell/Halley Resources

AX256/S

ARMANI EXCHANGE



What is carb cycling?

NICK, TAOS, NM

It's a strategy for bulking up while keeping your body fat down. "Most men who are trying to build muscle tend to gain some fat too," says Mike Roussell, Ph.D., a nutritional consultant in State College, Pennsylvania. That's like taking one step forward and one step back. Carb cycling, by contrast, "is like taking two steps forward and one step back." See, when you eat more carbohydrates than you need for fueling your metabolism, your body turns the carbs into glucose and shuttles it off to your fat and muscle cells. This causes your belly to grow along with your biceps. That's where carb cycling kicks in: You boost your carb intake on days you exercise and cut back on days you don't. With this strategy, your body must draw on its stored energy reserves for power, which means you'll be burning fat. To give carb cycling a spin, use this menu: On workout days, eat a balanced carb-fat-protein diet, emphasizing high-fiber carbs like beans, whole grains, and fruit. On rest days, go with leafy greens and fibrous vegetables, and keep your carb intake under 100 grams.

Is there an easy way to try prostate massage as a sex booster?

CORY, BRENTWOOD, CA

Yes, and no latex gloves needed. Your partner can externally stimulate your prostate gland by massaging your perineum, the spot between your testicles and anus, says Yvonne K. Fulbright, Ph.D., the author of *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots*. "In tantra, this area is known as the 'sacred gate' because of the deeper, more total-body orgasm it invites. It also helps you last longer in bed." Ready for some fun? Don't just point at your perineum and say "Rub it." Start in missionary position, and then angle your body 30 degrees so your butt is tilted toward her lap and she can reach around more easily. "Have her massage the area gently with her fingers—your prostate will feel like a nut—and then shift to a firmer, steadier, up-and-down or circular motion. Whatever feels best to you," says Fulbright. If at first you feel the urge to urinate, don't freak out—be patient and the sensation will transition from "Oh, no" to "Oh yeah!"

How many ties should I have in my quiver?

SHERWIN, SEATTLE, WA

Even if every day is casual Friday, arm yourself with at least eight. Wearing one when it's not required will keep your colleagues on their toes and score points with the boss. Bonus: Women notice too. For inspiration, use this guide from Andy Stinson, fashion historian and codesigner at Stinson R. Ely.

POWER TIES (Key materials: silk, wool, cashmere)



THE BASIC PINSTRIPE
Red, blue, and gold mean business.



THE SOLID
It's a go-to solution for that tough-to-match patterned shirt.



THE DISCREET POLKA DOT
Key word: discreet. Avoid contrasting colors.



THE BLACK SILK
A good, safe option for a wedding or funeral, it's an essential that flatters most men.

CASUAL TIES (Key materials: silk, cotton, linen)



THE FLORAL
It takes confidence to break out the blooms—wear it on a date with a black jacket.



THE SKINNY
Stick with solid colors or bold stripes for this 3-inch-wide (or skinnier) noodle.



THE SEER-SUCKER
Wear it with a linen sport coat for a cool, casual look.



THE WOOL BLEND
It's more laid-back than 100 percent wool. Wear a classic solid with a cord-uroy blazer.

John Varvatos USA (pinstripe, floral, \$85 each), Bloomingdale's; Alexander Olch (solid, seersucker, wool blend, \$140 each; black silk, \$150), (212) 925-2110; Calvin Klein (polka dot, \$60), Macy's; The Tie Bar (skinny, \$15), (877) 888-8437

Should I pay extra for "pharmaceutical grade" omega-3 and CoQ10 supplements?

JACK, CAMDEN, ME

Don't blow your dough. "Pharmaceutical grade" is marketing talk, says Tod Cooperman, M.D., president of ConsumerLab.com, a company that tests health products. "There's no FDA definition of the phrase for any supplements." Instead, scan the label for words worth something: NSF International Certified or United States Pharmacopeial Convention (USP) Verified. Both certifications ensure that the supplement contains the type and amount of ingredients listed. If you'd rather not squint at fine print, buy USP-verified Nature Made supplements: The 1,200-milligram fish oil capsules have 180 milligrams of EPA and 120 of DHA,

and cost 8 cents apiece; the 100-milligram CoQ10 soft gels contain oil to improve your body's uptake of the antioxidant, and cost 53 cents a pop.

Could sitting in heavy traffic every day damage my lungs?

MIKE, HACKETTSTOWN, NJ

You may be giving new meaning to the phrase "killer commute." Because you're surrounded by idling cars, you're basically sitting inside a cloud of exhaust fumes. "The danger comes from high concentrations of toxins, such as particulate matter, that can accumulate in the air circulating inside your car," says Jeff Gearhart, M.S., research director at the Ecology Center, a Michigan environmental organization. These unseen enemies can not only cause lung trouble (including an elevated risk

ONE-WORD ANSWER®

What quality will make me a better supervisor at work?

Humility

Humble bosses rule. They're more effective and better liked, according to new research in the *Academy of Management Journal*. Study author Bradley Owens, Ph.D., cites these keys to leading with humility: Admit your mistakes, spotlight your employees' strengths, and model teachability—in other words, show how you're continuing to learn and grow.

MITCH MANDEL (Illustration: Alex)



One heart Three legends



NAVITIMER



CHRONOMAT



TRANSOCEAN

With its Manufacture Caliber 01, Breitling has created the most reliable, accurate and top-performance of all selfwinding chronograph movements – entirely produced in its own workshops and chronometer-certified by the COSC. A perfectly logical accomplishment for a brand that has established itself as the absolute benchmark in the field of mechanical chronographs.

BREITLING.COM



INSTRUMENTS FOR PROFESSIONALS™

WorldMags.net

Featuring Michael Kors Underwear

Pick what works for you: Basics in 100% cotton, high-tech microfibers with wicking technology, super-lightweight support from the Freefit collection. Hey, if you get half as lucky as this guy you're all good!

michaelkors.com

MICHAEL KORS
UNDERWEAR



Tech Lust 2012 Event

On Thursday, December 8th at Hotel Chantelle in New York City, Men's Health brought our Tech Guide to life in a joint event with Heineken. Men's Health readers and Heineken enthusiasts tested the hottest tech gear from 3-D TVs to tablets, cameras and game consoles. Guests were invited to enter the "What's on your Wish List" Sweepstakes including a chance to win a Sony Tablet S, featured in the Men's Health 2012 Tech Guide, while also enjoying a premium Heineken bar and catering.

ASK MEN'S HEALTH

of cancer) but also raise your risk of a heart attack. So what's a road warrior to do? Start with the obvious: If you're entering bumper-to-bumper hell, roll up your windows and set the ventilation to recirculate. Doing this reduces your exposure to particle pollution by at least 70 percent, say researchers at the University of Southern California. For extra insurance, Gearhart recommends replacing your car's dust and pollen filter (a.k.a. cabin filter) with one containing activated carbon (or charcoal), such as the Fram Fresh Breeze (available at Advance Auto Parts). Unlike standard paper filters, those with activated carbon also trap particulates and chemicals in vapor form, significantly improving the quality of the air.

My dad thinks bacon is evil. How can I convert the man?

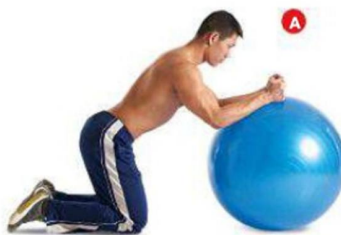
JOHN, PORTLAND, OR

In his mind, bacon equals fat which equals heart attack. So tell him the white coats at Harvard took another look at that equation by reviewing 21 studies on saturated fat and heart disease. Their conclusion: No link. Zip, zero, nada. Arteriosclerosis is much more complicated than "eat fat, deposit fat in arteries," says John Elefteriades, M.D., director of the Aortic Institute at Yale-New Haven Hospital and an *MH* cardiology advisor. "Heredity, injury to the wall of the artery by smoking or hypertension, and inflammation play more significant roles." Next time you're eating breakfast with Pop, tell him he's actually worse off—at least calorically—with half a bagel (135 calories) or a bowl of Rice Krispies (126) than with two strips of bacon (84).

Is that moneymaker muscle pure genetics, or is there an exercise that can shape my abs that way?

PHIL, WILMINGTON, NC

No chromosome comes with the assigned function "create inguinal crease." As for an exercise, well, Mike Boyle, C.S.C.S., of Mike Boyle Strength and Conditioning in Woburn, Massachusetts, does have a move in mind: "The table pushaway—you know, push away from the table and focus on eating less." That's because the only way to reveal your moneymaker is to reduce your body fat to less than 10 percent. And no, it's not going to be easy. Boyle recommends eating more lean protein and high-fiber foods, and staving off cravings by drinking green tea or water. While you're melting off the top layer, strengthen the muscles underneath. Boyle likes the Swiss ball rollout because it acti-



Have a question no one else can answer?
Ask at MensHealth.com/experts.

What does foam rolling actually do?

JEFF, SEDONA, AZ

Think of it as ironing out the wrinkles in your rumpled musculature. Joe Hashey, C.S.C.S., owner of Synergy Athletics, explains: "Foam rolling smooths and lengthens your muscles, and breaks up adhesions and scar tissue." Another benefit is that it helps your muscles relax by activating the sensory receptors connecting your muscle fibers to your tendons. The net effect is better blood circulation, which in turn speeds workout recovery and boosts performance. But don't take our word for it. Grab a foam roller—we like the Grid (\$40, tpttherapy.com) because it has three different densities, offering a realistic massage. Go to MensHealth.com/foamrolling to find out how to roll out the major muscle groups. If you hit a sore spot, hold it there for 15 to 30 seconds—you found a tight area that needs special attention, says Hashey. Yes, foam rolling can be painful, but you need only 5 to 10 minutes to reap the benefit. Just as important as how you roll is when you roll: After a workout is best, followed by a static stretch of the muscle, says Hashey. This helps your muscles return to the proper length and recover even faster because it can prevent the buildup of scar tissue.



A Exercise induces microtears and swelling in muscle fibers, which impinge on nerves and vessels. Over time, this can develop into adhesions and scar tissue.



B Foam rolling helps smooth out these obstructions and break down adhesions, helping to increase blood flow within the muscle.

vates both the lower and upper portions of your six-pack, and it targets your transversus abdominis, which lies beneath it. Kneel directly in front of a Swiss ball and place your forearms and fists on top of it. Slowly roll the ball forward, straightening your arms and extending your body as far as you can without letting your lower back collapse. Flex your core muscles to pull the ball back to your knees. That's 1 rep. Do 3 sets of 10 reps at the end of every workout.

Insure all your vehicles with GEICO. You could save a bundle.



It's true — GEICO could help you save on more than just car insurance. You could enjoy a Multi-Policy Discount when you insure more than one type of vehicle, or a Transfer Discount when you switch your motorcycle insurance to GEICO. Think you're getting the best price on quality coverage for all your vehicles? Get a GEICO quote now and see how much you could save.

Get a free quote.

GEICO

1-800-442-9253



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Motorcycle coverage is underwritten by GEICO Indemnity Company. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2012.

© 2012 GEICO

Hallowed Be Thy Game

FENWAY TURNS 100 THIS MONTH. CELEBRATE THE VENUES THAT MAKE GAMES WORTH THE TICKET PRICE



THE 7 STADIUMS EVERY SPORTS FAN MUST VISIT

According to Trey Wingo, host of ESPN's *NFL Live*

7

HINKLE FIELDHOUSE Indianapolis, IN

Home to the Butler University Bulldogs, this is where Milan High won the 1954 state title, inspiring the film *Hoosiers*. Visit and soak up some history.

6

HEINZ FIELD Pittsburgh, PA

Three mighty rivers, fantastic views, and tough, rabid Steelers fans. My son and I sat behind a 400-pound fan on a snowy day. His gear: a clear trash bag.

5

MICHIE STADIUM West Point, NY

This perch high above the Hudson boasts one of the coolest views in sports. Go when the leaves turn, and be sure to visit General MacArthur's statue.

4

COWBOYS STADIUM Arlington, TX

Jerry Jones's playpen is like no other place on earth. Driving up to it you'd think it was the Death Star. You can try to ignore the unreal HD screen that hangs from the ceiling, but you'll be sucked into its vortex. The party platforms, the dancing girls—it's really something. Whatever that "something" may be.

3

FENWAY PARK Boston, MA

In an age of mega-arenas, Fenway is an old, cramped, leaky, smelly throwback—in other words, the perfect venue for steeping yourself in baseball history. The day it's replaced will be the end of an era. Nothing like it will ever be built again.

2

LAMBEAU FIELD Green Bay, WI

It's sacred turf for NFL fans, and even more so for residents of the tiny town in which it sits. Everything in Green Bay revolves around two things: Packers pride and cheese. Both come at you full force during every home game.

1

THE COLOSSEUM Rome, Italy

Granted, more than a thousand years have passed since an actual sporting event took place here, but what's a millennium among the faithful? (Am I right, Cubs fans?) Check out what the Romans were able to accomplish without road graders, electricity, or steel. If you want to see the original amazing stadium, take the road to Rome.

THE BEST WAY TO SCORE BETTER TICKETS

Don't waste your time sifting through legal scalping sites or the shady back alleys of Craigslist. At FanSnap, you punch in your requested event, date, number of seats, and price limit, and it spits out the best deals across the Web from more than 50 secondary market ticket sites—such as StubHub and Razorgator. And the best part? FanSnap computes total costs, including sneaky hidden "convenience" fees. No bull, finally.

The 4 Best Ballpark Bars

According to Josh Pahigian, author of *The Ultimate Baseball Road Trip*, 2nd Edition, out now

4

Town Ball Tavern

Target Field, Minnesota Twins

A range of regional brews and hardwood flooring from an old Minneapolis Lakers' court. Order the Juicy Lucy Burger.

3

Braves Chop House

Turner Field, Atlanta Braves

Find this multilevel eatery on deep right field. Order some pub grub and a brew. Settle in for a few innings—or more.

2

Bullpen Sports Bar

U.S. Cellular Field, Chicago White Sox

Enjoy a unique field-level view through the outfield fence, and watch relievers warm up as you wait for a home-run ball.

1

Larry's Big Bamboo

Minute Maid Park, Houston Astros

It's like the original "Boo" in Kissimmee, Florida, spring training fave of former Astro Larry Dierker. Have a fish taco.

The 5 Worst College Mascots

according to *thebestlist.MensHealth.com*, where you can rerank this list or create new best lists of your own

5

Big Red
Western Kentucky University

4

WuShock
Wichita State University

3

Otto the Orange
Syracuse University

2

The Stanford Tree
Stanford University

1

Brutus Buckeye
Ohio State University

*unofficial

MEN'S SHOP

NORDSTROM



Free shipping. Free returns. All the time. nordstrom.com/men. 1.800.933.3365.

WorldMags.net



IZOD
LUXURY SPORT
EYEWEAR

The latest news on health, sex, nutrition, exercise, and weight loss

HAIL TO THE CHEESE

Go ahead, enjoy this muscle-building, hunger-killing snack

Don't be afraid to grab some cheese if you're trying to build muscle—or lose weight. The latest news: A Danish study reports that a daily dose won't raise your total or LDL cholesterol levels. (See *Nutrition Bulletin*.) "Even though full-fat cheese has more calories than diet versions, it keeps you satiated for a much longer time," says Alan Aragon, a *Men's Health* nutrition advisor. "Plus, it tastes a million times better." Just be careful not to overindulge, because the calories can add up. Limit your cheese snacking to once in any given day—and know the stats at right.

PHOTOGRAPH BY LEVI BROWN

Brie
6 grams (g)
protein,
95 calories

Cheddar
7 g 114 cal

Goat (semisoft)
6 g 103 cal

Gruyère
8 g 117 cal

Provolone
7 g 100 cal

Gouda
7 g 101 cal

Mozzarella
6 g 85 cal

Feta
4 g 75 cal

Protein
and calories
in a 1-ounce
serving

Source: USDA

SUM PAIN RELIEF

The next time you're hurting, be calculating in your choice of treatment. **Doing mental math relieves pain**, say scientists in Finland and Denmark. In the study, people who juggled numbers reported feeling less pain from high heat than folks who listened to music or soothing sounds. Math play may block pain in two ways: It distracts your brain from the ache and alters levels of key neurochemicals, says study author Peter Vuust, Ph.D. Try a calculation involving successive numbers (1+2=3, 3+3=6, 6+4=10...).

RUN SMELL-CHECK

If funky fumes emanate from your armpits, you might need a doctor's appointment. **Body odor can signal the presence of an STD**. Russian researchers found that women were more likely to describe a man's sweat as "putrid" if he was infected with gonorrhea. Why? Your immune system may produce odiferous compounds in response to the invading bacteria, says study author Mikhail Moshkin, Dr.Sci. If you or anyone else thinks your BO has smelled worse lately, consider a gonorrhea test.

AVERAGE POINT DROP IN SYSTOLIC BLOOD PRESSURE OF PEOPLE WHO TOOK L-ARGININE SUPPLEMENTS FOR AN AVERAGE OF 4 WEEKS

Source: American Heart Journal

FLOSS FIGHTS CANCER

Dental floss is definite MacGyver material. This is unusual use #46: **Floss can help you escape stomach cancer**. New York University researchers found that people with precancerous gastric lesions were nearly three times as likely to report that they flossed infrequently as people who didn't have the lesions. Study author Yu Chen, Ph.D., M.P.H., explains that if you don't maintain good oral hygiene, bacteria may build up in your mouth and eventually migrate to your stomach, where they can trigger cancer-causing inflammation. Here's a tip for the forgetful: Jot down a plan of when, where, and how you'll floss each day and you'll be more likely to actually do it, a German study found.

Leak but Don't Touch

Public restrooms can be nauseating—literally. Scientists at the University of Colorado found that a typical lavatory harbors 19 phyla of bacteria. While many are harmless, each family has potentially bad bugs, says study author Gilberto Flores, Ph.D. So wash your hands *and* use a hand sanitizer.

PROPIONIBACTERIACEAE

Bad bug: *Propionibacterium acnes*, which causes acne and eye infections

STREPTOCOCCACEAE

Bad bug: *Streptococcus pyogenes*, the culprit behind strep throat

STAPHYLOCOCCACEAE

Bad bug: *Staphylococcus aureus*, which can leave you with a skin infection

CLOSTRIDIALES

Bad bug: *Clostridium tetani*, responsible for tetanus

CORYNEBACTERIACEAE

Bad bug: *Corynebacterium diphtheriae*, which can cause diphtheria

MORAXELLACEAE

Bad bug: *Moraxella catarrhalis*, often linked to respiratory infections

OUR RADAR

Plants vs. Pills

Once again, nature provides a possible solution to a common health problem: an herbal supplement that can cut cholesterol. When researchers in China fed *Astragalus* compounds to hamsters for 3 months, the rodents' LDL cholesterol levels fell by 47 percent. *Astragalus* may boost production of enzymes that block cholesterol absorption. But wait for more research on the herb before you stop popping your statins.



VICTORINOX
SWISS ARMY



CHRONO CLASSIC CERAMIC
Available at Saks Fifth Avenue

Inspired by the ingenuity of the Original
Swiss Army Knife, your companion for life.

IT ONLY HURTS AT FIRST

Hate intervals? Hang in there. **The pain of interval training may subside after just six sessions.**

In a new study from California State University, cyclists had higher power output and less leg pain by their sixth day of high-intensity intervals. Over time, interval training boosts muscle stores of glycogen and phosphocreatine, two fuels for intense exercise. As your body adapts, your perceived effort declines, says study author Todd A. Astorino, Ph.D.

MEN IN TIGHTS

Don't stash those running tights just because winter is over. A new study from Australia reports that **wearing compression tights can speed your recovery.** Men who wore tights during interval training and recovery had lower heart rates and lactate levels than guys who wore shorts. One explanation: Compression garments boost blood-flow to your heart, says study author Chris McLellan, Ph.D. Try graduated compression tights, such as those by 2XU.

A SPEEDY SPORTS DRINK

Save salty sports drinks for after your workout.

Low-carb, low-sodium sports drinks are absorbed the fastest, say New Zealand scientists. Cyclists who downed a drink with lower carb and sodium concentrations than those in an average man's body—thus triggering rapid diffusion into the gut—exercised longer and harder than those who had Gatorade or Powerade. The drink from the study isn't sold here, so try Gatorade G2 instead.

38

PERCENTAGE IMPROVEMENT IN PUTTING BY AMATEUR GOLFERS WHO WERE TOLD THEY WERE USING A PGA PLAYER'S PUTTER (THEY WEREN'T)

Source: PLoS One

ON OUR RADAR

A Dark Side of Statins

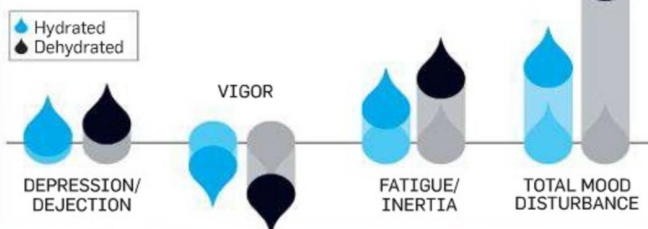
Cholesterol-lowering meds may raise your risk of muscle injury during exercise. In a new study in the *American Journal of Cardiology*, statin-taking marathoners' levels of creatine kinase (a marker of muscle damage) were 36 percent higher the day after a race than those of drug-free runners. Ask your M.D. if you can shelve your statins a few days before a hot-weather race, since heat stress can worsen muscle injury.

For up-to-the-minute cardio tips, go to news.MensHealth.com.

Are You Dehydrated?

Not only does a dehydrated athlete run slower than a hydrated one, but he may also be in a worse mood and feel less energized afterward, according to recent University of South Florida research. "Signs of dehydration—headache, fatigue, thirst, inability to concentrate—can lead to negative feelings," says study author Rebecca Lopez, Ph.D. "If you're dehydrated, your body may not respond the way you want it to. This can also negatively affect your mood." To gauge your fluid requirements, weigh yourself before and after an event. If you lost weight, you may need to drink more during and after your next race.

CHANGES IN RUNNERS' SELF-RATED FEELINGS AFTER A RACE



The 35-year overnight sensation. Back in 1976, we really didn't know how big the Honda Accord would become. We just knew we'd put all our best thinking into it. Drivers loved how fun and smart it was. It was fuel-efficient and low-hassle. It was refreshingly different. And every year since, we've made it better. From lessons learned making race cars, motorcycles, and even jet planes, the Accord is the sum of our best and latest thinking. And for two years running, J.D. Power and Associates has named the Honda Accord "Highest Ranked Midsize Car in Initial Quality." Thirty-five years later, it's still the one.

The one. The 34 mpg hwy* Accord.



accord.honda.com 1-800-33-Honda †Honda Accord received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2011 Initial Quality Study.™ Study based on responses from 73,790 new-vehicle owners, measuring 234 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February – May 2011. Your experiences may vary. Visit jdpower.com. *23 city/34 hwy/27 combined 2012 EPA mileage estimates for Accord 4-cylinder Sedan models. Use for comparison purposes only. Actual mileage will vary. ©2011 American Honda Motor Co., Inc.

WorldMags.net

Edited by Michael Easter

BULLETIN

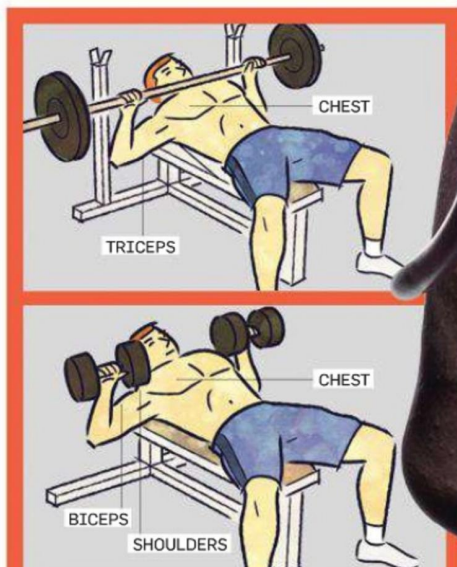
BP BLASTER

Back in the day, docs kept guys with high BP out of the gym. But no more: **Weight training may help lower high blood pressure**, say researchers in Brazil. When a group of men with hypertension stopped their meds and lifted weights 3 days a week for 12 weeks, their blood pressure dipped 11.5 percent. "We think weightlifting directly improves blood vessel or nervous system function," says study author Ronaldo Araujo, Ph.D. The best part: The men's BP stayed lowered for 4 weeks after they quit pumping iron.

For up-to-the-minute muscle tips, go to news.MensHealth.com.

37

PERCENTAGE THAT WEIGHTLIFTING CAN REDUCE YOUR RISK OF DEVELOPING METABOLIC SYNDROME
Source: Journal of Strength and Conditioning Research



Battle of the Benches

Which is better: a barbell bench press or a dumbbell bench press? Turns out, that depends on which muscles you're trying to work. Scientists in Norway measured how men's muscles respond to both exercises. See the illustrations to learn which variation hits which muscles the hardest.

Lady-killing pythons like these and a healthy blood pressure? The gym is your prescription!

A WORD ON WEIGHTLIFTING

Ever start to feel stronger while your buddy is yelling encouragement? There's a reason for that: **Hearing someone assess your lifts can make you more powerful.** In a New Zealand study, men generated up to 3 percent more power while hearing comments on how well they were performing an exercise. "It's easy to lose focus and motivation when lifting, and that can decrease performance," says lead study author Christos Argus, Ph.D. "We think providing feedback keeps people on track."

ON OUR RADAR

Go Light?

Next time you do the bench press, try this: **Take half the weight you normally use, but do twice as many sets.** A study in the *Journal of Strength and Conditioning Research* found that men who used this approach produced more power and force than when they did a more conventional routine. Further research is needed to determine if this strategy can translate to better gains.

TRAVIS RATHBONE (arm), prop styling: Riche Owens/Healthy Resources; ARTHUR MOUNT (illustrations)

GREAT THINGS CAN COME OUT OF SWEAT.
DON'T LET ODOR STOP YOU.



WORKING TURNS ODOR INTO FRESHNESS

WEIGHT LOSS

BULLETIN®

Edited by Maria Masters

For up-to-the-minute weight-loss tips, go to news.MensHealth.com.

LOOKS THAT FILL

Your dinnerware could make you fat. A Georgia Tech study found that **people tend to take bigger helpings when their food is the same color as the plate.** Study participants took 30 percent more Alfredo pasta when their dish was white than when it was a dark color. The scientists say that less color contrast makes our brains work harder to figure out how much to serve.



TAKE A BREAK

Snickers at cravings. **A quick walk may reduce snacking,** say British researchers. When people fit in 15 minutes of activity before doing a mental task, they ate about half as much chocolate while working as those who had stayed sedentary. Exercise may reduce stress, which curbs cravings.

SHUT YOUR HOLE

Trying to slim down? Keep it to yourself. **Revealing weight-loss goals can make you less likely to follow through.** In an NYU study, people who shared their resolutions with others were less likely to enact them. One reason: Calling attention to your good intentions can create a premature sense of attainment, the researchers say.

PERCENTAGE OF PEOPLE WHO ALMOST ALWAYS CHECK CALORIE COUNTS WHEN FOOD SHOPPING
Source: Journal of the American Dietetic Association

ON OUR RADAR

Drunk Dieting

Grab a corkscrew: Red wine may mimic the benefits of a calorie-restricted diet. In a study from the Netherlands, 11 obese men who took a daily supplement of the antioxidant resveratrol had lower blood sugar after 30 days. But the pills had 150 milligrams of resveratrol—the amount in over 2 gallons of red wine. More work is needed to see if smaller doses produce similar effects.



FOOD COURT

→ The crime

1,930

Number of calories in Applebee's New England Fish & Chips

→ The punishment

3.4

Number of hours of moderate rowing required to burn 1,930 calories



(Energy)

because you live for lazy Sundays
that are anything but.



THE BEST-IN-CLASS VITAPAK® PROGRAMS.

GNC Mega Men® Sport Vitapak® is specifically designed to support athletic performance and exercise intensity. Each convenient pack includes high-potency, scientifically researched formulas to boost energy levels, increase endurance, fuel muscles and support recovery.

Only at GNC and GNC.com.

GNC
LIVE WELL

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. © 2012 General Nutrition Corporation.

ON OUR RADAR

The Last-Longer Jab

Careful, doc! An injection of hyaluronic acid gel in the head of your penis may combat premature ejaculation, new research from Egypt reveals. In the study, men with PE were able to last about 6 minutes longer for a month after the procedure. "The gel coats nerve endings in the glans penis, decreasing sensitivity and delaying ejaculation," says study author Rany Shamloul, M.D. After 3 months, however, the guys' thrusting lasted only 3 minutes longer than at baseline. Future research will assess the efficacy of a larger dose, as well as techniques to minimize patients' pain.

DECODE HER "O"

Those moans may be strategic: **Women fake orgasm to keep men from straying**, suggests a new study in the *Archives of Sexual Behavior*. Women who perceived a higher risk of infidelity were more likely to report pretending to orgasm. That phony "O" may be her attempt to show she's committed and reduce the chance that you'll cheat, says study author Farnaz Kaighobadi, Ph.D. Other ways she reels you in: flirting with guys in front of you and calling at unexpected times.

3

PERCENTAGE OF WOMEN WHO SAY USING LUBE MAKES THEM FEEL INADEQUATE

Source: *Journal of Sexual Medicine*

Wanted: Self-Made Millionaire

Ninety percent of women prefer a long-term partner who earned his money rather than inherited it. "Women associate self-earned wealth with reliability, self-sufficiency, intelligence," says study author Peter Jonason, Ph.D. If you have family money, play up your generosity—say, donate to charity. That shows you don't take wealth for granted.

HER PREFERRED SOURCE OF WEALTH, BY RELATIONSHIP



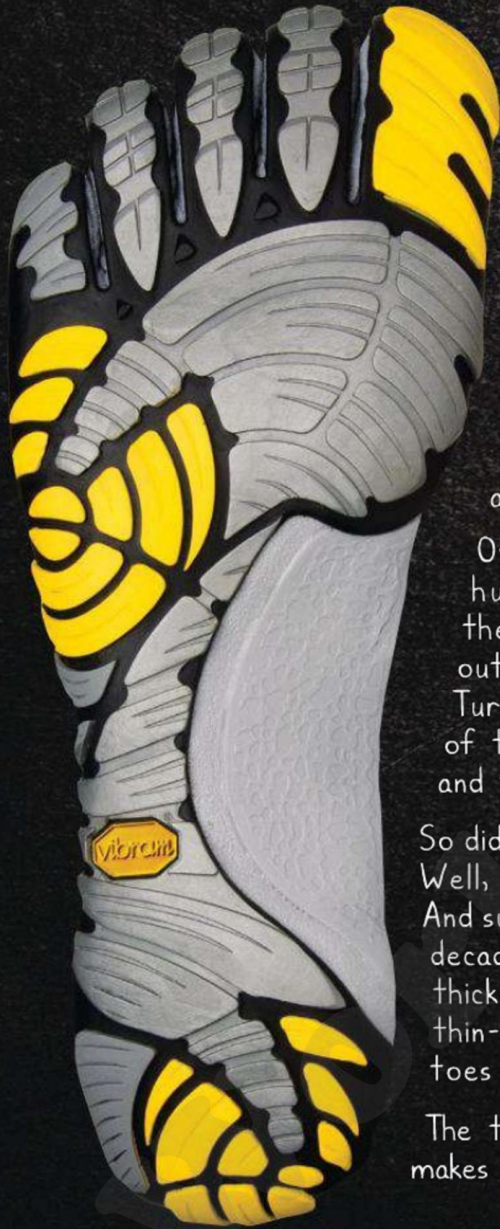
SECRETS OF A HAPPY HOOKUP

You can ease her walk of shame. **Women are less likely to regret random hookups if the sex was satisfying**, according to a new Canadian study. The researchers interviewed women about uncommitted sexual encounters and found that bad sex was associated with disappointment, embarrassment, and guilt. Good sex, however, rarely led to regret. "Orgasmic sex causes the release of oxytocin, which promotes bonding," says study author Maryanne Fisher, Ph.D. This could lead her to believe it's the start of a relationship. But even if you can't promise forever, you can promise protection: Using a condom may also reduce her regret, says Fisher.

For up-to-the-minute sex news and tips, go to news.MensHealth.com.

Illustration by MARCOS CHIN

SO WE HAD THIS CRAZY IDEA:



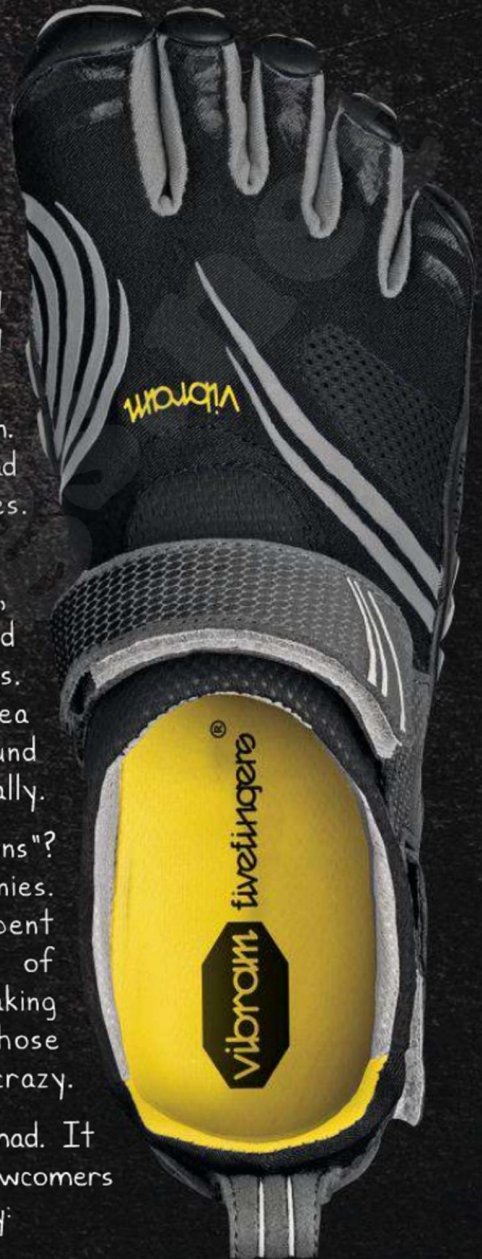
shoes with toes. They'd be as close to barefoot as shoes could get. See, we'd been making soles for shoe companies for almost 80 years. And when we took our idea to them, they agreed it was crazy. Only not the good kind of crazy.

But we can be a bit stubborn. So in 2005 we went ahead and made them ourselves.

Over the next few years, hundreds, then thousands, then millions of people turned out to be just as crazy as us. Turns out, people like the idea of their feet feeling the ground and their bodies moving naturally.

So did you notice the word "millions"? Well, so did the sneaker companies. And suddenly, these folks who'd spent decades touting the benefits of thick, cushioned shoes were making thin-soled shoes — some with those toes they thought were so crazy.

The thing is, it doesn't make us mad. It makes us right. And to all those newcomers we have just one thing to say:



WELCOME TO CRAZY.



THE ORIGINAL
MINIMALIST SHOE



For up-to-the-minute nutrition tips, go to news.MensHealth.com.

18

AVERAGE NUMBER OF TIMES A DAY A COLLEGE-AGE GUY THINKS ABOUT FOOD
Source: Journal of Sex Research

Choline, Counted

This brain-benefiting nutrient is found in high amounts in beef liver and poultry giblets—but here are some more-appetizing options.

FOOD	CHOLINE CONTENT (mg)
½ fillet sockeye salmon (5½ oz)	175
1 large hard-boiled egg	147
3 oz braised veal (top round)	120
½ fillet halibut (5 oz)	119
1 cup roast turkey (5 oz)	116
3 oz braised beef bottom round	111
1 cup canned blue crabmeat	109

Source: USDA

WHAT YOUR BRAIN CRAVES

Can smart eating make you wise? **Choline may improve your mental performance**, research in the *American Journal of Clinical Nutrition* reveals. People in the study who ate more of this nutrient did better on cognitive tests than those who took in less. Dietary choline may aid production of the essential neurotransmitter acetylcholine. The Institute of Medicine recommends 550 milligrams of choline a day for men.

GOUDA NEWS!

Eating cheese won't raise your cholesterol. When people consumed 13 percent of their daily calories from cheese, they saw no rise in their total or LDL (bad) cholesterol levels, a study in the *American Journal of Clinical Nutrition* found. The fermentation process in cow's milk cheese may be responsible for negating cholesterol-raising effects. So go ahead and have three deli slices of cheese a day. It's a great way to boost your protein and calcium intake.

AVOID FAT HEAD

The closer science looks at trans fats, the worse they seem to be. Researchers at Oregon Health & Science University found that **people with higher blood levels of trans fats had more problems with memory and cognition.** Trans fats may displace healthy fatty acids in the brain's neurons. Nix products that contain partially hydrogenated vegetable oils and eat more vegetables, fish, nuts, beans, and citrus fruit, all of which foster brainpower.

ON OUR RADAR

Cocoa Power?

Call it the chocolate touch: Cocoa powder may help reduce inflammation associated with arthritis, says a Spanish study. Scientists fed rats with achy joints a high-cocoa diet and saw signs of inflammation decrease. Cocoa may bolster immune responses in the body by regulating disease-fighting T cells.

STEALTH
HEALTH
FOOD

Artichoke Hearts



They're the greenish yellow centers of the artichoke plant's flower buds. These hearts are tender, with a mild, vegetal flavor.

→ Why they're healthy

Artichoke hearts are a good source of iron and dietary fiber. They're low in calories, too: Two contain about 30.

→ How to eat them

They're great in salads, or paired with roasted red pepper and pesto on a sandwich, or as a topping for homemade pizza.

THEY'VE GOT
100% WHOLE
GRAINS



AND FIT INTO MY STRICT DIET
OF ONLY EATING THINGS
THAT TASTE AWESOME.



DELICIOUSNESS FOR ALL™

THE BE

Taylor Kitsch always keeps climbing, even when he's stuck between a rock and a hard place.



No Way But Up

WorldMags.net

ST LIFE

EVERYTHING THAT MATTERS TO MEN • EDITED BY NICK MARINO

**BATTLESHIP AND
JOHN CARTER STAR
TAYLOR KITSCH
HANGS TOUGH
IN THE RING AND
ON THE SCREEN**

ON THE NONDESCRIBT

west side of Los Angeles, behind a door with no sign, Taylor Kitsch is hidden away in a private boxing gym called TSB-44, where he works out whenever he's in town.

"This'll keep you honest," he says. Boxing, he means. A celebrity like Kitsch may be able to slip away for a discreet workout, but in the ring there's nowhere to hide.

"It's about pushing yourself and attempting to exceed those limits, and pushing the guy beside you," he says as he clambers under the ropes into the ring. He jumps up and down as his assistant, Trey, hooks up an iPod to blast a hip-hop mix.

BY ART KARPEL • PHOTOGRAPHS BY TURE LILLEGRAVEN

"See that?" Kitsch asks me, pointing to a silhouette of a battleship along one wall. "Pete's got lots of stuff up here," he says, nodding toward Navy SEAL logos. "Pete" is Peter Berg, one of the partners behind TSB-44. (The letters stand for Tough Strong Bold.) As creator of the TV series *Friday Night Lights*, he brought us Kitsch in his breakout role as bad-boy running back Tim Riggins. And Berg just directed the actor in *Battleship*, the naval action flick out next month. (Yep, that *Battleship*, as in "You sunk my..." from the game.)

Kitsch doesn't come to this spot just to avoid paparazzi. It's an ideal training ground, with an enclosed outdoor yard for fresh-air sprints—plus that secluded location down a dead-end street. "No bullshit," Kitsch tells me. "You're here to really work hard."

And we do, though not as hard as Kitsch does with someone who can spar at his level. "Trey's getting good, but he can't spar with me yet."

David Paul, who runs the gym, puts us through a grueling warmup. "Feet to the fire!" he shouts, and the three of us sit in a circle in the ring, feet straight out in front of us, as if we're warming them by a campfire. We grunt and strain through a series of abdominal sets with punches and stretches, or "abbies," as Paul calls them. Then we do bag drills, followed by 27 rounds of "run and shoots"—a fancy name for sprints alternating with jabs and uppercuts—and ring work.

Paul, who trained Christian Bale for *The Fighter*, keeps things lighthearted. When we're back in the ring for 3 minutes of sitting with our backs and legs off the floor—a twist on a SEAL drill—he has us tell stories to distract one another from the escalating pain.

Kitsch has simple reasons for loving the sweet science. "You knock out both cardio and weights, really, in an hour and a half," he says. "But you're drenched 99 percent of the time. And you're with someone." He nods to Trey. "You got your tunes." He nods to the speakers blaring Travis Barker's "Beat Goes On." "It's no bullshit," he says again. There's no calling his agent, his manager, or his publicist. It's just him and some guy who's trying to punch him in the face.

Berg introduced Kitsch to boxing in 2006 while they were filming the first episode of *Friday Night Lights* in Austin, Texas. Berg had invited the young cast members to join him at a local boxing gym. "All the actors said they wanted to go," he recalls, "and Kitsch was the only one who had the balls to show up." Berg wasn't sure at first if Kitsch could cut it; but, he says, "Taylor's a legitimate athlete." They've been trading punches ever since.

FRIDAY NIGHT LIGHTS TURNED OUT TO BE THE PERFECT MATCH OF actor and show. By avoiding pat resolutions and black-and-white characters, *FNL* helped elevate the television medium. "That's the beauty of *FNL*," Kitsch says. "It's legit. It's real. People have problems."

It also succeeded in transforming Kitsch from a model into a bona fide actor. Now he's taking the next step—toward movie stardom.

"I'm an all-or-nothing person," says Kitsch, 31, whose year began with the megabudget action flick *John Carter*. (He played the title character, a Civil War soldier who is transported to Mars and battles aliens for the red planet's survival.) Next month he fights aliens again in *Battleship*, which was filmed off the Hawaiian coast. In July comes *Savages*, an Oliver Stone thriller in which Kitsch plays, yes, a former Navy SEAL.

Kitsch has built his career while living almost 1,400 miles away from Hollywood. The British Columbia native settled in Austin while filming *FNL*, and he likes the place so much he's building a house there.

"I love to stay out of it," he says. "I don't do the L.A. scene. I stay focused and very myopic. I don't feel I need to prove myself or be in people's faces, especially in this town."

Though it may seem as if the way to get ahead is to know what you want and ask for it, sometimes a lower-key approach works even better. Sometimes there's power in not asking—in just being yourself, playing the long game, and letting your hard work speak for you. Kitsch knows that power. "I'm not the guy who's, like, 'Hey, can you put me in your movie?'"



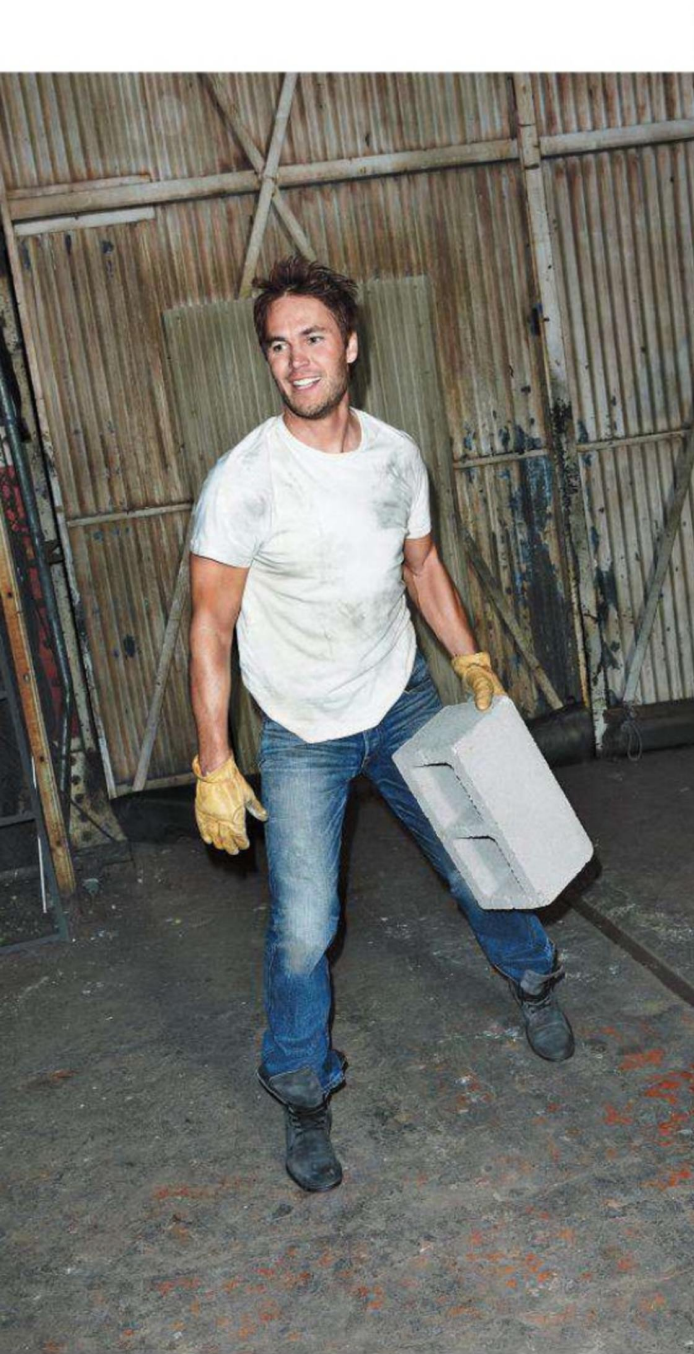
"He didn't call me," Berg says. And indeed, Berg first told Kitsch about *Battleship* several years ago, when they were on Kitsch's boat together down on Lake Austin. At the time they were dragging Berg's son in an inner tube and shooting the breeze. "I was just curious what he was doing," Kitsch says. If Berg wanted Kitsch for the movie, he knew where to find him. And he did find him. "I had to fly to London [where Kitsch was shooting *John Carter*] and drag his ass to Hawaii," Berg says.

Kitsch has plenty of experience with unexpected opportunities. In Texas, football is life. In Western Canada, where Kitsch grew up—4 hours outside Vancouver—it's all about hockey. He was so good on the ice that he was preparing to play pro... and then he blew out his knee. "It was fucking devastating." But he had done some modeling. And because the industry is so small, and handsome young men from the hinterlands are such precious commodities, a big New York agency soon came calling.

A single Abercrombie & Fitch gig opened doors for acting auditions. Lo and behold, the kid started snagging roles: He was in *Snakes on a Plane*, *The Covenant* (a thriller that he wouldn't be disappointed if you haven't seen), *John Tucker Must Die*, and soon *Friday Night Lights*.

Today, when the pressure is on to become a movie star, Kitsch turns to the one place where he has always sought solace: the gym. Whether you're running, lifting, or boxing, he says, "you never walk out of the gym and say, 'I shouldn't have gone.'" You just do the work, feel good about it for a moment, and then move on to whatever comes next.

grooming: Helen Robertson/loveand.com; celestineagency.com, prep styling: Abraham Latham/Ar1Ma Beauty



Kitsch knows his way around the blocks.

“You knock out cardio and weights, really, in an hour and a half. But you’re drenched 99 percent of the time.”

ARL/Barneys New York jeans, James Perse T-shirt, Rogue boots

Taylor Your Workout

Taylor Kitsch was certified as a nutritionist and trainer before he made it as an actor. Here's his advice for maximizing your own time with a fitness coach.

1 Be clear about how the trainer can help you

Want bigger biceps? Or simply gearing up for your first 5-K? Set your goals and communicate them to your trainer. Then when things get tough, he or she can remind you what you're working toward.

2 Take responsibility for your shortcomings

If you came home at 2 a.m. and ate half a cake, cop to it. Your trainer can work with you by taking that into account and maybe adding cardio that session. “Dude,” Kitsch says, “I’ve been there.”

3 Crank up your favorite tunes

“People hate cardio,” Kitsch says. “I hate cardio. But pick the five top songs that you love. Do your cardio during these songs, and you’re done. I’d say 95 percent of the time you don’t even know you just did it.”

4 Stay in it for the long haul

Everyone wants immediate results, Kitsch says. But it takes time for nutrition and exercise to transform a body. Don’t become frustrated if you’re not jacked overnight. “Patience is huge,” Kitsch says. “Huge.”

5 Eat right, but don’t go crazy

Be aware of what you’re ingesting, says Kitsch. While you shouldn’t deprive yourself of the occasional pizza or beer, the idea is to have protein with every meal and eat complex carbs, especially in the morning.

"It's so romantic to wake up and find that he's packed a bag for a getaway."



THAT'S WHAT
**SHE
SAID**

Hannah Simone

AGE 30 | HOMETOWN Los Angeles, California

Hannah Simone's romances typically begin in a place few men want to be: the friend zone. "You can talk about your past relationships," the *New Girl* actress says. "You can talk about your family in a way that you don't feel like you're in an interview process because you need to find someone to be with." Simone's not-so-platonic suitors would do well to master Scrabble and whip up *makaronia tou founo*, the Greek lasagna—tricked out with minced pork, red wine, mint, cinnamon, nutmeg, and haloumi cheese—that reminds Simone of her roots on the island of Cyprus. "My total, total weakness," she says.

Hannah fills in the blanks:

If you're going to approach me at a bar...

be nice. I find there's this weird anger thing: Someone will approach me at the bar and say, "Hey, can I buy you a drink?" And I'll say, "No, I'm okay." And then all of a sudden there's this male anger flip, where they go, "Oh, you know what? I wasn't even gonna buy you a drink, 'cause you're not even that cute anyway," and walk away. Like, why are you so angry at me?

More men should learn how to...

listen. I think you make your mind up and don't actually hear what's being said to you.

Competitive men...

end up making it about the other man. It's between them. If they're competing

over a woman, she's almost left out of it. And at the end of the day, she's going to do the picking.

Every guy should buy his girlfriend at least one...

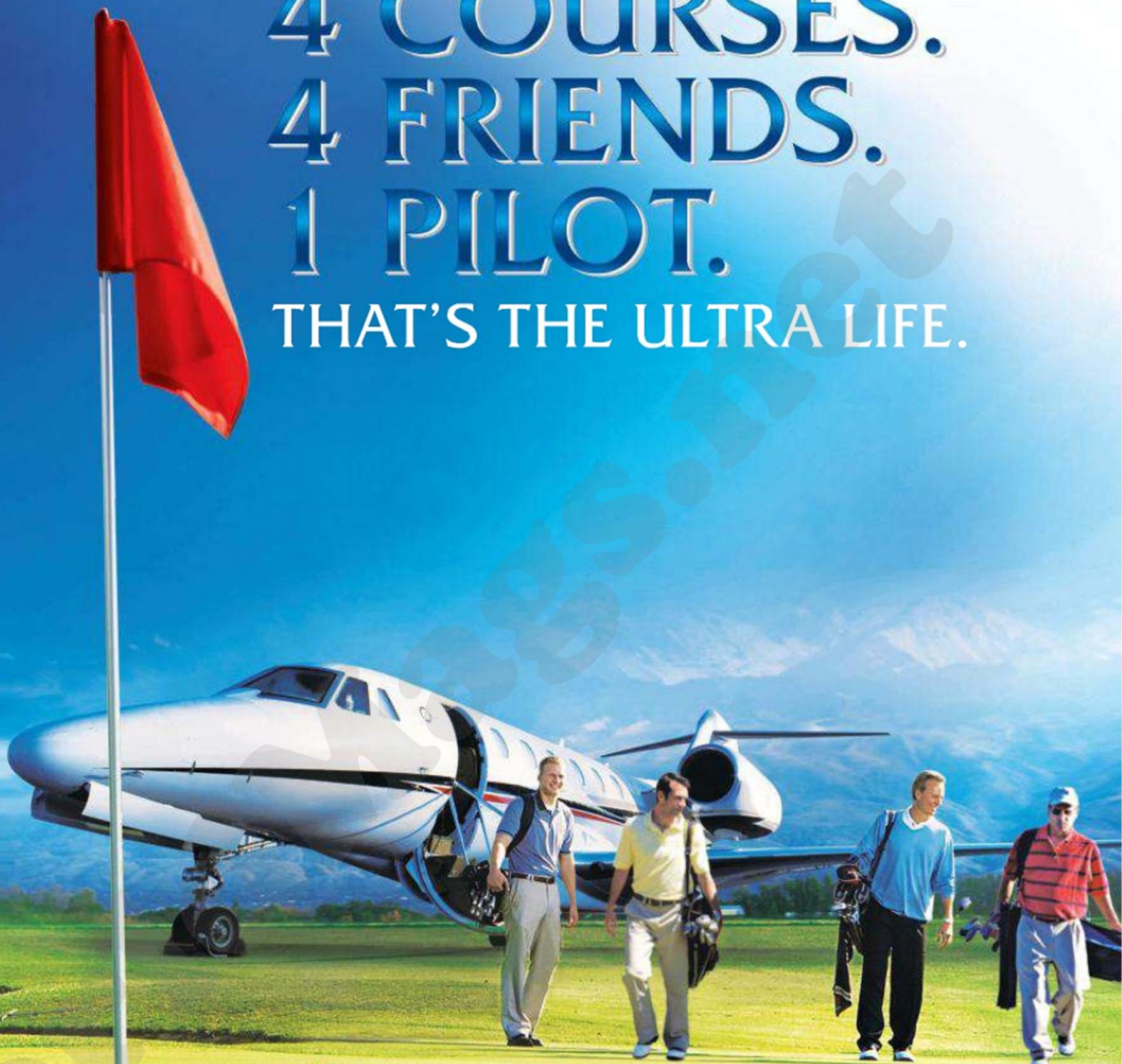
getaway. That's so romantic, to wake up and find that he's packed a bag—and that for the next 48 hours everything is taken care of.

In Scrabble, I'd know a man was the one for me if he ever spelled...

a two-letter word that got him over 40 points. Because I've done it, okay? If you use "qi" (that's technically a word in Scrabble, which is insane) and you can put it on the triple-letter and have it going across and down—bam, you're done. You've just won that game. You've won the game, and you've won the girl.

Photograph by DON FLOOD, styling: Linda Medsker/Tracey Mottingly, hair: Michael Sparks/Solo Artists, makeup: Marina Graveni/Artists by Timothy Primm

4 COURSES.
4 FRIENDS.
1 PILOT.
THAT'S THE ULTRA LIFE.



ULTRA FOURSOME

Go to MichelobULTRA.com
or scan the code for your chance to travel by
private jet to four premiere courses in four days,
with three of your friends. Get ready for takeoff



MichelobULTRA.com

ENJOY RESPONSIBLY



Official Beer

No Purchase Necessary. Sweepstakes open to residents of the United States (except CA), who are 21 years of age or older at the time of entry. Sweepstakes begins at 12:00:00 a.m. CDT on 4/1/12 and ends at 11:59:59 p.m. CDT on 4/30/12. Three (3) ways to enter: (1) Use your smart phone or other web-enabled device with data plan to take a photo of the sweepstakes quick response code featured on signs or promotional materials at participating stores with the QR reader application already installed on your phone. You will be directed to a mobile web page where you may complete and submit an entry form. (2) Visit www.michelobultra.com and follow the online instructions to complete and submit an online entry. (3) Text "FOUR" to shortcode ULTRA (85872). Message and data rates may apply. See Official Rules available at www.michelobultra.com for complete details. Void where prohibited. ©2012 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO • 95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

Q What's the best position for a woman to reach orgasm?

BARRETT, SEATTLE, WA

Glad you asked! Of course we love being on top, because we can control the rhythm and can angle our hips down to grind our way to orgasm. But that involves a fair amount of physical effort—and sometimes we'd rather let you do the work while we relax and enjoy ourselves. May I suggest the downward dog? Start by spooning, and then roll over so you're on top and she's face-down. You enter from behind, lying on top of her body. She can use her hands (or guide yours) for extra stimulation, and the angle works great for her.

How far does she expect me to walk out with her after she sleeps over? To my apartment door? To the sidewalk? Or all the way to her car or cab?

MARIO, CHICAGO, IL

If you never want to see her again, the apartment door is fine. If you want the relationship to continue, make

sure she's safely ensconced in a car. In the city, hailing a cab for her lends a measure of chivalry to your hookup. If it's her first time over, be a gent and cover her fare. The second ride could be on her own tab; your call. By the third ride, she probably won't need to be escorted out—but offer anyway. It's a small price to pay for a gesture that'll mean a lot.

"Done right, teasing can feel naughty and wrong in a good way."

Why do American women find European men so hot? (And how can I get some of their game?)

BRET, OAKLAND, CA

It's the BMW effect. You like the feel of German engineering, right? Imported guys are appealing to local gals for the same reason: They drive differently. The differences may be subtle, but we can tell by the way they carry themselves that they're no ordinary Joes. When a fine man with a killer accent pulls up, we're intrigued—and we can't help it. But don't fret, Bret. Euroflash makes a strong first impression, but those exotic guys don't necessarily make better partners. What stateside boys lack in pizzazz, they make up for in charm, something European women also have a real soft spot for.

Does "negging" girls actually work? If so, why? I can't imagine how that's a turn-on.

BEN, NORTH FALMOUTH, MA

Boys have been teasing girls since elementary school with the same goal (to grab their attention) and result



Ask Naomi anything:
MHGirlNextDoor (Facebook)
@MHGirlNextDoor (Twitter)

(they like the attention). So yes, it does often work. But never confuse negging with bullying. Women enjoy teasing when it's playful—done right, teasing can feel naughty and wrong in a good way. (But certain banter will make us hate you. Our weight, for instance, is off-limits. Our friends, too.) Why do we like it at all? I don't think it's conscious; we're just drawn to assertive men. Some of you can draw our attention just as well by being nice. We like that, too.

How can I ask my girlfriend to do a bit more trimming?

STEPHEN, BROOKLYN, NY

Don't ask outright. Instead, suggest it—indirectly. Ask if she's ever shaved or waxed. If her response is no (or "Gosh, Stephen, why do you ask?"), just casually mention that you were wondering what she'd look like—because you can't stop thinking about her sexy body, of course. Your curiosity may pique hers. Although women are generally averse to the notion of changing their ways for a man, she might be more inclined to switch styles if she feels she has reasons of her own. Your girlfriend might not come home with a silky-smooth Brazilian wax, but don't be surprised if she does a little pruning.

My girlfriend's dog always sleeps in her bedroom with us (housemates' rules). The pooch watches us having sex—and that freaks me out. What can I do?

HUNTER, VERO BEACH, FL

You can start by knocking boots at your place whenever possible. When you're stuck at hers, try moving

In Praise of Vintage Porn

There's more to onscreen sex than what's online

Skin flicks are everywhere—to the point of desensitizing us. For an amusing treat, check out a throwback porno. "It's fun to see what standards of beauty and sexiness were in the '70s and '80s," says Tristan Taormino, author and porn director. Taormino recommends *Deep Inside Annie Sprinkle* ("It's campy, but she's a legend"), *Behind the Green Door* ("wacky and perfect for film buffs"), and Candida Royalle's *Eyes of Desire* ("about a female voyeur"). Production values are surprisingly high, she says: "It's not like your best friend got a camcorder and now you have a website." Pop in one of these for a fun date night, but do your research first. "You don't want to watch a movie where only one of you is having a great time," Taormino says. Find smart reviews at goodvibes.com. It's not about finishing the film (you know how it ends); it's about finding inspiration to make your own sequel, on camera or off.



From left: Tony Kim/Trunkarchive.com; Brooke Nijar, hair and makeup: Amanda Breezer; MITCH MANDEL



Is this her idea of a watchdog?

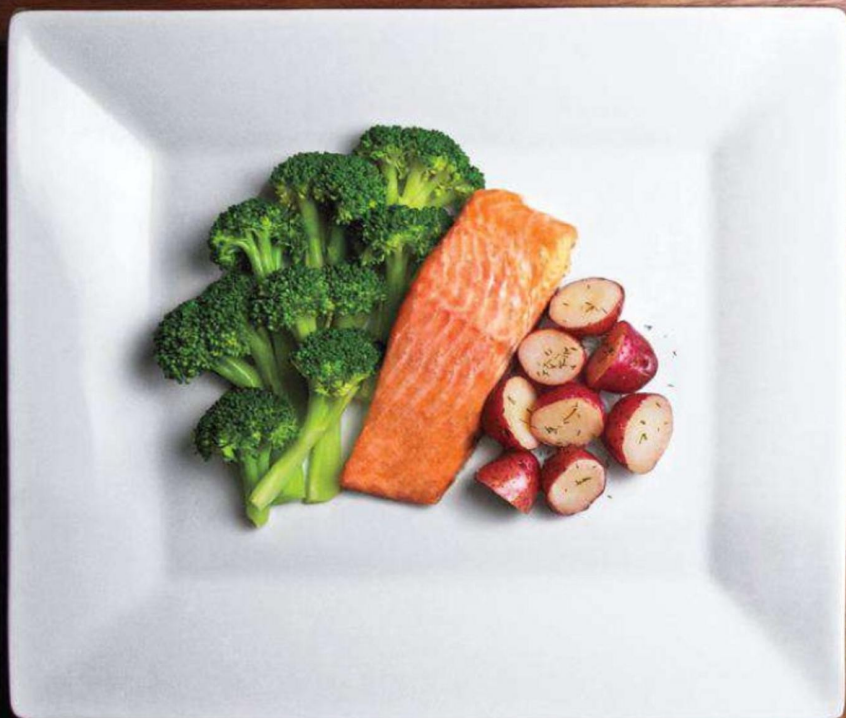
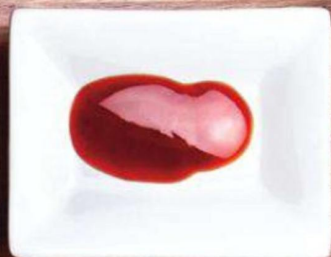
A man in a dark suit, white shirt, and striped tie is riding a black bicycle. He is wearing sunglasses and has a colorful pocket square in his jacket. He is also wearing colorful sneakers. The background is a white brick wall with a large black shadow of the man and the bicycle cast onto it.

WHERE'D YOU GET THOSE SHOES?

MAKE A MOVE ON SPRING STYLE.



DSW
DESIGNER SHOE WAREHOUSE



Nouvelle Nuke

YOUR MICROWAVE CAN DO MORE THAN JUST POP POPCORN. TRY THESE IDEAS FROM CHEFS BRYAN AND MICHAEL VOLTAGGIO, AUTHORS OF *VOLT INK*

5-Minute Curry Applesauce

WHY It's a fast side dish for pork.

HOW Peel, core, and thinly slice four Granny Smith apples. Put the slices in a microwave-safe bowl and loosely cover it with microwave-safe plastic wrap. (Don't let the plastic touch the apples.) Nuke on high until the apples mash easily, about 5 minutes. Puree in a blender and serve, or refrigerate for up to 3 days. Add a pinch of curry powder and pair with pork, or eat it alongside Greek yogurt at breakfast.

Quick Parmesan Crisps

WHY They're a low-carb alternative to croutons.

HOW Grate enough Parmesan to completely cover a small, circular, microwave-safe plate. Microwave on high until the cheese is crisp, about 80 seconds. Remove the plate and let it sit for about 10 seconds; then peel the cheese from the plate and serve it with Caesar salad or as a garnish for soups.

Salmon with Shiitakes

WHY It's a fish dinner that's ready in 15 minutes flat.

WHAT YOU'LL NEED

1 Tbsp butter
2 shallots, minced
1 salmon fillet (4 to 6 oz)
Salt and freshly ground pepper
1 cup mixed mushrooms (such as cremini, shiitake, or trumpet)
1 tsp fresh rosemary
Parchment paper

HOW In a medium microwave-safe bowl, nuke the butter until melted; add the shallots and nuke 2 minutes. Brush the salmon with some of the butter; season with salt and pepper. Toss the mushrooms in the remaining butter and season with salt and rosemary. Fold a 14-by-18-inch sheet of parchment paper in half; then open it and spoon the mushrooms onto one side. Place the fish on top and fold the other half of the paper over, crimping it closed. Microwave on medium until the parchment steams, 5 minutes.

EAT THIS NOT THAT!

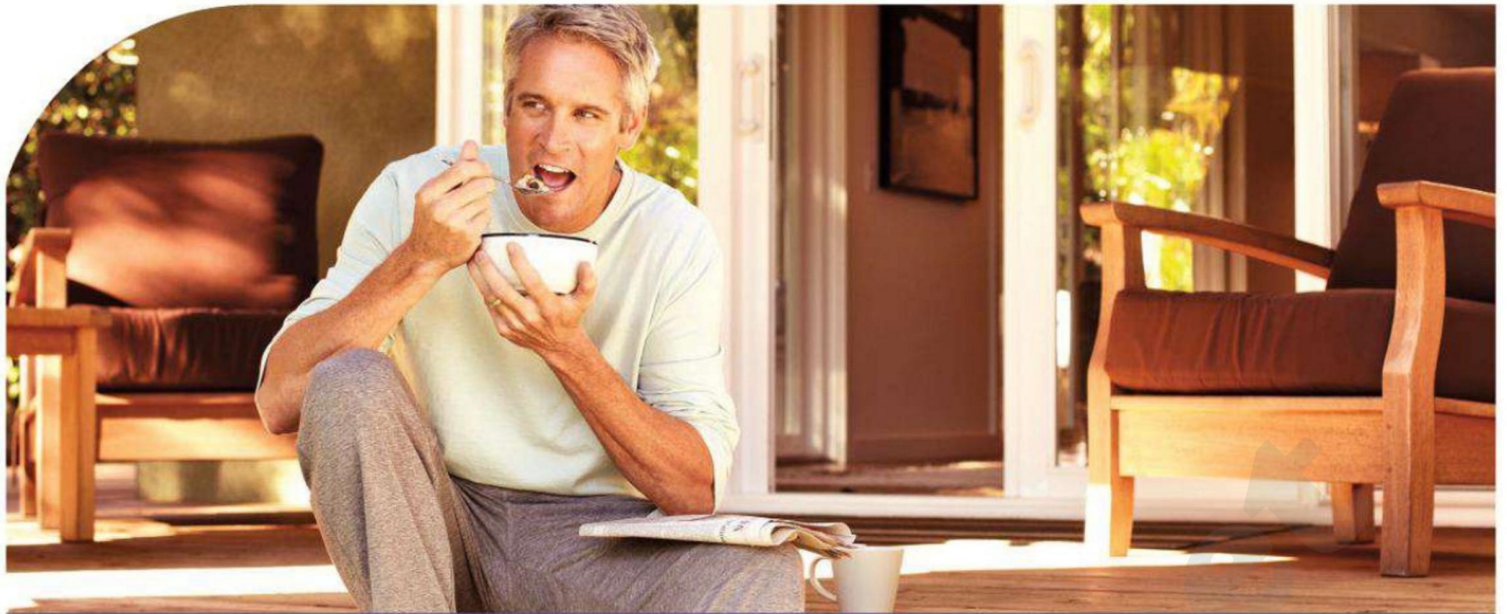
At Auntie Anne's

Cheese Pretzel Dog **Sesame Pretzel with melted cheese dip**

370 calories	550 calories
12 grams (g) protein	15 g protein
33 g carbohydrates	73 g carbohydrates
(1 g fiber, 5 g sugar)	(3 g fiber, 14 g sugar)
20 g fat	22 g fat
640 milligrams (mg) sodium	1,840 mg sodium

Go with the dog: You give up a bit of protein, but you also cut about two-thirds of the sugar and piles of sodium. The tradeoff is a no-brainer.





A handful of good news. Ever wonder why you read so many good things about almonds? Because they're packed with great stories to tell. Like how just a handful a day gives you 6g protein, 3.5g fiber and can even help you maintain healthy cholesterol levels. Read all about the power of a handful at **AlmondBoard.com**



Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

 **california
almonds**
AlmondBoard.com

© 2012 Almond Board of California. All rights reserved.

Hamburger Steak with Mushroom Gravy

SATISFY CARNIVOROUS HUNGER ON THE CHEAP WITH THIS FAST MEAL



Using ground sirloin instead of chuck cuts calories while still delivering beefy flavor.

1½ lb ground sirloin, shaped into four patties

Salt and pepper to taste

½ Tbsp canola oil

1 medium yellow onion, sliced

2 garlic cloves, minced

4 oz white or cremini mushrooms (stems removed), sliced

½ Tbsp flour

½ cup beef or chicken stock (see "How to Take Stock," right)

1 Tbsp ketchup

1 Tbsp low-sodium soy sauce

½ Tbsp Worcestershire sauce

MINUTES 0-11

Sear the "steaks"

Preheat the oven to 200°F. On the stovetop, heat a large sauté pan on medium high. Season the patties with salt and pepper. Add the oil to the hot pan, swirl, and add the patties. Cook them until they're browned on both sides and medium rare, 3 to 4 minutes per side. Transfer the patties to a baking sheet and place it in the oven to keep them warm.

MINUTES 12-17

Sauté the vegetables

Add the onions, garlic, and mushrooms to the sauté pan and cook until they begin to brown, 5 to 7 minutes.

PER SERVING

440 calories,
50 grams (g) protein,
7 g carbohydrates
(1 g fiber), 22 g fat,
406 milligrams sodium

MINUTES 18-21

Make the gravy

Sprinkle the flour over the vegetables and stir with a wooden spoon to coat. Stir in the stock, breaking up any lumps, and then stir in the ketchup, soy sauce, and Worcestershire. Cook until the gravy thickens, 2 to 3 minutes. Serve the patties over mashed potatoes or sautéed spinach (or both), topped with gravy. Makes 4 servings

Note: Consuming undercooked burgers (internal temperature below 160°F) may increase your risk of foodborne illness.



How to Take Stock

From France to the Philippines, cooks use stock to give their dishes a backbone of flavor, says Jeffrey Saad, author of *Jeffrey Saad's Global Kitchen*. Follow his rules when choosing a box of stock.

GO SIMPLE

"The more ingredients on the label that you recognize, the better the stock," Saad says. Vague words like "flavor" are tip-offs for processing shortcuts. In a chicken stock, you want chicken, carrots, celery, onion, and water. The further a stock strays from the basics, the worse. Same goes for beef, seafood, and other stocks.

LICK THE SALT

Opt for low-sodium stocks. "Homemade stock actually has very little salt, if any," Saad says. "You can always add more salt later if your food needs it." You don't want to be stumbling out of bed in the middle of the night for a glass of water.

STICK WITH THE BASICS

Not sure what type of stock to use for a recipe? When in doubt, Saad says, reach for vegetable or chicken stock. "These varieties have subtle, balanced flavors that match well with many dishes."



SEARING SPOTLIGHT: 3 ESSENTIAL STEPS

HEAT To brown effectively, start with a hot pan. Avoid crowding, which saps heat.

FAT Oil acts as a barrier between pan and protein, helping the meat sear rather than stick and scorch.

TIME Don't poke the protein or move it frequently. A good sear takes patience and time.

Whip up quick meals based on stuff you already have in your fridge: Visit MensHealth.com/shortordercook.



Don't coffee-block your smile.
Love the foods that stain.

Chewing two pieces of Trident White Sugar Free gum* after eating
and drinking helps prevent stains and whiten your teeth.

*2x per day.





See Your iDoctor

WITH A SMARTPHONE, THE KEY TO BETTER
HEALTH IS IN THE PALM OF YOUR HAND

FIND A DOCTOR

With **ZocDoc**, you can search for physicians and dentists in many major U.S. markets. Read the reviews, and then book an appointment—no phone calls needed. **FREE**; ANDROID, BLACKBERRY, IPHONE

TRACK YOUR MEDICAL HISTORY

Recommended by *Men's Health* urology advisor Larry Lipshultz, M.D., **Gazelle** can

store your medical records for later viewing, log your Quest Diagnostics lab results, and help you remember medication names and doses. **FREE**; ANDROID, BLACKBERRY, IPHONE

SCARE YOURSELF STRAIGHT

Need a reality check to nudge you off the sofa and away from the fast-food fries? Use the **Heart Disease Risk Calculator** to estimate your odds of having a heart attack, stroke, or heart failure within the next 10 years. It can't replace a doctor, but it can help encourage healthy habits. **FREE**, IPHONE

KNOW YOUR MEDS

Is it okay to take aspirin with your cholesterol prescription? Find out with **Medscape**, an app that tracks drug interactions and provides safety data on more than 8,000 drugs. The reference section, which features medical news and info on some 4,000 diseases and conditions, is the "best out there," says Adam Cifu, M.D., an associate professor of medicine at the University of Chicago medical center. **FREE**; ANDROID, BLACKBERRY, IPHONE

IDENTIFY YOUR INJURY

Hurt? **SportsInjuryClinic** has the lowdown on more than 100 different sports-related injuries. Compare symptoms, receive rehab info, and watch YouTube treatment videos, a favorite feature of Moshe Lewis, M.D., chief of physical medicine and rehabilitation at California Pacific Medical

Center. Just make sure you clear any new exercises with your doctor first. \$3, IPHONE

QUIT SMOKING

Make it stick: **My Last Cigarette** reminds you how much cash you're saving and how much you've increased your life expectancy. It also provides motivational messages—which, a British study says, may increase your chances of being smoke-free at the 6-month mark. \$1, IPHONE

CHECK YOUR HEART RATE

A smartphone camera plus **Instant Heart Rate** equals one of the most accurate heart-rate monitor apps, Dr. Lewis says. **FREE**; ANDROID, IPHONE

SPOT SKIN CANCER

Thanks to pattern-recognition technology and a Johns Hopkins image database, **MeIApp** can assess your melanoma risk by scanning photos of questionable lesions. The next step: Follow up with a dermatologist. \$2, IPHONE

AVOID FOOD ALLERGIES

Allergy Caddy helps you avoid triggers at more than 30 restaurant chains by consulting the chains' public allergy data. \$2, IPHONE

UNDERSTAND STDs

STDiQ provides information on common sexually transmitted diseases, evaluates your risk factors, and identifies nearby testing clinics. For something this sensitive, you'll appreciate the privacy. **FREE**, IPHONE KIERA AARON



Travis Stork, M.D., is an ER physician and host of TV's *The Doctors*.

THE WORLD OF HURT by Travis Stork, M.D.

Q How do I decide what to do in a crisis: Drive the injured person to an emergency room, or wait for an ambulance?

Troy, Milwaukee, WI

You may think it's quicker to drive to the ER yourself, but my recommendation is to call 911. Even if you have to wait for them, paramedics have the tools and training to provide in-the-field care. Also keep in mind that when you drive to an ER in a private vehicle, no

matter how sick or hurt someone is, that person doesn't go through the door and straight to an ER bed. When you arrive by ambulance, you're wheeled directly into a treatment room and the staff has already been alerted to the details of the case by radio.

WHAT MEDICAL SUPPLIES SHOULD MY EMPLOYER HAVE ON HAND?

Clyde, Austin, TX

A fully stocked first-aid kit. Prestocked kits are available at redcrossstore.org. Also, many places of business are now purchasing automated external defibrillators (AEDs) and training employees how to use them. You can find an AED online for about \$1,200, which may seem like a lot of money—until an employee or visitor actually needs it.



With Crizal® No-Glare lenses,
neither dust nor dirt can keep you from
the clearest vision possible.



Ordinary lens

Crizal lens

Ask your Eyecare Professional for Crizal lenses

The most water-proof, dust-proof, scratch, smudge
and dirt resistant No-Glare lenses.



Scan
to see
Crizal
TV ad

©2012 Essilor of America, Inc. All Rights Reserved. Unless indicated otherwise,
all trademarks are the property of Essilor International and/or its subsidiaries.

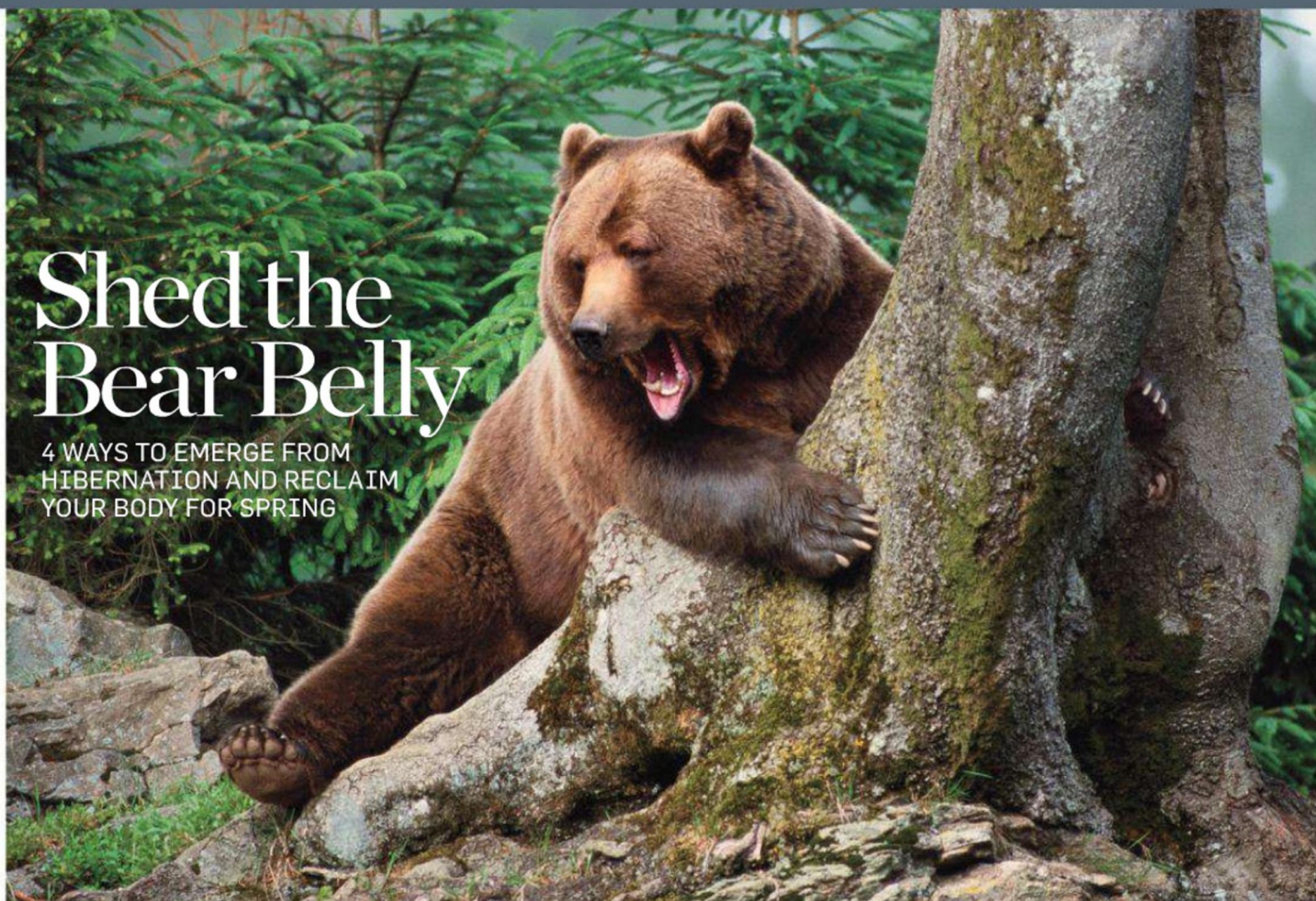
CrizalUSA.com

Crizal®

Live Life in the Clear™

Shed the Bear Belly

4 WAYS TO EMERGE FROM HIBERNATION AND RECLAIM YOUR BODY FOR SPRING



YOU MAY HAVE BEEN A BIT SLUGGISH (OR BEARISH) over the winter. After all, frigid weather is enough to make anyone want to hole up. But unlike grizzlies, men don't emerge slimmer come spring. Indeed, all that extra time spent indoors subsisting on beer and Xbox tends to pack a couple of pounds on a guy, says Mike Wunsch, C.S.C.S., a trainer at Results Fitness in Santa Clarita, California. The kicker: Most of us never lose that weight. Here's your exit strategy for leaving the cave leaner. **MICHAEL EASTER**

1 Start slowly

"Many men try to pick up where they left off and immediately start slinging around heavy weights," says Wunsch. The result: sore muscles, stressed joints, and a downward spiral of missed workouts.

Your move: If you were hibernating for most of the winter, begin with half the weight you lifted previously, and then increase your load by 10 percent a week, suggests Wunsch. This might sound tedious, but you'll see the

benefits add up quickly; within 8 weeks you'll be stronger than you were before.

2 Plan ahead

Research shows that eight workouts a month is the minimum required to stick to a fitness plan, says Wunsch. And the more frequently you exercise, the better the odds are that your initial effort will turn into a healthy habit.

Your move: Mark off at least two workouts a week on your monthly

calendar, and try to schedule your exercise time for the same hour each day. Hormonal adaptations cause your body to "remember" when you usually exercise, making you strongest at that time, according to Tunisian researchers.

3 Grab iron first

Think running is the fastest path to a leaner body? It's not. In fact, endurance training can inhibit muscle building, a Norwegian study found. The result: less fat burning. **Your move:** "Make your first four workouts lifting sessions," says Wunsch, who also advises skewing the rest of your fitness plan in favor of strength training. "Building a foundation of lean muscle will stoke your calorie furnace and accelerate weight loss."

Check out *Flatten Your Belly* in this issue for the ultimate fat-blasting, total-body workout.

4 Feed your gains

"People often skip protein shakes after they exercise, thinking they'll save 200 to 300 calories," says Wunsch. "But a protein shot accelerates lean muscle growth, which in turn revs metabolism and burns more fat."

Your move: Find a powder with at least 20 grams of protein and 4 or more grams of leucine (an amino acid that can boost muscle growth) per serving. In a recent study in the *American Journal of Clinical Nutrition*, leucine helped boost muscle gains by 33 percent. Try Nitrean+ by AtLarge Nutrition. \$60, atlargenutrition.com

PRO TIP

The Best New Workout Gear

Still lifting in running shoes?

Most men use the same kicks on the road and in the gym, accelerating wear and tear and undercutting strength gains. "Minimalist training shoes, which have less heel lift, help strengthen the muscles in your feet and

improve ankle mobility," says Eric Cressey, owner of Cressey Performance in Hudson, Massachusetts. They can also help you maintain better form during an exercise, according to a new study in the *Journal of Strength and Conditioning Research*. Cressey's pick: New

Balance Minimus 20. "They're durable and perform well in everything from sprinting to deadlifting," he says. The flatter sole also helps lifters push down through their heels. The result: greater power and a lower risk of injury. \$85, shopnewbalance.com



From top: iFA/Bilderberg/Getty Images, MITCH MANDEL

You wouldn't put artificial coffee in your natural sweetener.
Why do the opposite?

You hunt down a good roast wherever you can find one. Because whether it's from a single-origin farm, a drive-thru window or your favorite barista, a great cup of coffee is a great thing indeed. And that's exactly why we make zero-calorie Truvia® natural sweetener. Born from the stevia leaf, great-tasting and just as special as your daily brew.

So next time you sip, ask for Truvia® natural sweetener.

You (and your coffee) deserve nothing less.

Find out more at truvia.com



honestly sweet.®

Switch Up for Strength

ACCELERATE YOUR GAINS WITH LOPSIDED LIFTING

BALANCE IS TYPICALLY A GOOD THING—ESPECIALLY WHERE BUDGETS AND tightropes are concerned. But when it comes to building muscle, the best approach is often one-sided, says Tony Gentilcore, C.S.C.S., a strength coach at Cressey Performance in Massachusetts. "Unilateral" exercises, which work each side of the body independently, kick your stabilizing system into action, improving coordination, chiseling your core, and—counterintuitively—correcting muscle imbalances. The result: greater total-body power and less time on the disabled list. *JILL YAWORSKI*

1 Suitcase Deadlift

Using a neutral grip, hold a dumbbell in your right hand at arm's length next to your thigh (as if you're holding a suitcase). Stand with your feet hip-width apart and your knees slightly bent. Keeping your chest up, push your hips back and lower your body until the dumbbell is at mid-shin level. Pause, and then return to the starting position. "Don't touch the dumbbell to the floor," says Gentilcore. But do keep it close to your side throughout the move.

2 Dumbbell Single-Arm Overhead Press

Stand holding a dumbbell next to your right shoulder, with your left arm hanging by your side. Press the weight overhead until your arm is straight, and then slowly lower the dumbbell back to the starting position. "Proper form is key," says Gentilcore. "Squeeze your glutes to prevent your lower back from hyperextending."

3 Dumbbell Offset Reverse Lunge

Hold a dumbbell in your right hand next to your side. Step back with your right foot and slowly lower your body until your front knee is bent 90 degrees. Pause, and then push back up to the starting position. "Injuries occur when knee stability breaks down," Gentilcore says. "If you notice one or both knees wobbling, use a lighter weight and focus on keeping your front knee in line with your toes."

4 Dumbbell Single-Arm Bench Press

Lie faceup on a bench holding a dumbbell straight over your chest, palm facing in. Without changing the angle of your hand, lower the dumbbell to the side of your chest. Pause, and then press it back up to the starting position. "Since the weight is offset, your opposite side will want to lift off

the bench," says Gentilcore. "Brace your core, as if you're about to take a punch, in order to keep your back in place."

5 Neutral-Grip Dumbbell Single-Arm Row

With a dumbbell in your right hand, bend at your hips and knees and lower your torso until it's nearly parallel to the floor; let the weight hang at arm's length. Now pull the dumbbell to your torso, keeping your elbow tucked close to your side. Return to the starting position. "Grip the weight as tightly as possible," says Gentilcore. "That will activate your rotator cuff, which assists in the movement."

DO THIS

Perform these exercises as a circuit, moving from one to the next without rest. For each exercise, do 16 total reps (8 on each side). Rest for 1 minute after you've completed the entire circuit. Repeat four more times or until your 15 minutes are up.

KEEP YOUR HEAD UP

Focus on the weight overhead throughout the move.

The Best Exercise You're Not Doing

Growing strong is simple: The more muscles you work, the more muscle you build. "The Turkish getup has multiple segments that hit your entire body," says David Jack, GM of Competitive Athlete Training Zone. Use it to boost mobility, build lean mass, and torch calories.

Lie with your left leg bent, right arm by your side, and a dumbbell or kettlebell in your left hand above your chest. Now roll onto your right side, prop up on your right forearm, and push yourself into a half kneel by threading your right leg behind your left. Stand up to complete the move. Reverse it to return to the starting position. Do 3 to 5 reps, switch sides, and repeat.

RIGHT ON PROTEIN, LIGHT ON CALORIES.*

*62% less calories than EAS Recovery® Protein



Scan with your smartphone for more information and a special offer.



100
CALORIES

15 G
PROTEIN

5 G
FIBER

New EAS Lean 15™ is precisely formulated with 15 grams of protein to build lean muscle and antioxidants (vitamins C & E) for immune support. Our certified formula also has fiber and prebiotics to support digestive health. At 100 calories per serving, it's the ideal protein for a lean body. Learn more at eas.com/Lean15.

ONLY AT



EAS
SPORTS NUTRITION

Abbott
Nutrition

*EAS Lean 15 Protein Powder 100 calories, EAS Recovery Protein Powder 260 calories.

© 2012 Abbott Laboratories LITHO IN USA

82920/APRIL 2012

Core Curriculum

FIRE UP YOUR METABOLISM WITH THIS DO-ANYWHERE WORKOUT

FORGET ABOUT THE "FAT-BURNING ZONE," that low-effort no-man's-land where your body supposedly uses flab for fuel. It's bunk, says Robert dos Remedios, C.S.C.S., head strength and conditioning coach at California's College of the Canyons. "The key to shedding pounds is increasing workout intensity," says Coach Dos, who created the two "complexes" on this page. "Doing exercises back-to-back at maximum effort revs your metabolism for up to 36 hours." Fitness experts call it the afterburn effect; you can just call it smart training. *JILL YAWORSKI*

YOU'LL NEED A stopwatch and a pair of Valslides (\$35, performbetter.com) or, in a pinch, two paper plates.

DO THIS Start with Complex A, performing 10 reps of each move as quickly as

you can without pausing between exercises. Rest for the same length of time it took you to do the complex. Repeat two more times, rest 3 minutes, and follow the same process for Complex B.



WIN THIS NOW!

Why settle for a treadmill when you can reap the benefits of an entire gym from a single machine? With independently rotating arms and two 210-pound weight stacks, the **FreeMotion EXT Dual Cable Cross** is the perfect tool for building total-body strength. For a chance to win one, a \$4,000 value, visit MensHealth.com/freemotion.

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void where prohibited. Sweepstakes runs from March 8, 2012, to April 12, 2012. See MensHealth.com/freemotion for official rules. Rodale Inc., 400 South 10th Street, Emmaus, PA 18098-0099, is the operator of the Sweepstakes. Open only to legal residents of the 48 continental United States and District of Columbia (excluding residents of Alaska, Hawaii, Guam, Puerto Rico, and all other U.S. territories and possessions) who are 18 years of age or older.

COMPLEX A

1 Explosive Pushup

Assume a pushup position with your hands slightly beyond shoulder width and your body in a straight line from head to ankles. Bend your elbows and lower your body until your chest nearly touches the floor; then push up with enough force that your hands leave the floor.



2 Jump Squat

Stand with your hands on the back of your head and your feet shoulder-width apart. Lower your body until your thighs are parallel to the floor, and then jump as high as you can. When you land, immediately squat and jump again.



3 Sumo Squat Thrust

Stand with your feet slightly beyond shoulder width, and then squat and place your hands on the floor in front of you. Kick your legs back into a pushup position, and quickly return to the squatting position. Stand and repeat.



COMPLEX B

1 Spiderman Pushup

Assume a standard pushup position but with your palms on the Valslides. As you lower your body, slide your left palm along the floor in front of you, lift your right foot, and swing your right leg out sideways. Try to touch your right knee to your right elbow. Return to the starting position and repeat with your right arm and left leg. That's 1 rep.



2 Mountain Climber

Assume a pushup position with your arms straight and your toes on the Valslides. Bring your left knee toward your chest by sliding your left toes forward. Return to the starting position. Repeat with your right knee. That's 1 rep.



3 Bodsaw

Assume a pushup position but with your weight resting on your forearms and your feet on the Valslides. Brace your abs, squeeze your glutes, and push back with your upper arms. (You'll feel your core engage as your feet slide backward.) Return to the starting position and repeat.



**I'LL TAKE MY
WIFE'S POLE
DANCING CLASS**

IF

**SHE TURNS DOWN
THE THERMOSTAT
BELOW 76°**

What are you willing to do to save the planet? Create your challenge
at youtube.com/EarthHour. **DARE THE WORLD. SAVE THE PLANET.**

©2012 World Wildlife Fund, Inc. All rights reserved.



MARCH 31 8:30 PM

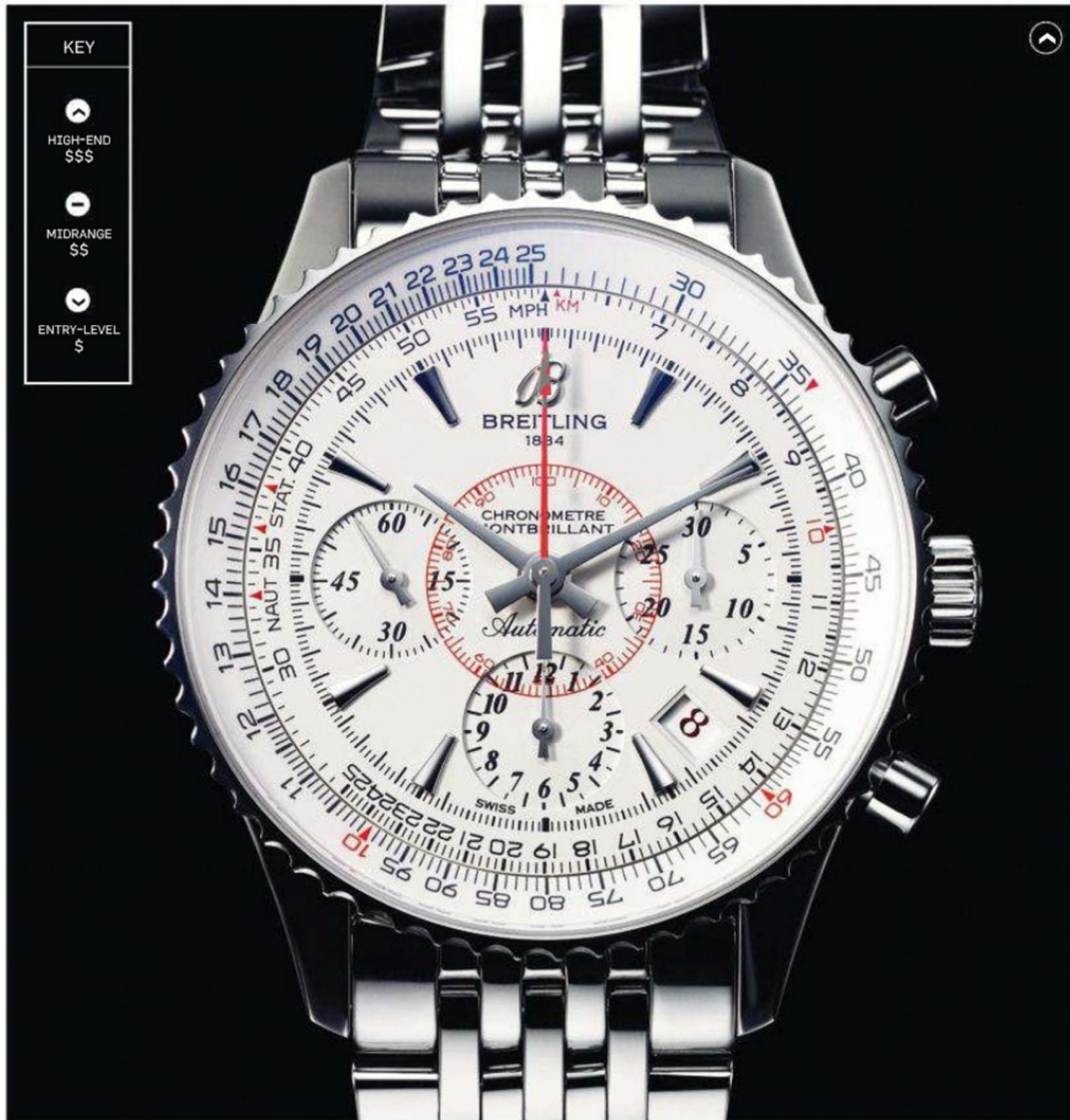
WorldMags.net

Wrist Management

SURE, YOUR CELLPHONE CAN TELL YOU THE TIME. BUT A STYLISH MAN STILL WEARS A WATCH

DESPITE THE COOL ECONOMY, the watch industry is heating up. According to the *New York Times*, sales of watches in the \$150 to \$1,000 range rose 15 percent in 2011. And sales of luxury watches (\$10,000 to \$25,000) jumped 33 percent. Still, expensive doesn't necessarily mean better or cooler. "Some people come

in looking for a specific brand or piece, but it doesn't fit with their style or look," says Michael Gordon, store director of Tourneau on Madison Avenue. So think: Which of these five styles is right for you? Your choice will be an investment that pays dividends long after you've recycled your cellphone. **BRIAN BOYÉ**



KEY

- ⬆ HIGH-END \$\$\$
- ⬇ MIDRANGE \$\$
- ⬇ ENTRY-LEVEL \$



1 EVERYDAY

● These babies are the watch world's workhorses, straddling office and weekend. **THE MESSAGE** "I'm straightforward and reliable."

- ⬆ **Breitling Montbrillant** (\$9,000), breitling.com
- ⬇ **Victorinox Swiss Army Alliance** (\$475), (800) 442-2706
- ⬇ **Kenneth Cole New York Classic Stainless Steel** (\$95), (800) 536-2653

2 TRENDING

● Like any fashion item, watches follow trends. Once you have the basics, grab a piece in today's look: all black. **THE MESSAGE** "My gold one's at home."

- ⬆ **Bell & Ross BR03-92 Phantom** (\$4,200), (888) 307-7887
- ⬇ **Oakley Gearbox Titanium** (\$900), (800) 403-7449
- ⬇ **Diesel DZ1543** (\$160), watchstation.com



3 FITNESS



● Watches are tools to measure heart rate as well as time. Many runners and cyclists can't live without them.
THE MESSAGE "I take care of my body."

- ▲ Suunto Quest (\$275), (855) 258-0900
- Polar FT7 (\$120), (800) 227-1314
- ▼ Timex Personal Trainer (\$70), (800) 448-4639



4 GOLD

● Inherently flashy, a gold watch can be artfully downplayed with a leather strap instead of a bracelet.
THE MESSAGE "My portfolio is doing just fine."



- ▲ Officine Panerai Radiomir Oro Rosa (\$19,100), panerai.com
- Raymond Weil Freelancer (\$13,700), raymond-weil.com
- ▼ Bulova 97A104 (\$400), (800) 228-5682



5 SQUARE

● Watches with square cases call attention—the good kind—to your wrist.
THE MESSAGE "Look again. I'm not like the other guys."



- ▲ Jaeger-LeCoultre Reverso Squadra Chronograph (\$11,600), Jaeger-LeCoultre Beverly Hills
- Tag Heuer Monaco (\$3,300), us.tagheuer.com
- ▼ Bulova 98A118 (\$450), (800) 228-5682

Before I get married I want to:



EX-L model shown. *23 city/31 hwy mpg for 2WD models. Based on 2012 EPA mileage estimates. Use for comparison purposes only. Do not compare to models before 2008. Your actual mileage will vary depending on how you drive and maintain your vehicle. ©2011 American Honda Motor Co., Inc.

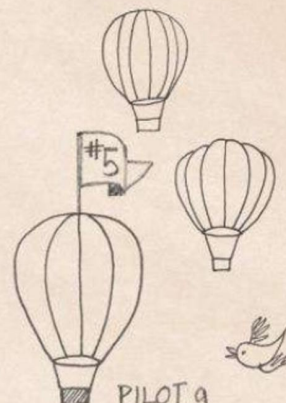
WorldMags.net



#9

Ride the
TALLEST
Ferris wheel#10
X-COUNTRY
SKIINGGO
HORSEBACK
RIDING

No. 3

#8 Start a
Superhero
kickball
teamPILOT a
HOT AIR
BALLOON

JOIN A BAND

No. 6

ALL-NEW
CR-V

Get going in the all-new, 31-mpg-highway* Honda CR-V.

You know that list of stuff you want to do before all that other stuff you're supposed to do?
The technologically advanced, up-for-almost-anything Honda CR-V was built to help you check off every last item.

What are you waiting for? Make your **LEAP ✓ LIST** now at leaplist.honda.com.



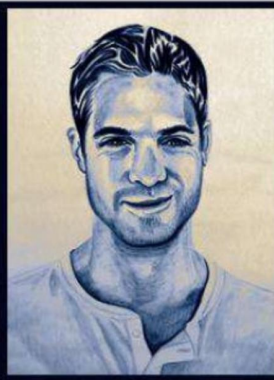
WorldMagazine.com

Maximize Your Face Time

WHETHER YOU LIKE A QUICK AND SIMPLE GROOMING REGIMEN OR PREFER TO DELVE INTO DETAILS, WE HAVE THE HAIR, SHAVE, AND SUDS OPTIONS TO SUIT YOUR NEEDS

SANDRA NYGAARD

THE SPRINTER



YOU ARE THE DEFINITION of low maintenance. You don't like to spend more than 10 minutes grooming in the morning. Shaving is negotiable, and your short haircut keeps you built for speed.



1 Dove Men+Care Extra Fresh body and face bar
Built-in moisturizer makes this straightforward soap less drying than other bars. And here's a refreshing step saver: It has a clean, light scent, so you don't need cologne. (Not that you'd have time for it anyway.)
\$3 for 2 bars, dovemen.com



2 Kiehl's All-Sport Every Day Shampoo
Its gentle cleansers don't dry your strands, even if you lather up every day. Meanwhile, its soy and wheat proteins keep hair soft so you don't have to condition. Can you believe some guys use two products on their hair? Crazy!
\$16, kiehls.com



3 Panasonic All-in-One Cordless hair and beard trimmer
No time to linger by the sink when you shave your scruff? Don't worry, friend. This convenient beard trimmer travels into the shower with you, so your shave shrapnel goes right down the drain. You are still taking the time to shower, right?
\$40, shop.panasonic.com

THE MILER



YOU'RE WILLING TO SPEND some time (and some money) to look good, but you don't like to fuss too much. Your goal is to find quality products that perform multiple functions at once.



1 Gillette Odor Shield body wash
A three-pronged approach protects your body from odor: the initial burst of scent released in the lather; odor-absorbing molecules that attack funk throughout the day; and finally, a light fragrance released as you sweat.
\$4, gillette.com



2 Mitch Double Hitter 2-in-1 shampoo and conditioner
The harsh chemicals in most shampoos can be drying. You, the well-groomed man, know you don't want that. In just one step, this sulfate-free formula strips grime without robbing your hair of precious moisture.
\$16, mitchtheman.com



3 Schick Hydro Power Select razor + Neutrogena Men Razor Defense shave gel
This high-tech tool has five blades plus a digital interface that offers three vibration settings. Thick beard? Find relief in the hydrating gel reservoir and from the glycerin in the Neutrogena gel.
\$11 (razor), schickhydro.com; \$5 (gel), neutrogena.com

THE MARATHONER



FOR YOU, GROOMING IS an enjoyable ritual. You appreciate the details and don't mind a multistep process if that's what it takes to look your best. So what if it takes a while? Most good things do.



1 Axe Snake Peel shower gel + Axe Detailer shower tool
It pays to spend a few minutes sloughing off rough patches with a scrub that softens as it cleans. Apply a little elbow grease with the two-sided tool, and soft skin is your reward.
\$5 (gel), \$6 (shower tool), theaxeeffect.com



2 Bumble and Bumble Let It Shine shampoo + conditioner + Suave Professionals Men styling pomade
Style with the pomade, and the shampoo and conditioner can clean off the residue.
\$23 (shampoo), \$24 (conditioner), bumbleandbumble.com; \$3 (pomade), suave.com



3 Anthony preshave oil + The Art of Shaving cream + The Art of Shaving Power Shave Collection power razor
Start with the oil, and then add the cream to help the blade glide. This polished chrome razor has a built-in spotlight for hard-to-see areas.
\$22 (oil), anthony.com; \$22 (cream), \$175 (razor), theartofshaving.com

JIM WINTERS (illustrations), source: Getty Images; JOSHUA SCOTT (product photographs), styling: Wendy Schell/Halley Resources

YOUR DREAM ROOM

CAN NOW BE YOUR FREE ROOM.



Waldorf Astoria Shanghai on the Bund, China

NOW, HILTON HHONORS™ MEMBERS HAVE THREE NEW WAYS TO BOOK REWARD STAYS.

PREMIUM ROOM REWARDS

For the first time ever, you can book our most luxurious rooms using only points. Choose any room, anytime, anywhere. Even our most spacious penthouse suites are yours for the taking.

ROOM UPGRADE REWARDS

Now your HHonors points can be used at booking or check-in to upgrade to any room — even oceanfront and honeymoon suites. Plus, your upgrade will be guaranteed.

POINTS & MONEY REWARDS™

Or, if you simply want to use less cash, now you can use a combination of points and money to book reward stays faster. So don't put off the family vacation. With Points & Money Rewards™, your next getaway is closer than ever.

NO OTHER GUEST LOYALTY PROGRAM OFFERS MORE ways to book reward stays. This is the way we honor all of our guests, every single day. Visit HHonors.com to see all the incredible new places your points can take you. **Book now at HHonors.com**

SPRING CLEAN UP



BOOST YOUR CONFIDENCE, AND YOUR GOOD LOOKS, WITH THIS CHECKLIST.

Ah, spring...the morning dew, the flowers in bloom. This is the time when men's thoughts turn to...women. Let's face it: Women are a guy's four-season preoccupation, and it's time to spring into your groove to get ready for summer.

What do women want and what do you need to make it happen? We checked with the experts—Women's Health women—for the inside scoop*. Read on to find out what wins their attention, and get all the winning products you need to score big.

☑ Face

In our Women's Health survey, 55% of women buy razors for their guys—take the hint! You'll get her attention when you get a closer shave. **The Gillette Fusion ProGlide Power Razor delivers the smooth, clean shave she seeks—so put your face first and make a great first impression.**

☑ Hair

Whether she prefers a lion's mane or a "short and sweet buzz cut," hair that's clean, conditioned and up to 100% flake free** will always win a second look. Want to be her mane attraction? **Put Head & Shoulders Hair Endurance for Men Shampoo into your grooming routine for healthy, fuller looking hair.****

☑ Teeth

Healthy, clean teeth give you a smile that's a proven lady magnet—in fact, a "smile that makes you melt," is the #1 thing that attracts women instantly. **Get a girl-worthy grin** (and impress your dentist at your next check-up†) **by using Crest Pro-Health Invigorating Clean Rinse** for an invigorating clean.

☑ Body

You may not be able to rock a six-pack, but you can certainly rock a body that smells great. Body odor is a definite "don't" any time of year, and when the temps heat up, **it's time to put Gillette Odor Shield All Day Clean antiperspirant/deodorant on your checklist.**

☑ Scent

The right scent sends a message of confidence, power and man-tasticness. Answer the call of 71% of women who want you to smell good—**get your Old Spice Swagger on with body wash that sends the message that yes, you're the guy she's been looking for.**

Get more great grooming tips and tools at
MensHealth.com/pg

* 2011 survey taken by 3,100 Women's Health readers

** visible flakes with regular use

*** vs. unwashed hair

† vs. brushing alone

WIN

HER OVER WITH THESE

MEN'S HEALTH AWARD WINNERS!*



*Fusion ProGlide Power 2011, Gillette Odor Shield Anti-Perspirant/Deodorant 2011, Gillette Hydrator & Body Wash 2009, Old Spice Red Zone Body Wash 2008, H&S Hair Endurance for Men 2011, Crest 3D White Whitestrips 2011, Crest Pro-Health Invigorating Clean Multi-Protection Rinse 2011, Crest Pro-Health Whitening Toothpaste 2009, Braun Series 7 Shaver 2009.

To learn more about these award-winning products or to buy them now, log on to **MensHealth.com/pg**

WorldMags.net



Jimmy

THE BARTENDER®

On women, work, and other stuff that screws up men's lives

Q MY FOLKS LAUGH OFF MY RULES WHEN THEY'RE WITH MY KIDS. HOW SHOULD I HANDLE THIS?

KEITH, TULSA, OK

Listen, Keith, this is just what grandparents do. If the issues aren't dealbreakers, keep your cool and understand that it's their job to needle you a little. Grandma is allowed to slip your toddler some chocolate now and then, and Grandpa can play Wii with Junior past bedtime. What, you didn't push *their* boundaries when you were a tyke? Spoiling the kids a little won't hurt in the long run. Your folks have been waiting a long time for this, pal. Let them enjoy it.

I just scored a staff position, but some of my coworkers still treat me like the intern I was. How can I make them respect me?

Bobby, Brattleboro, VT
To them you're like the Pittsburgh Pirates: bottom rung, with occasional highlights. And nobody likes a new kid who acts like he runs the place. So find the middle ground. Hustle without showing off, and worry more about fitting into office culture than making people notice you. In other words, don't swing for the fences—that raises your odds of striking out. Just try for solid base hits. Help the team earn the W, and your stature will rise accordingly.

My fiancée's mother has taken over our wedding plans, and I'm starting to feel crowded out. Can I tell her to back off?

Jay, Boulder, CO
Sure you can—if you want your mother-in-law's eyes to mow your sorry butt down every time you step within 20 feet of her. I don't care if you're the country's foremost expert on napkin folds; this is your bride's day. Offer your opinion, sure, but respect that your future wife and her mother are

sharing more than just ideas about flower arrangements—they're sharing some soon-to-be-lost time, too.

The woman I'm dating is 10 years older than me, and she likes to joke about my age. If I do the same to her, she bristles. What's up?

A.J., Jacksonville, FL
You can't see how joking about a woman's age would bother her? Son, you *are* young. Hell, I bet I have belts older than you. Just tell her that as much as she cringes over the "old lady" joshing, you feel the exact same way about the "young pup" stuff. It's called communication, kid. You'll learn.

My girlfriend of 4 years doesn't want us to live together until we're married. I don't want to get married until we live together. Who bends?

Toby, Atlanta, GA
You're still fighting over this after 4 years? That tells me all I need to know about how ready you two are to marry. I'm serious here, Toby: If you and your girlfriend need me to tell you who budges in order to make a decision about marriage, then you guys have already made that decision.



My friend keeps inviting me to go to church with him. I'm not religious, and I wish he'd stop asking. What's a nice way to handle this?

Mike, Jasper, AR
Say you ask a woman out and she says she's busy. You'll try again, right? But if she says she's just not interested, you won't. Same rule applies here: No matter what the situation, making excuses just delays the inevitable. Don't lead him on. Tell him your faith is personal and that you'd like to keep it that way.

TIP JAR



LEARN TO SPEAK SOMMELIER

When Aldo Sohm dines out, he likes to consult the restaurant's wine expert—and he's a sommelier himself! "No one can know every wine on every wine list," says Sohm, who works at Le Bernardin in Manhattan. Here are a few of his tips.

DO Mention why you're out. Business or celebration? This says something about you—and the price and type of wine you want.

DON'T Say "surprise me." That's not helpful. "You might get an unpleasant surprise," Sohm says.

DO Name a wine you drink often. By label is great, but even just a general comment ("I've been drinking Oregon pinot noir") will help.

DON'T Say you like "dry" wine. "Many of the best wines with food, like Riesling, may not be totally dry."

Jimmy's app is full of tips and drinks: MensHealth.com/iphone-jimmy.



YOUR ATTORNEY ON CALL Dan Abrams

Q After I kept getting spam texts on my phone, I called my provider. The rep said they couldn't do anything about it. Who can?

Randy, Carrboro, NC

Dan Abrams is the legal analyst for ABC News. Write to him at MensHealth.com/experts.

You can. In 2003, Congress passed a law to curb spam. Assuming the incoming texts are "commercial messages" trying to sell you something, you can file a complaint with the Federal Communications Commission to try

to shut the sender down. This would not necessarily include follow-ups on products you bought or with companies you've had contact with. But if it's "cold spamming," then do us all a favor and freeze them out.

WHO HAS A RIGHT TO KNOW MY SOCIAL SECURITY NUMBER?

Tom, New Albany, IN

The SSN has come to be a crucial piece of personal ID, though it was never intended for that. You can refuse to provide it, but you risk having a business, landlord, or bank turn you away. Expect to be asked for it for financial transactions, tax returns, background checks, government benefits, and license applications, to name a few. Sure, withhold it if you can—but you may have little choice.



OUR MOST VERSATILE WHEY PROTEIN.

ACTIVE ADULTS SEEKING a versatile all-whey protein powder that mixes up rich and thick like an ice cream milkshake while delivering exceptional quality and value have now found what they're looking for: **ON's New Performance Whey™**. You can mix a scoop effortlessly in just 3 to 4 ounces of water to create an ultra-concentrated shot, or go with a full-sized 6 to 8 ounce shake. Either way, you'll be fueling muscle recovery with 22 grams of premium whey protein while treating yourself to absolutely phenomenal taste. Performance Whey™ is the first whey protein to provide ON's legendary quality with incredible versatility and rewarding flavor at an attractive price.



NEW



NPC ATHLETE TONY LITTON
TRUESTRENGTH.COM



Manufactured in ON's
GMP Registered Plant



TRUE STRENGTH™

WWW.OPTIMUMNUTRITION.COM

USA (800) 705-5226 INTL (630) 236-0097

22G
PROTEIN

5+G
BCAAs

3+G
GLUTAMINE &
PRECURSORS

RANKING AMERICA'S CITIES

YOU CAN CRASH HERE

When President Eisenhower funded our interstate highway system in 1956, Missouri became the first state to break ground. As a result, one of the nation's oldest interstates, I-70, runs right through St. Louis. Now here's what's important about driving this stretch of I-70: There will

be locals in the other lanes, which means you'd better pay attention or you'll be the next historical footnote.

We tabulated the rate of fatal crashes; the percentage of fatalities involving alcohol, speeding, or hit and run; and the rate of seatbelt use (National Highway Traffic Safety

Administration). Then we factored in the average number of years between accidents (Allstate) and laws on cellphone use while driving (Insurance Institute for Highway Safety, and city governments). The result? Don't meet me in St. Louis.

RESEARCH BY NICHOLAS HUNT

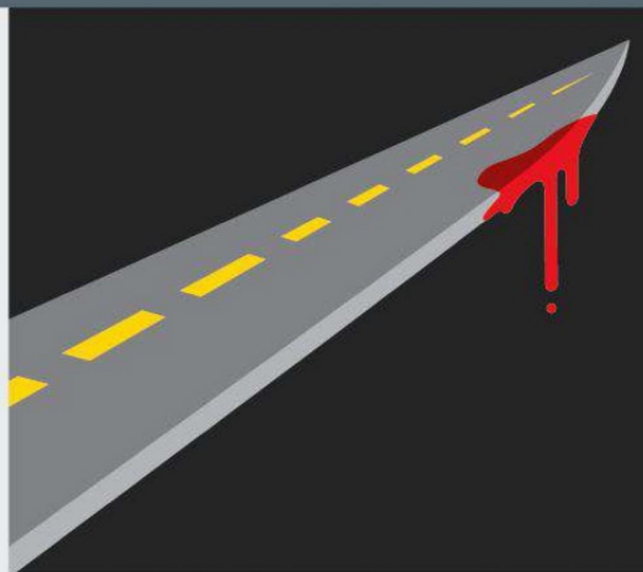
Most dangerous drivers

100	St. Louis, MO	F
99	Dallas, TX	F
98	Charleston, WV	F
97	Houston, TX	F
96	Billings, MT	F
95	Providence, RI	F
94	Columbia, SC	F
93	Durham, NC	F
92	Orlando, FL	F
91	Austin, TX	F

90	Tampa, FL	F
89	Fort Worth, TX	F
88	Lubbock, TX	F
87	Wichita, KS	F
86	Jacksonville, FL	F
85	Jackson, MS	F
84	San Antonio, TX	F
83	Greensboro, NC	F
82	Baltimore, MD	D-
81	Norfolk, VA	D-
80	Oklahoma City, OK	D-
79	Manchester, NH	D-
78	Nashville, TN	D-
77	St. Petersburg, FL	D
76	Wilmington, DE	D
75	Louisville, KY	D
74	Cheyenne, WY	D
73	Pittsburgh, PA	D
72	Little Rock, AR	D

71	Anchorage, AK	D
70	Albuquerque, NM	D
69	Kansas City, MO	D
68	Philadelphia, PA	D
67	Virginia Beach, VA	D
66	Tucson, AZ	D
65	Las Vegas, NV	D

64	Baton Rouge, LA	D
63	Miami, FL	D+
62	Sacramento, CA	D+
61	Washington, DC	D+
60	Tulsa, OK	D+
59	Bridgeport, CT	D+
58	El Paso, TX	D+
57	Chicago, IL	D+
56	Stockton, CA	D+
55	Milwaukee, WI	D+
54	Portland, ME	D+
53	Corpus Christi, TX	D+
52	Bakersfield, CA	D+
51	Toledo, OH	D+
50	Sioux Falls, SD	D+
49	Burlington, VT	C-
48	New Orleans, LA	C-
47	Oakland, CA	C-
46	Cincinnati, OH	C-
45	Indianapolis, IN	C-
44	Riverside, CA	C-
43	Phoenix, AZ	C-
42	Cleveland, OH	C-
41	Laredo, TX	C-
40	Los Angeles, CA	C-
39	Raleigh, NC	C-
38	Birmingham, AL	C
37	Colorado Springs, CO	C
36	Winston-Salem, NC	C



FOG ALERT

It's the pea soup problem: We're too cocky in foggy driving conditions. When Clemson researchers used computer simulation to test the way people drove in fog, they found that most went too fast and would have hit an obstacle. Stay alive by driving through fog as slowly and cautiously as you would on an unfamiliar winding road, says study author Johnell Brooks, Ph.D.

35	Memphis, TN	C
34	Plano, TX	C
33	Denver, CO	C
32	Fresno, CA	C
31	Charlotte, NC	C
30	Newark, NJ	C
29	San Diego, CA	C
28	Fargo, ND	C
27	Lexington, KY	C
26	Detroit, MI	C+
25	Honolulu, HI	C+
24	Atlanta, GA	C+
23	Omaha, NE	C+
22	Columbus, OH	C+
21	San Francisco, CA	C+
20	Minneapolis, MN	B-
19	Anaheim, CA	B-
18	Portland, OR	B-
17	San Jose, CA	B-
16	Salt Lake City, UT	B-

15	Des Moines, IA	B-
14	Seattle, WA	B-
13	Jersey City, NJ	B
12	Rochester, NY	B
11	Boise, ID	B

Least dangerous drivers

10	Aurora, CO	B
9	Madison, WI	B+
8	Chesapeake, VA	B+
7	New York City, NY	B+
6	Fort Wayne, IN	B+
5	Reno, NV	B+
4	Buffalo, NY	B+
3	Boston, MA	A-
2	Lincoln, NE	A-
1	St. Paul, MN	A+

THE LOCKOUT WE'RE ROOTING FOR

It's a no-duh that drunk drivers are menaces, but how do we stop them? With aggressive use of the ignition interlock, a breath analyzer that disables the engine if the driver is over the legal limit. These devices not only help reduce DUI rates in the short term but can also train people to exercise better judgment in the future, says Eileen Ahlin, Ph.D., a criminologist with the research firm Westat. Ask your rep to support the Drunk Driving Repeat Offender Prevention Act of 2011.

THE CAFFEINE MADE ME DO IT



HYDRIVE

Energy Done Better

Great Taste

CALORIES
30
PER BOTTLE

No Jitters

www.HydriveEnergy.com

FREE "Caffeine Made Me Do It" Sticker - [Facebook.com/hydrive](https://www.facebook.com/hydrive)





colors

that reflect your good taste



Take your pick at brita.com/colors

HOW TO DO EVERYTHING BETTER

THIS MONTH

- Host a Vegas-caliber poker game
- Reorganize your garage
- Rake in the dough at a yard sale
- Prep better-than-the-restaurant shrimp scampi
- Score a primo hotel room
- Turn your kid into a soccer star
- Clear out your nose on the run
- Sharpen up your garden tools
- Make excellent chitchat
- Be king of the mountain bike
- Teach her how to golf

HOST A POKER GAME

Run a smoother, smarter tournament at your place, and make everyone feel like a high roller.

STACK THE DECK

Shoot for five to seven players. That's enough to bring action to every hand without being overwhelming. And choose a buy-in that's high enough to keep the game interesting, but not so high that it scares people away. Between \$20 and \$60 is ideal.

STAGE LIKE VEGAS

Host the game in a private room—not the living room or kitchen, where there are distractions. Keep the lights low, and forgo the *SportsCenter* in the background in favor of some upbeat music. If players feel comfortable, they'll throw in more chips and have more fun. Hosting often? Elevate your game and pick up a specialized table at custompokertables.com.

NAME THE GAME

Play Texas Hold 'em (for rules, go to pokertips.org/rules/texas.php).

The buy-in should give players 40 to 60 chips. Allow rebuys once after an hour of play (at the same dollar value of the buy-in), and up the blinds every 30 minutes to keep the game moving. An app like *PokerTimer* (free, iTunes) can help you keep track of the game.

MAINTAIN FOCUS

Distractions make for sloppy poker. Take down clocks so no one worries about the time. Stock a side table with beer and snacks and distance it about 15 feet from the poker table to prevent mindless eating. Discourage cellphone use.

BET ON THE SIDE

Consider running a 7/2 pool: Guys who want to participate kick in \$5 each. If you win a hand after being dealt a 7 and a 2 (the worst duo you can get in Texas Hold 'em), you win the pot.

Source: Carl J. Pankowski, president of CJP Gaming and executive casino host for Caesars Entertainment in Nevada





RECLAIM YOUR GARAGE

Clear the clutter and organize your stuff—for good this time...

Assess the mess

Pick a sunny morning to pull everything out of the garage and take inventory; you'll immediately see what you no longer need. Make a yard sale pile (see below) for duplicates or items you haven't used in at least 3 years. Make a separate pile for toxic or recyclable stuff—car batteries, old mower gas—and dispose of them responsibly. (Visit earth911.com for recycling advice and resources.)

Sources: Andy O'Gara, team manager of Sarah Fisher Hartman Racing IndyCar series team; Jill Pollack, organizational expert and host of HGTV Canada's *Consumed*

Zone your space

With the garage clear, try to visualize where the big things (workbench, mower) might fit. Also, designate areas for specific items you need regular access to—yard tools, for instance.

Freshen up

Hang pegboard for small tools, and metal reels for hoses and cords. Treat the floor with an epoxy coating, such as gray UCoat It (ucoatit.com), which takes

4 to 12 hours to dry. This finish prevents spill absorption and makes cleanups easier.

Mobilize your gear

Pull out a black marker and make a label for any box or bin with contents that are not immediately apparent. Place large items (cabinets, plastic bins) on plywood moving dollies. Mobility allows you to easily adjust the layout of the space if you need to. Now invite your pals over to show off.

WHIP UP SUCCULENT SHRIMP SCAMPI

This protein-rich dish has a bad rap from years of overcooking and poor seasoning in restaurants. Mark Bittman, author of the new book *How to Cook Everything: The Basics*, explains the right way to do it.



PEEL QUICKLY

You'll need about 1½ pounds of medium or large raw shrimp to feed four. Use your fingers to pinch off the tail and then split the shell's underside down the center (where the legs are), removing it like a jacket. Don't devein—veins won't affect the taste and you'll save a ton of tedious work.

FLAVOR YOUR OIL

Pour about ¼ cup of olive oil into a large skillet over low heat. Add a tablespoon of minced garlic and cook, stirring frequently, until the garlic turns golden, 2 or 3 minutes.

SEAR UNTIL TENDER

Raise the heat to medium high and add the shrimp, along with a sprinkle each of salt and pepper. Use a spoon to spread the shrimp out in a layer so they cook evenly. When they're pink on one side (2 or 3 minutes), stir to turn them over. Keep cooking and stirring until the shrimp are pink all over and just barely translucent, another 2 or 3 minutes. Add a few drops of oil if the pan ever seems too dry.

BUILD THE SAUCE

Stir in 2 tablespoons each of water and freshly squeezed lemon juice or white wine, and cook until the sauce is slightly thickened, about 30 seconds. Stir in 2 tablespoons of chopped parsley leaves and serve.

Make a killing at your yard sale

Now that you've decluttered the garage, finally ditch your junk and collect some mad cash with help from Trish Suhr, yard sale expert for the Style Network's *Clean House*.



1. Know when to sell

Shoppers are always on the lookout for collectibles and big-ticket items they otherwise might pay too much for on eBay. Attract them by setting out the big-ticket stuff—electronics, workout equipment, furniture—close to the street. Treat your yard like a department store and arrange like items together.

2. Draw big spenders

Advertise your sale on Facebook, Twitter, Craigslist, and community blogs. Choose wording that enhances perceived value: "Mint condition," "vintage," and "collectible" items will draw a bigger turnout.

3. Bundle 'em up

Shoppers will often spring for several smaller items if they believe they're scoring a package deal. Fill bins with small toys and let the kids fill zip-top bags for 5 bucks. Or if you see someone eyeing a coffee table, say you'll throw in the five CDs she's holding. She'll be putty in your hands!

4. Let them haggle

If you refuse to budge on price, you'll risk the sale. Know your true bottom line. Ask \$300 for a \$500 bike in great condition, say, but let the buyer negotiate it down to \$175.

AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND

"I LOST
46 lbs
with Hydroxycut"
Look, it really does work!



"Hydroxycut was the only one that worked for me. It gave me great energy in the mornings and the motivation to lose the weight. It feels amazing!"

— Kevin Booth

Kevin used Hydroxycut™ with diet and exercise and was remunerated.

Clinically Proven Key Ingredients

Pro Clinical Hydroxycut is the latest weight loss innovation from Hydroxycut, an established industry leader with a commitment to excellence that has stood for over 16 years.



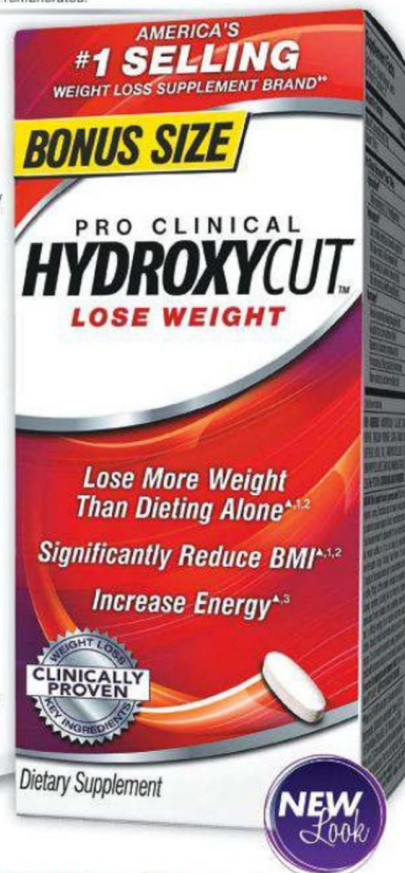
This powerful formula has a key ingredient combination¹ clinically proven to help subjects lose more weight than dieting alone. In fact, where all groups followed a calorie-reduced diet, the average weight loss with the key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in a 12-week study, and 16.50 lbs. vs. 1.73 lbs. in an 8-week study.

"I highly recommend Pro Clinical Hydroxycut."



Dr. Jeff Delson, M.D.
New York, NY

Jeff Delson



Available at
Walmart
Save money. Live better.

GNC **CVS/pharmacy** **Walgreens**

Vitamin
Supplements

RITE
AID

7
ELEVEN

meijer

ACME **Cub**
FOODS

Albertsons

Jewel-Osco

¹The key ingredients (Hydroxyprovia™) in Pro Clinical Hydroxycut™ are lady's mantle extract, wild olive extract, komijn extract, and wild mint extract. Read the entire label before use. © 2012

WWW.HYDROXYCUT.COM

SCORE A HOTEL ROOM UPGRADE

Chain hotels want you to keep coming back to their locations, so it's the front desk's job to make you as happy as possible. That means upgrading—if you ask nicely.

LEARN THE LINGO

Before you arrive, look up the names of the hotel's high-end suites. If you ask for the honeymoon suite at a hotel that doesn't have one, you could strike out. But mention a specific room by name, and odds are better that the front desk will come through.

BE SPECIFIC

Instead of simply asking for a "better" room, say what you want, like a pool view. This simplifies the clerk's search. If you fail, try again later in the day. By 5 p.m., the hotel should know whether there are any great rooms to spare.

MAKE FRIENDS

Your chances of an upgrade increase if it's a birthday or weekend away with your gal. Mention that you want to do everything you can to make the visit special.

POINT OUT MISTAKES

In the Yelp era, hotels want to seem willing to accommodate if they screwed up. If your AC is stuck, they'd rather move you to a nicer room than trouble you with spot-treating the problem.

NEGOTIATE OPTIONS

If there really are no other rooms, ask for a one-night perk, such as free Wi-Fi, breakfast, or gym access.

Source: Nicole Hockin, travel expert for hotels.com

Coach your kid in soccer

Ditch the Bobby Knight act for a style that will keep your kid happy and engaged.

LEVEL THE PLAYING FIELD

Sit your tyke down and ask if you can "join the team." You'll probably get an emphatic "yes." The point is to let the little guy (or gal) know you're both on the same side.

BE CONSISTENT

When critiquing play, always lead by citing something commendable ("Great job dribbling upfield!") before giving feedback ("Now try to keep your head up"). Then finish with another positive, encouraging comment ("You'll get it, keep working hard!").

LOOK BEYOND YOUR KID

If you're not a coach, hang out with other parents. Their comments (like "That was a sweet pass" or "They're crowding the ball") can help you lose the tunnel vision for your child and see the whole team.

STOKE INSPIRATION

If you see your lad's motivation dragging, whip up a game at home to focus on skills while still having fun. For kicking strength, tack up a target on a brick wall and see if he can nail it with the ball. For ball control, offer him ice cream for stringing together five juggles.

DISCIPLINE PRIVATELY

No kid responds well to public scolding, so if yours is acting out or not being a team player, pull him aside; then you can switch to parent mode. Explain why it's important that he accept the consequences for his actions just like any other teammate does. Don't make a scene. If he's not receptive, say you'll finish the talk at home with Mom—but try to avoid mixing at-home disciplinary tactics with on-the-field ones.

Sources: Jimmy Nielsen, goalkeeper for Sporting Kansas City; Larry Lauer, Ph.D., of the Institute for the Study of Youth Sports at Michigan State University

LAUNCH A SNOT ROCKET

Gross? Yes. But far less nasty than using your sleeve while running.



STEP 1: TEST THE LAUNCH

If you try this without enough buildup, you risk an epic fail. Lightly inhale through each nostril. Can't breathe comfortably? You're ready to blow.

STEP 2: AIM AND FIRE

In one swift motion, seal the opposite nostril tightly with the pad of your finger, rotate your hips and shoulders toward the direction of fire, inhale through and then close your mouth, and finally exhale in one swift blast through your nose. Now breathe easy.

Source: Zachary Soler, M.D., of the Medical University of South Carolina; Donald Buraglio, blogger at runningandrambling.com

Sharpen your shears

Crank through this year's yard work by restoring your shears to razor sharpness on the cheap.

1 GAUGE THE SITUATION

Inspect the blade for the factory edge—the manufacturer's original cut. Secure the shears in a vise and grab a bastard-cut mill file (the coarsest kind). Don gloves and safety goggles.



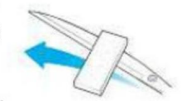
2 REVIVE THE EDGE

Repeatedly pull your file along the factory edge, moving in broad strokes away from the handle until you achieve a sharp edge. Move the blade through a piece of printer paper to test sharpness. If it cuts easily, you're done.



3 SMOOTH OUT IMPERFECTIONS

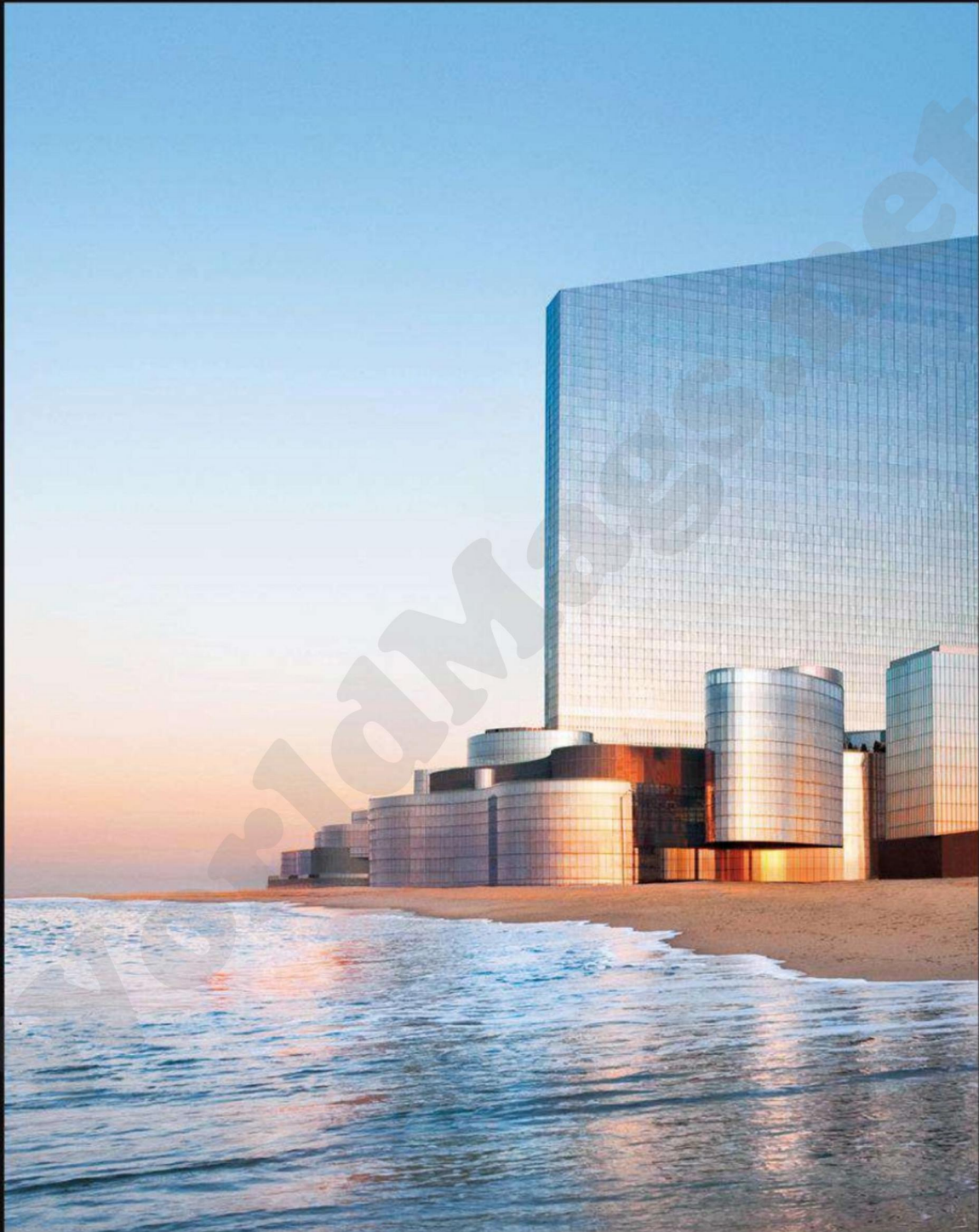
Use a honing stone to buff the blade's inside edges, removing any shards. A stone not only smooths the blade but also prevents it from quickly dulling again. To repel rust, wipe the blade with a little oil.



Source: Clay Wood, head groundskeeper for the O.co Coliseum, home of both the MLB Oakland Athletics and NFL Oakland Raiders

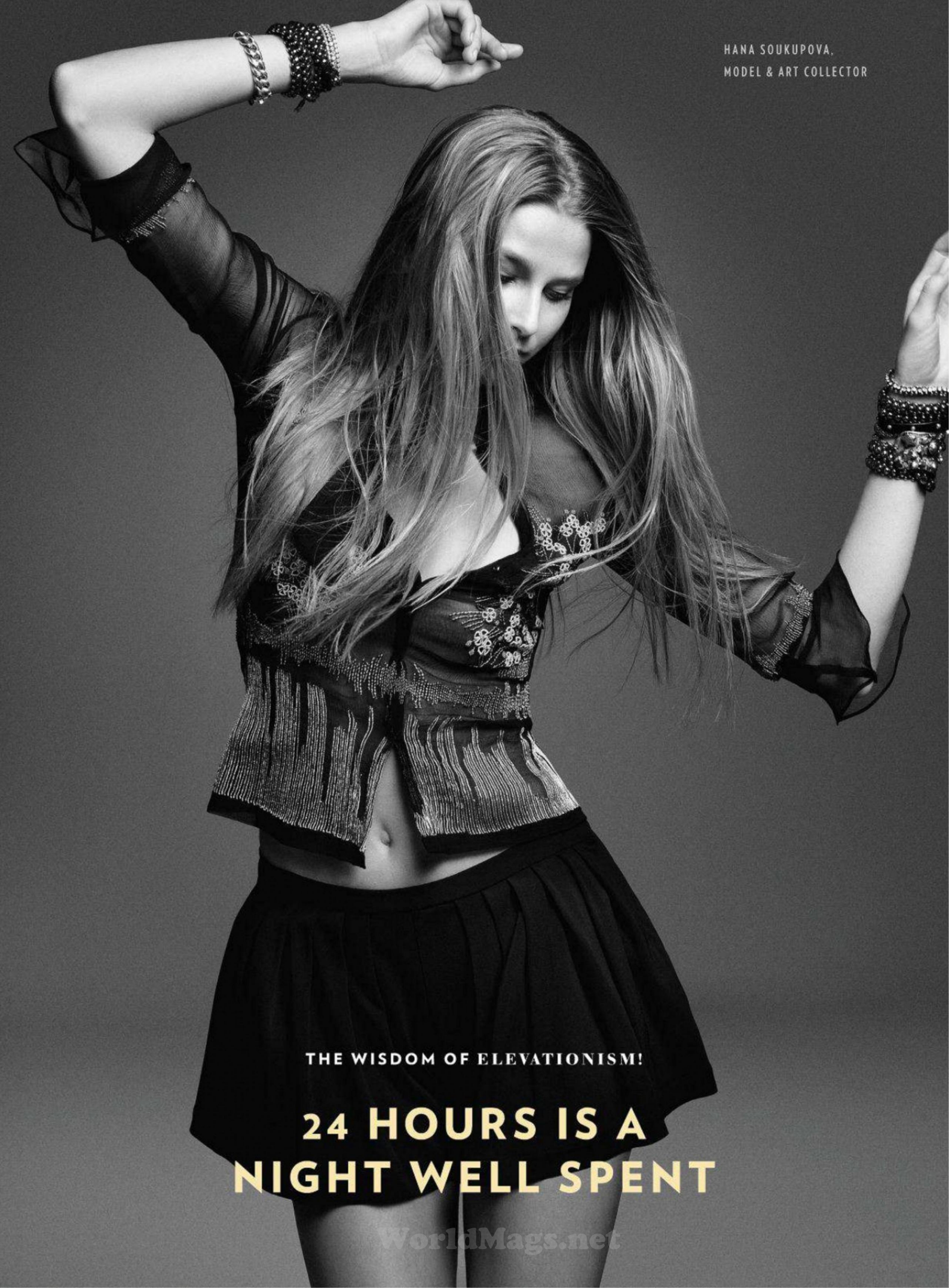
JASON LEE (line illustrations), Comstock/Getty Images (sneaker ball)

IN THE SPRING OF 2012,
A DESTINATION FOR UNCOMMON RECREATION
WILL OPEN ON THE ATLANTIC COAST



revelresorts.com

WorldMags.net



HANA SOUKUPOVA,
MODEL & ART COLLECTOR

THE WISDOM OF ELEVATIONISM!

**24 HOURS IS A
NIGHT WELL SPENT**

WorldMags.net

THE
UP ALL NIGHT
ELEVATIONIST



THE SOCIAL
at the center of revelry

ULTRA LOUNGE
cocktails & sunrises

NIGHTCLUB
*4 stories of party,
DJs, ocean views*

IVAN KANE'S ROYAL JELLY
burlesque nightclub

GUEST ROOMS
all with ocean views

REVEL
ON A DIFFERENT LEVEL

revelresorts.com

THE
ELEVATIONISTS'
GUIDE TO FUN

*170 ft - 610 ft
above sea level*

EVERY ROOM WITH OCEAN VIEWS

*resort
at 114 ft above sea level*

SKYGARDEN. IN-OUT POOL. THE CABANAS.
EXHALE SPA. THE O2. BISTRO. POOL BAR

*the mezz
at 84 ft above sea level*

OVATION HALL. THE BLACK BOX.
THE POKER ROOM. THE THINK TANK

*revelry
at 61 ft above sea level*

4-STORY NIGHTCLUB. THE SOCIAL. IRON CHEFS.
MICHELIN CHEF. JAMES BEARD FOUNDATION CHEFS.
BURLESQUE NIGHTCLUB. ULTRA LOUNGE. CASINO.
RETAIL SHOPPING AT THE ROW

*revel beach
at sea level*

PRIVATE BEACH CLUB.
ATLANTIC BEACHES. BOARDWALK

PREVIEW APRIL 2 - MAY 24 **PREMIERE** MAY 25 - MAY 28

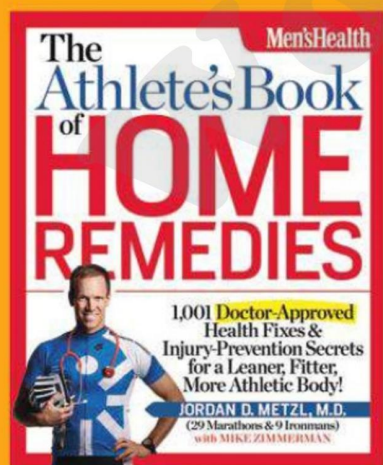
REVEL
ON A DIFFERENT LEVEL

revelresorts.com.net

MAXIMIZE GAINS.

(Minimize Injuries.)

Stay Pain-Free for Life!

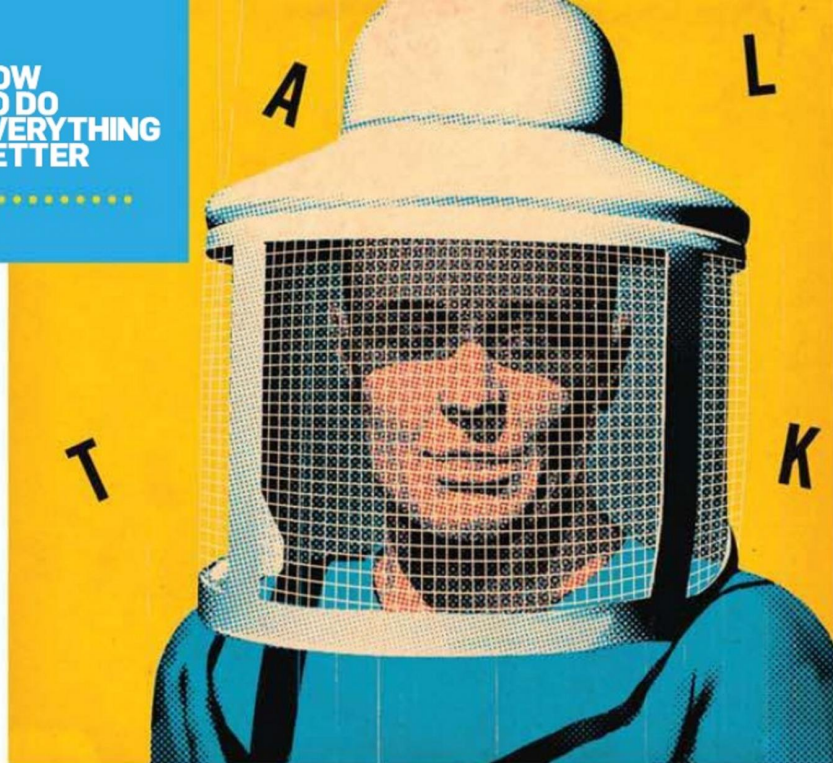


For any active person, injuries are inevitable. In **The Athlete's Book of Home Remedies**, noted sports medicine physician Jordan D. Metz, M.D., himself a triathlete and marathoner, has created the athlete's definitive, go-to resource for dealing with any strain, sprain, or pain safely and effectively.

Packed with eye-popping illustrations, workouts to injury-proof your body, and dozens of special tricks for better training and performance, this easy-to-use guide provides smart self-treatment options for athletes of all skill levels.



On Sale Now! Available wherever books and e-books are sold • www.athletesbookofremedies.com



MASTER THE ART OF SMALL TALK

Chitchat your way out of three potentially uncomfortable conversations. Heck, you might even make yourself a better man in the process.

Random dude running an errand

Look, he's being nice. So when he comments on envelope prices at the post office, don't shrug and go back to your smartphone. Counter with a joke. ("Yeah, and they don't taste any better either.") You're showing lighthearted goodwill. Consider it practice for when a gorgeous woman chats you up.

Source: Diana Boxer, Ph.D., a professor of linguistics at the University of Florida and author of *The Lost Art of the Good Schmooze*

Your boss in the elevator

Resist the urge to pitch an idea. Instead, use the opportunity as a *setup* to pitch. Talk about a shared interest—Thai food, baseball. Then, after some banter, close with, "Glad I caught you, actually. Do you have a minute this week to discuss a new idea I have for the payroll department?"

Your girlfriend's girlfriend

If you're meeting the friend for the first time, skip the "I've heard so much about you," and go straight for something you've actually been told. If your girl mentioned that her friend is a runner, ask her about the best local trails. It shows you're attentive—to your mate *and* her friend.

CONQUER A MOUNTAIN

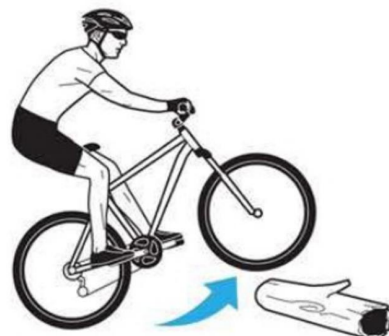
Climb the toughest of bike trails without bonking—and descend with total control.

FINE-TUNE YOUR RIDE

Set your tire pressure to 30 psi, which gives your tires enough flexibility to grip the trail during ascents without bottoming out onto the rim during descents. Lube the chain and make sure both wheels' quick releases are tightly closed. (Don't laugh—it happens.)

SET A SOLID PACE

Beginners default to the lowest gear on ascents. But for a stronger climb, you want to pedal at the same rate the whole time, saving a few low gears just in case. Shift to maintain your cadence. Resist the urge to stand—this takes weight off the rear tire. You need that weight to maintain traction.



POWER OVER OBSTACLES

As you approach rocks or logs, center your weight over the rear tire to prevent slipping. Lean slightly over the handlebar so your front end doesn't lift. Raise the bar just enough to initiate a climb over the obstacle. Avoid bunny hops, which kill momentum.

CONTROL YOUR DESCENT

In sections with rocks or roots, don't pedal. Keep your eyes locked in front of your tire. Your speed is right if you feel in control and can scan the terrain for obstacles in your peripheral vision. Keep your feet level so your weight stays transferable. Check your speed by feathering the front brake with small pumps. If you need to slow down during a turn, use the back brake so your front wheel is solely devoted to steering.

Source: Todd Wells, Olympic mountain biker and member of the Specialized Factory Racing mountain bike team

Ace the driving-range date

Think you have a shot? Guide your girl the right way and you'll improve your odds.

OUTFIT HER

Your clubs are probably too heavy and long for her comfort, so reserve a set of women's clubs to rent at the range. Buy her a glove, too. This will protect her hand from blisters.

GIVE HER A LIFT

Holster the driver and choose a starter club with a higher loft, like a 7, 8, or 9 iron. These clubs are easier to hit, and a few solid shots can give her the confidence to progress to longer-distance clubs.

SET HER UP

Start with a few simple pointers instead of 10. You want to come off as helpful, not overbearing. Have her stand with the ball in the middle of her stance and her knees slightly

bent. Then, facing her, show her the interlocking golf grip. (Now's your chance to touch her hands!)

LET HER RIP

Have her start with short swings (about a quarter of a full swing) without a ball. Once she can brush the same point on the ground a few times in a row, place a ball there for her to hit. As she acquires the motion, she'll naturally progress to a full swing, incorporating her shoulders and hips.

GO PUTT

If she's struggling or growing bored, head for the putting green. Now you're on a level playing field where you can encourage flirtatious competition with a closest-to-the-hole or chip-shot competition. Fore play!

Source: Christopher Stoudt, teaching professional at the Golf Club at Chelsea Piers in New York City



NUHAIR®
THE NATURAL SOLUTION FOR HAIR LOSS

BRING IT BACK

**Pure Results, Natural Formula and
Now We Cost Less Per Strand.**

We've long suspected that there was an innovative formula that supported healthy hair through a natural herbal formulation. High in nutrients, our Hair Regrowth supplements contain natural herbal extracts. If you opt for a natural and perhaps most importantly, an effective result, **NuHAIR®** products are your daily haircare solution. Over 75% of men and women users surveyed have stated that their hair looks thicker, fuller and have experienced less thinning- with no side effects.*†

So, grab the special offer and go.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

†In a small-scale study conducted by an independent research group.

Available at

CVS/pharmacy meijer
Walgreens

Follow
us on:



Manufacturer's Coupon

Expires December 31, 2014

© 2012 Natrol, Inc.

\$7 OFF

THE PURCHASE OF ANY

NUHAIR®
THE NATURAL SOLUTION FOR HAIR LOSS

PRODUCT(S)

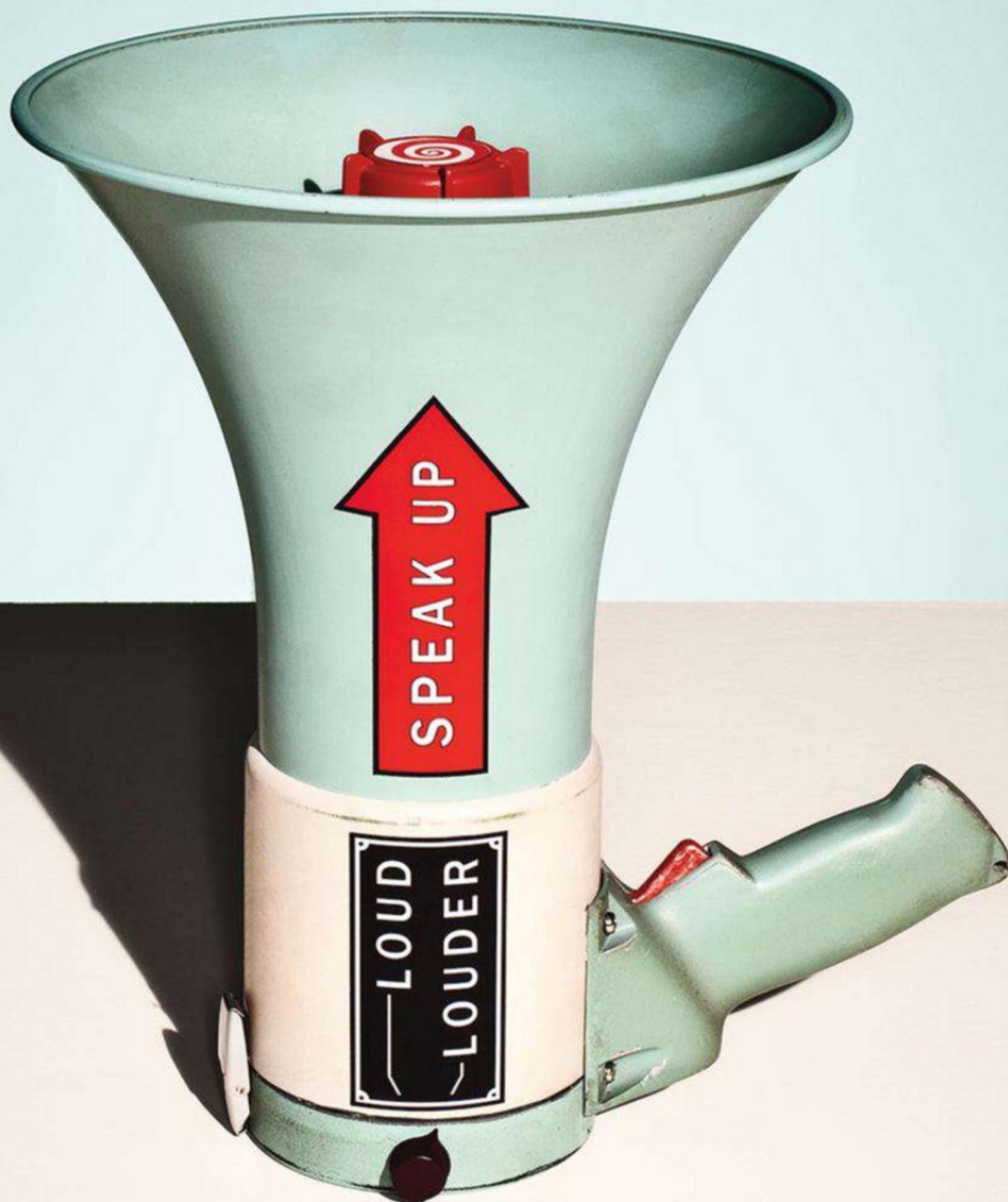


0733530-401193



RETAILER: Natrol will pay you face value plus 8¢ handling provided this coupon was turned over to you towards the purchase of any NuHAIR® product(s). Any other application constitutes fraud. Invoices proving sufficient purchase of NuHAIR® product(s) may be requested to process claim. To redeem, send coupons to: Natrol, Inc. CMS Dept. #47469, 1 Foxcett Dr., Del Rio, TX, 78840. One coupon per purchase, cannot be combined with any other offer. Coupon void where prohibited. Good only in the USA. Cash value 1/20 of 1¢.

CONSUMER: One coupon redeemable per purchase and only on NuHAIR® product(s); any other use constitutes fraud. Cannot be combined with any other offer. Consumer pays any sales tax. May not be altered, reproduced or transferred. Coupon void where prohibited. Mail orders and Internet purchases excluded from this offer. Good only in the USA.



How to Talk to Your Boss

Boost your profile by acing every exchange with the top dog

BY GIL SCHWARTZ • PHOTO-ILLUSTRATION BY DAN WINTERS

I REMEMBER LARRY. HE'S NOT AROUND HERE ANYMORE. BUT HE'S STILL kind of famous for the way he mishandled Bob. Bob's the boss, see, and he must be handled *right*. Anybody who knows Bob, who has taken the time to sort out his Bobitude, knows that there are certain things Bob likes and certain things he detests. For instance, Bob likes people who call him Bob. He likes people who are brief and don't schmooze. He *hates* people who call him names like Mr. B, the Bobster, and Boss. So here comes Larry, a president of one of our divisions. Early on, he starts calling Bob "Big Cheese," as in, "Hey, Big Cheese, how's it going?" The first time I heard

Larry say this, I knew he was doomed. One day I met up with Larry in the men's room. "I was just in with the Big Cheese," he told me. "He was rather short with me. You think he's in a bad mood?" "No, Larry," I replied. In my mind, I said goodbye to Larry. Sure enough, a week later he was gone.

Very few gaffes in the workplace are fatal ones. You can dress like a dweeb and still succeed. (Bill Gates, anyone?) You can be rude to subordinates. You can be late to meetings or be a lazy schmuck and still thrive. But you can't fail at Boss Communication. Fortunately, there are many ways to effectively talk to the Big Cheese. (Oops.) Let's look at the top six.

BOSS-TALK RULE 1**Have a message**

Bosses hate blab, unless it's their blab. Every one of your communications has to have a point. What's the purpose of your talk? How long should it last? Should it happen at all?

Understand this: *You* are the master of the discussion. The boss may have called the con-fab, but it is *you* who sets the tone, establishes the content, and organizes a clear structure. Do not waste the man's time. Even if all he does between conversations is look out the window, this is a person who believes his time is more valuable than yours. So spend that potentially overvalued time wisely. Be short. And punchy.

And when you are through, blow out of that room with gusto, because you're a busy guy.

Of course, if Bob wants to sit and shoot the breeze, awesome. But be hyperaware of the shifting sands of Bob's attention span. You're in the middle of a vast desert of inattention and anxiety that is the executive mind. Treasure your access, and remember to always depart with something concrete—an order, an action plan, a laugh. Whatever. This has been a formal transaction. That's why they call it Business.

BOSS-TALK RULE 2**Play your meetings like a violin**

Naturally, there is no replacing the meeting as a prime means of talking to the boss. I am referring not to hobnobbing and jawboning but to an organized gathering with an agenda. At a decent meeting, outside the stated purpose (which is often not particularly important), you may do certain very important things with Bob, including but not limited to...

1. *Impressing.* Don't be a show-off—just know your stuff and show it when you can.
2. *Humiliating adversaries and competitors.* Others may need to be prodded a bit.
3. *Mild and appropriate flattery.* Don't think it's not an important part of the job.
4. *Ascertaining future pitfalls.* Many an insight was gained by keen observers.
5. *Eliciting laughs.* People are generally so bored in meetings that even a mild attempt at humor, if sanctioned by Bob, may succeed in leavening the atmosphere.

Great meetings are short and focused and make everybody feel good about themselves. And keep in mind that the genuine task of all meetings, no matter what the ostensible subject, is to come out of them just a little bit more powerful than you were when you went in.

BOSS-TALK RULE 3**Be smarter than your phone**

Your phone is now the ultimate tool by which true communication is both accomplished and avoided. We use our smartphones to talk to people and to ignore them while they are talking to us. The phone enables us to be everywhere and nowhere at the same time. It's a news aggregator, a game machine, an asset,

and a liability. Ever try to have a conversation with Bob while he's looking up stocks on his iPhone? "I'm going to purchase a new Range Rover with my department funds," I said to my boss once as he was looking up our ticker symbol on MarketWatch. "Uh-huh," he said. "We're up a quarter!"

The phone is great, however, as a way to let Bob know that you're on task every moment of the waking day. "Bob, remind me to tell you about the Harbert outcome. It's good," is an ideal text message to pop into Bob's brain at 9:30 at night. And when you're on the road, dispatch little bulletins to keep him aware that you're reading, thinking, meeting. Not too many, though—just enough to tell him you love him... in a businesslike fashion, of course.

BOSS-TALK RULE 4**Send only two kinds of e-mail**

People generally overuse electronic communications, particularly with their bosses. There is no substitute for face time in serious matters. A cup of coffee in the morning is the golden thread from which entire careers have been spun. That said, e-mail has two hugely valuable functions: (a) to impart regular news and (b) to ask for a decision on something focused and relatively quick. See, a lot of news happens during an average working day. The informational e-mail should be short and pithy. "Met with Barfinger. Went well. Let me know if you need more." That's perfect. Here's one that isn't:

"Bob: The meeting with Mr. Barfinger of Barfinger, Barfinger & Bean took place in the 40th floor conference room at 10 a.m. today. The possible upgrade of the mucilage indicator in Skokie was blah blah blah." See what I mean?

As for the second function, executives are called upon to "make decisions" every moment of the day. I put that in quotes because 98 percent of the time they are not decisions per se, but simply permissions. In corporate-speak, we call that "clearance." When you ask Bob if it's okay for you to go to Denver for that thing, you are not seeking a decision. You are asking for his clearance. All Bob wants to do is say yes or no. The perfect medium for this function is e-mail. What you should never do is give Bob a piece of stinking garbage by e-mail. That is the coward's way out, and the gutless never prosper.

BOSS-TALK RULE 5**Be a bad-news bearer**

The great boss-talkers know how to pick up and package a pile of dung without getting it all over themselves. But there are those who avoid giving noxious news to Bob. In addition to being weenies, they are failing to think straight or strategically. Telling Bob things that may disappoint or anger him (even if you are the partial cause) lets him know you are courageous and not terminally afraid of him.

Yes, managers may yell, scream, and punish the bearer of bad tidings. But shooting the

messenger is a recognized no-no among bosses who consider themselves Good. That doesn't mean it sometimes doesn't happen, of course. But you'd be amazed at how many wounded messengers later receive an apology for such miscreancy. These admissions of wrongdoing are pure gold for the intelligent employee.

BOSS-TALK RULE 6**Open your ears more than your mouth**

In the end, the Boss thinks the guys who listen to him best are the most communicative. So sit. Listen. Offer more questions than answers. In the end, Bob will be mystified at how much fun he has when you're around soaking in his wisdom, his foolishness, his big old self. And who knows? At some point, you may just move silently and imperceptibly into that zone that lies just beyond business in the borderlands of that undiscovered country known as friendship. That's where people have a lot more fun, believe me. Not to mention money. ■

SEEING WITH THE BOSS'S EYE

Use this quick self-audit to find out which office pitfalls are slowing down your career. KASEY PANETTA

You're a pen chewer and a foot tapper

Message > You're not in full control of yourself or not aware of what you're doing.

Fix it > Spot your bad habits first, says Daniel Post Senning, coauthor of *Emily Post's Etiquette*. Have a coworker watch you during a meeting to identify any annoying habits you may have.

Your office is sterile

Message > You don't consider the position permanent enough to personalize the space.

Fix it > If your boss walks into a bare office, that bareness becomes his focus, says office etiquette expert Barbara Pachter. It also makes it difficult for him to connect with you. Make your office look like you plan on staying.

You keep typing when someone's in your office

Message > You're not interested or can't be bothered.

Fix it > Body language is powerful, says Jacqueline Whitmore, author of *Poised for Success*, but strategic use of it may not come naturally. Facing someone and paying attention is respectful and more efficient.

You keep your private life too private

Message > You're hiding something.

Fix it > Sharing too much is bad, but not telling coworkers about big events in your life—like your engagement—comes off as sketchy, Pachter says. Minor connections create great networking opportunities.



Taking the ring off—and hoping to find her man.

Is She the One?

This couple put online dating to the ultimate test: They checked to see if *they* were a perfect match

BY STEVEN LECKART

IN A DIMLY LIT WINE BAR, I FIDDLE NERVOUSLY WITH MY WEDDING RING. I fumble the gold band onto the counter before stuffing it into my jeans just as my date arrives. She's lovely. We met on a website that thinks we'd be an excellent match. There's just one problem: that ring. See, weeks before, I had registered on five popular dating sites—and my wife did, too. We passed ourselves off as single, not because we're swingers, but because we were curious. Linda and I met 10 years ago in college, the old-fashioned way: at a bar, drunk, through friends. We've been happily married since 2005; but we also wondered whether, with all the new matchmaking tools, we would find each other in today's dating scene. And what might we learn about our own relationship by sifting through online suitors? (To be fair, my date knew I was meeting her for a story.) But what started as a fun experiment turned into an affirmation of what binds my wife and me together—and a reminder of what threatens to pull us apart.

Lesson 1 It's okay to test

After 10 years, my wife and I still wake up feeling very much in love. Naturally, we have a lot in common: We're both into indie rock, Vietnamese food, and Ray-Bans. I've learned to share her fascination with holiday lights, fireworks, and serial killers. I could write a dissertation on why she hates Bono but loves Elvis.

None of these quirks or superficialities would seem to matter all that much. A friend of mine once mused that when two people are fans of the band the Smiths, it's a sign not of love but of demographics. Fair enough. But in the world of online dating, frivolous similarities really do matter. When researchers at MIT tracked 65,000 online daters for a 2005 study, they observed "significant homophily." Translation: You're typically interested in someone just like you, who likes the same things you do.

That's not to say people don't cast wide nets. A week after registering on OkCupid, Match.com, Chemistry.com, PerfectMatch.com, and PlentyOfFish, Linda and I are bombarded with messages. A 35-year-old single mom deems me "incredibly handsome." A 31-year-old violinist wants to know how it is that I'm "super cute and not taken." Linda, perusing her own roster of Romeos, is "drop-dead gorgeous!" according to a techie in Silicon Valley.

Finding a decent signal amid all this noise takes work. This is one of the market failures of window-shopping for soul mates, writes behavioral economist Dan Ariely, Ph.D., author of *The Upside of Irrationality*. He cites this finding from University of Chicago research: A typical online dater spends an average of 12 hours a week screening but only 2 hours dating. Not a good return. So Linda devised a system—you know, to maximize her cost-benefit ratio. We had agreed at the outset to construct our profiles honestly—not to simply enter intel we think will point to each other. She focuses on guys with beards (just like me!) who hold "solid jobs" (not me) and who mention her specific interests, like old country music (me again).

I'm annoyed. All my wife's likes and dislikes—the ones I've had to learn over time—are right there on the screen for some other guy to capitalize on. To make her short list, all he has to do is declare, "Me too!" More troublesome is the fact that I don't satisfy all her requirements. I'm a full-time freelancer. I haven't held a traditionally "solid" job for years. If Linda were to stumble onto my online profile as a single woman today, she might pass. Parsing through all her suitors, she admits that she'd probably go for someone older who has an established career. "At least you've got that beard," she chuckles. My work is decidedly cut out for me.

Lesson 2 Nobody's perfect

Not surprisingly, the perception of financial security is a big deal for online Juliets. In one study, Ariely and his colleagues calculated that a man who's 5'9" must outearn a 5'10" suitor by



SEAN SARANTOS
BODYSPEACE PROFILE NAME #rice8787

Get your workout routine
and diet plan for FREE at:
Bodybuilding.com/NEWYOU

THAT
WAS
THEN,
THIS IS NOW,
AND I'M STILL
CLIMBING



Amino Chewables
Micronized for Fast Delivery!*

by Optimum™

► 100 Pieces

~~\$21.99~~ **\$19.99⁺**



Performance Whey
Whey Protein Complex!

by Optimum Nutrition®

► 2 Lbs.

~~\$43.99~~ **\$23.99⁺**



Nitro-Tech Hardcore
Pro Series® University Tested!

by MuscleTech®

► 2 Lbs.

~~\$44.99~~ **\$31.99⁺**



Assault™
Preworkout Matrix!

by MusclePharm®

► 32 Servings

~~\$49.99~~ **\$34.99⁺**



LIFT LIFE.



*Prices subject to change

Find these & other great products at Bodybuilding.com

Order online or call toll-free 1.866.236.8969

⚡ BEST SELECTION

⚡ LOWEST PRICES

⚡ FASTEST SHIPPING

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Featured products were not necessarily used in sponsored athlete's transformation.

at least \$35,000 a year just to be seen as equally attractive. Since I'm 5'8"—and not exactly pulling in investment-banker cash—this is terrible news. I'm slipping away from my wife by the second. Sure enough, a 32-year-old Harvard grad who works at a hedge fund contacts Linda on Match.com. A 39-year-old attorney brags about writing Italian guidebooks, baking bread, and doing nonprofit work. In my mind, all these men are 6'2" with park-ranger beards. Maybe I should reconsider going for that MBA.

When my own screening tactics emerge, they suggest that I'm in denial about my age and station. I confess to ogling pretty women in their 20s. Linda rolls her eyes. But hey, their approaches tend to sound more fun. A 24-year-old Dita von Teese look-alike says she's not into monogamy. I'm flattered: I must seem like a guy who's down for whatever. That's not really me, though. All I can picture are endless hangovers, credit-card debt, and public tiffs about dating other people. As much as all men fantasize about being the guy with the cute coed on his arm, you have to know when it's time to ask if that's *really* what you're looking for—and, of course, if you're what those gals really want.

Lesson 3 Jealousy can work

"A guy from work is interested in me!" Linda yells one afternoon. After finding her profile on Chemistry.com, a coworker has messaged her. She ignores him. It's a big office and they don't work directly together. But what if he doesn't give up? "This guy knows I'm married," Linda says, disgusted. I can't decide what's worse—a watercooler rumor that my wife's a cheating slut, or her coworker believing he has a chance.

It's hard to resist a tit for tat. When I receive my first instant message on OkCupid, I'm oddly excited to recount it to Linda. Out of nowhere, I tell her, I'm chatting online with a baby-faced brunette whose profile includes a snapshot of her in black panties, sprawled across a mattress. After some casual back-and-

My own screening tactics suggest that I'm in denial about my age and station.

forth, the young woman mentions recent changes in her diet/fitness regimen. Me too! Linda is not amused. Nor is she thrilled later on, when she catches me looking at a photo of a busty blonde in a see-through tube top. "Oh, you should see this other girl's Santa outfit," I joke. She's still not amused. But she's keeping her cool much better than I am.

Weeks later, we run into my wife's coworker at a gallery opening. After she covertly points him out, I stand up straight and pound my beer—but leave the guy alone. I make sure to kiss my wife at the party (twice). I also delete the pic of the chick in the tube top.

Lesson 4 Love isn't about data

I cannot get over Chemistry.com: The site says Linda and I are polar opposites. Its personality test, developed by biological anthropologist Helen Fisher, Ph.D., is based on a survey of 28,000 male and female members. Fisher noticed that some personality traits could be linked to the brain's use of dopamine, while other traits had ties to serotonin, testosterone, or estrogen. Explorers (dopamine) and builders (serotonin) tended to be attracted to similar personalities. Negotiators (estrogen) and directors (testosterone) sought their opposites.

I'm an explorer: spontaneous and open-minded. Linda is a builder: managerial and home oriented but social. Not only do these two types of people *not* form a natural partnership, Fisher notes, but they are also frequently unattractive to each other. Even though Linda and I know we're in love, neither of us is stoked to hear that our marriage has the deck stacked against it. But I do see how the results of the test actually characterize the ebb and flow of our entire relationship.

Reconciling our inherent differences is a recurring challenge.

Sometimes finding a middle ground can feel like giving in. But it doesn't have to, and it shouldn't. If it'd been up to Linda, for instance, we'd have had a kid 6 years ago. I've relied on a variety of excuses to put off parenthood: graduate school, housing, not "feeling ready," no steady income. But it's not until our online dating experiment that I begin to appreciate the sacrifices Linda has made just to stay with me. Forget that I'm moody or that I'm not as tidy as she is: Making her wait to be a mom is a big one. Yet throughout our 20s, she gave me ample space. Even today, I have space. Instead of forcing a compromise, she's let me come to her on my terms. That bodes well for us, I think. It makes me believe that working through our biological typecasting won't be all that tough.

Lesson 5 Keep your closet open

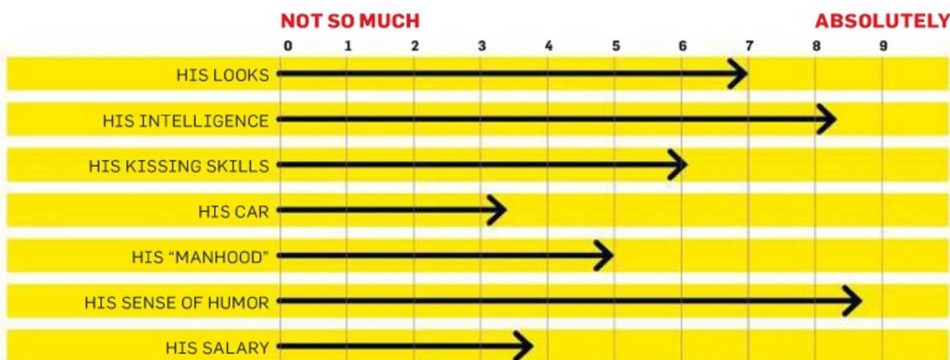
Finally, we meet! PerfectMatch.com hooks us up. We high-five in our living room and head out for our "first" date. Two more sites follow. This seems like a decent success rate. Each of these services has its compatibility algorithms: Chemistry.com relies on 56 questions, while PerfectMatch.com limits itself to only a couple of dozen true-or-false statements, like "I believe in being on time." On OkCupid, which features more than 3,000 user-submitted questions, we made it through 200, including "Do you believe in dinosaurs?" Although it's strange that OkCupid never connected us, we're rated an 85 percent match. That's comforting, especially since OkCupid's own CEO admits that he and his wife of 8 years are a 75 percent match.

While Linda and I didn't uncover lots of shared superficial interests in our quest, we did open our closets. Wide. We found no skeletons. No desires remained hidden. I openly discussed the idea of sowing my oats with a younger woman, and now I know that if we woke up single tomorrow, I wouldn't linger forever in bachelorhood. Linda expressed her fondness for stability and reiterated her hope of being a mother—soon. We've agreed to keep putting everything on the table—something we expect will make us better parents, too.

One unexpected side effect of online dating: The Mrs. and I are having a lot more sex. It's not that flirting with strangers got us hot and bothered. (And hey, our sex life was plenty healthy before.) But after being forced to take such a long, hard look at our marriage, I thought about all the time we've logged together. Our 20s are over. We had a blast, but now it's time for a new adventure. So I'm finished postponing parenthood. I'm over making excuses. And, most assuredly, I'm done taking off my ring. ■

HOW DOES SHE BRAG ABOUT HER MAN?

We asked 625 women which aspects about their guy they most love to gloat about.



Which one is healthier?

HINT: Choose correctly and you could lose up to 15½ pounds this year!



JIF CREAMY
(1a)

or



JIF CREAMY REDUCED FAT
(1b)



MILK CHOCOLATE M&M'S
(2a)

or



PRETZEL M&M'S
(2b)



BREYER'S YOCRUNCH 100 CALORIE VANILLA
(3a)

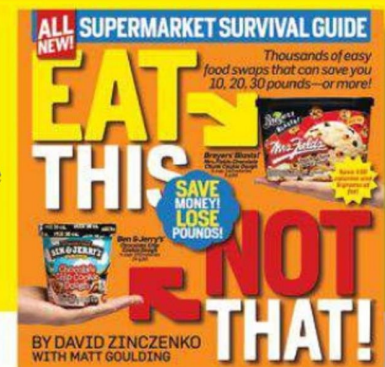
or



YOPLAIT WHIPS! CHOCOLATE MOUSSE STYLE
(3b)

Discover thousands of easy food swaps that can save you 10, 20, 30 pounds—or more!

You can strip away fat—from your belly first!—without dieting, without exercise, without sacrificing any of your favorite meals, snacks, or desserts! All you need is the insider's guide to smart, healthy, inexpensive food choices. ***Eat This, Not That! All New Supermarket Survival Guide*** provides you with everything you need to cut calories and melt fat—and save tons of money. This updated and easy-to-use edition will help you quickly and confidently locate the cheapest, tastiest, most nutritious foods in the supermarket. Losing weight—and saving money—has never been easier!



www.eatthis.com

On sale now
wherever books
are sold and as
an e-book.

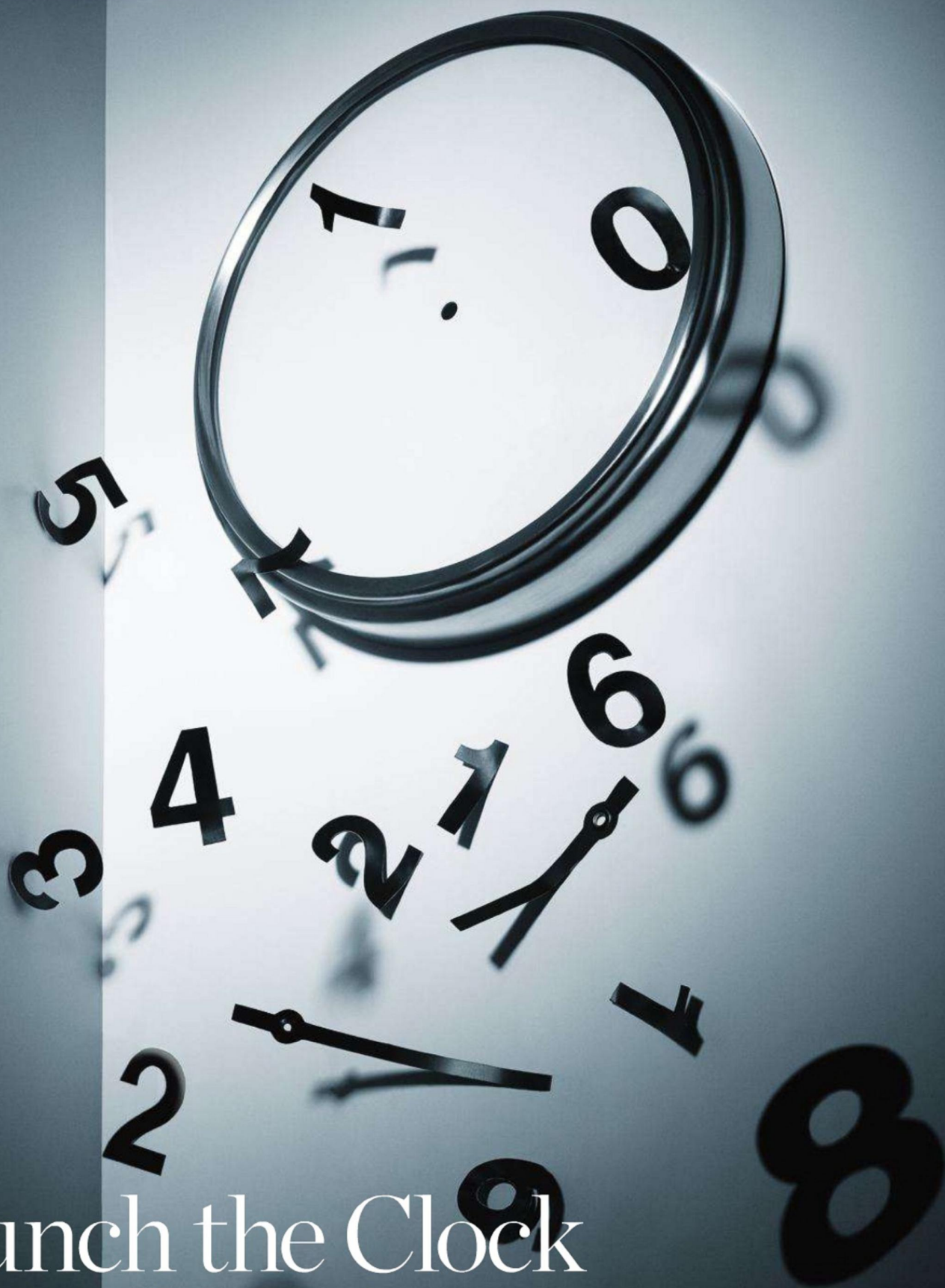


On sale now!

WorldMags.net

(Answers: 1a, 2b, 3a)

Lab Rat



Punch the Clock

America is addicted to time. So what happens when one man decides to go cold turkey?

BY BRYAN SMITH • PHOTOGRAPH BY JOSHUA SCOTT

A/X Armani Exchange Spring 2012

For Spring 2012, A/X Armani Exchange presents a collection of effortless style and relaxed sophistication with an extra dose of masculine attitude. Casual uniformity is achieved with strong statement pieces paired with utility elements and functional detailing creating a look of bold simplicity.

Available exclusively at
armaniexchange.com



Clarks Unstructured

This spring, Clarks Unstructured men's collection gives you the best of functional style. From waterfront weekends to casual Fridays, Clarks Unstructured shoes perfectly finish any laid-back ensemble. Soft, lightweight, and flexible: Unstructured shoes put a spring in your step, right out of the box.

See the newest shoes at clarksusa.com.



The Best-in-Class Vitapak® Program

GNC Mega Men® Sport Vitapak® is packed with vitamins and nutrients that give you energy, endurance and muscle recovery support. Clinically studied formulas with the highest potencies in the fewest pills.

Only at GNC and GNC.com.

GNC
LIVE WELL.



Calvin Klein Underwear

**STRONG, VIVID,
MASCULINE.**

Introducing Calvin Klein Bold for men—Calvin Klein Underwear's latest offering for Spring 2012. This sexy, new product range characterized by vibrant color brings a fresh, modern dimension to men's underwear and sleepwear. Available at Macy's and Bloomingdale's.

calvinklein.com

Calvin Klein
underwear

IT ISN'T A LONG DARK NIGHT OF THE SOUL. Rather, it's my nightly preoccupation with the hours and minutes that pass until the alarm shrieks and compels me to reach yet again for the iPhone I keep propped against a book on my nightstand. I tap once; the screen snaps on like a prison searchlight. 3:32 a.m. Two hours later I swim up from sleep again, fumble for the phone, and attempt a quick calculation through my mental fog: an hour left.

By the time I finish my morning commute I will have glanced at my watch a dozen times, checked my car's digital clock more often than the speedometer, and listened to radio yakkers repeatedly assault my ears with "time, traffic, and weather on the eight!"

I probably never would have noticed any of this if *Men's Health* had not proposed an experiment: that I spend a week as a Man Out of Time. No clocks, no watches, no time-monitoring devices of any kind. The plan was for me to wake up when I thought I should, arrive at work when I arrived, and go home when I felt ready to pack it in. In theory, relying on life's natural rhythms would lead me to a healthier way of living, one that could provide relief from my temple-throbbing, blood-pressure-ratcheting, compulsive need to monitor every minute of every unfolding day. For the first time since I was too young to know the big hand from the little hand, I would live "off the clock."

The idea scared me silly.

LIKE A LOT OF AMERICANS, I'VE ALWAYS BEEN time obsessed. You know the type: Two hours early to the airport; antsy about being a tick late to a meeting; seated, popcorn in hand, for the entire block of movie previews. I've always counted this awareness of time as a strength, something grounding, *soothing* even. "Lost time is never found again," Benjamin Franklin said. What better way to avoid mislaying the hours than to track their passing?

Indeed, our focus on time—and our ever-multiplying ability to monitor it—may *seem* to make life go more smoothly and feel less stressful. But the reality, say researchers, is that we're often tortured by time as we try and inevitably fail to schedule our lives with Swiss precision.

"From the first ring of the alarm in the morning, the clock rules our lives," says Betty Phillips, Ph.D., a North Carolina psychologist who regularly counsels clients about the harmful effects of time stress. "It ends up as, yes, a ticking time bomb in our minds and bodies."

Consider a place like Brazil, where "I'll meet you at 4" can mean anything from sunset to not at all. A 2011 report by the Pan American Health Organization notes that the prevalence of adult hypertension is lower there than in the United States, where punctuality is as prized as apple pie and Oprah. One reason, says Robert Levine, Ph.D., a psychology professor at California State University at Fresno and the author of *A Geography of Time*, is that fast-paced cultures attract and create a high concentration of type A personalities. To handle the resulting chronomania, we may turn to unhealthy behaviors like drinking and smoking. Levine says his past studies, for example, show more smoking in on-the-go cities.

Researchers at the University of South Australia also seem to confirm the negative effects of my nocturnal clock watching. Men in the 2010 study were deprived of all external time cues (including, presumably, an iPhone you can tap throughout the night), and slept well in the time-free zone, averaging nearly 8 hours a night.

Take another consequence of time addiction: impatience. Scientists at Northwestern University found that this unique form of self-induced stress can increase young adults' long-term risks of high blood pressure.

Your perception of time may affect even your tolerance for pain. In a pair of experiments, French researchers had people look at different clocks while exposing them to pain. In one case the people saw the actual time, while in the other they gazed at a clock that made it seem like the session was shortened. (It wasn't.) The results, published in the journal *Pain*, show that simply *believing* that time is on your side can make pain seem more bearable.



"I THINK LIFE MIGHT BE A BIT NICER FOR US IF we were to get up with the sun in the morning, eat when we are hungry, work when we are most productive, and go to bed when we are sleepy—regardless of the clock time," says Neil Stanley, Ph.D., a British sleep expert who has spent the better part of three decades researching stress and snoozing.

I set out to test his theory on a Sunday night. I made my wife swear to time secrecy for the next week, covered the red-eye gleam of her bedside clock, and tucked my iPhone into a drawer. I then lay back, waiting to ooze into a desert of sleep like one of Dali's melting clocks.

I adjusted my head on the pillow.

I turned onto my right side.

Then the thoughts came: *How will I know when to get up? If I'm taking too long to shower? Will I have time for breakfast, or should I stop for a bagel on the way in? Do I stroll to the office, or panic-sprint to make the 9 a.m. meeting?*

I'm not sure how much time passed before I finally drifted into a fitful sleep. What I can say is that I woke, as usual, at intervals, jonesing each time for a clock check.

When I woke up for good, I lay for a moment, disoriented. On any other day I would have hit the snooze and luxuriated in a few minutes of twilight slumber, feeling safely backstopped by the alarm. On this morning, however, I threw back the covers, made a beeline for the shower, bolted some toast, and dashed to the car.

The first inkling that something wasn't quite right came when I swung my Jeep into the underground parking lot at work. As I took the first turn, the deck was empty, like a zombie movie where the hero is the last man on earth.

I legged it to the office anyway, but when I arrived, I could see through the glass doors that everything was dark. I powered up my computer, resisting the urge to glance at the digital display. It seemed like a long time before my coworkers finally began to trickle in.

Instead of kicking myself, I delighted in the stillness—not to mention the benign self-congratulation for being, perhaps for the first time, the guy who turns on the lights in the morning.

Something else odd happened. Usually before I start to work, I dither away a good hour on a procrastination ritual: downstairs for coffee, check the mail, the e-mail, Twitter,

Facebook, a few newspaper websites. On this day I chucked it all, plunged right into work, and didn't look up for (I think) several hours. Interesting.

I ROSE EARLY AGAIN THE NEXT DAY. AS I DID the first morning, I parked in a deserted garage and sank into the quiet of a still-dark office.

I discovered that even without a watch, and with the clocks facedown on the nightstand and other time-monitoring devices safely covered, I could divine the hour within a few minutes through various cues. Sundown fell at around 7 p.m. If my favorite TV show, *Modern Family*, was on, then it was between 8 and 8:30.

(Yes, if I were being a purist, I probably would have kept the boob tube off.) My cat, Luna, is mostly sweet and purry, but to leave the food bowl empty past 6:30 p.m. is to suffer the hot scorn of her stink eye.

Generally, however, I sort of... floated through the days, surprised not only at how quickly I'd adapted to this new way of living but also at how agreeable it seemed.

The experience reminded me of childhood, when I paid about as much attention to the hour as I did to the icky girl with the ponytail, when I knew it was time to go home by the setting sun and not the hands of a watch. I generally felt calmer, less pressed, more free.

Levine wasn't surprised about this. "I feel my time goes by more smoothly when I'm not looking at a watch all the time," he says. "I have the feeling that I'm in control of my time, as opposed to being under the control of other people's schedules. Obsessing over time doesn't make me feel good, and it doesn't really do me any good."

There's a big difference between Levine and me, however. "I'm in a privileged position," he says. "I'm a university professor, so I have a lot of control over the way I spend my time. I have a schedule, but it's not the kind of schedule many other people have. As long as I have time cues, as long as I can manage to go to the 9 a.m. class or the 10:30 meeting, I can live more on event-based time than most people."

He was right. I had time-sensitive obligations—to home, to work, to my cat. Accordingly, it was only a matter of, well, time that the clock struck 13 on my experiment.

As nice as it was to find myself more engrossed in work and less concerned about hotfooting it out the door the moment the hour hand hit 6, I also found myself working far later into the evening, a change that exasperated my wife. ("Do you have any idea what time it is?" she asked one day, her irritation obviously overriding the silliness of the question.)

I also struggled with errands, like wondering if I'd make it to the pharmacy before

it closed. And I struggled with punctuality. My golf buddies weren't quite furious when I arrived late (by how long? A half hour, an hour?) for a 1 p.m. tee time, but they weren't happy that they'd scrambled to get there only to be bumped. And I don't blame them.

It was only luck and circumstance, meanwhile, that the week of my experiment I didn't need to make a flight, meet with the boss, or hew to a medication schedule.

In Brazil, according to Levine, family members are willing to wait 2 hours before declaring someone late for a child's birthday party. Here, the children are wailing; Bozo has packed up his clown nose, and the mothers are fuming.

We might be better off without our clocks, but the fact is that our culture revolves around them. *Tempus vitam regit* ("Time rules life"), asserts the motto of the National Association of Watch and Clock Collectors. A decision that henceforth I'm not playing the game simply isn't sustainable.

ON THE SUNDAY NIGHT THAT MARKED

the end of my experiment, I was grateful to know how many hours of sleep lay ahead. And while I did, in fact, wake up later on Monday, I did not do my usual time checks during the night and did not have to rely on my alarm clock.

After circling in search of a parking spot in the full garage, I hurried to what I knew was my already bustling office. I fidgeted at the elevator, knowing I was running a few minutes late for the morning meeting.

When the door opened, I strode to the office entrance, keyed myself in, dropped my bag, and slunk to the conference room, certain that, as with my cat, the stink eye from my boss awaited.

I looked in and saw no one. The meeting had been canceled. The anxiety had been for nothing.

Back at my desk I plucked off the Post-it note covering the computer clock. I glanced at the time. Not that I needed to. I was there. I was present. The day would unfold, same as ever. ■

GIVE YOURSELF A TIMEOUT

Painless interventions for inveterate clock watchers

Cutting out all time cues is like following a diet that eliminates an entire food group—you might manage it for a little while, but the long-term prospect isn't good. So instead, cut back on those cues. "You don't need to toss your watch any more than you need to give up the rat race and live on a beach," says Robert Levine, Ph.D., a psychology professor at California State University at Fresno. "You could try it for a weekend." If 2 days sounds like a lifetime, set shorter goals, recommends Jan Yager, Ph.D., author of *365 Daily Affirmations for Time Management*. "Check the time only every, say, 2 hours—or what you're guessing to be 2 hours. Then reward yourself if you last that long." Still obsessing over every second? Take away the temptation. "If you have a clock right in your cubicle or office, move it out of your line of sight," says Yager. "And if possible, remove or conceal the time and date from your computer toolbar, too." —B.S.

Remake
your body
in just
27 days!

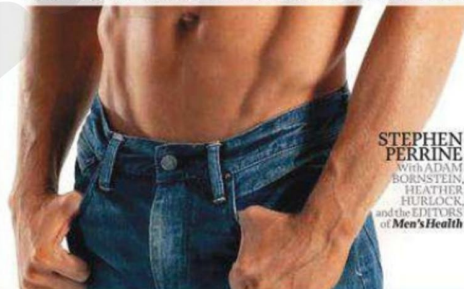
RULES OF THE RIPPED Revealed!

FEATURING THE
250
BEST FOODS
FOR MEN!

THE Men's Health Diet

From the
Most Trusted
Weight-Loss
Source in the
World!

27 DAYS TO SCULPTED ABS,
MAXIMUM MUSCLE & SUPERHUMAN SEX!



STEPHEN
PERRINE
WITH ADAM
BOENSTEIN,
HEATHER
HURLOCK,
and the EDITORS
of Men's Health

On sale now wherever books are sold and as an e-book.

When you want authoritative, proven advice on how to slim down and look great fast, turn to the most trusted source in the world: *Men's Health*. Years in the making, **The Men's Health Diet** is the final word on fat loss—an amazing and simple seven-step plan to shrink your belly and sculpt a leaner, healthier, more muscular body. It's the most fun and effective weight-management plan ever created.



RODALE

MensHealthDietBook.com

Muscle



The Sweat 16

Need more flash in your drives? More lift in your layups? Try these drills from the NCAA's elite strength and conditioning coaches

BY ANDREW HEFFERNAN • PHOTO-ILLUSTRATION BY JAMES DAWE

HOOPS IS A GAME OF ATTRITION, A FACT THAT BECOMES painfully clear every March. The strongest, healthiest, and best-conditioned teams are the last ones standing. So to help you elevate your game, we recruited 16 of the NCAA's top strength and conditioning coaches, whose teams often play long after everyone else has gone home. Use their favorite training tricks and tips to pick up your performance. But the real reward is this: These routines blast fat and build muscle. Who says your best days on the court—and in front of the mirror—are behind you? ►

Clockwise from main (center) image: Newscom (James McAdoo), Gerry Broome/AP (McAdoo), Tony Gutierrez/AP Images (Bry Jones), AP Images (Scott Drew, Jones), Ethon Miller/Getty Images (Harrison Barnes), Getty Images (Roy Williams), AP Images (James Southard), Gerry Broome/AP Images (Tony Bennett), Getty Images (John Calipari), Newscom (Thomas Robinson), Grant Holverson/Getty Images (Barnes)

PURE POWER. RAW ENERGY.



NeuroCore™ - THE MOST POWERFUL PRE-WORKOUT EVER

Engineered with clinically researched key ingredients for enhanced energy, intense focus, more muscle, and strength, and seriously powerful pumps, **NeuroCore** hits you hard and primes you to perform at your peak. Unlike other concentrated pre-workout formulas on the market with underdosed ingredient amounts hidden in proprietary blends, NeuroCore contains fully disclosed, scientifically researched doses that actually delivered results in clinical research. Get it today and add the most powerful pre-workout you'll ever try to your training program.

Available At



COMPARE US TO THE COMPETITION NOW AT MUSCLETECH.COM/COMPARE

Read label before use. © 2012

WorldMags.net

**Break Fast**

1

JONAS SAHRATIAN, C.S.C.S.
University of North Carolina

To make sure his players are the first ones down the court on a fast break, Sahratian has his Tar Heels do **resisted sprints**: One player runs as hard as he possibly can while a partner stands behind him and slows him down using a special harness. To buy your own, search for "resistance trainers" on the Perform Better website (\$45, performbetter.com). You can achieve a similar workout, though, with an everyday bath towel. Wrap the towel around your waist and have a workout partner stand behind you and hold its ends. Then run as fast as you possibly can for 10 to 20 yards as he provides resistance. Rest for 30 seconds. Repeat the drill five times, and then try it once without resistance. And to see the total-body conditioning workout that Sahratian uses with the Tar Heels, go to MensHealth.com/tarheels. It's a muscle-building, fat-blasting routine that requires only an 8-pound medicine ball.

**Crash the Boards**

2

MIKE MALONE, C.S.C.S.
University of Kentucky

The Wildcats dominate the boards because of the **band over-head squat**, a warmup move that adds spring to their steps. Grab a half-inch-wide resistance band, with your hands shoulder-width apart. Stand on the band and spread your feet slightly beyond shoulder width. Press the band overhead and hold it there with your arms straight; this is the starting position. Push your hips back and squat until your thighs are at least parallel to the floor. (Keep your torso upright and your back naturally arched.) Explosively spring back to the starting position. Do 2 or 3 sets of 6 to 10 reps before any game or workout.

**Grab and Go**

3

RYAN CABILES, C.S.C.S.
Syracuse University

Great basketball requires relentless movement—setting rock-solid screens, boxing out for a big rebound, and playing dogged defense. Cabiles puts his Orange to the test with a drill called **around the world**: Set an empty container under the hoop. Distribute five cones evenly along the three-point line, or about 20 feet from the container, and place a tennis ball on each cone. Starting at the container, sprint to the ball farthest to your right, grab it, sprint back, and drop it into the receptacle. Spin around, retrieve the next ball, and sprint back. Repeat until you've retrieved all five. Do this drill 8 to 10 times, alternating your starting direction. Rest 30 to 45 seconds between drills.

**Stretch Your Boundaries**

4

CHARLIE MELTON, C.S.C.S., S.C.C.C.
Baylor University

Basketball is a game of length, and the farther you can extend your limbs in every direction without hurting yourself, the more distance you can cover. The Bears boost their range of motion with the **spiderman crawl**, a lower-body drill that builds mobility. Assume a pushup position. Now take a big step forward with your right foot and place it outside your right hand. Pause for a few seconds, and then lower your head and chest for a deeper stretch in your thigh muscles. Walk your hands out until you're once again in a pushup position, and step forward with your left leg. Do 8 to 10 reps on each side.

Great basketball requires relentless movement—setting rock-solid screens, boxing out for a big rebound, and playing dogged defense.

**Get Tenacious on D**

5

SCOTT HETTENBACH, C.S.C.S.
University of Wisconsin

To build strength and endurance in the defensive quarter-squat position, the Badgers do the **triangle of terror**. You'll need an exercise band with handles. Grab the handles and stand on the band, over its center, with your feet shoulder-width apart. Push your hips back, bend your knees, and press your arms straight out from your sides so you're in a D stance. Mimic how you'd move on defense by shuffling 10 steps to the right and then 10 steps to the left. Repeat 5 times. That's 1 set. Do 5, resting 1 minute in between.

**Achieve Liftoff**

6

ANDREA HUDY, C.S.C.S.
University of Kansas

True power comes from quick, strong movements—similar to what happens when you jump to block a shot or box out for a big rebound. That's why explosive lifts, such as the **dumbbell single-arm snatch**, are a staple of the Jayhawks' workouts. In a hip-width stance, grab a dumbbell in your left hand and hold it, using an overhand grip, at arm's length in front of your hips. Then bend at your hips and knees until the weight hangs just above your knees. Now jump, shrug your left shoulder, pull the dumbbell up, and catch it overhead with your arm straight. Do 4 sets of 3 reps with each arm.

**Hunker Down**

7

TIM BELTZ, C.S.C.S.
University of Pittsburgh

Squats are tricky for hoops players—long limbs and torsos may make it tougher for them to maintain optimal form. The **Zercher squat** lowers the center of gravity, so Pitt players stay safe while still squatting heavy. Set the bar in a rack just below chest height. Holding the bar in the crook of your arms, lift it off the supports. Step back, holding it against your abdomen and keeping your feet shoulder-width apart. Squat until your thighs are parallel to the floor. Return to standing. Do 3 sets of 5 reps, resting 2 minutes.

**Stick the Landing**

8

BOB ALEJO, C.S.C.S.
North Carolina State University

The higher you jump, the harder you land, putting you at risk for serious injury. That's why the Wolfpack do **eccentric stepups**, an exercise that strengthens the muscles that help protect your knees and hips. Holding your arms straight out in front of you, keep your right leg straight and place your left foot on a step or bench that's 18 to 24 inches off the floor. This is the starting position. Without using your right leg, push down through your left heel to lift your body until both feet are on the step or bench. Take 2 seconds to return to the starting position. Complete 12 reps. Switch legs and repeat.

MensHealth®

▶ 2012 POSTER SERIES

The Body You Want

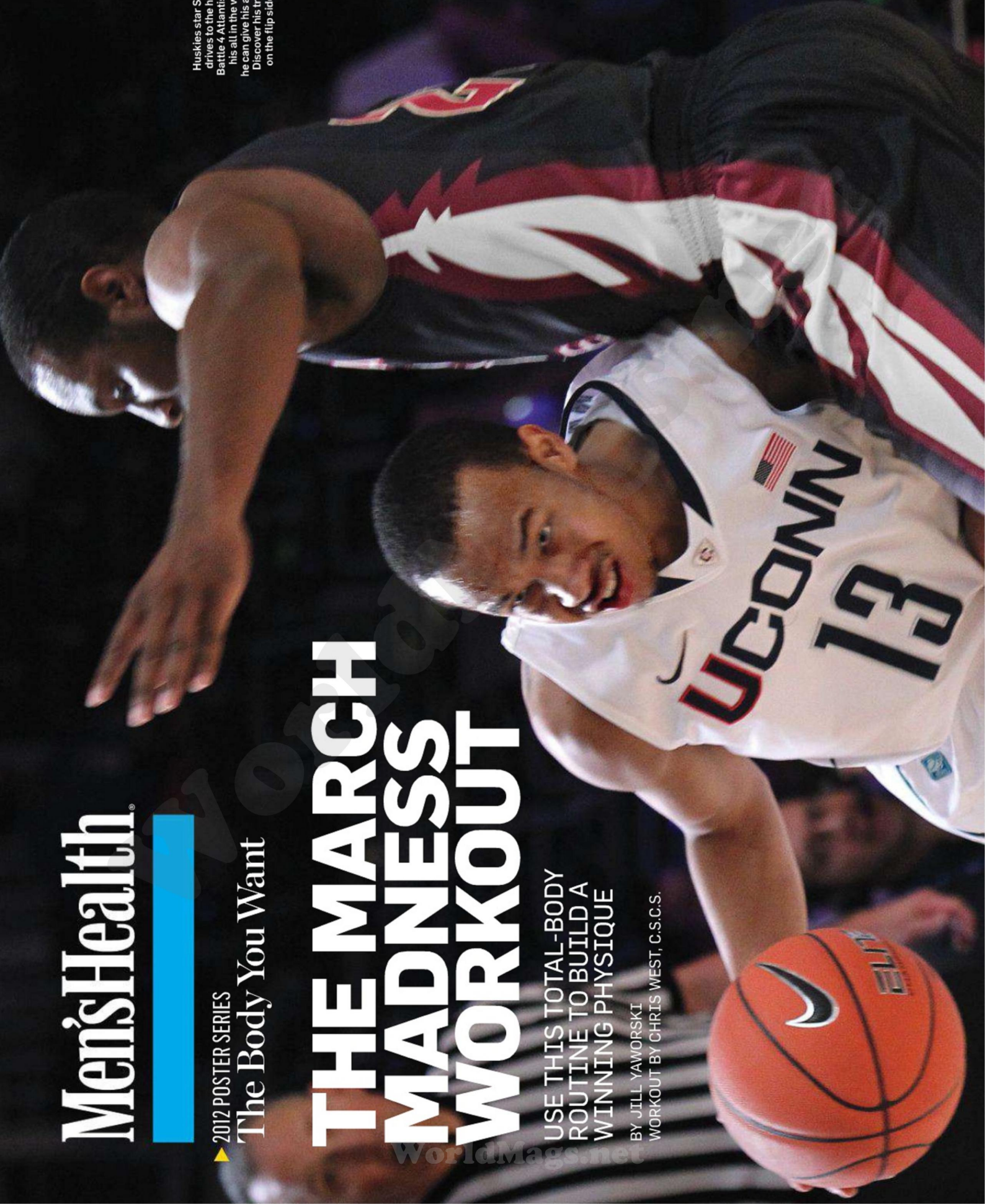
THE MARCH MADNESS WORKOUT

USE THIS TOTAL-BODY
ROUTINE TO BUILD A
WINNING PHYSIQUE

BY JILL YAWORSKI

WORKOUT BY CHRIS WEST, C.S.C.S.

Huskies star Shabazz Napier drives to the hoop during the Battle 4 Atlantis. Napier gives his all in the weight room so he can give his all on the court. Discover his training secrets on the flip side of this poster.



MensHealth®

▶ 2012 POSTER SERIES

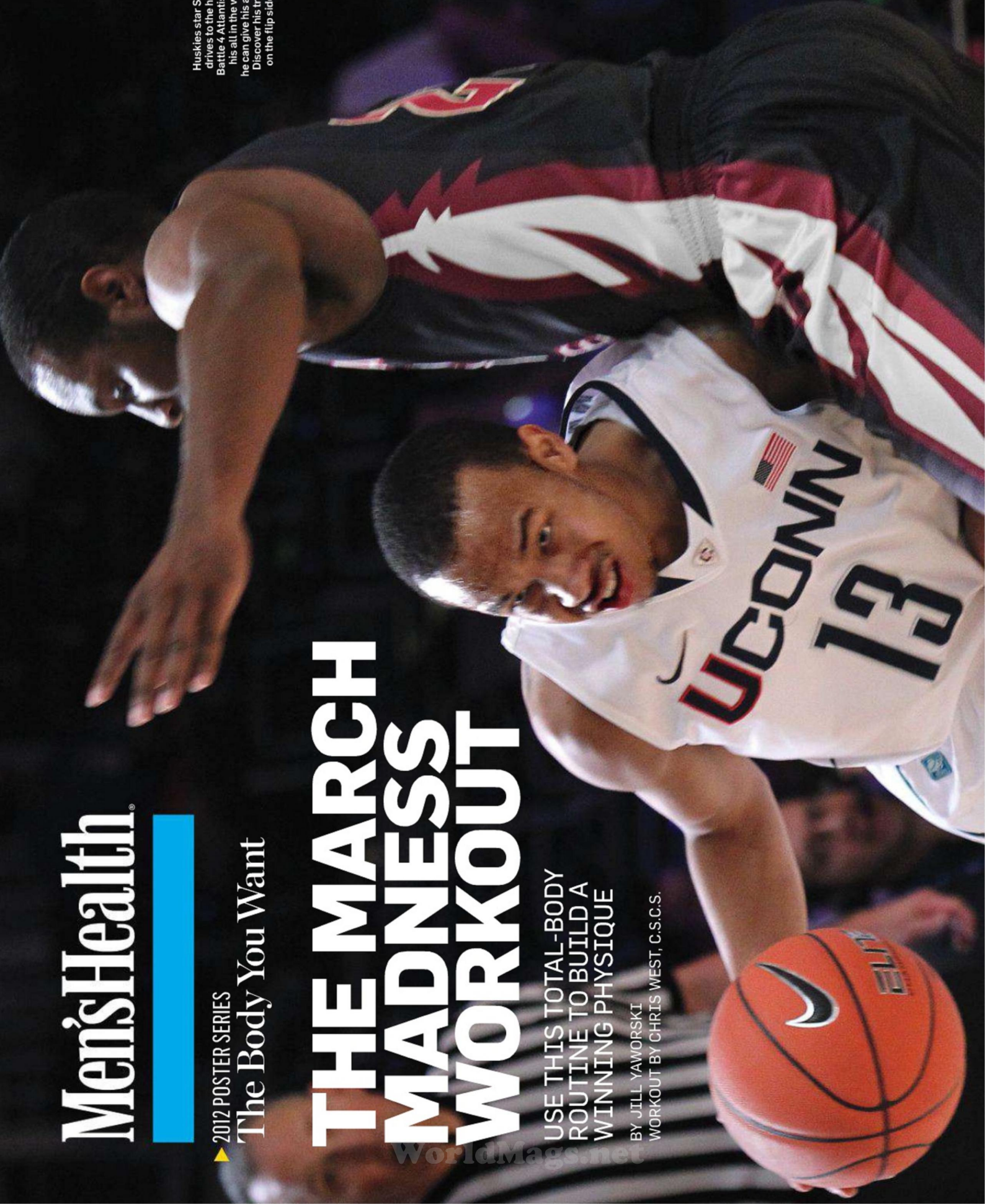
The Body You Want

THE MARCH MADNESS WORKOUT

USE THIS TOTAL-BODY
ROUTINE TO BUILD A
WINNING PHYSIQUE

BY JILL YAWORSKI
WORKOUT BY CHRIS WEST, C.S.C.S.

Huskies star Shabazz Napier
drives to the hoop during the
Battle 4 Atlantis. Napier gives
his all in the weight room so
he can give his all on the court.
Discover his training secrets
on the flip side of this poster.







BUILD THE BODY OF A CHAMPION

TURN FAT INTO MUSCLE WITH THIS HOOPS WORKOUT

There's no predic
University of Conne
winning its final 11
team was built to g
conditioning coach.
core stability. It's t
year after year. Now

For video instructions and

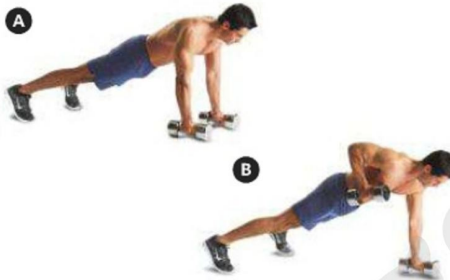
WORKOUT A

1A

Pushup-Position Row

Place a pair of hex dumbbells on the floor and assume a pushup position with your hands on the dumbbells [A]. Without allowing your torso to rotate, pull the dumbbell in your right hand up to the side of your chest [B]. Pause, and lower the dumbbell; repeat the move with your left arm. That's 1 rep.

Reps: 10



1B

Dumbbell Alternating Bench Press

Lie faceup on a flat bench and hold a pair of dumbbells over your chest [A]. Slowly lower one dumbbell to the side of your chest [B]. Pause, and as you press the weight back up to the starting position, lower the dumbbell in your other hand. Keep alternating back and forth until you've done all reps with each arm.

Reps: 10

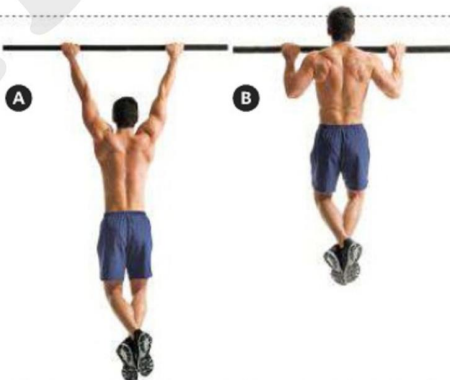


2A

Pullup

Hang at arm's length from a pullup bar, using an overhand grip that's slightly wider than your shoulders [A]. Pull your chest to the bar [B]. Pause, and slowly lower your body to the starting position. Note: If you can do more than 6, add some weight.

Reps: 5



2B

Side Plank

Lie on one side with your legs straight, and prop up your upper body on your forearm. Raise your hips so your body forms a straight line from ankles to shoulders, and hold for 8 seconds. That's 1 rep. Lower your body back to the floor, then raise back up and hold again. After you've done all your reps, switch sides and repeat.

Reps: 5



WORKOUT B

1A

Barbell Front Squat

Grasp a barbell using an overhand grip, and let the bar roll back to the tips of your fingers until it rests securely on the front of your shoulders. Raise your upper arms until they're parallel to the floor [A]. Push your hips back and lower your body until your thighs are at least parallel to the floor [B]. Return to the starting position.

Reps: 10

1B

Single-Leg Hip Raise

Lie faceup on the floor with your left knee bent and left foot flat. Straighten your right leg in the air so it's in line with your left thigh [A]. Now squeeze your glutes and push your hips up until your body forms a straight line from knees to shoulders [B]. Pause for 2 seconds, and return to the starting position. Do all your reps, and then switch legs and repeat.

Reps: 10

2A

Barbell Rack Pull

Place a barbell at knee level in a squat rack (or on a pair of pulling platforms). Bend at your hips and knees until you can grab the bar overhand, with your hands just outside your legs [A]. Stand by thrusting your hips forward and straightening your knees [B]. Return to the starting position and repeat.

Reps: 10

2B

Dumbbell Bulgarian Split Squat

Hold a pair of dumbbells at arm's length next to your hips. Stand in a staggered stance and place the top of your back foot on a bench [A]. Keeping your torso upright, bend your front knee and lower your body as far as you can [B]. Pause, and push back to the start. Do all your reps, and then switch legs and repeat.

Reps: 10

ting the hoops craziness that is March Madness. Flash back to 2011: The Connecticut—the ninth-place team in the Big East—claimed the NCAA championship by games. Yes, it helped to have superstar Kemba Walker on the roster. But the entire to the distance, thanks to Chris West, C.S.C.S., the associate head strength and West's game plan: this training routine, which focuses on total-body strength and the same winning formula he uses to help the Huskies reach the top of the rankings y you can use it too—for a lean, muscular body that's primed for peak performance.

a digital training guide, check out this workout online at mhpersonaltrainer.com. There you'll also find a complete nutrition plan that you can customize for your goals and lifestyle.

DIRECTIONS

Do each workout (Workout A, Workout B, and Workout C) once a week, resting a day between each session. Perform each pair of exercises—for example, 1A and 1B, or 2A and 2B—as a superset. That is, do 1 set of the first exercise followed immediately by 1 set of the second exercise. Then rest for 90 seconds. Repeat until you've completed 4 sets of each exercise. Once you've done all your sets, move on to the next pair of exercises.

WORKOUT C

1A

Barbell Row

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it at arm's length. Bend at your hips and knees and lower your torso until it's almost parallel to the floor [A]. Without moving your torso, pull the bar to your upper abs [B]. Lower the bar back to the starting position. That's 1 rep.

Reps: 10



1B

Rear Lateral Raise

Grab a pair of dumbbells and bend at your hips and knees until your torso is nearly parallel to the floor. Let the dumbbells hang straight down from your shoulders, your palms facing each other [A]. Without moving your torso, raise your arms straight out to the sides until they're in line with your body. Pause, and return to the starting position.

Reps: 10

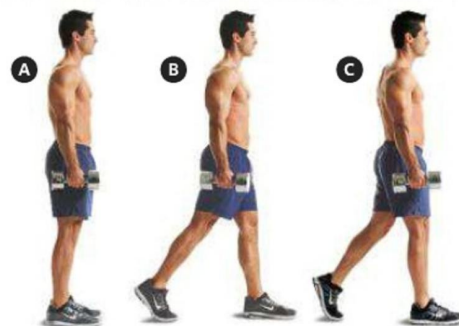


2A

Offset Farmer's Walk

Grab a dumbbell in one hand and let it hang naturally at arm's length. Walk 10 steps forward, and then return to where you started. Switch hands and repeat. That's 1 set.

Reps: 20 steps (per side)

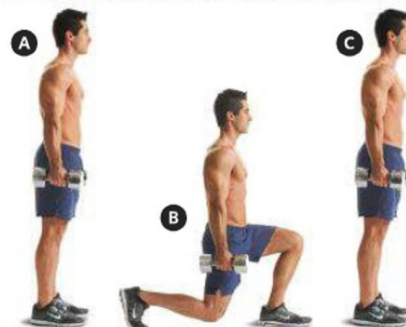


2B

Dumbbell Walking Lunge

Hold a pair of dumbbells next to your hips [A]. Take a long step forward with your left foot, and lower your body until your front knee is bent 90 degrees [B]. Now push yourself forward into a standing position [C]. That's 1 rep. Alternate the leg you step forward so you're "walking" with each rep.

Reps: 20 (10 per leg)



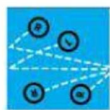


Branch Out

9

CURTIS TURNER, C.S.C.S., S.C.C.C.
Vanderbilt University

The Commodores prepare to handle the unexpected with a drill called **maps**. Players are given a map of the campus with various highlighted locations, each of which features a fitness challenge. Create your own map drill at a local park. Give yourself five challenges—squats, pullups, squat thrusts, pushups, and agility drills, say—and space them about 100 yards apart. Pick a number of repetitions for each that's difficult yet attainable. Go through the stations as quickly as you can two or three times. Do this once a week.



Think Fast

10

TRAVIS KNIGHT, C.S.C.S.
Gonzaga University

Reaction time can mean the difference between smoking your opponent and being smoked. The Bulldogs use a unique **hand-eye drill** to build coordination and prepare themselves for intense NCAA game speed and pressure. Find a half dozen or more tennis balls. Mark half of them clearly with an *L* and the others with an *R*. Place the balls in a plastic bag. Without looking, reach in, grab a ball, and toss it against a wall. Catch the *L* balls with your left hand and the *R* balls with your right. When you miss a total of five, do 10 pushups. Stop the drill when you reach 50 pushups.



Get Warm

11

MIKE CURTIS, C.S.C.S.
University of Virginia

A 2011 study found that a quick dynamic warmup may help players jump higher. So the Cavaliers do the **multidirectional lunge**: Hold a medicine ball in front of your chest, and stand with your feet hip-width apart; this is the starting position. Do 3 lunges with your left leg: Lunge forward, step back. Lunge left, step back. Finally, step across your body with your left leg, turning your hips and shoulders to the right as you lunge. Return to the starting position. Repeat the lunges with your right leg. That's 1 rep. Do 1 or 2 sets of 4 to 6 reps to warm up.



Sweat to the Oldies

12

JE'NEY JACKSON, C.S.C.S., S.C.C.C.
Indiana University

College ballers are magnificently conditioned athletes. Even some team managers could run the average weekend player off the court. The **Hoosiers' warmup sequence** would be a great cardio workout for anyone, and it works equally well before or after a training session. Stand on one end of the court. Jog to the other end. Backpedal to the start. Now do a high-knee run across the court, and again backpedal to the start. Follow that with a butt-kick run (lifting your heels high enough to kick your glutes on each step), a left-foot-leading side shuffle, a right-foot-leading side shuffle, and a high-kick run (like a drum major's strut) on your next four trips out. Backpedal to the start after each. Do this sequence once for a warmup, or do it 2 to 4 times for a fat-burning finisher.

Next time you're watching a game, watch the star players' feet: Sure, the players run and jump, but they also hop, leap, lunge, shuffle, and "jop."



Drive Hard

13

CHRIS WEST, C.S.C.S.
University of Connecticut

West makes sure his Huskies are as solid as Mack trucks when driving to the basket by training them with the **kneeling cable core press**, a move that strengthens and stabilizes every muscle from hips to core to shoulders. To do it, attach a D handle to a hip-level pulley on a cable machine, and kneel with your right side next to the weight stack. Hold the handle against your chest. Press your arms straight out, hold for 10 seconds, and return the handle to your chest. Do this 10 times, and then turn around so your left side is next to the weight stack. Repeat the movement. That's 1 set. Do 1 more. For a total-body workout from West, see this month's "March Madness Workout" poster.



"Jop" Till You Drop

14

ANDY WEIGEL, C.S.C.S.
University of Alabama

The next time you watch a game, check out the star players' feet: Sure, the players run and jump, but they also hop, leap, lunge, shuffle, and "jop"—jump off both feet and land on one. It's a lot of impact to absorb with one leg. That's why the Tide train with the **multidirectional jop**. Stand with your knees slightly bent. Jump forward 12 inches and land on your right foot. Hop backward to the start, landing on both feet. Repeat on your left foot. Next, do the sequence going sideways. Do 2 sets of 4 jops in each direction as a warmup. Or, for a fat-torching workout, hold a medicine ball in front of your chest and perform 4 sets of 4 in each direction.



Catch Air

15

JIMMY PRICE, C.S.C.S.
University of Illinois

All else being equal, the guy who can jump highest has a tremendous advantage, so the Fighting Illini do **band jumps** to add inches to their vertical and improve their overall athleticism. You'll need an exercise band with handles. Grab a very heavy dumbbell and place it on the floor between your feet. Loop the band under the dumbbell and hold one handle in each hand. Curl the handles up to your shoulders, and keep them there throughout the drill. Push your hips back and jump, extending your hips, knees, and ankles as quickly as possible. Jump as high as you can on each rep and take a few seconds to recover in between. Do 3 sets of 5 jumps, resting 30 seconds between sets.



Press Your Luck

16

FRANK MATRISCIANO
University of Memphis

We think of basketball as a game of sprints, lunges, and jumps. But it's also a game of nonstop reaches, pushes, pulls, and lifts, which can be hell on your shoulders. For unwavering upper-body stamina, the Tigers do this **shoulder drill**: Grab an 8-pound medicine ball. Stand with your dominant foot forward, holding the ball chest-high. Press the ball forward as in a chest pass, but don't release the ball. That's 1 rep. Do 30 reps, 6 seconds each. Then slowly press the ball up and slightly forward, as if you're grabbing a rebound. Again, do 30 reps, 6 seconds each. That's 1 set. Rest for 45 seconds, and then do 2 more sets.

Smash Your Stress

It's no secret that stress beats up your body. But is the way you deal helping you—or hurting you?

BY PAIGE GREENFIELD • PHOTOGRAPH BY TRAVIS RATHBONE

YOU KNOW YOU SHOULD TAKE A FEW DEEP BREATHS WHEN you feel stressed. Instead you inhale a doughnut (or five). Strange? Not at all. Your strained brain craves instant gratification, often in the form of a quick fix like food or alcohol, says James Herman, Ph.D., a neuroscientist at the University of Cincinnati. “These things activate reward pathways while quieting the amygdala—the emotional, overwrought area of your brain.” • The trouble with the Krispy Kreme cure—besides the inevitable risk of obesity and the powdered sugar on your neckties—is that it’s

really just a stress Band-Aid. In the long term you may feel more mentally steamrolled than ever. And when your psyche suffers, so does your body. In fact, in a new Oregon State University study, researchers found that chronically stressed middle-aged men were almost 50 percent more likely to die during an 18-year period than those who experienced fewer stressful events. Which of these guys do you want to be? • Good choice. Now follow this plan for replacing your current so-called coping strategies with techniques that’ll feel like a shiatsu massage for your mind.

HOW YOU COPE

Down a dessert

There's a reason you equate sugar with serenity. When you consume the sweet stuff, your prefrontal cortex, a part of your brain that helps control emotions, is activated, says Herman. The danger of a sugar binge: Men with higher anxiety are also more likely to have elevated glucose levels, according to scientists in Japan. In fact, the American Diabetes Association warns that long-term stress may push your blood-sugar levels into the diabetic range if they're already higher than normal.

DO THIS INSTEAD

Savor a small portion of ice cream

The stress-busting benefits of dessert are due more to the flavor than the fat and calories, says Herman. "High-calorie foods often taste better, but calories aren't necessary for food's effects on stress." Buy a single-serve treat and take half an hour to eat it; savoring the flavor can extend the calming effect.

Pour a drink

After a few shots of Jack, the office jackass is the last person on your mind. When alcohol enters your bloodstream, it seems to activate reward pathways for temporary relief. Ultimately, though, it may intensify your depression, says William Pollack, Ph.D., a *Men's Health* mental health advisor. In a University of Chicago study, stressed-out men injected with alcohol felt anxious longer than guys in a placebo group. Booze may disrupt your body's calming process, prolonging the mental misery.

Play *Call of Duty* all night

The lure of a record-breaking kill/death ratio isn't the only thing keeping you up till 3 a.m. Stanford researchers found that playing video games stimulates the brain's mesocorticolimbic system, a key reward region. And the more you win, the more the area lights up. The downside: Most video games are sedentary and mimic the competitiveness of a stressful job, which may negate any brain benefits, says Michael Addis, Ph.D., a psychology professor at Clark University.

Drive too fast

Why do guys love Vegas? Or consider cliff jumping a worthy pastime? The same reason they speed: Risk taking produces a surge of endorphins, which numb pain, says Cleveland Clinic psychologist Michael McKee, Ph.D. But if you chase those thrills while you're stressed, they could kill you. Your judgment tends to become clouded, so it's harder to take calculated risks, explains Addis. "You're more likely to put yourself in unnecessary danger."

Bury yourself in work

It's tempting to battle the stress of a massive workload by immersing yourself until it's done. Don't do it. "Concentration and productivity suffer when your brain doesn't have a chance to unwind, relax, and reset," says McKee. And your work performance may not be the only thing to suffer. In a new British study, people who worked 11 or more hours a day were nearly 70 percent more likely to develop heart disease over a 12-year period than those who worked 7- to 8-hour days.

Hibernate in your cave

If stress makes you want to retreat and hole up at home, here's why: Research shows that men generally favor the fight-or-flight stress response, whereas women are more likely to "tend and befriend" when they feel stressed. Which way is better? A 2009 British study linked social isolation with a more prolonged spike in heart-straining systolic blood pressure after a stressful event, and higher stress-hormone output throughout the day.

Self-medicate with music

A study in *Nature Neuroscience* found that listening to favorite tunes or anticipating a certain point in a song can cause a pleasurable flood of dopamine. Listen to a few songs in a row several times a day. "These doses of dopamine can lower your stress, removing the trigger that causes you to seek alcohol," says Edward Roth, M.T.-B.C., a professor of music therapy at Western Michigan University.

Build a fence

Learn to braise meat. Practice the ukulele. Activities that give you a sense of mastery can also activate the mesocorticolimbic system, deploying a rush of dopamine. Plus, as you practice your new skill, you enter a healthy psychological state known as flow. "You lose track of time and are completely immersed in what you're doing," says Addis. "It's incredibly relaxing to the mind."

Hightail it to the gym

But don't default to your regular workout. If you're bored with your routine, you may not experience the normal post-gym endorphin rush, making exercise less effective as a stress fighter than it could be, says Addis. So try something new: Sign up for a martial arts class, check out an indoor rock-climbing center, or go mountain biking. These activities combine physical exertion with a bit of benign risk taking.

Take a 60-second vacation

Each hour, spend a minute perusing a funny blog. (We like passiveaggressive.com.) Periodic breaks help you process and absorb new information, increasing your efficiency, says McKee. During your hiatus, take 10-second breaths—inhale 4 seconds, exhale 6—to bolster your heart's ability to recover from stress.

Watch the game with your buddies

And don't spend halftime bitching about your boss. Venting can actually be counterproductive; with men, it often turns into a stress-inducing "who has it worse" showdown, says Addis. Besides, the social aspect alone is enough to activate your brain's GABA receptors, which control fear and anxiety, in turn triggering feelings of calm and satisfaction, says Pollack.



CAN STRESS SABOTAGE YOUR WORKOUT?

It's tough to lift if you're carrying a mental load

From now on, do a stress check before you hit the weight room. A 2011 study published in the *European Journal of Applied Physiology* found that people who lifted weights while mentally stressed became fatigued more quickly and experienced greater strength declines than they did

when they were worry-free. "When you're stressed, your muscles are at a higher level of arousal and your heart rate is elevated," explains study author Ranjana Mehta, Ph.D. That means your body is already on its way to wearing out before you've even completed your

first set. The fix? Work out in the morning, when you're naturally less stressed. Or if you rely on evening lifting to decompress, extend your warmup. Low-intensity exercise can help switch off the fight-or-flight response that saps your strength, says Mehta. LAURA ROBERSON

Takeout That Delivers

Hungry for Asian? Make fast, fresh DIY versions of delivery classics

BY MATTHEW KADEY, M.S., R.D.
PHOTOGRAPHS BY YUNHEE KIM

ODDS ARE, YOUR FOOD DELIVERY guy is bringing trouble to your doorstep. Inside that innocuous bag, he carries unhealthy versions of virtuous, protein-packed Asian dishes like salmon teriyaki and shrimp Pad Thai. Loaded with gloppy, neon-colored sauces, limp vegetables, MSG, and excess oil, the food may blunt your hunger, but it won't optimally fuel your body. And that #2 combo isn't doing your waistline any favors, either: A 2011 study in the *Journal of the American Dietetic Association* reports that people who eat takeout just once a week may sig-

nificantly increase their body fat as well as other risk factors for heart disease and diabetes.

Time to reclaim takeout. Where to start? From scratch. In less time than it takes the delivery dude to reach your doorstep, you can create vibrant homemade versions of your go-to Asian orders. Just deploy lean protein, produce for fiber and disease-fighting phytonutrients, and fresh aromatics like garlic and ginger. Stock up on a few Asian pantry staples, and prep can be even easier. The only thing that'll make your meals better? A strategic dose of spicy sriracha. ▶



JOAKIM NOAH
TEAM BSN® ATHLETE

EXPLOSIVE RESULTS

N.O.-XPLODE™ 2.0

BSN®'S MOST POWERFUL FORMULA EVER!



ENERGY & ENDURANCE



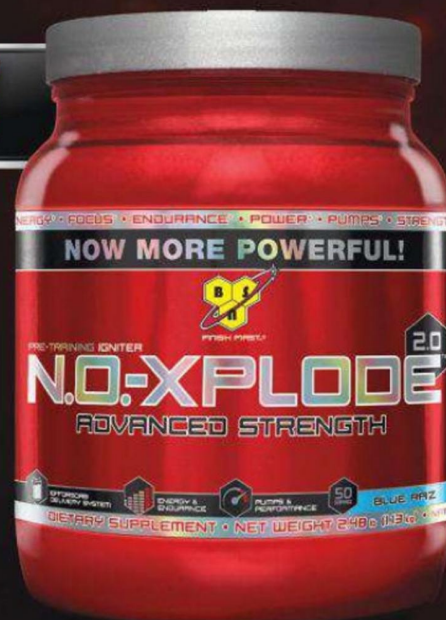
POWER & STRENGTH



PUMPS & PERFORMANCE



MUSCLE GROWTH



10-SERVING N.O.-XPLODE™ 2.0 TRIAL

For a limited time, try BSN®'s #1 Pre-Training Powder for \$6.99. Experience the pre-training phenomenon all over again. Simply enter the coupon code **TRYNOXPLODE** at checkout. While supplies last.
BSNONLINE.NET / 800.215.2105



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1040 ©2012 BSN® Facebook is a registered trademark of Facebook, Inc. in the United States and other countries. **Based on maximum daily dosage and when combined with CELLMASS® and NITRIX®.

Nutrition

ORDER UP Clockwise from top: Red beef curry, salmon teriyaki, soba Pad Thai, and General Tso's chicken.



Thai Red Curry with Beef

UPGRADE Swapping in sweet potatoes for the classic white variety gives this curry a beta-carotene boost.

- 2 Tbsp vegetable oil (preferably peanut)
- 1 lb steak (round, loin, or flank), cut into ½-inch-wide strips
- 1 large shallot, chopped
- 1 Tbsp minced fresh ginger
- 1 Tbsp Thai red curry paste
- 1 can (13.5 oz) light coconut milk
- 1 tsp grated lime zest
- 1 Tbsp fish sauce
- 1 medium sweet potato, peeled and diced
- Juice of ½ lime
- Cooked brown rice, for serving
- Chopped cilantro, for serving
- ½ cup unsalted roasted cashews (optional)

1 Heat a wok or skillet on medium high. When it's hot, add 1 tablespoon of oil and swirl to coat the pan. Add the beef and sear it until browned, tossing occasionally, 2 to 3 minutes. Transfer the beef and its juices to a plate.

2 Return the wok to medium heat and swirl in 1 tablespoon of oil. Add the shallot and ginger; stir-fry for 3 minutes. Stir in the curry paste and heat for 30 seconds. Stir in the coconut milk, lime zest, and fish sauce; heat for 2 minutes.

3 Add the sweet potatoes to the wok and bring the mixture to a boil. Reduce it to a simmer, cover, and cook until the potatoes are tender, about 15 minutes. Stir in the lime juice and the beef and heat through. Serve over rice and garnish with cilantro and cashews. *Makes 4 servings*

Soba Shrimp Pad Thai

UPGRADE Pad Thai typically uses nutritionally void rice noodles. Go unorthodox and use Japanese soba noodles instead for a bonus dose of fiber and nutty flavor.

- 2 garlic cloves, chopped
- 2 Tbsp natural peanut butter
- 1 Tbsp honey
- 2 tsp roasted sesame oil
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp sriracha chili sauce
- 1 Tbsp fish sauce
- 2 Tbsp vegetable oil (preferably peanut)
- 1 lb peeled large raw shrimp (thawed and drained if frozen)
- 2 red bell peppers, thinly sliced
- 1 cup sliced shiitake mushrooms
- 6 oz soba (buckwheat) noodles, cooked, rinsed, and drained
- 3 scallions, sliced
- ¼ cup roasted peanuts, coarsely chopped
- 2 limes, quartered, for serving

1 In a blender, combine the first seven ingredients and ¼ cup water; puree until smooth and set aside.

2 Heat a wok or large skillet on medium high. When it's hot, add 1 tablespoon of oil and swirl to coat the pan. Then add the shrimp and cook until they just turn pink, about 2 minutes. Transfer them to a plate.

3 Add another tablespoon of oil to the wok and swirl. Add the peppers and mushrooms; stir-fry for 2 minutes. Return the shrimp to the pan along with the peanut sauce, cooked soba, and scallions; stir-fry for 1 minute.

4 Serve with peanuts and lime wedges. *Makes 4 servings*

Salmon Teriyaki with Asparagus

UPGRADE A helping of in-season asparagus adds potassium and folate to this Japanese stir-fry.

- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp mirin (Japanese rice wine)
- 1 Tbsp honey
- 1 Tbsp chili sauce, such as sriracha
- 1 tsp cornstarch
- 1 tsp Asian sesame oil
- 1 Tbsp minced fresh ginger
- 2 garlic cloves, finely chopped
- 1 Tbsp vegetable oil (preferably peanut)
- 1 lb skinless salmon (preferably wild), cut into 1-inch cubes
- 1 bunch asparagus, trimmed and cut into thirds
- Cooked brown rice, for serving
- 1 Tbsp sesame seeds (optional)

1 In a small bowl, whisk together the soy sauce, mirin, honey, sriracha, cornstarch, sesame oil, ginger, and garlic. Set the mixture aside.

2 Heat a wok or large skillet on medium high. When it's hot, add the oil and swirl to coat the pan. Add the salmon pieces and cook, stirring occasionally, until they just begin to turn opaque, about 2 minutes. Transfer them to a plate.

3 Add the asparagus to the wok and stir-fry until crisp-tender, about 2 minutes. Return the salmon to the wok and stir in the soy sauce mixture. Heat, stirring, for 1 minute. If the sauce seems too thick, add a couple of tablespoons of water. Serve over brown rice and garnish with sesame seeds. *Makes 4 servings*

General Tso's Chicken with Broccoli

UPGRADE Why weigh down chicken chunks with bland, oil-logged batter? Bake them instead to cut calories without sacrificing taste. Then pile on the fresh vegetables.

- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 Tbsp plus 2 tsp cornstarch
- 2 tsp vegetable oil (preferably peanut)
- 2 garlic cloves, minced
- 1 Tbsp minced fresh ginger
- ¼ cup reduced-sodium chicken broth
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp hoisin sauce
- 1 Tbsp rice-wine vinegar
- 1 Tbsp honey
- 1 Tbsp chili sauce, such as sriracha
- 4 cups steamed broccoli florets, for serving
- Cooked brown rice, for serving

1 Preheat the oven to 375°F. On a foil-lined baking sheet, toss the chicken chunks with 2 tablespoons cornstarch. Spread the cubes out and bake until they're cooked through, about 12 minutes.

2 Meanwhile, in a medium saucepan, heat the oil, garlic, and ginger on medium for 2 minutes, stirring often. Add the broth, soy sauce, hoisin, vinegar, honey, and sriracha; simmer 3 minutes. Whisk the remaining cornstarch into 2 tablespoons water; add that and heat until the mixture has thickened, about 30 seconds.

3 Add the cooked chicken to the pan with the sauce and toss together. Serve alongside the broccoli and over brown rice. *Makes 4 servings*

TOOLS OF THE TRADE

Keep a few basic weapons in your arsenal to ensure stir-fry success. Grace Young, author of *Stir-Frying to the Sky's Edge*, recommends these three key items.



14-INCH CARBON STEEL FLAT-BOTTOM WOK

Inexpensive carbon steel helps meats and vegetables sear superbly. Just season the pan before its first use—see MensHealth.com/seasonwok.



SLOTTED METAL SPATULA

A wide, flexible metal spatula (also called a fish turner) can follow the sides of a wok and easily slips under foods that have a tendency to stick. Try Oxo's version (\$12, oxo.com).



PEANUT OIL

A high smoke point makes peanut oil popular in Asian kitchens. Grapeseed oil and canola oil are other options that can take the heat. We like the oils from spectrumorganics.com.

Takeout* General Tso's Chicken with Broccoli



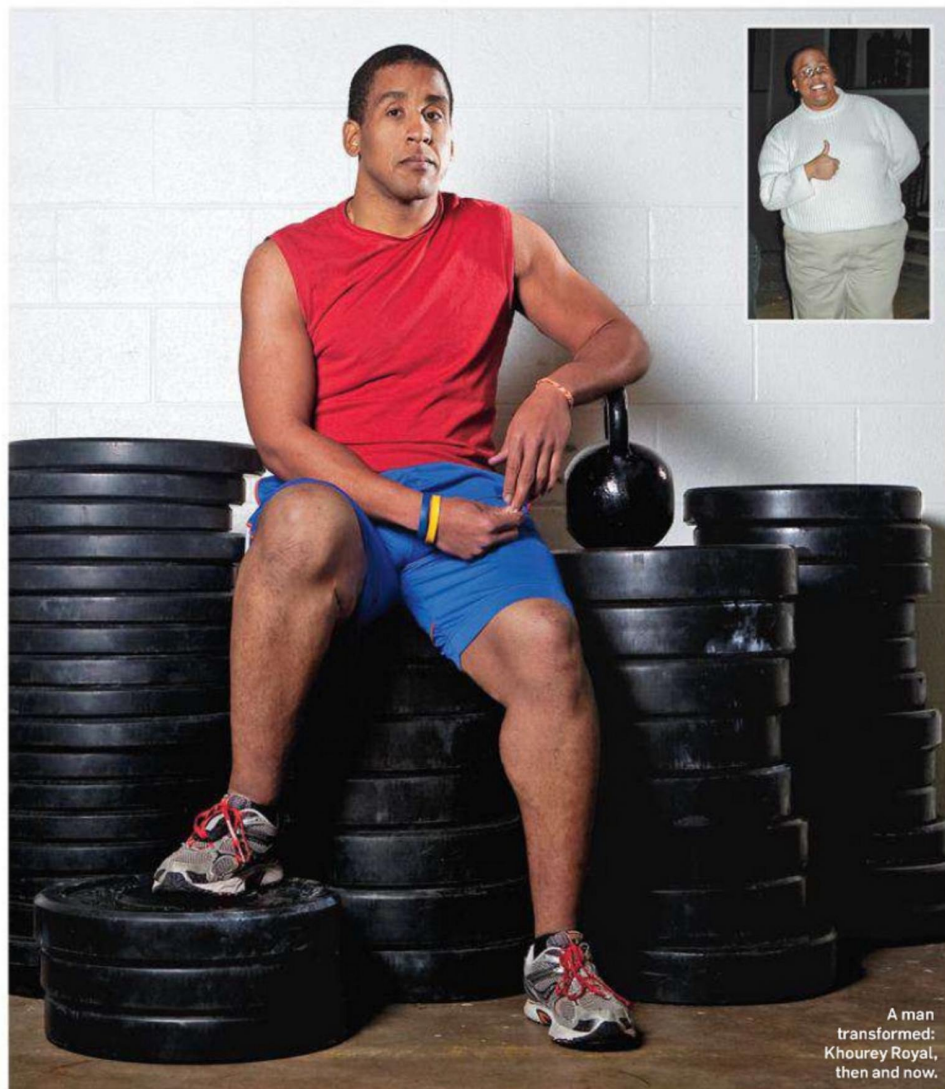
932 calories
52 g fat
41 g protein
76 g carbohydrates
1,375 mg sodium

*Source: USDA

VS. Men's Health General Tso's Chicken with Broccoli



311 calories
7 g fat
41 g protein
22 g carbohydrates
440 mg sodium



A man transformed: Khourey Royal, then and now.

Belly Off! Lesson #1

Once the weight comes off, build muscle

KHOUREY ROYAL

AGE 31 HEIGHT 6'3"
LIVES IN
Charlottesville, VA
OCCUPATION
Fitness consultant
REACHED GOAL IN
18 months

WEIGHT BEFORE
→ 420
WEIGHT AFTER
→ 211

YOU'D THINK THAT AFTER KHOUREY ROYAL dropped 200-plus pounds, he'd be satisfied. Nope. "I'm having too much fun in the gym," he says. "Now I'm looking for more muscle definition." That makes sense, since weight training kicked his loss into overdrive in the first place. "New challenges keep me hungry," he says.

Hungry in the figurative sense, of course. Royal grew up a chubby kid, with a dad who was bedridden with weight-related heart problems. He vowed not to end up like his father.

So he started to pay attention to what he ate. "I'd make sure my meals included lean meats, fruits or vegetables, and whole grains," he says. He walked until he could jog, and then jogged until he could run a 10-K race. But it wasn't until he hit the gym that Royal became focused on building muscle. "I have a good friend who introduced me to weights, and it changed my life," he says.

Royal changed his body, too: bigger chest, smaller waist, defined arms, trimmer legs. Now a typical week's program includes lunges, box jumps, and stepups for his lower body, along with curls, dumbbell kickbacks, and bench presses for his upper body. With lifting, Royal came to realize, you can control your weight and body shape—instead of letting them control you. "I've gained confidence along with the muscle," he says.

ROYAL'S JERK CHICKEN

Make a big batch on the weekend and eat well all week long. Royal uses thighs for the extra flavor and works the rub under the skin to help infuse the meat.

What you'll need

- ¼ cup white-wine vinegar
- 1 Tbsp minced fresh ginger
- 4 garlic cloves, minced
- 2 jalapeño peppers, minced
- 1½ Tbsp light brown sugar
- 1½ Tbsp vegetable oil
- 1 Tbsp ground allspice
- 1½ tsp kosher salt
- 2 lb skin-on, bone-in chicken thighs

How to make it

1. In a medium bowl, mix all the ingredients except the chicken. Then dump the spice rub and the chicken into a resealable bag, shake to coat, and refrigerate for 1 hour.
2. Heat a grill pan on medium and grill the chicken until it's cooked through, 10 to 15 minutes on each side. Serve it with brown rice, grilled vegetables, or a mixed-greens salad with sliced avocado and mango.

The Belly Off! All-Stars

How a revolutionary program melted 341,000 pounds and gave overweight guys their lives back

BY PAUL KITA AND SARA CANN

THE MEN'S HEALTH BELLY OFF! CLUB HAS HELPED TENS OF THOUSANDS OF men transform their bodies. What's more, these guys did it without the assistance of Hollywood celebrity trainers, convoluted exercise plans, or unrealistic diet regimens. Although each Belly Off! member has a different success story, most of them have realized that there's no secret formula for weight loss; they achieved their goals just by sticking to a few critical lessons they learned along the way. The concepts are simple—simple enough to follow for life. Read their stories, channel their inspiration, and then choose the strategies that work best for you.

Belly Off! Lesson #2

Set a reachable goal . . . and then another

ADAM OUELLETTE AGE 34 HEIGHT 5'10" LIVES IN Toronto, ON OCCUPATION Merchandising REACHED GOAL IN 11 months	WEIGHT BEFORE →	272
	WEIGHT AFTER →	190

THERE WAS NO DRAMATIC EPIPHANY FOR Adam Ouellette, just a slow buildup of awareness as years of excuses piled on the pounds. "I always knew I needed to lose weight, but I never actually made the commitment," he says. "I told myself I didn't have any energy to work out—even though I knew my inactivity was causing my drop in energy."

The pounds piled on, and so did the complications. He'd call in sick from work and decline invitations to summer beach trips. Finally, Ouellette's doctor told him he'd have diabetes within 2 years. So for his fiancée, his future kids, and himself, he cut the bull and plunked down the registration fee for a 10-K.

"At first I would just pick a street corner and run to it. Then, the next time, I'd go for the next-farthest corner," he says. Coupled with a dumbbell workout three times a week, the running routine built Ouellette's endurance, boosted his strength, and began to knock back the numbers on the scale.

After he finished his first 10-K, he took up karate. "It holds me accountable. Plus, every workout is a new challenge."

Ouellette's newfound energy has turned his pizza-and-TV weekends into time spent hiking, bike riding, and cooking. He's avoided a diabetes diagnosis. And the destination for his honeymoon? The sunny beaches of Jamaica.

ROCK THE 'BELLS

If you don't think your body is gym-ready just yet, pick up a set of dumbbells and do these exercises at home, as recommended by Belly Off! trainer David Jack.

Goblet squat

Stand with your feet shoulder-width apart, toes pointed forward. Hold a dumbbell vertically against your chest with both hands, cupping the dumbbell head like a goblet. Squat deeply, keeping your knees out, back flat, chest up, and heels on the floor. Pause, and then push back to the starting position. Do 10 reps, using enough weight to make the last 2 reps challenging.

Half-kneeling single-arm shoulder press

Holding a dumbbell in your right hand, move your body into a half-kneeling position, with your right knee touching the floor and your left foot pointing forward. While maintaining a strong core and a stable posture, press the dumbbell up from your shoulder and over your head, keeping your biceps in line with your ear. Do 8 reps on each side.

Belly Off! Lesson #3

Share your success, keep off the pounds

ANDY HAYES AGE 26 HEIGHT 6'2" LIVES IN Branson, MO OCCUPATION Fitness instructor REACHED GOAL IN 11 months	WEIGHT BEFORE →	300
	WEIGHT AFTER →	190

ANDY HAYES NEVER HAD A BIG APPETITE—until he had his tonsils removed as a high schooler. The chronic soreness in his throat vanished, and his eating marathon began. "My favorite after-school snack was three Wendy's bacon cheeseburgers, fries, a Frosty, and a soda," says Hayes. "Then I'd have dinner."

By his junior year, Hayes weighed 300 pounds. "I'd go watch my friends play sports and was just so jealous—I wanted to be like that," he says. "So I took the summer before my senior year to change my life."

He found a caretaker job at a resort where he could use the gym before and after work. Every day he'd run 2 miles in intervals (1-minute sprint, 2-minute rest, repeat). Along with his cardio, he alternated daily workouts between upper body (3 sets of lat pulldowns, bench presses, and shoulder presses) and lower body (3 sets of leg presses, squats, and lunges).

He ditched junk food and cooked simple meals, like turkey with steamed vegetables. To control cravings, he ate two servings of fruit a day. In less than a year, by age 17, his new lifestyle had shaved 100 pounds off his body.

Now Hayes makes the most of his athletic skills by helping others as a fitness instructor. "The key is doing something you love. If you make the gym a chore, you're more likely to fall off the wagon," he says.

TAP MORE MOTIVATION

Dropping pounds is tough—you need momentum to sustain a weight-loss journey. Steal the strategies that keep Hayes going strong, no matter what.

Develop a mantra

During a tough phase, Hayes jotted this down: "In your life up until this point, you have been one person. It is time to show the world who you can be." Find your own inspirational phrase and deploy it as needed.

Use your fears

Hayes's parents both developed cancer. He knew that if he didn't change his diet, his eating habits were likely to lead him to a similarly dire diagnosis. Your worries can propel you as effectively as your aspirations can.

Power through boredom

"Do lighter-weight reps at higher velocity. You'll develop fast-twitch muscle fibers to push you through strength plateaus. Squat jumps and explosive pushups are great for building power," Hayes says.

Belly Off! Lesson #4

Think health, not just weight

PHILIP WILSON AGE 34 HEIGHT 5'11" LIVES IN Youngstown, OH OCCUPATION Logistics engineer REACHED GOAL IN 2 years	WEIGHT BEFORE →	295
	WEIGHT AFTER →	192

THINK LOSING 100 POUNDS IS A CHALLENGE?

Try losing 100 pounds and quitting smoking at the same time, as Philip Wilson did. "I figured if I was going to improve my health, I needed to go all in," he says.

So Wilson started swapping bad habits for good ones. Instead of smoking during his morning commute, he ate a packet of sunflower seeds. Instead of snacking mindlessly in front of the TV after work, he did dumbbell lifts right in his living room. And instead of comforting himself with fast food, he went for long walks to clear his mind.

The more he changed, the easier the new lifestyle became. He stopped the knee-jerk visits to the drive-thru and started baking Cajun salmon at home. He stopped inhaling bags of chips and started cracking nuts to slow his snacking. Small changes gave Wilson the power to make larger transformations. He began a resistance-band strength training program at home and soon upgraded to pushups, squats, and cardio. Soreness and frustration quickly gave way to strength and confidence.

With the dangers of obesity and smoking thwarted, Wilson discovered other benefits. "I used to dread going to meetings at work because I was embarrassed about my weight and appearance. Now I've moved up the ladder because people see me as an achiever."

CRUSH YOUR CRAVINGS

Wilson's triumph over his unhealthy diet and his smoking habit wasn't superhuman. It's about rerouting brain circuitry to ease cravings, researchers say.

Use mind control

To stop thinking about that drive-thru, start thinking about going for a quiet run in the park. In a recent study in the journal *Appetite*, the intensity of people's food cravings declined when they imagined themselves engaging in their favorite activities. Cravings are based on mental imagery, so focusing your attention elsewhere reduces your desire to binge, according to the study. But it doesn't have to be a run—just conjure up something you find pleasant. So go ahead, let your mind wander to thoughts of Scarlett Johansson. Or better yet, immerse yourself in that fantasy of you out running with Scarlett Johansson.

Post photos, watch videos, track your progress, and lose weight for good with our 8-week Belly Off! program at MensHealth.com/bellyoff.

Special Report



Why the PSA Test Is DOA

For nearly two decades, a simple blood screening has been a man's best protection against prostate cancer. Now scientists say the "best" may be dangerously bad

BY T.E. HOLT, M.D.

PHOTOGRAPHS BY STEPHEN LEWIS

He's a new patient, a man of about 40 who has borderline hypertension but is otherwise healthy. There are no skeletons in his family history; he is a nonsmoker, drinks occasionally, exercises frequently: a good bet to live to 101. As we're wrapping up, I suggest we order a screening lipid panel and a blood chemistry panel, but other than that there's nothing to do.

His face takes on a set expression I've come to recognize: He was expecting something else.

"What about a PSA test?" he says.

Despite my best efforts, I can feel one of my eyebrows start to rise. When I say, "Why?" I'm trying to sound neutral.

"My old doctor always did one," he explains, half apologetically. "Is there a problem?"

LAST FALL, THE U.S. PREVENTIVE SERVICES

Task Force delivered its latest findings and recommendations on the prostate-specific antigen (PSA) test as a screening tool for prostate cancer. After reviewing the relevant research, it concluded that routine PSA screening does not prevent significantly more deaths than no screening—and that the results may lead to follow-up tests and treatments that could be unnecessary and even do harm. In other words, the research to date (and there has been a great deal of it) has failed to detect a meaningful benefit from routine screening for prostate cancer.

The task force's findings generated an intense public debate. The American Urological Associ-

ation provided a letter for its members to send to local news media that asserted, "It would be barbaric to universally dismiss the PSA test before a suitable alternative to prostate cancer diagnosis is available. There are many men in this community who would tell you that a PSA test saved their life." Which was in fact true, as men and their doctors weighed in to support the PSA test in blog posts and op-ed pieces.

In an era when every medical guideline and practice is scrutinized by insurers, federal regulators, doctors, and patients looking to squeeze the most value from strained budgets, controversies such as this one will only become more common. At worst, as the sorry episode of the "death panel" publicity from a few years ago showed, these debates can degenerate into political opportunism and name-calling. At best, they offer a chance to understand how medicine works. And in the case of the PSA test, we're afforded a glimpse into a key aspect of medical care that few people understand, despite the often crucial role it plays in decisions that affect your health and safety.

He's been a patient of mine for a dozen years or so: a bit overweight, borderline diabetes, but not much given to worrying. This morning, though, he has a piece of paper in his hands, torn out of the morning daily.

"I think I need to go to this," he says, sliding the paper across the table.

I've seen the ad before. It's pitching a mobile diagnostic lab. The sales spiel promises to find the early warning signs of a variety of dangerous conditions, including coronary artery disease, stroke, hypertension, and diabetes—all four horsemen of your personal apocalypse.

Reading that list of mortal perils, I find myself growing anxious. The effect seems to have been even stronger on my patient.

"Do you think I should go?"

I glance up at the clock. My lunch break is just about gone. Ah, well.

WHAT THE PSA TEST AND THE MOBILE LAB

have in common is that they're being offered as what we call "screening tests." A screen is just what the name suggests: You take a pile of sand and sift it, and if you're lucky, something interesting hangs up in the mesh—gold, maybe, or some kind of intriguing fossil. What makes screening useful is that you don't have to look too hard at that pile of sand: Just scoop, dump, and shake. If you want to go through a lot of sand in a hurry, it's a great method. The only problem, as anyone who has tried this knows, is that 999 times out of a thousand all that's left on the screen is an old stick and a cigarette butt.

Some medical tests function as screens by design, and the principle is pretty much the same. You know that somewhere out in the population are a few people who have a certain disease. You don't know who they are, and you don't have time to examine every individual in detail, so you screen. You try to test everybody at risk—in the case of prostate cancer, all men 50 and older (and some in their 40s if they have specific risk factors). The point of screening is to find that cancer before its symptoms appear—ideally, the thinking goes, when it's still early enough to treat.

So why, then, would the government switch course on the PSA? And why do I recommend that my patients stay out of mobile labs?

This has to do with an inescapable fact about medical tests, a truth so simple we have a hard time keeping it in focus: Tests aren't perfect. Some of them, in fact, are so far from perfect that you're safer not having them at all.

Simply undergoing a test—any test—poses a risk. There are obvious things to worry about: An invasive test can nick an artery, introduce infection, puncture something vital. But even tests that don't involve more than an ordinary blood draw carry risk. The risk here is of a different kind, subtler, but very real all the same. The risk I'm talking about arises when the test tells you something that isn't true.

People sometimes fear (usually but not always needlessly) that a test might say you're healthy when you're actually sick. Technically, this kind of mistake is called a false negative: It's the kind of thing that can keep people up nights worrying that the doctor missed something. Most of us have an immediate grasp of how this presents a problem, and in fact the

PSA test does have a high false-negative rate. One of the points the task force made against retaining the PSA test as a routine screening measure wasn't how often it fails to find cancer, however. It was something most of us find a little harder to see as a risk: how often the results say you're sick when actually you're not. This is called a false positive.

Screening tests have built-in rates of false negatives and false positives. Usually the two are inversely related, like the ends of a seesaw: A test with a low rate of false negatives generally returns a lot of false positives, and vice versa. Using a test with a high rate of false negatives would have little point: So many people would slip through the net that you'd be just as efficient letting cases be diagnosed based on symptoms. For that reason, most screening tests have a low rate of false negatives, and therefore a high rate of false positives.

But the most remarkable consequence of the PSA test is the sheer quantity of false positives. An estimated 240,890 new cases of prostate cancer were diagnosed last year. Assuming that the PSA had false-positive and false-negative rates of 10 percent each (and in reality neither rate is that good), and that you managed to screen the entire at-risk population in the United States, that translates into 4.5 million false-positive results.

It's bad enough that 4.5 million men would receive a call telling them they might have prostate cancer. But what happens next is worse. Usually following a positive screening test is a second, far more accurate test, one that's typically more complicated and expensive. In this two-step process, the initial screen picks out possible cases of disease, and a second confirmatory test figures out which of those possible cases are real. It's the nature of the confirmatory test that follows a positive PSA test that makes the false-positive rate a serious problem.

That test is called a transrectal biopsy, and it's just as nasty as it sounds: Twelve samples of tissue are punched out of a man's prostate through his rectum. Estimates of harm arising directly from this test are difficult to pin down, but the known side effects include serious infections that are sometimes bad enough to lead to death: The hospitalization rate for prostate-biopsy complications is about 2 percent. Those 4.5 million false positives could be responsible for 90,000 hospitalizations a year.

The task force viewed all this pain and loss as too high a price to pay for the cancers the PSA test has caught. Which perspective you take depends on whom you ask, but these recommendations weigh the number of men harmed by false diagnoses against the much smaller number of men correctly diagnosed—and contend that there's no benefit.

This is due not only to the rate of biopsy complications but also (and more importantly) to the fact that while the PSA test may catch cancers, it probably does nothing to save lives. The difference in death rates between men regularly screened for prostate cancer with the test and men who aren't turns out to be so small that it's indistinguishable from a statistical error. And since the risk of dying of prostate cancer is very low to begin with, the task force argued that the benefit of testing (if one exists) doesn't justify putting men who happen to have a positive PSA test result through the risks and rigors of a prostate biopsy.

The extreme variability of prostate cancers adds yet another element of uncertainty. Some grow rapidly, but many evolve so slowly that you can live with cancer in your prostate for years and never know it: You'll grow old and die of something else. This slow-growing form is so common, in fact, that the debate is now shifting to whether we should treat it like a disease at all. And even the difference in prostate cancers may not be that significant: While results from a large European screening trial indicate that unscreened men tended to develop more aggressive cancers than PSA-tested men do, the most recent results of a similarly large U.S. trial found no difference in overall death rates between the two groups.

So given the current state of science, we have no reliable answer to the ultimate question: Do we test for this or let it alone? Judging by the similar results you'd receive by taking either of the two paths, it's hard to believe the biopsy adds anything to guide that decision. Throw this aspect of prostate cancer into the mix, and the value of the test becomes very hard to find.

More men live with prostate cancer than die of it. But what kind of life you live along the way depends radically on how aggressively you treat the cancer. The task force concluded that the treatments for prostate cancer have left far too many men suffering not from the disease but from its treatment.

The range of dangers lurking behind a positive PSA test result include events most of us would be unlikely to choose as preferable to the disease itself. The effects of prostatectomy and other treatments such as radiation include incontinence, erectile dysfunction, genitals too numb for sensation (pleasurable or not), and chronic inflammation of the rectum.

If those aren't enough to make you think twice, consider this: The American College of Cardiology calculates the risk of heart attack during any urologic surgery at 4 percent. And the mortality rates from radical prostatectomy hover around 0.2 percent for men under 60. Heart attack, incontinence, a 1-in-500 chance of dying from a procedure that may do nothing to prolong your life: The list is enough to make a man think he's made a bad bargain.

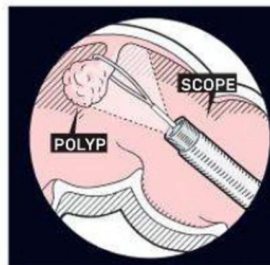
Bear in mind that regular PSA testing is still warranted for certain men—those who have had prostate cancer and therefore need to take necessary precautions against the return of their disease. The likelihood of recurrent cancer in those men is much higher than the chance of finding cancer in the population at large, and under those circumstances the problem of false positives plays out differently. For men in this group, a positive PSA test is cause for genuine concern, though by no means a sign that the end is near.

He's another new patient, a hard-bodied, squash-playing nonsmoker, VP for finance in a major computing firm. He's in his late 40s, with nothing much in his history except frequent insomnia. He fidgets on the exam table, glancing at his watch more often than I check mine. On his intake form he indicated that he drinks six to eight cups of coffee a day, and two to three glasses of wine every night with dinner.

We talk a little about the insomnia, which I suggest might improve with less caffeine and alcohol. He shakes his head impatiently and asks instead for a prescription for a heavily marketed sedative-hypnotic. I explain my reluctance to do this until after he's tried to cut down on the things that are actually keeping him awake.

The look he gives me is clearly one of annoyance. I take a minute while I tick off the boxes on the lab form to think about how I can improve what's starting out as a rocky relationship.

"Is that all?" he asks. Despite myself, I can feel that eyebrow twitching upward.



THE MEDICAL TEST EVERY MAN NEEDS

You don't have to roll up your sleeve, but you do have to pull down your...

Doctors may debate the merits of other medical tests, but there's little disagreement on the colonoscopy. It's highly reliable. Best of all, the scope can remove abnormal intestinal growths, literally nipping any precancerous process in the bud (and providing a defin-

itive diagnosis as well). True, the aftermath of drinking a gallon of fluids and taking a powerful laxative isn't fun. But that inconvenience, and the relatively low risk of complications, is worth the price of admission to your posterior. Consider: One in 19 men read-

ing this will develop colon cancer; one in 47 will die of it. This is why gastroenterologists I know say, "No one in this country should ever die of colon cancer." If you're over 50 (or have close relatives with colon polyps or cancer), you need this test. —T.H.

"My old doctor usually ordered an EKG."

"I noticed that." Among his medical records are about a dozen electrocardiograms, every one normal. I silently review everything he's told me about his family history.

I hold up the sheaf of cardiograms. "Did your doctor ever explain why you needed all these?"

"No," he replies with another look at his watch. "It was just part of the standard exam."

For a moment I'm tempted. The easier thing to do, after all, would be just to order the test. What harm could it do?

Oh, lots. A faulty placement of the leads, an uninterpretable shaky baseline, any number of random electrical or physiologic artifacts could produce an abnormal EKG. At which point you have to decide either to ignore the test, or go on to the next step, which is where the slippery slope begins. No, I tell him. Given everything I know about you, any abnormal result would more likely be instrument error than anything else.

I'm not sure how much luck I had explaining this. Or if he's going to come back. He may not need an EKG, but he does need a doctor.

MEDICAL TESTING IS SYNONYMOUS, IN A LOT of ways, with what most of us mean when we talk about medical technology. The phrase conjures up a vague, shiny image of expensive machinery, holographic displays of body parts floating in space, and white-coated savants huddled around, nodding sagely. Even something as humble as a blood test like that used to measure PSA levels requires an autoimmune analyzer, a device that might have come from the prop department of the old *Star Trek* series.

Medical testing also tends to conjure a sense of medicine out of control, of costs rising faster than we can afford to pay. And finally, it raises questions: Are we reaping meaningful benefits from all that technology? Does the cardiac PET scanner really tell us more than we used to glean from an echocardiogram, an EKG, or even a trained ear with a stethoscope? If the autoimmune analyzer tells me the answer is 7, how do I know if I'm even asking the right question?

All the technology and numbers in the world are no substitute for clinical judgment. One way to know when you have a good doctor is when you find one who's able to tell you not just the numbers but what they mean and what they don't mean—and who is sometimes willing to say, "That test isn't right for you," and to tell you why. This conversation takes a certain amount of faith, and trust, on both your parts. Neither is something to be taken for granted. But both are, in the right hands, the best medicine there can be. ■

The identifying characteristics of patients described in this essay have been altered to protect patient privacy. Any resemblance between such descriptions and any specific individual, living or dead, is a coincidence.



"HOLD IT JUST A MINUTE THERE, DOC."

Ask a few questions before your doctor pricks, prods, or otherwise tests you

1 WHAT ARE YOU LOOKING FOR?

This is the question patients often skip, probably because the answer might be frightening. No man wants to hear his doctor say, "I'm looking for cancer," but if that's what's going on, perhaps you should be in on the discussion. Which is why your next question should be...

2 IS THIS TEST ROUTINE, OR ARE YOU WORRIED?

If there's a specific concern, then ask, "How worried?" Sometimes doctors order tests to cover themselves in the unlikely event that something is going on that your medical history, symptoms, and exam don't hint at. A frank talk might spare you the trouble of an unnecessary test.

3 WHAT ARE THE FALSE-POSITIVE AND FALSE-NEGATIVE RATES?

What you're really asking is, "How badly would I be burned by a false result?" Here's the rough rule of thumb: If the follow-up test is a nightmare, be wary of high false-positive rates; if the disease is especially scary, watch out for false negatives.

4 WHAT ARE THE RISKS OF TESTING?

You're entitled to know what complications might result, and how frequently they occur. While you're on the topic, ask if there might be follow-up testing, such as a biopsy, and the nature of associated risks or complications from that procedure.

5 WHAT ARE THE RISKS OF NOT TESTING?

This question gives you and your doctor a chance to consider what could be your best strategy: watchful waiting. If a disease isn't likely to become significantly more dangerous in a few months, it might be worth waiting to see if time makes the clinical picture clearer. —T.H.



AMERICA'S
WARRIOR ELITE
TRAIN FOR
PSYCHOLOGICAL
RESILIENCE,
TOTAL-BODY
FITNESS, CALM
UNDER FIRE,
AND BETTER
DECISION
MAKING WHEN
IT COUNTS.
HERE'S HOW
YOU CAN
USE THEIR
CUTTING-EDGE
TECHNIQUES
TO BECOME
BETTER AT
EVERYTHING
YOU DO

BY BEN COURT
AND BOB DRURY

PHOTOGRAPHS BY
JEFF RIEDEL

On a Mission to Save You

WorldMags.net



**ANSWERING
THE CALL**
Navy SEALs
on a training
exercise near
Coronado,
California.



AMERICA

IS 11 YEARS INTO THE LONGEST PERIOD OF WAR IN ITS HISTORY. THE MILITARY IS RELYING MORE ON ITS SPECIAL OPERATIONS FORCES TO CARRY THE FIGHT.

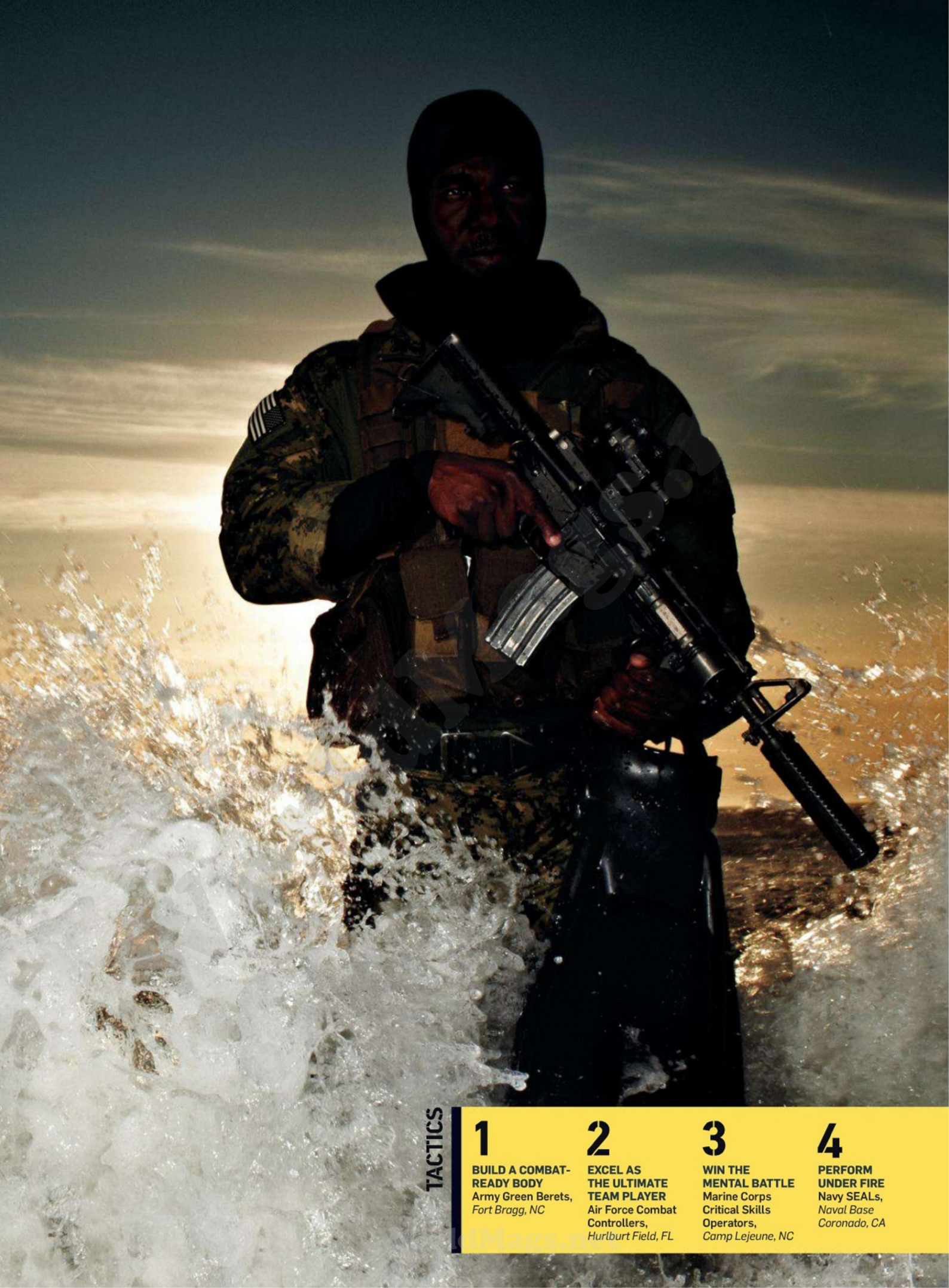
In fact, Special Operations Command (SOCOM), which oversees units from the U.S. Navy, Air Force, Marines, and Army, sent 13,000 men to 75 countries in 2011.

The typical enlisted special operator is 29 years old (34 for officers) and married with at least two kids. He has 8 years of experience in the general forces and earns around \$70,000 a year. Incidentally, he has banged out about 40,000 pushups. (And you're worried about repetitive stress injuries?) He deploys more than ever, with annual tours lasting 6 to 8 months. His missions can range from black ops, like the raid that killed Osama bin Laden (a dozen such raids are conducted every night), to village stability operations, which involve tasks like building schools and training police.

Combat is debilitating, both physically and psychologically; yet having soldiers with combat experience is critical. As one Green Beret captain, who prefers to remain anonymous*, told *Men's Health*, "You want the old guy on your team, but not the old broken guy." That's why SOCOM initiated a performance program, which each service branch is customizing. The aims: Boost combat effectiveness for healthy soldiers and return wounded ones to full strength more quickly. Training a special operator costs about \$250,000, and the military can't afford to lose guys because of injuries that develop from years of combat and outdated physical training. The program is a mind-body-spirit overhaul, treating elite soldiers as professional athletes. That's why civilian strength coaches, dietitians, and acupuncturists now rub shoulders with military psychologists, explosives experts, and drill sergeants.

Of course, the stakes on the battlefield dwarf those on the sports field: Suicide rates among active-duty personnel are higher than ever, and in early 2009, for the first time in history, more service members killed themselves than were killed in action. As Marine Corps vet Karl Marlantes writes in *What It Is Like to Go to War*, "Warriors must touch their souls because their jobs involve killing people. Warriors deal with eternity." To understand how the military is forging the modern warrior, and to learn from these men who must be both violent and sensitive, *MH* spoke with special operators in all four branches, and identified skills you can use every day, even if the only combat you engage in is the career kind.

* Many special operators want to remain anonymous, a preference that *Men's Health* respects by using only first names and identity-protecting photographs in this story.



TACTICS

1

BUILD A COMBAT-READY BODY
Army Green Berets,
Fort Bragg, NC

2

EXCEL AS THE ULTIMATE TEAM PLAYER
Air Force Combat Controllers,
Hurlburt Field, FL

3

WIN THE MENTAL BATTLE
Marine Corps Critical Skills Operators,
Camp Lejeune, NC

4

PERFORM UNDER FIRE
Navy SEALs,
Naval Base Coronado, CA



Build a Combat-Ready Body

SPECIAL-OPS MEN NEED STRENGTH, SPEED, STAMINA, POWER, AND AGILITY. HERE'S HOW THEY ACHIEVE TOTAL-BODY FITNESS—AND HOW YOU CAN TOO

T

The U.S. Army's 3rd Special Forces Group gym at Fort Bragg, North Carolina, has a spartan quality, with its wall of squat racks and weight plates and large central open area. Clusters of gear—rocks, kettlebells, Swiss balls, and Bosu balls—guard the corners. TRX straps dangle from the ceiling like kudzu. Most of the Green Berets here are wearing 50-pound weight vests (to simulate body armor) and standard-issue short shorts (affectionately known as Ranger panties). The place has no TV, no women, no smoothie bar. The words on one guy's T-shirt spell out the vibe: "Train like your buddy's life depends on it."

Major Kent, a 39-year-old amputee, personifies the credo: He's doing a dumbbell chest press with his back on a Swiss ball, slowly raising and lowering 40-pounders.

In 2007, Maj. Kent was the executive officer on a 12-person Green Beret team in Iraq. The team had been sent into downtown Karbala to support other special forces on a raid to capture a Mahdi Army leader. As they fast-roped from a helicopter into the thick of it, the unit was attacked from three sides. The major's actions in the firefight saved American lives, and the team nabbed its man. But he was hit four times, in the leg and back, and had to be evacuated.

For 20 months, Maj. Kent tried everything to salvage his right leg. "I didn't want to be defeated by my injury," he says. But the nerve damage was too severe; doctors at Walter Reed had to amputate his right leg below the knee.

Within 5 months, he was running. In 2010 he served in Afghanistan in a limited role, on base. He continued to strengthen his body, working with Ray Bear, the group's strength and conditioning coach.

Bear came on board as part of the army's new special forces program, Tactical Human Optimization Rapid Rehabilitation and Reconditioning, or THOR3. The program treats soldiers as professional athletes, monitoring their workouts and providing on-site strength coaches, physical therapists, and dietitians. "The THOR3 team can put you back together," Maj. Kent says. "They help you find a new 100 percent—your max potential—and get you back into as much of the fight as possible." This year Maj. Kent will return to Afghanistan as a commander. He'll be "outside the wire" (off the base) on patrols.

Essential to the THOR3 program are regular functional-movement screens to test balance and mobility, and a 10-part strength, speed, agility, power, and endurance test, which the Green Berets keep classified. This allows Bear, the former strength and conditioning coach for the NHL's Atlanta Thrashers, to customize a plan for each soldier and to synchronize the program to the soldier's deployment schedule and mission-specific needs.

"Broadly speaking, we have replaced most of the long-distance running with intervals, agility training, metabolic circuits, and battling-rope drills," Bear says. In place of bodybuilding-style exercises that isolate individual muscles like biceps or lats, the men are doing more functional strength training, focusing on power and incorporating more standing exercises that use lots of muscles in coordinated movement.

Bear pulls exercises from a mix of disciplines. His workouts combine Olympic lifts, calisthenics using weighted vests, strongman exercises (heavy carries, tire flips, rock lifts), and a range of core work. The benefits of this kind of program were confirmed in a study of air force special-operator trainees who used similar workout techniques. Although they were running less than they had in their first year of training, their VO₂ max (a measure

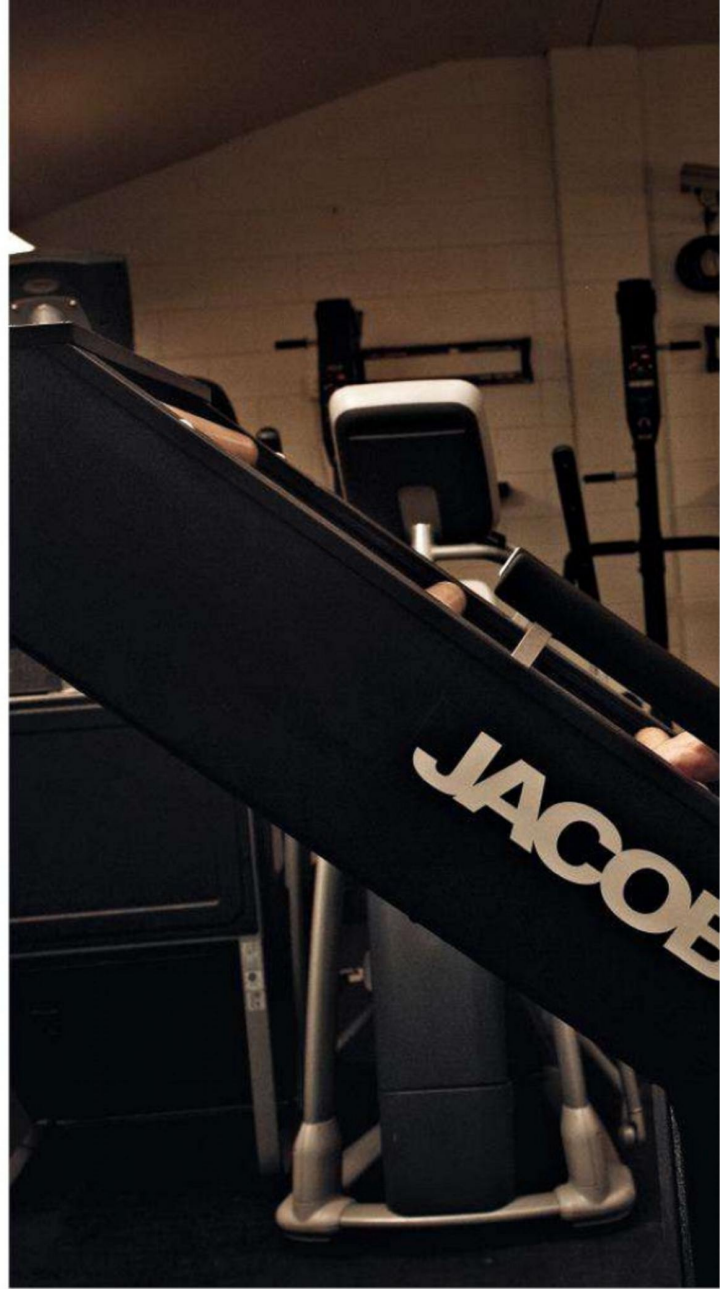
of aerobic fitness) increased. What's more significant, their overuse injuries declined 67 percent.

The aim, Bear says, is to build soldiers who have balanced fitness—decathlete, rugby player, and MMA fighter rolled into one. On missions, Green Berets wear 50 pounds of body armor and carry another 50 pounds of gear. They may have to jump out of a chopper, haul ass several miles to reach a target, and then sprint for cover and dive to the ground when the enemy starts shooting. Andrew, a 5'10", 36-year-old sergeant first class, says he used to weigh 200 pounds. On a mission in Afghanistan, he had to sprint up a hill carrying a 25-pound machine gun. He was so out of breath when he reached the top that for a few seconds he couldn't fire accurately.

Now 20 pounds lighter, he's faster and stronger.

Bear says one of his toughest jobs is figuring out how best to deploy a Green Beret's type A mindset. "They're conditioned to push through pain. So I often have to slow them down and say, 'That's enough for today.'" They have to learn to understand their bodies, which starts by listening to them.

The message seems to be getting through, especially when Bear sells postworkout recovery—including stretching and foam rolling—as something they should add to their training. Many Green Berets also do yoga, which has the added benefit of helping them control their breathing. As Staff Sergeant Keith, 32, told me, "I do hot yoga on the weekend. You know, the aggressive kind."





COMBAT CARDIO Training with a gas mask simulates the high altitude of Afghanistan's Hindu Kush mountains.

MUST-DO MOVES

Green Berets

"This pushup-bodysaw combo smokes your core," says Ray Bear, strength and conditioning coach for the U.S. Army's 3rd Special Forces Group. He likes the TRX suspension system both for its versatility and because it's easy to transport. Do 12 reps of each move, rest 60 seconds, and repeat. Do 4 sets of each. No TRX? Use a Swiss ball for both exercises, placing your feet on the ball.

1 3-WAY PUSHUP

Set up the TRX so the handles are 12" off the floor. Put your feet in the cradles and assume a pushup position. Lower your chest to the floor, and as you're pushing up, pull your knees toward your elbows.

Then push your legs back, and when your body is straight, drop your chest for the next pushup. On that rep, pull your knees to the outside of your right elbow; on the next rep, pull your knees to the outside of your left elbow.



2 ELEVATED BODYSAW

Keeping your feet in the cradles, lower yourself to a plank position, with your weight resting on your forearms. Using your upper arms, pull yourself

forward as far as you can, while keeping your body in a straight line from neck to ankles. Then push back as far as you can, until your ears are past your elbows. That's 1 rep.



PROFILES IN MUSCLE



Captain Chane
30

"After starting THOR3, the 11 guys in my team went from 15-17 percent body fat to 11-14 percent, and our scores in all the fitness tests improved. You notice that downrange because guys can go hard for longer, and they're more alert. The biggest change in training is the emphasis on core exercises. We schedule at least three core sessions a week and hit the TRX a lot. We also take the TRX with us when we deploy, and Ray [Bear] e-mails workouts to us. On a personal level, I was already a black belt, but now I'm doing even better in competitions."



Major Kent
39

"My core and hip flexors have to be even stronger because I'm dealing with different kinds of instability. I do a lot with the TRX, as well as medicine ball rollouts, sometimes with my legs elevated. But the exercise that's helped my whole body work together is the Swiss ball dumbbell press. I shoot for 3 sets of 12 with 40-pound weights. It's a smoker. Sometimes I do it with one arm, and that works your core more because you're less balanced. I also cycle and swim because that lets me maintain the stamina level I want without pounding my body."



Captain Alex
29

"We're running less, but all the guys on my team improved on the 2-mile test. It's probably because we're doing more intervals, plus Ray [Bear] has a 42-part battling-rope circuit that we do as a team once a week. It's 20 seconds on and 20 seconds off, so it takes a half hour. We change positions, using staggered stances, lunge positions, and jumping jacks. My favorite exercise: Put on the 50-pound vest and do squats with a 30-pound rock on a Bosu. We're now a group that's training smarter and harder. A fitter team has a greater chance of mission success."





Excel as the Ultimate Team Player

GOOD COMMUNICATION SKILLS ARE CRITICAL IN THE WORKPLACE. HERE'S WHAT YOU CAN LEARN FROM SOME MEN WHOSE LIVES—AND THE LIVES OF THEIR FELLOW SOLDIERS—TRULY DEPEND ON IT

Ambush. The village was in Herat province, near the Iran-Afghanistan border. For 4 hours, Taliban rifle fire and rocket-propelled grenade rounds had been streaming from the rooftops, ripping apart the 10-member Army Special Forces team. Surrounded and outgunned, the Air Force combat controller attached to the unit, Staff Sergeant Robert, 31, emptied clip after clip of his M4 carbine. Then he felt the sting: An armor-piercing round had entered through his shoulder and corkscrewed through his chest, breaking two ribs and a shoulder blade. His lungs collapsed. He was bleeding out from a softball-sized hole in his back.

While coughing up blood, he read out bombing-target coordinates for two F-16s, and then visually guided strafing runs from three A-10Cs. He doesn't like to talk about it now, mainly because he doesn't remember a lot. "I was just thinking, I'm already dead, but unless I keep this radio working, my team's gonna die," he says.

A medic inserted a 6-inch decompression needle into his lungs. The enemy continued its

attack, edging nearer and nearer. So S.Sgt. Robert guided two more strafing runs from the A-10Cs at "danger close." He told the pilots to fire less than 15 feet away from the team's position. The air strikes blew out his eardrums but repelled the enemy, allowing the team to escape. Then the staff sergeant ran a mile to the evacuation site, where he passed out. He lost 5½ pints of blood, but his actions earned him the Air Force Cross, an award second in prestige only to the Medal of Honor.

Just 460 combat controllers exist in the Air Force. They were among the first troops on the ground in Afghanistan in 2001 and will be among the last to leave. These certified air-traffic controllers operate communications systems, coordinate air strikes, organize medical evacuations, and set up landing zones in austere environments. On missions, they lug over 100 pounds of gear—more than other special

operators—because they're carrying radios as well as their weapons, ammo, and armor. During their 2-year training, they also learn the standard special-ops stuff, such as scuba diving in rivers at night

CONTROL FREAKS
Air force combat controllers, trainees, and instructors at Hurlburt Field, in Florida.

and free-falling from extremely high altitudes.

But unlike all other special operators, these men go solo. They must temporarily join a unit from a rival branch of the service.

"A lot of strong guys can't do our job because they don't have that mental capacity, and in particular that curiosity to learn it," says Staff Sergeant Travis L., 25, who has two Afghanistan deployments and one Iraq tour under his belt. "And a lot of smart guys don't have the physical drive to do it."

Combat controllers have huge individual responsibilities, but they're also the ultimate team players. Their ability to calmly assess a chaotic scene and clearly communicate instructions can be a matter of life and death—often their own.

At Hurlburt Field in Florida, *MH* conducted a roundtable with several instructors, along with controllers just back from Afghanistan. Their skills can help all men perform better, even in the relatively calm areas of civilian life.

SHOW YOUR WORTH

You've just been dropped into a tightly knit team of special operators. They are justifiably suspicious of an outsider joining their unit, someone who might get them killed. "When you first meet the team, it's basically a lot of butt-sniffing, like strange dogs," says Staff Sergeant Schaffer, 28, who recently returned from Afghanistan. "They look at you, like, 'Can I trust that guy?'"

"Recently I was assigned to a team out in Helmand Province in Afghanistan. I gravitated to their weapons specialist, helping him break down the guns. They see you break down an M-240 machine

gun and then help mount all the weapons in the trucks and it's, like, 'Well, we haven't even rolled out yet and he's already proving useful.'" The other controllers agree: As soon as you finish your own tasks, volunteer for any job—chopping wood, working on vehicles, whatever. Helping out will also make you fast friends in less-hostile environments, like your office.

TREAD LIGHTLY

"I've heard the 'chair force' cracks," says Staff Sergeant David, 28, a proud Texan who after four tours in Iraq and Afghanistan is now an instructor at Hurlburt. "Your natural instinct—my natural instinct, anyway—is to jump up in somebody's face. But I knew that would be counterproductive, that I should tread lightly. I make it a point when I introduce myself to remember each teammate's first name. But I'd never address them by their first names until they asked me. People remember little things like that."

GIVE CLEAR DIRECTIONS

Orchestrating air support is complex. Controllers stack as many as 10 planes at different altitudes; when they call in air strikes, they must take into account the size of an aircraft and the type of weapons it's carrying, says Captain Travis M., 31. In order to transmit all relevant information quickly and clearly, controllers use a standardized set of instructions called the Nine-Line Brief. It details the information required by pilots who are providing air support, including target descriptions and locations of enemies and friendlies. Once an aviator reads back the data, the

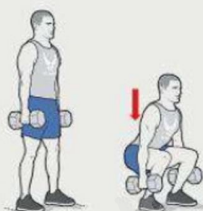
Continued on page 142

MUST-DO MOVES

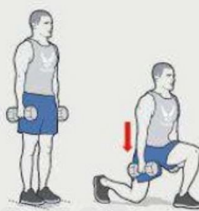
Combat Controllers

"Combat controllers carry over 100 pounds, including their communications equipment and body armor, so they need exceptional strength and stamina in their core and legs," says Vint Anderson, fitness instructor for the U.S. Air Force Special Tactics Training Squadron. One workout method they use is a leg circuit. Do 20 reps of each of the three exercises in the order shown, with no rest. After you finish one circuit, rest for 30 seconds, and repeat. Shoot for five circuits. Do each repetition explosively if you can. If you can't, just do them quickly.

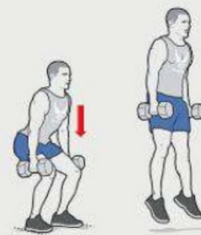
1 SQUAT Push your hips back and squat until your thighs are parallel to the floor. Push back up and repeat. If you're not using weights, you can put your hands behind your ears, across your chest, or on your hips.



2 LUNGE Take a long step forward with your left foot and lower your body until your left thigh is parallel to the floor and your right knee is close to the ground. Keep your torso upright. Step back to the starting position and repeat with your right leg. Alternate legs until you've done 10 lunges with each.



3 SQUAT JUMP Stand with your feet shoulder-width apart, arms at your sides. Squat and then jump as high as you can. Land and immediately drop down for the next jump.





Win the Mental Battle

USE THESE STRATEGIES FROM MARINE CORPS SPECIAL OPERATORS TO BUILD PSYCHOLOGICAL RESILIENCE AND MAKE SMARTER, FASTER DECISIONS—EVEN UNDER EXTREME STRESS

O

One of your men is dead, killed by automatic-weapon fire. Several others are wounded, as is one of the Afghan commandos fighting alongside you on this raid on a Taliban safe haven in western Afghanistan. The battle has raged for 40 minutes. Bullets, rocket-propelled grenades, mortars, and the screams of wounded men cut through the air. In your left ear, you can hear your commander at a base 45 minutes away relaying information provided by a plane circling the site; in your right ear, your remaining 13 team members are reporting their positions as they establish cordons of security. The men want to push their advantage, and the enemy appears vulnerable. But there's no reliable intel on how many fighters could be hiding in the village. Captain Steve, a 36-year-old Marine Corps critical skills operator, has to make the call.

"You don't let your heart race. This helps you stay emotionally calm," the captain says. Back in the States, he's now standing outside a tent in a forested part of Camp Lejeune, North Carolina, where he's instructing operators taking part in Raider Spirit, an intense training exercise. "You evaluate all the available information. You never have 100 percent; 80 percent is great. And then you're decisive. The person who's faster and more decisive usually wins."

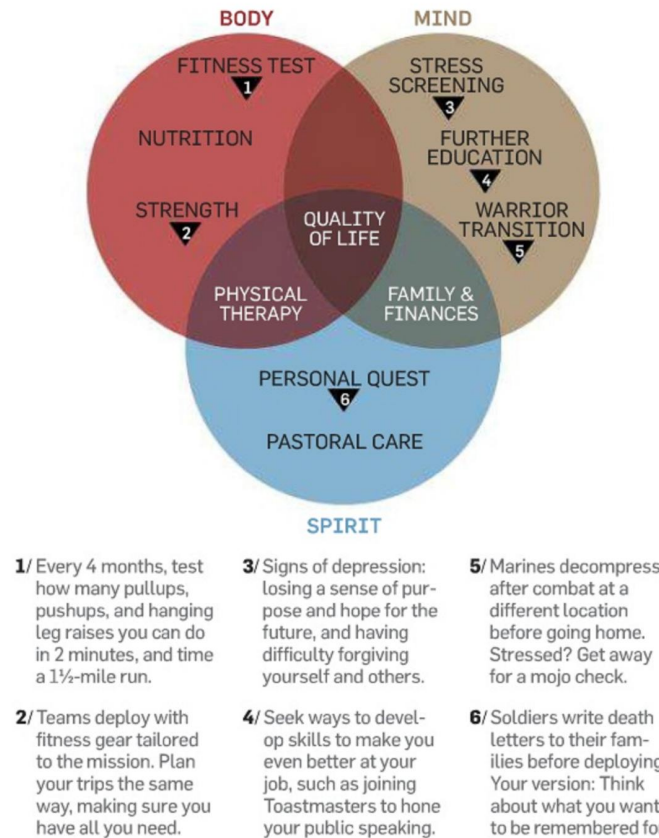
In this case, the captain had called for a retreat and helicopter medical evacuation. As it turned out, the Afghan casualty died on the helicopter. "That means perhaps we could have pushed more aggressively," says Capt. Steve. "But over the next 6 months we received valuable favors from our Afghan partners because they knew we tried to save one of their men. Every decision has ripples, positive and negative."

The captain has lost two members of his various teams over five deployments, losses he says he will carry with him his whole life. To help ease such burdens, the Marine Corps Forces Special Operations Command last year introduced a program called Performance and Resiliency (PER-RES). Its aim is to incorporate mind, body, and spirit into a principle-based ethos that helps soldiers withstand all kinds of

increase points of friction with the enemy. How trainees react defines how successful they will be." He tries to help them become decisive even in ambiguous situations. That involves making decisions quickly and dealing with the ramifications. "You need to learn your limits and reconcile confidence with humility. To be a leader requires taking ownership. Sometimes that means saying, 'I screwed up.'"

Balance Your Power

Use this modified Marine special-ops guide to boost your resilience



stress. These are some of the lessons that have helped the captain.

BE MORE DECISIVE

During their yearlong training, critical skills operators learn to constantly run the "OODA" loop—observe, orient, decide, and act. "We present problem sets in increasing degrees of complication," Capt. Steve says. "We increase pace, take out rest, and

FREE UP YOUR BANDWIDTH

When you're constantly making decisions, your mind tires and looks for shortcuts; you may make impulsive choices or duck the decision altogether. Over months of combat, this can lead to declines in memory, verbal ability, and focus, according to a study in the *Journal of the American Medical Association*. One way to prevent this is to establish protocols, schedules, and lists so

decisions become automatic. This applies to complex tasks like positioning team members on recon, and seemingly mundane stuff like packing a rucksack—critical if you need to find your secondary weapon in the dark.

It's also relevant to civilian life. Setting up a workout schedule, for instance, eliminates the need to think about it. The idea is to conserve willpower for important decisions. And in a situation that calls for instant mental muscle, Dartmouth research reveals, you should eat a snack rich in glucose. Not surprisingly, many special-ops guys are partial to a ration called Zapplesauce—applesauce spiked with maltodextrin, a source of fast energy. In less austere environments, you can accomplish a similar effect by eating a fresh apple, an orange, or some grapes.

SALUTE THE SMALL STUFF

According to Capt. Steve, slower-paced operations in Afghanistan are more mentally exhausting than the full-tilt missions. "You squeeze the trigger, you see a result," he says. "It's not like that with village stability operations." He recalls the recruiting of construction workers to help build an Afghan army base in a village where his team had been shot at 2 weeks before. The first week one guy showed up. The second week, five guys. There were 25 the third week.

"It's important to give positive but honest feedback to the team and the local elders so that everyone realizes we're moving forward, even if the pace is slow," he says. In fact, thanking people for their efforts in situations where progress may not be obvious is even more critical.

REACH INSTRUCTOR LEVEL (IN ANYTHING!)

More than any other service branch, the Marines emphasize martial arts. They established their own brand in 2002, a hybrid of seven disciplines, including *muy thai* and Brazilian jujitsu. The tan stripe on the black belt Capt. Steve

Continued on page 142



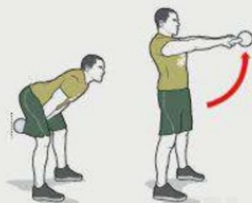
FIELD WORK Captain Steve at Camp Lejeune, North Carolina. Even in high-tech battle, human decision making is critical.

MUST-DO MOVES

Critical Skills Operators

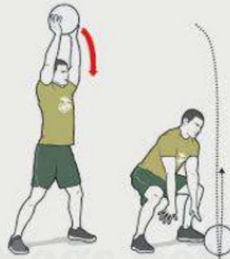
"We do a range of movements to train coordination between the upper and lower body," says Jon Carroll, a strength and conditioning coach with the 1st Marines Special Operations. "I like to throw in a finisher to see how they perform when they're tired." Do this circuit as hard as possible, using the Tabata method: Do each exercise for 20 seconds, rest for 10 seconds, and then do the next one. Do the full circuit twice for a total of 8 sets, which will take 4 minutes.

1 KETTLEBELL SWING Grab a kettlebell with both hands, bend at your hips, and swing it between your legs until your forearms bump against your inner thighs. Now thrust your hips forward and squeeze your glutes as the weight swings up. Reverse the move and repeat.

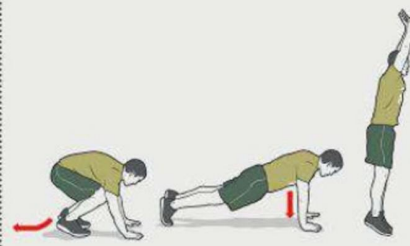


2 JUMP ROPE Jump as fast as you can. Jumping jacks also work.

3 MEDICINE BALL SLAM Grab a heavy medicine ball and stand holding it over your head. Slam the ball to the floor as hard as you can. Catch it on the bounce, and repeat.



4 SQUAT THRUST Stand with your feet hip-width apart. Drop your hands to the floor just outside your feet, and kick your feet back until you're in a pushup position. Pull them back and jump, throwing your arms overhead. Land in the starting position and immediately begin the next rep.





Perform Under Fire

BASED ON EXPERIENCE IN SENSITIVE MISSIONS, NAVY SEALS ARE NOW SHARING THEIR MENTAL-TOUGHNESS TIPS WITH OLYMPIANS

It's pitch black. You're slicing through the air, free-falling at 150 miles an hour. When your altimeter reads 5,000 feet, you pull the ripcord on your chute. Only it doesn't deploy properly. You have 10 seconds to save your own life. "It's actually not the worst feeling," says Chief Chase, 40, an intelligence operations liaison who has endured two parachute malfunctions in his 20 years with the SEALs. "You do what you're trained to do: Stay calm. First you pull the ring to release the main canopy. Then you deploy your reserve chute."

If you panic, you end up in what SEALs call a "soup sandwich" situ-

ation, which is as messy as it sounds. The SEALs are trying to figure out ways to rewire the brain to avoid soup sandwiches. "If you can control the stress response, both physical and cognitive, then you can optimize performance in any environment," says Commander Eric Potterat, Ph.D., command psychologist for the Naval Special War Group One. "It boils down to handling stress: Can you do your best when the pressure is highest?"

Potterat has teamed up with neuroscientists at the University of California at San Diego, and psychologists at the U.S. Olympic Training Center in Chula Vista, California, to study the brains of extreme performers. Using real-time brain imaging during threat-response tests, the scientists are discovering that the neural networks of elite athletes and soldiers light up in different ways than those of regular Joes. Now they're trying to figure out the most efficient ways to train these kinds of brain-body responses.

Initially, Potterat was concerned because about 75 percent of SEAL trainees—the U.S. Navy's best of the best—were washing out of the 6-month Basic Underwater Demolition/SEAL (BUD/S) training course because of psychological pressure. Potterat identified four critical skills—goal setting, visualization, positive self-talk, and controlling stress—in which mastery is a strong indicator of success in combat and sports. He also introduced a cognitive adversity-tolerance screening test. Using this combination contributed to an 8 percent improvement in the BUD/S course pass rate.

The team also created a mental toughness training program—think of it as boot camp to panic-proof your brain—in which SEAL instructors drill these skills with Olympic athletes. This cross-pollination between combat preparation and sports psychology takes place on the beach obstacle course at the Naval Special Warfare Center in Coronado, California. The results aren't pretty.

MUST-DO MOVES

SEALS

"To build speed and stamina, do three kinds of intervals every week, both in the water and on land," says Mike Caviston, director of fitness and the Tactical Athlete Program for the Naval Special Warfare Center, where SEALs are selected.



1 STAMINA

Run or swim for at least an hour. Go at a steady, relaxed pace that allows you to hold a conversation. This applies to rowing and cycling too.



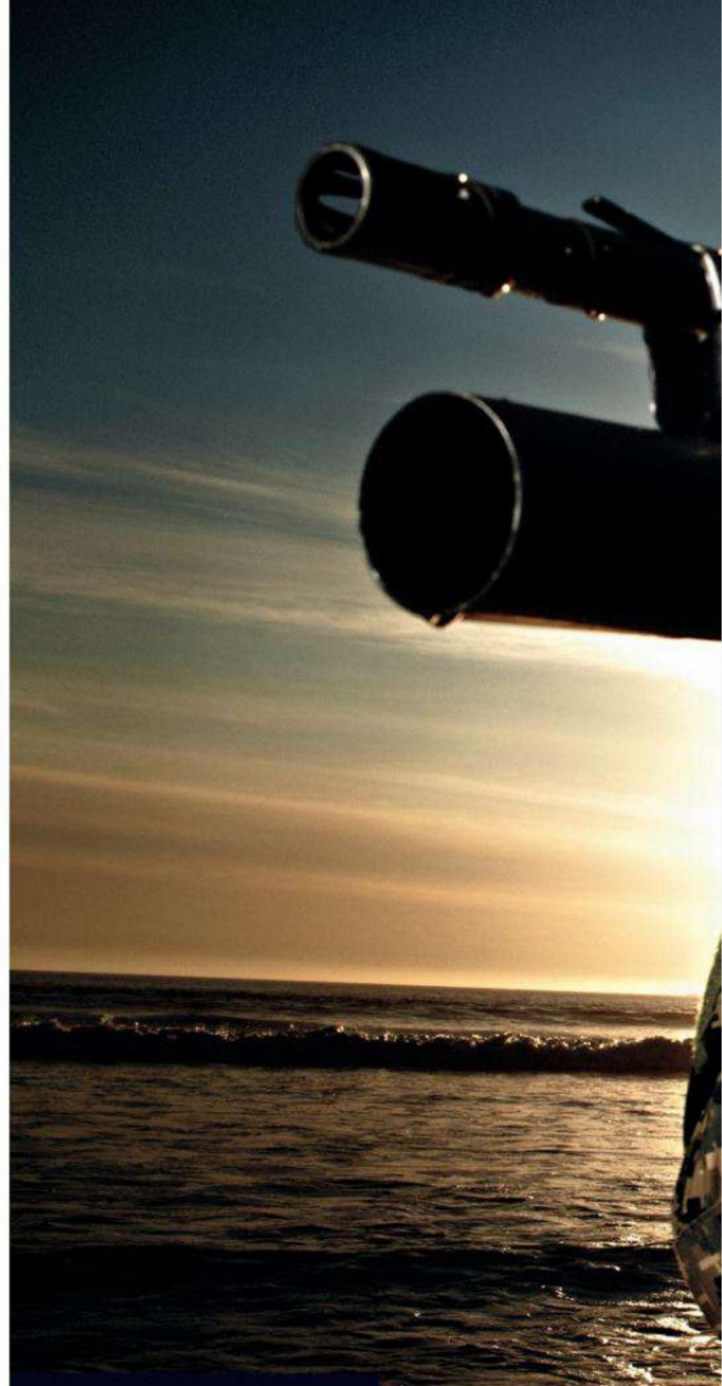
2 SPEED/STAMINA

Run or swim 20 minutes at the fastest pace you can maintain. Once will be enough your first time out, but progress to three 20-minute sessions, with 10 minutes of active recovery in between.



3 SPEED

Start out with four ¼-mile runs or four 100-yard swims. Rest for double the time it took you to do each interval. Progress to eight to 10 intervals.



AQUA MAN During training, SEALs must swim 5½ miles in the ocean. For beach landings, they often approach by minisub.



"I had sand everywhere—ears, mouth, eyes," says Giuseppe Lanzzone, 28, a national team rower who recently completed the program. "It was 4 hours in, and six of us were sprinting on soft, wet sand, carrying a 400-pound IBS [or itty-bitty ship, in SEAL slang]. We had no idea how far we had to run. I was at my breaking point."

Here's how you can develop SEAL-style mental toughness. No Abbottabad duty required.

SET SMARTER GOALS

Two things distinguish the SEAL approach to goal setting, says Chief Rick, 39, a covert-entry

specialist. First off, during BUD/S, they learn to "chunk" each mission into manageable goals. "For instance, your aim could be to survive to lunchtime," he says. "Once you do that, you pat yourself on the back, refocus, and set the next goal: Make it to dinner." SEALs also apply the principle of chunking to mission planning, learning to evaluate a goal by asking if it's "specific, measurable, attainable, realistic, and timely"—or SMART. This approach applies to any goal, whether it involves fitness, relationships, or work. Eventually, Chief Rick says, "goal setting becomes second nature. You're constantly



seeking ways to improve every aspect of your performance.”

Elite athletes use a similar approach to goal setting, says Tim McLaren, U.S. national team rowing coach, who also took part in the brain-stress boot camp. But McLaren is quick to note that SEALs deal with dynamic, highly unpredictable environments and not static events that have a clear start and finish.

That’s one reason the second essential aspect of SEAL goal setting is planning for worst-case scenarios. “It’s not just plan B, but also plans C, D, and E,” says Petty Officer Tommy, 31, a SEAL explo-

sive breacher. “At a certain stage in mission planning, we’ll ask the team to shoot holes in the strategy.” The focus on negatives means that SEALs need thick skins and an absence of arrogance—attributes rarely found in tandem in the civilian world. “Every SEAL knows it’s not about you; it’s about the team,” Petty Officer Tommy says. The takeaway: Ask your colleagues to spotlight any weaknesses in a proposal. It may hurt, but your outlook for success will be brighter.

VISUALIZE MORE EFFECTIVELY

SEALs learn to visualize in BUD/S by practicing first with simple tasks

(retrieving an object from the bottom of a pool, for example) and progressing to complex ones (dealing with a malfunctioning parachute). “Before they jump, SEALs will have reviewed every step in their minds 10 to 12 times on the plane, including what they’ll do if the chute malfunctions,” says Chase. “You see it as a movie in your head.”

The goal is to make the action so familiar that your brain can function on automatic pilot when you’re under stress. This kind of imaging is widely used in pro sports, and it can help with things as basic as swishing a perfect free throw, or nailing a bench press,

says McLaren. For instance, if your goal is a personal-best deadlift, imagine yourself walking up to the bar, setting your grip, locking your body into position, and then pulling the weight off the floor and completing the lift. Visualize it several hours before, and then again several seconds before, your lift. Researchers believe that such imaging, done before a specific activity, prepares your body with small but beneficial neuromuscular adjustments.

TALK YOURSELF UP

Neuroscientists estimate that we say 300 to 1,000 words to ourselves

Continued on page 142

BY AMY SCHUMER
PHOTOGRAPHS BY MARLEY KATE



The timeless dance between sex and humor

A Funny Thing Happened

WorldMags.net



OUR LOVELY MODEL,
MICHELLE, WAS
FULLY CLOTHED
BEFORE WE STARTED
TELLING JOKES.

on the Way to the Bedroom

WorldMags.net



Styling: Rose Garcia, hair: Jenna Perry, makeup: Robert Mulron/MoK Edward, prop styling: Wendy Schiela/Holley Resources, location courtesy of The James New York, Agent Provocateur bra, panty, and garter set; Vince Camuto shoes; opposite page: Getty Images (Schumer)

SINCE

the invention of the joke, men have used humor to sleep with women. It's a powerful tool, and the sole reason Danny DeVito and Drew Carey have gotten laid. Even though I've been a professional comedian for most of the past decade, I still can't resist a good one-liner. I once dated a man for 3 years because he approached me at a bar and said, "Excuse me, when did *this* guy get here?" I looked down at his mesh shorts and saw that he was pointing at an insistent bulge.

I spit my drink out laughing.

That could have been the beginning of a beautiful, laughter-filled romance, but he didn't know how to turn it off. One night he attempted humor by telling me my lady part was like a "juicy wombat." Smooth, bro. (It might not surprise you to know that the guy eventually turned into a total sociopath.)

I tell jokes for a living and I enjoy sex, so you'd think the marriage of the two in my life would be harmonious, like North and South Korea. But it's just not. When a woman is naked, no matter how confident she is, she's at her most vulnerable. Yes, men, it's a fine line, and nothing will thrust you in the wrong direction faster than making her feel laughed at. Although humor can help you *take* her to bed, it might not help you once you're actually there. In my 30 years, I've never once heard a friend say, "The sex was great, but we didn't laugh enough during it."

There's a time and a place for making her laugh, and it's never too late to blow it. Example: Your slick Jerry Lewis impression may earn you a chuckle at the bar, but it'll draw a strange look when you're actually doing it with a woman. I've been naked with someone and bolted right in the middle because of a poorly timed zinger. Granted, it'd be hilarious to whisper, "You're



as tight as my Fleshlight" mid-act, but only if you're in a Judd Apatow film.

Once when I was in college, I had just started to sleep with a guy and he thought it would be a good idea to stop kissing me so he could compare the trim of my bikini area to Hitler's mustache. I glanced down—and you know what? He was right. At the time it had the exact shape and Gestapo vibe of the fascist dictator. Still, the guy was back on the express train to his dorm. His joke was fine; his timing was not.

In a long-term relationship, you might naturally assume that over time you'd become comfortable with the other person to the point of boredom ("These balls again?"), and that laughter could spice things up. But the rules still apply. No matter how close you are with your partner, jokes drastically change the mood. I think I speak for most women when I say that once we're naked with you, give us compliments and orgasms. Not the giggles.

Here's the twist: It's okay for *me* to joke around in bed. This is not only because I am hilarious but also because I'm a girl. Women hold most of the power in the bedroom—unless your sex life resembles an episode of *Law & Order: SVU*—so don't be surprised if we tell a joke to, you know, lighten the load. The only restriction: Our humor should never put a man's ego at risk, because the more limp the ego, the more limp the id, if you catch my drift. Penis.

Recently I was hooking up with a guy, and like a gentleman he went down on me. He was excellent, clearly trained by some wonderful women who had come before me. (That's what's great about leaving your 20s behind—your youthful jealousy melts away and is replaced by gratitude. I used to want to punch their previous girlfriends in the face; now I want to plan an appreciation luncheon.) Anyway, after I'd achieved orgasm (I like to phrase it like this so I feel like I accomplished a great feat), he lay

next to me, and jokingly I said, "Look, I'm going to get out of here." We both had a laugh during the short interim period before I reciprocated the favor. The joking stopped there until we were done, at which point I asked if he was on Yelp, because I wanted to write a positive review. When I said I wasn't spending the night, he jokingly clutched the pillow to his chest as if I'd just violated him. I'd broken the ice, so he was able to follow up with that little role-reversal gag. We both laughed as I slipped out the door.

To me, it was a perfect night. We came, we saw, we came, we laughed. So, yes, humor can work in bed, but follow her lead. Refrain from mentioning my "juicy wombat," and I won't tap on your mike and ask, "Is this thing on?" ■

AMY SCHUMER is a New York-based comic/actress/writer who tweets @amyschumer. She has never appeared on *Law & Order* but has slept with many who have.



WHAT NOT TO SAY

Amy's Five Surefire Mood Killers

1

"Is it in?"

2

"Are you awake?"

3

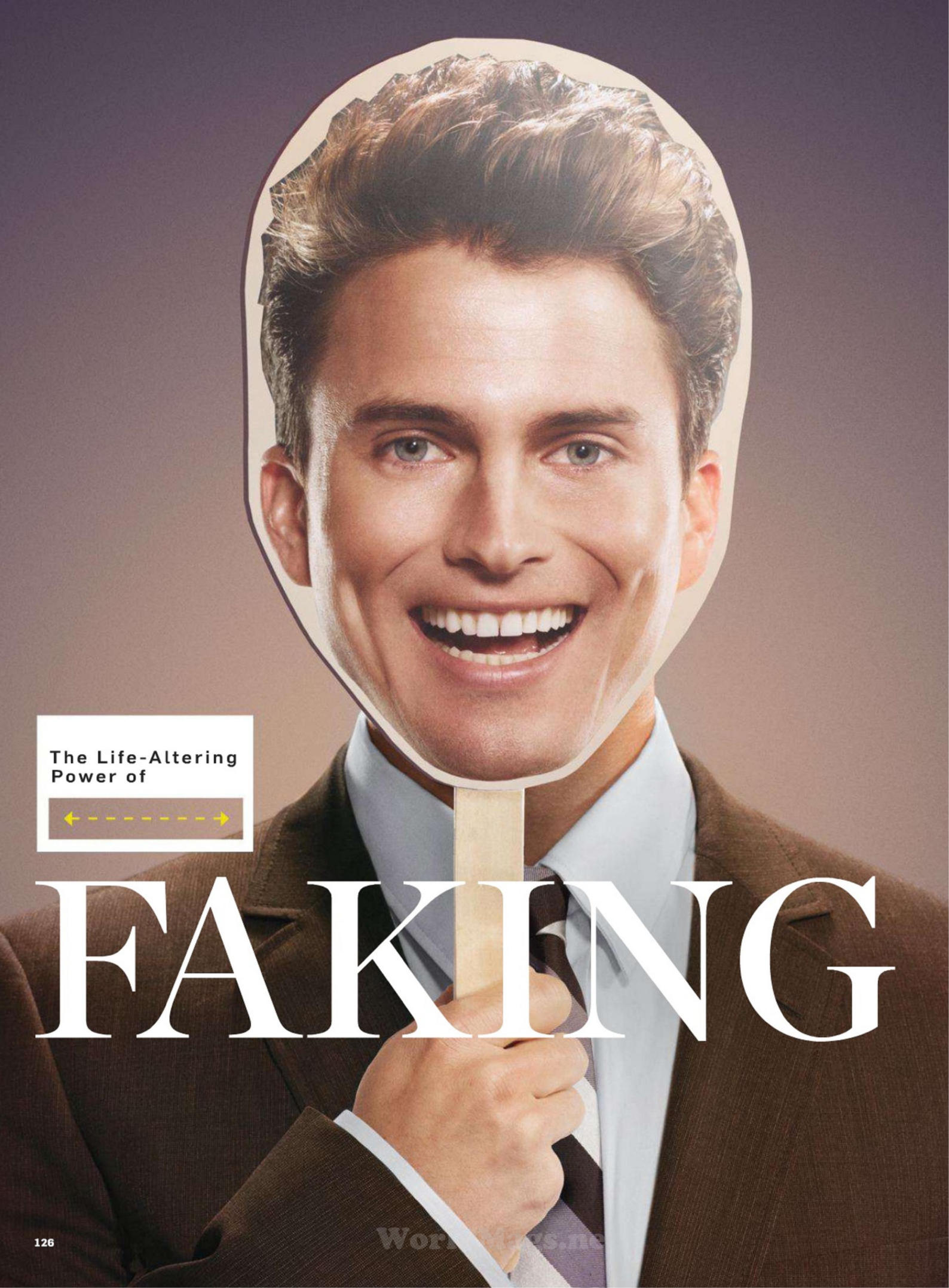
"Let's get my roommate in here. Nothing weird, just to film it."

4

"I can't believe you got me hard."

5

"10, 9, 8, 7..."

A man with brown hair and a wide smile is wearing a brown suit, light blue shirt, and dark tie. He is holding a wooden stick that supports a cutout of his own face, which is also smiling. The cutout is positioned in front of his face, creating a layered effect.

The Life-Altering
Power of



FAKING

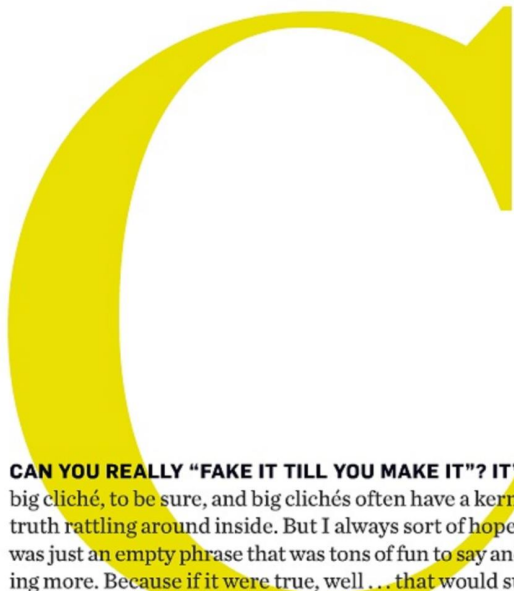


IT

NO, NOT *THAT* WAY.
WE'RE TALKING ABOUT FAKING IT AT WORK, AT HOME, AMONG FRIENDS AND LOVERS.
WE'RE TALKING ABOUT FAKING IT AS THE FAST LANE TO A BETTER LIFE.
DOES THAT ACTUALLY WORK? (AND, OKAY, WHAT ABOUT FAKING IT IN BED?)

BY LAURENCE ROY STAINS
PHOTOGRAPHS BY JILL GREENBERG

WorldMags.net



CAN YOU REALLY “FAKE IT TILL YOU MAKE IT”? IT’S A big cliché, to be sure, and big clichés often have a kernel of truth rattling around inside. But I always sort of hoped it was just an empty phrase that was tons of fun to say and nothing more. Because if it were true, well... that would suck.

I mean, the world already has plenty of fakers, thank you. Nobody’s doing any hand-wringing over a shortage of insincere flatterers, frenemy coworkers, heavily cologned auto salesmen, liar-liar bosses, corporate spokesprevaricators, bad toupees, Ponzi schemes, or fanciful match.com profiles. We don’t need to be encouraging slick, phony behavior. We need to encourage authenticity. Especially now in the digital age, when it’s easy to pretend you’re cooler, more popular, or less married than you actually are.

So it was very upsetting—very upsetting—to find out that, yes, fakery has its uses. Not just uses, but advantages. It can make you happier and healthier; you can be more effective at work and more loved at home. This is based on laboratory experiments; apparently there’s no shortage of experimental psychologists who are also interested in faking it.

And so, much against my will, I present to you the official *Men’s Health* guide to faking it. Read it and weep along with me. Then we can both start faking more, and succeeding more, because evidently, one follows the other... like water into wine (or at least a convincing red-colored liquid).

LET’S BEGIN WITH A SMILE. A FORCED SMILE, TO BE EXACT.

Back in the late 1980s, psychologists at the University of Illinois recruited 92 undergrads to take part in an experiment in which the members of one group held felt-tip markers between their teeth while rating cartoons. Those clever researchers were simply forcing the students to smile. And as it turned out, the cartoons were funnier to those students than to others who hadn’t been forced into felt-tip smiles. It seems our facial muscles send signals to our brains telling us we’re happy (which makes you wonder how brainy our brains really are). This is known as the “facial feedback hypothesis.”

Researchers have also discovered that what’s true for the face is true for the rest of the body as well. No, your body doesn’t smile, but it does radiate nonverbal messages of confidence or weakness. Two different psychology labs recently conducted experiments involving body postures and came up with the same result: If you “put on” a powerful body posture, you will think and behave with more power.

At the Kellogg School of Management at Northwestern University, professor Adam Galinsky, Ph.D., and his colleagues conducted an experiment in which 77 undergrads sat for 3 to 5 minutes in either an “expansive” position (taking up maximum space with their bodies; one arm on the back of the neighboring chair and legs crossed widely, one ankle on the other knee) or a “constricted” one (hands under thighs, shoulders dropped, legs together). The students then

performed word-completion tasks. Those who sat like arrogant masters of the universe were more apt to complete “l...ad” as “lead,” for example, rather than the shriveled favorite, “load.”

In the next experiment, Galinsky recruited 77 more undergraduates and had them assume the same body postures. Then everyone played simulated blackjack. Guess what? The hotshots were more likely (81 percent, versus 58 percent) to take an extra card from the dealer.

Galinsky thinks the recent work on body posture is even more important—and practical—than the research on facial feedback. “For one thing, it’s easier to fake posture than it is to fake a smile,” he says. “It literally changes us, and it changes how people perceive us.”

Galinsky’s research verifies findings produced by Dana Carney, Ph.D., and grad student Andy Yap, both of Columbia University, along with Amy Cuddy, Ph.D., of the Harvard Business School. They had 42 people assume either power poses (feet on desk, hands behind head; or standing, one hand on desk, leaning forward) or wimpy ones (sitting, arms held close and hands folded; or standing, arms and legs crossed tightly). As predicted, the more widely spread postures led to more widespread feelings of being in charge. And this was after only 2 minutes of posing.

But the experiment took matters a step further. The researchers swabbed saliva from the participants before and after the posing, and used the samples to gauge hormone levels. The finding? After a mere 2 minutes of posing, the people who’d assumed the take-charge stances had more testosterone and less cortisol (a stress hormone), whereas the converse proved true of the milquetoast impersonators. So yes, the effects of body posture are measurable in the body at a molecular level.

Fair warning: Power poses don’t work when you’re *supposed* to be showing deference. If you’re at a job interview, for example, don’t spread out. You won’t look confident. You will look like an ass hat.

Otherwise, faking it works. Carry yourself like a maestro, wave the baton, and you just might fool everyone—or at least yourself.

MY OPPOSITION TO FAKERY DOESN’T

apply to this next situation: negotiating. What if fakery landed you a better deal from, say, one of those heavily cologned car salesmen? They’re so full of tricks themselves that I’m totally down with any bit of subterfuge. (Oh. Your dad sells cars? Except for him.) You’re just leveling the playing field.

Okay, then. Can you fake anger?

The role of anger in negotiations was first explored by Gerben van Kleef, Ph.D., now an associate professor of social psychology at the University of Amsterdam. In a 2004 research paper, he proposed what every car salesman already knows: Emotion is a tool you can use for getting what you want. He had 128 students each negotiate the price, warranty, and length of a cellphone contract with a buyer via a computer. The students gave up more when the opponent was angry

BE A PHONY

It’s the shortcut to success—if you fake it the right way. Here’s how.

FAKE ON A NEW JOB

If you want to be seen as a superstar, start playing the role. The strategy: Volunteer for a new leadership position, especially one you may be underqualified for, says Gina Bellavia, Ph.D., a career coach at Breakthrough Coaching. “It’s like giving yourself that extra push and saying, *I can do this*,” she says. You’ll learn new skills and maybe excel in your new position. If you fail, you’ll be more ready next time.

BUY A KILLER SUIT

To be a big shot, dress like one—even if you’re a pip-squeak. “We’ve all seen TV shows where people get makeovers,” Bellavia says. “It works because people feel so differently about themselves when they change their wardrobe.”

BE A PHONY AT 10:35 A.M.

Schedule your fakes into your daily planner. “Enter a motivational quote, or even a reminder like ‘Be an extrovert today’ every day for 3 weeks,” Bellavia says. After 3 weeks it’ll sink in and help you make your new ways into new habits.

AMP UP YOUR AMBITION

Set deadlines that are more ambitious than ones you think you can pull off, says Richard Griffith, Ph.D., an executive coach and associate professor of industrial organizational psychology at Florida Institute of Technology. “Ambitious goals are a harmless form of deception and can have a real benefit in overall performance.” Crazy goals become self-fulfilling prophecies as you work smarter to achieve them.

JULIE STEWART

1 A guy who blows his top in negotiations often comes out on top.



2 Caution: Anger works best if you hold more power in the discussion.



than when he was happy. (Head fake: There was no human opponent. They were haggling with a software program. A very angry software program that would say things like, "This is really getting on my nerves" and "This negotiation pisses me off.")

In subsequent experiments, Van Kleef and colleagues discovered that anger has its limits. Anger won't get you very far if you're the one with less power in the negotiation. In fact, your anger may backfire; an opponent who holds the advantage may demand more from you if he thinks your anger is inappropriate. Van Kleef's latest experiments, published in the *Journal of Applied Psychology* in 2011, suggest that anger on the buyer's part works because it implies a threat—that the buyer is about to walk away from the negotiating table, for example. So why not just threaten to bolt? Good idea: In fact, that tactic works better than anger. Delivering a take-it-or-leave-it ultimatum in a calm, matter-of-fact way shows that you're confident and in control. Your threat is perceived as more credible. And that "cold" strategy yielded the biggest concessions from the hundreds of students who were brought in to act as sellers.

In related research, scientists at the University of Pennsylvania tested the role of emotional transitions in negotiations. They replicated Van Kleef's setup but had certain "buyers" make a shift in mood—either from happy to angry or angry to happy. The students tended to concede more to a happy-to-angry buyer because they either "caught" the happiness (in a process known as "emotional contagion") and therefore became more acquiescent, or figured they had done something to spark the shift to anger. But if a buyer displayed only anger, the students tended to dismiss him as a hothead.

As for the buyers who shifted from angry to happy? The students conceded the same small amounts to them as they did to buyers who displayed only happiness.

Bottom line: The next time you buy a car, you don't have to get mad. Just threaten to walk. Whether you mean it or not. And whatever you do, don't go to one of those dealers who brag about being so gosh-darn nice, and oh, everyone's so happy in here! You could succumb to emotional contagion and, despite your best intentions, start acting nice! And even though they won't budge on price, you'll refuse to lose your cool and won't threaten to walk out, so you'll reach a deal that is way more than what you should have paid. Way to go, Mr. Nice Guy.

Remember these three words, buried in the conclusion of one of Van Kleef's scientific papers: "Happiness elicits exploitation." If you're happy and you know it, fake a frown.

n

NOW THAT THE EASY STUFF IS BEHIND US, LET US MOVE ON TO MORE uncomfortable terrain. Let's talk about faking it with our friends. And girlfriends. Let's suggest that you should be a little more caring than you actually are. What if you could become a close compadre, or the love of her life, simply by saying the right (false) words at the right time? Are you capable of being that icky?

We're taught to think that our steadfastness in intimate relationships is cemented by the moments when we're with someone in times of crisis. ("Honey, I was there for you when things went wrong!") But in reality, people feel a teeny-weeny bit uncomfortable when you're there as they hit bottom. There's no surer signal than your sympathy to indicate to them that they're losers. Sympathy is wonderful and all, but how do they move on from that big-L-stuck-to-forehead loser mentality? Do they always have to feel inferior to you?

It may be much more important to be there when things go right, according to studies from UCLA and the University of Rochester. When someone tells you about something terrific that just happened to them, do you light up and show some love? Great! In that case, they actually perceive the event as more important, and your enthusiastic response promotes a bond of trust between you and the other person. But if you're only quietly supportive, that's not so valuable. And it's really problematic if your response is either active-destructive ("Jeez. Why would management pick you for that project?") or passive-destructive—that is, you ignore what they just said ("Hey! Guess who retweeted me today!").

Gentlemen? Have you ever been guilty of such a callous or clueless response? I thought so.

But can you truly fake enthusiasm? Yes, says Todd Kashdan, Ph.D., an associate professor of psychology at George Mason University. "When we give an enthusiastic, interested response, even if we pretend, the same benefits occur," he says. "People feel more excited about the good thing that happened—and they feel more invested in you." Times like this separate you from the other people who are on the periphery of that person's life.

Kashdan's latest experiment illustrates the importance of proper reactions in a relationship. He brought 180 couples into his lab and had one member of each couple share something positive that recently happened in his or her life. Six months later, those partners who had not provided spirited responses were more likely to be in Splitsville.

"People want to feel their life is cool," Kashdan says. "So throw them a bone." Even if you're not really excited for them at first, your enthusiasm will usually kick in. And, all things considered, isn't it better to be a faker than a jerk?

WHEN SHE WANTS YOU TO FAKE IT

In the game of love, it pays to cheat once in a while. But not *that* way! Done right, a little dash of fakery can spice up your relationship (and your sex life too).

THE PROBLEM Your mate asks you what you think of her decidedly pudgy body.

THE FAKE Her question has an emotional subtext, says psychiatrist Paul Dobransky, M.D., of menspsychology.com. It's not about her weight, it's about the depth of your regard for her. So answer the question she's really asking.

THE PAYOFF When you say, "Your body is one of the wonders of the world" and back it up with a lustful stare, she'll try to live up to that—at the gym.

THE PROBLEM She wants to go to a ballet, museum, or some other thing you're not into.

THE FAKE Don't let on that you think it's a snooze, says Patricia Covalt, Ph.D., the author of *What Smart Couples Know*. "Show support and go along." Ask specific questions, like which painting was her favorite. That shows you care.

THE PAYOFF She'll support your oddities next time, Covalt says. And by making an effort to be interested, you'll relate to her better.

THE PROBLEM It feels as if your relationship is in need of a five-alarm wake-up call.

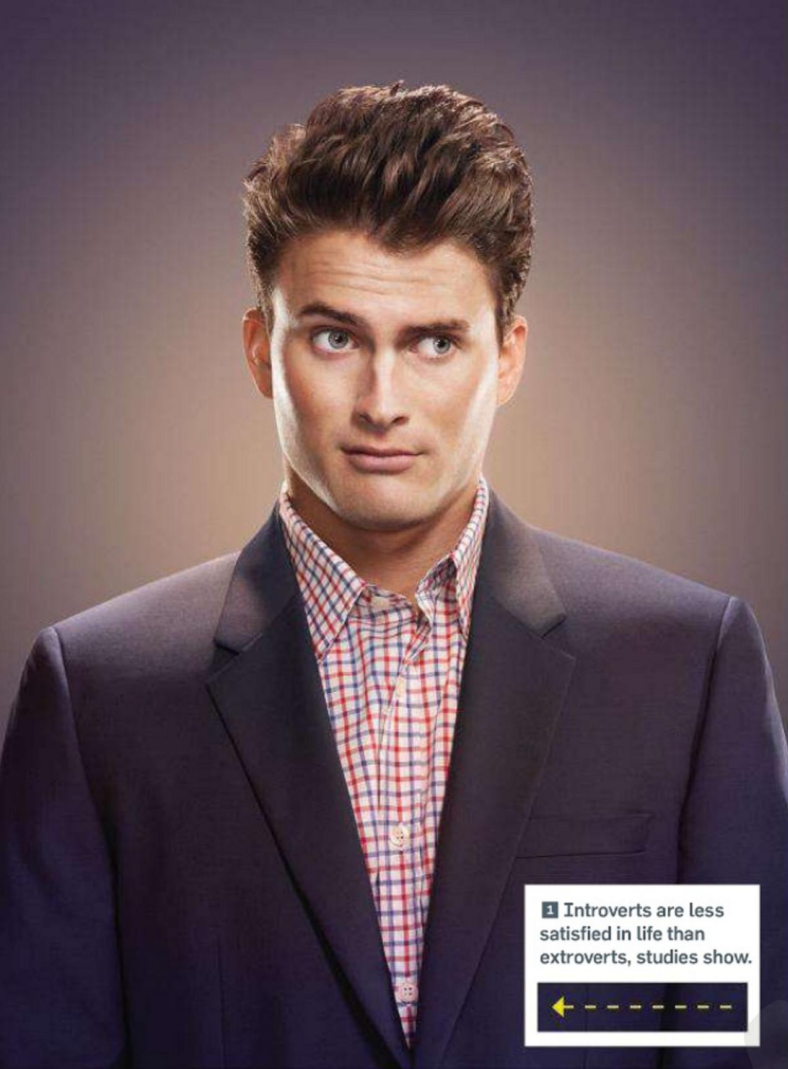
THE FAKE Compliments can reignite your love. Even if it feels phony, compliment her about something new every day, says Paul Rose, Ph.D., chairman of the department of psychology at Southern Illinois University at Edwardsville.

THE PAYOFF Your relationship will feel fresh as you discover her new qualities, Rose says. And she'll be happy you're paying close attention.

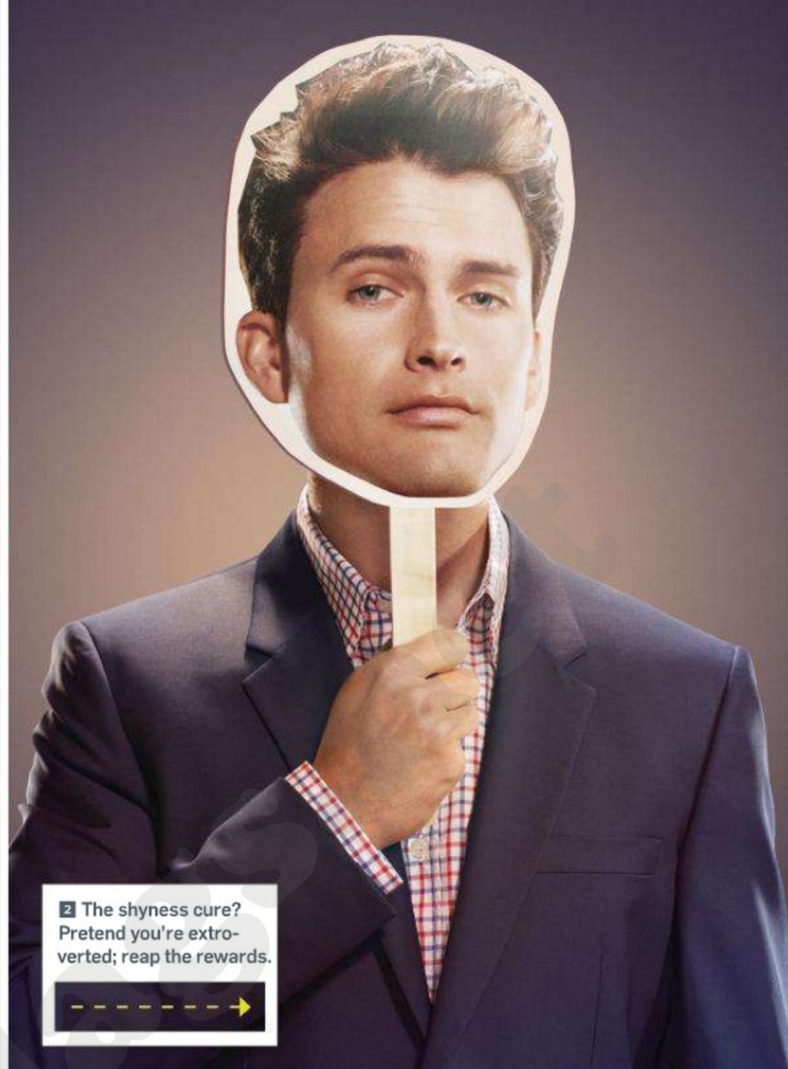
THE PROBLEM Her favorite sex act is as arousing for you as a pair of granny panties.

THE FAKE Give it a go, Dr. Dobransky says. Even if you hate it at first, try it three times before you give up. "Focus on how you're making her feel," Dr. Dobransky says. "That is a Rosetta Stone for what men and women want in the bedroom."

THE PAYOFF You may end up liking it after all, Dr. Dobransky says. And her turn-on is likely to stoke your fires. Bonus: your turn! —J.S.



1 Introverts are less satisfied in life than extroverts, studies show.



2 The shyness cure? Pretend you're extroverted; reap the rewards.



“Act as if you were confident and outgoing. You’ll rise to the occasion and become a happier person.”

LET’S SUMMARIZE WHAT WE’VE LEARNED: FAKING IT MAKES YOU more confident, helps you connect with your friends, and gives you an edge in negotiating with your enemies. Where’s the harm, you say? A few moments of artfulness for specific situations, you say. It’s not like anyone’s suggesting that we make a habit of faking it. It’s not like anyone’s promising a better life, a life of health and wealth and lollipops.

Oh yes they are.

In what has to be one of the most intriguing psychology experiments ever conducted, Harvard psychologist Ellen Langer, Ph.D., once recruited 16 elderly men and took them off to a monastery in New Hampshire for a week. Half the men spent the time reminiscing about the year 1959; the rest actually pretended it *was* 1959. They watched Ed Sullivan and Jack Benny on black-and-white television; they listened to Perry Como and talked about bomb shelters. They lived as if the “nifty fifties” were happening all over again.

At the end of the week, all the men scored better on measures of grip strength, memory, and hearing, but the eight who’d spent the week faking it scored well in other areas too. Sixty-three percent showed improved intelligence test scores, versus 44 percent of the control group. Before-and-after photos of the let’s-pretend men were shown to a random group of observers, who said the men all looked noticeably younger by the end of the study.

Langer used that study as a springboard for her 2009 book *Counter-clockwise*, which recounts her other studies over the years, all of which

prove the same general point: When people think they’re healthier, they actually *become* healthier.

And what if you pretend to be happy? Will you become happier? That’s a popular notion in American culture, and it’s been around for a long, long time. Just listen to this bit of advice, doled out more than a century ago by William James, the father of American psychology: “Thus the sovereign voluntary path to cheerfulness, if our spontaneous cheerfulness be lost, is to sit up cheerfully, to look round cheerfully, and to act and speak as if cheerfulness were already there.”

Update the lingo and you have one of the core messages of today’s positive-psychology movement. One of its leading lights is Sonja Lyubomirsky, Ph.D., a professor of psychology at the University of California at Riverside. In her 2008 book *The How of Happiness*, she breaks down the pursuit of our national longing into 12 activities. They are a sensible and scientifically validated dozen: expressing gratitude, avoiding overthinking, practicing acts of kindness, savoring life’s joys . . . all good stuff. But there, at the end, nestled in “Happiness Activity No. 12: Taking Care of Your Body” is “Acting Like a Happy Person.” Her advice: “Act as if you were confident, optimistic, and outgoing. You’ll manage adversity, rise to the occasion, create instant connections, make friends and influence people, and become a happier person.”

And if you’re happier, according to a hundred different studies, you’ll be more likeable, creative, accomplished, and successful. Plus, you’ll catch fewer colds.

Continued on page 143



DOWN THE DIGITAL

THE MONEY WIZARDS HAVE BEEN PREDICTING A CASHLESS society for decades. Indeed, our cash transactions now amount to peanuts next to the digital dough being slung among all the banks, restaurants, gas stations, and Best Buys that are constantly sucking money from our accounts. We're also funneling more funds through websites, apps, and online services that seem to use *us* as ATMs.

So your microslice of the virtual economy is being whittled away in thousands of 99-cent mini-transactions that you may not even realize you're making. "Thanks to the rise of virtual money, we can

buy things more easily and have more ways to pay for them," says economist Victor Stango, Ph.D., who studies consumer banking at the University of California at Davis. "Financial products have improved our lives, but the risks are great for people who are trying to manage their spending."

It's time to lift the virtual curtain to see how these backroom shenanigans are impacting the average guy's wealth. We'll show you how to turn the tables and use cash-saving technology to better control where your money is headed. ➔



ONLINE BANKING IS EASY—FOR YOU AND FOR
PEOPLE WHO WANT YOUR CASH. HERE'S HOW
TO PROTECT—AND BUILD—YOUR STASH

BY RICHARD SINE PHOTOGRAPHS BY STEPHEN LEWIS

DRAIN

WELCOME TO OUR BANK! NOW GIVE US YOUR MONEY!

Checked your bank's fee schedule lately? Low interest rates and new regulations are making it harder for banks to make a buck off your account, so they're boosting fees instead. Use MyBankTracker.com to see how your bank's fees compare with those of other institutions. You may have the right bank but the wrong product, says Alex Matjanec, the service's cofounder. If you can keep a higher balance than you did when you first signed up, you might qualify for totally free checking.

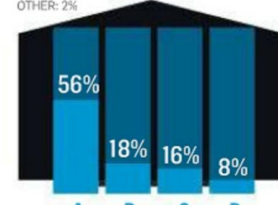
TOTAL VALUE OF U.S. GREENBACKS CURRENTLY IN CIRCULATION



PERCENTAGE OF BANK MONEY THAT'S SAFELY STASHED IN VAULTS



WHERE YOU KEEP YOUR DOUGH
A. Big bank B. Local bank
C. Credit union D. Online bank
OTHER: 2%



76% Percentage of non-interest-bearing checking accounts that were free of fees in 2009

45% Percentage that remained fee-free in 2011

10% Percentage of people who say they pay a monthly checking-account fee

\$120 Average cost per year of an interest-bearing checking account at a retail bank



MONEY, MONEY EVERYWHERE

IF YOU'RE LIKE MOST GUYS, YOU PROBABLY have bank accounts, investment accounts, IRAs, and 401(k)s all over the place. Consolidate all that at mint.com, a free service that works well for basic finances, or Quicken if your holdings are more complex. Also, more institutions are offering online tools such as expense, investment, and net-worth tracking, and in some cases they will graph out your debit-card spending the same way credit-card issuers do. The next time you're at your bank's website, check the home page for any new tools it's touting.

14% Percentage of men who have funds stashed in seven or more accounts

17% Percentage who've lost track of accounts they owned, or forgotten about an account for years

STEALING YOUR DIGITS

Hackers usually don't mine enough from databases to rip you off. More likely, however, is "card skimming"—when fraudsters use cameras and hardware to snag your ATM card number and PIN—and "spear phishing," when they take what intel they do have to convince you in an e-mail that they're your bank, says John Ulzheimer, president of consumer education at SmartCredit.com. Don't bother with an I.D.-protection service. Plug the leaks yourself: Check for tampering at ATMs, shred sensitive docs, keep your computer clean of viruses and malware, and sign up for alerts of any changes to your account or personal information. According to Javelin Strategy and Research, the most common way thieves take over an account is by changing the mailing address.

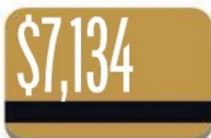


PERCENTAGE OF MEN WHO'VE BEEN VICTIMS OF SIGNIFICANT I.D. FRAUD OR THEFT

33 HOURS IT TAKES A VICTIM TO RECLAIM HIS IDENTITY



AVERAGE CREDIT-CARD DEBT REPORTED BY U.S. HOUSEHOLDS



AVERAGE HOUSEHOLD CARD BALANCE REPORTED BY CREDIT LENDERS



INCREASE IN THE AVERAGE RECEIPT WHEN MCDONALD'S BEGAN TAKING CREDIT AND DEBIT CARDS

WHY PAY MORE?

CREDIT CARDS TEMPT YOU TO PART WITH your money because they decouple buying from the pain of paying, says Stango. Condition yourself to be aware: "If there's an area where you're overspending—groceries, say—ban credit cards there for 6 months," suggests Bonnie Sewell, a certified financial planner in Leesburg, Virginia. "It will slow you down so you see what you're spending." If you're prone to online splurges, also avoid saving your credit card at key sites, she says.



HARD TIMES STILL CALL FOR HARD CASH

Cash is simply too convenient to die off completely, says David Evans, a consultant to card companies. But most men need it for just three things: vending machines, tips, and apocalyptic catastrophes. Pull out more than you think you need on ATM runs (to limit fees), and set aside several hundred bucks for emergencies.

PAYER BEWARE

Paperless billing reduces waste, but it's easy to skim over those e-mails and miss errors or signs of fraud. If you're not sure you'll review every bill online, keep the paper coming, says wealth manager Justin Williams. And always confirm your online payments—an unchecked box can torpedo a transaction.

79%

Percentage of men who pay their bills online most or all the time

16%

Percentage who can't recall the last time they banked with a teller

DEATH TO DEBIT?

BANKS ARE KILLING DEBIT-CARD REWARDS programs, thanks to a new law that caps the use fees they charge to merchants. They're also eliminating fee discounts for small transactions, making them costlier for retailers. If you love rewards, it may be time to switch back to credit.

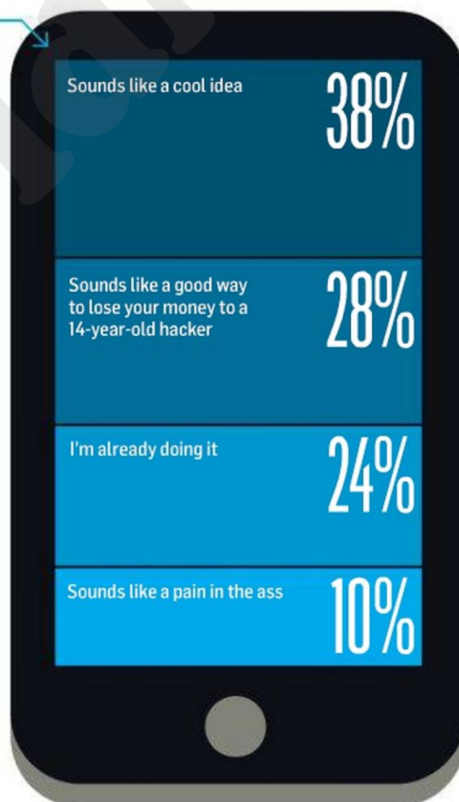
DITCH THE CHECKS

"They're a totally inefficient form of payment," says economist David S. Evans, a consultant to card companies. Check spending can be tough to track, and checks pose a security risk. Need to pay in cash? More and more banks let you transfer money with an e-mail address or a mobile phone number, as does PayPal. Go to popmoney.com to see which banks offer person-to-person transfer.

WHAT DO YOU THINK OF PAYING BY SMARTPHONE?

APPS IN YOUR WALLET

You can already use a phone to scout products and compare prices. Now with mobile payments, you won't need to use a wallet, sign your name, or fumble with paper receipts. Plus, the phone will automatically apply coupons and loyalty points. Want a taste of the future? Pick up Sprint's Nexus S 4G, the only phone that now runs Google Wallet. Or try the payment app from Starbucks. Load up a virtual account, scan your phone as you reach the register, and you've paid.



54%

PERCENTAGE OF MEN WHO USE AUTOPAY FOR SOME OR MOST OF THEIR BILLS

53%

Percentage who've let fees for rarely or never-used services drain money from an account

30%

Percentage who've "donated" more than \$100 this way

INFINITE AUTOPAY

THANKS, AUTODEBIT! NOW ALL IT TAKES is a little fine print and a careless click, and anyone can pick your pocket month after month. (It always starts with a "free trial." They count on you forgetting about it.) When you scan your card statement, look for repeat charges there *and* in your checking account. If you have trouble remembering to do this, marry the task to something you won't forget, suggests organizational counselor Debbie Stanley. Set a rule: No dinner on the first of the month until you do your financial duty.



Fact:
Active men
get **HURT**. The
author of
*The Athlete's Book of
Home Remedies*
can show you how
to heal faster,
train smarter,
and build an
injury-proof
body

BY JORDAN D. METZL, M.D., WITH MIKE ZIMMERMAN
PHOTOGRAPHS BY CRAIG CUTLER

Pain-Free for Life





My first year of med school, I played soccer for a club team at the University of Missouri. We were having a practice, and it was a beautiful day to be out and moving. I was playing striker up front, and as the goalkeeper cleared the ball, I twisted to reach it and then felt this popping sensation and incredible pain in my right knee. I dropped, screaming, "I tore my ACL, I tore my ACL!" ¶ That "ACL" would be the anterior cruciate ligament, and I knew immediately it was torn. The hospital visit that day confirmed my self-diagnosis. But I was stubborn. I didn't have surgery right away; a funny thing about this kind of injury is that after a couple of weeks you feel pretty normal. ¶ In the beginning I was hopeful: Maybe it wouldn't be so bad; maybe the tear would heal on its own. That's denial for you. But every time I twisted my knee after that,

even a little bit, I felt it buckle. The joint was totally unstable. Still, that didn't stop me from playing basketball with my brothers. Then one day as I went for a layup, my knee gave out. I hobbled off the court, realizing I had to have this problem fixed.

What I didn't know at the time was that I could've been doing a whole host of preventive exercises that may have kept the original injury from happening. Later in life, when I got into plyometrics and strength training, I noticed that my knee felt better when I kept the muscles around it strong. When my hips, glutes, and legs were strong, my knee hurt less.

I had an amazing realization: *I can control my pain with strength.*

This is crucial information for every active guy, because strength training can not only prevent injuries in the first place, but also ease your symptoms if you do have a joint injury that causes some chronic pain. How? Muscles support and stabilize joints. Despite some meniscus tearing and osteoarthritis, I can now train for the highest levels of endurance competition without a problem. I've completed nine Ironman triathlons and 29 marathons since my injury. Think about that the next time you want to skip a workout or skimp on rehabbing what's hurting.

But I'll never forget how awful that injury felt, not just in my knee but also in my mind. When you're active and that's taken away from you, it's traumatic. That's one of the biggest reasons I went into medicine, and why I wrote this story. If you're in pain and don't know why, or even if you know exactly why, you need to figure out what to do about it. My goal is to help you do that. I want you back in the game ASAP.

PLAY AROUND THE PAIN

One of the first things you hear when you hurt yourself is "R.I.C.E." That's a common sports-medicine acronym for "rest, ice, compression, and elevation." The conventional wisdom for a lot of sports injuries, especially strains and sprains, is to rest your body, ice the injured area a few times a day for the first 48 hours, apply compression (an elastic bandage, for example), and elevate the affected body part above your heart to decrease bloodflow, pain, and swelling.

Most of those work just fine—but I don't throw the term "R.I.C.E." around much. I thoroughly disagree with rest. (More on that in a moment.) Ice? I love ice. Ice is nature's anti-inflammatory. Compression and elevation work, too, but only on certain injuries. (Never compress a nerve-compression injury, for instance.) Put simply, the best treatments aren't always as universal as an acronym.

For me, healing is a two-step process. First, stop what you're doing. Second, keep going. And you're thinking: *What does that mean?*

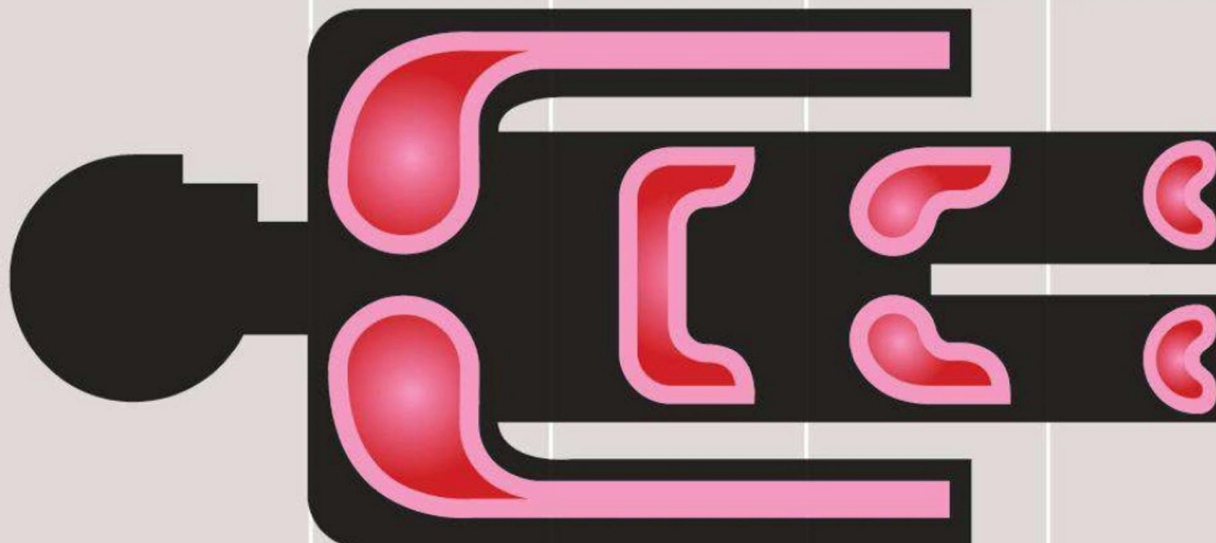
It means that if you're hurt, stop the offending activity. And then start the real work. Let's be very clear: An injury does not grant you a vacation from fitness or exercise. You must continue to work out even if you need to take

SHOULDER OR ARM PAIN

LOWER-BACK SPASMS

INNER-THIGH PAIN

KNEE PAIN



The Real Reason You're Hurting

Some serious sports injuries can be cured—or prevented—by uncovering their hidden causes

If you roll your ankle, you pretty much know what hurts. That's a straightforward sports injury, one that's easy to treat. But sometimes active guys end up with those nagging, debilitating, and ultimately infuriating injuries that won't go away. The problem may be that you're not looking at the right body part. Some of the most common sports injuries can be helped by considering the not-so-obvious. . . . —J.M.

Who knows? Maybe you slept on it wrong. But if the pain lingers. . .

THE HIDDEN CAUSE

Nerve roots at the top of your spine supply motor and sensory function to your upper arms. When you bend or twist your neck, the nerves can be pinched.

THE SIMPLE FIX

As the pain lessens, stand with your hands interlaced behind your neck. Bend your neck back and squeeze your shoulder blades. Pause and return to the starting position. Work up to 10 reps. Once you're pain-free, build neck strength by doing shrugs.

You threw out your back. Herniated disk? Don't go under the knife just yet.

THE HIDDEN CAUSE

Weak or tight hamstrings, core muscles, glutes, or hip flexors can mess up your alignment and mechanics, forcing your back muscles to compensate and overextend.

THE SIMPLE FIX

Stay mobile, use ice in the first 48 hours and heat after that, and take NSAIDs. As the pain eases, begin gentle hamstring, glute, core, and hip-flexor stretches. When you're pain-free, add multidirectional lunges, core exercises, and body-weight squats.

It feels like (and could be) a groin strain. But groin strains improve.

THE HIDDEN CAUSE

You might have a sports hernia—a strain or tearing of muscles or tendons, usually caused by an imbalance between your adductors and abdominals.

THE SIMPLE FIX

Unfortunately, surgery is the only fix for most sports hernias. But you can prevent a hernia in the making. The key is to address the muscle imbalance by training your core. Shoot for 5 to 6 minutes of daily plank time on top of your regular training.

Pain around your knee makes you think arthritis or meniscus tear.

THE HIDDEN CAUSE

If your core, hips, quads, and glutes are underconditioned or out of balance, your pelvis will wobble, stressing your knees when you run.

THE SIMPLE FIX

Focus on dynamic rest. As your pain lessens, try squats, jump squats, multidirectional lunges, planks, and glute bridges to stabilize your pelvis. Start slowly and, over several weeks, work your way to 10 to 12 reps and 2 or 3 sets. Do them every other day.

it easy on a particular body part so it can heal. There are specific reasons for this, and I've learned them firsthand as a doctor and an athlete. There are also smart ways to keep exercising without aggravating the body part that's been hurt.

But first, the why.

Reason one is science based. More and more, doctors are moving away from recommending rest and toward encouraging injured patients to engage in physical activity. I'm one of those doctors. Take osteoarthritis, for example; the most common form of arthritis, it affects almost everyone by the age of 60. Previously, when a patient had a flare-up, we prescribed rest and medication. Now studies show that exercises that build muscle to help support and improve joint function, combined with weight loss, boost quality of life better than medication alone. As I said before: *You can control pain with strength.*

There's more.

Being sidelined sucks. The feel-good neurotransmitters produced during exercise, like serotonin and dopamine, can act very much

like drugs, making exercise our healthiest mind-altering activity. Having that hit taken away can be clinically depressing for people. This was exactly how I felt when I hurt my knee and couldn't exercise. That's why I believe that when you're hurt, rest is more than just unwise; it's medically unhealthy.

You need to work up a sweat to fight all those negatives I've just described. If you do, you'll keep some of your conditioning. You'll get your dose of neurotransmitters. You'll feel better. You'll be more positive. And you'll learn that no injury is the end of the world. Make this your mantra: *Exercise is medicine.* It's the easiest way to feel happy and healthy.

So how do you exercise while injured? Practice what I call "dynamic rest."

**MAKE THIS YOUR MANTRA:
EXERCISE IS MEDICINE.
IT'S THE EASIEST WAY TO
FEEL HAPPY AND HEALTHY.**

That means two things. The first is rest and rehab. Lay off the injured body part and do what's necessary to nurse it back to health. That could involve specific home remedies, like ice or stretching, or something prescribed by a doctor, like targeted physical therapy or exercises.

Second, be dynamic. Stay in motion amid all this rest and rehab. Here's how.

Exercise your options. If you sprain your ankle, for example, do something that doesn't load your ankle. Hit the pool. Focus on upper-body weight training. Bad knee? Same idea. Whatever your injury is, don't play through the pain; play around it. Bad shoulder or elbow? Run and do lower-body plyometrics. And here's a big one: Bad back? Simply move. Walk. Shuffle if you have to. Resting a bad back only deconditions the muscles and makes your back weaker. No matter which body part hurts, find something that doesn't aggravate it, and never, ever do "total rest."

Go hard at all times. Whatever your alternate activity is, jack up the intensity. You'll have your heart pounding and lungs heaving as you keep your cardiovascular system in shape. Heck,

Illustrations by ALWAYS WITH HONOR



You're ready to blame your shoes or too much running for the pain.

THE HIDDEN CAUSE

Your plantar fascia is connected to your heel bone—and so are your calf muscles, by way of the Achilles tendon. Tight calves can stretch and strain the fascia.

THE SIMPLE FIX

Sit on the floor and place a foam roller under your right ankle with your leg straight. Cross your left leg over your right ankle. With your hands flat on the floor, roll forward so the foam is under your knee. Roll back. Repeat for 3 minutes; switch legs.

you might even improve it. You'll also release those giddy neurotransmitters, making you the happiest hurt person on earth.

BUILD AN INJURY-PROOF BODY

To prevent your next injury, I recommend starting now. And my most important advice is to train your entire body. Switch up your activities and hit all the muscle groups, even if you play only one sport. I teach weekend plyometric strength classes that involve functional body motion. I'm a huge fan of this; it trains your body for real-world movement. Back when I was rehabbing my knee, I'd do leg extensions and hamstring curls—isolated movements that have no basis in reality. Now I never use those machines. I do balance work, single-leg work, and plyometric exercises like lunges and squat jumps—movements that hit a lot of muscles at the same time and keep my body in balance.

Why does this work? It's all about your kinetic chain, which is jargon for the series of body parts—including muscles, ligaments, joints, and connective tissue from your neck



When Should You Call a Doctor?

A lot of sports injuries can be self-diagnosed and self-treated. But in these three instances, you should have a pro look you over.

1. You have any **joint pain, swelling, or instability**. If a joint hurts or swells—especially a knee, hip, shoulder, or elbow—see a doctor. But if the area also turns red and is warm to the touch, head to your doctor ASAP; you could have an infection.
2. Your injury involves **loss of consciousness or memory**. I'm talking about a possible concussion here, men. Don't be stupid. Even the most minor brain injury needs to be checked out by a doctor—not a buddy, not a coach.
3. The **pain doesn't go away**. Even if you do no self-care whatsoever, just about any strain, sprain, or pain should show some improvement within a week to 10 days. If it doesn't—or actually worsens—then make the call and have the injury checked out. —J.M.



3 DIY Ice Packs

It's the all-natural antidote for pain and swelling. Make your own ice pack quickly and easily, and then apply to your skin for 10 to 15 minutes.

THE SLUSHIE

Fill a zip-top freezer bag with three parts water and one part rubbing alcohol, and toss it in the freezer. The alcohol keeps the mixture from freezing solid, giving you a slushy, pliable ice pack.

THE WET BLANKET

Wet a small towel under the faucet, wring out the excess, and pop it in the freezer. In about 20 minutes you'll have an icy blanket that's perfect for wrapping around your neck or an injured joint.

THE SIDE DISH

In a pinch, a bag of frozen peas or mixed vegetables makes a terrific ice pack. Then, after they've spent 15 minutes on your aching knee, steam them for dinner! —J.M.

to your feet—involved in a movement. Your kinetic chain operates interdependently as one system: feet muscles working with ankles working with calves working with knees working with quads, hamstrings, and hips—all the way up to the top. That's why total-body conditioning helps keep you injury-free: If it's a chain, what do you think happens around a weak link? Exactly. Muscle imbalances eventually cause injuries.

Here are some smart ways to increase your total-body conditioning, as well as hit areas that a lot of guys—even active guys—neglect.

Compound your exercises. Whenever you can, work multiple muscles with a single exercise. If you do a forward lunge, for example, do it holding a medicine ball and add a core twist. And after that forward lunge? Do a reverse lunge and side lunges as well. Hit all directions. That's how you achieve muscle balance.

Stay single. Do single-leg exercises. In my strength and conditioning classes, I have people do single-leg squats, single-leg hops, single-leg lunges—exercises that allow them to use their own body weight while also maintaining their balance. Once you add these exercises to your workout, you'll notice more strength and stability around your ankles, knees, and hips—your most vulnerable points.

Twitch it up. Depending on your sport, you may be doing this already. But if you're not—if you train for steady-state sports like running or cycling—try adding one or two total-body plyometric and interval (sprint) workouts each week. Neither requires a gym or any special gear. Why do this? It's vital to maintain a balance

between fast- and slow-twitch fibers. You become more athletic and less prone to over-use injuries, and you keep your body ready for any type of challenge.

Some examples of plyometric exercises are squat jumps, lunges, skater plyos (which mimic speed skating's side-to-side motion), and compound movements like burpees. (Repeat until you can't walk!)

For sprints, choose a time interval that suits your fitness level. That could be anything from 10 seconds on/20 seconds off to 60 seconds on/30 seconds off; listen to your body. Apply it to your normal activity, whether it's running, cycling, swimming, or something else.

Join the women. Yoga and pilates, gentlemen, yoga and pilates. I can't recommend them enough. These disciplines deliver dynamic, movement-based flexibility that can transform your body. Pilates also hammers your core. You'll feel more powerful, and your movement will be easier and more fluid. When you have that going for you, it's harder to get hurt.

Feel kneaded. I'm a big believer in massage. It feels great, of course, but you're also keeping your muscles supple. Plus, a good massage therapist can feel where your muscles might be chronically tight and setting you up for potential problems down the road. Shoot for two massages a month.

Rehab in your sleep. If you take nothing else from this story, know that sleep is the most important activity of your day. This is a huge blind spot for so many people, especially if they're training hard. Sleep gives your body an opportunity to repair and rejuvenate itself as it rebuilds muscle, strengthens bone, restocks red blood cells, and engages in other crucial processes that take time. And good sleep means better athletic performance and less chance of taking a bad step in the first place. ■

PAIN-FREE FOR LIFE

Read more in *The Athlete's Book of Home Remedies* by Jordan D. Metzl, M.D., with Mike Zimmerman, available at athletesbookofremedies.com.

controller issues a “cleared hot” call, granting permission to release ordnance. It’s simple but effective. Have an important mission of your own? Give your teammate clear instructions, then ask him to run them back by you to ensure he’s on target.

MANAGE UP

Controllers must defer to the decisions of the team leader, who always outranks them. Here’s how S.Sgt. David describes it: Most leaders recognize that the combat controller is a “value-added force multiplier.” They will usually take the controller’s suggestions on how, where, and when to call in air support. But once in a while a team leader decides to pull rank. That’s when you have to assert your position, he says. “For instance, you might say, ‘Sir, I strongly suggest we do this now.’” That usually does it. When it doesn’t, rank wins out. Use the tactic with your supervisor: Respectfully state your position once, and then back off.

KNOW YOUR ROLE

“Sometimes you envy the dude with the gun kicking down the door,” says S.Sgt. David. But, says his colleague S.Sgt. Schaffer, “It’s hard to be the guy that kicks in the door and the guy who controls the aircraft and the guy who coordinates [communication] between the two.”

Knowing your role often means accepting that your own responsibilities are crucial to the mission, even if they aren’t the most gratifying in the moment. “And sometimes you do get the chance to do those kick-in-the-door things—‘kacking off’ a full magazine, but still having the composure to hold the whole picture together,” says S.Sgt. Travis L.



JUMPSTARTER
A combat controller boards a CV-22 at Hurlburt Field.

wears indicates that he’s qualified to train Marines to reach black belt status. “It’s part of the warrior spirit: Trusting that you can fight anyone hand to hand.”

But he’s also found intangible benefits. Instructor training made him a better leader. “It forced me to become comfortable in front of a group. I was training the group but also training myself.” The lesson: Find your own win-win activity—something that challenges you and also helps others.

RECOGNIZE DEPRESSION

One goal of the PER-RES program is to integrate mental fitness into Marine life. Talking to a psychologist is like talking to a strength coach. “That’s why critical skills operators see psychologists before, during, and after deployment,” says Lieutenant Commander John D. Garbrecht, a physical therapist with the 1st Marine Special Operations Battalion. The latest thinking emphasizes stress perception over stress inoculation. In other words, you gain a greater awareness of your feelings and emotions so you can respond to stress rather than react impulsively.

Critical to that is the ability to self-diagnose problems, says Craig J. Bryan, Psy.D., a consultant on suicide prevention for the Department of Defense. “It’s not about crying or feeling sad,” says Bryan. “It’s usually about not being able to enjoy stuff you normally like—watching sports or hanging out with friends.” He adds that exercise is often the first casualty. Men on the verge of depression often say they have no energy. Those are the moments—when you don’t feel like doing something—when it’s most critical to do it.

The second casualty is sleep, Bryan says. If you find yourself staring at the ceiling, try these strategies: (1) Relax your body by imagining you’re floating in a pool, your whole body is limp, every muscle is relaxed, and gravity is pulling you down. (2) Quiet your mind by imagining thoughts passing by on a conveyor belt and disappearing around a corner.

GROW THROUGH TRAUMA

Trauma frequently causes stress disorders, but it can also lead to growth, says Colonel David M. Benedek, M.D., a professor of psychiatry at the Uniformed Services University in Bethesda, Maryland. “Finding meaning in your experience—whether it’s combat, cancer, or financial hardship—often means talking about it.” This is why soldiers and civilians need to maintain close ties with family and friends. Consider yourself lucky if you have more than two truly close friends—that’s the national average for men. Reach out now, before you’re in a crisis, to express your appreciation of their support.

Capt. Steve says he draws great strength from the relationships he has with his team members. “Our experiences in training and combat foster trust—we’re loyal to the Corps, and that means supporting each other downrange and at home.”

every waking minute. In times of stress, that internal monologue can become a high-pitched shriek from your brain’s anxiety center, the amygdala. SEALs override these self-generated fears by learning to emphasize, over and over, the positive aspect of whatever they’re doing, says Petty Officer Buck, 31, a SEAL sniper. “If you need to lift more, you tell yourself, ‘Stronger. Stronger. Stronger.’ If you need more speed, you tell yourself, ‘Faster. Faster. Faster.’” Unless you train yourself to do this through repetitive practice—thousands of iterations—the negative voice will drown out the positive.

Our Olympic rowers agree. “You learn to trust yourself and your training,” says Dan Walsh, 32, a bronze medalist rower in the men’s eight at the Beijing Olympics. “What drives me is thinking I can’t quit on my teammates. I’ll shout out loud, ‘Go, go, go’—words you can say in one breath.”

Walsh says he has also seen how negative thoughts can go viral in his head. “Perhaps you didn’t sleep well, and that’s in the back of your mind. Then if the other boat nudges ahead, you think, ‘It’s because I’m not fully rested.’ That voice creeps in and you think, ‘That wasn’t my best stroke.’ But the truth is you can push yourself much harder than you ever thought.”

The “itty-bitty ship” carry in the boot camp also revealed the same thing, says Lanzzone. His red-line training is in 5- or 15-minute intervals to match the length of his events, but the IBS carry was a maximum effort that went on longer than he’d anticipated. He had to dig deeper. When he’s hurting the most, Lanzzone says, he focuses on trying to smile. “It helps me ignore whatever my brain is trying to tell me.” That echoes a popular SEAL instructor aphorism: Pain is just weakness leaving the body.

BLOW AWAY STRESS

No matter how much you’ve trained, you never really know how you’ll react under fire until it happens—with you as the target. Petty Officer Buck recalls an ambush one night on a street in an urban location in a country he can’t disclose because it’s technically one of our allies. “Rounds were flying by my head. My adrenaline spiked. I took cover and returned fire. But I realized I wasn’t shooting accurately.”

That’s when his training kicked in: He began to inhale deeply through his nose, an action that instantly calmed him. “I noticed an increase in accuracy immediately,” he says. The SEALs call this “tactical breathing”: 4 seconds in through the nose, 4 seconds out through the mouth. They practice it in 4-minute intervals, imagining that they’re filling their lungs, quarter by quarter, from the bottom up. But the physical and mental benefits happen faster: The deep breaths calm your nervous system and slow your heart rate—and by focusing on your breath, you’re effectively stuffing a sock in that screaming amygdala. ■

Really? All that just by faking it? I called Lyubomirsky on it—literally. “It’s maybe the least powerful of the 12 strategies in my book, but it’s still a tool,” she says. Look at it this way: We’re social creatures. For most of us, happiness and success in life hinges on how well we interact with others. If you’re glum you’ll get no traction, and the reason is very simple. As Lyubomirsky puts it, “We don’t like to approach people who look unhappy.”

Okay, okay, she’s right. If your authentic self is Eeyore, maybe a little fakery could do you good.

WILLIAM FLEESON, PH.D., HAS TAKEN AN interest in the Eeyores of the world. As a psychology professor at Wake Forest University, Fleeson has spent the past decade wondering why some people are introverted and others are extroverted, and whether there’s really much difference between the two types. From his studies with students who recorded their actions and feelings on an hourly, daily, or weekly basis, he has concluded that extroverts sometimes act introverted, and introverts sometimes act extroverted. In other words, he finds that extroversion and introversion are not so much fixed traits as momentary states, with so-called extroverts rating themselves as “talkative,” “active,” “energetic,” “assertive,” and “adventurous” relatively more often than introverts do. And Fleeson also corroborates what other researchers have concluded: Extroverts are happier than introverts.

But he wondered whether introverts could be happy, too, if they acted like extroverts. Or, as the subtitle of one of his research papers put it, “Is Acting Extraverted as ‘Good’ as Being Extraverted?” Are you with me here? Fleeson actually conducted an experiment on whether you can fake it till you make it! He had 47 students meet in small groups; each student was randomly assigned to act either introverted or extroverted during a 10-minute group discussion. When the time was up, participants rated their own behavior and mood before joining another group discussion and acting the opposite way. The result: Nearly everyone was happier when acting extroverted. Including the introverts.

As Fleeson puts it, “Tell people to be extroverted, and 10 minutes later they’re having a blast.”

But he was bothered by the idea that his results might encourage people to be inauthentic to their true selves—the kind of pretense that eventually takes a toll on mental health. So he recently conducted four more studies—three in his lab with college students who took part in activities like Twister or debates about medical ethics, and one with a broader range of participants (ages 18 to 51) who rated their behavior several times a day as they went about their lives. Here’s what he

found: Although introverts thought they would feel most authentic while acting introverted, their responses were actually quite different when they were caught in the moment and quizzed about whether they were being true to themselves.

“Introverts were not ‘faking it’ when they acted extroverted,” Fleeson says. “All the participants said they were more true to themselves while they were playing the role of an extrovert, even if they were introverts.” Furthermore, it’s not that hard for them; it doesn’t wear them out or make them anxious to be extroverted. When introverts act less shy/lethargic and more assertive/energetic, “they are becoming *more* authentic, not less so,” he says.

Damn. I hate being wrong.

The world is still full of manipulative phonies, but sometimes this advice is smart and genuinely helpful: Fake it till you make it. There was a kernel of truth rattling around in there after all.

I ALMOST FORGOT. THE ONLY REASON you’re still reading this article is to learn something about faking it in the sack. And why is that? Because you’re already faking it? (Yes, a quarter of men have done so.) Or because you suspect that she’s faking it? (At least half of women plead guilty.)

The world’s foremost authority on this topic, Erin Cooper, is still working on her Ph.D. in clinical psychology, but already she has interviewed close to 1,500 young women, ages 18 to 32, who admit to playacting at orgasm on occasion. Asked why, the various answers can be grouped into four categories: (1) She wants to spare your feelings, a ploy Cooper calls “altruistic deceit”; (2) She doesn’t want you to think there’s something wrong but doesn’t know how to talk about it, and a cluster of similar reasons that Cooper labels “fear and insecurity”; (3) She wants to go to sleep already. But get a load of reason 4: She’s actually turning herself on by doing so.

Cooper’s contribution to the sum of human knowledge regarding female orgasm is answer 4. Nobody thought of that before. Nobody considered that faking it could actually be a *good* thing.

The women who cite that final reason “are faking an orgasm to increase their arousal in the moment,” says Cooper. “It’s a tool women use to make sure they have a good time. My guess is that, for some, they’re literally faking it till they make it.”

Which doesn’t help you much, but... wait. What the hell am I saying? Of course it helps you! Nothing is so arousing as an aroused mate! And if you suspect that’s what she’s doing (Can you tell? No, says Cooper, you probably can’t), pretend you don’t know anything. Be clueless. In this case, it’s working for you. ■

Men’s Health

SUBSCRIBER SERVICE INFORMATION

YOUR ABSOLUTE SATISFACTION IS GUARANTEED

If your subscription needs attention, please contact us immediately so we can help you!

ONLINE CUSTOMER SERVICE

menshealth.com/subscriberservices

PHONE: 800-666-2303

E-MAIL: HLHcustserv@rodale.com

MAIL: Men’s Health, P.O. Box 5886, Harlan, IA 51593-1386

- Pay for/renew your subscription
- Request preferred customer service
- Check your subscription status
- Change your address/e-mail
- Report a missing or damaged issue
- Send us an e-mail message
- Sign up for our FREE *Men’s Health* Newsletter

FREE

Digital Companion included with your print subscription!

Visit www.coverleaf.com/menshealth to sign up today!

Rude Awakenings

WE SEE HOW YOUR MANNERS MEASURE UP

40 | Percentage of men who can't remember the last time they wrote a thank-you note

1 in 12 | Number of men who've been chastised by Internet "cops" for rude online comments

1 in 10 | Number who've ever accidentally called a female police officer "sir"

28 | Percentage of men who've crashed a party

40 | Percentage who ever left one without saying goodbye to the host

99 | Percentage of men who will hold the door open for a woman

9 | Percentage who won't hold an elevator for another guy

91 | Percentage of men who always try to bring their best table manners to a dinner date

38 | Percentage who are freaked out if a waiter places their napkin on their lap

3 in 4 | Number of men who know to use their utensils from the outside in

3 in 5 | Number who make sure their spoons and forks don't touch the table after being used

93 | Percentage of men who stand when being introduced to someone

3 in 5 | Number who still aren't sure how to shake a woman's hand

1 in 2 | Number of men who've referred to a woman over age 18 as Miss, not Ms.

30 | Percentage of men who reset gym weight machines to the lowest settings after using them

27 | Percentage who've "forgotten" to wipe down equipment because lurking gym rats irked them

13 | Percentage of golfers who've walked across an opponent's line on the green

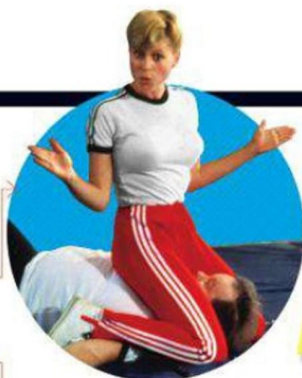
70 | Percentage of duffers who replace their divots

Percentage who can't remember the last time they received one

49

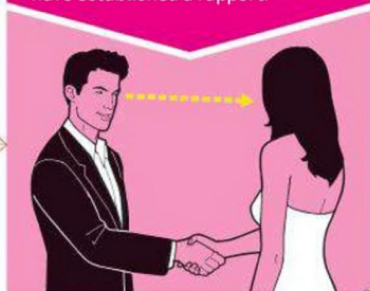
MIND YOUR P'S AND THANK-YOUS

The hardest part about sending a thank-you note is simply remembering to do it. So commit beforehand. "Take an envelope, put an empty card in it, and address and stamp it so all you have to do is write the note when you arrive home later," says Melissa Leonard, an etiquette expert at establishyourselfny.com. When you see the card, you'll feel the urge to write it, she says.



HANDS AND CHEEKS

When shaking a woman's hand, extend yours before she does, meet her eyes, and wrap your hand lightly around hers—not just her fingers. "Give a small, firm squeeze," Leonard says. You can kiss her cheek if you've already been introduced socially and have established a rapport.



Celebrity with the best manners:
Kate Middleton

Star who could use a crash course in etiquette:
Kim Kardashian



RECLAIM THE PARTY

It's a social nightmare—you're stuck in a crowd with one guy hogging the spotlight. Outsmart the narcissist by redirecting the talk. "Throw the conversation to another person with a question or comment that acknowledges that someone else can add to the exchange," says Peter Post, author of *Essential Manners for Men*. "Turn toward the person so you shift your focus—and everyone else's—to the other person." If the gabber still doesn't take the hint, excuse yourself from the conversation to grab another drink or catch up with a friend.



HAVE MORE FUN ON A TANK OF GAS.

Go up to 540 highway miles before you ever fill up. The 30-hwy-mpg* Edge with available EcoBoost.® All the performance of a larger engine. All the efficiency of a smaller one.



2012 **EDGE**



*EPA-estimated 30 hwy mpg and 18-gallon tank.

WorldMags.net

“How do I play a B Major scale?”



You speak. Siri helps. Say hello to the most amazing iPhone yet.

 **iPhone 4** 