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27 Ways To Reach Legal Ecstasy!

17 Pills That Stick The Knife In Fat!

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9/11 READ TO SUCCEED

Welcome to *MH*'s Drugs Issue. Our healthy, happy legal highs will help you reach new heights – in work, during sex and at play



GET YOUR FIX

The Verve were wrong all those years ago. The drugs *do* work, you just have to find the right ones...

Don't worry, we haven't done anything indecent, like taking to the streets *à la* Chris Morris searching for "Clarky Cats", but we have dug out some rather more wholesome quick fixes for modern maladies.

Boldly going where Richard Ashcroft once faltered is *Men's Health*'s perennial guinea pig, features editor David Morton. Fresh from his brief career as a cage fighter, Dave lived for a week solely on pills and potions, to see which ones make you stronger, happier and more energetic. Find out the effects – the good, the bad and the hungry – on p90.

For those of you who are budding Mr Wellcomes, we'll tell you how you can become not-so-big pharma with a selection of proven remedies that you can grow on your windowsill. The cures for athlete's foot, insomnia and sunburn are within your green-fingered capabilities. Find out on p20.

And lastly, for hedonists, we have a selection of all-new legal rainbows to euphoria on p102. It'll be like 1992 all over again – except you'll be able to remember it.

Morgan Rees
Editor

PHOTOGRAPHY MARTHA PAVILDOU AT STUDIO 33

The fastest way to a better life

Whether you want to get more sex, boost your health, make more money or simply kick back and relax, we have a way to do it smarter



Which of these women personifies perfection? Turn to page 60 to discover the scientifically proven answer

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The only magazine that improves every single area of your life, every month



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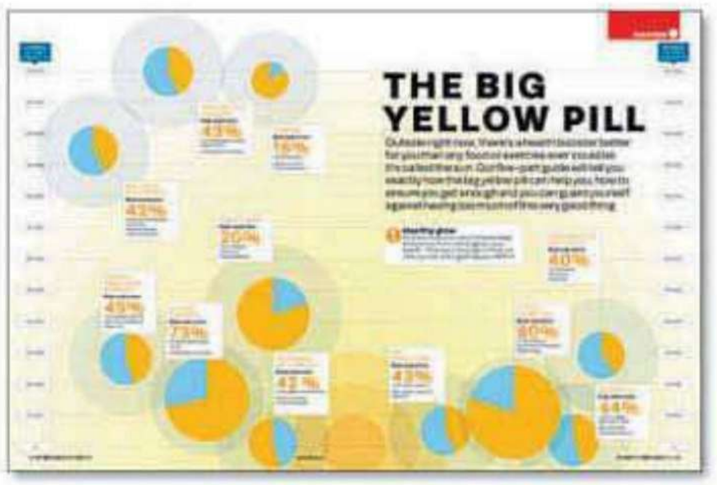
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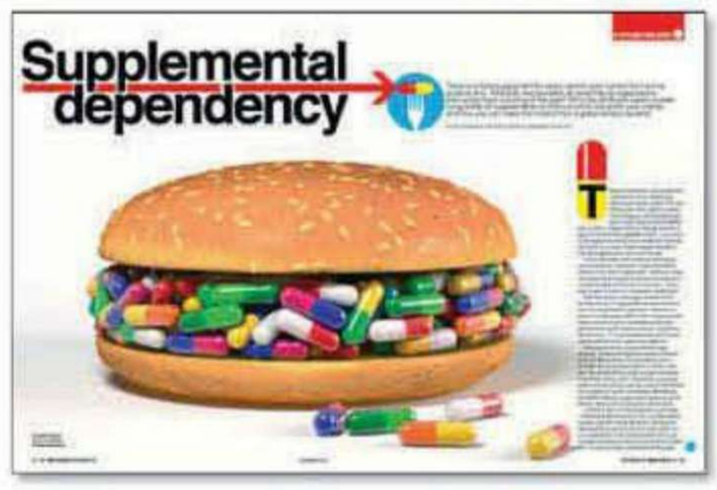
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Photography **David Venni at Red Represents**
Models **James Farmer at Model Management UK, Frances at Storm**
Styling **Abena Ofei**
Grooming **Emma White Turle**
Hair **Jeanette Redmond at Joy Goodman**

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SAM WORTHINGTON WEARS JEANS BY GILDED AGE, T-SHIRT BY JOHN VARVATOS

Rocket-powered nutrition is within your grasp



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Grow your own pharmacy

Save cash and cure ailments by cultivating drugs in your garden

1 CRUSH COLDS AND FLU

WITH? GOJI

USE IT Add 5tbsp to chicken soup for an antioxidant boost and optimum nutritional support when you're down with a cold.
GROW IT "Goji bushes are a common weed across the south coast, so you can pick your own to take home and replant," says ethnobotanist James Wong[1]. Pick young plants (approximately 10cm in height) to replant, or buy them yourself (£10 homebase.crocus.co.uk). They'll grow in any soil, as long as it's kept moist.
Annual saving[2] £53.10

2 KICK ATHLETE'S FOOT AWAY

WITH? GARLIC

USE IT Add two bulbs of garlic to 100ml of vinegar, crushed sage leaves and lavender heads. Tip 5tbsp into a footbath three times a week. "The garlic creates a strong anti-fungal agent called allicin," says Wong. And you can use that to stamp out athlete's foot.
GROW IT Plant each clove (£1.85 simplyseed.co.uk) pointed-side up in a 13cm tub of potting compost in a sunny, well-drained spot. Water sparingly.
Annual saving £51.98

3 OVERCOME INSOMNIA

WITH? LETTUCE

USE IT Lettuce contains the sedative lactucarium, perfect for adding to warm soup before bedtime. Try two large handfuls, chopped and blended through.
GROW IT Potted from seeds in a sunny spot (Lettuce All The Year Round: 98p/1,000 seeds diy.com). Put five seeds into a 30cm diameter pot: leaves can be harvested in one month. "Slice the tops off with scissors and you'll get another fresh crown in a few weeks," says Wong.
Annual saving £85

FOOTNOTES 1 Botanist, gardener and broadcaster. Visit jameswong.co.uk for more advice and tips on plants and gardening **2** All figures are based on average medical spend by

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THE DRUGS ISSUE

Say goodbye to ill health with a window box of cure-alls



4 NEUTRALISE HAY FEVER WITH? NETTLES

USE IT Add 3tbsp of washed, chopped nettles to a mug of boiling chamomile tea. Strain after 5min. Add honey to enjoy the nettle's antihistamine qualities. "Any venom breaks down in the heat, so there's no risk of stinging your lips," says Wong.
GROW IT Wild nettles can be brought home and planted out. Pick young shoots and replant them in pots with a rich compost (John Innes no.1: £5 homebase.co.uk).
Annual saving £81.90

5 SOOTHE SUNBURN WITH? ALOE VERA

USE IT Break open the thick leaves, collect the gel that seeps out, and rub into the affected area. "It's 96% water and 4% active ingredients, including amino acids and enzymes that nourish damaged skin," says pharmacist Margo Marrone[3]. Careful not to get it on your shirt...
GROW IT In pots in full sunshine. Water well. Leave indoors for winter, bringing out into the garden during summer. (£7 the-plant-directory.co.uk)
Annual saving £17.50

6 CLEANSE YOUR SKIN WITH? LAVENDER

USE IT Crush a handful of lavender heads and add to a bowl of boiling water, using as a steam bath for your face. "It's antiseptic and anti-inflammatory," says Marrone. "You can also dab the oil from the flowers on to blemishes for good results."
GROW IT This sun-loving, drought-resistant plant grows best in a smaller pot with good drainage. Use gravel and a light soil mix and prune back each year for a free facial whenever you need it.
Annual saving £218.76 MH

WORDS ED CHIPPERFIELD. PHOTOGRAPHY MARCO VITTUR AT STUDIO 33, GETTY.WINDOW BOX: PLANTABOX.COM. COMPOST: GINKGOGARDENS.CO.UK

sufferers in a calendar year 3 Founder of The Organic Pharmacy which specialises in organic and chemical-free products theorganicpharmacy.com

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LACOSTE

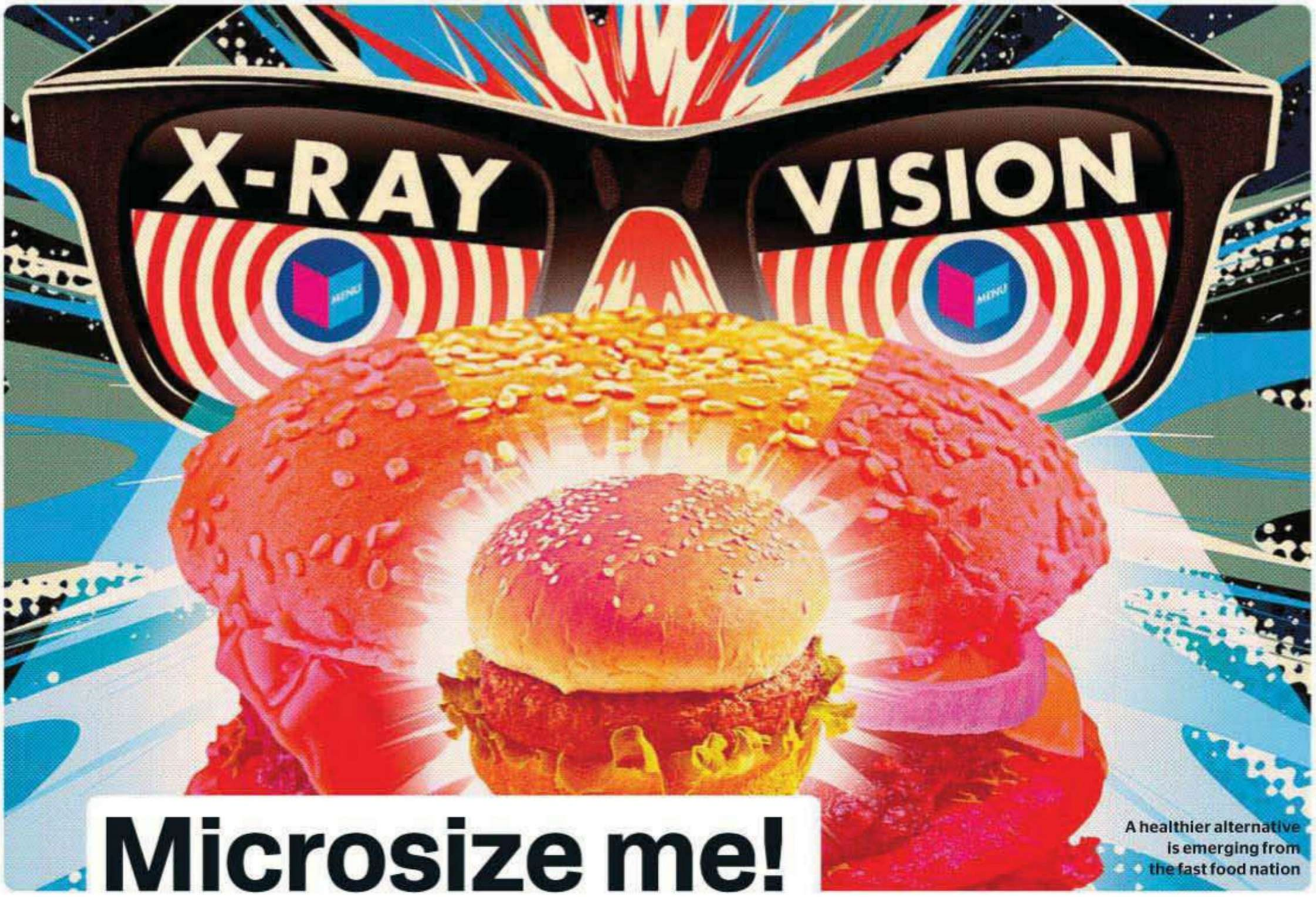
CHALLENGE RE/FRESH

FRAGRANCE FOR MEN

ANDY RODDICK FOR LACOSTE

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Microsize me!

A healthier alternative is emerging from the fast food nation

Fast food doesn t *have* to mean weight gain not if you learn to navigate the laminated menu swith care. You ll save yourself time and pounds ju st by knowing what to ask for

	KFC	McDonald's	Starbucks Coffee	Burger King	Subway
SWAP THIS	Original Recipe Meal	Big Mac Meal	Toasted Club Sandwich	Whopper With Cheese Meal	BMT Sandwich
FOR THIS	Brazer Twister Wrap 	Grilled Chicken & Bacon Salad 	Chicken and Tomato Sandwich 	Chilli Chicken Wrap 	Veggie Delite 
ORDER IT LIKE THIS	**Ask for** grilled chicken, and order sweet corn on the side. Plus you have already saved 36 calories with a wrap rather than a bun. "It's high in fibre and low GI, sustaining blood sugar and so great for weight loss," says Dr Mabel Blades[1]. Just don't dunk it in the Colonel's special sauce...	**Ask for** balsamic vinegar instead of the dressing to lose an extra 35kcals, then add gherkins for flavour, at 5 calories each. "These provide vitamin K, aiding digestion," says Blades. This combines the best burger flavours, without the starchy bun and calorie-laden sauces.	**Ask for** no butter or mayo and you'll reduce the fat to 5 %. And eat it hot. "Cooking tomatoes for a couple of minutes increases their levels of lycopene by 54%," says Blades. An Australian study[2] revealed eating 25mg of lycopene a day lowers your levels of 'bad' LDL cholesterol by 10%.	**Ask for** extra salad with your Chilli Chicken Wrap. "The high water content gives a more satisfied feeling," says Blades. Then add a pack of 'Apple Fries' – the fibre made people eat 15% fewer calories in a US study[3]. Fast food for just 364 calories? It makes us anti-Royale-ist. (Sorry.)	**Ask for** wheat instead of honey oat bread, and trade mayo for honey mustard sauce. Finally, swap the onions for jalapeño chillis, whose capsaicin boosts your metabolism. Add olives for an extra weight loss kick: they encourage your gut to produce peptides that assist efficient digestion.
AND YOU SAVE THIS	Goodbye to... **30g fat 546 kcals** (A Zinger Burger) 	Goodbye to... **9g fat 300 kcals** (A Cheese Burger) 	Goodbye to... **11.8g fat 324 kcals** (A Butter Croissant) 	Goodbye to... **67g fat 971 kcals** (A Double Angus Burger) 	Goodbye to... **18.7g fat 229 kcals** (A Chocolate Doughnut) 

WORDS ED CHIPPERFIELD. PHOTOGRAPHY GETTY. ILLUSTRATION SEAN MCCABE

1 Dietitian, nutritionist and author of *The GI Counter* 2 The University of Adelaide 3 Pennsylvania State University study published in the 2007 edition of the journal *Obesity*

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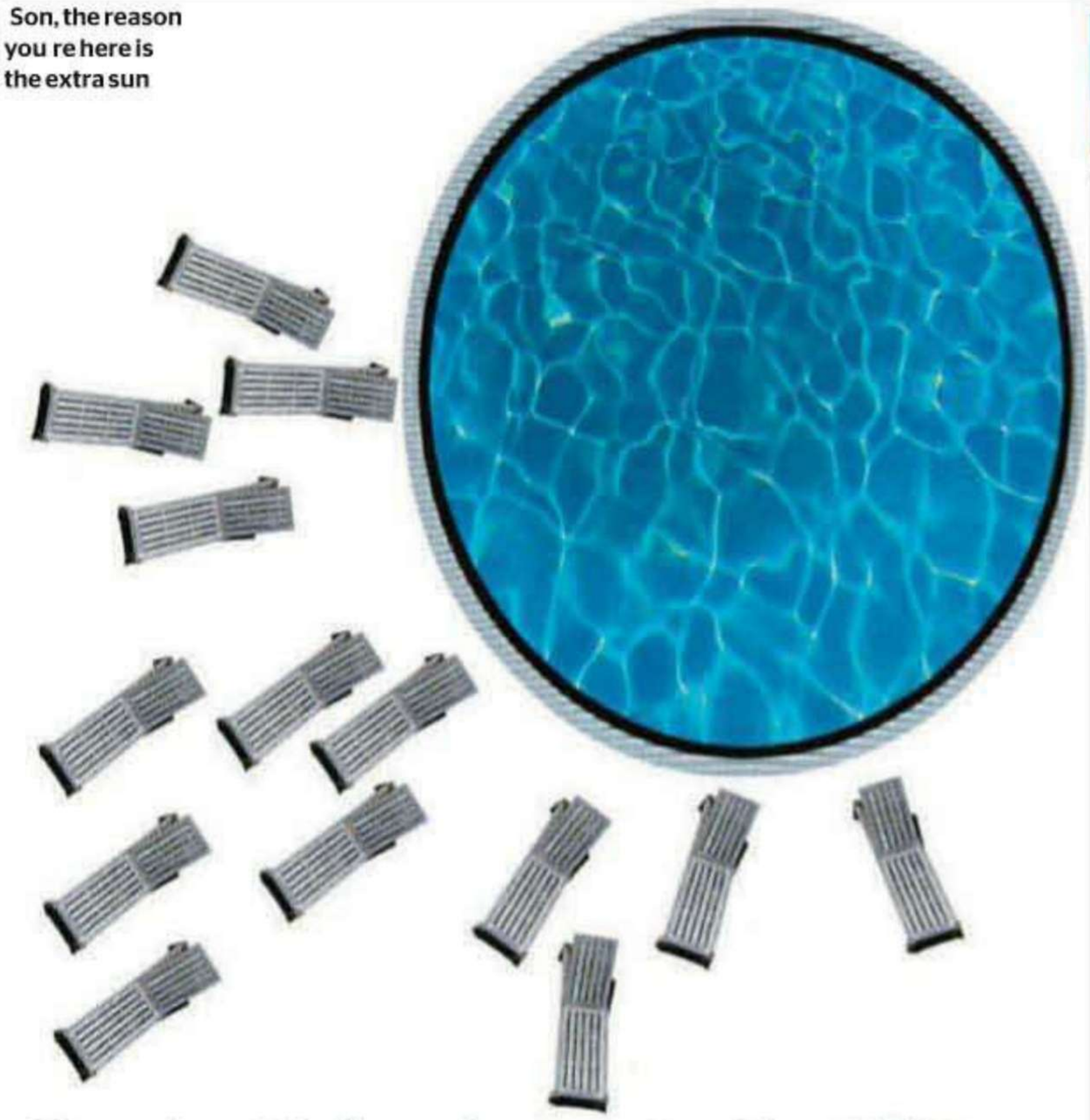
HOLIDAY BULLETIN

+ Boost your testosterone with sunshine
+ Go baggy to frustrate mosquitoes
+ Vanquish swimming pool bacteria
+ You've been bad – fix it with volleyball

SEP '11

The latest news from around the world

Son, the reason you re here is the extra sun



Sunbathing boosts fertility

You know the feeling – when the sun shines, your libido goes through the roof, thanks to the plethora of lady flesh. It's also due to the extra vitamin D you get from sunshine. Scientists found men with at least 30 nanograms of vitamin D per ml of blood had more testosterone than those with less. It also boosts sperm quality, adding to speed and penetration[1]. So, worship the god of sex from your sun-lounger – but don't neglect your SPF.

CRIME AND PUNISHMENT

AFTER DRINKING THIS...



A jug of sangria, 1,200kcals between two

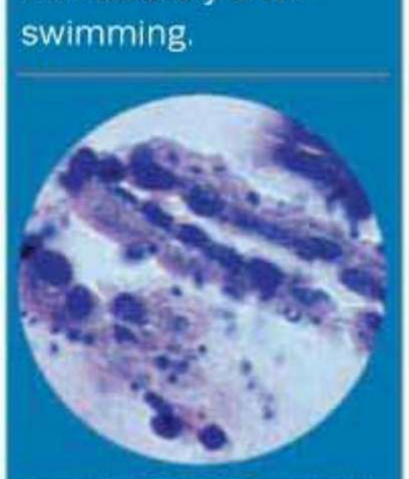
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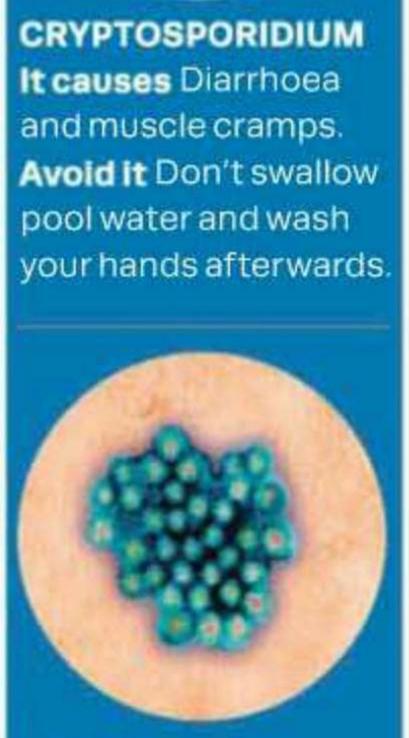
1 hour doubles beach volleyball, 563kcals each

BEAT THE POOL BUGS

Swimming can put you at risk from any of these three bacterial nasties. Here's how you protect yourself



PSEUDOMONAS AERUGINOSA
It causes Swimmer's ear, hot-tub rash, pneumonia, kidney failure.
Avoid it Shower immediately after swimming.



CRYPTOSPORIDIUM
It causes Diarrhoea and muscle cramps.
Avoid it Don't swallow pool water and wash your hands afterwards.

NOROVIRUS
It causes Nausea, vomiting, muscle cramps.
Avoid it Ask the lifeguard to confirm that chlorine levels are checked twice daily[2].



The desk jockeys at the Foreign Office[3] may not be venturing much further than the Isle of Wight this summer, but they have sound advice that will help you to frustrate marauding mosquitoes in warmer climes.

1 Make sure you wear baggy clothes when you're out and about, so the insects bite into the fabric rather than your skin.

2 In the evening, a simple house fan will help. It will disperse the carbon dioxide you exhale, and studies have found that this is one of the major chemicals that attract the nasty little blood-suckers.

3 You should also take a vitamin B1 supp for two weeks before travelling[4] – this will help to reduce itching from bites. (Failing that, grab a flip-flop: you'll need to assemble your own swat team.)

FACTS OF LIFE

£11m

The annual cost of travel-related illness in the UK
British Journal of General Practice

Ministry of the Bleedin' Obvious DUH!

This month's least surprising research

Too much alcohol, drugs and sex can be a health risk at summer festivals

UK Health Protection Agency

WORDS CHARLIE JACKSON. PHOTOGRAPHY GETTY. ILLUSTRATIONS JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

FOOTNOTES 1 Medical University of Graz, Austria 2 Ohio State University 3 Fco.gov.uk 4 Natural Resources Institute, UK

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Carb medal-winners

Reachin gyour gold standard takes superior fuel. So we ve identified the finest energy sources to power the UK s five most popular sports

EAT YOUR WAY TO SUCCESS



1

Lift more weight

MEDAL FUEL
Dried fruit

WHY? "Have two handfuls of dates and raisins an hour before," says nutritionist Wendy Martinson[1]. "These will give you the right muscular energy boost and will also support anabolic muscle repair afterwards."

2

Ace the marathon

MEDAL FUEL
Brown rice

WHY? Start cramming brown rice three days before your race. "Aim for 5g per kg of bodyweight each day," says Martinson. "This helps muscles store glucose, providing energy for longer." Like, 26.4 miles.

3

Be a star striker

MEDAL FUEL
Wholewheat pasta

WHY? The first name on your team sheet should be an Italian stalwart. "Wholewheat pasta delivers glycogen to your liver and muscles, perfect for a sustained release over 90 minutes," says Fulham FC's Steven Hines[2].

4

Pedal to victory

MEDAL FUEL
Apple porridge

WHY? "You need a slow-release carb to get steady blood glucose supply to your glutes, quads and hamstrings," says Martinson. "Try a bowl of porridge with 45g of oats and half a grated apple."

5

Swim the extra length

MEDAL FUEL
Couscous

WHY? Martinson recommends carb-loading two days before a big swim: "Couscous is perfect for swimmers. It's a great energy source to help your muscles pull you through every length, plus it contains protein."

Ring the changes in your sports performance

GET STACKED ON THE TREADMILL

Save yourself time and effort: adapt your regular 30-minute treadmill session into a full-body workout

THE HEAVY WALK

Drop the treadmill to a slow speed. Walk for 60sec with a kettlebell overhead, says PT Jonathan Lewis[3]. Aim for 3 reps, with a minute s jog between each.



THE ARM-Y RUN

Next perform intervals of runs and dips, says Lewis. Set the treadmill to interval mode for 15min. During the low intensity phases, grab the treadmill handles and do 5 dips then return to the run.



THE POWER STRIDE

Finally, grab two dumb-bells. Set the treadmill to a power-walk with varied inclines for 9min and do alternating biceps curls and overhead presses, says fitness coach Tim Hart[4].



FOOTNOTES 1 OBE, lead nutritionist for the Great Britain rowing team 2 Physical performance specialist at Fulham FC 3 Director of balancephysio.com 4 Fitness coach at Reebok Sports Club

WORDS JON AXWORTHY, ROB KEMP. PHOTOGRAPHY MARTHA PAVLOU AT STUDIO 33. PLATES ARGOS.CO.UK. ILLUSTRATION JASON PICKERSGILL AT ACTUEGRAPHICS.CO.UK

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Talk her into bed

A major new study[1] shows women and men click when they talk in similar styles. So all you need to do to get lucky tonight is choose your words carefully...

ACCOMMODATE HER DESIRES

SHE SAYS ***"It's a pleasure to meet you"***

YOU SAY ***"It's lovely to meet you, too. Can I get you a drink?"***

WHY? If she greets you formally (as above), you'll need to speak in a more formal way too, regardless of how you normally converse. You're applying what linguists call 'accommodation theory'. "This grows from the sociological principle of 'similarity attraction'," says linguist Dr Erez Levon[2]. "If you seem more similar to people you like, they will like you back." In terms of first impressions, you're talking a good game, and are likelier to score...

READ BETWEEN THE LINES

SHE SAYS ***"I tried this amazing red wine –I can't remember what it was called – in Italy last year"***

YOU SAY ***"Whereabouts in Italy did you go?"***

WHY? What she *really* wants to talk about is her trip to Italy – so ask her. "One of the biggest causes of miscommunication is the divergence between 'literal' and 'inferential' communication," says behaviourist Emma James[3]. "Men tend to be literal communicators. Women are more inferential. In this example, she wants to show off that she's travelled, so push the conversation in that direction. She doesn't *actually* want you to help her remember the name of the wine." Although ordering a bottle wouldn't do any harm...

RIDE HER WAVELENGTH

SHE SAYS ***"When I'm travelling, my favourite thing is to sit on the beach at dawn and watch the sunrise"***

YOU SAY ***"That sounds like an ideal image to picture when work's getting you down"***

WHY? Reflect 'visual' words – like 'image' and 'picture' back at her to show you're on the same 'representational wavelength'. "Everyone fits into one representational system: either visual, auditory or kinaesthetic," says neuro-linguistics trainer Robert Steinhouse[4]. "We're attracted to people with the same preference. If she's auditory, she'd use predicates like 'hear' and 'listen'; if she's kinaesthetic they'd be 'hot' and 'feel'".

GET PERSONAL

SHE SAYS ***"He said he'd bring the menu over in a few minutes"***

YOU SAY ***"Great, looks like he's on top of things: we're in safe hands"***

WHY? "When couples use the same function words, particularly personal pronouns and prepositions (he, he'd, in, on), they're more likely to be compatible," says Dr James Pennebaker[5]. The key is in the brain's Broca's area, where mirror neurons (cells that enable us to mirror emotions) are densest. This area also processes function words. Get in tune with her Broca's area and you're more likely to get tuned into her other 'areas'...



WORDS HELEN BOWNASS. PPHOTOGRAPHY ALEX YOUNG. MODEL JASMIN AT PREMIER. STYLIST VICKI HILLMAN AT ERA.HAIR & MAKE-UP SUSANA MOTA. DIGITAL IMAGING PRE MEDIA. BIKINI TOP, DEBENHAMS. VINTAGE SHORTS VIVIEN OF HOLLOWAY

1 Study by Department of Psychology, University of Texas 2 Queen Mary, University of London 3 Behavioural management consultant who has worked with the Sports Councils in

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"If I choose a restaurant, will you decide what we do afterwards?"

Who are we to burst her bubble?

SHARE HER SPEECH

SHE SAYS ***"I really love that new Arctic Monkeys album..."***

YOU SAY ***"...Yeah, their lyrics are really clever, aren't they?"***

WHY? "Support each other's terms and finish each other's sentences: it's been shown that groups of females are more co-operative in speech, and men should aspire to this ," says linguistics specialist Dr Sylvia Shaw[6], "it signifies co-operation." See jezebel.com for an introduction to the pop culture, politics and books that should be on her radar.

DOUBLE YOUR ODDS

SHE SAYS ***"What are you doing this weekend, then?"***

YOU SAY ***"Well, it depends – would you rather go for sushi or to see a new band?"***

WHY? "You're applying a 'double bind'," says James. "It's psychologically giving her the illusion of choice, but both results benefit you. It can be very effective, but bear in mind this is one for the end of the date, as it'll either cut it dead or open things up. For something subtler, try: 'If I choose a restaurant, will you decide what we do afterwards?' That's a 'conditional close' – a form of negotiation to gain agreement." It's a win-win for you. MH

Northern Ireland (emmajamesnlp.co.uk) [4] Director of NLP School for neuro-linguistic programming [5] Chair of psychology dept. Texas University [6] English lecturer, Middlesex University

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NEW

Super Moisture Balm

Ready to face the elements.

Shaving, stress, air-conditioning, pollution... Daily life can be hard on men's skin, ClarinsMen Super Moisture Balm and Super Moisture Gel, with calcium hyaluronate and a stimulating cocktail of bison grass and alpine sea holly, work to moisturize, help soothe razor burn and leave skin soft and smooth. Add in Clarins exclusive Anti-Pollution Complex and you're not only ready to go, you're ready for anything. Clarins, No.1 in European luxury skin care*.

*Source: European Forecasts

www.clarins.com



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SEP '11

The latest news from around the world

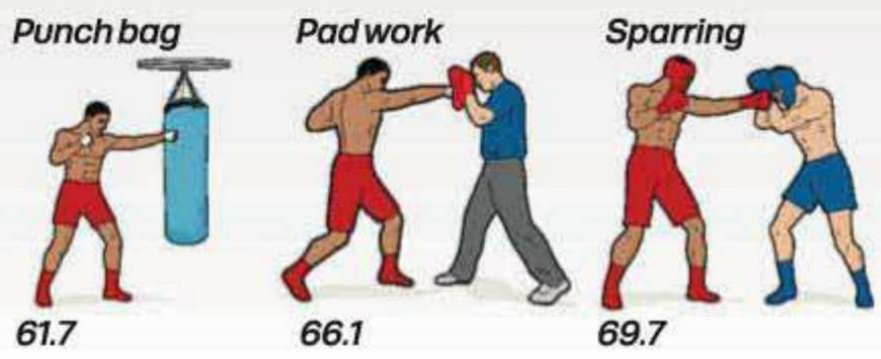
+ Cherries aid muscle recovery
+ Punch your VO_2 max up a division
+ Salad dressing helps prevent strokes
+ Eat organic to live a whole lot longer

HEALTH BULLETIN

NOTHING COMPARES TO VO_2
HOW TO INCREASE YOUR AEROBIC CAPACITY

Boost your VO_2 max and you participate in a virtuous circle of fitness and stamina: the more you increase your capacity, the more you'll benefit from the intense exercise it allows. If you really want to ramp it up, try hitting these recommended peak VO_2 max levels[1] with these exercises, to achieve amateur-level boxing fitness.

Journal of Strength & Conditioning Research



Ministry of the Bleedin' Obvious

DUH!

This month's least surprising research

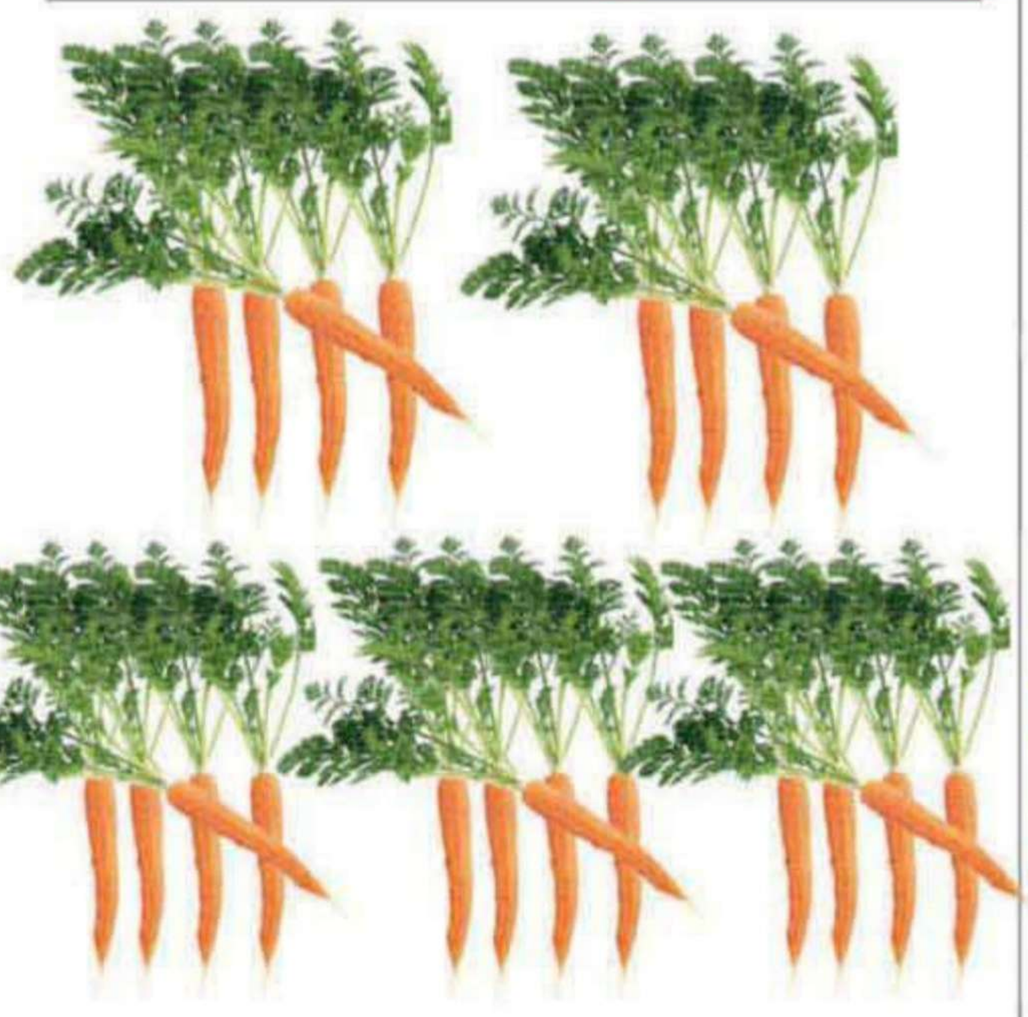
Pain may decrease one's motivation to maintain a particular exercise intensity

Medicine & Science in Sports & Exercise

In other news...

OLIVE OIL GUARDS AGAINST STROKE

Our love affair with olive oil continues. It's known to protect against heart disease but a new study[2] of 7,625 Frenchmen found stroke risk was 41% lower in those who consumed it regularly.



The average number of days men live longer if they eat organic food[3]

Fight the kirsch of muscle soreness



Fight post-workout muscle soreness with black cherries

If you're a lifter, you're surely familiar with the dreaded delayed onset muscle soreness (or DOMS). You get it the day after pushing yourself especially hard (you'll also suffer if you've been pulled apart during five-a-side). It arises as tiny muscle tears begin to heal. Fight back by eating black cherries, black rice and blueberries – dark-pigmented foods packed with anthocyanins that work to speed oxygen via the blood, reducing muscle inflammation, minimising post-workout pain and boosting recovery. Go to the dark side – the force is strong in these ones.

WORDS CHARLIE JACKSON. JASON PICKERSGILL AT ACUTE GRAPHICS.CO.UK. PHOTOGRAPHY GETTY. DIGITAL IMAGING PRE MEDIA

FOOTNOTES 1 To calculate your VO^2 max, visit: bbc.co.uk/dna/h2g2 2 Study by INSERM (French National Institute for Heath and Medical Resarch) 3 Study by Newcastle University

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Rocket fuel

MH launches a supercharged, nutrition-packed salad with a little help from the latest discoveries in nutritional science



THE *MH* SALAD WILL...

- **FIGHT CANCER** Cuts your risk of DNA damage by 23%
- **STRENGTHEN YOUR HEART** Reduces arterial plaque by 38%
- **AID WEIGHT LOSS** Contributes to a 7% lower average body weight
- **BOOST YOUR IMMUNE SYSTEM** Minerals and micronutrients ward off infection
- **CLEANSE YOUR SYSTEM OF TOXINS** Max your antioxidants

THE *MH* ULTIMATE SUPERFOOD SALAD

The ground-breaking ANDI[1] rating system, established by US nutrition specialist Dr Joel Fuhrman, scores each food out of 1,000, based on their nutritional firepower.

Follow our recipe[2], featuring all five of the 'perfect' 1,000-point ANDI ingredients – **watercress, collard, mustard greens, turnip greens and kale** (all with a top score of 1,000) – as well as other tasty high-scorers for the healthiest dish you'll ever make. Prepare it in bulk and store it in the fridge for a targeted boost whenever you need it.

INGREDIENTS (SERVES 4)

- 1 cucumber
- 1 turnip head
- 1 red chilli
- 2 heads fennel
- 30g mint leaves
- 50g bunched radishes
- 12 stems asparagus
- 2 blocks halloumi cheese
- Sunflower oil
- Sea salt
- 100g watercress
- 50g collard
- 200g kale
- 50g wild mustard greens
- 100g turnip greens

THE DRESSING

A splash of extra virgin olive oil, lemon juice, pomegranate juice and some salt

PREPARE FOR LIFT-OFF

SLICE Get this nutritional monster off to a flyer by setting the oven to 200°C/gas mark 6 and wielding a knife like you mean business. Slice the cucumber and power-packed turnip, before deseeding the chilli.

CHOP Chop the fennel so finely you'd need CSI's best brains to find any remains. Don't put that knife down yet! Next, chop the flavour-lifting mint leaves and radishes down to small flakes.

DESTALK Now it's the turn of the potassium and folate-rich asparagus. Lose the woody stalks and lay the stems on a lined baking tray.

BAKE Add some protein in the form of halloumi. Slice the cheese in half lengthways, then place it on to the tray with the asparagus. Finally, drizzle on a little sunflower oil and sprinkle with a pinch of sea salt, before baking for around 8-10 minutes.

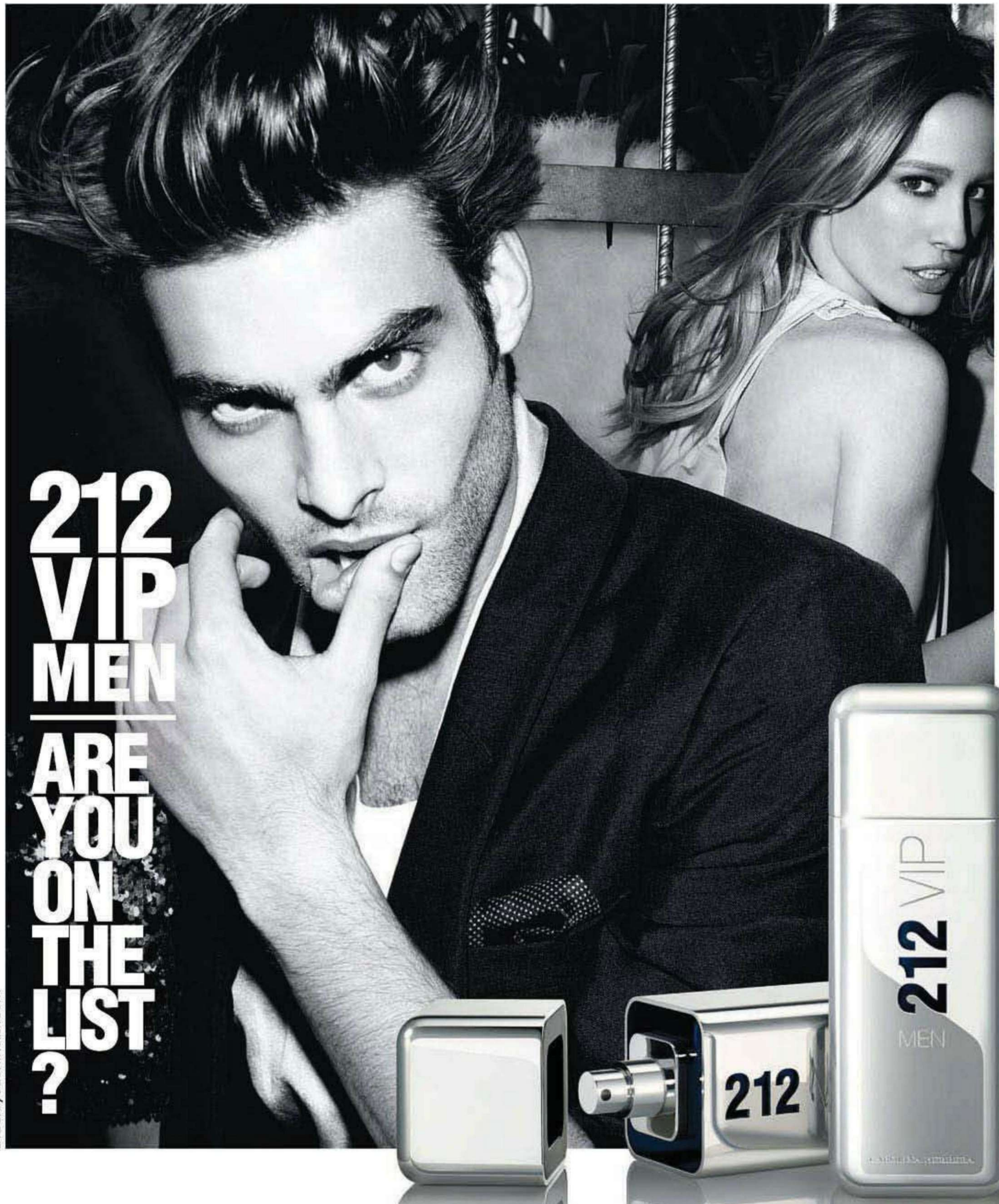
SERVE Whisk the dressing together, before tossing it with the remaining salad ingredients (including ANDI giants watercress, collard, kale, mustard greens and turnip greens). Throw into the serving bowl and top with the roasted asparagus and the baked halloumi. Congratulations: you're now officially a power broker.

WORDS ROB KEMP. PHOTOGRAPHY DAN MATTHEWS. MODEL MODELZONE.CO.UK

FOOTNOTES 1 Aggregate Nutrient Density Index 2 Designed by chef Lisa Walker of the award-winning Food For Friends vegetarian restaurant in Brighton (foodforfriends.com)

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THE POWER OF COOL

DAVIDOFF

Cool Water

EAU DE TOILETTE

STARRING PAUL WALKER

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On the beach, out of reach

The world s finest business brains help you modify your mind set, so when you re out of the office you re not thinking about it

BEACH READY MIND



Put your CrackBerry on ice for a fortnight

CUT THE PHYSICAL TIES

Abandoning objects associated with the everyday of work gets you into holiday mood. "Create a physical separation from your office – it'll help to free you up," says business lecturer Dr Dov Eden[1]. "Leave something behind to create a barrier – your diary for example."

RELAX YOUR MIND

Work employs the left side of your brain, so fire up the right side for more holiday friendly thinking. "The muscles on one side of your body are controlled by the opposite side of your brain," says Eden. So pack with your left hand and you will wind down more quickly.

REDUCE FLIGHT STRESS

For a laid-back plane journey, pack a tennis ball. "Remove your shoes and roll it on your sole," says physical therapist Kelly Starrett[2]. "Then extend your leg." This will stretch muscles, triggering a staggered endorphin release that lowers stress.

UNWIND FAST

"Taking it easy on day one ups your disengagement," says Jonah Lehrer, author of *How We Decide*[3]. "Lie in on the first morning." Then, don't shower, go for a swim in the ocean. "The more removed activities are from normal, the easier it is to switch off," says Eden.

MEDITATE AWAY ANXIETY

Ten minutes of sun lounger meditation crushes stress, says relaxation guru Andy Puddicombe[4]. "Do this by defocussing your eyes. Then take five deep breaths. On the last, close them. Notice the rising and falling of your body." Out with the in-tray, in with holiday.

PLAN MORE FUN

Holiday stress stems from worrying about loss of control in your job, says Lehrer. Instead research local delicacies or day trips to distract you. This means the planning" part of your brain will be working out the way to the local ruins, not how to file next week"s report.

HAPPY MEALS

Combine these snacks for an instant mind and body boost, wherever you are



INSTANT GENIUS

Cheese is rich in brain-boosting amino acids, says nutrition therapist Lorna Driver-Davies[5]. Apple"s boron powers this brain surge.

GREATER ALERTNESS

Your brain needs magnesium, says Driver-Davis. It helps it to run smoothly. The banana has plenty and vitamin B6 in the bar helps metabolise it.

MORE ENERGY

The oatcake provides energy, while hummus adds protein and essential fats to sustain it for longer. Eat this combo an hour before a workout.

WORDS JON AXWORTHY. PHOTOGRAPHY MARCO VITTUR AT STUDIO 33, GETTY. TUMBLERS JOHN LEWIS.CO.UK. WHISKY JOHNNIE WALKER BLACK LABEL

FOOTNOTES 1 Business administration lecturer, Tel Aviv University 2 Mobilitywod.com 3 Jonahlehrer.com 4 Getsomeheadspace.com 5 Nutritional therapist, feelbetternutrition.co.uk

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SPECIAL OPERATION

Pack on muscle and sharpen your senses with *Strike Back* star Philip Winchester's SAS training programme

Should you find yourself firing an assault rifle in a dodgy part of Budapest, chances are youlre doing so during stag-weekend team activitiesl. Not Philip Winchester. *MH* spoke to the 30-year old actor while he was in Hungary filming *Strike Back*, the big-budget SAS drama[1].

Between firing AK-47s and lobbing grenades, filming the all-action show required learning how to adopt the lifestyle, mindset and training regime of one of the worldls elite military forces. To prepare for the role, Winchester was placed into the well-callused hands of SAS and SBS veterans.

We got into the guts of what these guys do, says Winchester. We know they work hard, but when you see it first-hand, itls incredible.

Winchester swiftly learnt how to push himself past his limit. It was mental and emotional training at the same time as the physical stuff, he says. Theyld be slamming on you the whole time. Theyld ask us to do 10 or 12 reps, and when we got there theyld say: I think that was only six, mate. What are you doing? Youlre only cheating yourself.l So you end up doing these monster sets.

Strike Back is based on the bestselling book of the same name, by former SAS soldier Chris Ryan, famous for its explosive portrayal of the special forces. The second series[2] on Sky1 is a big-budget reboot of the first, co-produced by HBO the network responsible for hit shows *The Wire* and *Game of Thrones.*

While filming in Cape Town, Winchester learnt how to sharpen his wits. They would take us into the city and ask: That car that just went up the side street: what colour was it? How many people were inside?l We were taught what to look for in someone whols a potential threat. They showed us how to walk through dangerous areas in pairs or groups; how to be observant and how to blend into a crowd.

Blending inl will become tougher once the series airs. Before taking the lead in *Strike Back,* he gave a stand-out performance in *Camelot*. An experience more swords and saddles than grenade launcher and Kevlar, but he says hels always drawn to roles with a robust physical side.

This time, Winchesterls training seriously raised his game. I asked the ex-SAS guys if they ever chilled out what kind of zone they lived in: red, green or amber. They said: We live our lives continuously on amber. We never get to greenl.

Follow Winchesterls SAS training programme to push yourself to the next level.

WORDS DAN JONES. PHOTOGRAPHY SAM NORVAL.
ILLUSTRATIONS JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK







FOOTNOTES1 *Strike Back* starts on Sky1 HD this month 2 The drama increases its run from six to 10 episodes with Richard Armitage returning as John Porter and Winchester in a new role

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BRAND NEW MUSCLE SCIENCE

WHO DARES, STACKS

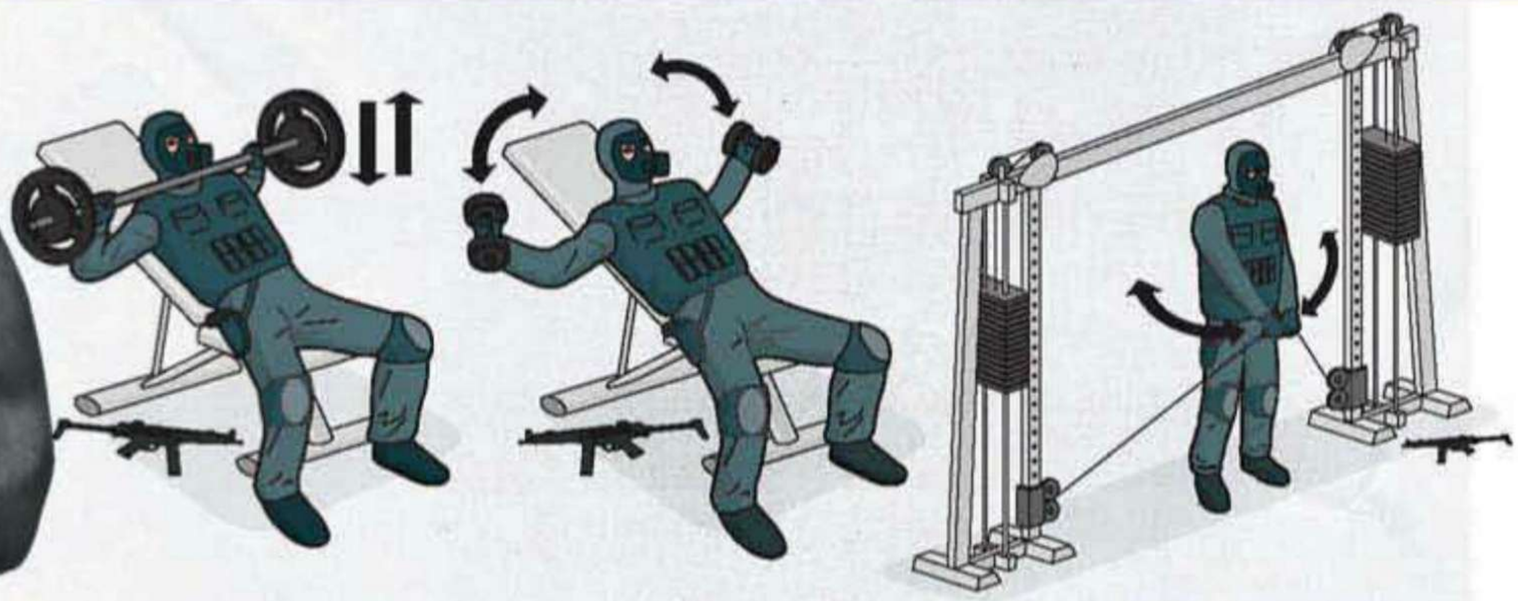
Winchester's SAS workout boosts upper-body strength with 'monster sets' limited by time, not effort. You do 15 reps of each exercise with no rest, then catch your breath for 60 seconds and repeat for a full 30 minutes



WARM-UP

Winchester had to pack on muscle for *Strike Back*. "It was mostly weight training: lots of high-weight, low-rep exercises," he says. Plus, he did squats every day. "They beef you up, because they work such large muscle groups."

Holding a 20kg barbell across your shoulders, do 12 low squats. Add a 20kg weight to each side and do another 12. Add more weight and do 12 more reps. Repeat, with as much weight as you can lift. Now for the monster sets...



1 INCLINE BENCH PRESS

Lie on an incline bench, beneath a barbell rack. Grab the bar with both hands, and lower it to your chest. Push up until your arms are fully extended. Then lower slowly back to your chest.

2 DUMB-BELL FLYS

Lie on a bench with a dumb-bell in each hand, arms extended and palms facing each other. Keeping a bend in your elbows, open your arms until they're parallel to the floor. Then return to the start.

3 CABLE CROSS

Hold a cable machine handle in each hand, with your arms and torso forming a T-shape. Pull your arms down and towards each other until your palms meet in the middle. Now return to the start position.



Philip trained his way into SAS shape

MUSCLE RATIONS

Follow Winchester's daily diet to fuel your SAS body

"I aim to take on 4,000 calories a day, eating over 12 hours," says Winchester. Take some inspiration from this plan to fill your tank

7AM
Breakfast
Omelette with six eggs, and bacon, plus orange juice

11.30AM
Snack
Grilled chicken breast or slices of grilled chicken. Mid-morning protein shake

1PM
Lunch
Grilled ostrich steak with green beans and brown rice

3PM
Afternoon refresher
Time for your second protein shake

5PM
Pre-supper snack
Tuck into another grilled chicken breast

7PM
Supper
Tuck into a steak, with broccoli and assorted green veggies MH

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WE COULD HAVE LAUNCHED WITH 1 NEW INNOVATION. WE CHOSE TO DELIVER 7 ALL AT-ONCE.

Discover for yourself how the ProGlide™ Power 7 innovations make shaving so incredible.

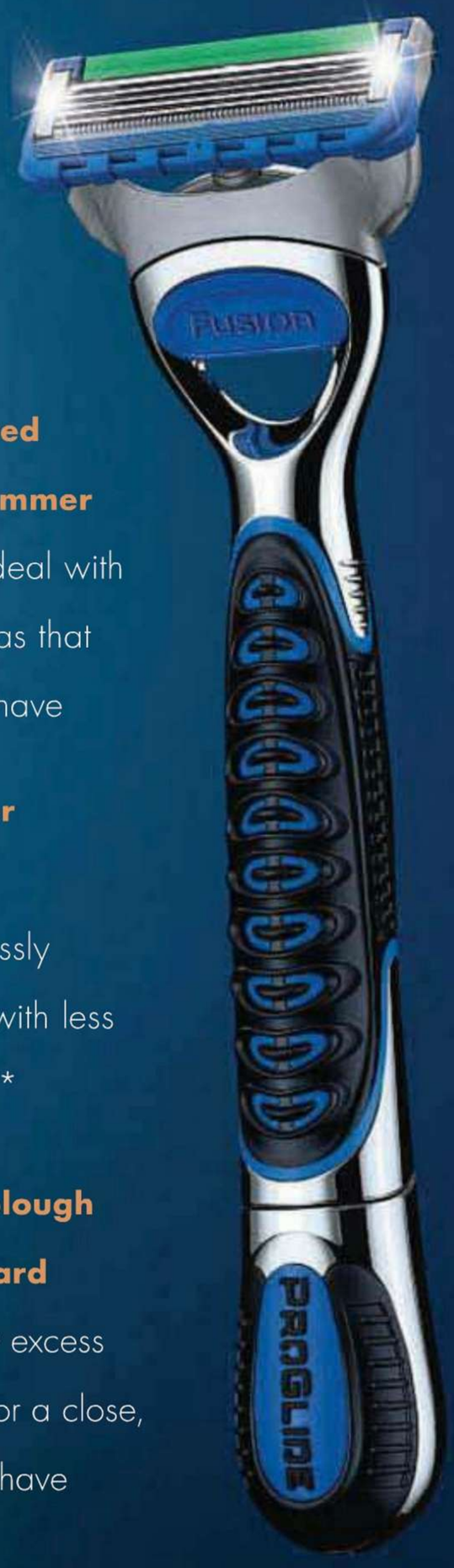


Re-engineered Precision Trimmer
To help you deal with the tricky areas that are hard to shave



Thinner Finer Blades*
Glide effortlessly through hair with less tug and pull**

New Snowplough Comfort Guard
Funnels away excess shave prep, for a close, comfortable shave



Redesigned Handle
Now with ergonomic side grips for easy handling

Enhanced Lubrastrip™
Enables the razor to glide smoothly over your skin.

New Blade Stabiliser
To allow the blades to adjust to the contours of your face.

New Microcomb (Power only)
Helps guide stubble to the blades.

* Principal blades vs. Fusion
** vs. Fusion

NEW

Fusion PROGLIDE™ POWER

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The Best a Man Can Get™

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SEP '11

The latest news from around the world

+ See more clearly with a pinch of saffron
+ The magic ratio that balances blood pressure
+ Eat a big, juicy steak to lose weight
+ Curry favour with your partner via fenugreek

NUTRITION BULLETIN



The benefits of saffron are actually off the chart

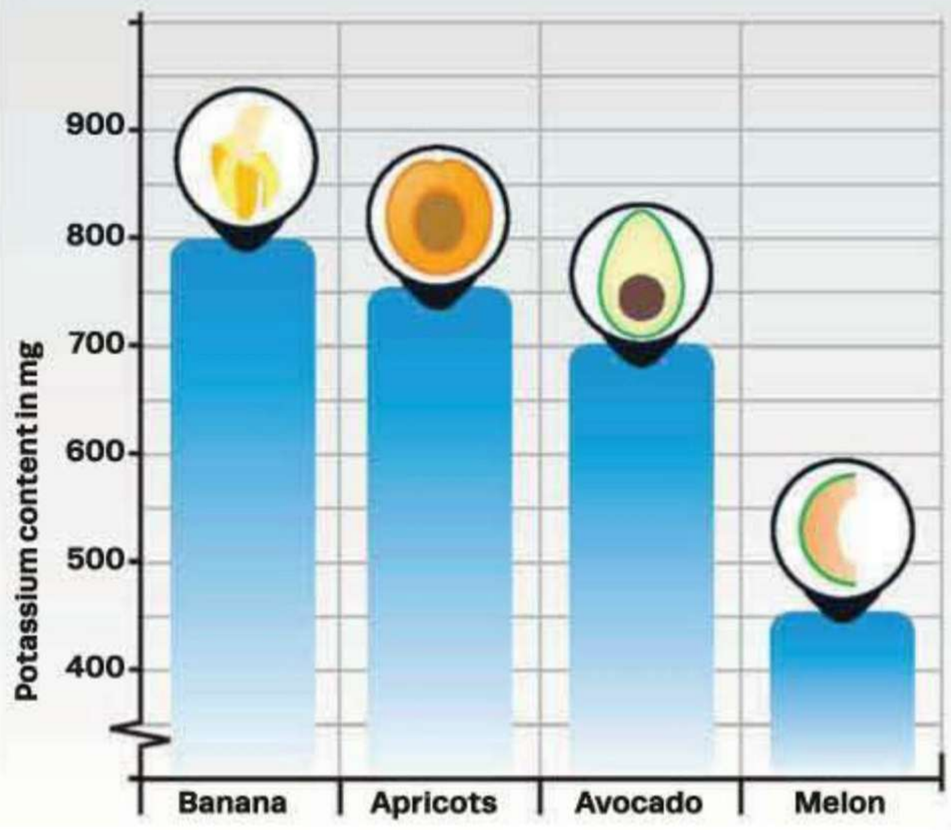
Spice up your vision

We're just mad about saffron – and not just because it gives that distinctive and delicious tangy taste to paella. The spice contains the carotenoids lutein and zeaxanthin, which are shown to safeguard your eyesight against macular generation. They also have remarkable effects on the genes that regulate the cell membranes of the photoreceptors (your 'key vision' cells) making them tougher and more resilient. Stirring 20mg into your Calasparra paella rice as it simmers away will not only set you up for a spectacular feast, it'll help you stay eagle-eyed into your later years.[1]

Sainsbury's saffron, £2.80 for 0.4g
sainsburys.co.uk

Apricots lower blood pressure

Maintaining a 3:1 salt/potassium ratio will lower your risk of hypertension and these potassium-rich foods will help you keep the balance. If bananas aren't your thing apricots, avocados and melon are great alternatives



FACTS OF LIFE

700mg

The amount of calcium you should take per day for the lowest risk of bone fractures. That's equivalent to three glasses of milk[2].

In other news...

SWAP YOUR STEAK TO LOSE WEIGHT

Switch your 170g grilled fillet steak for a sirloin of the same size and you'll eat 54 fewer calories, because sirloin is leaner, but still succulent and delicious. Great if you're trying to lose weight, but don't want to sacrifice taste or portion size. So you really can have your steak and eat it.



ONE-WORD ANSWER

Which spice should I look for in my curries to boost my sex drive?

FENUGREEK

It's rich in saponins, chemicals which help your body to release sex hormones. In a recent study, a regular dose raised libido by 28%[3].

WORDS CHARLIE JACKSON. PHOTOGRAPHY GETTY. ILLUSTRATIONS ROB MILTON

FOOTNOTES 1 According to research from the University of L'Aquila, Italy 2 Uppsala University, Sweden 3 Centre for Integrative Clinical and Molecular Medicine, Australia

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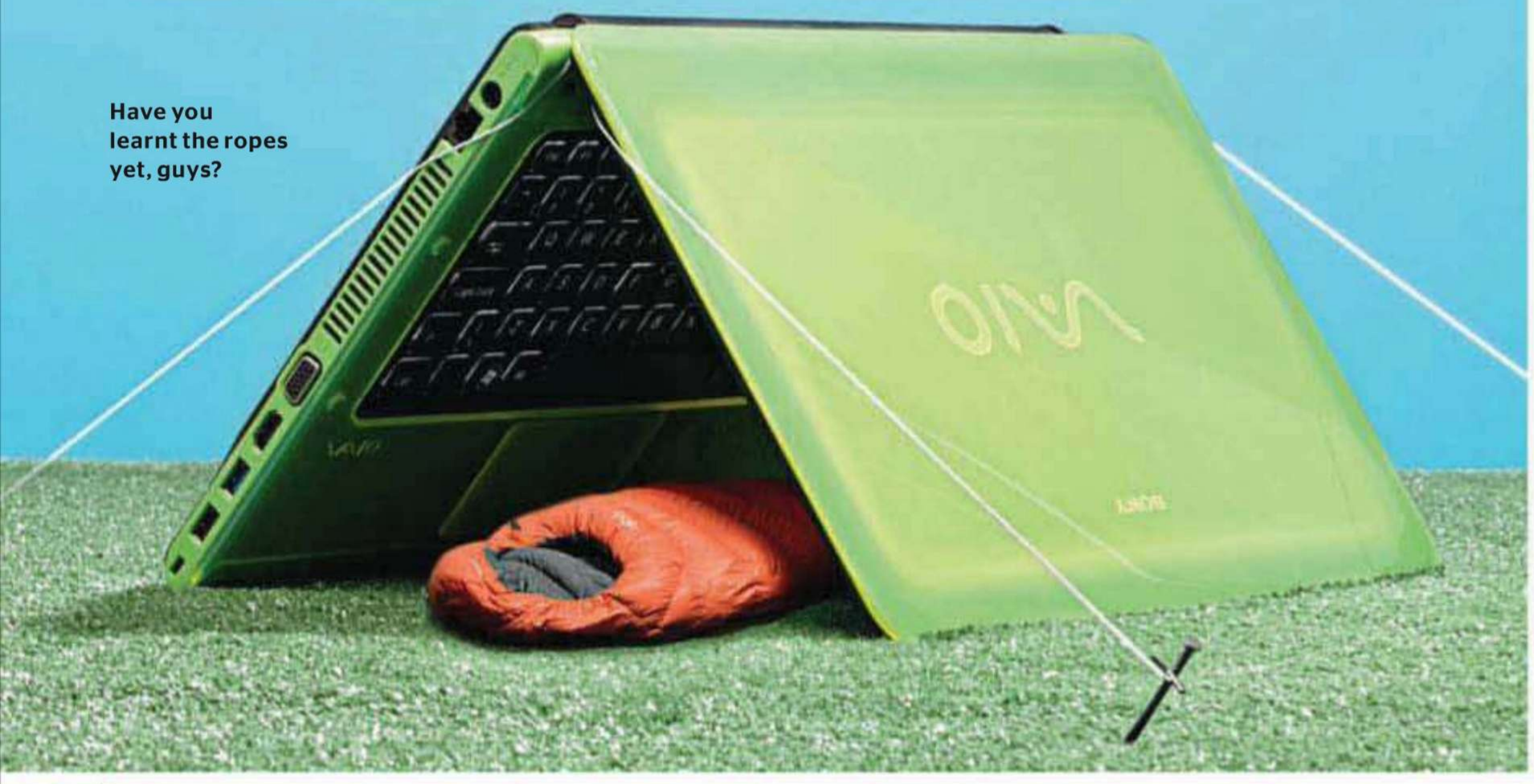
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Outdoor input

PLUG INTO SUCCESS #5

Make the most of the great British summer and ace your outdoor experience with dispatches from the digital frontier

	PODCAST	BLOG	TWITTER FEED	APP
	For cleverer camping	For optimal outdoor eats	For your backstage pass	For when rain stops play
NAME	Outdoor Station	Redvisitor	Summr Festival Guide	FootiePubs
YOU'LL GET	Award-winning audio and video podcasts, covering everything you need to enjoy the great outdoors in style.	Lists of the best 'hidden' picnic destinations in cities around the world.	Tickets, news and all the details for the top UK and European festivals.	Locations of the nearest pubs showing the big match that weekend – it even tells you whether they serve good food.
GO TO	outdoorsstation.co.uk (Free)	redvisitorblog.com (Free)	@UKFestivalGuide (Free)	iTunes (£1.79)
HOW WILL IT HELP?	It pinpoints the cream of the crop in terms of hotels, deals and destinations as well as all of the very best technical clothing and equipment.	When you're away, this puts you in prime position. Because meals al fresco aren't just more fun than restaurants, they're cheaper too.	There are frequent ticket giveaways. Plus no influence from event sponsors, so a genuine, unbiased, take on the festival scene.	You can't rely on the British weather, but you *can* rely on this to find you a great pub with all the entertainment you need.
SPECIALISTS SAY	"It's where the experts go to compare notes," says tech writer Michael Sawh[1]. "Outdoor obsessives review the latest kit and give great suggestions for going off the beaten track."	"They're obsessed with finding the best local places. They also use tips from high-profile locals – like designer Sir Paul Smith," says food writer Neil Davey[2].	"There are weekly competition offers for VIP tickets to all the top festivals, plus guides to finding the perfect UK festival – at the perfect price," says Sawh.	"This ingenious new app provides a map of every football pub in greater London (soon to be nationwide)," says Sawh. Now all you have to do is convince your girlfriend.



Have you learnt the ropes yet, guys?

Mr iT

Don't give me no 'turn it off and on again', fool



Dear Mr iT,
I'm useless with barbecues – is there anything I can download that'll help when I'm on the grill?
Jason, Norwich

Donlt be tellin me you ainlt sizzled no steak in the back yard, fool? Lucky for you, Mr iT knows the answer. He uses iBBQ (free on iPhone) when the team comes over. It has videos, recipes and a weather report so you can plan ahead. My main men over at gratetv.com find lem on YouTube sucka have all the T-bone recipes a man could hope for, too. Now stop actinl the fool, fool, and get that cookinl machine fired up!



The great outdoors requires reliable navigation and your phonels functions wonlt cut it. The Montana 650t is hardier than the average smartphone, with a battery that lasts for ages. It has a 5-megapixel camera and its screen can be read clearly outdoors many phones canlt manage that, says Jason Jenkins[3]. (£349 mesltd.co.uk)

WORDS MATT HUSSEY. PHOTOGRAPHY DAN MATTHEWS. ILLUSTRATION SHIBUYA AT DUTCH UNCLE. SLEEPING BAG: RAB NEUTRINO 400, OUTWELL TARZAN ROCK PEG, OUTWELL LUMINOUS GUY LINES 4 X 3M, COTSWOLDOUTDOOR.COM. SONY VAIO C SERIES LAPTOP £630 SONY.CO.UK. GRASS DZD.CO.UK

FOOTNOTES 1 Of technology website, T3.com 2 Game reviewer and food writer for *The Guardian* 3 Editor of Cnet.co.uk – the gadget guide and reviews website

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MARSHALL

AUTUMN WINTER COLLECTION 2011

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HOMME
by DAVID BECKHAM

THE NEW FRAGRANCE

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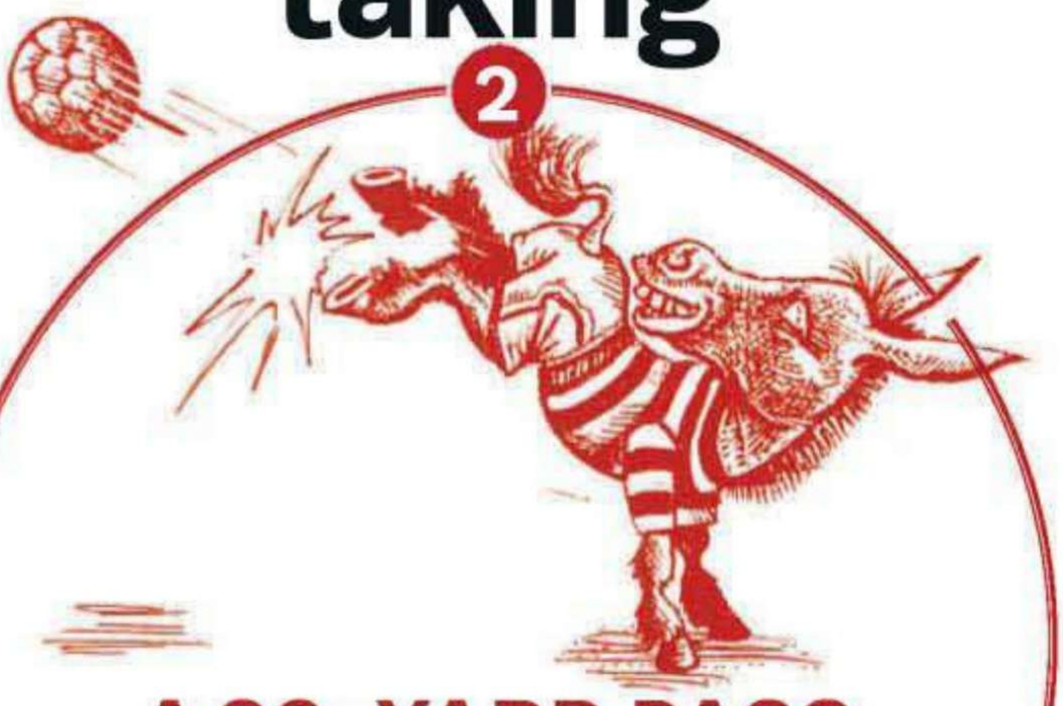
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THE GUY LIST

10 risks worth taking

1 DISAGREEING WITH YOUR BOSS

No, we don't mean in a 'maverick cop at loggerheads with the DA' way. Handled correctly, this can actually be a career-maker. Do it face-to-face and be sure to bookend your difference of opinion with a few positive alternative suggestions, and you might be surprised at how warmly it's received.

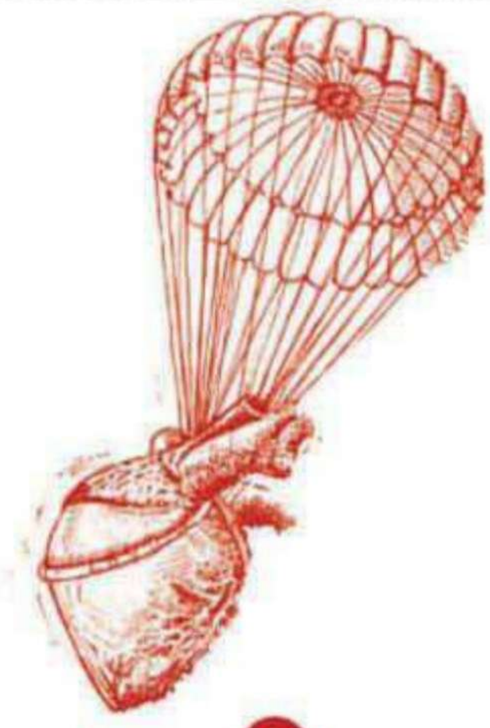


2 A 30-YARD PASS

There's a fine line between an artless hoof and a geometric defence-splitter. Sublime if it comes off, but if it doesn't, affect a Steven Gerrard-style knitted brow, so they know punting the ball to the opposition keeper isn't what you meant to do.

3 STARTING YOUR OWN BUSINESS

It's a great test of resilience, particularly in this climate. And if it all goes wrong? Well, in the words of Rudyard Kipling, "If you can meet with Triumph and Disaster, and treat those two impostors just the same...". With the important caveat that you should never hand over the deeds to your house to either of them.



4 TAKING UP A DANGEROUS SPORT

Because no sport is as dangerous as sitting around doing nothing: having a sedentary lifestyle is tantamount to BASE jumping for your heart.

5 GETTING MARRIED

If it doesn't work out, at least you'll know. With an unhappy cohabitation there's that desperate ambiguity that can drag it out for years.

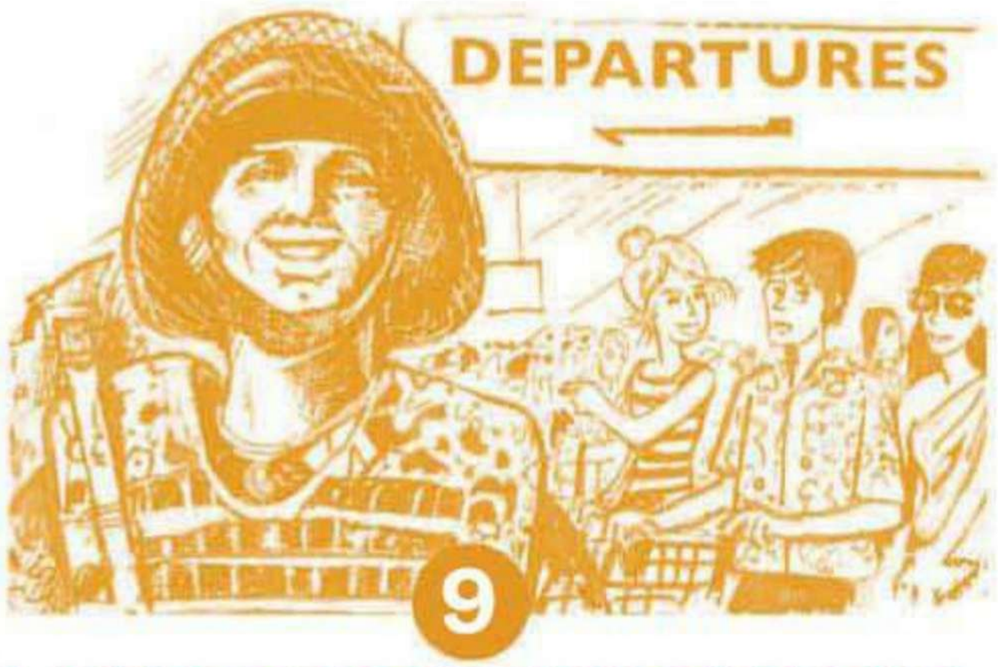
6 LEAVING YOUR JOB

That dream of owning a vineyard or securing a DJing residency in Miami might not come off, but no pay cheque is worth eight hours of misery daily.



7 COMMITTING TO A RELIGION

Put it this way, if God does exist, it'd be a shame to miss out. Even if you pick the wrong one, any deity will look at you more favourably than an agnostic. At least you played the game.



8 DANCING

Lighten up. Even if you look like MC Hammer on crack[1] at least you're enjoying yourself. Which is always better than standing solo at the bar.

9 A 'WARZONE' HOLIDAY

OK, not a really hot one, but to paraphrase Orson Welles in* The Third Man, *in Switzerland they've had 500 years of peace, and their nightclubs are rubbish. Beirut, however, is going off – with bars, clubs, and women who look like Victoria's Secret Angels with only slightly more clothes on

10 ADDING THAT EXTRA 10KG

Short on gains? It's time to bring on the pain... hold on, we never said to ditch your spotter, too. Nutter.

WORDS MIKE SHALLCROSS. ILLUSTRATIONS CHRIS PRICE AT DEBUT ART

FOOTNOTES 1 Unsurpassed description of crazy dancing, first seen on Digital Underground's 1990 hit *The Humpty Dance*

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THE WIRE

BREAKTHROUGHS YOU'LL LOVE FOR IMMEDIATE RELEASE // EDITED BY CHARLIE JACKSON PHOTOGRAPHY SAM ARMSTRONG

_TEAM University of Texas Southwestern Medical Centre

_SUBJECTS 11,000 men

_TEST Clinical exam and treadmill exercise to determine heart health

_INFO tinyurl.com/5wpbxrd

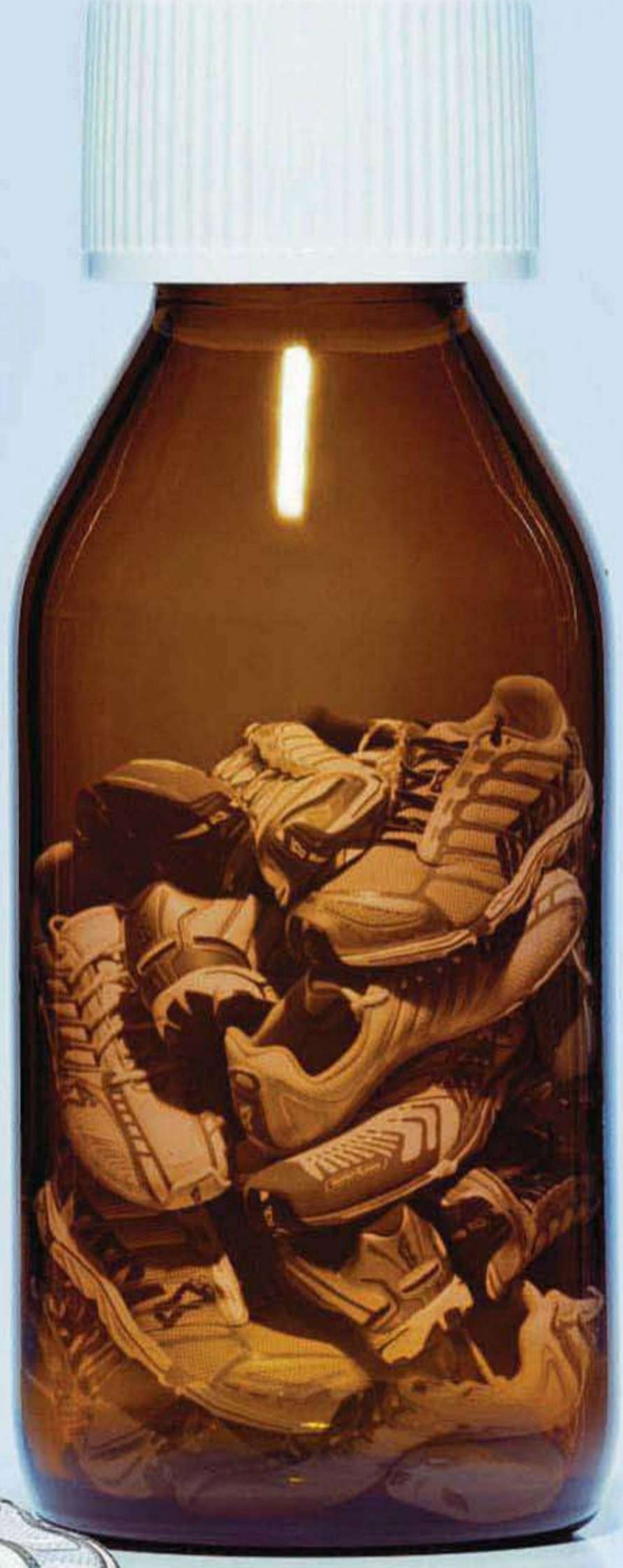
FITNESS

RUN AN EIGHT-MINUTE MILE TO SAVE YOUR HEART

Want to know how your heart will hold up in future? Get those running shoes on. American scientists have discovered that they can predict your risk of developing heart disease based on how fast you can run a mile.

They collated information from 11,000 men and found that those who took 15 minutes to run a mile had a 30% lifetime risk of getting heart disease. Whereas men who could do it in eight minutes had a risk of less than 10%.

Heart disease tends to cluster in men who are middle-aged and older but the prescription to prevent it should begin much earlier. And by maintaining better fitness now you forestall problems later on. In this case, running is both test and cure – so what are you waiting for? There's a park near you with lakes, trees and lady joggers to impress as you sail past. ►



Minimum dose: a solid 5K, twice a week



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JOOP!

SPLASH

SOME LIKE IT FRESH.

THE NEW FRAGRANCE FOR MEN

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Don't get mad, get crossed

_TEAM University College London
_SUBJECTS 8 volunteers
_TEST Laser-generated pain measured by brain scan and patient report
_INFO tinyurl.com/64ey4d7

HEALTH

CROSS YOUR ARMS TO BANISH PAIN

You're powering down the wing, ball at your feet and... crunch – their centre-half's taken you out at the knee. You might think your next move is to do a Terry and get in the ref's face. But no – you should sit up and calmly cross your arms. This will confuse your brain into lessening your perception of pain, so you can get up and get back in the game.

In tests, researchers used lasers to generate a four-millisecond pinprick of pure pain. The pain was diminished when subjects' arms were crossed. So, 'rubbing it better' will no longer do. And the fact that you might look like you're doing some impromptu yoga is neither here nor there. Because when agony strikes, you'll feel better, quicker. ►

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_TEAM Wayne University
_SUBJECTS 60 dating couples
_TEST Lab test to determine how friendships affected romantic relationships
_INFO tinyurl.com/3qeekw4

SEX

FIRE UP YOUR SEX LIFE BY 'TALKING DIRTY'

Want more action in the bedroom? Going on a double date will reinvigorate your sex life. A US study reveals that dating couples who integrate other couples into their social lives are more likely to have happy and satisfying sexual relationships. Researchers found that couples encouraged to discuss 'high disclosure' topics detailing sex and intimacy were not only more likely to meet up for further 'discussion' (really), but felt a keener interest in their romantic partners, too.

In a neater version of that *When Harry Met Sally* moment, you'll have whatever *they're* having. But remember, you're only taking things so far – so make sure you leave your car keys in your pocket. ►



The perfect venue for a Dali-ance

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A show of wealth will fan the flames of her ardour



_TEAM
Texas and Minnesota Universities

_SUBJECTS 1,000 people

_TEST Determining the effects of spending on sexual behaviour

_INFO apa.org/pubs/journals/psp/index.aspx

PSYCH

BRANDISH YOUR BLING TO SIGNAL SEXUAL INTENT

A fling, by definition, is not designed to last forever. The trick is to attract a like-minded lady. So cut to the chase with an act of peacockery that invites a specific response. Scientists found that when men flaunted their wealth, by showing off their flash cars or jewellery, it signalled a desire for no-strings sex. And intriguingly, they also found women interested in short-term liaisons considered men who flaunted these types of objects more attractive and desirable than others who were more moderate. So put on your best watch, stand at the bar with your sleeves rolled up and ask the ladies to form an orderly queue. MH

PHOTOGRAPHY LISA GEE AT STUDIO 33, GETTY. DIGITAL IMAGING PRE MEDIA

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CiDRE

(SEE-DRA)



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Share in the journey to London 2012.

Over seventy days, the Olympic Flame will be carried across the length and breadth of the UK as it makes its historic journey to the Opening Ceremony of the London 2012 Olympic Games. At Lloyds TSB we're giving people who make a real difference in their community the chance to be a Torchbearer in the Olympic Torch Relay. If you know someone who deserves to take part, nominate them at **lloydstsb.com/carrytheflame**

Nomination process involved. Terms and conditions apply. You must be 12 years old or over.

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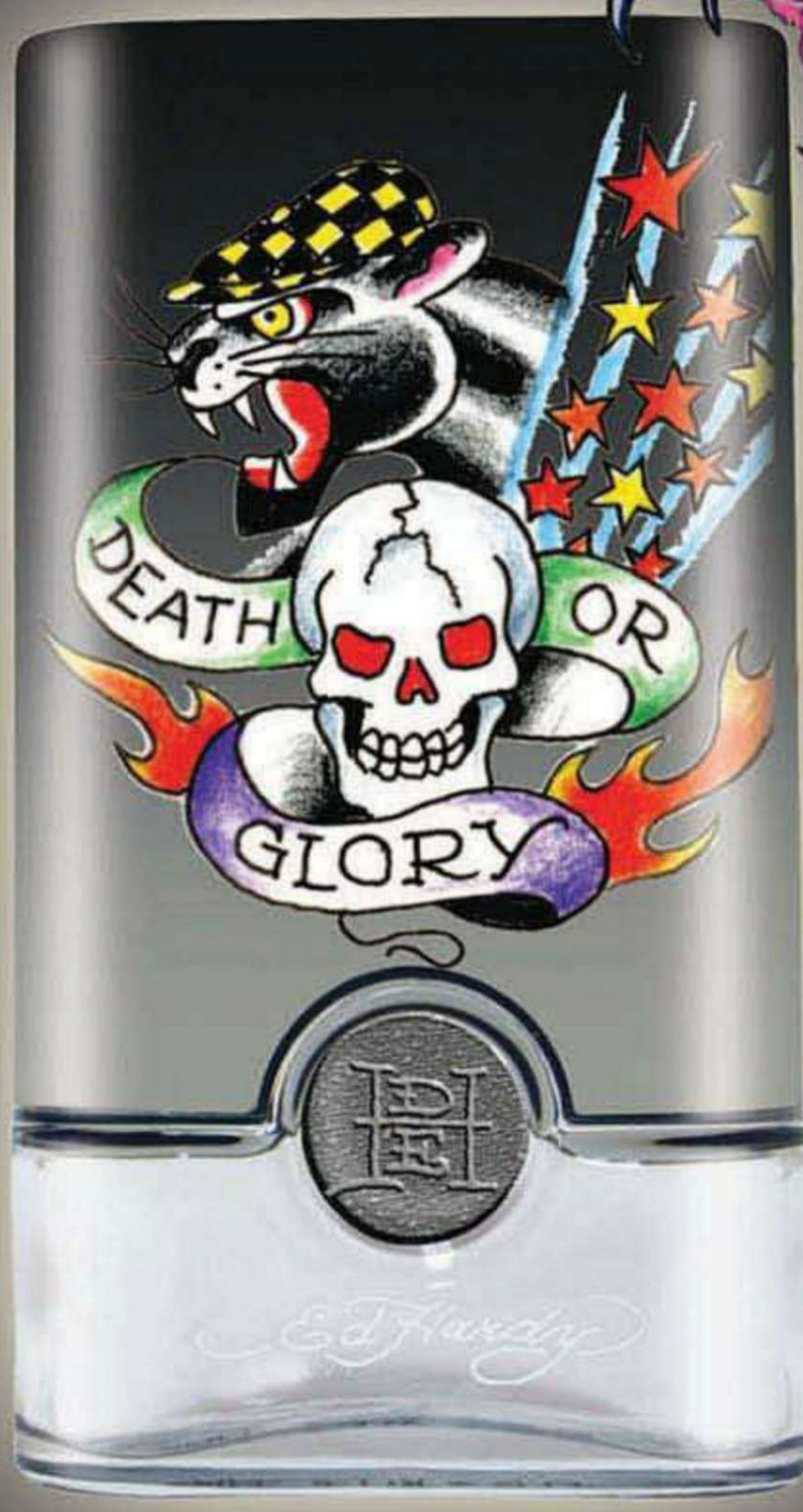
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Proton-powered ball control from the *MH* lab

THE NEW SCIENCE OF FOOTBALL

Premiership teams have upped their game courtesy of the men in white coats. So *MH* consults with the experts to give you and your team the scientific advantage you've been waiting for

WORDS MARK BAILEY. PHOTOGRAPHY MARCO VITTUR AT STUDIO 33. DIGITAL IMAGING PRE MEDIA. MODEL ROB MEAD AT NEXT. FOOTBALL AND KIT SHOP.ADIDAS.CO.UK. ILLUSTRATIONS JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK. LUCOZADE SPORT IS THE OFFICIAL SPORTS DRINK OF CHELSEA FC

For some it's just a game, for others it's a religion. But for the world's top players and coaches, football is a science. Game analytics and precision nutrition have become the norm at top clubs across the country and data-crunched training methods are producing new and exciting advances in players' fitness and performance. So, just in time for the start of the new season, *MH* has assembled an elite team of touchline professors whose insights will revolutionise your game, whatever level you play at. Try out each of these drills once a week to give your game a cutting edge – and their goalkeeper sleepless nights.

INCREASE YOUR SKILL + FLEXIBILITY

Combining these will buy you greater movement, says Dr Sam Erith, head of sports science at Tottenham Hotspur FC

1 To set up, stand behind one teammate with two others stood on the other side of him ready to throw balls at your feet.

2 Practise fast feet around your man, with zig-zagging side-steps. Receive the ball, then volley it back off your laces.

3 Get your throwers to increase the height each time so you work hip flexibility, strike technique and ball control.

4 Then turn 90 degrees and try it side-on, volleying with the outside of your foot, for better hamstring flexibility. ▶

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THINK SMART

Boost your mental game with sports shrink Bradley Busch

LANGUAGE Criticising yourself with harsh words releases stress hormone cortisol, fogging decisions. So instead think of positive solutions.

EMOTIONAL CONTROL Anger can overwhelm your brain, but saying 'I'm angry' reduces its intensity. Label your emotion and move on.

ATTENTION Don't overload yourself. Focus on three things you *can* control, such as energy, movement and timing. Not the ref's bad call.

PHYSIOLOGY Your body language affects your mood – if your head tilts forward, your brain powers down. So, don't let your eyeline drop any lower than the corner flag.

Put the boot in with football skills powered by science



VISION CONTROL

How to see the big picture, by vision coach Sherylle Calder

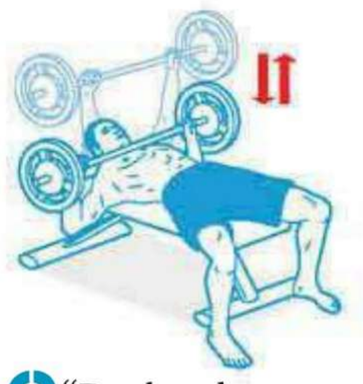
A "Put last month's *Men's Health* cover on a wall at eye level 6m away and hold this month's 30-40cm from your face," says Calder. "Focus on a headline on the distant copy."

B "Now quickly snap back and refocus on the near copy." Do 5x1-minute sessions 4-5 times a week to improve your ball receiving, range of passing angles and shooting. Your pitch awareness will soon rival Iniesta's.

BUILD A PITCH-READY BODY

"The days of 20-minute jogs are over," says Erith. Get yourself match fit with this drill

1 Jump off a box, landing on both feet. Jump laterally, landing on one leg. Hold, then sprint. It'll help you lose your marker faster.



3 "Do 5 bench presses, 6 ball press-ups and 9 chest rows," says West Ham coach Mathew Monte-Colombo. You'll slash recovery times.

2 "Do 8x15-second sprints with 15-second rests," says Erith. And throw in sharp changes of direction to build acceleration and deceleration.



4 Beat fatigue with leg-strength. "Do 3x6 single-leg squats and lunge walks and you'll still be chasing the ball down in extra time," says Erith.

THE RIGHT FUEL

The nutritional rule of three by Nick Broad, head of sports science at Chelsea FC

HOW IT WORKS "Our players have three equal portions of carbs (for energy), protein (for muscle repair) and fruit and veg, with healthy fats (for immunity and brain function), at every meal," says Broad. Here's an example of a day's menu:

BREAKFAST Mackerel with wholemeal toast, then strawberries and blueberries.

LUNCH Wholemeal pasta, sea bass, three coloured vegetables with olive oil.

DINNER Chicken wraps with peppers, avocado and red onion.

. FOR MORE FROM BRADLEY BUSCH, INNERDRIVE.CO.UK. FOR MORE FROM SHERYLLE CALDER, DRSHERYLLECALDER.COM

AVOID THE INJURY LIST ALL SEASON

Protect your body against untimely injuries using these drills from Spurs' Dr Sam Erith

Ankle sprains
... caused by the shock of the new season.
PREVENT IT "Hop forward on one leg and hold for 5 seconds. Switch legs, then try variations such as hopping backwards."

Hamstring strains
... caused by the cold and muscular fatigue.
PREVENT IT "Kneel with your feet secured and lean forwards as far as you can, using your arms to catch yourself." Do 3x15.

Adductor muscle injuries
... caused by cumulative muscle fatigue.
PREVENT IT "Lie on your back and balance a ball between your thighs, then raise your hips and hold for 5 seconds." MH

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WHO IS THE UK'S PERFECT WOMAN?

MH polled 2,000 readers to discover exactly what you're looking for in the fairer sex in 2011. You told us what your ideal woman looks like, how she thinks and what she wants. Then we went and found her. She's right here on this page. Turn over to reveal all...



Is your perfect girl older or younger than you?

Older women	6.7%
Younger women	22.0%
Same age as me	**43.6%**
It doesn't matter	27.7%

Is she interested in fitness?

Yes, she's very active	34.0%
She is an occasional gym-goer	**51.3%**
She's not bothered	5.4%
It doesn't matter	9.3%

Does it matter if she earns more than you?

Yes	7.9%
No	**92.1%**

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PHOTOGRAPHY MARTHA PAVLIDOU AT STUDIO 33. GROOMING GINA ANDERSON & CHARLOTTE GASKELL AT LHA REPRESENTS. STYLING VICKI HILLMAN AT ERA. ASSISTANT NICOLA SEWELL. MODELS MEGAN AT MAD DOG CASTING, JASMINE AT IMM, CHENADE, CLARE R, DAISY, STACEY AT SAMANTHA BOND. DIGITAL IMAGING PRE MEDIA

How does she usually wear her hair?

Straight	35.9%
Wavy	**55.1%**
Curly	9.0%

Cropped	2.6%
Bob	4.5%
Shoulder-length	**50.4%**
Long	42.5%

Light blonde	13.7%
Dark blonde	16.0%
Brunette	**53.5%**
Red	6.3%
Black	8.9%
Other	1.4%



Her personality traits

Top 3
- **Funny**
- **Honest**
- **Intelligent**

Bottom 3
- Shy
- Tough
- Opinionated

Is it okay if she has children from a previous relationship?

Yes	16.1%
No	**52.3%**
It doesn't matter	31.6%

TURN TO REVEAL THE NATION'S PERFECT WOMAN

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Is it more important that she gets on with your friends or your family?

Friends		Family	
Very important	25.5%	**Very important**	**45.6%**
Quite important	**37.0%**	Quite important	31.5%
I'd prefer if she did	29.4%	I'd prefer if she did	17.7%
It's not important	8.1%	It's not important	5.2%

How do you feel about breast implants?

I'm against them	13.3%
I prefer real boobs	**56.4%**
I don't mind either way	16.2%
It's OK as long as it's subtle	13.7%
I like the look of obviously fake breasts	0.5%



What is her ideal body shape?

Banana	9.0%
Apple	4.9%
Pear	27.0%
Hourglass	**59.1%**

How often does she like to have sex?

She's insatiable	8.5%
She likes it daily	**41.9%**
She likes it every few days	40.3%
She likes it once a week	3.1%
She likes it once a month	0.3%
She likes it every few months	0.1%
It doesn't matter	5.8%

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PERFECTION

The nation has decided. *MH* scoured the land to find a woman who matched the exact proportions of your ideal woman. Here she is...



FRONT ROW, LEFT TO RIGHT PINK DRESS AND SHOES, NEW LOOK; SHOES, NEW LOOK; BRIEFS, MYLA; BLUE DRESS, NEW LOOK; SHOES, NEW LOOK; BRIEFS, MYLA; JASMINE RED T AND SHORTS, AMERICAN APPAREL; RED SHOES, NEW LOOK; BRIEFS, MYLA. BACK ROW LEFT TO RIGHT BLUE T-SHIRT DRESS, AMERICAN APPAREL; BLUE SHOES, NEW LOOK; BLUE BRIEFS, PRINCESSE TAM TAM; RED DRESS, NEXT; SHOES, CARVELA; BRIEFS, ELLE MACPHERSON; ORANGE T SHIRTS DRESS, AMERICAN APPAREL; SHOES, NEW LOOK; BIKINI BOTTOMS, PRINCESSE TAMTAM; RED DRESS, NEXT; SHOES, NEW LOOK; SHOES, LIPSY; BRIEFS, PLAYFUL PROMISES; BACK ROW LEFT TO RIGHT PINK DRESS AND SHOES, NEW LOOK; SHOES, NEW LOOK; BRIEFS, MYLA; BLUE DRESS, NEW LOOK; SHOES, NEW LOOK; BRIEFS, MYLA; TURQUOISE DRESS, DIVA; SHOES, NEW LOOK; BRIEFS, EBERJEY; PURPLE DRESS, BIBA AT HOUSE OF FRASER; SHOES, NEW LOOK; BRIEFS, DKNY; NUDE TOP, PRIMARK; GREEN JEANS, NEW LOOK. SHOES, CARVELA. BIKINI BOTTOMS, MYLA. YELLOW MAXI DRESS, NEW LOOK; SHOES, CARVELA; BRIEFS, PRINCESSE TAM TAM; JASMINE RED T AND SHORTS, AMERICAN APPAREL; RED SHOES, NEW LOOK; BRIEFS, MYLA. ROW TWO, LEFT TO RIGHT: YELLOW DRESS, DIVA; SHOES, NEW LOOK; BRIEFS, EBERJEY; PURPLE DRESS, BIBA AT HOUSE OF FRASER; SHOES, NEW LOOK; BRIEFS, DKNY; NUDE TOP, PRIMARK; PINK TROUSERS, RIVER ISLAND; PINK SHOES, DUNE; BRIEFS, MYLA; TURQUOISE MAXI DRESS, NEW LOOK; BRIEFS, DKNY; NUDE TOP, PRIMARK; PINK TROUSERS, RIVER ISLAND; PINK SHOES, DUNE; BRIEFS, MYLA; RED DRESS, NEXT; RED SHOES, CARVELA; RED BRIEFS, DKNY; NUDE TOP, MARKS & SPENCER; SALMON MAXI SKIRT, TOPSHOP; BRIEFS, ELLE MACPHERSON; YELLOW SKIRT AND T-SHIRT, AMERICAN APPAREL; SHOES, CARVELA; BRIEFS, MIMI HOLLIDAY; TURQUOISE DRESS, DIVA; SHOES, DUNE. TURQUOISE SATIN BRIEFS. PLAYFUL PROMISES. NUDE TOP. PRIMARK. GREEN JEANS. NEW LOOK. SHOES. CARVELA. BIKINI BOTTOMS. MYLA. YELLOW MAXI DRESS. NEW LOOK; SHOES. CARVELA; BRIEFS. MIMI HOLLIDAY; TURQUOISE DRESS. DIVA; SHOES. DUNE. TURQUOISE SATIN BRIEFS. PLAYFUL PROMISES. NUDE TOP. PRIMARK. GREEN JEANS. NEW LOOK. SHOES. CARVELA. BIKINI BOTTOMS. MYLA. YELLOW MAXI DRESS. NEW LOOK; SHOES. CARVELA; BRIEFS. PRINCESSE TAM TAM; JASMINE RED T AND SHORTS. AMERICAN APPAREL; RED SHOES. NEW LOOK; BRIEFS. MYLA. ROW TWO. LEFT TO RIGHT: YELLOW DRESS. DIVA; SHOES. NEW LOOK; BRIEFS. EBERJEY; PURPLE DRESS. BIBA AT HOUSE OF FRASER; SHOES. NEW LOOK; BRIEFS. DKNY; NUDE TOP. PRIMARK; PINK TROUSERS. RIVER ISLAND; PINK SHOES. DUNE; BRIEFS. MYLA; TURQUOISE MAXI DRESS. NEW LOOK; BRIEFS. DKNY; NUDE TOP. PRIMARK; PINK TROUSERS. RIVER ISLAND; PINK SHOES. DUNE; BRIEFS. MYLA; RED DRESS. NEXT; RED SHOES. CARVELA; RED BRIEFS. DKNY; NUDE TOP. MARKS & SPENCER; SALMON MAXI SKIRT. TOPSHOP; BRIEFS. ELLE MACPHERSON; YELLOW SKIRT AND T-SHIRT. AMERICAN APPAREL; SHOES. CARVELA; BRIEFS. MIMI HOLLIDAY; GREEN DRESS. ZARA; SHOES. NEW LOOK; BRIEFS. PRINCESSE TAM TAM; ORANGE JUMPSUIT. BERNSHAW; SHOES. NEW LOOK; BRIEFS. MIMI HOLLIDAY

WHAT PERFECTION LOOKS LIKE

HEIGHT	5FT7IN-5FT8IN
DRESS SIZE	8
SKIN TONE	TANNED
FACE SHAPE	OVAL
EYE COLOUR	BLUE
CUP SIZE	C

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WATCH FIVE FILMS IN A ROW

You suspend your disbelief when you're engrossed in a movie marathon. This reduces anxiety, protecting your heart by lowering cortisone levels, according to Birgit Wolz, a psychotherapist at cinematherapy.com.

"What makes the film experience is the moment you're utterly enraptured," says Dan Jolin, film critic at Empire.

DO IT NOW

California State University found the best films for this are those where you subconsciously mimic the characters' emotions. *Saving Private Ryan* is a good example.

VISIT ALASKA

Research in *American Scientist* found that you get a surge of pleasurable dopamine from dramatic vistas. August is when Alaska has most sunlight, so you can stock up on vitamin D (see p114 for more).

"Right now, the Alaskan landscape is the most serene and inspiring place in the world," says Heinz Beck, Michelin-starred chef at Apsleys.

DO IT NOW

Take a trip from Anchorage to Juneau, and whale watch while you cruise the fjords. Flights from London to Anchorage from £774 (Tripadvisor.co.uk).



WALK COUNTRY TO COUNTRY

Research by the University of Pittsburgh says that walking 6-9 miles a week reduces the risk of dementia by up to 50%. And a study by Mind says walking can be as effective as medicine at combating depression.

"The Pyrenees from southwest France to northern Spain are unequalled," says Simon Calder, travel editor at The Independent.

DO IT NOW

The walk from St Jean Pied de Port to Roncesvalles takes six and a half hours. Biarritz is the nearest airport, serviced by Ryanair (from £21 ryanair.com). ▶

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SPEND OVER £500 ON ART

A study at Emory University found that spending time looking at works of art activates your brain's reward system more than photographs of the same pieces. You'll get a stress-busting release of dopamine every time you walk by your own masterpiece.

"Art is uplifting. The revelation can be likened to a religious experience," says art dealer Philip Mould.

DO IT NOW

Get a life-saving print from the masters at surfaceview.co.uk, or head to affordableartfair.com to pick up an original, minus the Christies' prices.



PLAY HIGH-STAKES POKER

Research in the *Journal of Neurology, Neurosurgery and Psychiatry* found the brains of people who take occasional risks are less likely to succumb to Parkinson's disease. No bluff. Plus, honing your skills leads to better decisions in real life.

"It has taught me how to decipher people's actions and how to take risks," says Liv Boeree, poker champion and astrophysicist.

DO IT NOW

Nothing beats hours at the table, so sign up for unlimited free games at pokerstars.com, the world's largest poker site.



DIVE WITHOUT OXYGEN

Freediving can help to lower your blood pressure, dilating your arteries so that blood and oxygen flow more easily around your body. It's also the easiest and cheapest way to fully immerse yourself in an alien environment, and brings about a unique state of awareness.

"You'll experience a feeling of unbelievable confidence after learning how to hold your breath for three minutes," says Emma Farrell, professional freediver.

DO IT NOW

Freediving is cheap – all you need are fins and a wetsuit. From £75 (emma-freediver.co.uk).



SPEED-SLIDE ON A BOBSLEIGH

Adrenaline gives you more than a fleeting buzz. It buffers you from the effects of stress by sending an immune-system-boosting flood of red blood cells through your body. Texas A&M University research found repeat exposure causes you to automatically trigger this.

"Hitting speeds of 95mph and pulling up to 5Gs, bobsleigh is second to none," says John Jackson, Europa Cup Gold Medallist. Think F1 thrills in little more than a soap box.

DO IT NOW

Get yourself to St Moritz's Cresta Run, for speeds of up to 80mph (£400, cresta-run.com). MH

RAVE AWAY THE GRAVE

Look at the Ibizan routine: 1. Five hours' sleep – the University of California found people who get 4-7 hours will live for longer. 2. Drink beer – *The Lancet* says it may be better than red wine for preventing heart disease. 3. The sunset ups your vitamin D, while the mint in your mojito releases nutrients from your food.

"Catch the Ibizan sunset with a mojito," says DJ Judge Jules. Its latitude is higher than that of the other global party capital Miami, allowing a more mesmeric twilight

DO IT NOW

Return flights from £43, from Luton Airport (thomson.co.uk).



You can't beat the Ibizan sunset

WORDS RYAN THOMPSON. PHOTOGRAPHY GETTY, REX

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The SUPERMARKET GETAWAY

Up to 59% of the items that make their way into your supermarket trolley are unplanned purchases*. Sneak past the marketing traps to leave with better value, healthier food

1 MAKE A FASTER GETAWAY

"Essential items like milk are often located at far-flung corners of the shop A to maximise customer transit," says Dr Leigh Sparks, professor of retail studies at the University of Stirling. It's a clever ploy to increase the number of impulse items on your receipt.

YOUR GETAWAY

"Go around the periphery first to pick up essential purchases," says Professor Alan Penn from University College, London. Supermarkets use smaller floor tiles to slow you down in areas with more expensive items. "As the clicking of the trolley wheels becomes quicker, you instinctively slow down," adds Penn. Reverse this psychology by going to the frozen section early – this gives you an incentive to put your foot down before the goods defrost.

2 LOOK UP TO SAVE MONEY

How did those wind-dried cannellini beans ended up in your trolley? It's a classic supermarket set-up. "Shoppers focus their gaze 15-30 degrees lower than eye-level," B says retail consultant Brenda Soars. "This is where higher value items are stacked."

YOUR GETAWAY

Keep left. Research from the University of Southern California found customers subconsciously veer to the right of an aisle (facing the back of the store) so that's where expensive impulse buys are stocked. Abandon your in-store routine. "You shop in a suggestible state, leaving you open to psychological tricks," says Soars. Change the day and time you go. Breaking the routine makes you less susceptible to in-store trickery.

3 PLEASE SIR, BUY SOME MORE

"Supermarkets match up complementary items for shoppers," says Dr James Intriligator who lectures on consumer psychology at Bangor University. "One half of the pair will be an expensive item that they want you to pick up without thinking."

YOUR GETAWAY

"People are 30% more likely to buy items on the end of an aisle C compared to the middle," says Dr Brian Wansink, director of the Food and Brand Lab at Cornell University. So don't assume that's where you will save money. Opt for a basket over a trolley where possible. "When space is at a premium, you make more measured purchasing decisions," says Sparks. So that two-litre bottle of sugary fizzy liquid won't get a look in.

WORDS JON AXWORTHY. PHOTOGRAPHY PETER CROWTHER ASSOCIATES. *SOURCE: MARKETING SCIENCE INSTITUTE/ POINT OF PURCHASE ADVERTISING INSTITUTE. **ACCORDING TO THE GUINESS END OF YEAR REPORT 2010

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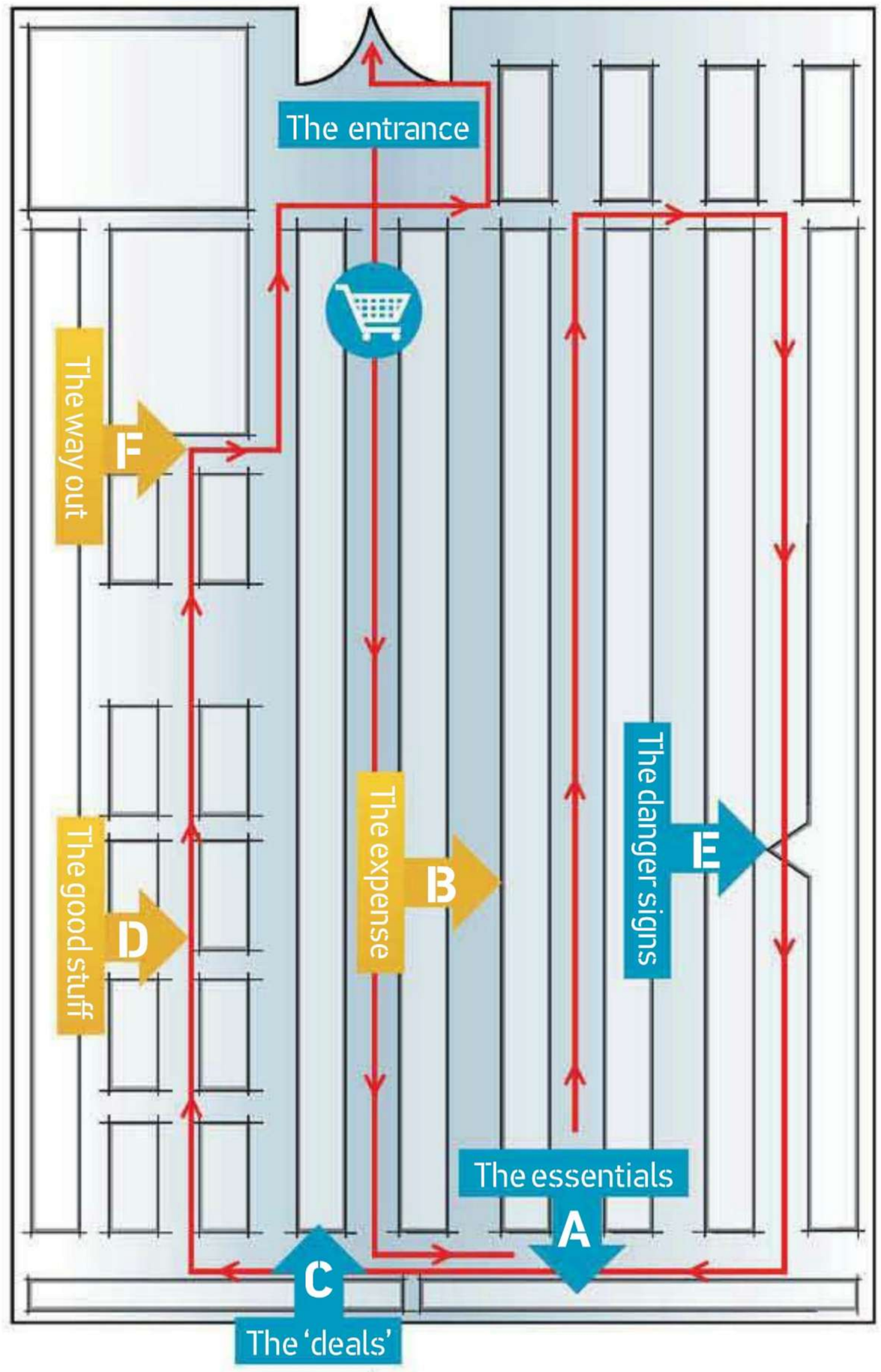


BEWARE RED SIGNS

"THEY ATTRACT YOU TO PROMOTIONS AS THEY ARE EASY FOR THE BRAIN TO PROCESS," SAYS SOARS. "SIMILAR COLOUR SCHEMES ARE THEN REPEATED ON SIGNS FOR ITEMS THAT AREN'T DISCOUNTED TO MAKE YOU THINK YOU'RE GETTING A DEAL."

HOW TO GET OUT, QUIDS IN

STUDY THIS MAP AND YOU'LL SHOP SMARTER EVERY TIME



4 THE SUM OF ALL PEARS

At the fruit and veg aisle (D), loose goods are priced by the kilo, while those in packs are sold per item. "Supermarkets throw up lots of barriers to comparison shopping, so it's difficult to choose the cheapest," says Sparks.

YOUR GETAWAY

Look for the per-kilo cost of your five-a-day which is usually in small print on the displays – even for packaged goods. If you're in a rush (or just confused), go for the loose items. They're not only cheaper, but it also makes it easier for you to judge just how much you need for the week, minimising any waste. Always remember to check the organic section, too: it will be deliberately placed in a different area of the supermarket from non-organic to target different markets – and there could be a deal on.

5 DANGER SIGNS

Promotional shelf space for Guinness resulted in an uplift of 23% of the black stuff**. Beware fixtures (E) used to interrupt aisles with different colours or heights. "These make you stop, look and buy," says Sparks.

YOUR GETAWAY

Never shop in a rush. "In stress mode shoppers fall back on comfort brands, which are invariably more expensive and lower in nutritional content," says Soars. Shop after a meal where possible, when your body's blood sugar is stabilised. You'll be more alert to psychological trickery. Before you go in, snack on foods high in water or air. "Have a handful of popcorn instead of a biscuit, or grapes instead of raisins," says nutritionist Dr Sarah Schenker. They'll help you feel fuller, so you're less tempted to reach for the bad stuff.

6 DON'T FOLLOW YOUR NOSE

"The entrance is where you will find lots of 'experiential' marketing," says Soars. This means big displays of fresh fruit and vegetables and the tantalising smell of fresh doughnuts, which will ramp up your hunger.

YOUR GETAWAY

Make sure you hit the fruit and vegetable aisles last. (F) "Supermarkets know that if you see wholesome goods in your trolley at the start, then you won't think twice about throwing in fatty, more expensive goods later on," says Penn. Fill out your trolley with bulkier goods at the beginning of your shop like toilet rolls and kitchen towels. That way you'll be much less likely to fill it up with the items that drain your wallet of cash and fill out your waistline. MH

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Pringles
XTREME

UNLEASH YOUR INNER XTREME!

NEW



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S SEPTEMBER

THE POWER LIST

Edited by Alex Harris

TURN YOUR MONTH INTO MIGHT



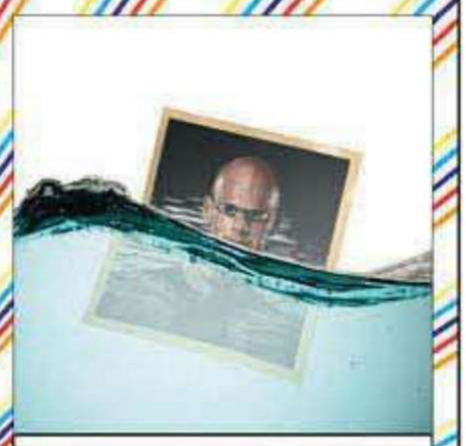
T

TASTE p73
The lolly that thinks it's a medicine



B

BRAWN p74
A brand new move for a V-shape body



S

SWIM p77
Boost your lung capacity on the sofa

SEPT 2011



U

UPGRADE p78
This month's 12 most important innovations



I

ICON p80
From Z-list to A-list, the big risks that lead to success



Y

YOUTH p84
Drink this cocktail, look years younger

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Wild roots. Urban chic.

The Mitsubishi Outlander is urban, yet wild. Its modern, luxurious interior comfortably seats seven and includes a navigation system, a top of the range 710W premium audio system, cruise control, Bluetooth phone system, rear parking camera and reversing sensors. The on-demand All Wheel Drive system – engaged only when you need it – takes you anywhere, anytime, in any weather, whilst the Active Stability Control, Traction Control and Hill Start Assist ensure you get there safely. It also comes with a world first; our 2.2 MIVEC diesel engine with variable valve technology, which delivers more power and more fuel efficiency, yet less CO_2 emissions. We call this Intelligent Motion.

MITSUBISHI MOTORS



Outlander Range: £22,499 to £30,199[2]

with Interest Free Finance[1]

For a brochure text OUTLANDER to 84880 or visit mitsubishi-cars.co.uk

INTELLIGENT MOTION

Finance plans are only available through **Finance Mitsubishi, 116 Cockfosters Rd, Barnet, EN4 0DY** and are subject to status to customers aged 18 and over. Finance Mitsubishi is part of Lloyds TSB Asset Finance.

1. Interest Free Finance offer requires a 50% deposit, other offers are available – ask for details. Indemnities may be required.

2. List prices shown include VAT (at 20%), exclude VED and First Registration Fee. £22,499 for an Outlander 2.2 DI-DC GX2 4WD and £30,199 for an Outlander 2.2 DI-DC GX4 4WD SST. Metallic paint extra. Model shown is an Outlander 2.2 DI-DC GX4 4WD at £29,459 including metallic paint. Offer is only applicable in the UK (excludes NI, Channel Islands & I.O.M), subject to availability, whilst stocks last and may be amended or withdrawn at any time. Prices correct at time of going to print. Offer available between 1st July and 30th September 2011. Specification varies by model.

Outlander range fuel consumption in mpg (ltrs/100km): Urban 37.2 - 30.4 (7.6 - 9.3), Extra Urban 53.3 - 47.1 (5.3 - 6.0), Combined 46.3 - 39.2 (6.1 - 7.2). CO_2 emissions 162 - 192 g/km.

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N
NUTRITION

ICE-MAN MUSCLE

01-05 Registered dietician Rachel Meltzer Warren turns ice lollies into health food on a stick

01 IMMUNITY LIFTER

STRAWBERRY-BALSAMIC-BASIL

The vinegar punches up the flavour without adding fat, while the strawberries add all the vitamin C you need.

- 450g strawberries
- 2tbsp chopped basil
- 2tbsp sugar
- 2tbsp balsamic vinegar

Mix 300g of whole strawberries, 1tbsp basil, the sugar and the vinegar in a bowl, marinate for an hour. Slice the rest of the strawberries and set aside. Puree the strawberry and vinegar in a blender. Add the strawberry slices and basil. Mix well and pour into lollipop moulds. Insert sticks and freeze for eight hours*. Laugh off summer colds

02 ANTIOXIDANT BOOSTER

BLUEBERRY-LAVENDER LEMONADE

Disease-fighting blueberries and a hint of lavender give these ice lollies a healthy kick.

- 50g sugar
- 1tsp culinary lavender
- 250ml water
- 3tbsp lemon juice
- 75g blueberries

Bring the sugar, lavender, and 50ml water to the boil, until the sugar dissolves. Remove from the heat and steep for 30 minutes. Combine 200ml water with the lemon juice. Strain the lavender and mix the syrup with the lemon water. Fill the moulds dropping blueberries into each. Freeze away disease.

03 DIGESTION PRIMER

BLOOD ORANGE & CREAM

This fruit and dairy combo delivers both fibre and protein.

- 1 blood orange, sliced
- 50g sugar
- 65ml water
- ¼tsp vanilla extract
- 190ml orange juice
- 65ml 1% fat milk

Boil the sugar and water, until the sugar dissolves. Reduce the heat, add the orange and cook for one minute. Remove from the heat and add the vanilla. The perfect post-barbecue digestif.

04 MUSCLE BUILDER

POMEGRANATE SWIRL

These pleasingly tart frozen treats manage to pack three whole grams of protein into a 50-calorie serving. Plus the yoghurt is full of bone-building calcium.

- 240ml pomegranate juice
- 120ml plain 2% Greek yoghurt

Fill about two-thirds of each ice-lolly mould with the pomegranate juice. Then add enough yoghurt to fill the moulds all the way to the top – this should be about 2tbsp per mould. Slide a knife or chopstick into each mould and swirl it around until a red and white pattern forms. It certainly beats another protein shake.

05 FAT BURNER

MELON STRIPE

Low-calorie melon gets some extra sweetness from honey. And the stripe effect can't fail to impress.

- 150g cantaloupe, diced
- 2tbsp lime juice, divided
- 2tbsp honey, divided
- 150g honeydew, diced

Blend the cantaloupe with 1tbsp lime juice and 1tsp honey. Fill a quarter of each mould with a layer of the mix and freeze for an hour. Blend the honeydew with 1tbsp lime juice and honey. When the cantaloupe has set, add a layer of honeydew and freeze for an hour. Add additional layers, allowing them to set for an hour each. Then insert sticks and freeze. It'll melt away fat.



PHOTOGRAPHY PLAMEN PETKOV *ALL LOLLIES NEED TO BE FROZEN FOR AROUND EIGHT HOURS

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MUSCLE

ONE-STEP V-SHAPE

06–07 Build muscle to shout about with this month's most powerful total-body gym move

NEW MOVE!

06

Walking barbell lunge into twist with overhead press

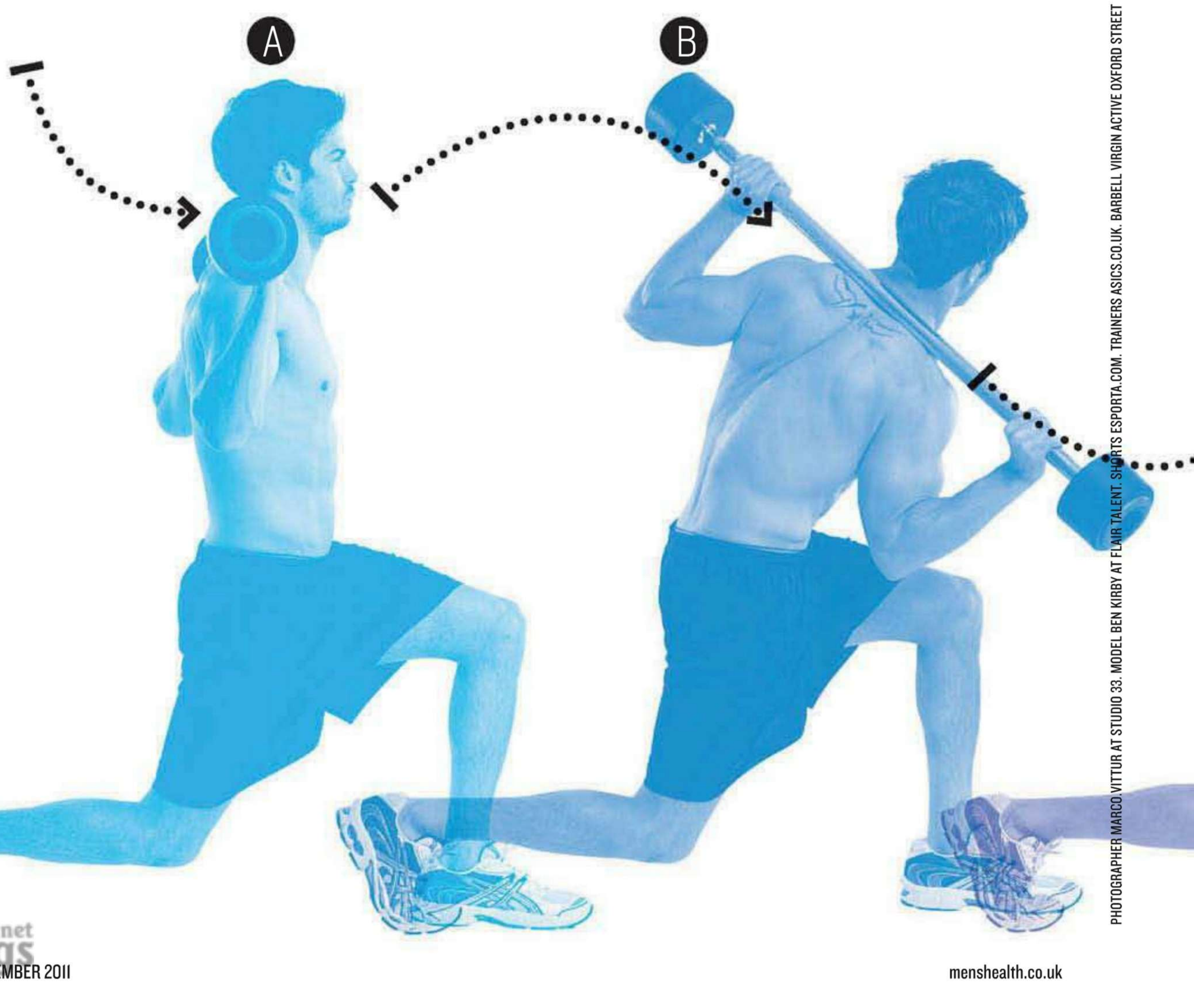
A THE LUNGE

With your feet shoulder-width apart, place a comfortable barbell onto your shoulders as if preparing to squat, holding the bar with a wider than shoulder-width grip.

B THE TWIST

Lunge forward with your left leg, keeping your back straight and lowering until your right knee is near the ground. Twist your upper body so your right shoulder and the right side of the barbell move towards your left knee.





PHOTOGRAPHER MARCO VITTUR AT STUDIO 33. MODEL BEN KIRBY AT FLAIR TALENT. SHORTS ESPORTA.COM. TRAINERS ASICS.CO.UK. BARBELL VIRGIN ACTIVE OXFORD STREET

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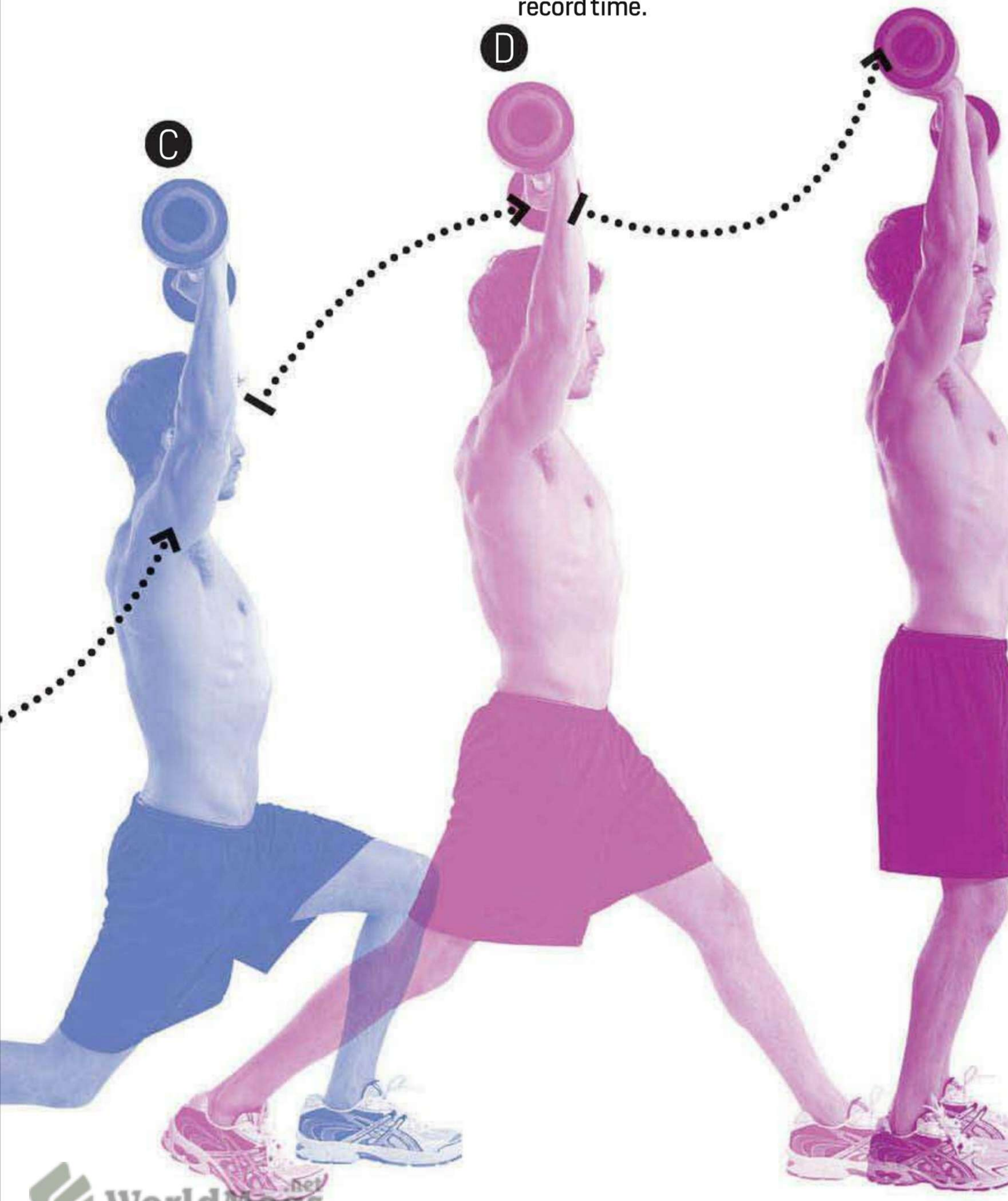
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C THE PRESS

Return your upper body to a straight position and press the barbell up above your head. Try and maintain a steady posture by focusing on your core during the move to increase the activation of your obliques. It'll also stop you falling on your glutes.

D THE FINISH

Push up and out of the lunge, keeping the barbell above your head. Maintain your form throughout to keep your abs, legs and back under tension. Return to the starting position and alternate sides on the twist during reps. Do 3x10 reps, three times a week for total body power in record time.



07 NEW REPAIR SUPPLEMENT



CHERRY ACTIVE
CONCENTRATED MONTMORENCY CHERRY JUICE

Bakewell fans rejoice. The supplement of choice for myriad athletes contains 100% Montmorency cherry juice, which according to research in the journal of *Medicine & Science in Sports & Exercise* speeds up muscle repair, meaning you'll be back in the gym faster and stronger. The muscle mender is now available in new shot packs, offering 274mg of anthocyanins per serving (the equivalent of 182 blueberries). Sweet.

(£1.89, hollandandbarrett.com)



THE THIRD SPACE powerhouse PT Cathy Brown (cathybrown.co.uk) shares this month's best personal training insider secrets and creates a brand new move for you to build more muscle in much less time. thethirdspace.com

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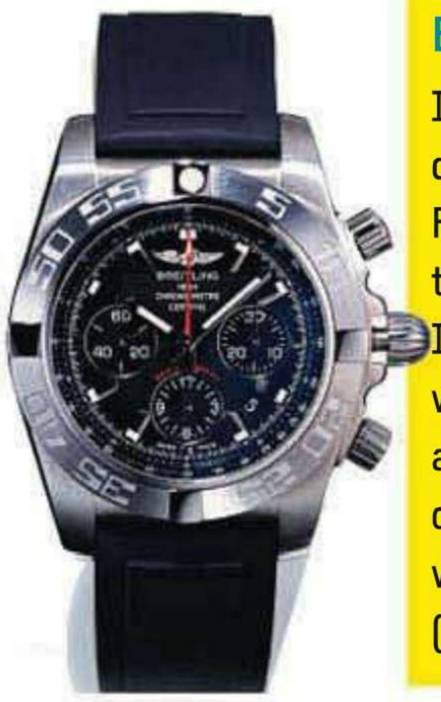
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HEALTH

EXPAND YOUR LUNGS

08-11 Send your respiratory fitness to new depths with help from the free diving world record holder: Herbert Nitsch

08 THE WATCH



Breitling Flying Fish

Inspired by the free-diver you see below, the Flying Fish was created to emulate Nitsch's skill. It's designed to remain water resistant up to a depth of 500m, if you can get there. Not that we're suggesting you try. (£6,060 oandr.co.uk)

THE BREATHING TECHNIQUE

09 MIND GAMES

"It's important to stay relaxed. Focus on your breathing, like yoga, and you'll be able to hold your breath for longer," says Nitsch. "To avoid anxiety, try imagining you're a spectator watching yourself underwater."

10 KEEP FIT

"Most conditioning comes from the breathing, but you can also improve with cycling, weights and cross training," says Nitsch.

11 BREATHE EASY

"Increase lung capacity by holding your breath over and over again. I sit on the sofa for an hour every day, hold my breath for as long as I can, then try to do it for even longer the next time," says Nitsch. "As with all exercise, the developments come from pushing past comfortable levels. When you're suffering, you're improving." Your cardiovascular health will get better on your sofa.



WATCH PHOTOGRAPHY MARTHA.PAVLIDOU AT STUDIO 33. GETTY

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S
STATISTICS

STRENGTH IN NUMBERS

12–23 September's new research and developments will boost every aspect of your life and empower your month



29,000 RPM

The speed at which the blades of Blendtec's new Total Blender spin as they devour fruit and veg. Delivering more nutrients in less time (£449 ukjuicers.com)

2

The number of cups of coffee you should drink every day for more powerful sperm

University of São Paulo, Brazil

100

The percentage more protein found in a turkey egg (in season now) than a standard chicken's offering. It also contains 20% of your iron RDA *and* essential B vitamins for muscle repair (£1.99 waitrose.com)

28 BPM

The resting heart rate of five-time Tour de France winner Miguel Indurain, one of the lowest ever recorded. For mere mortals anywhere between 60–80bpm is healthy

½ MINUTE

How long you should steam your veg to ensure the most potent amount of antioxidants are retained

WHFoods

86% of companies employ CEOs from the inside. Meaning staying put is your most sure fire route to power *Forbes*

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22

Reduction in your chance of getting fat if you drink a glass of 100% fruit juice each day

Journal of the American College of Nutrition



194

MILES PER HOUR

The top speed of the world's fastest production motorbike: the Suzuki Hayabusa. (£10,935 Suzuki-gb.co.uk)

33

The percentage of women who say they find Bluetooth headsets a turnoff

Retrevo Survey

CARBS / **PROTEIN** / **FAT**

80g/30g/6g

The perfect ratio you need in your protein shake to maximise muscle building

Journal of Applied Physiology



10-15°

The angle at which Global's new knives are sharpened, in the same style as samurai swords: using folded steel to retain strength. Traditional knives are sharpened at 27 degrees (globalknives.uk.com)



105.7

The number of disease fighting Catechins in the world's most powerful tea. Stock up on Celestial Seasonings green tea now. (£26 amazon.co.uk) *Nutrition and Cancer*

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ICON

SAM WORTHINGTON

24 Big risks bring big rewards. The *Avatar* star gambled everything and hit the Hollywood big time. Match his bravery to hit your jackpot

THE MOST POWERFUL MAN IN HOLLYWOOD

If you're going to do something you might as well do it 100%

Shortly before his 30th birthday, an unknown Surrey-born Australian actor put everything he owned up for sale. He raised $4,000 and went off to live in his car and begin a brand new life. Within months, he had been called by James Cameron and asked to star in *Avatar*, which became the highest-grossing film ever. Sam Worthington, as the whole world now knows, had won and won big.

It's a cracking story, and Worthington – whose parents moved to Perth when he was very young – is happy to tell it. "I had a solid career," he says. "But I wasn't happy. So I looked in the mirror and said: 'Fuck it. I'm going to sell everything and start again."

He was, quite literally, betting his life: backing himself to succeed based on who he was and how hard he could work. Now 35, Worthington pretty much has it all. But he knows that the secret of his success lies in the lessons he learnt at that house sale years ago.

Because life is straightforward for Worthington: the harder you work, the more you achieve. His work rate is phenomenal. Worthington spoke to *MH* while he was in Wales, filming *Clash Of The Titans 2*. When it is released next year, it will be his ninth film in three years – a roster that includes starring roles in *The Fields* (out now), *Terminator: Salvation* and, of course, *Avatar*. The work he puts into preparing for such big, action-packed roles is intense.

"I don't really consider myself the most talented actor, but I work a hell of a lot on my ethic," he says. "I think that's the best you can do. If you play a lot of sport growing up, it's what you learn. It's the amount of time you put in practising that's going to improve your game, rather than just being naturally talented. Look at people like Tiger Woods or the Williams sisters – all they did was practise. If all this had happened to me in my 20s, I could have gone off the rails," he says. "But [now] my feet are pretty sturdy on the ground."

A GIFT FOR GRAFT

For all the time and effort that Worthington puts into his craft, there's still a huge part of his life that involves hard, physical graft. The roles he plays often require serious gym-time. He usually takes five weeks to overhaul his physique before an action film, working with Rodney Johnson, the trainer who got Christian Bale into shape for *The Dark Knight*.

"Rodney's method suits my way of thinking," he says. "You can do 24 hours a day of training and it's all going to be good for you. There's no such thing as over-training, and there's nothing you can't do." Under Johnson's watch, Worthington trains every day. "I don't get a kick out of it, and I don't enjoy it," he says. "But I see the results."

The principles of his training are simple. Worthington never sits still. Instead of resting between sets of lifting, he does sit-ups and abs work. That means that his whole weights session



PHOTOGRAPHY NINO MUÑOZ. STYLING SANDRA NYGAARD AND MOIRA LAWLER. GROOMING JOHNNIE SAPONG/THE STUDIO AT JED ROOT USING MAC AND AVEDA. BOSS SELECTION SHIRT. GILDED AGE JACKET

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24

"I'm lucky to be in this position. Why waste the opportunity by doing things half-arsed?"

doubles as a cardio workout – and he doesn't have the gruelling, off-putting prospect of doing core work on its own.

TITANIC TRAINING TACTICS

"Before the first *Clash of the Titans*, I was doing five or six hours of training a day," he says. "I'd get up, train for two hours, eat, then have a short sleep. Then I'd get up, train again with heavy weights, eat and sleep again. Rodney's philosophy is that you may be training your shoulders or back, but between each set you're doing your abs. By the time I finished, I was a tank."

The workout tenets are straightforward, yet effective when time is very much of the essence. By never stopping for the whole circuit and mixing heavy weights with core work, you are piling on muscle, burning body fat and building definition in your core. It's tough, but brutally effective.

Aware of this, Worthington approaches his preparation for any physical role as though he was an athlete in training. "You're living like a boxer. The training is fast and furious," he says. "That means the results come pretty darn quickly. Rodney got Christian from the size he was in *The Machinist*, where he couldn't even do one press-up, to the size he was in *Batman Begins*, in less than four months."

If the results are incredible, that's because a lot of work and sacrifice has gone into them. "I'm very lucky to be in this position," says Worthington, matter-of-factly. "Why waste the opportunity by doing things half-arsed? Whether that's mentally preparing or physically preparing, or just giving a crap about the work. Why waste time by going to every party in town? That isn't what I got into this for." MH

Do put your son on the stage Mr Worthington

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ICON

WORTHINGTON
CONTINUED

THE NO-REST WORKOUT

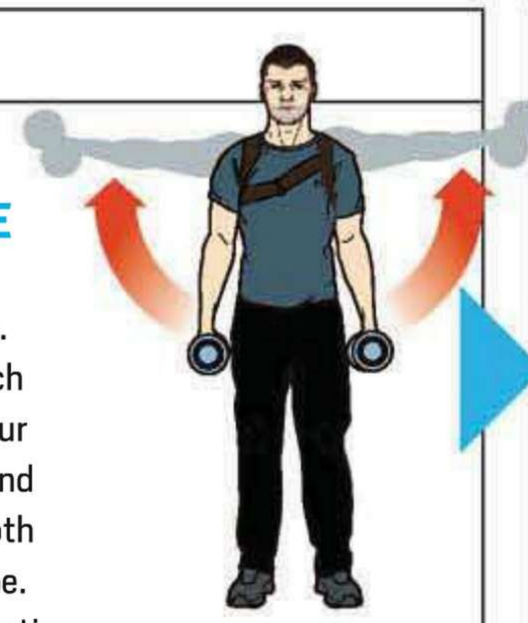
25-33 Action-hero supersets for A-list muscle (blue body paint not required)

SUPERSET A

SQUAT
Stand under a squat rack. Load up a barbell and hold on your shoulders. Squat down until your thighs are parallel to the floor. Then drive back up. Keep your back straight and your abs tight. Do 12 reps.



STANDING LATERAL RAISE
Stand with your feet shoulder-width apart. Hold a dumbbell in each hand, palms facing your sides. With a slight bend in each elbow, raise both arms to form a T-shape. Slowly lower to the starting position. Do 12 reps.



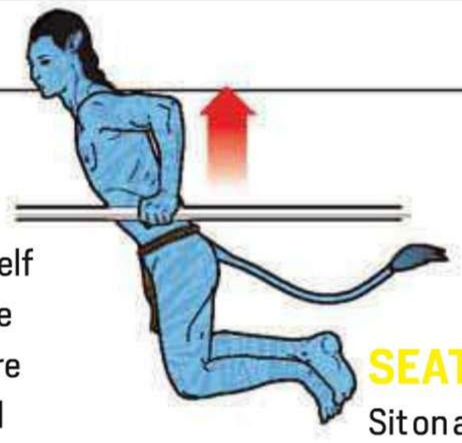
RESTING MOVE



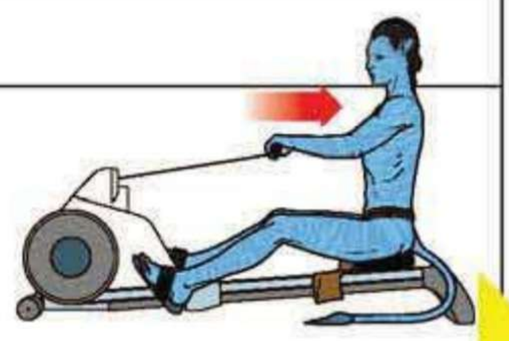
CRUNCH
Lie on a mat, with knees bent and feet flat. Bend your elbows and put your hands by your ears. Tense your core to raise your shoulders. Tighten your abs, pulling your torso towards your knees. Lower to start position. Do 25 reps. Do 3 sets of each without a break. Rest for 3 mins before starting superset B.

SUPERSET B

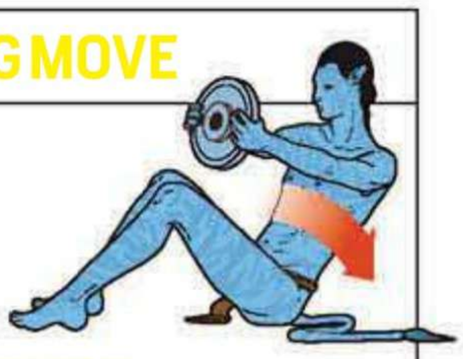
TRICEPS DIPS
Grab the bars on a dips station, and raise yourself up, so that your arms are straight and your legs are bent and lightly crossed behind you, for balance. Bend your elbows to lower your body, then drive back up to the start position. Do 12 reps.



SEATED ROW
Sit on a seated rowing machine and hold the cable handle in both hands. Tighten your core and make sure your back is straight. Now, tensing between your shoulder blades, pull the handle towards your stomach. Release slowly to the start position. Do 12 reps.



RESTING MOVE

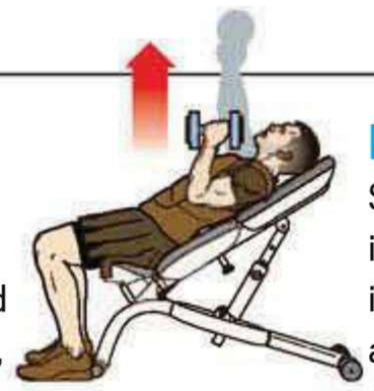


RUSSIAN TWIST
Sit on a mat with your knees bent and back straight, leaning back at 45 degrees. Hold a plate weight or a dumb-bell, arms straight in front of you. Rotate your arms and torso left as far as your can, then right. Do 15 reps on each side. Do 3 sets of each without a break. Take 3 mins rest before starting superset C.

CUT OUT & KEEP

SUPERSET C

INCLINE DB BENCH PRESS
Lie on a bench set to a 35-degree incline. Hold a dumbbell in each hand, level with your chest, palms in. Push up with your arms, twisting the dumbbell so you finish with your palms facing your feet. Return to start, reversing the twist. Do 12 reps.



HAMMER CURLS
Stand holding a dumbbell in each hand, palms facing inwards. Raise each arm at the elbow until the dumbbell touches your shoulder. Now reverse to the starting position. Do 12 reps.



RESTING MOVE

HANGING KNEE RAISES
Hold a pull-up bar, with your hands wider than shoulder-width apart and feet clear of the floor. Tighten your abs to raise your knees towards your chest. Return to the starting position. Do 12 reps. Do 3 sets of each without a break. Finish.



ILLUSTRATIONS PETER LIDDIARD AT SUDDEN IMPACT MEDIA

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G GROOMING

SLOE AGEING

34–35 Drink your way to a more youthful visage courtesy of these antioxidant-packed berries

34 FOREVER YOUNG

Sloe berries fight the free radicals that cause ageing

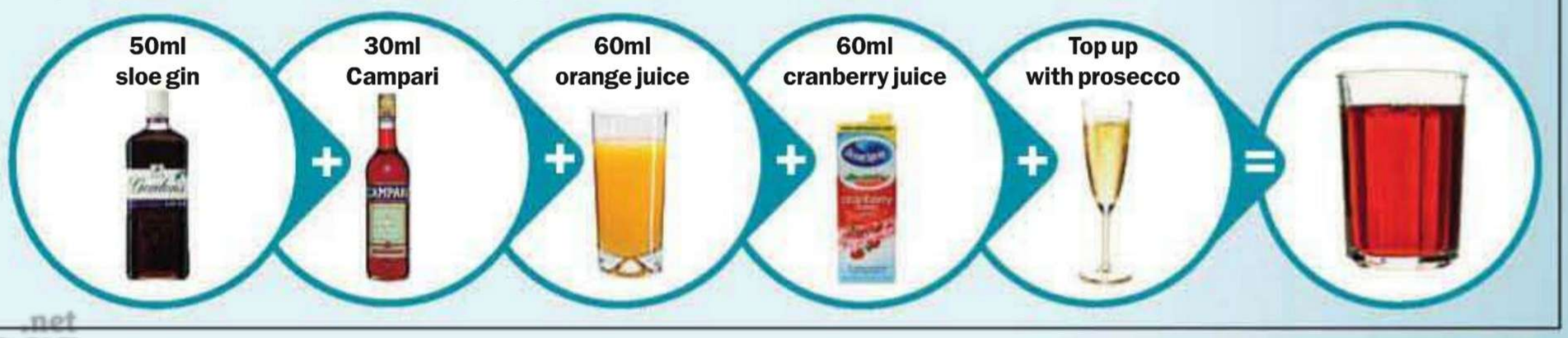
What if there was a berry that kept you looking younger while getting you pleasantly tipsy? Meet the sloe: the vital ingredient in that much-loved tipple, sloe gin. The berries of the blackthorn tree are rich in antioxidants, which fight free radicals that cause ageing. They are also packed with vitamin C, which is crucial in stimulating collagen, giving you younger-looking skin with fewer wrinkles.

And research by the University of Salford found that sloes are also antibacterial, so every glug of the sweet liquor is effectively disinfecting your gut. But before you venture out to the nearest hedgerow, sloe berries are often extremely bitter and it can take months of immersion to flavour a bottle of gin. So head to that other apothecary, the cocktail bar. 'Medicine' rarely comes in such fancy bottles.



35 An age-defying cocktail from Giuseppe Ruo at the The Lanesborough in London

Put the gin, Campari and fruit juices into a cocktail shaker with ice. Shake, then strain into a highball glass and top up with the prosecco. *Va bene*!



WORDS RYAN THOMPSON. PHOTOGRAPHY PHOTOLIBRARY, GETTY. DIGITAL IMAGING PRE MEDIA

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†Based on a 40% tax rate on the 508 Saloon Access e-HDi112 FAP Stop and Start System with Electronically Controlled Manual Gearbox (ECG) at £18,995 P11D value and the 508 Saloon GT HDi200 Automatic at £28,570 P11D value. £55.00 Government first registration fee. Visit Peugeot.co.uk for full terms and conditions.

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54.3 – 72.4 (5.2 – 3.9), Combined 43.5 – 64.2 (6.5 – 4.4) and CO_2 154 – 109.

Model shown is a 508 Saloon GT HDi200 Automatic with metallic paint and 19" optional alloys at £29,455. *Prices quoted are on the road and includes delivery to dealership, number plates, 12 months' Government vehicle duty,

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Can pills replace food, or are they telling Whoppers?



THE DRUGS ISSUE

Supplemental dependency

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Today, for breakfast, I ate a bright blue multivitamin and a 'vanilla bean' protein and oatmeal shake. Then two ProPlus pills. When I arrived at my desk I enjoyed a teaspoon of linseed granules and a couple of glucosamine tablets. At 11am, I washed down an Omega-3 pill with a glass of concentrated vegetable extract. Lunch was a meal-replacement shake and a metabolism booster. Dinner will be a casein protein supplement with zinc and magnesium, then that should just about see me off to bed.

For the week to come, I will exist on nothing but pills and powders. If it comes in a pot and shakes, rattles or rolls, then it's good eatin'. Synthetic, mass-manufactured and highly processed solutions to my nutritional needs are all that's on my menu. That's why my desk is home to 11 separate supplements.

Why dine at this increasingly cluttered table? Those supplements represent a small part of what is rapidly becoming a very big business. Search for 'vitamins' on boots.com and you get 489 to click on and purchase within seconds. Over at Holland & Barrett, there are 65 vitamin products, 23 calcium, 58 'all-in-one', 37 meal replacements and 53 sport supplements on which to spend your wages.

And spend it we do, in exponentially larger amounts. The best-selling food supplement brand in the UK, Maxinutrition (the makers of Maximuscle) recorded annual revenue of £8.6m in 2003. Last year, they posted £65m and they expect to exceed £100m by 2013. The industry is growing as fast as its products can be scooped, stirred and poured down our necks. According to NHS figures, the 2009 UK dietary supplement market was worth £676m. That's a lot of pills worth a lot of money.

And that's why I'm trying to get by on supps alone – to find out if they're worth all that. Considering the industry's growth and its advances in biologically tailoring products to suit your every need, it is conceivable that, in the not-too-distant future, you could get all of your daily nutritional requirements

There is a pill or potion on the market for virtually every vitamin, nutrient and mineral you'll ever need. So could food feasibly become a thing of the past? *MH*'s David Morton spent a week eschewing solids and living solely on supplements to find out whether drugs really are the new dinner

DIGITAL IMAGING JUSTIN METZ

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The gripes of froth: is a pill more energising than your morning latte?



"EATING A BALANCED DIET IS, LET'S FACE IT, A LOT OF EFFORT"

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in tablet form. In June this year, a University of Pittsburgh study concluded that a combined multivitamin and antioxidant mix developed by NASA increased the survival rate of mice in radioactive environments to 80%. Their four-legged friends on old-fashioned food only had a 30% chance of seeing their next meal.

But my question is this: what about now? Shop shelves are already heaving with supplements that promise just about anything and everything your body could desire. They can take the form of pills, powders, tablets or drinks, all containing more vitamins, minerals, herbs and fibres than a GCSE chemistry text book. Supermarkets, chemists and health food shops all stock them in abundance. The internet is chockablock.

So when does a supplement cease to be an addition and become a whole in itself? The NHS defines dietary or nutritional supplements as "any consumed products that aim to supplement the diet, provide additional nutrients that may be missing or aren't consumed in sufficient quantities". My intention is find out what happens when the substance consumed in insufficient quantities is fodder itself. For seven days I shall eat no solids – just pills, powders, tablets and drinks. No food, just supplements.

PILL BY MOUTH: HUNTING FOR SUPPS

My search for supplemental foodstuffs on the morning of the first day takes me to a health food shop five minutes from the *MH* office. Even on this short walk, you pass 18 regular food outlets (I counted) serving everything from £6 sandwiches with skinny strong lattes to bargain buckets of fried chicken. I already feel a bit 'empty', having missed my usual scrambled eggs with wholemeal toast and coffee.

Once in the supplements section – which, I note, takes up most of the second floor – the choice is bewildering. I was unaware that I needed this many nutrients to get by. According to Professor Christine Edwards, head of human nutrition at Glasgow University, I might not technically need all of them. "Supplements are good for when you're deficient. In fact, very few people actually need to take supplements. Diet provides a much better balance of micronutrients," she says.

But diet is so… antiquated. Eating a balanced diet is, let's not beat around the broccoli, a lot of effort. And it doesn't always work. Sports nutritionist Matt Lovell at KX gym in Chelsea (kxgym.co.uk) says: "There is a myth surrounding the so-called 'balanced diet'. Even men who make the effort to eat a large cross-section of food groups and high levels of vegetables can end up deficient. And this is due to intensive farming methods that deplete soil mineral content."

So, if I try to replicate my normal breakfast as far as possible, then the spectrum of micronutrients should be similar and less damaged. Which is better, right? I opt for an oats-and-whey protein shake and some omega-3 pills to take the place of eggs, oily fish and bread, then stop at Boots on the way back for some ProPlus to give me a caffeine kick. It doesn't taste better but I do feel full. So far, so supplemental.

By midday, I'm seriously hungry. To the point that I can't concentrate on my work, or anything, apart from lunch. All I can think about is food and the part of the day when I would usually down tools and up my blood sugar. But there's only another shake to look forward to, which, although promising me a 'low-glycemic taste sensation', is a depressing (if high-protein) prospect.

"The act of drinking is what we professionals term 'mindless' eating," says psychologist Dr Jane Ogden. "'Mindful' means deciding what to eat, preparing it, sitting down to eat, and generally thinking 'I am having a meal'. Drinking a shake is not registered as food, and food is something we mentally rely upon to break up the day into pockets of time that we can manage."

It's tasty enough, but Dr Ogden is right. Although my physical need for energy and nutrition has been satisfied in the short term, as afternoon becomes early evening, I haven't left my desk. My inner caveman hasn't had the chance to roam and forage. My mind has had no fodder other than my computer screen for eight hours and counting – slowly. Despite feeling increasingly ill as I suck back another shake and pop a pill or two, I barely take my eyes off my work. What's the point? I'm so dizzy I probably won't be able to sleep when I get home, in any case.

TIRED AND TESTED: ENERGY SLUMP

I do, though. If you had to sit with your family and watch them eat fish fingers while you stared at your plateful of omega-3s, it would be awful. But on the plus side, when you get home, you don't have to cook, eat, sit in front of the TV and feel wedged to the ears, full of food, while failing to get to sleep. By the end of the second day, I'm actually looking forward to drinking a casein protein shake, going to bed and falling straight asleep, happy in the knowledge that the slower absorption rate will keep my body going for my full eight hours of slumber. It's lovely.

A day of pills

PT and nutritional expert Jamie Sawyer tells you what to take for perfect supplementation to your natural diet

WAKE UP

- Mega Greens – dense in mineral, vitamin, enzyme and trace elements – perfect to start the day in a healthy way. (£32, phhealth.co.uk)
- CoEnzyme Q-10 – improves your body's ability to generate ATP, the cellular building block of energy. (£21, hollandandbarrett.com)
- BCAA – helps get your body back into a positive nitrogen balance after sleep, aiding muscular repair and growth. (£21, myprotein.com)
- Chlorella – gets rid of toxins (£9, hollandandbarrett.com)

MID MORNING

- Vitamin D3 – half a serving. Boosts your body's natural testosterone levels. (£5, boots.com)

LUNCH

- Omega-3 fish oil. The Holy Grail of supplements. Improves your immune system and aids fat loss. (£14, naturesbest.co.uk)

EARLY AFTERNOON

- L-Leucine – feeds your muscle tissue. (£9, myprotein.com)
- Another half serving of Vitamin D3

LATE AFTERNOON

- Rhodiola Rosea – fights the effects of physical stress; limits the cortisol production that can eat away muscle tissue. (£9, solgar.co.uk)

DINNER

- Milk thistle extract – aids the detoxification processes of the liver; has extra antioxidant properties. (£22, hollandandbarrett.com)
- Another serving of Omega-3,

MID EVENING

- Bacopa – helps natural relaxation, putting you in a good mental state for the evening. (£10, vitaminuk.com)

BEFORE BED

- Casein-based protein – allows for a consistent release of amino acids, supporting your muscles throughout your sleep cycle. (£23, onacademy.co.uk)

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“ON TUESDAY, I GOT 2,511% OF MY RECOMMENDED DAILY VITAMIN C”

Waking up, on the other hand, is horrible. The morning of day four, it takes me over an hour of hitting the snooze button before I can finally summon the energy to get up. I take two caffeine pills and stumble into the shower. But here’s the thing: by the time you’re brushing your teeth, you already feel OK. Walking out the door 15 minutes later, you feel great. I’m less hungry than the previous morning and those caffeine pills have kicked me into a higher gear than any strong skinny latte ever did. You feel light on your feet. I *am* lighter on my feet, in fact – by ½kg.

Meal-replacement shakes might not be particularly appetising, but as I become more accustomed to not chewing into something at meal times, I am aware they are doing precisely what they say on the tub. While it’s hard to feel them ‘support my muscles’, I do feel physically fine. They give me a palpable sense of energy, and that pep is sustained over a longer period than I’d previously experienced.

A protein shake was always something that I glugged back after the gym and before lunch. Now they are all I have, their tailor-made combination of nutrients and the manner in which they are delivered is reassuring. It tells me that these supplements, they work. Before I was just too busy thinking about sandwiches to notice.

Less comfortable is that from the moment I stopped eating solids, I haven’t passed any either. Dr Eric Asher, medical director and GP at The Third Space Medicine, is not surprised. “It’s a lack of fibre. I recommend ground or milled linseed. A heaped tablespoon in water will yield almost all essential fatty acids, as well as fibre for the gut. Fibre binds water and carries it into the colon, helping to prevent low stool volume constipation.”

EASY DOSE IT: TAKING TOO MUCH?

It’s important for a whole host of obvious reasons that I begin preventing that as soon as possible. Water is not an issue. With all food coming mixed in 500ml of water and every pill requiring a glug or two more, my normally decent hydration has reached Olympic levels. It feels good, like I’m running on the fancy oil for once. Being well-hydrated isn’t just detoxing for your body; mentally I feel like I’m ridding myself of inherited nutritional evils.

It is, however, very easy to get enough of a good thing. Especially when all you eat is bioengineered full to breaking point of everything that is good for you. Take your innocent vitamin C, for example. On Tuesday, I had a vitamin C pill in the morning. It seemed like a healthy thing to do. Then, on the way into work, I stopped at Boots and bought some Centrum. Over the course of the day, I had three protein shakes, and before bed I had a meal replacement – because I was hungry.

You would expect the vitamin C pill and the Centrum to pack the anti-scurvy equivalent of a fair few oranges. But upon closer inspection, everything else I ingested did, too. In total, on Tuesday, I got 2,511% of my recommended daily allowance of vitamin C, as stipulated by the EU. A 1,000mg vit-C pill contributes 1,250%, with another 125% from the multi-vit, 840% from the three vitamin-fortified protein shakes and a comparatively satsuma-esque 17% from the almost apologetic meal replacement. So, is that over 25 times better for you, or a lot worse?

“Vitamin C is taken safely at 100mg per kg, three times a day in ill health,” says Dr Asher. “So if you are 80kg, you can have 8,000mg three times a day if you’re sick. If you’re fine, then excess vit C is passed through the colon.”

Symptoms of vitamin C overdose are relatively harmless – bloating, gas, and a potentially troublesome intestinal time of it. If you’ve ever had one or two effervescent vitamin ‘bombs’ (like Berocca) when you’re feeling under the weather, you will have noticed another sign you’ve had too much of the stuff: strong-smelling urine with a bright-orange hue. Your body in good health can only use 100% of its RDA, and a Berocca contains 1,250%. That funny smell is the other 1,150% of vitamin C being disposed of. You’re pissing away your wages, too. “Most people don’t have a good enough understanding of what they’re taking,” says Professor Edwards. “If you’re using a multi-vit plus other supplements, you’re likely to be wasting both your time and money.”

Throwing away your readies on an overdose of vitamin C is a concern, certainly. But are there any genuine health risks of going too far? It is the fat-soluble vitamins that are potentially dangerous in high quantities. According to NHS guidelines, “A, D, E and K are stored in the liver and fat tissues. Amounts in excess of what is needed are more likely to accumulate in the body and could lead to hypervitaminosis (vitamin poisoning).” Too much vitamin A, for example, can cause abdominal pain, vomiting and even blurred vision.

Fortunately, the ones that can harm you are very hard to get into your body in dangerous amounts.



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It'll take more than a glass of valpolicella to finish a plate of this

What supps?

Ross Edgley, sports scientist and Olympic coach at the English Institute of Sport, puts pills and powders in their place, so you can get what you need for top performance

"The only toxic vitamins are basically impossible to get in the UK in poisonous doses," says Dr Asher. "While A, D, and K are potentially toxic, it is not possible to overdose in the course of a week or so in commercially available amounts."

Read the labels of multi-vits and even your pre-gym shake will reveal some big numbers. These are their shop window - a valuable tool for telling you just how 'good' they are, both in their efficiency and relative value for money. Just bear in mind how much you need of a particular vitamin and how the supplements you use add up. It's worth speaking to your doctor or a health professional if you have any strong concerns.

IT'S SUPPLEMENTAL: BACK TO FOOD

I, for one, am not genuinely worried about the day you'll be having a pill for dinner being any time soon. Sure, two fish oil pills contain roughly the same amount of omega-3 as a salmon fillet and, on the face of it, are much cheaper. But the extent to which a synthesised supplement promises the same benefit as the naturally packaged nutritional promise of food is hard to ascertain. All the qualities of food combine and interact to deliver their goodness. As Professor Edwards says: "If you try to dissect the part of a vegetable that is good – vitamins, fibre, antioxidants, anti-inflammatories – you pull apart some of these interactions."

Pills and powders are immensely convenient, though, and the supplements I took were certainly effective. Once my body was free of my near-constant intake of bread and coffee, their ability to sustain me and provide the energy I needed was all the more notable. I lost just under 2kg and felt flatter of stomach. It's not exactly a healthy way to lose body fat before summer, but, as Dr Asher points out, you can't do any serious damage as long as you read the labels and you aren't setting out to deliberately overdose on a fat-soluble vitamin.

What I learnt was that the most vital distinction when choosing a supplement and deciding whether to spend your money on it is one of language. You should feel that a product would 'supplement' your diet, rather than 'replace' it.

I will continue to supplement. But only when I know that my diet is lacking in something, whether that be in the 20-minute window after a workout, or just once in a while when I'm feeling down. The future of food is still food – for a while at least. MH

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CONFESSIONS OF A COVER MODEL

Five years on from being a *Men's Health* cover-model, Dan Rookwood was half the man he used to be. He set out to get back into cover-model shape. This is the story of his second transformation – and his workout so you can begin yours

Back in March 2006, I became the first *Men's Health* staffer to appear on the cover. "From fat to flat!" was clearly a story that resonated with you, because that issue was a bestseller.

But a lot happens in five-and-a-bit years. I moved to Sydney and stayed until last September. It was a healthy, outdoorsy lifestyle. I trained for an hour before work in the park, with a 6am boot camp group three mornings a week; I got into 10K running (sub-40 minutes) and played 5-a-side football every week. I was as fit and injury-free as I have ever been. Just not nearly as damn *stacked*.

I used to be quite a fat lad – partly down to genetics, but more down to the fact that I ate and drank too much. I lost all that weight at 27 when I trained for the first cover and managed to keep it off while living down under, but I no longer looked like the archetypal picture of (men's) health. I'd lost the size and definition. It felt like a waste in both the physical and metaphorical sense.

The question was, five years on, five years older, five years busier – did I still have what it takes? I am vain enough to want to find out. I used to write a column called Mr Vain for this magazine. And I'm as competitive as the next man. Show me where the next man is and I'll do my best to beat him.

But wrapped up in the vanity and competitiveness was something more. I wanted to prove to myself that I did still have it; that, at the age of 33 when the hairline is receding, a few stray greys are sprouting and the crow's feet are creeping in, I am not past my physical peak. Not yet.

Save for a flurry of exercise before my beach honeymoon last year, I had not lifted any significant weights for about five years. Clearly, I could not expect to pick up where I'd left off: like many lapsed gym-goers, I needed guidance from a personal trainer.

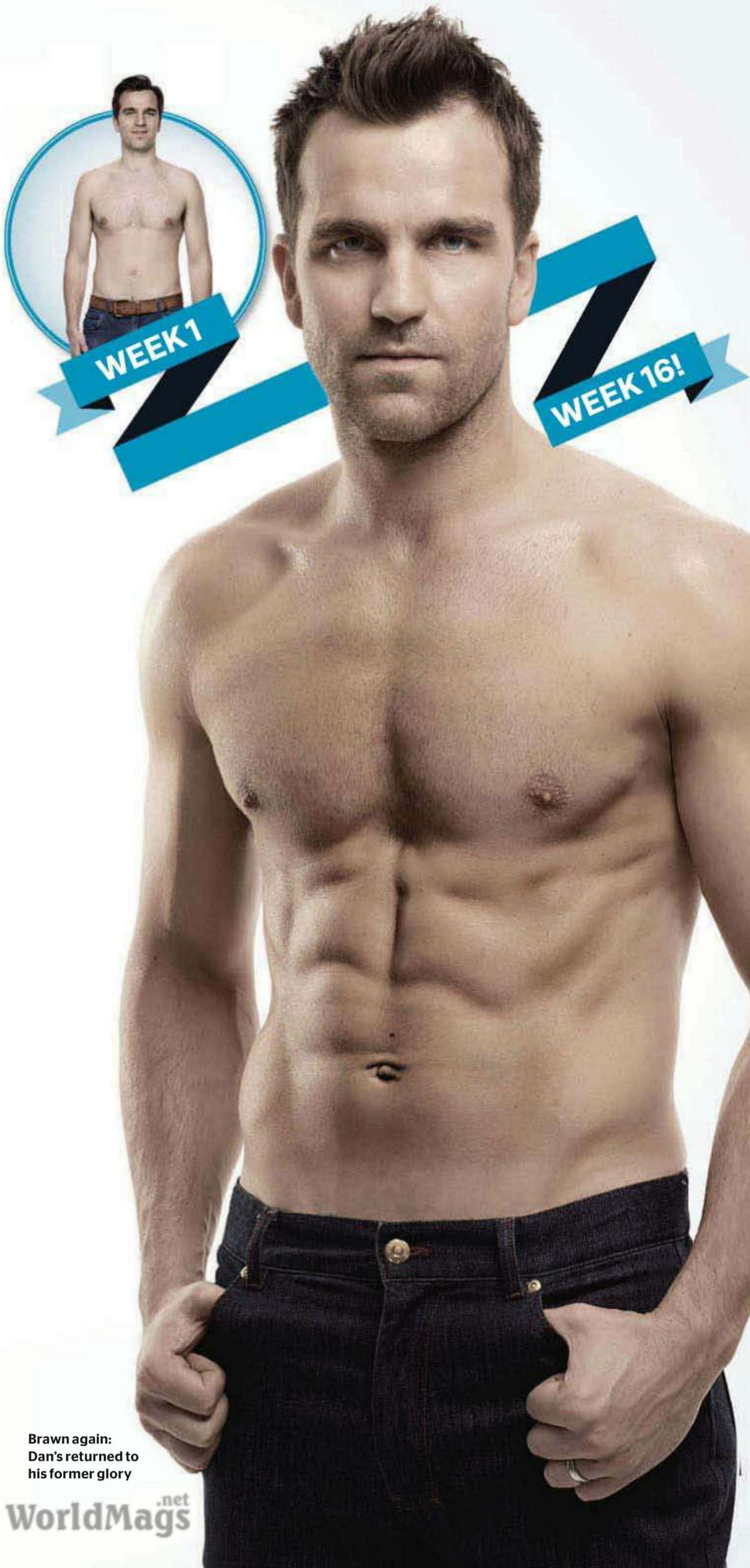
Strength and conditioning specialist and *Men's Health* regular contributor Jamie Sawyer knows how to build cover-model bodies. He was behind Andi Peters' frankly stupendous transformation for our September 2007 issue. The training plan Jamie constructed for me was based on a straightforward maxim – to get big, you have to lift big. A helpful analogy to use is lights with dimmer switches: heavy lifting switches on the 'lights' (muscles), and from that point you can 'turn up the brightness' by increasing reps, creating more trauma ▶

My training was based on a simple maxim: to get big, you have to lift big

PHOTOGRAPHY MARCO VITTUR @ STUDIO 33, ADRIAN WEINBRECHT. GROOMING MIRANDA RIGG @ JOY GOODMAN. STYLIST ABENA OFEI. JEANS BY YVES SAINT LAURENT AT MR PORTER

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Brawn again: Dan's returned to his former glory

THE VITAL STATISTICS

Our man added size and definition – and slashed his body fat

WAIST

Week 1	33in
Week 4	32.2in
Week 8	31.1in
Week 12	31.2in
Week 16	31.4in

BICEPS

Week 1	12.6in
Week 4	13.6in
Week 8	14in
Week 12	14.1in
Week 16	14.4in

CHEST

Week 1	39.3in
Week 4	39.7in
Week 8	41.4in
Week 12	41.8in
Week 16	42in

QUADS

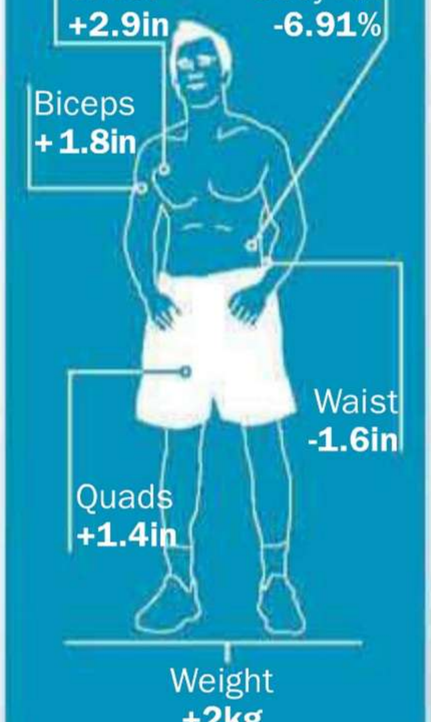
Week 1	19.7in
Week 4	20.1in
Week 8	20.4in
Week 12	20.6in
Week 16	21.1in

WEIGHT

Week 1	74kg
Week 4	77kg
Week 8	78kg
Week 12	77kg
Week 16	76kg

BODY FAT

Week 1	16.78%
Week 4	14.78%
Week 8	12.53%
Week 12	10.36%
Week 16	9.87%



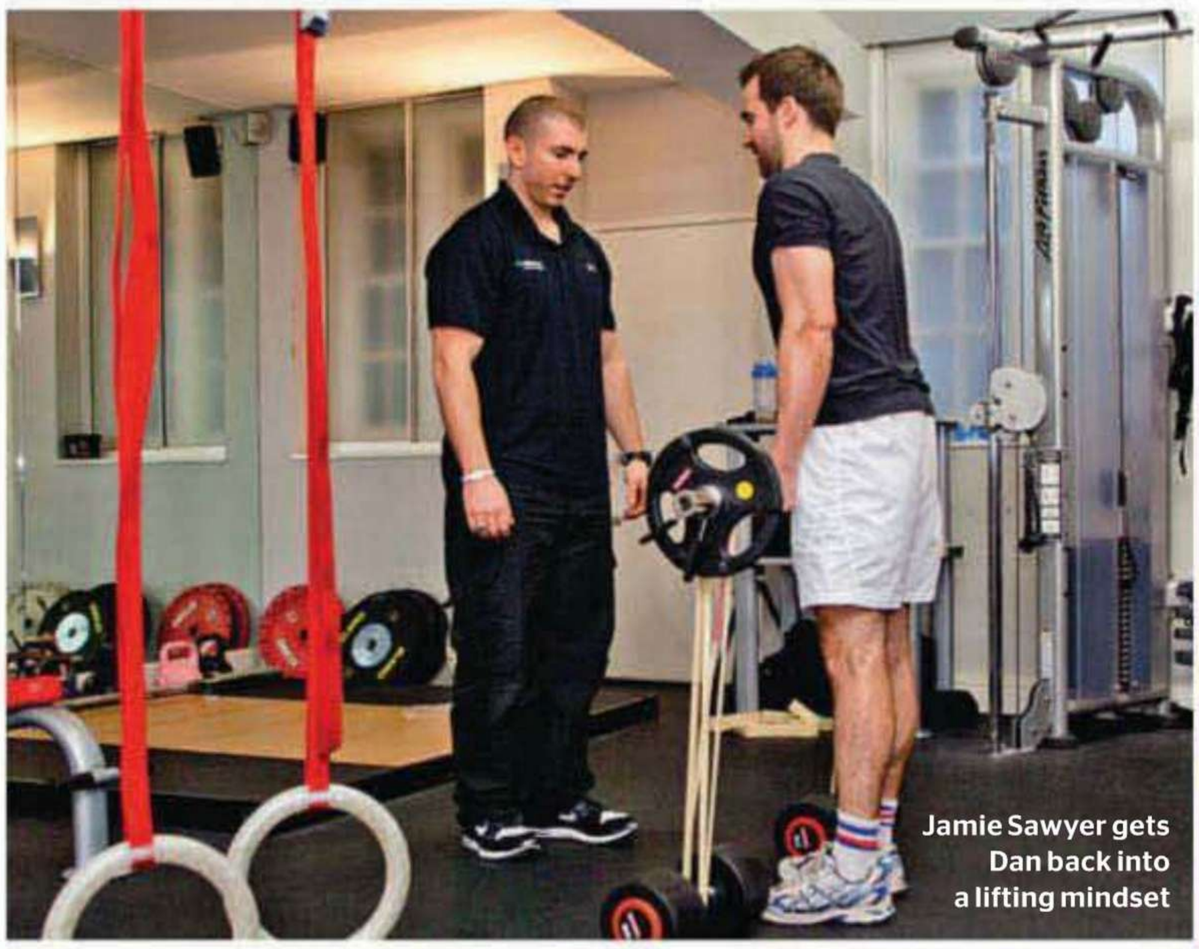
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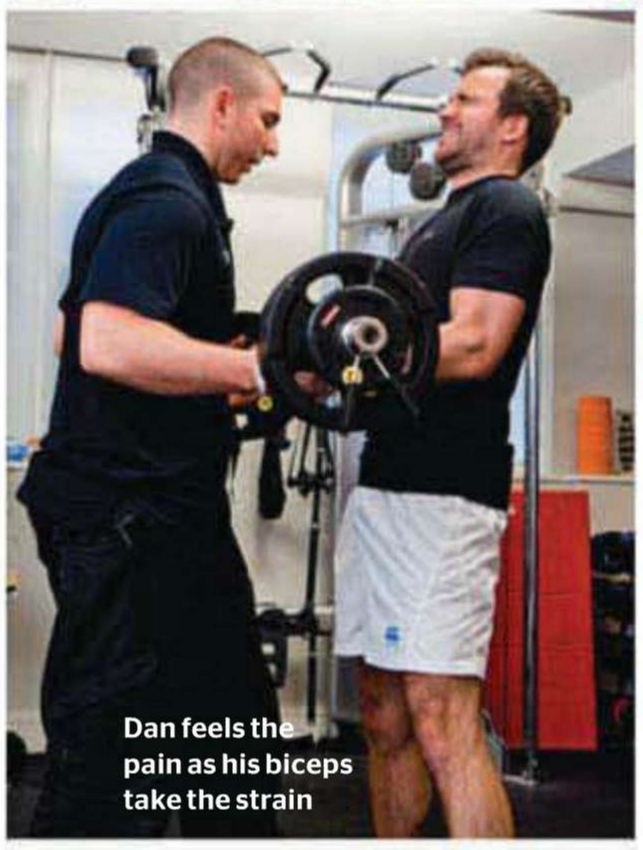


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Jamie Sawyer gets Dan back into a lifting mindset



Dan feels the pain as his biceps take the strain



Jamie, who trained the boxer David Haye, piles into Dan

and therefore more repair – all of which leads to bigger muscles. Three little tricks helped to get me through the sets – counting down rather than up; splitting the last four reps into two pairs; swearing.

My training programme typically involved a heavy weights session three lunchtimes a week (on Monday, Wednesday and Friday) and intense interval cardio before breakfast on a Tuesday and Thursday. I also tried to get in a long walk on an empty stomach at the weekend. That's less than five hours' training a week – which isn't a huge time commitment.

The real commitment is in the kitchen. People think that to get in shape you have to starve yourself. They're wrong – you just have to eat the right things (protein) at the right times (continually) and avoid eating the wrong things (carbs) at the wrong times (evenings).

To help, I got myself a 6 Pack Bag (£79.95, sixpackbags.com), a fit-for-purpose cool-bag backpack with five different meal storage compartments, plus room to store supplements and a protein shaker.

When I went away on business, I took a SmartShake shaker (£10.99, smartshake.co.uk), which has neat compartments where you can store powder and capsules.

If your job involves a lot of lunches and boozy dinners, it can make it difficult to stick to a strict diet. My solution was to reschedule lunches for breakfasts (shorter, healthier and usually non-alcoholic), leaving my lunchtimes free to train.

At dinner, I would request a simple meal of steak or fish and salad – and I'd sip from one glass of wine all night. If you have to have a drink for social or

A TYPICAL DAY'S NUTRITION

Dan's muscular diet. Up, up and a whey!

7.30AM BREAKFAST
80 grams organic porridge oats, small amount of honey; green tea, 1 Vitamin D3 capsule (£7.99 for 180)

10AM SNACK
Handful of mixed nuts. True whey protein shake (£32.49 for a 5lb tub)

SIP THROUGHOUT DAY
2 scoops of Perfectly Healthy Mega Greens plus MSM in a litre of water (£32.99, yourhealthfoodstore.co.uk)

45 MINS BEFORE TRAINING
Exceed – a workout-enhancing drink (£19.99 for 540g)

DURING AND IMMEDIATELY AFTER TRAINING
Recovery XS shake (£22.49 for 1,800g)

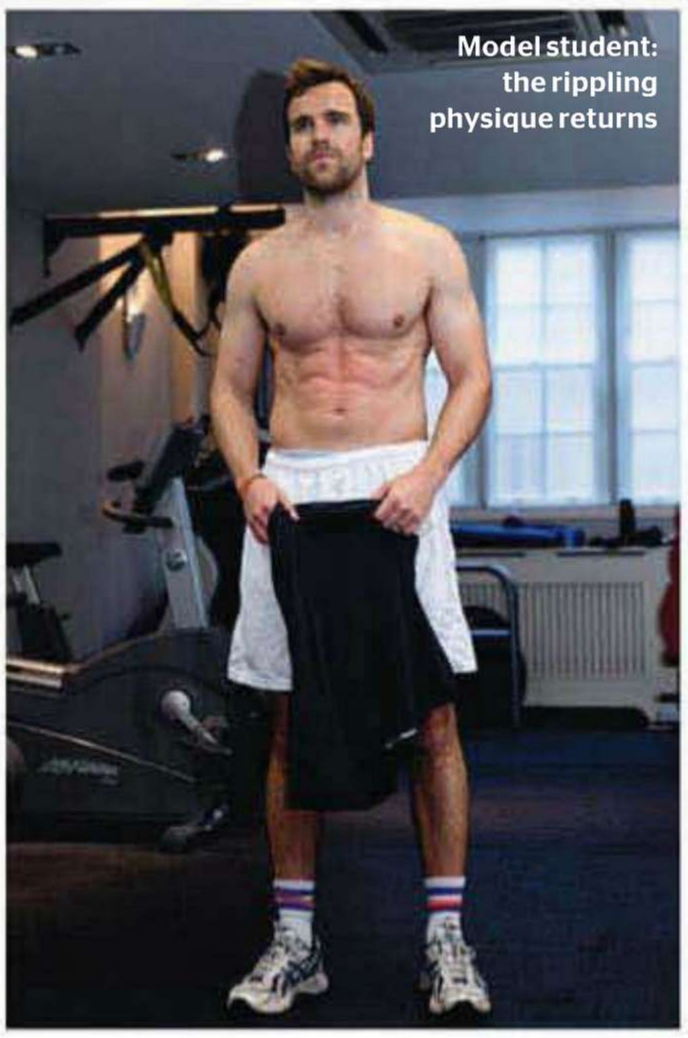
POST-TRAINING LUNCH
1 lean grilled turkey breast; 1 medium sweet potato

4PM SNACK
1 omelette with veg (eg spinach, mixed peppers), 1 Super Omega-3 capsule (£9.69 for 90)

7PM DINNER
1 large lean grilled steak/salmon fillet; lightly steamed mixed veg; 1 omega-3 capsule

30 MINS BEFORE BED
3 ZMA capsules (£10.99 for 90 tabs), ideally taken on an empty stomach.

All supplements from myprotein.com unless otherwise stated



Model student: the rippling physique returns

work reasons, vodka and soda or slimline tonic are probably the least of all alcoholic evils. I'm sure a lot of people look at our covers and think: "I could never get in that shape, so there's no point trying." What I hope my experience demonstrates is that it is achievable in a reasonable timeframe, if you put the effort in.

While it's hard to perceive changes week to week, looking at my "before and after" statistics, my body shape has dramatically changed. My shoulders are noticeably broader, and there is now more than 10 inches difference between my chest and my waist. I've lost my double chin, and clothes now hang well on me.

I had something to prove to myself and I feel like I have done that. I know I'm in better condition than the first time around. At 33, I can say that I am in the best shape of my life. There's something very satisfying about that. MH

For full exercise descriptions and a nutrition plan, go to menshealth.co.uk/rookwood, where there's also a compendium of my weekly training blog.

To get a personalised training and nutrition programme from Jamie, contact him via jamiesawyer.co.uk. Thanks to the guys at NKD Ambition (nkdambition.com).

TURN THE PAGE FOR DAN'S WORKOUT

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DAN'S SCRAWNY-TO-BRAWNY WEEKLY WORKOUT

Rest for 90 seconds between sets unless specified. For supersets, do both exercises before resting (eg A1, then A2, then rest)

MONDAY

CHEST AND ARMS

- **Bench press**

Do 5 reps for 5 sets
Rest for 2mins between sets

- **Weighted press-ups**

In a press-up position, place a weight disc on your shoulder blades (**1**) and simply do a press-up (**2**). Build up the weight and reps over time.



Do 2 sets of as many as you can

- **A1: Weighted chin-ups**

Do 8-12 reps for 3-4 sets

- **A2: Rear delt flys**

Do 8-12 reps for 3-4 sets

- **B1: Military press**

Do 8 reps for 4 sets

- **B2: Barbell curls**

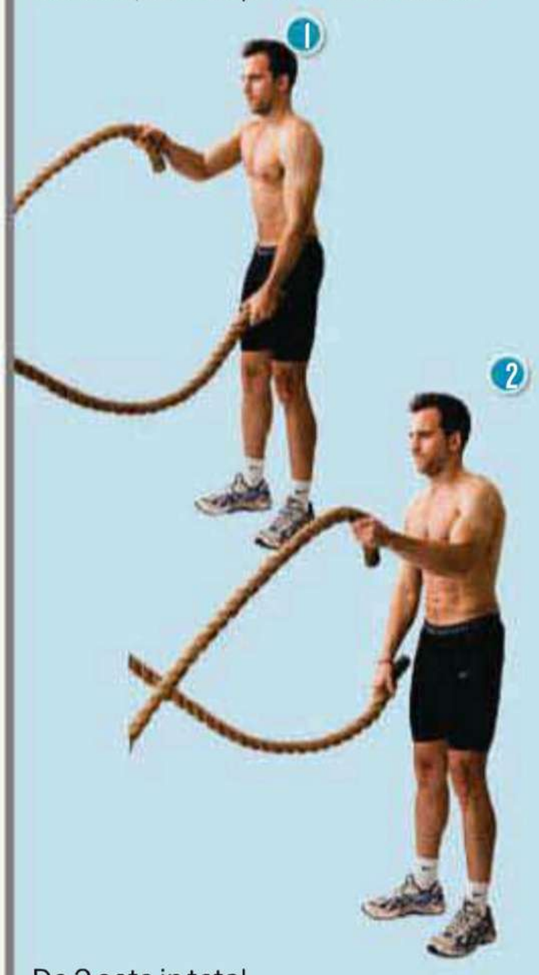
Do 8 reps for 4 sets

TUESDAY

CARDIO SESSION

- **Rope Tabata (intense interval training)**

Grab either end of a heavy rope (**1**) and 'drum' the ropes up and down as fast as possible for 20secs (**2**). Rest for 10secs, then repeat 7 more times.



Do 2 sets in total

- **60 min brisk walk (in the evening)**

WEDNESDAY

LEGS AND ABS

- **Trap bar rack pull**

Set the handles to their top position, so you are focusing on the final portion of the deadlift, allowing for greater weight on the bar (**1**). Dig your heels into the floor, brace your abs, keep your chest up high and drive the legs into the ground. Make sure you stand tall and squeeze your glutes at the end (**2**).



Do 5 reps for 3 sets.
Rest for 2mins between sets

- **Box jump**

Do 7 reps for 5 sets

- **Front squat**

Do 8 reps for 3 sets

- **Russian twists**

Do 8 reps for 4 sets

- **Barbell sit-ups**

Lie on your back with legs straight. Hold a barbell as if for a bench press. Curl your torso up, squeezing your abs as if you were getting punched in the stomach. As you raise your torso up, raise the bar above your head, finishing in a position looking like the end point of an overhead press. Then slowly lower the torso back down, letting the arms lower back to the start position.
Do 15 reps for 4 sets.

THURSDAY

CARDIO SESSION

- **60 mins brisk walk**

On an empty stomach before breakfast – and add 1 serving of L-Leucine halfway through (see myprotein.com).

- **Rest**

FRIDAY

UPPER-BODY WORKOUT

- **Incline dumbbell press**

Do 15 reps for 4 sets
Rest for 2mins between sets

- **A1: Bent-over rows**

Do 8-12 reps for 3-4 sets

- **A2: Lateral raise**

Do 12 reps for 4 sets

- **Constant tension curl**

Hold both dumbbells at 90 degrees, lower the left to the bottom and back to 90 degrees (**1**). While the left is moving, the right stays at 90 degrees (**2**), holding an isometric contraction, while the left performs eccentric and concentric contractions. Repeat on the other side.



Do 8-12 reps for 3-4 sets

- **Dragon flag**

Lie down on a bench and grab the back. Roll your body and legs up, so your feet point towards the ceiling and you are balancing on your upper back (**1**). Then, lower you body in a straight line without letting the legs drop lower than your hips (**2**) until you are flat on the bench.



Do 4 sets of as many reps as you can

- **Cable ab curl**

Do 12 reps for 4 sets

SATURDAY

TORSO WORKOUT

- **A1: Close grip bench press**

Do 6-8 reps for 4 sets

- **A2: Weighted double crunch**

Hold a weight plate in your hands and rest another on top of your shins (**1**). Crunch right up, so the knees are tucked into the chest (**2**).



Do 12 reps for 4 sets

- **B1: Lateral raise drop set**

Do 7 reps for 3-4 sets

- **B2: Barbell chops**

Do 8-12 reps for 3-4 sets

- **Tate press**

Hold the dumb-bells up in a V position. Hinge at the elbow, so they lower onto the chest (**1**). Explode back up (**2**).



Do 8-12 reps for 4 sets

- **Scott curls**

On the back of a bench, grab an ez bar (**1**). Lower it (**2**), then explode back up.



Do 12 reps for 4 sets

SUNDAY

CARDIO SESSION

- **Interval rowing (in the morning)**

20secs 100m sprint, 10secs rest.
Repeated for 8 intervals. Do 2 sets. MH

CUT OUT AND KEEP

PHOTOGRAPHY DAVID HARRISON. SHOT AT NKD AMBITION, NKDAMBITION.COM

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THE DRUGS ISSUE

HIGH ON YOUR OWN SUPPLY

- MIND BOOSTING
- STRESS BUSTING
- ORGASMIC BLISS
- EXERCISE HIGH
- EXTRA ENDURANCE

MOOD-BOOSTING

Forget doing deals with dodgy blokes in car parks. You can have every high you've ever craved legally and without risking your health. *MH* chops up your body's own chemicals. They'll make you healthier, happier and add a natural buzz to your day

Imagine you could turn every commute into an hour of bliss; every passionate moment into a defining sexual high; every adrenaline buzz into true exhilaration. It can be done, and without a trip to the Class-A apothecary. The secret lies in understanding your body's reward system: get a handle on its neurological processes and chemical firings and you can turn an average experience transcendental – without frying your brain and liver.

Scientists used to think that the brain's reward system ran solely on dopamine. But it's now believed to be the interplay of the dopamine system with another test-tube rack of brain chemicals – opioids and the neurotransmitters serotonin, norepinephrine and epinephrine – that allow us to experience natural highs.

By understanding the mechanics of your reward system, you can turbocharge each component of the reaction and make a merely pleasurable moment a genuinely euphoric experience. No gurning, no dodgy deals in car parks, and no suicide Tuesday.

Here's how to live on a higher plane…

WORDS RYAN THOMPSON

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Kick back and relax into a mellow dopamine haze with the finest Friday night in known to man

COMPUTER GAMES + PIZZA + MUSIC = CANNABIS

COMPUTER GAMES

Computer games are addictive and here's why. Each time you point a pixelated shotgun in an online zombie's face you flick the 'on' switch of your pleasure hard drive. The evolving landscape of risk and reward in modern games sends your dopamine system into megadrive. The biggest hit is from action games whose complexity packs a more powerful opioid punch than simply jumping on a boss's head until he falls over.

Deus Ex Machina, released August 26, £45, game.com

FAVOURITE MUSIC

A study in *Nature Neuroscience* found that levels of dopamine were 10% higher when volunteers were listening to music they enjoyed. So next time you're wading through e-corpses with a 12-inch cheese feast, do so with some new tunes on. ▶

Monster iBeats in-ear performance headphones, £80, beatsbydre.com

CHEESY PIZZA

Pizza is high in calories, but even higher in one ingredient that will rocket the buzz of your big night in: cheese. According to the *Journal of Food Science*, phenylethylamine, a chemical related to amphetamines and found in cheese, triggers the brain into releasing mood-boosting hormones. And while you're filling baddies with hot lead, the mozzarella is also pumping you full of norepinephrine, a hormone that boosts the supply of oxygen and glucose to the brain and muscles.

Quadruple your happiness hit with a *quattro formaggi* (edam, emmental, gorgonzola and mozzarella) for more of a high from fewer slices. Dr Oetker Quattro Formaggi, £2.59, ocado.co.uk

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STRESS-BUSTING

Three cathartic chemical levellers, slotted into your commuter timetable, so you arrive at work clear of mind

YOGA + SWEDISH BREAKFAST + MEDITATION = PROZAC

EASY YOGA

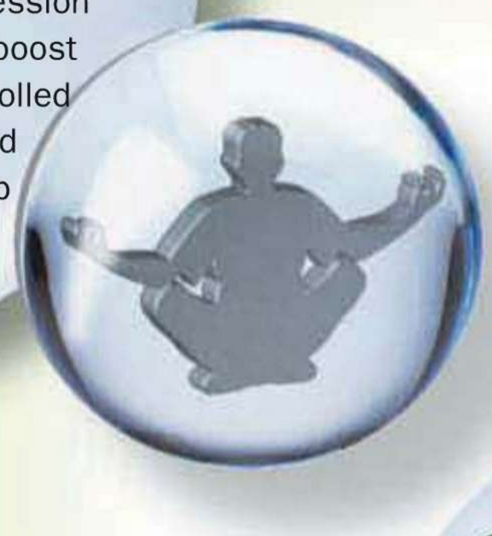
A morning muscle-stretching yoga session prompts a flood of endorphins that boost serotonin in the brain. Yoga's controlled breathing is also a buzz: Harvard Medical School found that deep breathing can alleviate depression.



DOWNWARD FACING DOG

1) Get on all fours. Take a deep breath and lift your knees and back away from the floor, as if your hips are being pulled toward the ceiling.

2) Press down on the floor with your arms and try and straighten your legs without locking your knees. Now slowly lower your heels towards the ground. Hold for up to 2 minutes and relax.





COMMUTER MEDITATION

Use your commute to rewire your brain in time to start work in the happiest possible mental state. A psychological trick called 'body scanning', popularised by Jon Kabat-Zinn, at the University of Massachusetts Medical School, is a simple way to organise your thought processes. It increases the levels of alpha and theta waves in your brain, inducing a wakeful calm before the tumult of the working day.

Slow your breathing and mentally scan each part of your body from your toes up to your head, noting any sensations, pains and thoughts that arise.



SWEDISH BREAKFAST

Fuel up your pleasure response with a breakfast of gravlax (cured salmon) and scrambled eggs. The eggs are your quickest route to the neurotransmitter, acetylcholine. US research found that when it was injected into a patient's brain, they reported intense pleasure – including multiple orgasms.



RECIPE (SERVES 2)

What you need

- 4 medium eggs
- 3-4 tbsp milk
- 100g smoked salmon
- 2 slices rye bread

How to make it

Beat the eggs and the milk in a bowl. Flake the salmon into the mixture and season. Put a pan over a gentle heat and then add the mixture, stirring as it scrambles. Toast the bread and serve the eggs on top.



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ORGASMIC BLISS

Spike your orgasm – with a base of endorphins and a shot of adrenaline for the ultimate sensation

SEX
+
ROGAN JOSH
+
THE GREAT OUTDOORS
=
VIAGRA

SEXUAL BUZZ

An orgasm jacks up almost every chemical component your body can produce: dopamine; the 'cuddle' hormone oxytocin and the stimulant phenylethylamine. There are numerous ways you can intensify an orgasm but by far the most effective is 'edging'. In *Extended Massive Orgasm* Drs Steve and Vera Bodansky advocate long, slow foreplay then 'edging' towards an orgasm before backing off and letting it subside. Get practising for the perfect *petite morts*.

Delay device
£30
boots.com

GREAT OUTDOORS

Sex in the sun boosts your serotonin levels, but the major pleasure driver of sex outside is the fear of getting caught. According to Rutgers University in the US, the danger causes adrenaline surges, which increase your heart rate and blood pressure and turn you into a sex machine. Join the birds and bees and fly as high as them. ▶

Swap ghee – clarified butter – for olive oil to save over 100 calories per 100g and cut the saturated fat content. Cook at a lower temperature – as olive oil burns quicker.

SPICY CURRY

A UK study has shown that just thinking about your favourite curry can spice up your heart rate. "We see an increase in blood pressure and heart rate similar to sexual arousal," says author Professor Stephen Gray. The research found the medium-hot rogan josh was the most effective, with enough spice to trigger a mass endorphin rush that will inject an extra chemical hit of pleasure. *Kama Sutra* anyone...?

The Sexual Offences Act doesn't ban outdoor sex but states that you have to maintain 'a level of privacy'. So use your discretion or you'll possibly wind up in the wrong sort of handcuffs.

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menshealth.co.uk

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EXERCISE HIGH

Enjoy the buzz of getting sweaty, with added strength, then the perfect way to bring yourself down

CREATINE + SPARRING + STRETCHING = ECSTASY

MUSCLE SUPPLEMENT

Neck a scoop of creatine phosphate and prepare to train on a higher plane. It builds muscle, burns fat and raises your VO_2 max, so you'll get a post-workout high like no other. Creatine enhances your ability to resynthesise ATP, your body's prime energy source, so you'll train harder and get more endorphins into your bloodstream.

Creatine Monohydrate, £5 and Alpha Men supplement, £10, myprotein.com/uk

BOXING TRAINING

The fight/flight response of sparring sends your body into a state of hyper-arousal and while your adrenal gland pumps out adrenaline, your pituitary gland is secreting the hormone ACTH, which in turn triggers the release of approximately 30 different stimulating hormones that prepare you for action. Just don't get knocked out.

THE LEFT HOOK

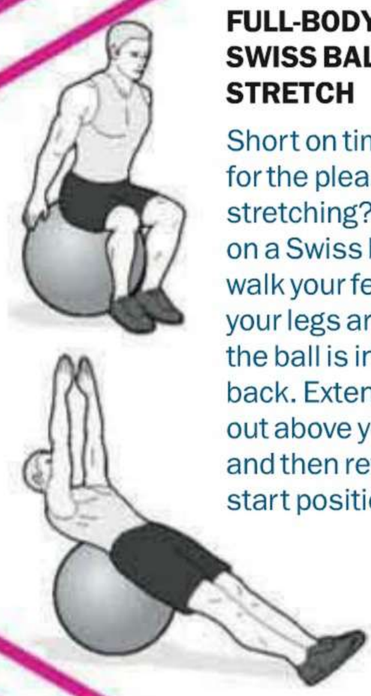
STEP 1 With feet shoulder width apart, assume a stance with your left hand leading in front. Keep your guard high and your elbows tucked in.

STEP 2 Twist your leading foot so your toes point in the direction you're going to swing your fist. In the same motion, twist your body so your backside quickly sticks out.

STEP 3 Turn with your arm crooked at a 90 degree angle from your torso, then swing your arm with your body's natural twist.

FULL-BODY STRETCH

By this stage, your body is trying to recuperate, flooding you with chemicals to protect and repair your muscles. Just 15 minutes of stretching is all you need to hit the showers feeling like your shake's been spiked. The *Clinical Journal Of Sport Medicine* reported stretching, like lifting, tears microfibres in your muscles. Result? Even more endorphins. The most effective stretches are those held for more than 30 seconds.



FULL-BODY SWISS BALL STRETCH

Short on time but longing for the pleasure kick of stretching? Start by sitting on a Swiss ball and then walk your feet forward, until your legs are straight and the ball is in the small of your back. Extend your straight out above your head, hold and then return to the sitting start position.

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EXTRA ENDURANCE

Smash your personal best with the most mentally stimulating form of cardio and a chemical cocktail to boost performance and results

CYCLING + BEROCCA + CHOCOLATE = PEDs

CYCLING OUTSIDE

You can't deny the physical benefits of getting in the saddle, but scientists have recently found cycling can add an extra gear to your pleasure system. A report in *American Scientist* shows changing scenery and exercise stimulate a reward centre in the brain, which Oxford University scientists believe, links to opioid receptors and dopamine circuits. The bottom line: getting out on your bike fires up just about every brain area responsible for joy.





Setting your saddle at the right height means more power and less soreness. Sit on the bike with your feet in the 6 o'clock and the 12 o'clock position. Your bottom leg should be fully extended when the heel is on the lower pedal.

DARK CHOCOLATE

Before you head out on your tour de joy, ensure you go equipped with a bar of the finest 70% cocoa. Chocolate contains tryptophan, used to make the gurningly-good neurotransmitter serotonin. Studies in *Nature* also show chocolate's anandamide can fondle the same feel-good parts of your brain as THC, the active ingredient in cannabis. The added bonus is the sugar, which will shift your cycling intensity up a notch, thereby boosting the endorphin surge.



VIT-C DRINK

Slipping a Berocca tablet in your water won't trouble the doping officials but it will give you more of a 'cyclist's high'. It's packed with serotonin-boosting vitamin B. But more important is the vitamin C, because it's a key catalyst in your body's synthesis of feel-good chemicals. Since vitamin C is water-soluble, you'll experience the benefits within minutes of glugging it back. Think of it as the chain oil on your pleasure ride. MH

The ultimate bliss-out? Pralus' Le 100% has more life-extending antioxidants than Willy Wonka has fillings. seventypercent.com



THE VITAMIN C GIVERS

Berocca	Kiwi	Orange
476mg per tablet	150mg per fruit	70mg per fruit

ILLUSTRATION WILLIE RYAN

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Sexual healing



Looking at attractive women is good for you. Science says so. A 2011 study* found 10 minutes of ogling a day has the same positive effect on your blood pressure and heart health as 30 minutes of daily cardiovascular exercise. *MH* has taken that and run with it. Each element of these pages has been tailored so that simply looking at them will give your body and mind an interactive boost far beyond the power of beauty alone. Which is the only excuse you need to enjoy them as many times as you like... ▶

Words David Morton Photography Alex Young

Intelligence

Research by Manchester Metropolitan University scientists discovered that **horizontal eye movements** enhance the efficiency with which the left and right hemispheres of your brain can work with one another, and **allow you to** access and retrieve more information about a subject in order to **form more memories.** Meanwhile, the colour **yellow**, so perfectly modelled here, improves your **memory** and even **reaction speed and co-ordination**. According to a MindLab study, bright, sunny colours stimulate your brain more acutely, which is why **highlighting a key word** in a block of **text makes it** suddenly **more** memorable. So have another once-over at her highlights and try not to go cross-eyed.



PHOTOGRAPHY ALEX YOUNG. MODEL JASMIN AT PREMIER. STYLIST VICKI HILLMAN AT ERA. HAIR AND MAKE UP SUSANA MOTA.

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Read me

Reading this
on the
way to
work in
the morning
will make
you smarter.
Moving your
eyes from
left to
right over
and over
again for
30 seconds
has been
shown to
significantly improve
your memory.



CUTAWAY SWIMSUIT. ELIZABETH HURLEY BEACH. WATCH HENRY HOLLAND AT DESIGNERS AT DEBENHAMS. SHOES CARVELA. *NEW ENGLAND JOURNAL OF MEDICINE

Look left, look right: and become a whole lot brighter

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Strength



So it was Miss Scarlett, in the gym, with 23% greater gains

VEST AMERICAN APPAREL. BIKINI PANTS FREDDY. RED TRAINERS NIKE

Looking at this lady in red before a workout will make you stronger. Her curves, and the shade of the gymwear struggling to cover them, increase bloodflow to your muscles. Psychologists at Rochester University found our association of the colour red with danger leads to an improvement in muscular speed and strength.

In tests, the effects were most obvious in exercises requiring bursts of power, such as lifting weights. Before you lift anything, stare at the blank space opposite and think about how you're going to do it. Visualisation of success in physical movement improves accuracy by 23%, according to University of Chicago research. The Cleveland Clinic Foundation found picturing yourself completing an exercise increases muscular strength while performing it. So take the psychological shortcut to quicker gains.

Look at me



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Weight loss

Fasten your eyes on that lollipop. You'll now slurp down 33% fewer calories at lunch. According to research by behavioural optometrists in Colorado, eating while looking at anything with a blue tinge plays on a subconscious association with that food being less appetising.

The colour rarely occurs in the natural world, so you see it as a warning that your lunch has gone off. The other images of loveliness will also stop you overeating. A study in the *New England Journal of Medicine* found being surrounded by healthy looking people decreased obesity risk by 57%. Consider this page your new dinner date. ►

THIS PAGE: LINGERIE PRINCESSE TAM TAM. RING DOROTHY PERKINS. SHOES DUNE.

The Queen of Cyan takes your mind off dinner

Stare at me



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Relaxation

Now this really is a green initiative

Laugh at me

"Two hunters are out in the woods when one collapses. The other whips out his phone and calls 999. He gasps, 'My friend is dead! What do I do?' The operator says 'Calm down. First, let's make sure he's dead.' There's a silence, then a shot is heard. Back on the phone, the guy says 'OK, now what?'"*



* A STUDY OF 100,000 TEST SUBJECTS FROM 69 COUNTRIES BY RICHARD WISEMAN AT THE UNIVERSITY OF HERTFORDSHIRE FOUND THIS JOKE HAS THE WIDEST APPEAL AMONG DIFFERENT CULTURES, DEMOGRAPHICS AND COUNTRIES. IT IS BASED ON A SPIKE MILLIGAN GAG FROM A 1950 GOON SHOW SKETCH

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Sleep



Get your dose of purple haze to sleep better

After a long hard day at work, this page will calm you down and allow you to rest up. First the fun stuff. Just reading our hilarious joke (left, it's a classic) will reduce your stress levels enough to provide protection for your heart from the inflammatory reactions that can lead to heart attacks. Cardiologists at the University of Maryland Medical Center have discovered that laughter limits dangerous damage to the endolitheum, the protective lining found in our blood vessels. It makes laughter the best medicine at the start of your free time.

The other fun stuff – that'll be the green goddess lounging seductively – will further ease you into your evening. According to a study published in *Colour Research and Application*, green is the most natural colour for your eyes to register, with strong psychological links to the outdoor environment and relaxation. Which is why guests traditionally sit in 'the green room' before going onstage at a chat show. Sadly, we can't also provide you with the uniquely soothing benefits of a hospitality bar.



GREEN : GREEN LINGERIE PRINCESSE TAM TAM. BRACELET NEW LOOK. LAZY BASTARD CHAPLINS FURNITURE CHAPLINS.CO.UK. PURPLE: NIGHTIE FIGLEAVES. SHOES CARVELA

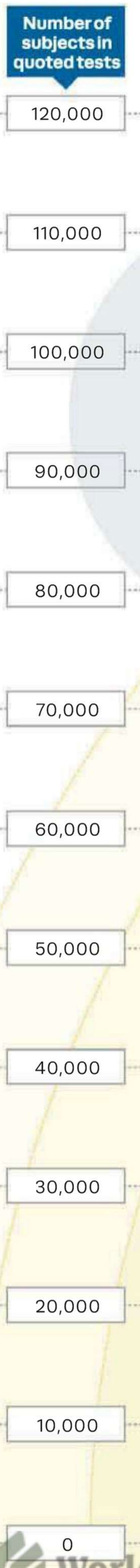
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Read this page in bed and get ready to tuck yourself in for the full eight hours you need to be on top form tomorrow morning. Purple was found by colour psychology researchers at The Rohm and Haas Paint Quality Institute to calm anxiety and slow muscular response, both crucial factors in putting yourself in the right physical and mental place to nod off.

When you've finished getting deep into the purple, leave this page open near your bedside and keep a pen to hand. If you find that worrying about money, family, work or all three is keeping you from drifting off, simply note them down. Sixty per cent of UK adults suffer from insomnia on a Sunday night thanks to worrying about Monday morning. "On a psychological level, writing things down makes you feel like you've dealt with that issue," says sleep specialist Dr Neil Stanley. Which means you can get on with getting to sleep and look forward to seeing the girl in the yellow bikini again in the morning. MH

Write on me

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PANCREATIC CANCER

Risk reduction

43%

120,000 people;
10-year dietary survey

Northwestern University

STROKE

Risk reduction

16%

119,000 people

American Journal of Clinical Nutrition

MULTIPLE SCLEROSIS

Risk reduction

42%

95,310 women between 1991-2001

American Journal of Clinical Nutrition

FRACTURES

Risk reduction

20%

42,279 people

Archives of Internal Medicine

CARDIO-VASCULAR DISEASE

Risk reduction

45%

27,000 adults over 50

Intermountain Medical Center, US

COLON CANCER

Risk reduction

73%

16,000-subject dietary survey

Northwestern University

SEASONAL INFLUENZA

Risk reduction

42%

167 children in a 4-month test

American Journal of Clinical Nutrition

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THE DRUGS ISSUE

THE BIG YELLOW PILL

Outside right now, there's a health booster that's better for you than any superfood or exercise could ever be. It's called the sun. Our guide shows you how much of its shiny goodness you need. Follow this five-step guide to get your maximum vitamin D

1 Reduce your risk of illness

Find out how your recommended daily allowance of sun will brighten your health. Then turn the page to start getting your RDA of health rays today

RHEUMATOID ARTHRITIS

Risk reduction

40%

29,368 women

The Journal of Nutrition

TYPE 1 DIABETES

Risk reduction

80%

10,366 children

Department of Paediatric Epidemiology

HIP FRACTURE

Risk reduction

43%

3,270 French women

New England Journal of Medicine

DEMENTIA

Risk reduction

44%

3,325 US adults aged 65 and older

National Health and Nutrition Survey ▶

120,000
110,000
100,000
90,000
80,000
70,000
60,000
50,000
40,000
30,000
20,000
10,000
0

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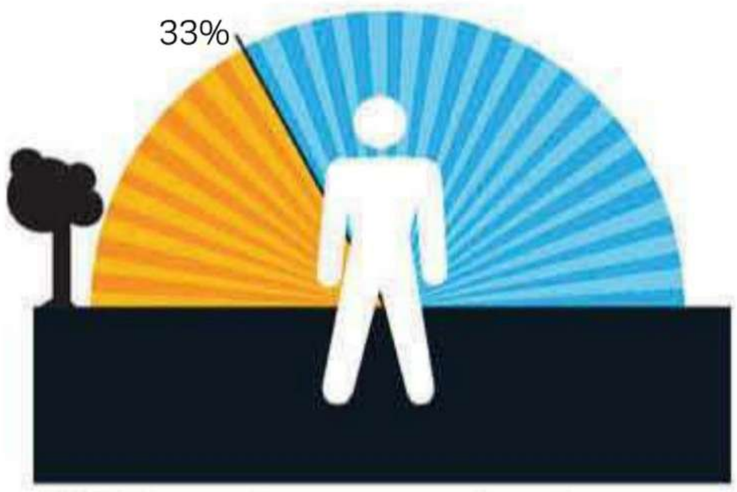
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2 Optimum sun time

Depending on your skin tone, the recommended summertime exposure is 15–30mins, 11am–3pm, 2 to 3 times a week. Know your exposure levels and do what's right for you



Following the times outlined above lying down under an open sky or sunbathing equals full sun exposure



Walking under an open sky gives you only 1/3rd the exposure of lying out



Walking under a cloudy urban sky provides 1/6th of sunbathing's dose

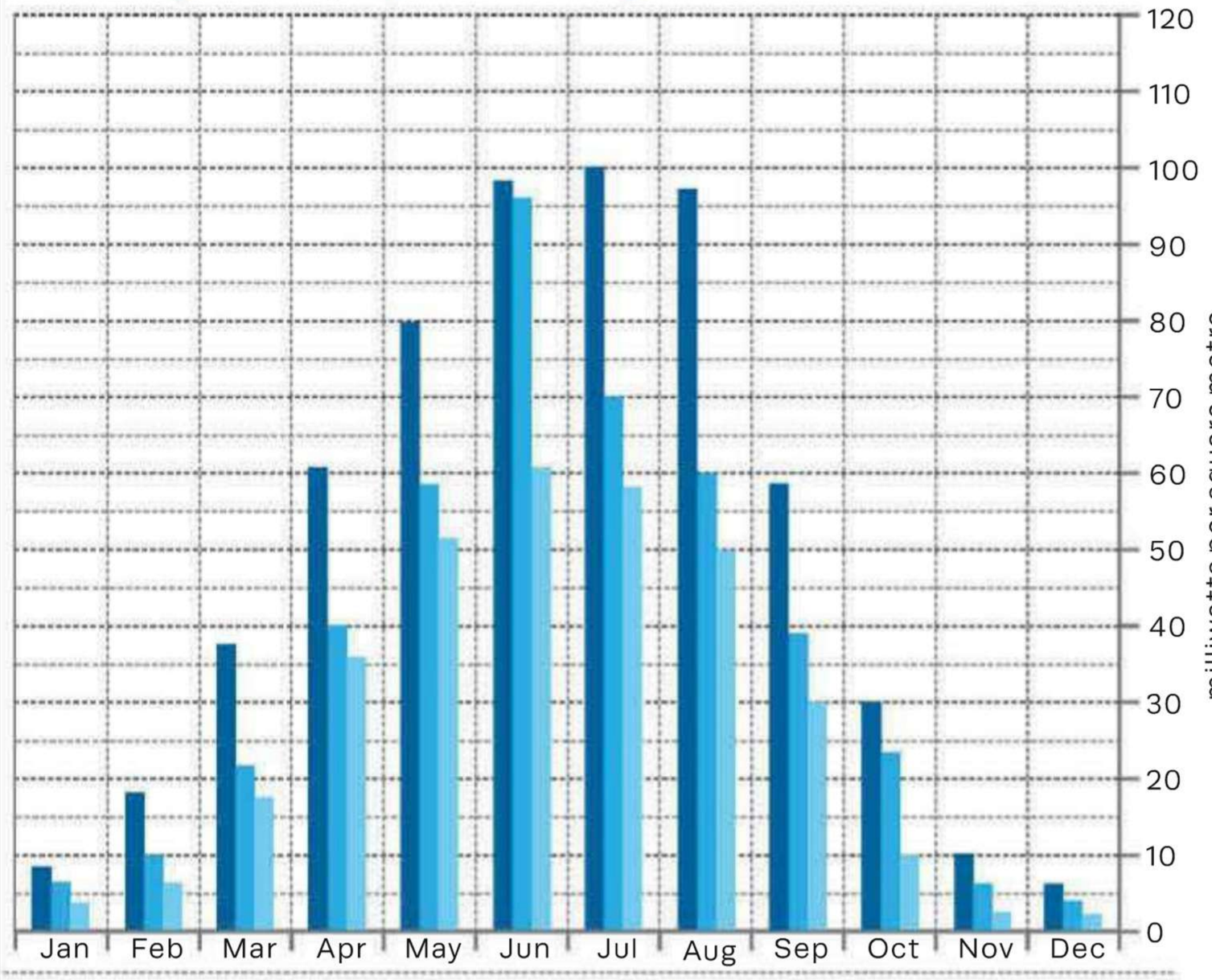
Recommendations for daily exposure levels are hazy. Most are based on a sunbathing on a clear day. If you're trying to grab your sun during your lunch hour on a partly cloudy day in an urban area, however, your exposure to its rays is no more than a sixth of that. And here's where it really burns... If you stayed out in the sun unprotected, on said semi-cloudy day, for the 90–180 minutes needed to produce the optimum amount of vitamin D, you're almost certain to burn. Which is why you need to know how and when to do it safely.

3 Where to get your daily dose

Follow our map of sunlight highs and lows, so you can get your daily dose safely, whenever and wherever

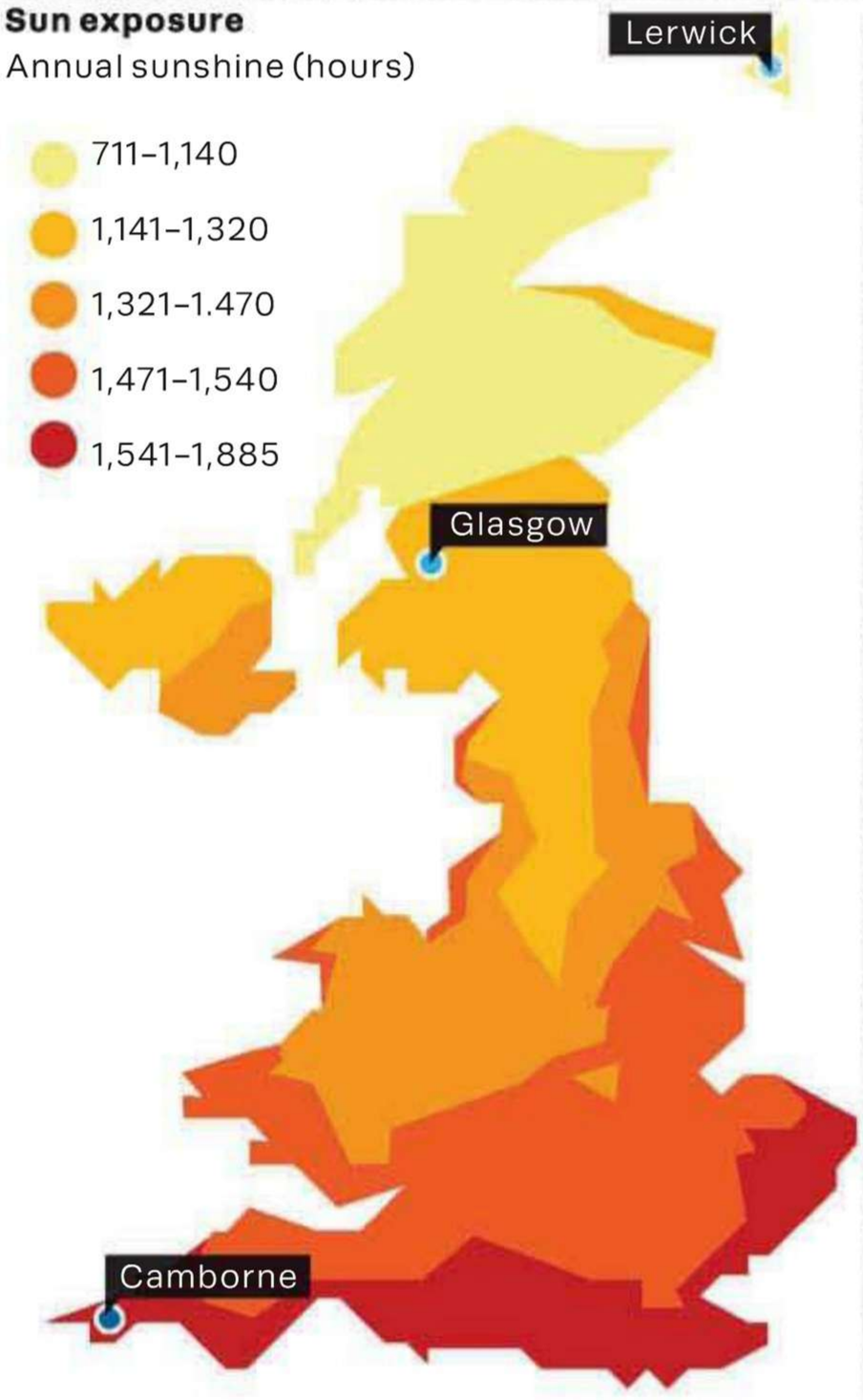
The North/South divide

Difference in levels of sunlight at three UK locations



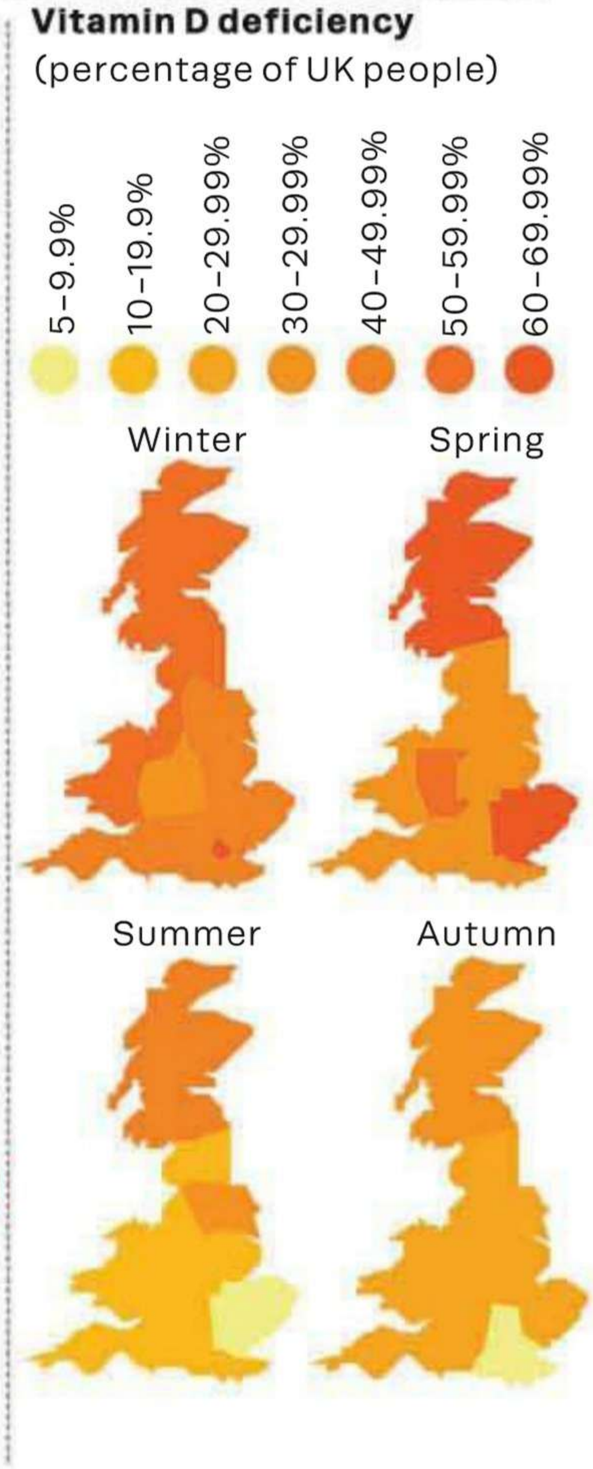
Sun exposure

Annual sunshine (hours)



Vitamin D deficiency

(percentage of UK people)

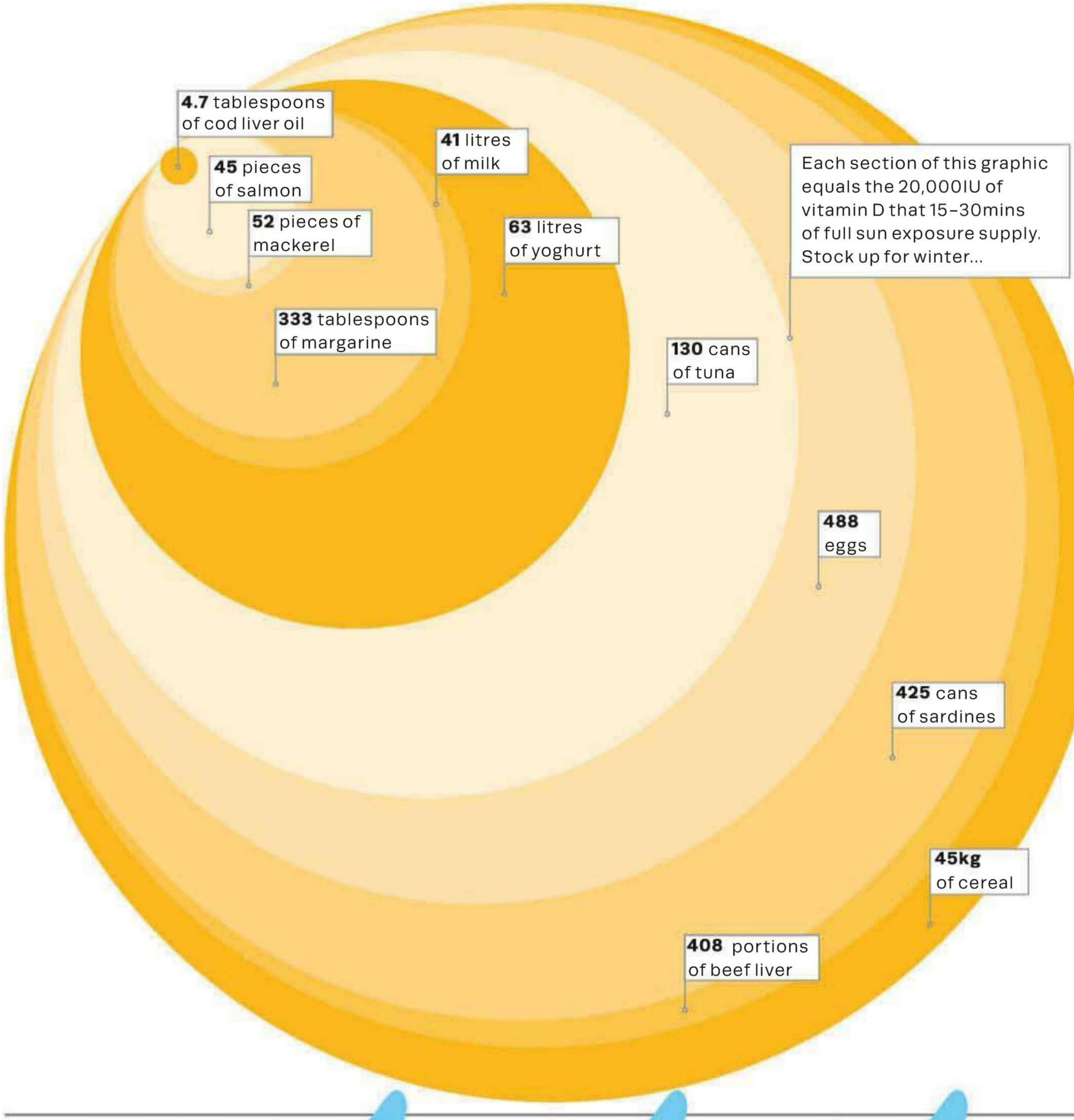


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4 For when it's cloudy. Alternative sources to sunlight

If you're not getting enough, then here's precisely how much food-based vitamin D you'd need to equal the 20,000IU your recommended daily sun exposure provides



5 Sun shield

Finally, most Brits apply insufficient amounts of sun-screen, when they're out for more than 30 minutes, leaving you with an increased risk of skin damage and premature ageing. Here are the exact amounts you need for safe sunning



30ml evenly spread, offers thickness of 2mg/cm² for the average adult
= stated SPF protection

15ml unevenly spread, offers thickness of 1mg/cm² for the average adult
= 1/3 stated SPF protection

6ml unevenly spread, offers thickness of 0.5mg/cm² for the average adult
= 1/6 stated SPF protection MH

SOURCES: SUN, SKIN CANCER AND VITAMIN D BY PROFESSOR BRIAN DIFFEY, NATIONAL INSTITUTE OF HEALTH, HEALTH RESEARCH FORUM/OLIVER GILLIE, DRUG AND THERAPEUTIC BULLETIN

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THE PUZZLE BOOK

Whether you're at the departure gate or by the pool, whiling away the hours this summer needn't be time ill spent. *MH*'s array of puzzles are the fun way to improve your mind *and* body

WORDS **DAVID MORTON**
PHOTOGRAPHY **ALEX YOUNG**

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CROSSWORDS! RIDDLES! ANAGRAMS! SUDOKU!

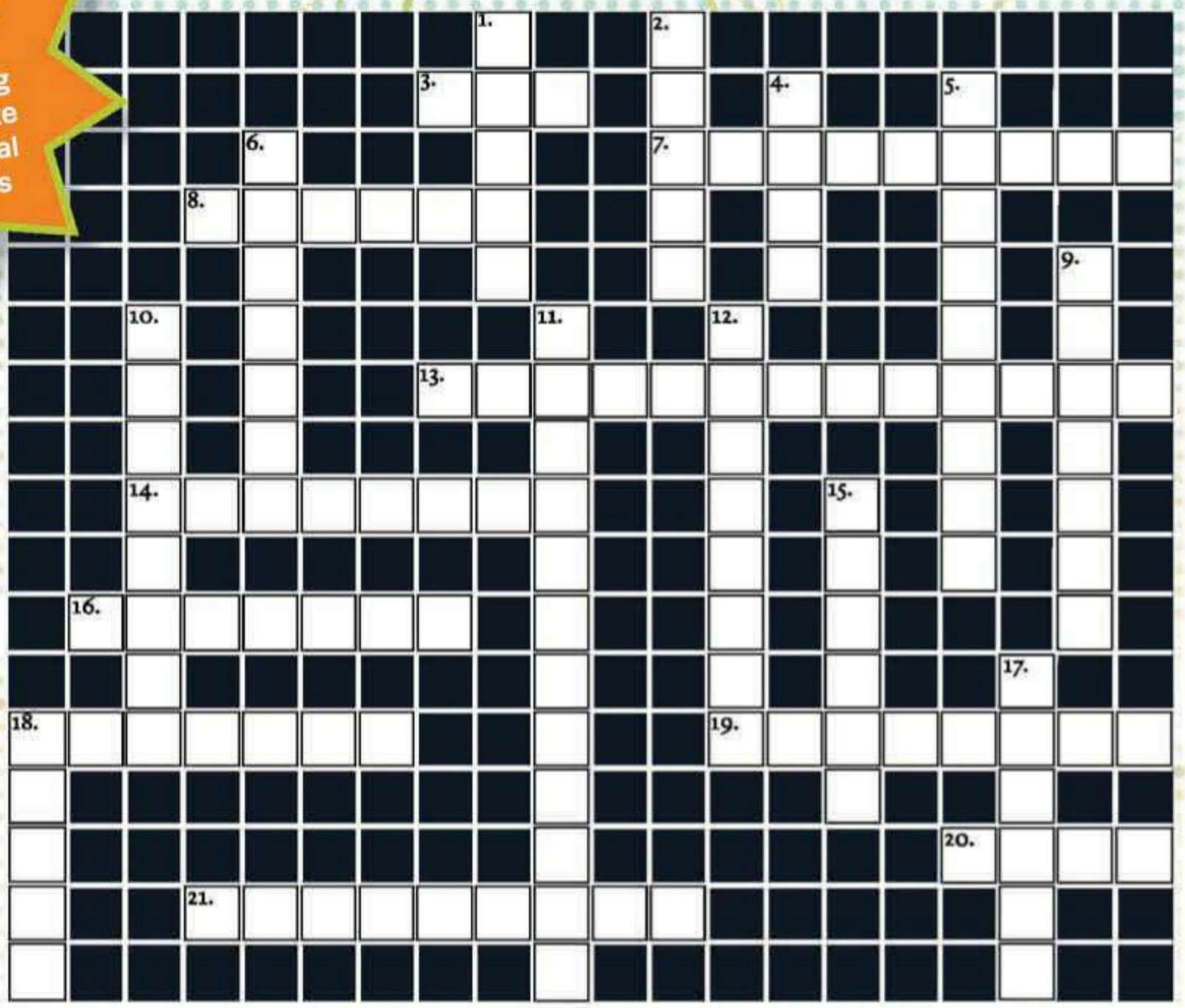


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SUPERFOOD CROSSWORD

Every answer relates to a food famed for its health-boosting power. Complete the grid to reveal the menu stars



ACROSS

3. Pectin, a gelling agent in this life-preserving breakfast spread, blocks the progress of cancer through the body. Less movement in traffic. **(3)**

7. Boosts endorphin levels and even intelligence, but the darker the better. Can be found at this time of year in flake form in *10 down*. **(9)**

8. No average Joe. Hot drink that boosts fat-burning potential of cardio workouts when drunk just before and limits the aches of later, too. **(6)**

13. A tough one with some scientific bite. A cube of this English fromage after a meal neturalises acids to prevent tooth decay. **(7, 6)**

14. A sweet spice popular at Christmas that limits the blood sugar spike and crash of the *8 across* it is used to flavour, managing insulin levels to prevent weight gain. **(8)**

16. Alzheimer's, heart disease and low immunity, just three of the things that two daily glasses of this booze will top up your resistance to, thanks to 'resveratrol'. **(3, 4)**

18. Don't get caught late at night (like Cinderella). Eating this hallowed vegetable combats cataracts and macular degeneration, reducing your risk of blindness. **(7)**

19. Mushroom renowned for boosting heart health, reducing inflammation and having a funny name. **(7)**

20. Leafy green, high in fibre and low in calories. Not spinach. **(4)**

21. Packed with more fibre and releases its energy slower than other breads. Could almost be your 'entire dish'... **(9)**

DOWN

1. _____ beans. High in protein and low-GI carbohydrates, a serving of this one of the 57 varieties counts towards your five-a-day. **(5)**

2. Richard _____. Former *Blue Peter* man and *MH* Celebrity Six-Packer. This food is half monounsaturated fat, so lowers cholesterol like olive oil. **(5)**

4. Bean curd, high in protein. Studies warn that over-consumption could be linked to fertility problems. **(4)**

5. Small fruit, thought to be the first referred to as a 'superfood' and famed for its levels of antioxidants. **(8)**

6. Novel by Ben Elton, best enjoyed salty or sweet. A 30g serving has as much heart-healthy wholegrain as a portion of brown rice. **(7)**

9. An aphrodisiacal source of zinc and selenium, known to elevate testosterone levels. The world is one of them, if it's yours. **(7)**

10. A seaside favourite that melts your brain with a single lick, firing the orbitofrontal cortex responsible for the pleasure sensations of sex and eating. Can be used for both. **(3, 5)**

11. Snacking on this spreadable protein can nearly halve your risk of heart attack. You'd be nuts not to have it on toast. **(6, 6)**

12. Cold water fish with plenty of Omega-3 fatty acids. One of the worlds first tinned foods. Parlour game. **(8)**

15. Strong source of selenium, a handful of these nuts every day will protect you from cancer and depression. **(6)**

17. Japanese horseradish popular with peas that cuts through ulcers, blood clots and even asthma. **(6)**

18. Tomato _____.The highest concentration of all tomato products, packing more lycopene into each tube to protect you from prostate cancer. **(5)**

Across 3) Jam, 7) Chocolate, 8) Coffee, 13) Cheddar cheese, 14) Cinnamon, 16) Red wine, 18) Pumpkin, 19) Shiitake, 20) Kale, 21) Wholemeal
Down 1) Baked, 2) Bacon, 4) Tofu, 5) Blueberry, 6) Popcorn, 9) Oyster, 10) Ice cream, 11) Peanut butter, 12) Sardines, 15) Brazil, 17) Wasabi, 18) Purée

PHOTOGRAPHY ALEX YOUNG. MODEL AMY LEE AT MOT. STYLIST VICKI HILLMAN AT ERA.. HAIR & MAKE-UP SUSANA MOTA. DIGITAL IMAGING PRE MEDIA. ADDITIONAL PHOTOGRAPHY GETTY. ORANGE BIKINI, PRINCESSE TAM TAM. WEDGES, NEW LOOK. HAMPER. TURQUOISE BIKINI, FREDDYSTILETTOES, DUNE. HEELS CARVELA. RED BIKINI, ELIZABETH HURLEY BEACH. VINO COCKTAIL GLASS JOHNLEWIS.COM

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Men's Health
PUZZLE BOOK

FACT FINDER QUIZ SECTION

You hold an ocean of information in your hands. Answer these questions, then dive back into the magazine to find out more

Q1
Which of these activities will lower your risk of heart attacks?

See page 65

A. Tobogganing
B. Poker
C. Free-diving

Q2
What are the main ingredients of *MH*'s age-defying Sloe Gin cocktail?

See page 84

Q3
How much cash did the actor Sam Worthington raise from his garage sale before bagging his role in *Avatar*?

See page 80

Q4
How many glasses of milk should you drink each day for the lowest risk of bone fracture?

See page 39

A. One
B. Three
C. Eight

Q5
Whose tagline was "the greatest hero of them all"?

See page S22

Q6
What's the speed of the world's fastest production motorbike?

See page 79

Q1: Free-diving. Holding your breath while swimming underwater lowers your blood pressure, dilating your arteries so that blood and oxygen flow around the body more easily.
Q2: Sloe gin, Campari, orange juice, cranberry juice and prosecco. Ideal for a century of summer evenings…
Q3: $4,000. You would need to have 695,567 more of those garage sales to take home the $2,782,275,172 *Avatar* grossed worldwide.
Q4: Three. This provides 700mg of calcium, the optimum for bone health, according to Uppsala University in Sweden.
Q5: Action Man. Dispensing with his usual military fatigues, *MH* gives the original hero an up-to-date restyling, in Barbour, Topman, Camper, Universal Works, Christopher Raeburn, French Connection, Casio G-Shock Premium and The Kooples. Check out our toy story on pTK of the Guide to Style.
Q6: Two. The most common way to hit one yourself: you need two three-dart maximums of 180, and then an out-shot of treble 20 (60), treble 19 (57), double 12 (24) with the last three darts.

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Men'sHealth
PUZZLE BOOK

ABS ANAGRAM

Decipher the names of these abdominal exercises – then match them to the images for an intense core workout before your holiday or while you're away

CIRCUIT A

CARN CHUB

EXERCISE NUMBER

x 8–10 reps

1. Lie with your knees bent and your feet flat on the floor. Use your abs to lift your head and upper torso off the ground/towel.
2. Pause at 45 degrees, then slowly return to the start position. Keep your hands tucked behind your head – so that when you have finished you can instantly nod off.

AIRS GLEE

EXERCISE NUMBER

x 15–20 reps

1. Lie flat on your back, legs straight in front of you and arms straight beside you, palms on the floor. Hold your legs together and lift a few inches off the floor.
2. Slowly raise your legs until they are at 90 degrees to the floor. Then slowly lower them back down. Don't risk this in Speedos.

ANTI IS WURSTS

EXERCISE NUMBER

x 12–15 reps

1. Sit on the floor, legs bent at the knees and upper body creating a V-shape with your thighs. Hold a rucksack or medicine ball to your left, with straight arms.
2. Twist to the right, pause, then turn back to the starting position and to the left. That's one rep on holiday. Or 'holiday rep', if you like.

REST 60 SECONDS AND REPEAT 3–4 TIMES BEFORE MOVING ON TO CIRCUIT B.

CIRCUIT B

WENCH ITCH URGED

EXERCISE NUMBER

x 10–12 reps

1. Lie with your knees bent, feet flat on the floor, and hold a heavy book or dumbbell in both hands, just behind your head.
2. Use your abs to bring yourself up. Hold when your shoulder blades are just off the floor. Keep your elbows locked. Return and repeat.

LOWBOY RED ANUS WRIST SIT

EXERCISE NUMBER

x 12–15 reps

1. Lie down, with your legs bent at 90 degrees and a medicine ball held between squeezed knees.
2. Slowly drop your hips to the left, touching the outside of your leg to the floor. Return to the start and repeat to the right. Bend your knees and hips at 90 degrees throughout.

CUBE CLINCH CRY

EXERCISE NUMBER

x 20–25 reps

1. Lie on the floor with your knees bent at 90 degrees. Place your hands behind your head.
2. Bring your right elbow towards your left knee while your right leg extends. Repeat on the other side. Alternate sides quickly to 'cycle' along. Tandems, anyone?

REST 60 SECONDS AND REPEAT 3–4 TIMES BEFORE MOVING ON TO CIRCUIT C.

CIRCUIT C

SPANK PURPLES

EXERCISE NUMBER

x 10–12 reps

1. Lie face down on the floor with your legs straight behind you. Rest your upper body on your forearms and raise yourself on to your toes.
2. Tense your abs and put your hands where your elbows were and straighten your arms, so you're in a press-up pose. Return to the start.

SPADE KILN

EXERCISE NUMBER

45 seconds each side

1. Lie face down, ensuring you keep a straight line from the back of your head to the back of your heels.
2. Turn to the side, with one foot on top of the other. Brace your abs to lift your hips and form a straight line from your shoulders to your ankles. Hold, then repeat on the other side.

ANGEL KELP SLING

EXERCISE NUMBER

45 seconds each side

1. Lie face down with your legs straight and together. Raise your body onto your forearms and toes. Now, tense. Lift your left leg up and hook it over your right ankle.
2. Hold, and focus on your fists to avoid straining your neck. Save that for the flight home… MH



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PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT
TRAINERS ASICS.CO.UK. SHORTS ESPORTA.COM. THE RIVERSIDE HEALTH AND RACQUETS CLUB NORTHWOOD ESPORTA.COM

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NOW MATCH THE EXERCISE

Check out this beach-ready workout. Unscramble the anagrams, and start arranging your summer six-pack

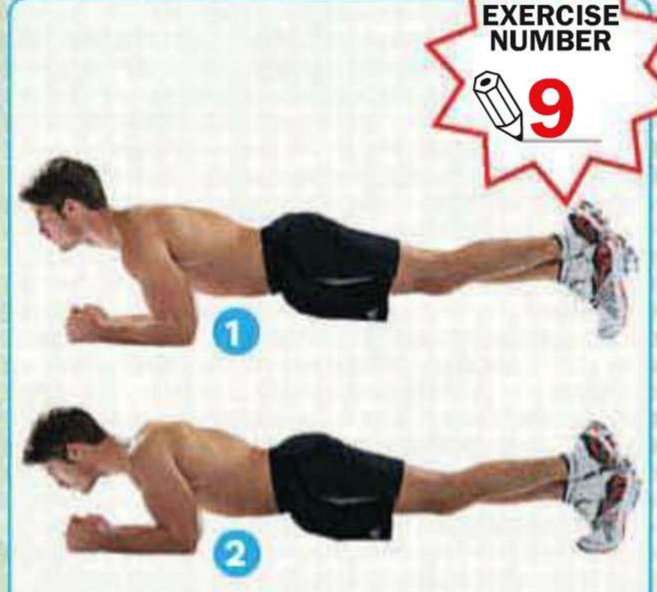
EXERCISE NUMBER 4



EXERCISE NUMBER 7



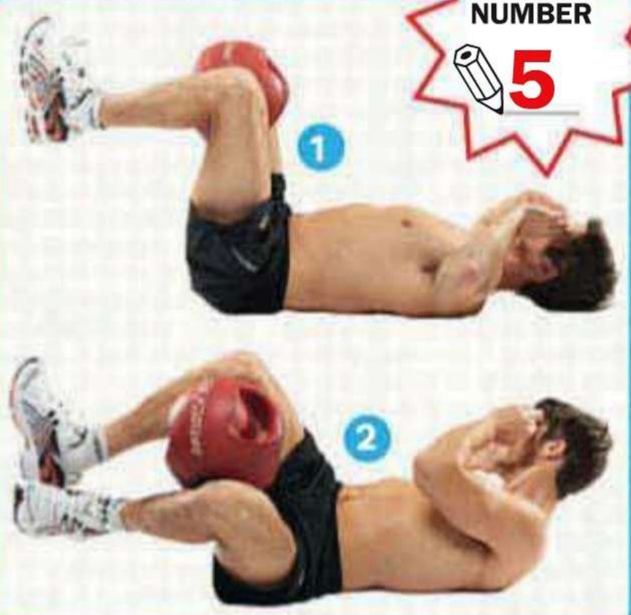
EXERCISE NUMBER 9



EXERCISE NUMBER 8



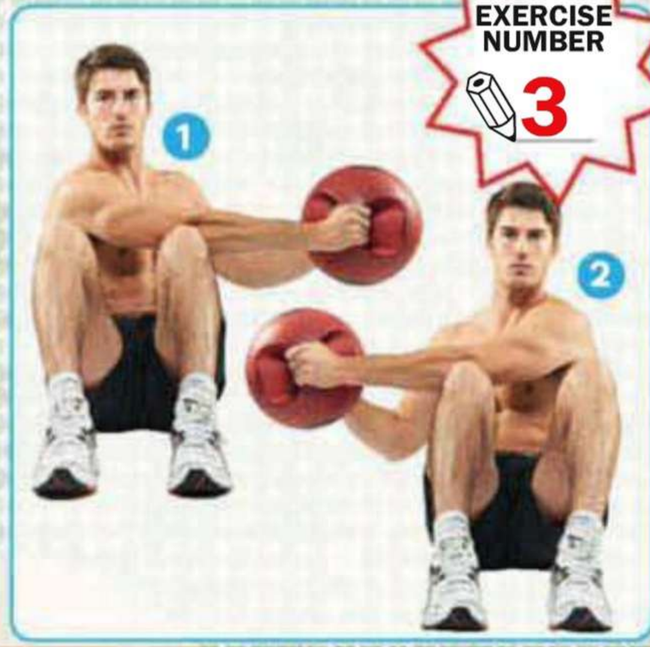
EXERCISE NUMBER 5



EXERCISE NUMBER 1



EXERCISE NUMBER 3



EXERCISE NUMBER 6



EXERCISE NUMBER 2





Circuit A: Ab crunch, Leg raise, Russian twist
Circuit B: Weighted crunch, Lower-body Russian twist, Bicycle crunch
Circuit C: Press-up plank, Side plank, Single-leg plank

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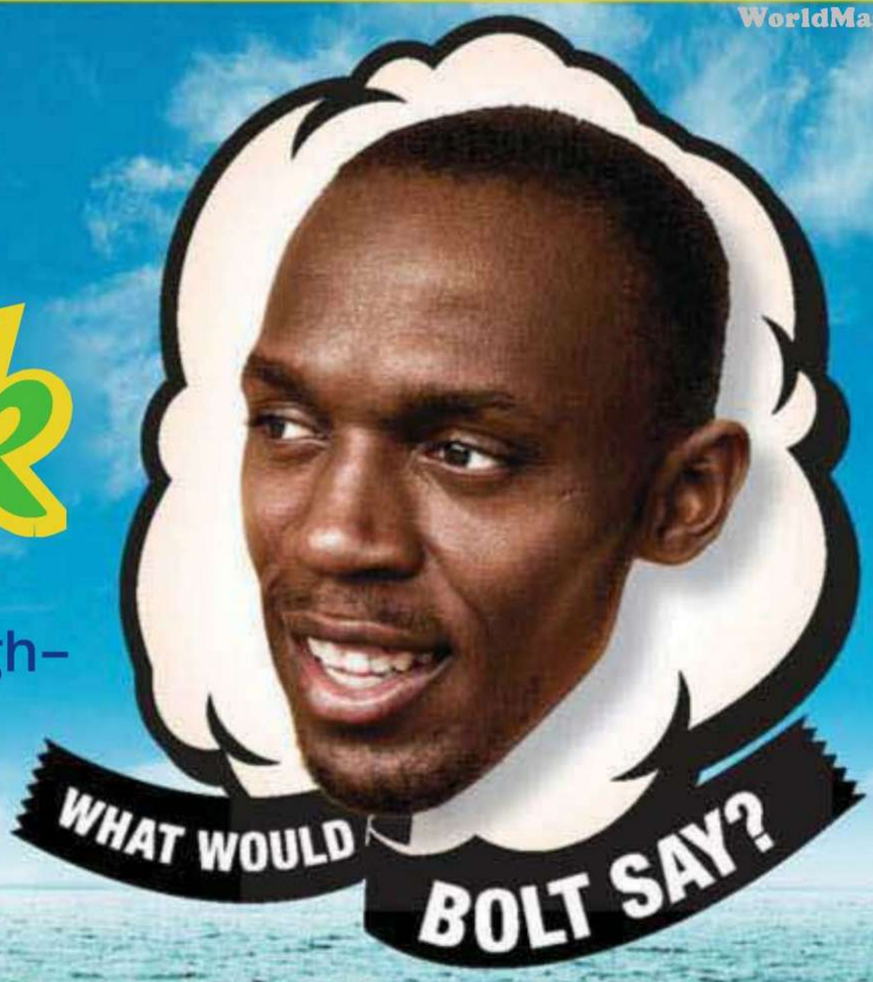
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Faas-track

Puma have bottled Jamaica's medal-winning natural speed and turned it into a new range of high-performance trainers. Welcome to the Faas lab...





FAAS 500

Speed

It's an interesting recipe. Equal parts jerk seasoning, Blue Mountain coffee, reggae music, and, ironically, a slow-pace of life. Combine ingredients with a liberal measure of technology and style, then blend until smooth. At least that's what the scientists at Puma have been cooking up in their Jamaican laboratory. The result of their endeavours is the new Faas range, as worn by the fastest man in the world, Usain Bolt. Lightweight and biomechanically suited to your individual running style, Faas is a revolution in running. In the Faas 500 you have a shoe perfectly designed for everyday running. Whether it's a weekend 10k or a jog in your lunch hour, the Faas 500 will complement your stride while looking every bit the statement trainer. What did you expect when Puma's running tings?

Faas tings first

Efficient running is about reducing the time your feet spend on the ground, which is why the Faas 500 incorporates Puma's 3-step BioRide technology for the most natural and responsive running action this side of the Blue Mountains

1. Rocker roll

The shape of the Faas 500's unique composite outsole allows your balance to be focused more towards the centre of the shoe rather than the heel for perfect weight distribution

2. Flex again

Flexion channels have been added throughout the Faas 500's midsole to replicate the feeling of barefoot running and to enable a better, more natural connection with the ground



3. Find your Groove

The Faas 500's has a groove engineered into the midsole, allowing what is normally the most rigid part of a trainer an unparalleled degree of flexibility.

Head to facebook.com/pumarunning or buy at JJB Sports, £75 RRP

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PERSONAL TRAINER

EDITED BY WESLEY DOYLE // DESIGNED BY GRAEME SAPSED

BECAUSE FIT IS THE NEW RICH

THE MH LAST-MINUTE SPECIAL

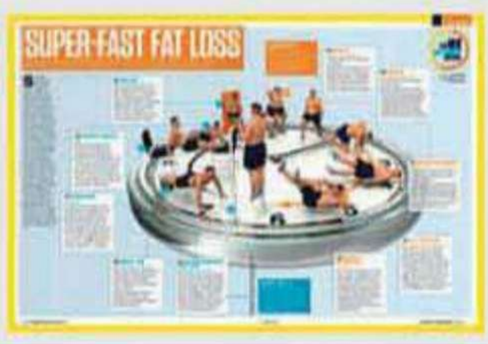
FIRST-CLASS BEACH BODY

YOUR ONE-WAY TICKET TO A SUMMER PHYSIQUE YOU CAN WRITE HOME ABOUT

DESTINATION ROUTE GATE

YOUR BELLY, GONE

Shed your excess fast. Sear away up to 5% of your body fat with our intensive, 20-minute, gut-busting workout to ensure you hit the waves looking leaner and meaner than ever



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FITNESS, THE QUICK WAY

They say the devil is in the detail and indeed it's all the small things in life that will help you cheat your way to a better holiday physique. Follow our corner-cutting guide for a body worthy of the summer sun



146

SAND, SURF AND MUSCLE

Whether you've left yourself four weeks, or just one, to build your beach-ready body, we've got a training plan that will get you into your boardies. Read on to shape up, before you jet off



135

ZERO-EFFORT FAT BURNING

If you've made great progress in your weight loss, but can't quite shift that last stubborn pound, supplements will help you leap that last hurdle. *MH* picks the best of the fat-burners



142

KEY Knowledge · Weight loss · Nutrition · Fitness · Muscle · Health · Time saving · Hardcore

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SPIRAL OF SPEED SUCCESS

Improve your running power and pace by 'spiralling'. It works to keep your body aligned with its gravitational centre and boosts your fat-burning

Last year, Tyson Gay beat Usain Bolt in the 100m for the first time. The win has been put down to the technique of 'spiralling', where you twist your arms in a spiral movement as you run to boost speed. Even if you're not a record breaker, you can benefit: a University of New South Wales study found sprint training burns an extra 3kg of fat twice as fast as the same-paced cardio. Here's how to up the pace: do 3 sets of 6 reps on each arm or leg, resting for 30 seconds between bouts.



Handy tip: modify your wrist action and you'll Bolt out of the traps

1) Hold a football with your palm facing back. Pull the ball toward your armpit by raising your elbow. **2)** When your shoulder is nearly at your ear, rotate wrist clockwise. When your arm is extended, the ball should sit in your palm with your fingers pointing backward. Reverse and return to the start.

1) Hold a ball with your palm facing up and arm extended to the side. **2)** Dip your hips and rotate your palm and shoulder clockwise. Your palm should stay under the ball. Finish with your arm straight, your hand rotated, and your palm facing up. Repeat in reverse. Try with both arms at the same time.

1) With your feet shoulder-width apart, grab a skipping-rope handle in each hand and cross your right wrist over your left. Perform the single-hand figure 8 (above), but alternate, snapping the rope 6-12 inches in front of, and outside, your left and right foot. Keep your wrists crossed at all times.

1) Still with the rope, stand and bend your right arm 90 degrees, while making a tight fist. Moving from left to right, draw a horizontal figure 8. As you move your hand across your body to the left, your palm should face the ground. When you change to the right, rotate it so it's facing up. Switch sides.

WORDS RAY KLERCK. PHOTOGRAPHY GETTY. ILLUSTRATION JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

Toast away fat

Burn off more calories



If you train before work and don't fancy eating beforehand, you could be missing a fat-burning trick. A study at the University of Padua found a light pre-exercise meal boosts the amount of calories you burn. Try buttered toast with jam, a banana, and some milk.

INSTANT UPGRADE

Your headers, volleyball spikes and lineouts will all benefit from a jump-start

To boost your jump height by 5.5%, warm up with high-intensity squats, a study in *The Journal of Strength and Conditioning Research* found. "Heavy weights activate more leg muscles, making you jump higher," says Dr Kent Adams, the study author. Not near a gym? Squat with your back against a wall, holding the down position for 5sec. Repeat twice and you'll be ready to impress at the lineout.



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Express muscle building

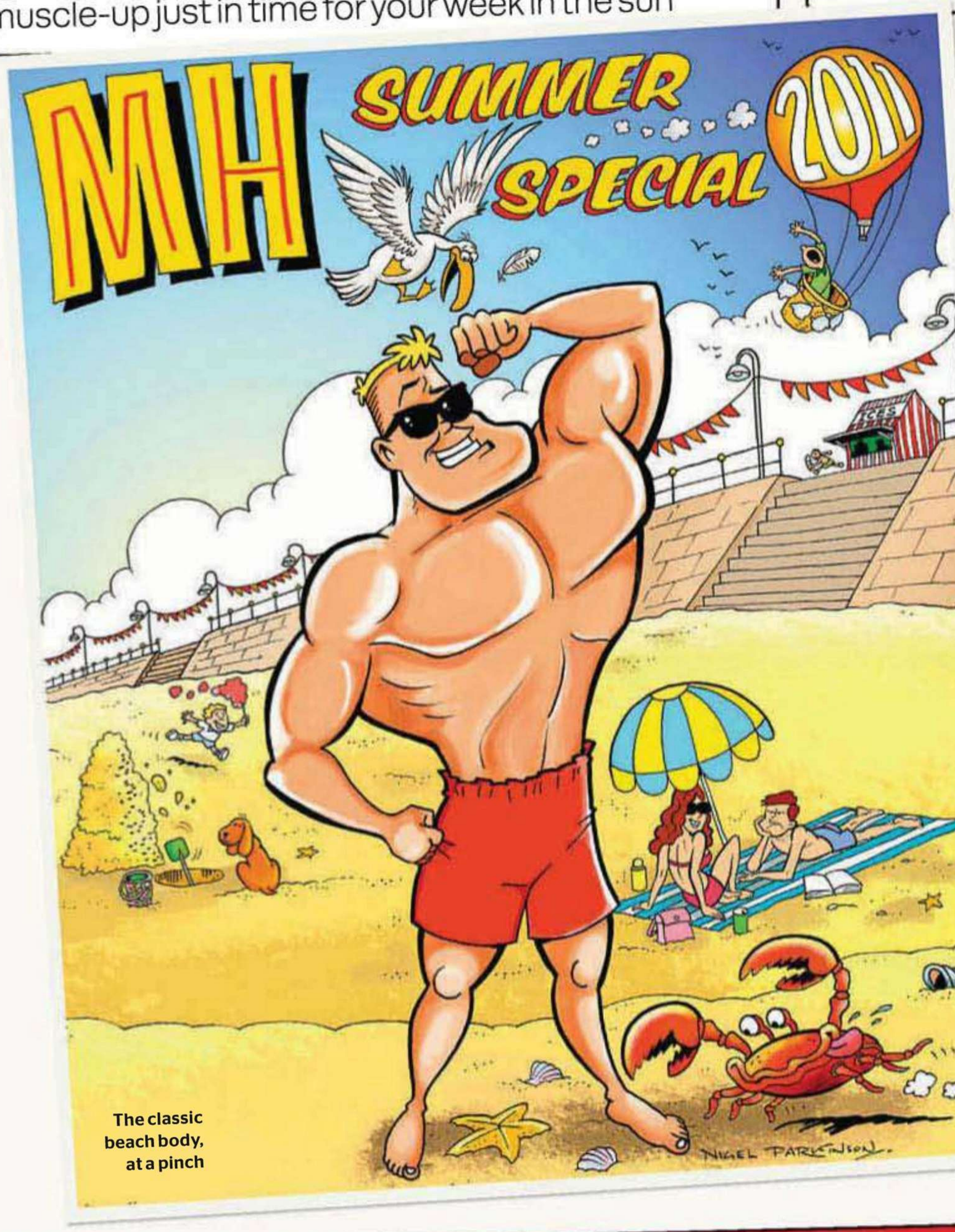
THE MH LAST-MINUTE SPECIAL

Fast-track your training with this last-minute pre-holiday programme designed to help you muscle-up just in time for your week in the sun

Unlike suntan lotion, you can't pick up a brand new physique in the departure lounge. But if you've left your beach-specific training to the last minute, you can still add half a kilo of muscle for every week of training you have left by following this workout. We asked strength and conditioning coach Howard Pearson to develop a total-body plan to deliver a toned, athletic physique that's as essential on the beach as a pair of flip-flops.

YOUR ROAD MAP

"Do one set of exercises of the same letter [eg A1 followed by A2, see over], resting before repeating. Then move on to the next letter," says Pearson. This means there's no break between exercises, only sets. The weights section should only take 25min, which is followed by a 10-15min cardio session. Research by the University of Texas found this technique leads to an increase in the production of growth hormone and improves protein synthesis – a flash way of saying muscle building and fat burning. Do the workouts 3-4 times a week – alternating between Workout 1 and Workout 2, and leave a day's rest between each session. An investment of just three hours a week will reap noticeable dividends – no matter how late you've left it.



The classic beach body, at a pinch

ILLUSTRATION NIGEL PARKINSON. WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT. ILLUSTRATION NIGEL PARKINSON. TRAINERS ASICS.CO.UK. SHORTS ESPORTA.COM. GYM THE RIVERSIDE HEALTH AND RACQUETS CLUB NORTHWOOD, ESPORTA.COM

Beach countdown

Follow these rep and set ranges to maximise your training time before you jet off. Remember: it's never too late to inflate

FOUR WEEKS TO GO

A good basis for the work to come, this may seem like an easy week but it's priming your muscles for speedy growth.

Reps// 10-12
Sets// 3
Rest// 45-60sec
Weight// 75% of 1RM

THREE WEEKS TO GO

Training with low reps and heavy weights will leave you feeling considerably stronger, allowing you to lift more next week.

Reps // 8-10
Sets // 3
Rest //45-60sec
Weight//80% of 1RM

TWO WEEKS TO GO

With two weeks left, performing high reps with light weights will push your muscles to their limit and reward you with size.

Reps//12-15
Sets//3
Rest//30-45sec
Weight//70% of 1RM

ONE WEEK TO GO

Lifting heavy weights puts your body in muscle-building mode, which will last much longer than your first glass of sangria.

Reps//6-8
Sets//3
Rest//60-90sec
Weight//85% of 1RM

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WORKOUT 1 // 20-25 MINS

A1 SPLIT SQUATS WITH SHOULDER PRESS

Shoulders, glutes, quads, hamstrings, core

You start with legs then move to a chest exercise, working some of the biggest muscles in your body, straight off the bat

1) Hold a dumb-bell in each hand. "It will build single-leg strength," says Pearson, improving your ability to run, jump and change direction to dodge any beach traders.





2) Step into a lunge and let your back knee drop toward the ground, pressing the weights above your shoulders, for a full-body workout. Rise to the start. Place your front foot on a raised platform to engage your abs, too.



SUMMER SPECIAL

A2 INCLINE DUMB-BELL PRESS

Chest, triceps, shoulders, abs

Imagine yourself relaxing on a sun lounger and you're halfway to the correct position

1) Hold a dumb-bell in each hand. "Keep your lower back pressed to the bench, to force your upper chest to work harder," says Pearson. That's the bit everyone will see.

2) Explode upwards, then take 3sec to lower. "The blood will rush from your legs to your chest, burning calories and boosting recovery," says Pearson. Out of breath? That's the spirit.



B1 BARBELL SQUAT

Glutes, hamstrings, quads, core, calves

Take a seat to work your body's biggest muscle

1) Rest a barbell across your shoulders. If you're feeling confident, lift your heels off the ground. "This makes it easier to squat deeply," says Pearson. "It also works your calves and more of your abs."



2) Take 4sec to bend your knees and hips to lower yourself towards the ground. Rise to the start position. "Don't lock your knees and you'll keep the tension on your calves and thighs, maximising your muscle gain."

FAT-BURNING CIRCUIT 1 // 10-15MIN

STEP 1	STEP 2	STEP 3
Run for 2min to warm up	Sprint for 10sec then jog slowly for 30sec. Repeat x12	Jog slowly for 2min to cool down

For fat-burning, a quick game is a good game. Research in the *Journal of Applied Physiology* found interval training, like this circuit, burns up to 36% more fat than continuous speed exercise. It also increases overall fitness by 13%. Researchers recommend interval training at least 3 times a week for the best results. And that's exactly what this workout requires.

B2 REVERSE-GRIP LAT PULL-DOWNS

Upper back, forearms, biceps, lats

Want big arms and a V-shape torso? This exercise provides both

1) Grab the bar with an underhand grip. "This hand position ropes in your lats, biceps and forearms," says Pearson. So, T-shirt or not, you'll look muscled.

2) Bend your elbows to pull the bar towards your chest. Hold, then take 3sec to release. "This forces you to use more back muscles," says Pearson, "including those that pull your shoulders back, so your chest looks bigger." ▶

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WORKOUT 2 // 20-25 MINS

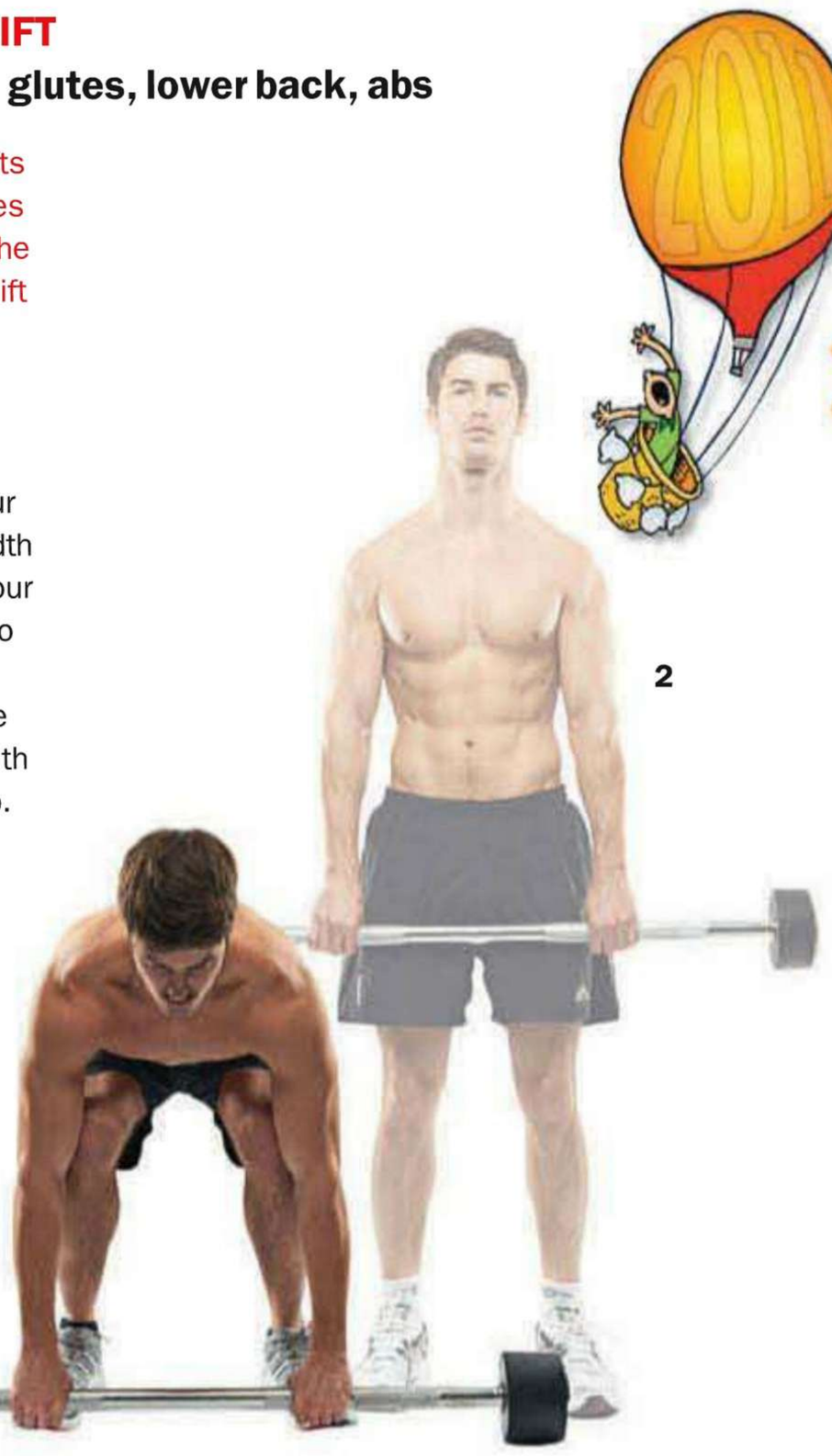
SUMMER SPECIAL

A1 DEADLIFT

Quads, glutes, lower back, abs

Approach deadlifts with fresh muscles as they give you the opportunity to shift heavier weights

1) Stand with your feet shoulder-width apart. Bend at your knees and hips to bring your upper body towards the bar and grab it with an overhand grip.



2) Use your thighs to raise the bar until your legs are straight. Take 3sec to lower the weight back to the start. "A slow lowering speed maximises your muscle work and gain," says Pearson.



A2 DUMB-BELL SHOULDER PRESS

Shoulders, quads, hamstrings, glutes, core

This tough move works your upper and lower body at once

1) Lift the dumb-bells so they're in front of your shoulders, throwing you off balance. "Steadying yourself works your core," says Pearson.



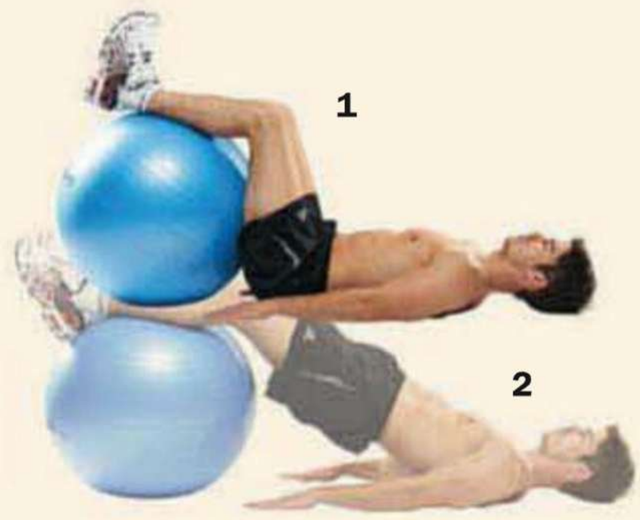
2) Bend quickly at the hips and knees to descend 6in, then bounce up and explosively push the weight overhead. Lower the weight to the start for powerful looking legs and shoulders that will impress at the bar.

B1 SWISS-BALL HAMSTRING CURLS

Hamstrings, abs

Hamstrings are the most commonly injured body part. This will strengthen them

1) Lie on the floor with your calves resting on a Swiss ball and your arms outstretched.



2) Squeeze your glutes and raise your hips until your body is in a straight line. Bend your legs to roll the ball towards your backside. Take 3sec to roll the ball away from you, then lower your body to the floor.

FAT-BURNING CIRCUIT 2 // 15-20MIN

STEP 1	STEP 2	STEP 3
Warm-up with 1-2min on the stationary bike	Sprint for 1min then slowly for 1min to recover (x10)	Cool down with 2min of slow cycling on the stationary bike

Your 'lack of time' excuse has been blown away by research in *The Journal of Physiology*. "Doing 10x1min sprints on a bike with 1min rest between, 3 times a week, is as good for building muscle as hours of less strenuous biking," says study author Professor Martin Gibala. It burns up to 700 calories an hour. So take that new physique and 'pedal' it to the holiday crowds.

B2 STANDING CALF RAISES

Calves

Chiselled lower legs are vital for board shorts, so shore up for the summer now

1) Stand with the balls of your feet on the edge of a step. Hold a dumb-bell in each hand to add tension. Two thirds of both feet should be suspended in mid-air.



2) Hold onto a support if you need to. Take 1sec to rise up onto the toes of both feet, then take 2sec to lower yourself. That should add an extra spring to your volleyball game. You're done, dusted and more muscled to boot. With the hard work over it's time to hit the beach and show off the results. MH

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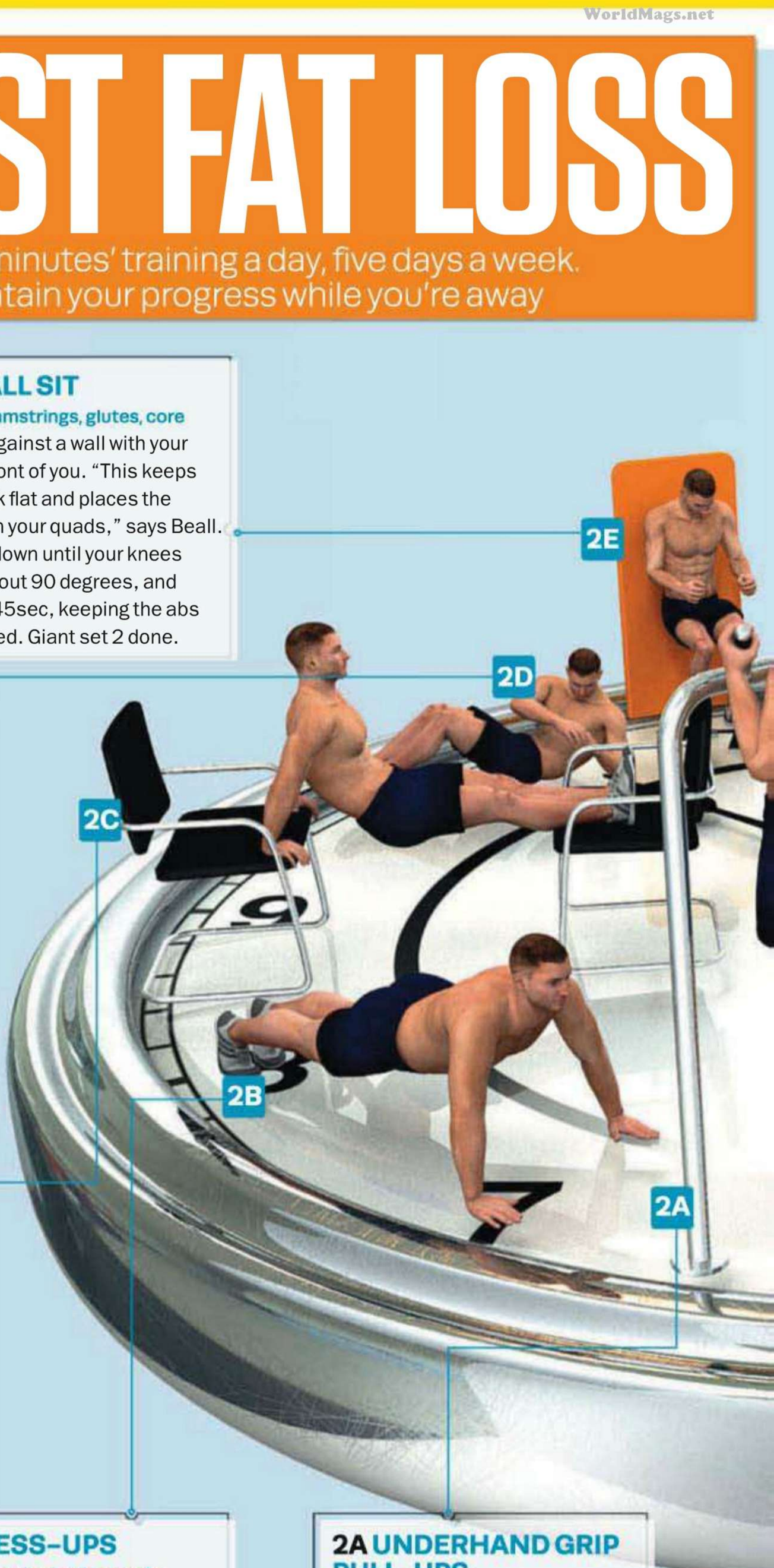
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SUPER-FAST FAT LOSS

Burn up to 5% of your body fat with just 20 minutes' training a day, five days a week. Get underway before your holiday and maintain your progress while you're away

Slim down your body as well as your workout time. As little as 15-20min of intensive resistance exercise can help to flatten your belly in 45 days, say researchers from Southern Illinois University. "The first set of an exercise switches on the hormones that control your metabolism, and doing any more than three sets won't help," says study author, Erik Kirk. We got John Beall, a former US Marine and personal trainer, to devise a fat-burning technique that has you training for 20min a day, five days a week. "The workouts are made up of bodyweight exercises done circuit-style to raise your heart rate," says Beall. Take this gym-free programme away with you, and you can stay trim by using it while you're on holiday. Do Giant Set 1 and Giant Set 2 on alternate days.



2E WALL SIT

Quads, hamstrings, glutes, core

1. Lean against a wall with your legs in front of you. "This keeps your back flat and places the stress on your quads," says Beall.

2. Slide down until your knees are at about 90 degrees, and hold for 45sec, keeping the abs contracted. Giant set 2 done.

2D CRUNCH TWISTS

Core

1. Sit with your legs bent at the knee and raised a few centimetres off the ground.

2. Place your hands together, and reach over and touch the ground on the right side with your elbow. Rotate and touch the ground on the left. "Keep your core tight and your hands together to maximise your results," says Beall.

2C CHAIR DIPS

Triceps, abs

1. Hold on to the seat behind you. Straighten your legs in front, then prop them up on another chair.

2. Lift yourself off the seat, then bend your elbows to lower your body. Straighten your arms to push yourself back to the start position. "You'll work the biggest muscles in your arms, burning the maximum number of calories," says Beall.

2B PRESS-UPS

Shoulders, chest, triceps, abs

1. For a solid chest, stick with the old reliable. Lie face down with your hands shoulder-width apart. Keep your arms straight, but not locked.

2. Bend your elbows to lower yourself to the floor. Then straighten your elbows to push back up to the start.

2A UNDERHAND GRIP PULL-UPS

Lats, biceps, forearms, abs

1. You'll need a pull-up bar for this one. Grab it with a shoulder-width underhand grip and hang with your elbows straight. "Adjust your grip if you're struggling," says Beall.

2. Bend your elbows to pull your chest to the bar. Peer over the bar for a second, then slowly lower yourself to the start position.

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THE MH LAST-MINUTE SPECIAL

The express belly-buster you can take anywhere

GIANT SET 1

Warm-up with 2-3min running. Do each exercise for 45sec, rest 15sec, then move to the next exercise. Rest 1min after you've done them all once, then repeat the circuit twice more.

1A SQUATS

Glutes, quads, calves, abs

1. Stand with your feet shoulder-width apart.

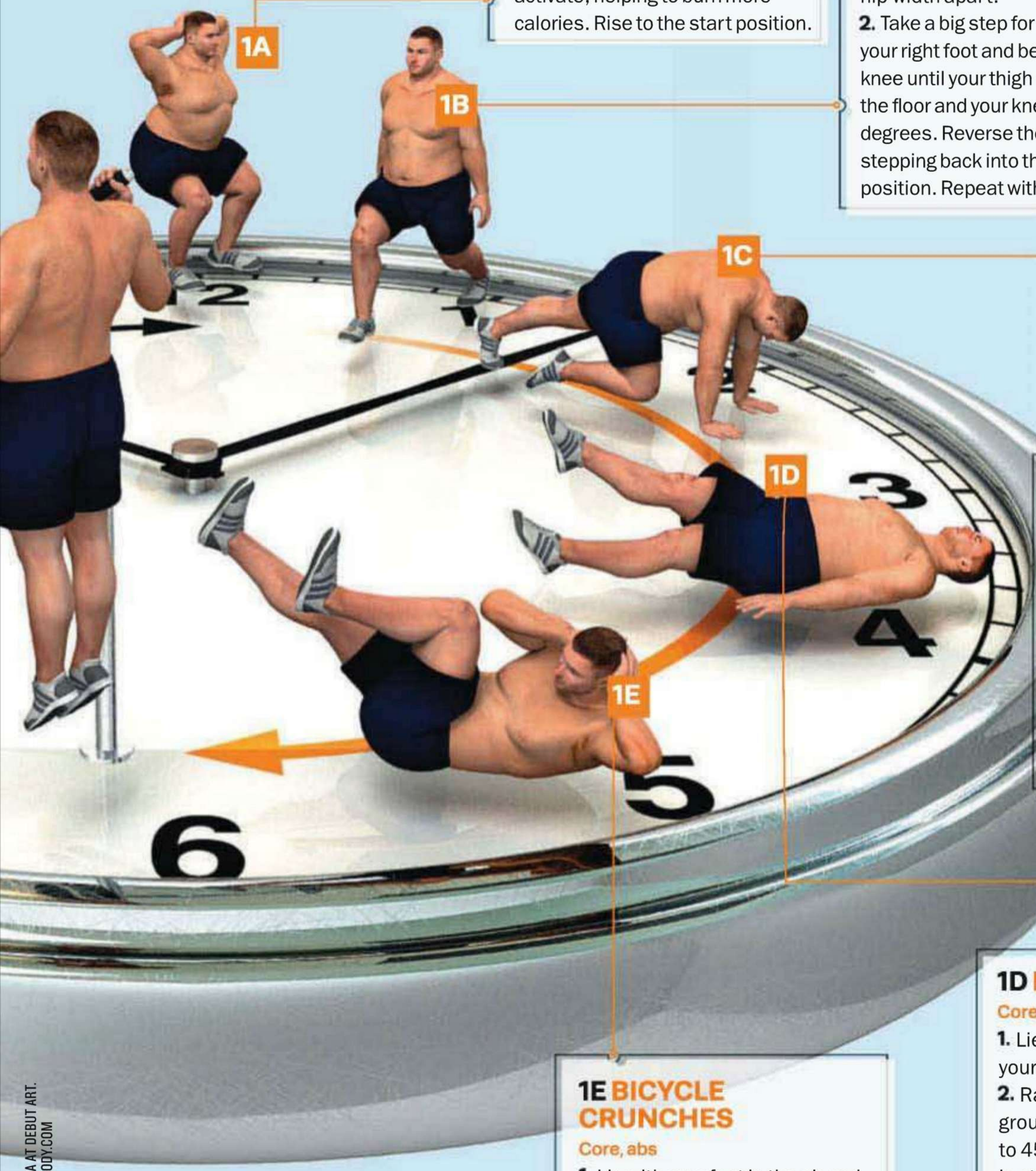
2. Bend your hips and knees. You can stop when your thighs are parallel to the floor. The deeper you go, the more muscles you'll activate, helping to burn more calories. Rise to the start position.

1B LUNGES

Glutes, quads, calves, abs

1. Stand with your feet roughly hip-width apart.

2. Take a big step forward with your right foot and bend your right knee until your thigh is parallel to the floor and your knee is at 90 degrees. Reverse the motion, stepping back into the starting position. Repeat with your right leg.



1C MOUNTAIN CLIMBER

Abs, glutes, quads, hamstrings

1. Kneel on all fours, your hands in line with, but slightly wider than, your shoulders.

2. Straighten your left leg and lift your right knee toward your chest. You should be on the balls of your feet, like a sprinter in the starting blocks. Now switch leg positions as many times as you can.

1D FLUTTER KICKS

Core, quads, glutes, hamstrings

1. Lie flat on your back and put your hands under your glutes.

2. Raise your legs 15cm off the ground and hold. Raise the left leg to 45 degrees while your right leg is stationary, and alternate your legs. "The kicking motion recruits different muscles in your core, challenging it to stay balanced and fry extra calories," says Beall.

1E BICYCLE CRUNCHES

Core, abs

1. Lie with your feet in the air and knees bent to 90 degrees. Lace your fingers behind your head. Bring your knees into your chest.

2. Straighten your right leg and turn your upper body to the left, bringing the right elbow towards the left knee. Switch sides, pumping your legs back and forth. Giant set 1 done.

GIANT SET 2

Warm-up with 2-3min running. Do each exercise for 45sec, rest 15sec, then move to the next exercise. Rest 1min after you've done them all once, then repeat the circuit twice more.

WORDS RAY KLERCK. ILLUSTRATIONS SPOOKY POOKA AT DEBUT ART. FOR MORE FROM JOHN BEALL, VISIT FEARLESSBODY.COM

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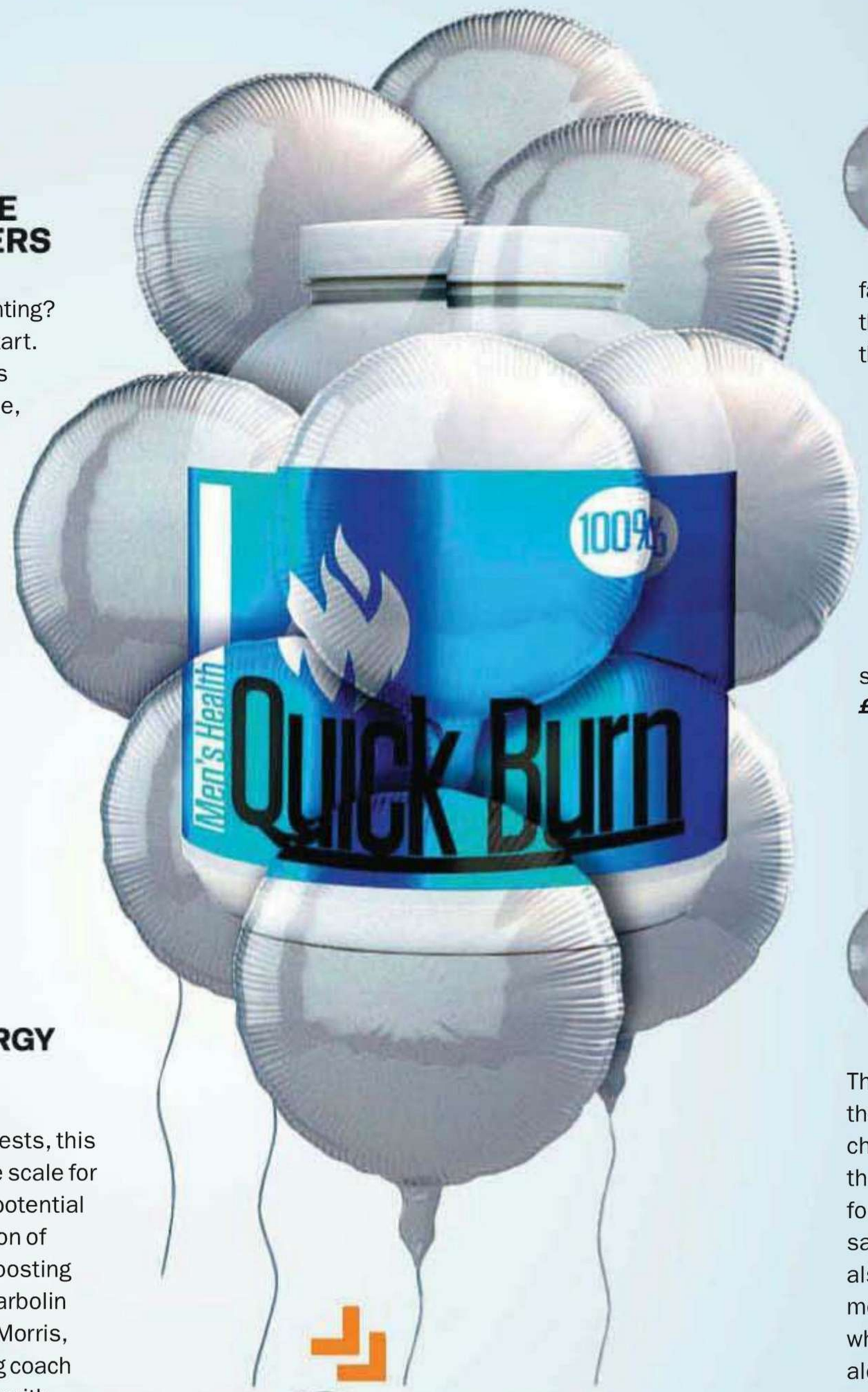
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THRILLS, PILLS AND BELLY OFFS

THE MH LAST-MINUTE SPECIAL

You're looking pretty good – but you still want to be rid of that last couple of stubborn pounds. These fat-burning supps will help you torch the final inch





THE BEST FOR FIRST-TIME FAT BURNERS

Thermobol

New to supplementing? Thermobol is a good place to start. A cocktail of several weight-loss heavy-hitters, such as L-tyrosine, caffeine and black pepper extract, it contains guarana, which research in the *International Journal of Obesity* found can shift almost 3.4kg of fat in 8 weeks. Maximuscle has also created a caffeine-free version.

£37, maximuscle.com



THE BEST FOR LAST RESORT

N-Cinerate

This product's USP is that it contains 15 fat-burning ingredients. There's the usual suspects, plus a few that are so complex they read like a chemistry textbook. The main point is there'll be something in there that works for you. "They're all proven to reduce appetite, increase energy and cull fat," says Morris. This makes it perfect for the man who has tried everything – but still wants less.

£37, bodyactive-online.co.uk



THE BEST FOR EXTRA ENERGY

Biotest Hot-Rox Extreme

As the name suggests, this is right at the radical end of the scale for fat-burning, but it comes with potential side effects. "It's a combination of journal-proven, metabolism-boosting ingredients, like yohimbine, Carbolin 19 and raspberry," says Brad Morris, a sports scientist and wrestling coach to the Australian rugby team Penrith Panthers. It'll give you extra energy so be just be careful when you take it – *Match of the Day* may become a highly charged experience if you pop one late at night. Rather, take one tablet 30 minutes before training and you'll get an extra boost to power through your fat-blasting workouts.

£34, tmuscle.com



THE BEST FOR IMPROVING YOUR WILLPOWER

Sci-MX Pyro-MX

This stops your weight issues at their source: your stomach. "The chromium and yerba mate do this by suppressing your cravings for [unhealthy] 'cheat foods'," says Morris. The supplement also contains complementary metabolism boosters, such as white kidney bean extract. This alone can help you to shift ¼kg a week, according to research in the *Alternative Medicine Review*.

£17, sci-mx.co.uk



THE BEST FOR ANXIETY-FREE FAT LOSS

Venom Hyperdrive 3

If you want a product to strip your fat reserves without the jitters, this is it. It has high doses of weight-loss ingredients such as L-tyrosine, which a study in *Brain Research* found stops the body getting stressed when you cut calories. It also has 5-Hydroxytryptophan, which research in *Alternative Medicine Review* found curbs binge eating.

£36, bodyactive-online.co.uk

Lift away fat with supps that are more than just hot air

WORDS RAY KLERCK. ILLUSTRATIONS SPOOKY POOKA AT DEBUT ART

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MAXIMUM HIGH

MH's body boffins show you how to calculate your one rep maximum for permanent strength gains

New!

MORE MUSCLE IN LESS TIME!

Knowing your limits means you can figure out how to surpass them. But finding out how much weight you can lift or push once – your one rep maximum (1RM) – has a use beyond simple bragging rights. "If you're trying to add strength and muscle for aesthetics or sport, then knowing your 1RM is indispensable," says Dr Nicholas Gill, head strength and conditioning coach for the All Blacks rugby team. "By training at a specific percentage of your 1RM you can put a calculated amount of stress on a muscle over a certain period of time. Such specificity will create the fastest rate of muscle growth." Use our formulas to work out what your magic number is. Then cross-reference your goal with the set percentages to ensure you're working your muscles in the most effective way possible.

BEST FOR EXPLOSIVE POWER

50% OF YOUR 1RM

"If you want to improve the pace and speed of your muscles on the sports field, this is the weight for you," says Gill. "It's especially good for those who need to move very quickly such as boxers."

Use it The perfect combination for every sportsman is to do 3-6 sets of 3-4 reps of explosive fast reps. Use a weight that is 50% of your 1RM. Do this on 3-8 exercises. And try mixing it with 95% of your 1RM. This will teach your muscles to be strong, powerful and fast without becoming too big, bulky and slow – the hallmarks of a finely tuned sportsman.

BEST FOR ENDURANCE

70% OF YOUR 1RM

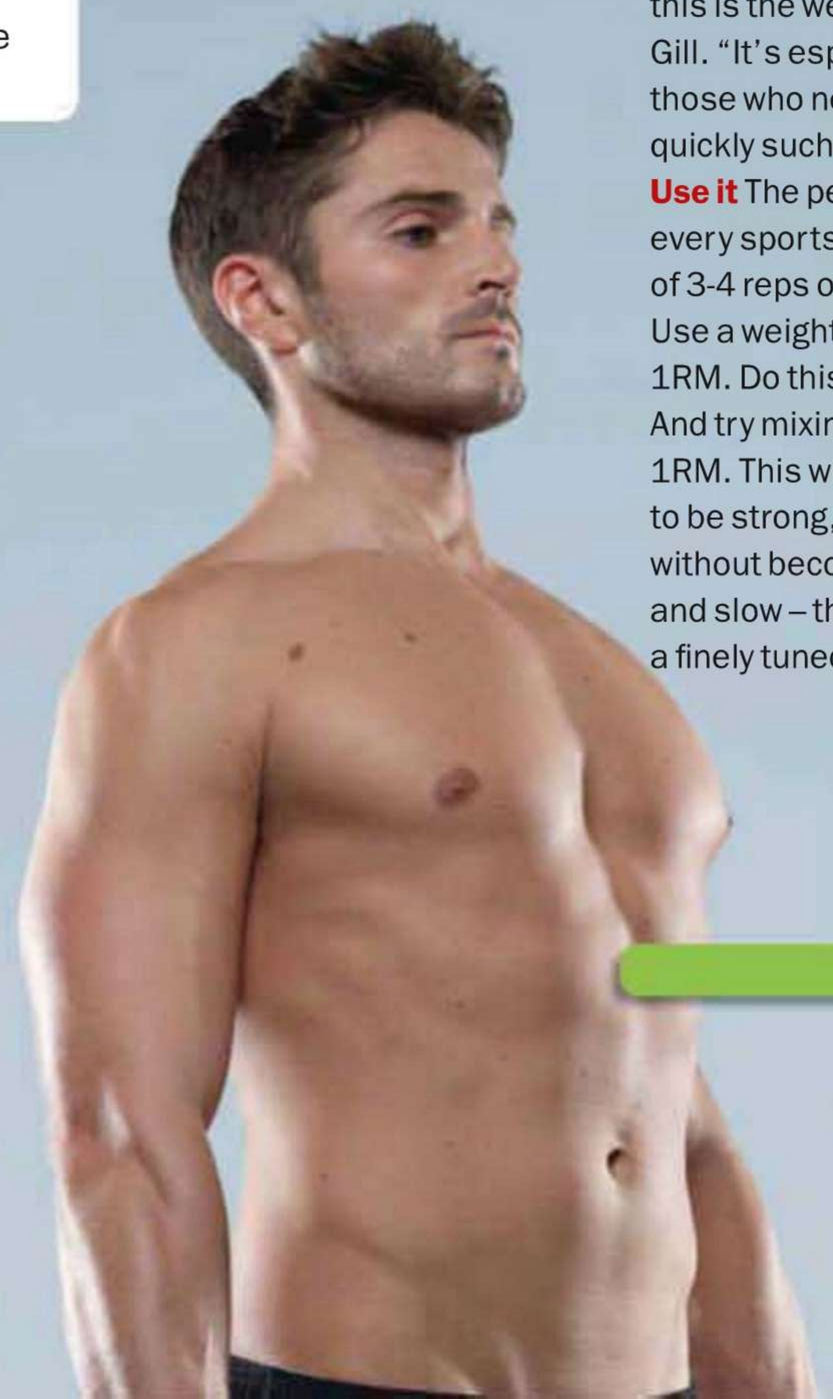
"This is good for sportsmen who cover long distances as it trains your muscles to keep moving while still shifting moderate loads," says Gill.

Use it If you're an endurance athlete or just want to get leaner then use weights in no-rest circuits consisting of 4-10 exercises. Do 12-20 reps. This burns calories and hikes up your metabolism for up to 12 hours after exercise.

WORK OUT YOUR WEIGHT

Calculate your 1RM using these formulas*. For your upper body, find the heaviest weight you can lift 4-6 times and plug it into this equation: (4-6RM X 1.1307) + 0.6998.

So if you can do 5 reps of 60kg, then according to the formula – (60 X 1.1307) + 0.6998 – your 1RM will be 68.5kg. For lower body use this formula: (4-6RM X 1.09703) + 14.2546. Got a decimal point? Go on, round it up.



UPPER-BODY FORMULA

YOUR 6 REP MAX × 1.1307 + 0.6998 = UPPER BODY 1RM

WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL DAVID SHEATH AT FLAIR TALENT. SHORTS SHOP.ADIDAS.CO.UK, TRAINERS ASICS.CO.UK. ADDITIONAL PHOTOGRAPHY STUDIO 33. DIGITAL IMAGING PRE MEDIA. *FORMULAS CREATED BY THE UNIVERSITY OF NEW MEXICO

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LOWER-BODY FORMULA

YOUR 6 REP MAX × 1.09703 + 14.2546 = LOWER BODY 1RM

BEST FOR STRENGTH >> 95% OF YOUR 1RM

"The upper tier of strength development, this weight will help push you past your old limits in the shortest possible time."

Use it Always use a spotter and do just 1-3 reps per set to avoid injury. Only train with a weight this heavy for 6-12 weeks at a time, otherwise your nervous system will start to fatigue, which can lead to illness and require some time out.

BEST FOR POWER >> 90% OF YOUR 1RM

"If you want to create maximal force quickly then you need to move heavy loads with speed," says Gill. "Performance athletes use this kind of training."

Use it During each repetition accelerate the bar as fast as possible while staying in control with good form. Only do 3-4 reps then take a 2-3 minute rest to recover between the 3-4 sets.

BEST FOR MUSCLE >> 80% OF YOUR 1RM

"A tough weight but one that lets you do a fair number of reps," says Gill. "So you will stress your muscle fibres enough to force them to thicken and get bigger."

Use it This is standard weight-lifting practice, so stick with sets of 7-12 reps so you can exert enough stress on your muscles to force them to grow larger. The key here is short rest periods of 30-60sec to fully tax the muscle.

+ INSTANTLY INCREASE YOUR 1RM

Use these tips to trick your body into boosting its strength – your gains start now

1) Before a 1RM set, visualise what each rep will feel like and how long it will take. This can boost your strength by up to 5%.

2) Get mad. Expressing anger increases muscle force by 25%, according to research in the *Journal of Sport and Exercise Psychology.*

3) Post your stats somewhere everyone can see them, such as Facebook. You'll be more motivated to improve and impress your mates.

4) Before a heavy 1RM lift flex your muscles against the bar and hold it for 3sec. This primes the muscle for action and helps add kilos to your lift.

5) Change gyms. Are you one of the strongest in your gym? Switch to one that's known for big lifting to encourage you to pick up your game. MH

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HOLIDAY CHEAT

Apply these fat-burning tricks the week before you head off to sunnier climes and

ADD VINEGAR TO YOUR MEALS



The stuff you usually souse your chips with reduces the accumulation of body fat and weight gain by 10%, according to research in the *Journal of Agricultural and Food Chemistry*. It's rich in acetic acid, which slims your waist by churning out the proteins involved in breaking down fats. Soak veggies in a diluted teaspoon before steaming, marinade meat in it before grilling, or make a dressing to pour over your meals.

TOLERATE ALLERGIES

Runny nose? Grab a tissue instead of a pill. A study in the journal *Obesity* found men who take antihistamines to combat hay fever are 55% more likely to be overweight during summer due to overeating. The researchers think suppressing histamine reduces fat metabolism and boosts appetite. So next time you're sniffing, think of your abs when deciding how to tackle the problem.

MAKE SURE YOUR SALADS ARE BETTER DRESSED

Eating salads can aid weight loss but your dressing can undo the good work. A mixture of honey, olive oil and low-salt soy sauce is the best combination according to research from the University of Illinois. The antioxidant-rich honey is a healthy alternative to the refined sweeteners in shop-bought dressings. Plus it stops the omega-3 rich oils from oxidising so they remain 100% effective for weight loss. Combine 1 part honey, 1 part soy and 2 parts olive oil.

GIVE YOURSELF A RUB-DOWN



Research in the *Iranian Journal of Health and Physical Activity* found that massaging your gut for 15-20 minutes a day helps it lose significant amounts of fat. The action increases a process known as local metabolism and makes the fat biologically available for burning. You might get some odd looks if you try it in the changing rooms, so do it in the privacy of your own home.

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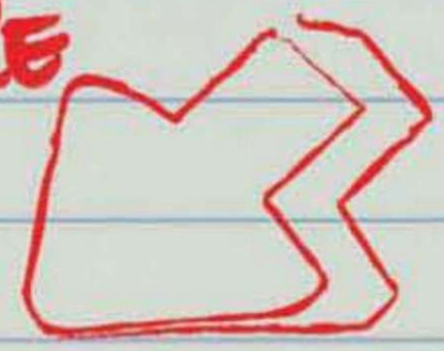
SHEET

THE MH LAST-MINUTE SPECIAL

you'll find you're travelling with less carry-on luggage

CHOOSE THE RIGHT PROTEIN SHAKE





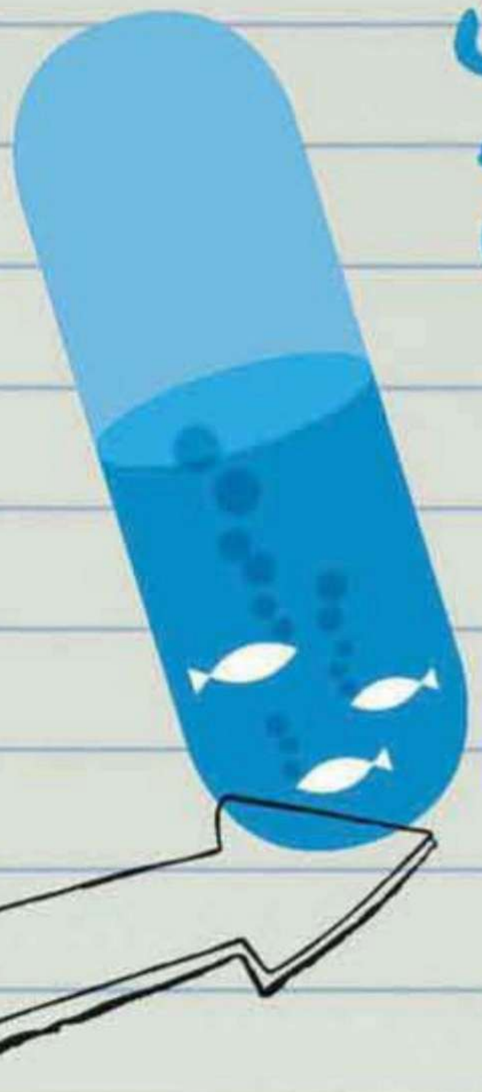
Pick the right shake to up your calorie burn for hours to come. Opt for whey protein after a workout as it provides a bigger calorie-burning boost and hits your muscles faster than other protein sources, according to a Swiss study. For an anytime drink stick to casein as it's digested slower, delaying hunger pangs.

AVOID LOW-FAT SNACKS



You'll take on 28% more calories if you eat low-fat snacks instead of the everyday variety, according to a study in the *Journal of Marketing Research*. People tend to think these 'healthy' versions are much lower in fat than they actually are. Low-fat foods usually contain around 11% less fat than their regular counterparts, but dieters believe they contain anywhere up to 40% less. "People don't realise that low-fat foods are not always low-calorie," says study author Brian Wansik. Take home message? Go full fat (in moderation) to lose weight.

SUPPLEMENT DAILY



You'll double your body's ability to build muscle if you take a fish supplement with at least 150mg of DHA and 200mg of EPA every day, found research at Washington University. "These omega-3 fats send signals to your body telling it to start turning protein into muscle," says study author Dr Bettina Mittendorfer. Try Super Omega-3 from myprotein.co.uk (£9.69 for 90 capsules).

GO LOW GI AT BREAKFAST

You'll burn an extra 5% of fat during training if you start your day with a low GI breakfast, according to research in the *Journal of Nutrition*. Try reduced-sugar baked beans on rye toast to sweat off more of your paunch and reduce the chances of you raiding the vending machine before lunchtime. MH



ILLUSTRATIONS ANDREW SUMNER. PHOTOGRAPHY GETTY

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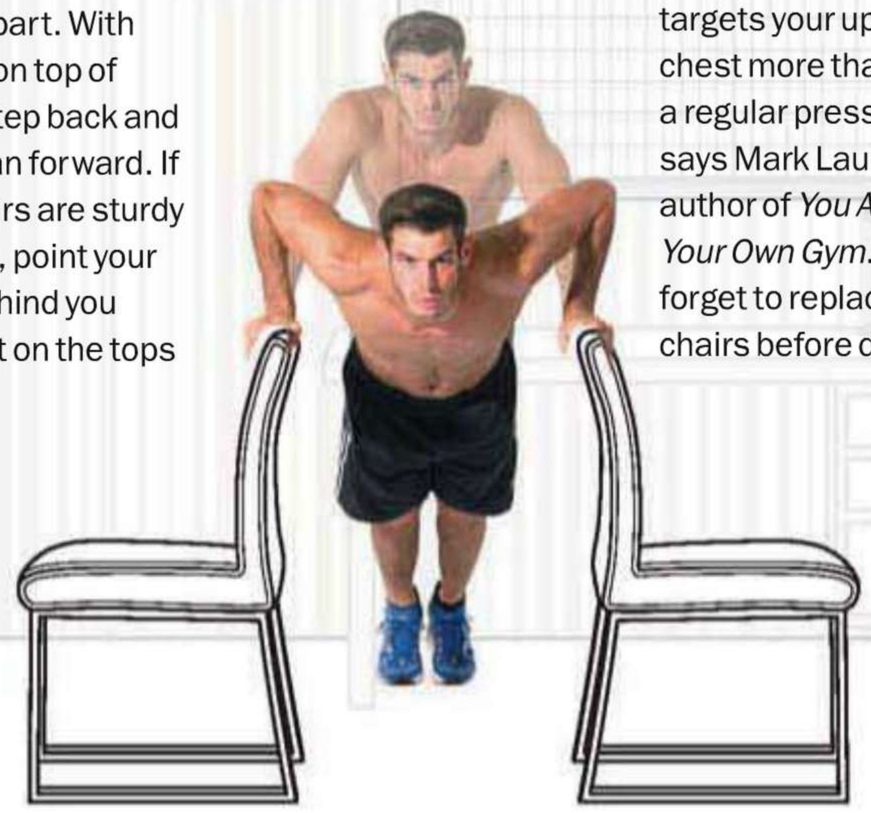
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Increase your frontage

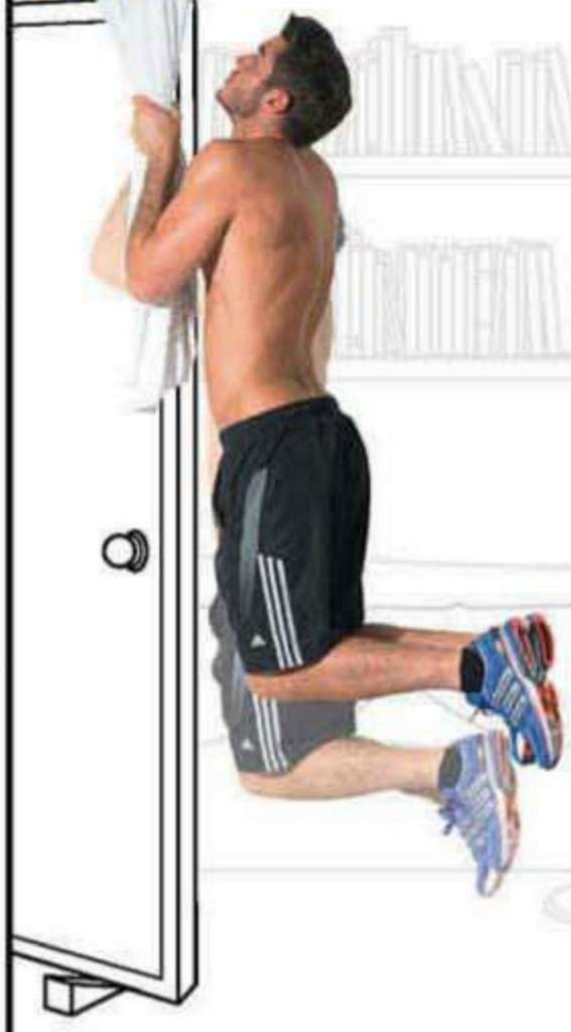
Get a gym-sized chest in the comfort of your own home

1 CHAIRS EXERCISE: PARALLEL CHAIR DIPS
(Muscles: pecs, triceps, abs)

Your home work
Place two chairs, backs facing each other, shoulder-width apart. With a hand on top of each, step back and then lean forward. If the chairs are sturdy enough, point your toes behind you and rest on the tops of your feet. Bend your elbows to lower yourself and then push back. "This targets your upper chest more than a regular press-up," says Mark Lauren, author of *You Are Your Own Gym*. Don't forget to replace the chairs before dinner.



2 DOOR EXERCISE: TOWEL PULL-UPS
(Muscles: pecs, biceps, forearms, lats)



Your home work
Wedge a door open and ensure there's sufficient room above, so you don't put your head through the ceiling. Sling a towel over the top of the door and grip either end firmly. Take the strain, then lift your feet off the floor. Drag your body up the door until you can see over the top. Hold this position for 1-2sec, then extend your arms and slowly lower your body back to the start position.

Your home grown chest building workout

EXERCISE	SETS	REPS	REST
1. Parallel chair dips	3	6	60sec
2. Towel pull-ups	4	30sec	60sec
3. Cloth flys	4	6	60sec
4. Iso-tension	3	30sec	45sec

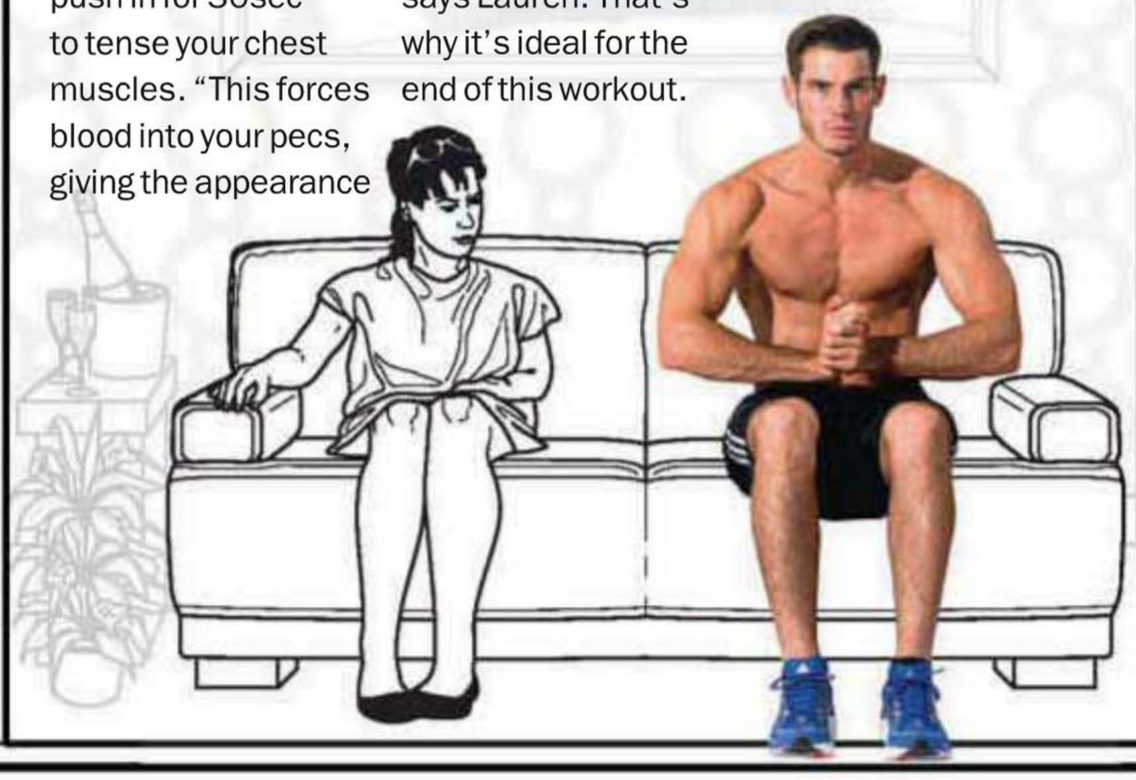
3 FLOOR EXERCISE: CLOTH FLYS
(Muscles: pecs, triceps, abs)

Your home work You'll need a smooth, clean surface and a couple of dish cloths. Place them on the ground, shoulder-width apart. Drop into a press-up position, with a hand on each cloth. Slide them outwards, keeping a slight bend in your elbows. "Slide them back to carve out a groove of muscle down the centre of your chest," says Lauren. "The lower you slide, the harder your chest works." Gain bonus brownie points by pretending to clean the floor.



4 COUCH EXERCISE: ISO-TENSION
(Muscles: pecs, biceps, forearms, lats)

Your home work This can be done in front of the TV. Place your palms together and push in for 30sec to tense your chest muscles. "This forces blood into your pecs, giving the appearance of greater size while increasing the amount of oxygen, aiding muscle repair," says Lauren. That's why it's ideal for the end of this workout.



CUTOUT&KEEP

WORDS RAY KLERCK. ILLUSTRATION PETER LIDDIARD AT SUDDEN IMPACT MEDIA. PHOTOGRAPHY MARCO VITTUR AT STUDIO 33. MODEL ROB MEAD AT NEXT. STYLING NICOLA SEWELL. WITH THANKS TO DWELL. TRAINERS AND SHORTS SHOP.ADIDAS.CO.UK

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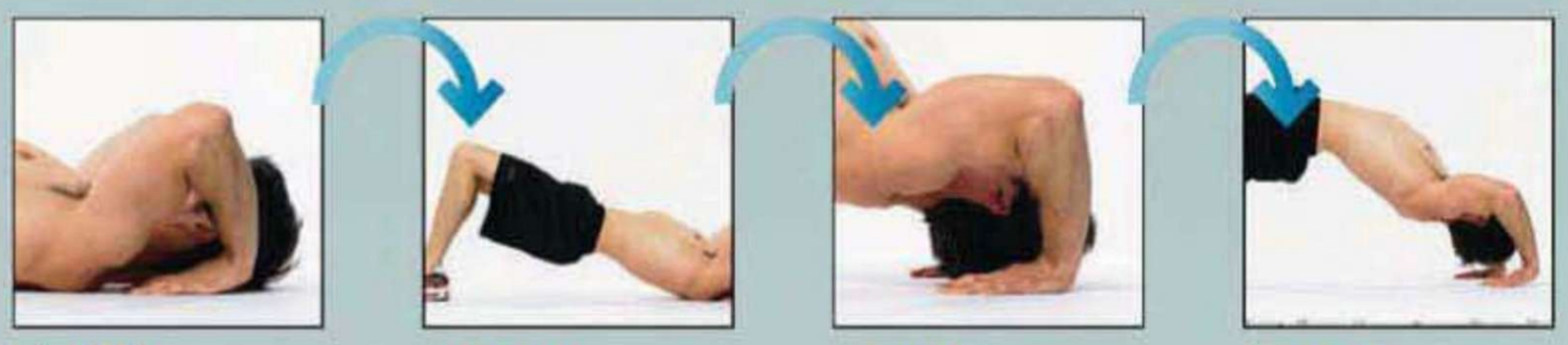
MUSCLE REVOLUTION

New!

TEST YOURSELF! POWER MOVES #3

Increase your strength and bag yourself a more defined upper body with 'the wheel' – one of yoga's toughest moves

STEP UP TO THE WHEEL



STEP 1

Lie on your back. Bend your knees, keeping your feet on the floor. Spread your palms on the floor by your head and bend your elbows, with your fingers pointing towards your shoulders.

TIP Have your feet pointing slightly inwards.

STEP 2

Push your feet into the floor and draw your hips up until your body is in a straight, diagonal line from knees to shoulders. Keep the back of your head on the ground.

TIP Pull up through your thighs, keeping your abs braced throughout.

STEP 3

Push up further through your hips. Tuck your head back until your crown is resting on the ground with your eyes looking directly ahead.

TIP Don't let your hips drop and keep pushing down into the floor through your feet.

STEP 4

Push through your feet and straighten your arms, arching your body and letting your head come off the floor. Hold for as long as possible. You'll improve flexibility and injury-proof yourself.

TIP Don't forget to breathe!



THE EXERCISES



THE BRIDGE (glutes, back, thighs)
Lie on your back with your knees bent, keeping your feet on the floor. Push your feet into the floor and draw your hips up, keeping your shoulders on the floor.



THE COBRA (abs, pecs, back)
Lie on your front with your hands under your shoulders. Keeping your hips on the floor, push your arms straight. Hold for a few seconds, then come down.



BACK BENDS (shoulders, back)
Place your palms on your lower back, lift your chest and bring your elbows together. Bend back as far as is comfortable.



THE CAMEL (abs, quads, lower back)
Kneel down, keeping a 90-degree angle in your knees. Reach back and try to grab your ankles. If you can't then just go back as far back as you can.

FOUR WEEKS TO GET YOU THERE

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
MONDAY	**Bridge** straight up and down x 10 **Cobra** x 5	**Bridge** + hold for 5 seconds each time 3 x 10 **Cobra** + hold with hands off floor for 10 seconds 3 x 10	**Bridge** into half wheel (steps 1-3) + hold for 10 seconds x 5 **Camel** x 5	**Bridge** into half wheel + hold for 20 seconds x 10 **Cobra** (with arms outstretched to side. Lift lower legs too.) 3 x 10
WEDNESDAY	**Standing back bends** x 5 **Bridge** straight up and down 2 x 10	**Standing back bends** x 10 **Stretch** chest + shoulders	**Bridge** into half wheel + hold for 10 seconds x 10 **Camel** x 10	**Bridge** into half wheel + hold for 20 seconds x 15 **Cobra** (with arms outstretched to side. Lift lower legs too.) 3 x 15
FRIDAY	**Bridge** straight up and down 3 x 10 **Cobra** x 10	**Bridge** + hold for 5 seconds each time x 15 **Cobra** + hold with hands off floor for 10 seconds 4 x 10	**Bridge** into half wheel + hold for 10 seconds x 15 **Camel** x 15	**Bridge** into half wheel + hold for 25 seconds x 15 **Cobra** (with arms outstretched to side. Lift lower legs too) 3 x 20 **Now you're ready to try the wheel!**

Flexible enough to attempt the wheel? We want to see the evidence. Film yourself performing one (or more) and post it at menshealth.co.uk/facebook

WORDS LUCY FRY. PHOTOGRAPHY MARCO VITTUR AT STUDIO 33. BEN KIRBY AT FLAIR TALENT. SHORTS ESPORTA.COM. TRAINERS ASICS. JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

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INSTANT INDEX

MH gives you the quick-fire facts you need to look and feel your best. Now turn back to get the full lowdown



Slip some powdered vitamin C into your exercise drink to up your dopamine and serotonin levels for a bigger 'runner's high'. (p104)



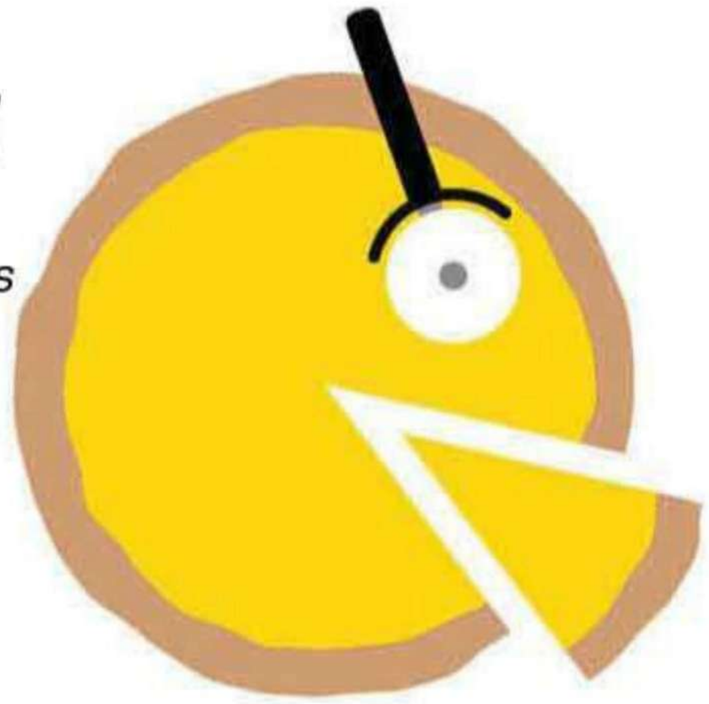
The amount of extra fat you'll burn by doing interval training instead of continuous speed exercise. Do it three times a week for best results. (p135)



The percentage fewer calories you will consume at a meal if you expose yourself to the colour blue before eating. (p113)

Pizza

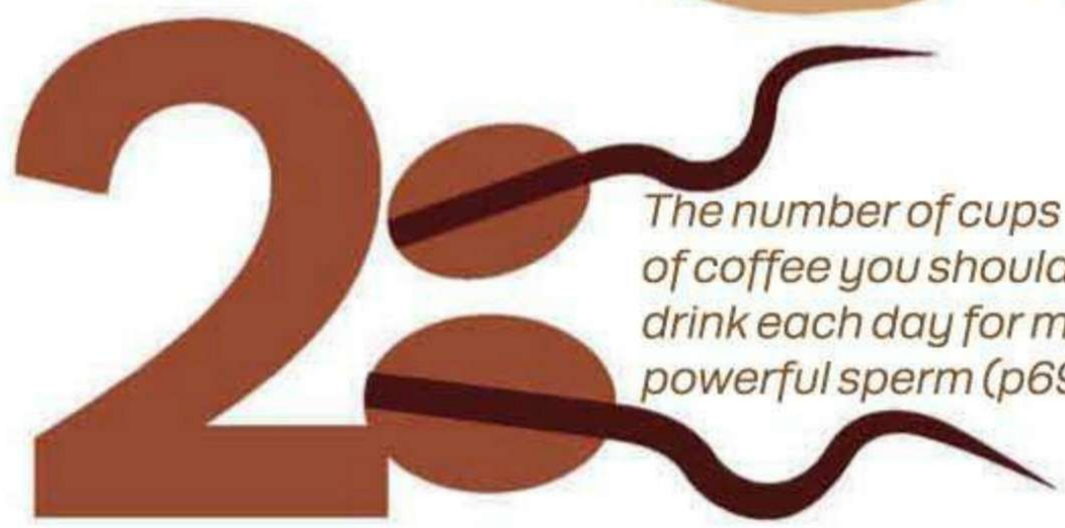
The happy meal: The cheese contains phenylethylamine, a chemical that triggers the release of mood-boosting hormones in your brain. (p104)





Nettles

The stinging plant that beats hay fever. If you get stuck without tablets just wash and chop some leaves (don't forget your gloves) and add them to chamomile tea. (p16)



The number of cups of coffee you should drink each day for more powerful sperm (p69)



The number of calories you can save by swapping your waist-expanding Original Recipe Meal at KFC for the considerably healthier Brazer Twister Wrap. (p18)



The increase in strength you'll enjoy if you get angry while training. Don't get so het up it affects your form, though. (p144)

ILLUSTRATIONS PATRICK GEORGE AT DEBUT ART

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Contents

Use our style tips to get the job of your dreams, have the weekend of your life and add polish to both

p22

MEN OF ACTION

Tough economic times are a golden opportunity for the best to get ahead. Dressing for the job you want, rather than the job you have, will help you negotiate every rung of the career ladder (p36).

Working hard? Then make sure you play hard, too. That's why we joined Action Man on a weekend break (p22). And no, your eyes are not deceiving you, those are real designer togs on our plastic friend, meticulously scaled down for our shoot. The full-size versions are in the shops now.

But don't rush out to the high street without checking out the new accessories (p13) that'll add unrivalled polish to any look.

Now you are all set to see in autumn in style...



MH kitted Action Man out in bespoke outfits commissioned from the world's top designers. Join them on their style mission



Photography **Dan Burn-Forti**
Styling **Eric Down**

- Shirt, gilet, chinos all **Topman**
- Sunglasses **Oliver Goldsmith**
- Watch **G-Shock Premium**
- Leather bracelet **Tateossian**
- Red satchel **Ally Capellino**
- Boots **Camper**

p36

LOOKING THE BUSINESS

From your very first day on the job until you move into the corner office, here's how to dress for success at every stage of your career

p13

WORK, DRESSED AND PLAY

We've collated autumn's best accessories – from briefcases to belts and brogues. You will look smarter at the office and smoother at the weekend

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Work, dressed and play

We've assembled the smartest and most luxurious autumn accessories. Choose and use them for an instant upgrade – at the office and at the weekend

WORDS CHARLIE JACKSON PHOTOGRAPHY JOHANNA PARKIN

The kit

'Only the best will do'

Investing in these accessories sends a serious signal about the man you are and what you're out to achieve. They'll make your working day more fulfilled – by propelling you up the ladder. And they'll also set you apart during your hard-earned downtime.

TURN THE PAGE FOR THE FULL SELECTION OF THE MOST STYLISH WALLETS, SHOES, BELTS AND MORE

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Belts

'If your trousers hold up, chances are you will too'

A quality belt is a great-value way of adding a touch of class to an outfit. During the week an understated buckle with dark leather speaks volumes: you're quietly capable and you'll never get caught with your pants down. At the weekend, something more outré and colourful is perfect for hanging out in jeans.



1. **Leather belt** £85 Wrangler Blue Bell
2. **Greca belt** £120 Tod's
3. **Chocolate belt** £85 Paul Smith
4. **Tan Leather belt** £115 D&G
5. **Leather weave belt** £98 Elliot Rhodes
6. **Black Leather belt** £95 DAKS
7. **Check leather belt** £170 Viktor & Rolf

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A/W 2011
FINEST DETAILS

Wallets

'Keep your money, like your ambition, close to your chest'

You need a wallet that shows you're serious about money. In your student days you might have got away with one of those plastic 'travel' numbers for your NUS card. But in the big leagues of work, and with gold cards and £20s to accommodate, it has to be leather or mock-croc. Whipping out one of these shows you're clever with wedge – and that gives you an edge.

1. **Tagia wallet** £315 Louis Vuitton
2. **Stripe wallet** £55 Simon Carter
3. **Card holder** £110 Paul Smith
4. **Business wallet** £280 Prada
5. **Zip-around wallet** £140 Tod's
6. **Polka dot wallet** £149 Paul Smith
7. **Credit card case** £25 Aspinal of London
8. **Zip-lock coin purse** £49 Steve Mono for YMC
9. **Mock-croc card holder** £175 BOSS Selection
10. **Arrive Global coin wallet** £175 TUMI
11. **Croc-leather wallet** £265 Montblanc ▶

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Briefcase

'Confine your Tesco bag to carrying broccoli, onions and potatoes'

Briefcases are themselves a case-study in career intent. Are you the kind of guy who's content to turn up at the office with a dog-eared number that merits a wilted banana and puzzle mag? Of course not: so for briefs, breaking news and draft contracts, make sure you transport them in a stylish and serious fashion. It demonstrates you're intent on cementing your status and influence. Case closed.



1. **Damier Infini PDV** £1,490 Louis Vuitton
2. **Leather briefcase** £375 Hackett
3. **Amazon croc briefcase** £425 Aspinal of London
4. **Herringbone tote bag** £435 BOSS Black
5. **Laptop bag** £880 Prada
6. **Dorchester holdall** £595 Aquascutum
7. **Document satchel** £695 Dunhill
8. **Zip briefcase** £620 Dolce & Gabbana

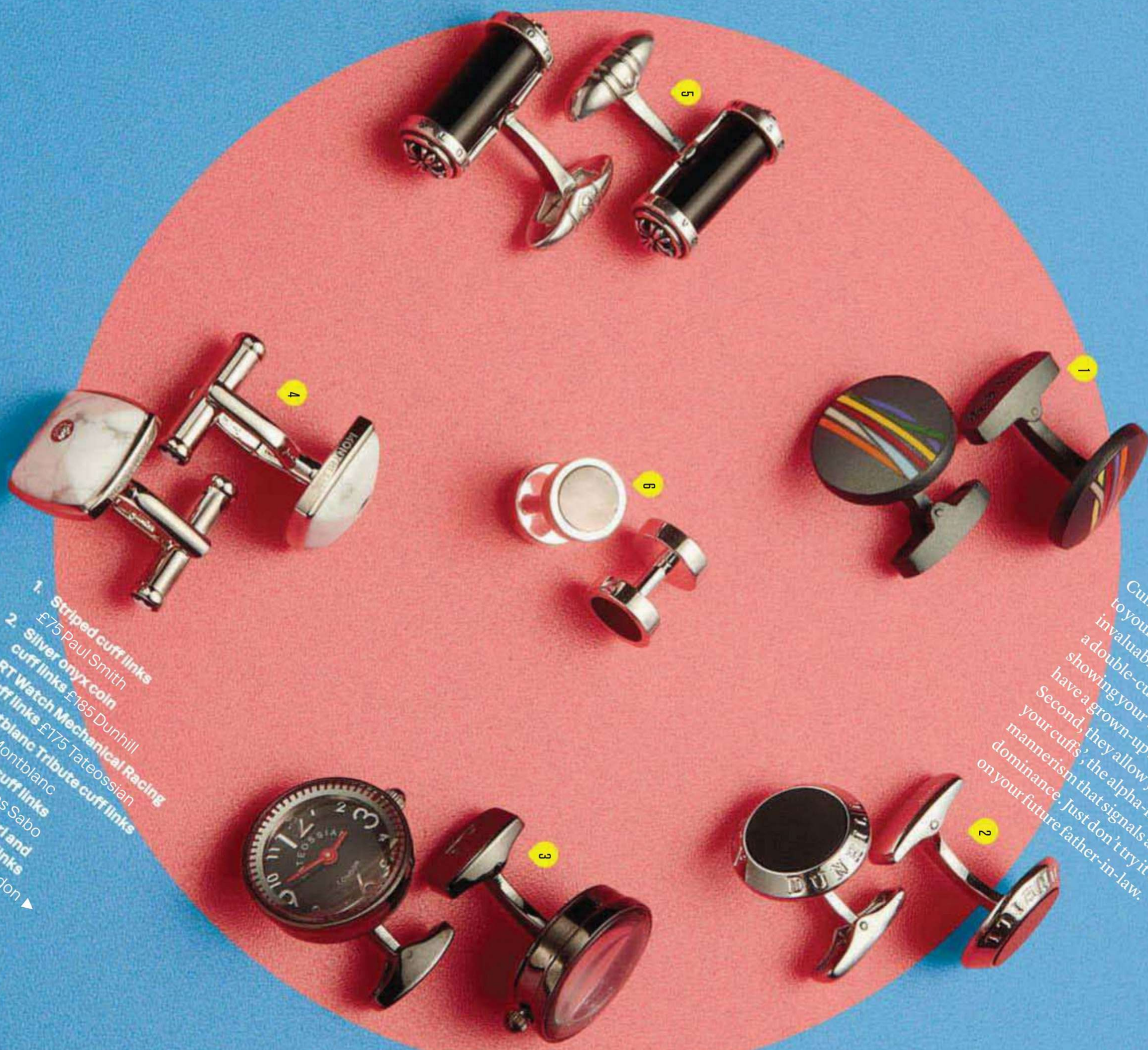
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Cuff links

'The connectors that will help you build connections'

Cufflinks may seem peripheral to your dress, but in fact they are invaluable. First, by wearing a double-cuffed shirt you're showing your boss or date you have a grown-up sense of style. Second, they allow you to 'shoot your cuffs', the alpha-male mannerism that signals an easy dominance. Just don't try it out on your future father-in-law.



1. **Striped cuff links** £75 Paul Smith
2. **Silver onyx coin cuff links** £185 Dunhill
3. **RT Watch Mechanical Racing cuff links** £175 Tateossian
4. **Montblanc Tribute cuff links** £800 Montblanc
5. **Cylinder cuff links** £129 Thomas Sabo
6. **Mother of pearl and black onyx cuff links** £49 Aspinal of London ▶

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Shoes

'Bare your sole – it'll inspire confidence and respect for you'

Converse are great, but wear them to the boardroom and you're risking entirely the wrong kind of conversation. Happily, playing safe is simple with shoes and doesn't mean sacrificing style. Invest in a pair of Oxfords or leather-soled brogues. Not only will they last for years, they go just as well with chinos and jeans as business suits.



1. **Burgundy brogues 'Nevis'** £235 Russell & Bromley
2. **Semi-brogues 'Strand'** £180 Loake
3. **Canvas Oxfords 'Howard'** £110 KG by Kurt Geiger
4. **Leather Oxfords 'City II'** £630 John Lobb
5. **Oxford with contrast laces 'Curt'** £165 Grenson
6. **Brogues** £335 Church's

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Watches

'Your timepiece is relentlessly efficient – and so are you'

As your lunch draws to a close and you check your watch, you don't want it to be a Mickey Mouse number. A solid and stylish piece of horological craftsmanship sends out a status signal that's hard to miss and even harder to misinterpret. It is a sure sign that you've put in, for the hard work you've done and the rewards you've earned and the continuing efforts that'll drive you ever higher. Success? Tick.



1. **Thin-o-matic** £650 Hamilton
2. **Reverso ultra thin** £5,050 Jaeger-LeCoultre
3. **Calatrava in white gold** £14,470 Patek Philippe
4. **Column-Wheel Chronograph** £2,040 Longines
5. **Maxime Manufacture Automatic** £2,230 Frederique Constant
6. **Seamaster "1948 London 2012 Limited Edition"** £3,540 Omega ▶

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Pens

'The right writing will make your words seem even mightier'

The higher up the ladder you climb, the more important your signature becomes – so make sure that the pen you use to inscribe lends it sufficient weight. It can demonstrate not just power, but the inherent sense of style that sets you apart: you can now rock blue-black ink, or even green. So leave the half-chewed biros to the juniors who are coming to you for advice and career leg-ups.

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MEN OF ACTION

MH challenged some top designers to dress our Action Men in the sharpest autumn styles

Photography Dan Burn-Forti | Styling Eric Down | Words Dan Rookwood



DR DENIM

- **Jake denim jacket** £220 **Adriano Goldschmied**
- **Polka dot Jack shirt** £95 **Hentsch Man**
- **British wool suit trousers** £70 **Burton**
- **Silver and carnelian bead bracelet** £79 **Tateossian**
- **Desert boots** £79 **Clarks Originals**

ARTY SMARTY

- **Blazer** £335
- **Shirt** £265
- **Trousers** £195
- **Parka** £590 **all Forgotten Futures**
- **Shoes** model's own

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A/W 2011

WEEKEND WARRIORS

TWEED KILLER

- **Navy cashmere cardigan** £230
- **Tweed waistcoat** £165
- **Check trousers** £195
- **Yellow silk tie** £70 all **Hackett**
- **Cutaway shirt** £115 **Smyth & Gibson at Selfridges**
- **Boots** £130 **Camper**

URBAN DANDY

- **Jacket** £380
- **Waistcoat** £165
- **Trousers** £175
- **Shirt with scarf** £130 all **The Kooples**
- **Boots** £185 **F-Troupe**
- **Mudman watch** £175 **G-Shock Premium** ▶

NIGHT OUT

You're going out on the town? Get wise to door policies: yes to shirts; no to trainers and jeans

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CITY BREAK

Travel light with mix-and-match separates and hand luggage, to ensure you've got ample space for a local souvenir – or two

PHOTOGRAPHER'S ASSISTANT DANNY LILLIE. PRODUCTION ASSISTANT LAURA MACRI.
BARBIE BASICS DOLL £14.99. BARBIE FASHIONISTA SHOPPING DOLL £7.99 ARGOS.CO.UK.

SMOOTH MOVER

- **Polo shirt** £50
- **Classic Harrington** £160 both **Baracuta**
- **Velvety watch** £165 **ToyWatch**
- **Ed 55 Red selvedge jeans** £120 **Edwin**
- **Boots** £185 **F-Troupe**

CITY SLICKER

- **Wool bomber** £825
- **T-shirt** £99 both **Christopher Raeburn**
- **Denim Friday shirt** £95 **Hentsch Man**
- **Jeans** £120 **APC**
- **Desert boots** £79 **Clarks Originals**
- **Roban rucksack** £80 **Stighlorgan** ▶

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STAG WEEKEND

Stylish yet robust – it's the perfect bulletproof attire for an action-packed trip. Remember, what goes on tour stays on tour

BEST MAN
- **Parallel jacket** £885
- **Grey T-shirt** £99
- **Khaki T-shirt** £99
- **Denim trousers** £245 all **Christopher Raeburn**
- **Desert boots** £79 **Clarks Originals**

GROOM
- **Jacket** £190
- **Jeans** £142 both **Genetic Denim**
- **Albury sweater** £85 **Alan Paine**
- **Desert boots** £79 **Clarks Originals**
- **Sunglasses** £260 **Oliver Goldsmith**

ALL NIGHTER
- **Scout jacket** £259
- **Striped shirt** £90
- **Suit chinos** £115 all **Universal Works**
- **Taylor hiker boot** £120 **POSTE at Office**

WIDE BOY
- **Wool gilet** £75
- **Chambray shirt** £36
- **Chinos** £40 all **Topman**
- **Boots** £130 **Camper**
- **Mudman watch** £175 **G-Shock Premium** ▶

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COUNTRY GETAWAY

Woollen knits, quilted jackets and canvas-and-leather rucksacks work just as well in the urban jungle as in the great outdoors

STYLE HIKER

- **Liddesdale coat** £75 Barbour
- **Cardigan** £115 Universal Works
- **Velvety watch** £165 Toywatch
- **Continuity jeans** £130 Evisu
- **City rucksack** £119 Chapman bags

HUNTER

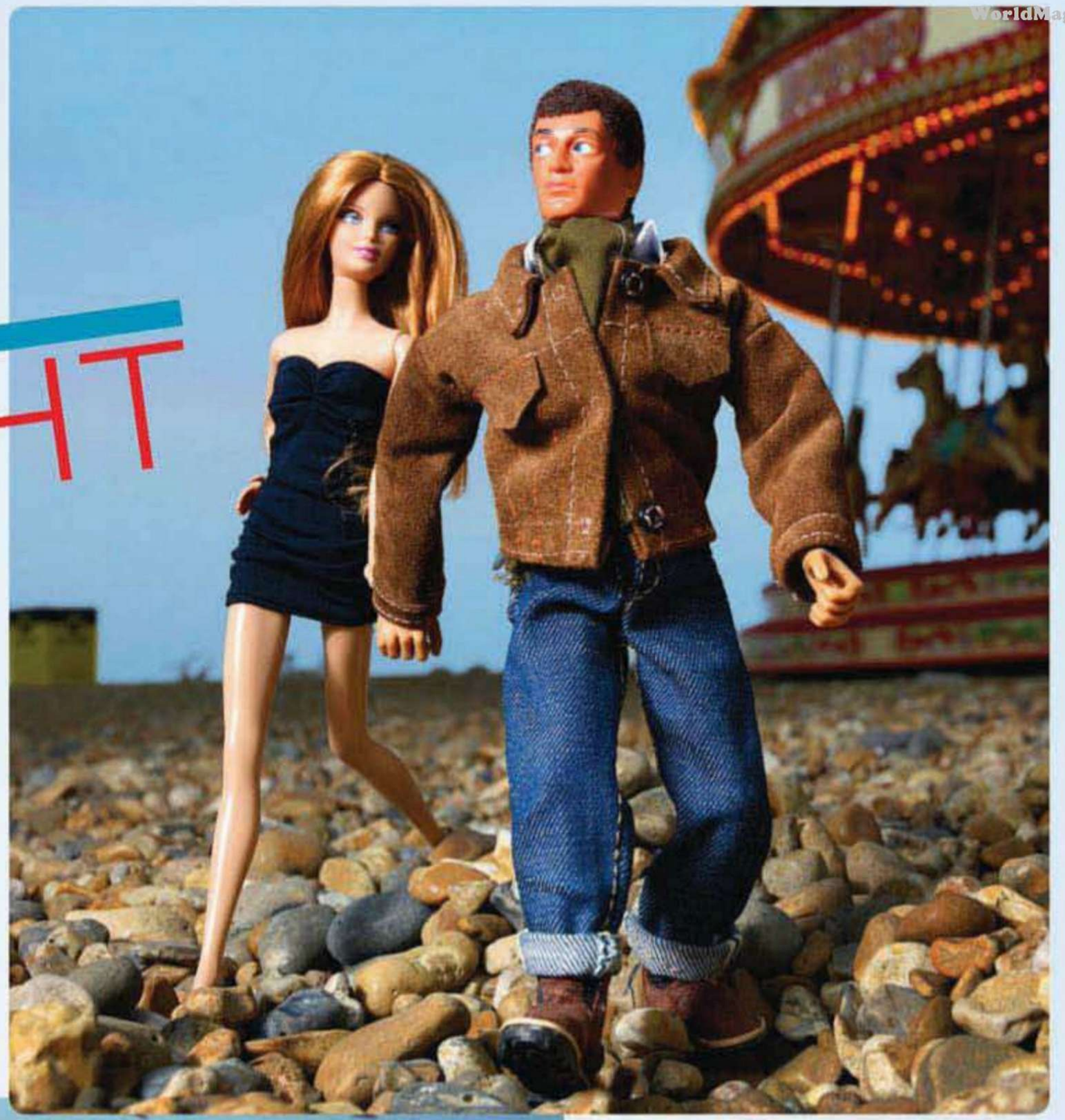
- **Bushman Jacket** £230 Barbour
- **British wool roll neck knit** £65
- **Navy smart jeans** £25 both Burton
- **Squires holdall** £745 Cherchbi
- **Mudman watch** £175 G-Shock Premium

PACK LEADER

- **Chitterlins cable knit jumper** £125
- **Restrain wool military coat** £175 both French Connection
- **Chinos** £115 Universal Works
- **Boots** £130 Camper
- **Roban rucksack** £80 Stighlorgan ▶

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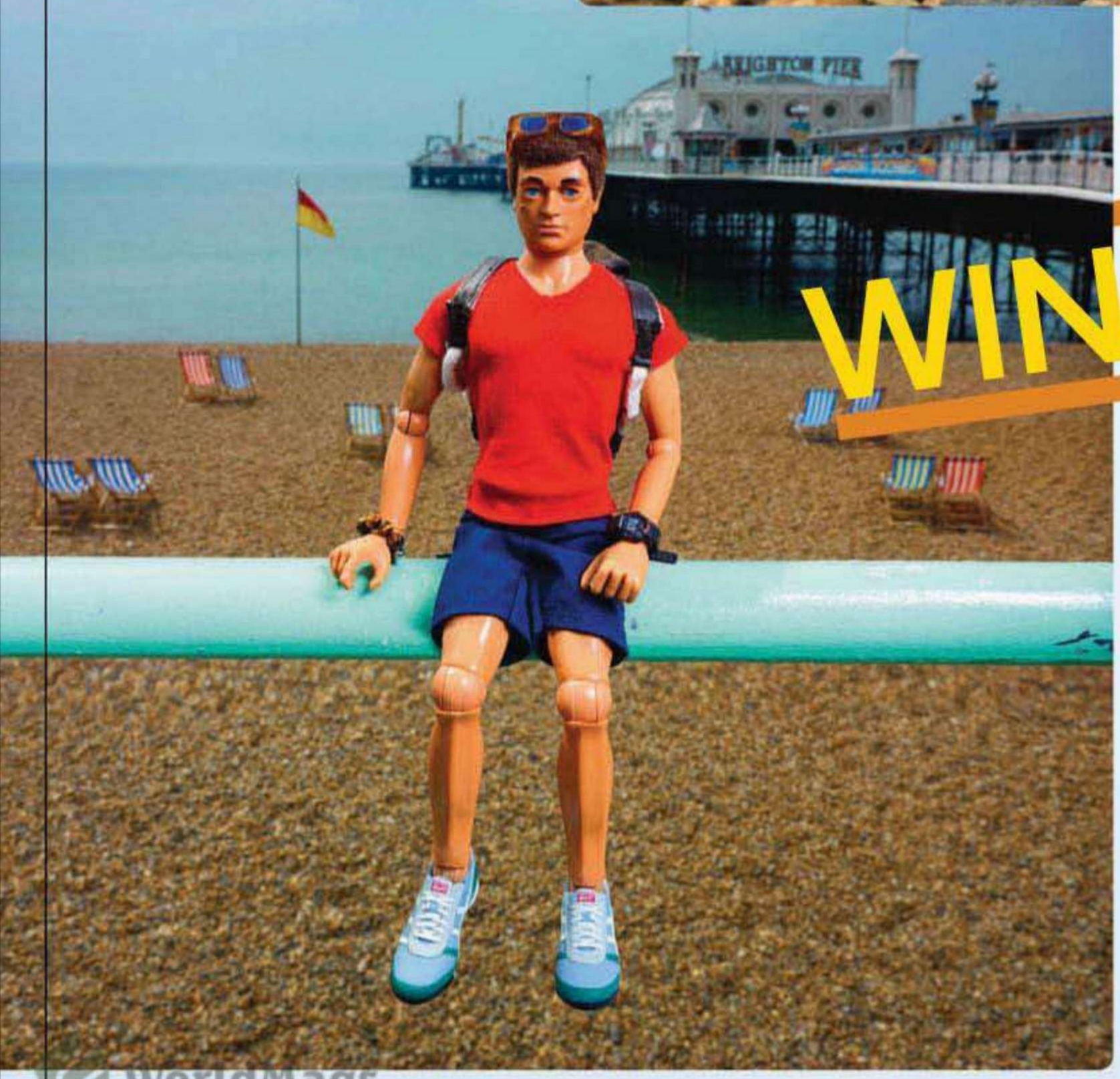
DATE NIGHT



Wearing a textured jacket makes your date instantly more tactile – leading to more action later on

- **Rider jacket** £360
- **ED 55 Red selvedge jeans** £120
both **Edwin**
- **Shirt** £115
Smyth & Gibson
- **Ikat scarf** £45
Universal Works
- **Boots** £185 **F-Troupe**

WINTER SUN



Orlebar Brown's quick-dry shorts let you go from swimming to sightseeing with no need to change

- **Bobby V T-shirt** £55
- **Bulldog shorts** £129
both **Orlebar Brown**
- **Mistinguett sunglasses** £260
Oliver Goldsmith
- **Mudman Watch** £175
G-Shock Premium
- **Silver and tiger's eye bead bracelet** £79
Tateossian
- **Ultimate 81 trainer** £55 **Onitsuka Tiger**
- **Roban rucksack** £80 **Stighlorgan** ▶

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A/W 2011
WEEKEND WARRIORS



• Chambray shirt
£36 **Topman**



• Mudman watch £175
G-Shock Premium



• Velvety watch
£165 **ToyWatch**

MAN OF ACTION

THE LONG AND THE SHORT OF IT

MH brings this toy story to life by comparing full-size with fun-size, so you can get your hands on the real life versions for your autumn wardrobe

With his never-changing haircut and blue-steel eyes, Action Man has long been a national treasure. So, when we asked some of our favourite designers to dress him in their key looks for autumn/winter, they jumped at the chance.

It was a lengthy process as the clothes had to be handmade to precise measurements. French Connection had to use 2.5mm needles to recreate the cable details on its woollen jumper for example. In Japan, G-Shock's designers had to scale its Mudman watch to 1/6 of full size. The model watch cost £800 to make. So much for economies of scale.

Every day, another tiny parcel would arrive at *MH* Towers, containing the fruits of the designers' labours. We thank them for their efforts and present a selection of them up against the full-size products, so you can see just how accurate they are.

AuctionMan: We're auctioning off these *MH* ActionMen for men's charities. For details, go to menshealth.co.uk/actionman



• Parallel jacket £885 **Christopher Raeburn**



• Wool Gilet £75 **Topman**

PHOTOGRAPHY MARTHA PAVLIDOU AT STUDIO 33.

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A/W 2011
WEEKEND WARRIORS

The Long And The Short Of It continued...



▪ Desert boots £79 **Clarks Originals**



▪ Richard satchel £434 **Ally Capellino**



▪ Roban rucksack £80 **Stighlorgan**



▪ Liddesdale coat £75 **Barbour**



▪ Scout jacket £259 **Universal Works**



▪ Squire's holdall £745 **Cherchbi**







TOY STORY

Action Man is the greatest hero of them all. But he's not always on call – and not always in uniform.

So *MH* sent our tiniest team member off in this season's civvies, with some fellow buzz-cut buddies and a couple of hot models, for an action-packed break. Check out these behind-the-scenes snaps – another *MH* mission accomplished.

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LOOKING THE BUSINESS

Today's high-flyer needs style as well as substance to reach the very top of his game. *MH* shows you how to dress for success at every stage of your career

Photography Alexis Chabala Words Ryan Thompson
Styling David Waters, Harriet Porter

If you subscribe to the Warren Buffett school of wealth accumulation – and why wouldn't you, he's the third richest man in the world – you'll agree that financial success is fundamentally about getting the most value from your assets. In today's economic landscape making the right impression will help you get ahead of the competition. So when it comes to that job interview, first day or pay review, you need to make sure you look the part in order to get the part you want. ►



MODEL TOM READER AT MODELS 1. GROOMING HANNAH WYNNE. STYLISTS' ASSISTANTS POP KAMPOL, MARK PEACOCK. CLOTHES STYLING DAVID WATERS. INTERIORS STYLING HARRIET PORTER

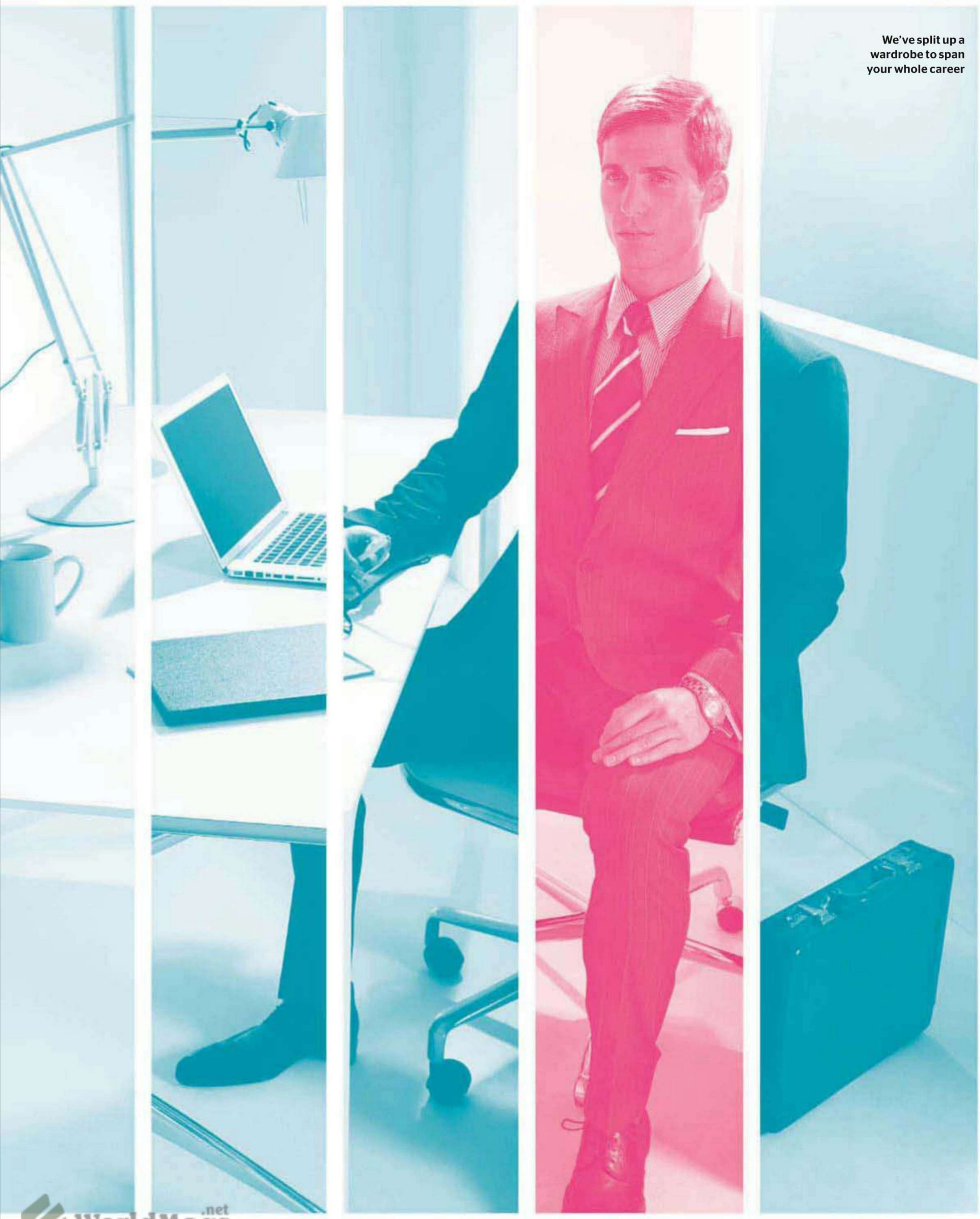
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A/W 2011

MADE MEN

We've split up a wardrobe to span your whole career



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You're never buying 'just another suit'. Your everyday business uniform could be the difference between sealing that big deal, scoring a pay rise, or securing your dream job. Lest there's any doubt: the psychological and financial advantages to be accrued by dressing well are not to be scoffed at.

Oscar Udeshi, a former City man turned menswear designer (udeshi.co.uk), has an insider's insight into the importance of image in business. "If your appearance doesn't send out the right message, there can be a lack of trust," he says. Your look has to communicate that you are trustworthy, responsible, sincere and likeable, particularly at an interview.

And your first day in a new job presents another conundrum: how will you look impressive while still fitting in? "You don't want to go over the top, but you don't want to be mistaken for the post boy either," says Udeshi. So turn up looking smart, but safely outside the realms of sartorial excess.

Once you've put your stamp on the company, it's time to ask for a pay rise. Looking the part puts you on the front foot. A study published in the *Journal of Personality and Social Psychology* found attractive communicators were more persuasive than average looking ones – so the better you look, the better your chances of getting the rise you're after.

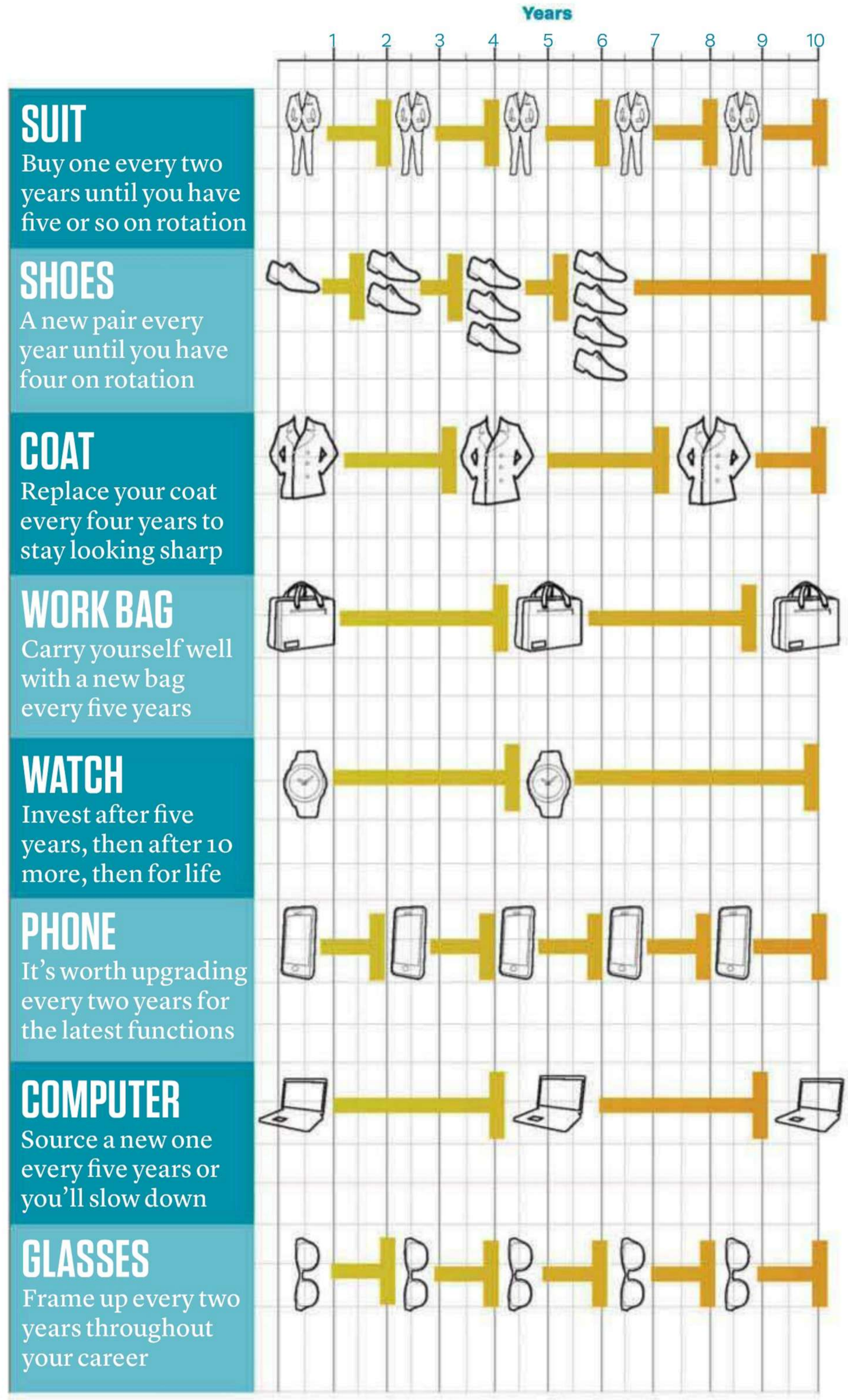
An economic downturn can be fortuitous for some: a reduced workforce leaves greater scope for good people to rise faster. At this stage, you'd do well to concentrate on the details of your outfit, to set you apart from your colleagues and other candidates – and we'll show you exactly what to focus on.

And having been granted the corner office, your PA and company equity, finally getting a seat on the board is not an excuse to let your image slip. Your look needs to be inspirational without being pompous – business is hardly booming, remember? So quality of fabrics and materials is key.

Whatever level you're at, underestimate the importance of your image at your peril. The wrong outfit can short-sell your talent, but the right one can leverage your potential many times over. Allow *MH* to show you how to do it in fine style.

THE TEN YEAR PLAN

When to upgrade your essentials for optimum wardrobe returns



SUIT
Buy one every two years until you have five or so on rotation

SHOES
A new pair every year until you have four on rotation

COAT
Replace your coat every four years to stay looking sharp

WORK BAG
Carry yourself well with a new bag every five years

WATCH
Invest after five years, then after 10 more, then for life

PHONE
It's worth upgrading every two years for the latest functions

COMPUTER
Source a new one every five years or you'll slow down

GLASSES
Frame up every two years throughout your career

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SEAL THE DEAL
With a power reserve of more than 45 hours, the Ananta should ensure a worry-free sleep before your big day, and add a touch of polish to your appearance. It comes with a double retrograde feature to indicate day and date.

Ananta Double Retrograde Automatic £1,600 Seiko

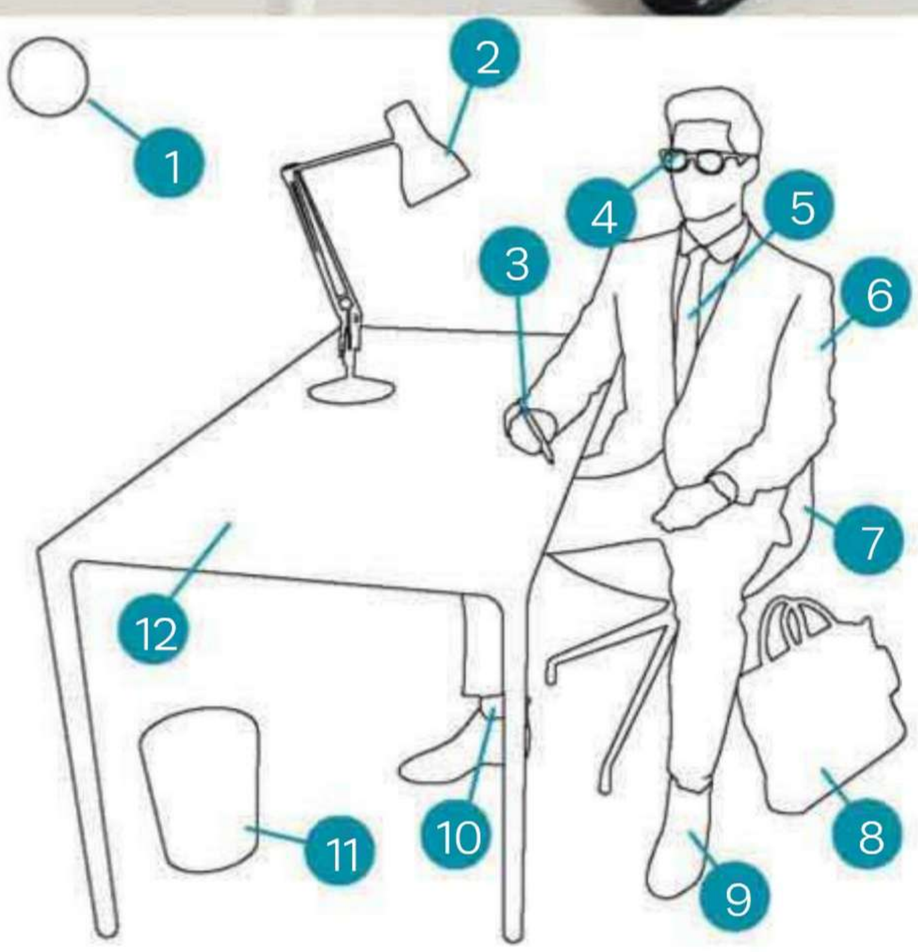
1st STEP

The interview

'Remember, you never get a second chance to make a first impression'

"Your interview is not an audition for *The X Factor*," says Udeshi. "If you want to be taken seriously, wear a plain navy or grey suit, with an understated shirt and tie." You don't have to blow the bank on Savile Row – you can snap up this sharp suit by Burton for less than £200.

Elegant footwear is crucial for making the right impression, says designer Roland Mouret. "It's the details, such as the quality of shoe leather, which make the whole look come together." Robert Sutton, management professor at Stanford University and the author of *Good Boss, Bad Boss*, says interviewers place greater weight on negative information, so one neglected detail can spoil an impressive look. The money you saved on your suit should be directed to these Oliver Sweeney boots, which can double up in casual outfits. And for your watch, this Seiko timepiece strikes the right balance between sophistication and professionalism. How could you not get the job? ►



1 **Clock** £29 Muji
2 **Lamp** £100 Kenneth Grange
3 **Pen** £590 Montblanc
4 **Glasses** £210 Tom Ford
5 **Tie pin** £25 Simon Carter
6 **Jacket** £129, **Shirt** £18, **Trousers** £70 and **Tie** £7, all Burton
7 **Black AAC chair** £368 Hee Welling
8 **Briefcase** £365 BOSS Black
9 **Boots** £199 Oliver Sweeney
10 **Socks** £11.95 Pantherella
11 **Wastebin** £8 Muji
12 **Nuur table** £1,116 Simon Pengelly

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PERFECT PITCH

Convey an air of confidence with this sleek watch. Scratch-resistant sapphire crystal protects the face, and it's water-resistant up to 50m (helpful if you get thrown in at the deep end).

Carrera Calibre 6 £1,650 TAG Heuer

2nd STEP

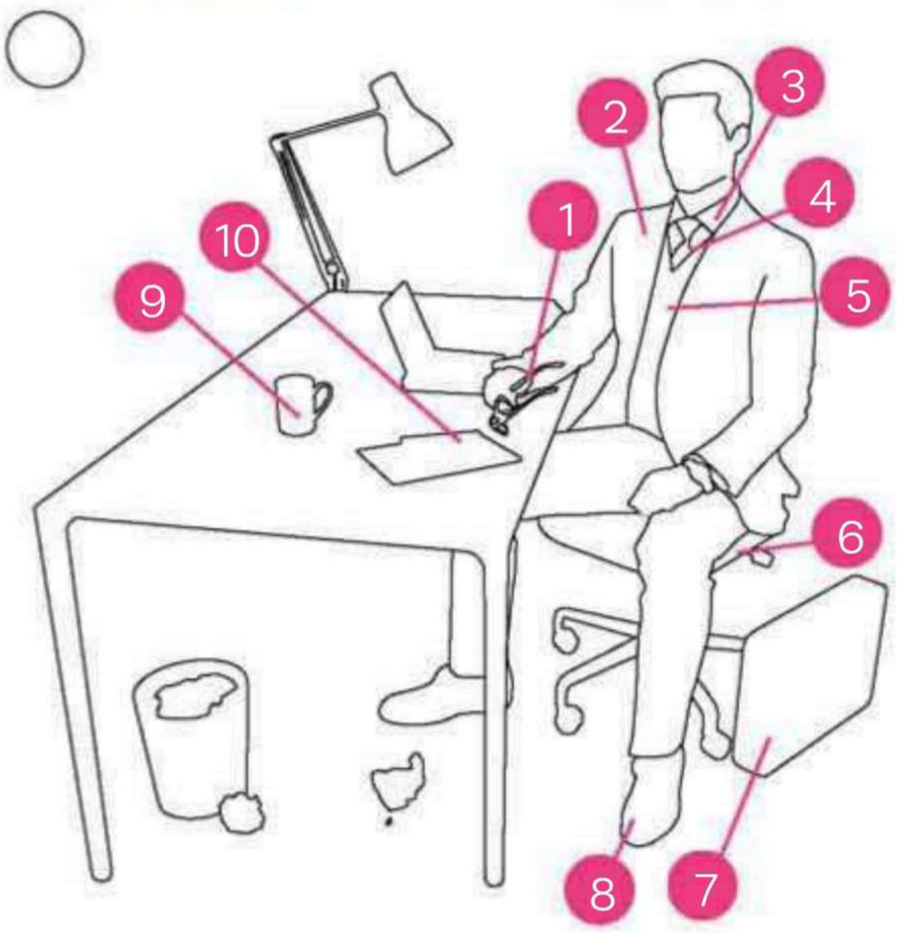
The first day

'Look professional, feel professional'

Swanning in with a silk pocket square and crocodile-skin briefcase is sure to raise eyebrows. Kenneth Fehrman, author of *Color: The Secret Influence,* says: "Mimicking your surroundings makes you seem familiar." You're dressing like your new colleagues to gain acceptance.

Foremost in your charm offensive is ensuring the pitch between your suit, shirt and tie is confident, unique, yet nothing too outré. "Your shirt and tie help frame your most important asset: your face," says Mouret. While a crisp white shirt is solidly professional, deviating can have benefits: "Pale colours can be less contrasting than a bright white and often better complement your skin tone." This pale pink shirt by Hentsch Man flatters a late-summer tan, while the striped tie, by Paul Smith, gives the look a preppy feel.

This suit, part of the J+ Jil Sander collaboration with Uniqlo, incorporates a contemporary narrow lapel with a classic tailored shape, giving it character without being flamboyant. ►



1 **Glasses** £210 Tom Ford
2 **Jacket** £199 and **Trousers** £79 both J+ Uniqlo
3 **Shirt** £95 Hentsch Man
4 **Tie** from £69 Paul Smith
5 **Knitted waistcoat** £45 Banana Republic
6 **Leather office chair** £1,016 Fred Scott
7 **Briefcase** £135 Marks & Spencer
8 **Desert Boots** £185 BOSS Black
9 **Mug** £1 John Lewis
10 **Notebook** from £1.25 Muji
■ Other items as before or stylist's own

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3rd STEP

Pay review

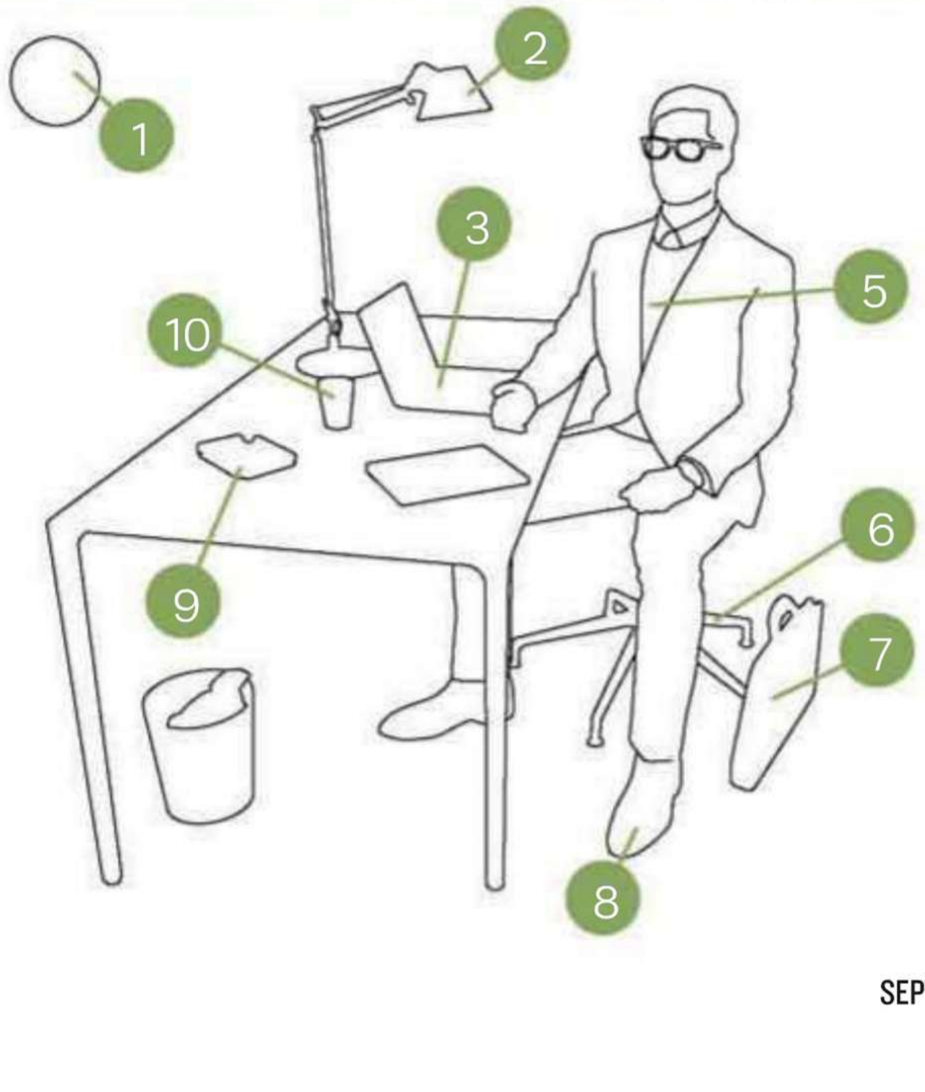
'In business, you don't get what you deserve; you get what you negotiate'

RUGGED CHOICE
Bond actor Daniel Craig's watch of choice, the robust, self-winding De Ville can add some Hollywood glitter to your noble cause.
De Ville Hour Vision Blue £4,250 Omega

It would be premature to shell out on an expensive suit before you've sealed your pay rise, so go for this ash-grey one by COS. It looks more expensive than its £250 price tag, particularly when worn with this crisp white collar by BOSS Black. And here's a tip: "I can't stress enough the importance of a tailor for improving an off-the-peg suit," says Mouret. He'll make a cheaper suit fit perfectly for under £50.

Adding a splash of red via this tie and crewneck sweater, both by BOSS Black, can also have more than just a visual effect. A *Journal of Experimental Psychology* study showed that seeing red can trigger an "avoidance motivation", making the boss more likely to pay up than enter into difficult negotiations.

With one eye on the big bucks, focus the other on your accessories. This leather briefcase by Bally, with the Bally Oxford shoes and matching watch strap, combine to convey an image of someone switched on and ready to take on more filthy lucr... sorry, responsibility. ►



1 **Wall clock** £24 Habitat
2 **Tolomeo LED lamp** £314 Artemide
3 **MacBook Pro 13in** £999 Apple
4 **Jacket** £175 and **Trousers** £69 both COS
5 **Shirt** £90, **tie** £49 and **sweater** £99 all BOSS Black
6 **Lotus chair** £1,702 Jasper Morrison
7 **Briefcase** £1,190 Bally
8 **Shoes** £239 Oliver Sweeney
9 **Pen tray** £13 Conran Shop
10 **Glass** £6.40 (set of 4) Habitat
■ Other items as before or stylist's own

JUST SEEN: MAC £429 PAUL SMITH.
COAT STAND NYMPHENBURG NICKLE PLATED BRASS £1,735 ARAM.

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4th STEP

Promotion

'Send a signal: dress for the job you want, not the job you have'



MEAN BUSINESS
Forged from a tough, scratch-resistant ceramic titanium material, it speaks of durability and purposefulness: worth rewarding, surely.
J12 Chromatic £3,200 Chanel

The pace of business slows in a downturn, but you can use it as an opportunity to get ahead, beginning with how you look. "The key is balancing the pitch," says Mouret. A two-button pinstripe wool suit, such as this one by Dolce & Gabbana, will impress the board."

Where you can convey personality and flair is with your choice of accessories. A stylish, high-tech watch such as this J12 Chromatic shows you appreciate quality design, while the addition of a flat-fold pocket square shows you are someone who doesn't overlook the finer details. Speaking of which: "Anyone who neglects their shoes will neglect other things, and will not be seen as trustworthy," says Udeshi. "Make sure they are of leather-soled, welted construction, and classic style. Take care of them and they'll last a decade." These Oxfords by Dolce & Gabbana will last at least the length of time it takes you to accumulate a majority stake in the company. ▶



1 **MacBook Pro 15in** from £1,549 Apple
2 **Shirt** £130 Canali
3 **Tie** £69 Paul Smith
4 **Suit** £1,000 Dolce & Gabbana
5 **EA217 black leather chair** £2,713 Charles & Ray Eames
6 **Briefcase** £620 Dolce & Gabbana
7 **Shoes** £565 Dolce & Gabbana
8 **Mesh wastebin** £6 Officedog
9 **Frametable** £2,030 Aram
10 **Newton's cradle** £10 John Lewis
■ Other items as before or stylist's own

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A/W 2011
MAD MEN





DESIGN CLASSIC
Produced in steel in a limited edition of 2,000, the Swiss-made Transocean is a high-end watch that demands respect.

Transocean Chronograph £6,120 Breitling

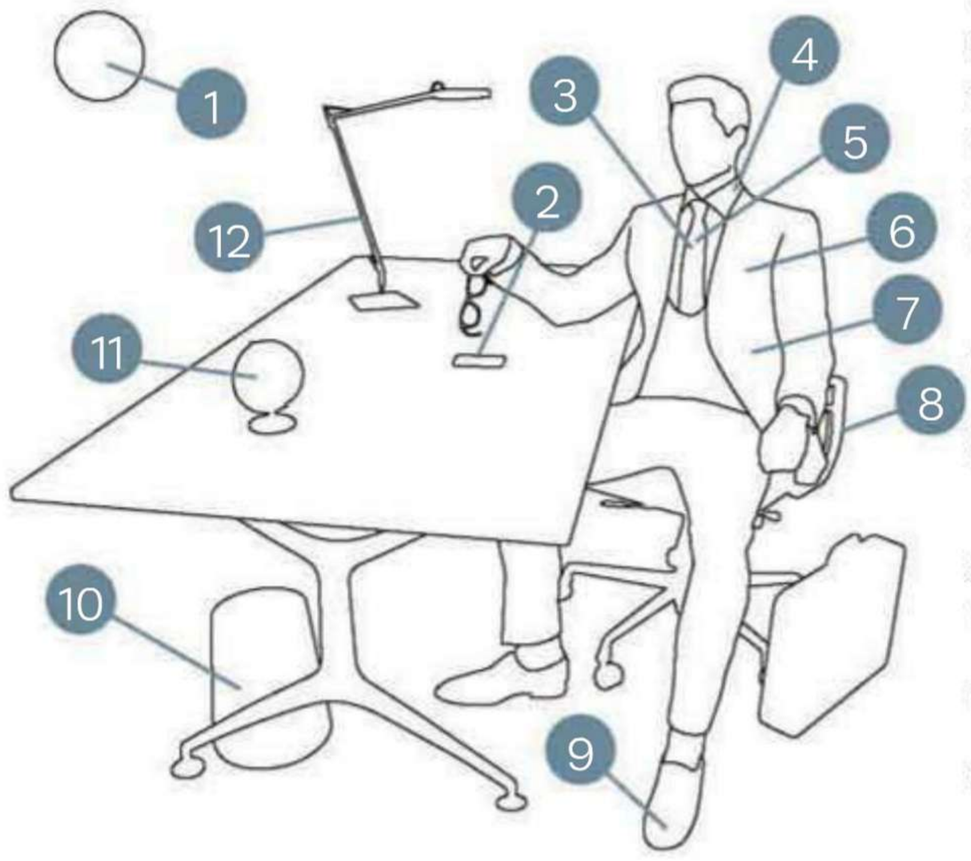
5th STEP

The CEO

'All good leaders know that the price of greatness is responsibility'

Once at the top, you should dress for status while remaining accessible to your staff. Luckily, you have a significantly increased income to help. So accessorise with classic pieces of design such as this Transocean Chronograph by Breitling, which perfectly complements either a grey or navy suit. As for that suit, it's about time you went bespoke. You can't go wrong with Thom Sweeney of Mayfair who combines a contemporary aesthetic (cut narrow at the waist) with classic tailoring. "Ensure your shoulders aren't overdefined and your trousers are not so tight that you can see the musculature of your legs," says Mouret. You're the CEO, not his bodyguard.

For footwear, it rarely gets better than Berluti. Opt for a classic brogue, Oxford or Derby-style – the shoes' idiosyncratic style and unrivalled craftsmanship will speak volumes. Put all these components together and you'll have a powerful, yet approachable, look that will inspire those around you. MH



1 **Clock** £83 Alessi
2 **iPhone 4** £510 Apple
3 **Tie** £69 Paul Smith
4 **Shirt** £90 Thomas Pink
5 **Tie pin** £25 Simon Carter
6 **Meisterstück Silver Barley Pen** £590 Montblanc
7 **Suit** £1,910 Thom Sweeney
8 **EA219 black leather chair** £3,413 Charles and Ray Eames
9 **Shoes** £1,000 Berluti
10 **White leather bin** £65 Conran Shop
11 **Silver globe** £25 John Lewis
12 **Kelvin lamp** £225 Flos
■ Other items as before or stylist's own

FOR WHERE TO BUY SEE STOCKISTS PAGE

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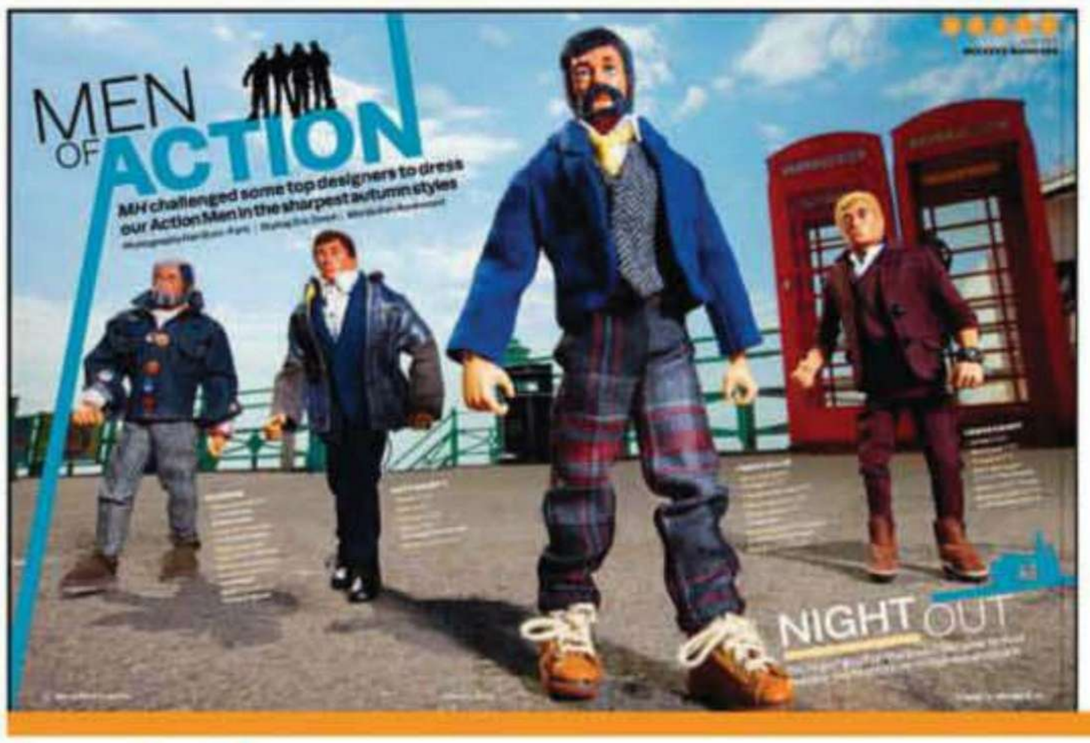
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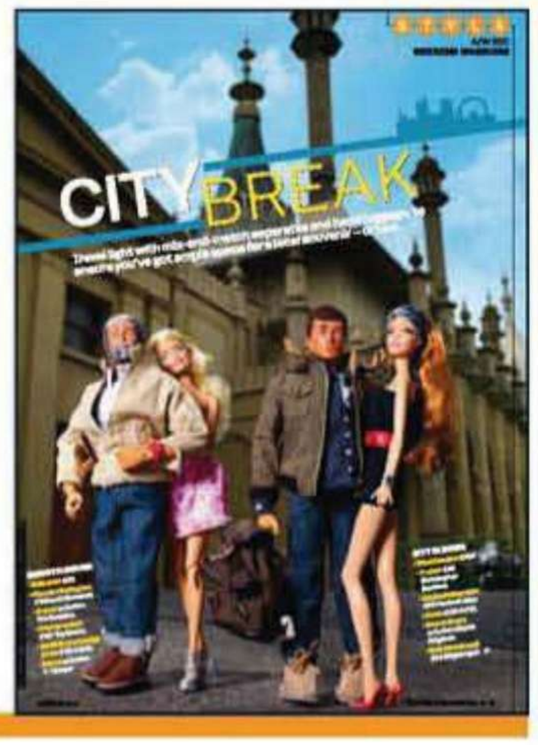
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STOCKISTS

MH gives you everything you need to move with effortless style from the office to the weekend – and beyond





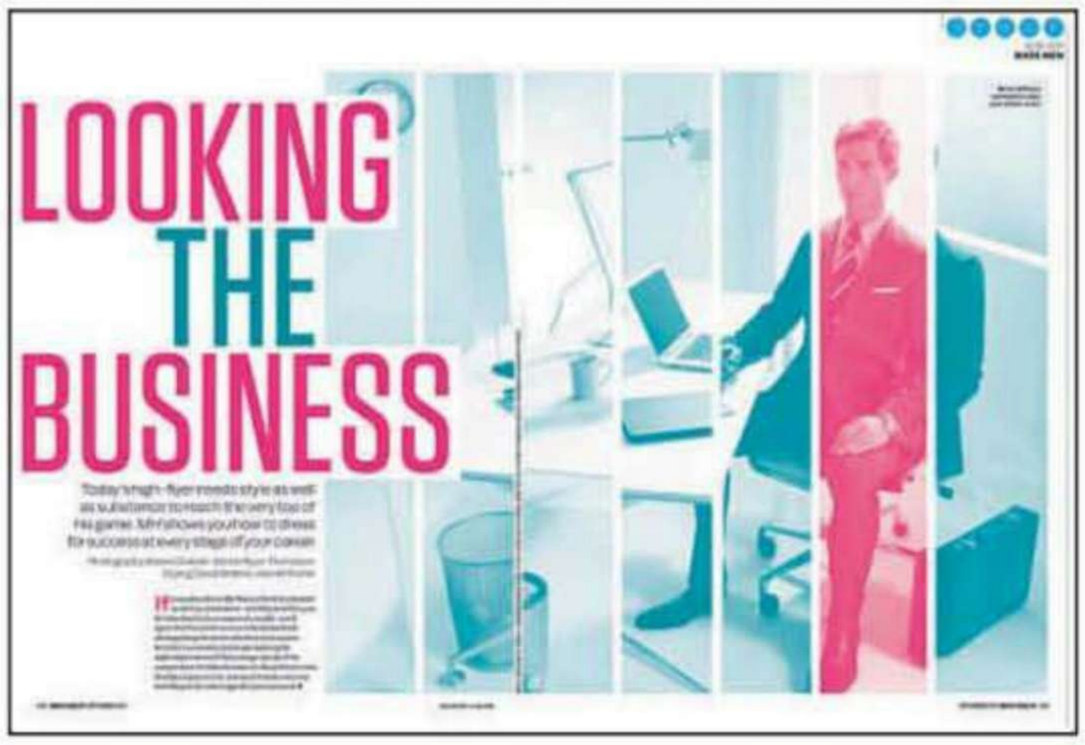


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Ally Capellino allycapellino.co.uk
Baracuta baracuta-g9.com
Barbour barbour.com
Burton burton.co.uk
Camper camper.com
Chapman Bags chapmanbags.com
Cherchbi cherchbi.com
Christopher Raeburn christopherraeburn.co.uk
Clarks Originals clarksoriginals.com
Edwin at liberty.co.uk
Evisu evisu.com
F-Troupe f-troupe.com
Forgotten Futures at oki-ni.com
French Connection frenchconnection.com
G-Shock Premium g-shock.co.uk
Genetic Denim geneticdenim.com
Hackett hackett.com
Hentsch Man hentschman.co.uk
Oliver Goldsmith 020 7460 0844
Onitsuka Tiger onitsukatiger.com
Orlebar Brown orlebarbrown.com
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Smyth & Gibson at selfridges.com
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Tateossian 0207 384 8336
The Kooples thekooples.com
Topman topman.com
ToyWatch at selfridges.com
Universal Works universalworks.co.uk

Work, dressed and play page S13

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BOSS Selection hugoboss.com
Church's church-footwear.com
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DAKS daks.com
Dolce & Gabbana dolcegabbana.it
Dunhill dunhill.com
Elliot Rhodes elliotrhodes.com
Frederique Constant at Harrods 020 7730 1234
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Hackett hackett.com
Hamilton hamiltonwatch.com
Jaegar-LeCoultre jaeger-lecoultre.com
John Lobb 0207 930 8089
KG by Kurt Geiger 0845 257 2571
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Longines longines.com
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Omega omegawatches.com
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Paul Smith paulsmith.co.uk
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Simon Carter simoncarter.net
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Looking the business page S38

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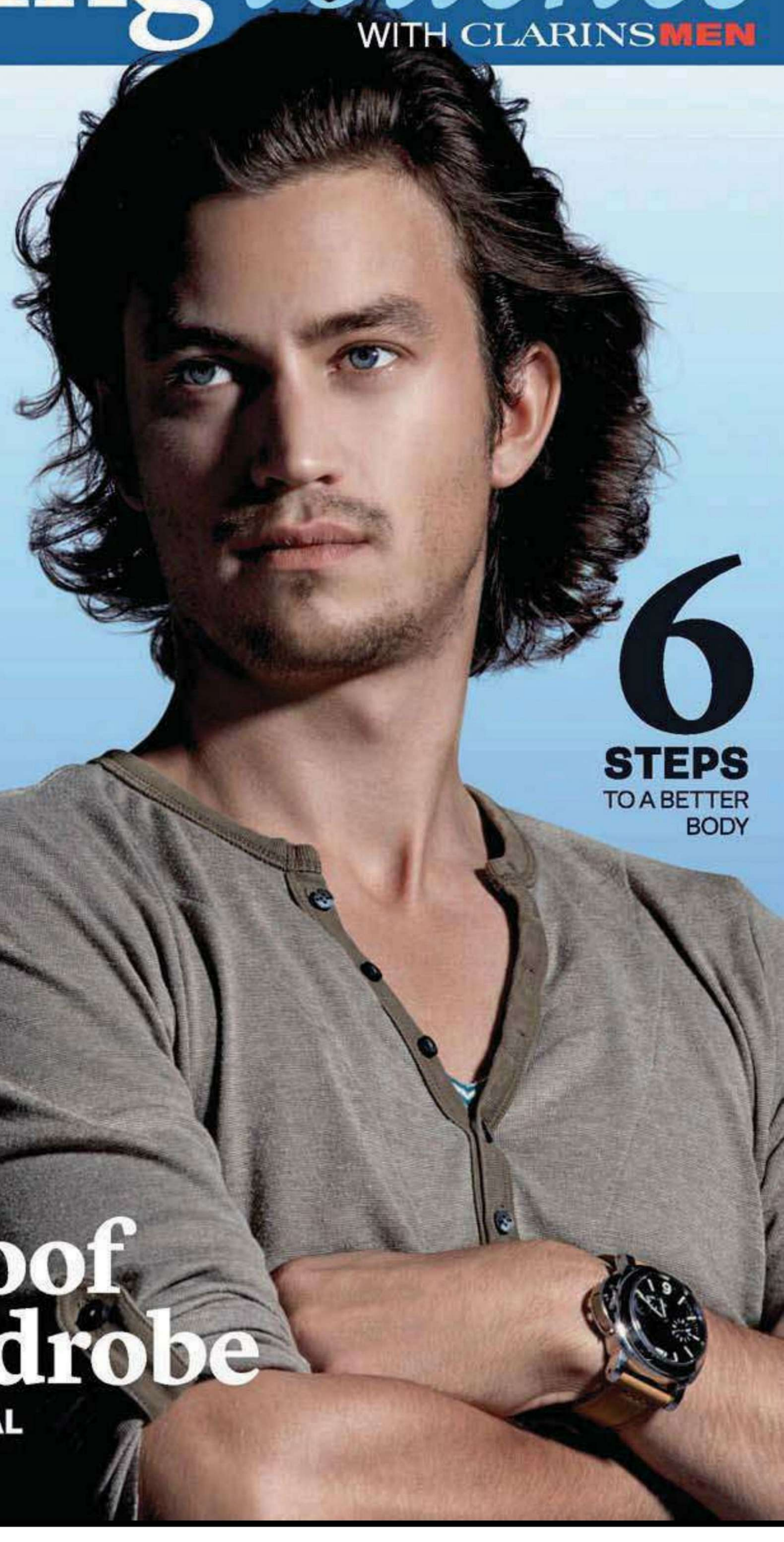
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Finishing *touches*

BECAUSE DETAILS MATTER

WITH CLARINSMEN



BEDROOM, BOARDROOM, BAR...

TIPS AND TRICKS TO GET YOU NOTICED!

NO MORE CUTS!

TAKE SHAVING TO THE NEXT LEVEL WITH OUR MASTERCLASS

WIN!

£200 WORTH OF CLARINS SKIN ESSENTIALS TO BE WON

6 STEPS

TO A BETTER BODY

Bullet-Proof Your Wardrobe

THIS SUMMER'S ESSENTIAL ACCESSORIES FOR MEN

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Lee Kynaston, Editor

Welcome to Finishing touches...

If you're reading this magazine there's already a good chance you know how important good grooming is these days. But in case you're still sceptical, it's worth pointing out that in a recent survey 84% of HR professionals said that well-groomed men are more successful at work. And we all know what women think about scruffy, unkempt men!

As a Grooming Editor I'm well aware what a minefield the world of scrubs, moisturisers and anti-wrinkle creams can be, though, so *Finishing touches* aims to give you a steer on what products to use and when. All the basics are covered here – from how to get the perfect shave to solutions to your most common grooming worries – but you'll also find plenty of advice about getting those finishing touches just right.

In a world where we're constantly being scrutinised – by potential employers or potential partners – attention to detail has never been more important. And if you want the best results (who doesn't?) then you need the best products. Which is where ClarinsMen comes in. With a comprehensive range of 24 products, there's no better range for men who demand perfection at every turn.

So enjoy the magazine, enjoy the summer and, most of all, enjoy the results of great grooming with ClarinsMen.

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Finishing school

Want more success with women? A better job?
Or just want to get served first at the bar?
These tips will give you an alpha-male edge



Vanilla

Looking for a new fragrance? Then go for one containing vanilla. Often cited by women as their favourite smell, a study by Tübingen University, Germany has also shown it reduces the 'startle reflex' in humans, creating a positive, relaxed mood. For the ultimate 'success scent' try A*Men by Thierry Mugler, which not only has vanilla at its heart but also contains the smell of one of women's other favourite things – chocolate!

LOWER CHOLESTEROL = YOUNGER LOOKS

When nurses at Imperial College School of Medicine in London were asked to estimate the age of 318 men for a study, they came up with a startling result – the men who looked older than they actually were also had higher levels of cholesterol. Reduce yours by cutting back on red meat and dairy produce, and by eating foods high in soluble fibre, like beans, pulses, nuts and porridge oats.

FINAL CUT

In need of a confidence boost? Then see your barber. According to study by the Learning and Skills Council, the mere act of having a new haircut acts as short-term confidence-booster.

RED

With the longest wavelength in the light spectrum, red has the biggest impact on the retina, so we see it before all other colours. Football teams with red strips see their teammates a fraction of a second before those in other strips (which might explain the success of Man United and Liverpool). It's also why we never fail to notice women with red lipstick. So if you want to get seen (or just served first at the bar), dig out that red tie.

1-in-4

1-in-4 people say dirty fingernails are one of the worst grooming crimes a man can commit*. Only B.O. gets a bigger thumbs down, so don't let dirty nails be your downfall!

*groomingguru.co.uk poll



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TALL STORY

According to stats, tall men are more likely to be hired, earn more money and are more likely to be leaders than shorties (more than half of all America's most successful CEOs are over 6 ft). You can't increase your height without going on the rack, but throwing your shoulders back and not slouching will help – as will a slightly higher heel. In fact, a study by the University of West of England showed that men get an instant confidence boost when they wear shoes that give them a little extra height.





74%

The percentage of people who say that an unattractive smile can hurt a person's career prospects. Studies* have shown that people who smile regularly are judged to be more pleasant, sincere and competent – qualities that might just give you the edge in the workplace. Time to get those gnashers fixed!

*American Academy of Cosmetic Dentistry



40%

of men will experience some degree of hair loss by the time they're 35. Instead of elaborate attempts to conceal the fact though, ask your stylist for a shorter, textured cut – it will actually make your hair look thicker and is always more flattering.

DYEING TO BE SUCCESSFUL?

27% grey haired
47% coloured hair

According to a survey by the *Daily Telegraph*, we men fear going grey even more than going bald or being overweight. And no wonder: an Australian study* showed that only 27% of greying men were considered "capable" looking by a team of image consultants, but that percentage rose to 47% when the consultants were showed pics of the same men with coloured hair. Message? If you want to get ahead, get a hair dye!

*Combe Incorporated

COLOUR CLEVERNESS

Style experts are agreed that the colour of our clothes can have a huge impact on how we come across to people. Know what each means and it's easy to dress for success.

Light Green= Sporty, Casual

Dark Green= Reliable, Strong

Brown= Safe, Solid, Reliable

Navy= Confident, Authoritative

Pink= Confident, Iconoclastic

Red= Confident, Energetic

Dark Grey= Serious, Stable

Black= Authoritative, Simple

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Your skin problems – solved

WORRIED ABOUT WRINKLES, DRY SKIN OR DARK CIRCLES? DON'T WORRY, WHATEVER YOUR SKIN CONCERN, CLARINSMEN HAS A FAST AND EFFECTIVE SOLUTION

HOW CAN I IMPROVE DULL, TIRED-LOOKING SKIN?

The easiest – and fastest – way to remove dead skin cells is with **ACTIVE FACE SCRUB**. Skin renews itself every 28 days or so, but this process slows down as we get older, resulting in a dull, tired-looking complexion. A scrub speeds up the process and can help prevent ingrown hairs, too. Use twice a week and apply ClarinsMen legendary **FATIGUE FIGHTER** afterwards to firm and freshen skin.

HOW DO I GET RID OF EYE BAGS AND DARK CIRCLES?

Working from the inner to the outer corners, gently tap a tiny amount ClarinsMen **ANTI-FATIGUE EYE SERUM** around the outer contour of your eye, using the tip of your ring finger. Don't rub or you'll damage the delicate skin around the eye. Repeat twice a day.



FINISHING TOUCH

Always apply a little moisturiser last thing at night – studies have shown skin repairs itself best while you're asleep. Do this and you'll give skin the best possible chance of looking good for the start of a new day!

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MY SKIN'S REALLY DRY. HOW DO I PREVENT IT FEELING SO TIGHT?

In a word – moisturise! Skin that's properly hydrated has 80% water in the dermis (the deepest level), 70% in the epidermis (the middle layer) and 13% in the outermost or 'horny' layer (no jokes please). It's when moisture levels fall below these ideals that skin gets dry and tight. ClarinsMen new **SUPER MOISTURE BALM** and **SUPER MOISTURE GEL** contain calcium hyaluronate, which penetrates the skin, replenishing moisture and strengthening its ability to retain it. Opt for the gel if you have normal or combination skin, and the balm if your skin tends to be on the dry side, and apply morning and night.

HOW DO I PREVENT CROW'S FEET AROUND MY EYES?

For starters, wear sunglasses whenever the sun's out (squinting and sun damage are major causes of crow's feet) and use **LINE CONTROL EYE BALM**, which is specially formulated to firm and tighten the delicate skin around the eyes. Perfect for anyone over 40 or anyone wanting to tackle fine lines before they become major wrinkles!!

MY SKIN IS SUDDENLY LOOKING REALLY OLD! IS IT TOO LATE FOR AN ANTI-AGEING PRODUCT?

No. Men's skin ages differently to women's, so wrinkles appear more slowly until we hit our forties, when things suddenly go downhill. Products like **LINE CONTROL CREAM** and **REVITALIZING GEL** are ideal for tightening skin, improving its firmness and minimising the appearance of fine lines and wrinkles – whatever your age.

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Follow our short cuts to avoiding the Grim Reaper's burning blade

NO MORE CUTS

LOOKING FOR A SMOOTH, CLOSE, IRRITATION-FREE SHAVE? THEN GRAB THESE CLARINSMEN ESSENTIALS AND LEARN FROM THIS SIMPLE FIVE-STEP SHAVING MASTERCLASS

08 – **FINISHING TOUCHES** *with ClarinsMen*

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PREPARATION IS KEY WHEN IT COMES TO THE PERFECT SHAVE, SO PREPARE PERFECTLY WITH THESE CLARINSMEN SHAVING ESSENTIALS

1 CHOOSE YOUR MOMENT

For best results shave after a shower – the steam opens pores and softens stubble, making it easier to shave.

2 PREPARE

Start by cleansing with **ClarinsMen Active Face Wash** to remove grease and grime from your stubble. If you're prone to razor bumps and ingrown hairs, use the **Active Face Scrub** twice weekly to rid skin of pore-blocking dead cells and to free trapped hairs.

3 CUSHION THE BLOW

ClarinsMen Smooth Shave is the ultimate way to provide a cushion between your skin and the razor. Place a small blob your palm, add warm water and rub together to create a rich lather. Then massage into the skin with gentle circular motions. **TIP:** If you have a beard to trim try **Shave Ease**. A transparent shaving oil, it allows you to see where you're going with the razor!

4 GRAB YOUR BLADE!

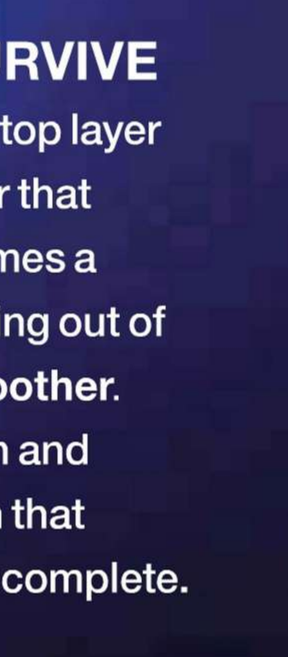
Using short, gentle stokes, shave the stubble on your cheeks and neck, leaving the toughest bits around the chin and lips until last – that way they'll have had more time to soften. Always shave in the direction of hair growth (it'll minimise razor burn). Rinse with cool, running water to close pores and remove any shaving residues, then pat dry with a towel. Don't rub as this can irritate the skin.

5 PROTECT AND SURVIVE

Since shaving removes the top layer of skin cells it's little wonder that your face sometimes becomes a little irritated. To take the sting out of shaving use **After Shave Soother**. It's perfect for soothing skin and reducing redness. And with that done, your perfect shave is complete.

FINISHING TOUCH

Want to minimise five o'clock shadow? Or soften stubble to make shaving easier? Then apply **Skin Difference**, a special night-time serum that actually softens hairs and slows down re-growth, before bed.



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HOLIDAY *essentials*

For the ultimate finishing touches, check out this summer's hottest accessories for men



Victorinox Dive Master 500 Mecha Blue Watch, £955

victorinox.com

The perfect watch for swimming or diving – it's water-resistant to 500m!



Paul Smith Striped Blue Beach Towel, £75

houseoffraser.co.uk

Mark your territory with this stylish, stripy number! Don't forget your **Sun Wrinkle Control Cream For Face High Protection.**



Paul Smith Sky-Blue Straw Trilby, £60

asos.com

Protect your pate in the heat with this stylish number from the King of Cool.

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Ray-Ban Gold Chocolate Leather Detail Aviators, £155

my-wardrobe.com

Alpha-male aviators from Ray-Ban's Craft Collection, with brown leather lips and brow bar.

BOSS Black, Brown and Pink Belt, £109

asos.com

A stylish and colourful way to hitch up your chinos.





Kindle 3G Wireless Reading Device, £152

amazon.co.uk

Now you can take hundreds of books to the beach.

Margaret Howell MHL Off-White Military Plimsolls, £65

margarethowell.co.uk

Timeless and versatile, these classic plimsolls suit jeans, shorts or chinos.

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Havaianas Citrus Yellow Flip Flops, £20

havaianas-store.co.uk

More of a legend than a flip flop, these hard-wearing, statement Havaianas are the ultimate beach wear.

Fujifilm FinePix F550 EXR Digital Camera, £207

fuji.co.uk

For superior holiday photos and perfect summer memories.

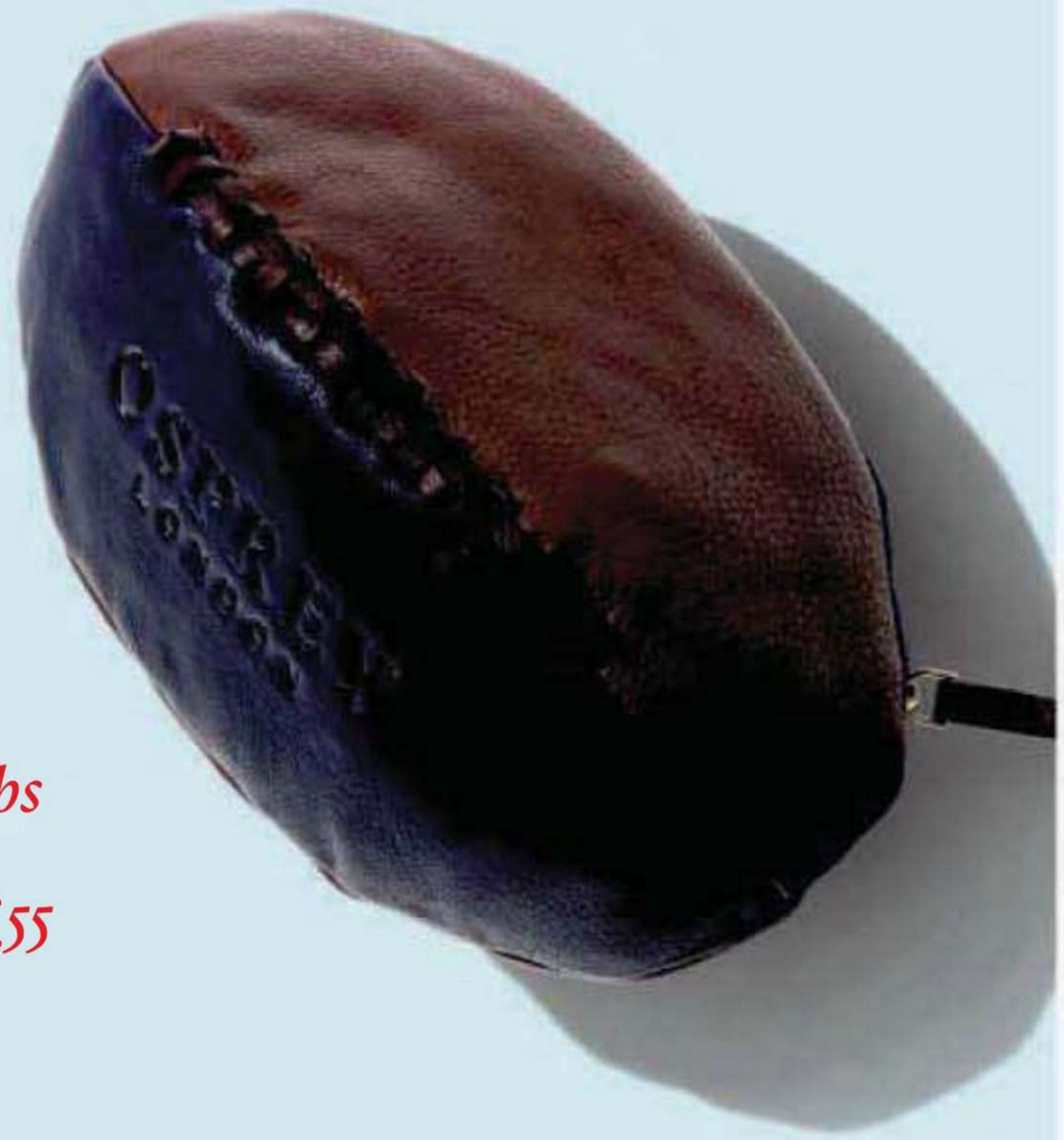




Osprey London 'Rugger' Washbag, £45

ospreylondon.com

Fashioned from napper leather this sporty blue travelbag is the perfect way to transport all your ClarinsMen essentials.



Marc by Marc Jacobs Olive California Print Nylon Tote, £55

my-wardrobe.com.

Perfect for all your beach gear/beer!

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WINWIN

Over £200 worth of ClarinsMen essentials to be won!

Fancy winning an indispensable set of ClarinsMen products, plus a free 12-month subscription to *Men's Health* magazine? Then make sure you enter our competition and you could be one of the 5 lucky readers to bag a set of ClarinsMen essentials worth over £200 each.

Each of the five sets up for grabs includes everything you need to keep your skin in tip-top condition for the rest of the year, and includes nine hero products from the ClarinsMen range. The winning set includes: New Super Moisture Balm, Active Face Wash Foaming Gel, Smooth Shave Foaming Gel, Anti-Fatigue Eye Serum, Fatigue Fighter, Shower Scrub, Ab Firming, Body Moisture Spray and Skin Difference.

Plus, of course, you'll get that 12-month subscription of *Men's Health*, the number one magazine for men. Together they'll give you everything you need to maximise your looks throughout the summer and beyond. ClarinsMen and *Men's Health*: the ultimate finishing touches!

Go to **menhealth.co.uk/clarinsmen** to enter. Five winners will be drawn shortly after the closing date of 31 August 2011.

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Six steps to a better body

The strip-off season is upon us, so make sure you look your best on the beach with these body-buffing tips



Step 1

MAKE A CLEAN START

Whether you're at home, at the gym or on holiday, a shower gel is the foundation of your daily grooming routine. But with time, space and money tight it makes perfect sense to opt for a two-in-one product like **ClarinsMen Shampoo & Shower**. An energising, soap-free cleanser, it's as good for your barnet as it is for your bod, leaving both clean, fresh and revitalised. It's the perfect way to start your day.

Step 2

SCRUB UP WELL

Ensure the skin on your body's as good as the stuff on your face with **ClarinsMen Shower Scrub**. A two-in-one foaming body wash and exfoliator, it's packed with skin improvers to remove dead cells and polish skin. It also contains salicylic acid to help prevent spots and the dreaded 'backne'. Perfect for gym bags or for your hols, it's the ideal way to keep your 'paintwork' looking perfect.

Step 3

SPRAY, DON'T PRAY

If you're a regular gym goer, a body moisturiser is essential because constant showering robs skin of its protective lipid layer. It's important when on holiday too, since chlorine and seawater both dry out the skin. **ClarinsMen Body Moisture Spray** is a non-oily spray, designed to soothe, moisturise and protect skin. Use after **ClarinsMen Shower Scrub**, focusing on the arms and legs, which tend to get especially dry.

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Step 4

BE A HANDYMAN

We men often neglect our hands, yet they are constantly on display. Problem is, a man's hands are under constant attack from work, sport or lifting weights, making then dry, rough and callused. The remedy? **ClarinsMen Hand Care**. Specially formulated for men, it's perfect for repairing, softening and protecting hard-working hands. If you're on the beach, gently rub hands with wet sand to remove dry skin before applying.

Step 5

IMPROVE YOUR ABS

Got a set of hard-won abs? Or at least something resembling hard-won abs? Then make the most of what you have this summer with the help of **ClarinsMen Ab Firming Gel**. A clever contouring product, it contains ingredients that slow down fat storage, stimulate the release of existing fat and firm the skin, ensuring abs look their best – and that no one kicks sand in your face on the beach!

Step 6

FINISHING TOUCH

Neatly trimming body hair won't just streamline your bod and emphasise those hard-won muscles, it'll also help keep you smelling fresh, by robbing odour-causing bacteria of a home!

ClarinsMen Bodycare products are available exclusively online at clarins.co.uk, where you can also see the full range of ClarinsMen skin essentials.

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NEW

Super Moisture Balm

Ready to face the elements.

Shaving, stress, air-conditioning, pollution... Daily life can be hard on men's skin, ClarinsMen Super Moisture Balm and Super Moisture Gel, with calcium hyaluronate and a stimulating cocktail of bison grass and alpine sea holly, work to moisturize, help soothe razor burn and leave skin soft and smooth. Add in Clarins exclusive Anti-Pollution Complex and you're not only ready to go, you're ready for anything. Clarins, No.1 in European luxury skin care*.

*Source: European Forecasts

www.clarins.com



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