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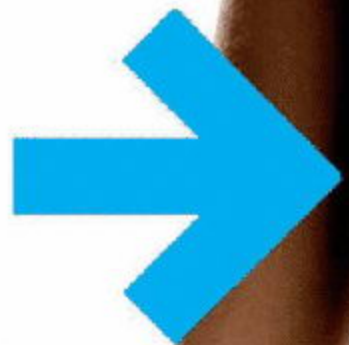
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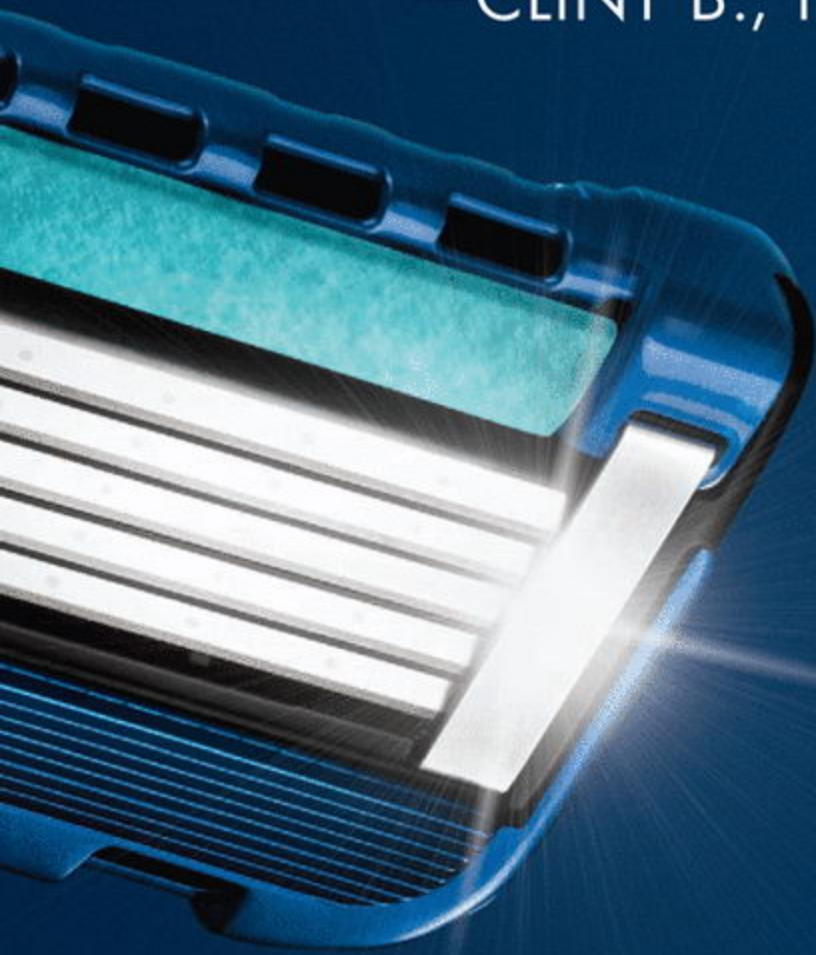




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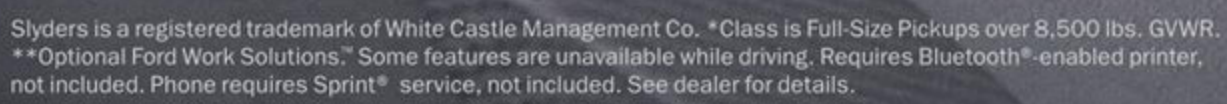
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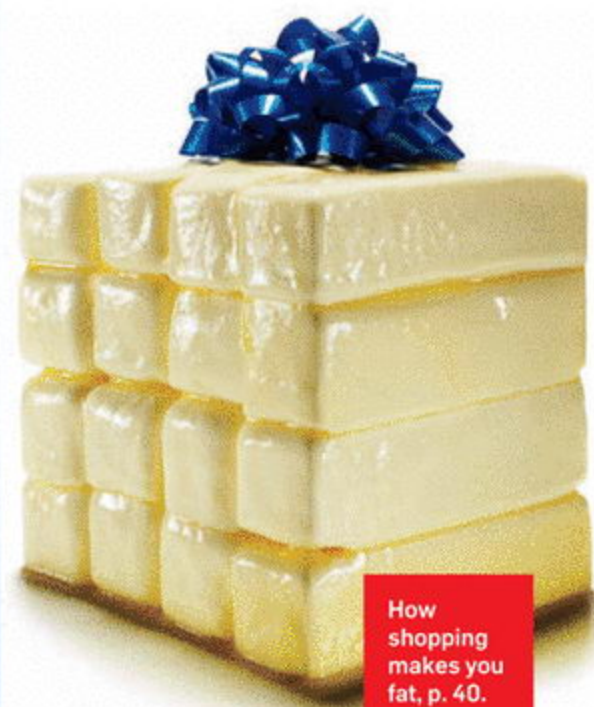


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From top: AYA BRACKETT, JAMIE CHUNG, Sterling Lorence, MARK MATCHO, NATHANIEL WELCH



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A full-page photograph of two young men standing on a grassy field. The man on the left is wearing a green Mexico soccer jersey with white shorts and is standing with a soccer ball at his feet. The man on the right is wearing a red Spain soccer jersey with black shorts. Both are smiling. The background shows trees and a clear sky.

because he is a team player

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The season's best food is tasty, nutritious, and cheap

BY RICK RODGERS

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This issue is big. But not big enough to carry all the smokin'-hot images from model Selita Ebanks's photo shoot, featured later in these pages. For a peek at those extras, register as a *Men's Health* VIP. You'll also be able to...

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I WANT YOU TO DESCRIBE YOUR BEST summer ever, and I want you to do it in just one word. Ready? Okay, go.
 Was the word you came up with “fun”?
 A. Yes, of course, what else?
 B. No, I am the lead singer of an emo band. I prefer “bleak.”

Okay, sorry, Morrissey, “fun” it is. Next question: Are you having enough now? And more important, can you get your hands on more? Well, let me slide this idea down to your end of the bar.

If you want more fun, you need more fitness. Simply put, fit people have more fun, for three reasons:

Fit people are physically trained to have a good time. Whether you want to take up waterskiing, learn to scuba dive, or just feel comfortable in the company of an attractive dinner date, body confidence lets you take off your shirt—or whatever—without worrying about whether your body will look and perform its very best.

Fit people are mentally trained to have a good time. In fact, when you hit the gym, you’re doing more than simply training your muscles to be hard. You’re training your brain to be happy. After strenuous exercise, your brain steps up its bonding with naturally occurring opioids, essentially making your emotional responses more positive.

Fit people are more fun to be around. Check this out: One study looked at kids who played outdoors and kids who spent most of their time indoors. The ones who went outside to play were more popular with other kids. And, oddly, their parents were more popular, too!

Hmmm . . . so here’s something that will make you more popular and more attractive to the opposite sex, help you live longer, and allow you to laugh at stress while enjoying more of the things you love? And you can get it for the cost of a pair of sneakers? (Can you



believe we still have to convince people to exercise?)

Of course, it’s the perfect feedback loop: Laughter, like exercise, cuts stress, boosts immunity, smacks around bad cholesterol, and lowers blood pressure. So if you want to be truly fit . . . have some fun.

Fortunately, that won’t be hard to do. This month, we’re offering you a complete summer package that integrates fun and fitness in all sorts of new and exciting ways. First, let *Twilight*’s Kellan Lutz help train you for the best days of the year. Then consider leaving town. Contributing editor Jim Thornton gives you dozens of great health reasons to do so (“Recapture Your Wild Side”), and senior editor Ben Court delivers “50 Guy Trips That Will Change Your Life.” Your adventures start on page 124.

What are you waiting for?



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Eating 18 ounces of fat-free yogurt daily boosts abdominal weight loss by 81%, sez study.

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One whiskey or cocktail a day can increase bone density, reduce fracture risk, new research says.

26,000

Average number of TV ads an elementary school kid sees each year. 22% market food.

CRY? BABY!

Women’s voices change in the bedroom during fertile times, due to hormones.

AIR IT OUT

Eating nitrate-rich foods like spinach and strawberries increases breathing efficiency during workouts.

BLOOD, SMOKE, & TEARS

Just 30 minutes of secondhand smoke can damage blood vessels.

THAT’S GROSS

Double-dipping chips can transfer up to seven times more bacteria into the bowl. Costanza!

DIET DILEMMA

Top indicator you’ll weigh more in 5 years? Being on a diet today, UCLA researchers say.

BUD LIGHTER

80% of people are more likely to stick to a workout if they have a partner join them.

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How top doctors stay strong and healthy

Clayton Everline, M.D., C.S.C.S., 32, is a clinical assistant professor of orthopedic surgery at Seton Hall University and is also in private practice. He provides expert advice in "Recapture Your Wild Side," on page 128.



ON CALL THIS MONTH
The Sports Physician



How I'm adding years to my life

EXERCISE

"I surf, swim, and perform core and total-body exercises at least five times a week." A study published in *Circulation* found that men who stayed in great shape by exercising 5 days a week for 30 minutes had a 50 percent decreased risk of death during the study period.

HOW I STAY LEAN

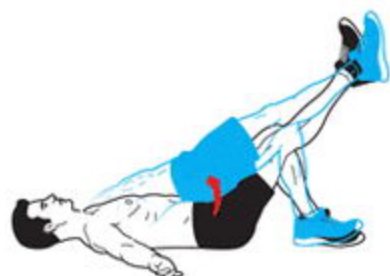
DISCIPLINE

"You need to know standard serving sizes. A serving of pasta, for example, is $\frac{1}{2}$ cup. A serving of meat is 3 ounces (about the size of a deck of cards). It's tough when you're eating out, but try a strategy I used in medical school to cut costs, which can also help cut calories: Order an appetizer for an entrée."

How I avoid back pain

HIP RAISES

"In a study of firefighters, hip raises reduced back injuries by building core strength. I complete 3 sets of 10 single-leg reps every day."



Lie faceup with your left knee bent and your left foot on the ground. Keep your right leg straight and in line with your left thigh. Push your hips up, keeping your right leg elevated. Pause 5 seconds, and lower your body back to the starting position. Do 10 reps, switch legs, and do 10 more.



HOW I PROTECT MY HEART

OLIVE OIL

"I bake, broil, grill, or steam foods instead of frying them, and I always use extra-virgin olive oil when I cook."

How I manage stress

FAIL FAST

"Don't give up on things too easily, but be aware of the risk versus the reward so you don't become a victim of the process. Think in terms of a 'what-can-be-done' perspective, not a 'fix-it-now' perspective."

Our Advisory Board

CARDIOLOGY

John Eleftheriades, M.D., is chief of cardiac surgery at Yale University school of medicine.

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

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

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EXERCISE SCIENCE

Alexander Koch, Ph.D., C.S.C.S., is an associate professor of exercise science at Truman State University, Missouri.

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

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MENTAL HEALTH

Thomas Joiner, Ph.D., is the Bright-Burton Professor of Psychology at Florida State University, and the author of *Why People Die by Suicide*.

William Pollack, Ph.D., is an associate clinical professor at Harvard medical school.

NEUROLOGY

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

NUTRITION

Jonny Bowden, Ph.D., C.N.S., holds a doctorate in holistic nutrition and a master's degree in psychology.

Mary Ellen Camire, Ph.D., is a professor of food science in the department of food science and human nutrition at the University of Maine.

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Kimberly Cockerham, M.D., teaches ophthalmology at Stanford University school of medicine.

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Andrew J. Feldman, M.D., is the director of sports medicine at St. Vincent's Medical Center in New York City.

Nicholas A. DiNubile, M.D., is a clinical assistant professor of orthopedic surgery at the Hospital of the University of Pennsylvania and the author of *FrameWork for the Lower Back*.

UROLOGY

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

Judd W. Moul, M.D., FACS, is chief of the division of urologic surgery at Duke University medical center.

WEIGHT LOSS

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

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

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

00:02

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Even 2 percent less than optimal hydration can slow you down, so chug some water. In fact, drink eight 6-ounce glasses a day. You'll be less hungry and more energetic.

Sleep deeper!

Insert earplugs: They can reduce ambient noise by 32 decibels, helping you sleep better. Try ZonkOut Premium Foam Ear Plugs (\$5 for 10 pairs, earplugstore.com).

Prevent gym injuries!

Most injuries in the gym occur when guys use free weights. Take the time to use collars on weight bars—I see too many experienced lifters who don't. It's not worth the risk of the plates sliding off.

Banish a bad mood!

Step outside and notice the details—the color of a car, the shape of a cloud, the song of a bird. For each detail, think of one positive association to the past and one positive goal for the future.

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Screen image simulated.

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LIFE'S QUESTIONS, ANSWERED

Q

I'M FREAKED OUT BY BPA. HOW CAN I CUT DOWN?

JAMIE, MIRAMAR, CA

Shop strategically. BPA (bisphenol A) is a chemical used since the 1960s in the manufacture of a common type of plastic as well as the epoxy resin that lines food and beverage cans. In other words, the stuff is everywhere—and it leaches into our food. And that's worrisome, because research shows that BPA has hormone-disrupting properties that may lead to weight gain, prostate cancer, erectile dysfunction, and heart disease. Given these potential dangers, the U.S. Food and Drug Administration is pursuing more research on BPA, which may lead it to reevaluate the two-decade-old safety threshold for humans. But don't wait for Washington. "You can cut your risk in half if you take the right precautions and eat more fresh food," says biologist Heather Patisaul, Ph.D., who studies BPA at North Carolina State University. Here's your action plan.

AVOID

Canned foods

The average man consumes 17 percent of his food from cans, reports the FDA. Kick the habit. The Environmental Working Group, a nonprofit consumer advocacy organization, found BPA in many canned foods, including 100 percent of pastas, 89 percent of soups, 83 percent of beans, and 50 percent of tuna.

BUY

Fresh, frozen, boxed, or pouched foods, or foods in BPA-free cans

More and more foods that were once sold only in cans—soup and tuna, for example—are now also sold in pouches or boxes. Plus, BPA-free resins line the cans of many foods sold by several companies, including Eden Foods, Edward & Sons, Wild Planet, Eco Fish, and Oregon's Choice.

AVOID

Polycarbonate containers

Flip your containers over and check the recycling symbol. The number 7 denotes a group of plastics that may include BPA-permeated polycarbonate. Toss 'em.

BUY

Glass or BPA-free plastic containers

Look for items made from polypropylene (coded with recycling number 5), such as the GladWare line. Or try Pyrex's glass storage containers, which have BPA-free plastic lids.

AVOID

Polycarbonate and aluminum reusable water bottles

Many plastic water bottles bear the number 7, and many aluminum bottles are lined with a resin that contains BPA.

BUY

Stainless-steel or BPA-free bottles

Stainless-steel bottles, such as the Klean Kanteen, don't have BPA linings. Another option is Nalgene's new Everyday line of BPA-free bottles made from copolyester. (Note: Even though these bottles bear a 7, they're actually made with a mix of plastics with no BPA.)

AVOID

Soda and beer cans

Most metal beverage cans have some traces of BPA, says Patisaul. In fact, the Environmental Working Group's analysis detected BPA in 42 percent of soda cans.

BUY

Glass or plastic bottles

Glass bottles are manufactured without BPA; and beverages packaged in polyethylene terephthalate bottles, featuring the recycling number 1, are BPA-free.



Photograph by JAMIE CHUNG, prop styling: Sara Wackman/Jed Root

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Is there a way to sober up instantly?

SAVON, BATON ROUGE, LA

Not even if you injected black coffee directly into your brain. (Don't try it.) Scientists have searched for years to find an amethystic agent (that is, something with sobering-up powers) to no avail, says Carlton Erickson, Ph.D., a toxicology professor at the University of Texas. "There are no shortcuts—it takes the average man an hour to reduce his blood-alcohol content (BAC) by 0.02 percent." So given a BAC of 0.08 percent—the point at which it's illegal to drive in all states—you'd need about 4 hours to sober up completely. Your poor liver can filter booze only so fast, so just enjoy your buzz, don't drive, and drink 8 ounces of water every hour to prevent the dehydration that contributes to hangover hell.

What can I do to calm my nerves before an important presentation?

DANNY, STAMFORD, CT

Don't think you need to be perfect. When speakers were told to make mistakes during presentations, they were 30 percent less nervous than when they tried to perform flawlessly, according to a recent University of Wyoming study. Why? Before a presentation, worst-case scenarios flood your imagination: *What if I forget the words? What if I stutter?* "Even if they did something embarrassing, the audience didn't notice or didn't care," says study author and clinical researcher Elizabeth Nelson, M.A. Another way to jam your jitters is to take a beta-blocker. Talk to your doctor about it: Beta-blockers are sometimes prescribed off-label because they stem physical feelings of anxiety (racing pulse, sweaty palms, and quivering knees). If your body doesn't react, neither will your mind, says Lorenzo Norris, M.D., an assistant professor of psychiatry at George Washington University.

In the long term, though, your best strategy is to practice. Presenting is a learned skill; the more you do it, the better you become. Dr. Norris recommends that presentation-phobes polish their game by speaking more in informal settings (making toasts, telling jokes) as well as in formal situations (asking questions at a meeting, talking to your boss in person instead of by e-mail).



The cost of not buying organic cherries could be your health.

Is it possible to wash all the pesticides off produce?

TAYSHAUN, MADISON, WI

No amount of elbow grease, water, or suds can eliminate the chemicals from your kumquats. That's because some pesticides, instead of lingering on the skin of the produce, penetrate other parts of the plant to control pests. Residues from these pesticides *cannot* be washed off. Now, if you believe the EPA, this is nothing to worry about: The agency mandates that a certain amount of time must pass between the last pesticide application and the harvest in order to ensure that any residue degrades to a safe level. But who knows what's safe? "We can test the effects of specific chemicals on animals or on tissue samples, but no one can be certain what the effects of chemical combinations are on any one genetically unique person," says Dawn Gouge, Ph.D., of the University of Arizona. A recent study in *Pediatrics* linked high levels of organophosphates, one type of pesticide, in children to an increased risk of developing attention deficit hyperactivity disorder. The smart move: Reduce your exposure by buying organic, especially in the case of produce known to soak up the most pesticides—peaches, apples, strawberries, bell peppers, and cherries.

Can I make my Rogaine work better?

GEOFF, BOULDER, CO

Ask your doctor to doctor it. A Korean study showed that spiking Rogaine with Retin-A, a vitamin A derivative, made the hair potion 25 percent more effective. (It's believed that Retin-A improves absorption of minoxidil, the active ingredient in Rogaine.) Most pharmacies that do compounding—custom medication mixing—will be able to fill a prescription for a blend of Retin-A and Rogaine. Just don't expect the combo to

recarpet your scalp. "Rogaine is more effective at helping you hold on to your hair than at stimulating new growth," says Nelson Lee Novick, M.D., a clinical professor of dermatology at Mount Sinai School of Medicine, in New York City. So talk to your dermatologist about finasteride as well. This is the active ingredient in Propecia, a prescription oral medication that's proven to increase chances of hair growth. To save about \$30 a month, ask for a prescription for Proscar, which has 5 milligrams of finasteride (versus Propecia's 1 mg). Then quarter it with a pill cutter for your daily dose. And don't stop taking

ONE-WORD ANSWER®

What's the benefit of warming up before working out?

Viscoelasticity

Not only are you pumping blood into the nooks and crannies of your muscle fibers, priming them for activity, but you're also warming up your tendons. "This heat makes you more pliable, so you'll perform better and decrease your risk of injury," says Nicholas DiNubile, M.D., a clinical assistant professor of orthopedic surgery at the University of Pennsylvania and the author of *FrameWork for the Lower Back*. The key is to break a sweat, whether it's by jogging or doing light drills that replicate the activity you're about to do.

© Darrin Haddad/Merge Casey + Associates (cherries), iStockphoto/Stockphoto (rubber band)

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ASK MEN'S HEALTH

Rogaine. "Some men see a synergistic effect when they use both Rogaine and finasteride," says Dr. Novick.

I have chicken legs. What's the best way to build my calf muscles?

JAMES, YORK, PA

The same way Arnold built his: isolation. Before he was Mr. Olympia, Schwarzenegger cut the legs off his sweat pants and targeted his skinny calves until they looked as buff as his upper body. In your case, skip the scissors and just do standing and seated calf raises at a slow tempo. "Most guys blow through sets and move too quickly to improve the soleus and gastrocnemius, the two muscles that make your calves look meaty," says Mike Robertson, C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. "Slowing the exercise minimizes contributions from other muscles and places the stress on the muscles in your calves." Aim for 2 sets of 20 reps of both seated and standing calf raises three times a week. (For a full description, see MensHealth.com/calves.) Take 2 seconds to raise the weight and 2 seconds to lower it, and hold the bottom position for 2 seconds.

My wife spotted a porn site in my browsing history and says I'm committing "emotional infidelity." Is she right?

TOM, CHEYENNE, WY

You tell us: Are you feeling emotionally close to the women on the screen? Probably not. "Emotional infidelity involves having intimate conversations about aspirations and relationship problems with a person you are attracted to," says Ray Bergner, Ph.D., a psychology professor at Illinois State University who studies the significance of pornography for women in relationships. However, just because your wife has her clinical diagnoses jumbled doesn't mean you're in the clear. *Her* perception of what you're doing does matter, and Bergner's research shows that 26 percent of women in relationships consider porn viewing equivalent to an affair. Apologize to your wife for upsetting her, and talk through her relationship fears. If you can better understand her worries and work to disarm them, then images on the screen may be less of a threat to the flesh-and-blood woman you love.

What are the best ways to reduce my salt intake?

TIM, TEANECK, NJ

Home cooking—and lots of it. About 77 percent of the average man's salt intake comes from processed foods and restaurant fare, according to a Monell Center study. "As food manufacturers and chefs cut out trans fats, they've been liberal with the saltshaker to add flavor," says Elisabeth Moore, R.D., L.D.N., a dietitian at Beth Israel Deaconess Medical Center. To lower your intake, scan labels for the phrases "low sodium" and "sodium-free," and eat fresh produce instead of processed foods whenever possible. At home, try other flavor enhancers—pepper, herbs, lemon juice, ginger, garlic, or wine. And when you do dine out, beware of salt bombs—cold cuts, mustard, and Parmesan cheese—and ask that any sauces or dressings be served on the side.

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BACON

Oscar Mayer Center Cut Bacon
90 milligrams sodium (1 slice)



DIP

Sante Fe Packing Co. Spike's Salsa con Queso, Medium
170 milligrams (2 tablespoons)



TOMATO SAUCE

Amy's Low Sodium Organic Marinara
100 milligrams (½ cup)



SOUP

Amy's Organic Cream of Tomato—Light in Sodium
340 milligrams (1 cup)



FROZEN PIZZA

Full of Life Flatbread Mushroom Pizza with Caramelized Onions & Tomatoes
406 milligrams (142-gram serving)



Oscar Mayer Turkey Bacon
180 milligrams (1 slice)



Pace Mexican Four Cheese Salsa con Queso
430 milligrams (2 tablespoons)



Newman's Own Tomato and Basil
620 milligrams (½ cup)



Campbell's Soup Creamy Tomato Soup at Hand
940 milligrams (10% ounce container)



Celeste Deluxe
980 milligrams (167-gram pizza)



* Aim to consume less than 2,300 milligrams of sodium daily. That's less than 1 teaspoon of salt.

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EXPECT MORE FROM YOUR BEER



Unibroue Éphémère Apple

She'll love this Canadian brew's crisp hints of green apple and light malt backbone. It's a solid swap for sugar bombs such as framboise or cassis, and a nice complement to soft cheeses and mixed nuts.



Ommegang Witte

This buttery-smooth clone of classic Belgian wheat beer offers a light, refreshing citrus taste, a clean finish, and a frothy white head. Pour a glass on a hot day, drop in a slice of orange as an accent, sip, and kick back.

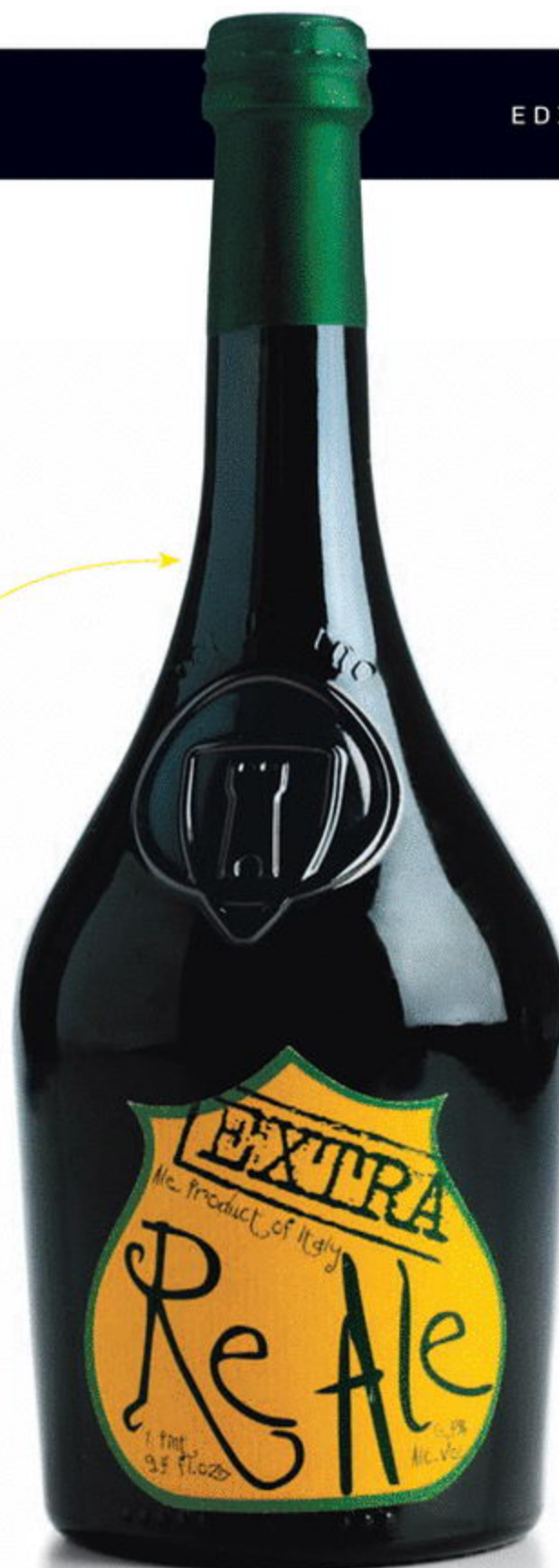


Victory WildDevil

This hops-strong Pennsylvania brew has an unruly strain of wild yeast, often used in Belgian beers, that gives it a complex, funky taste. Floral hints tango with caramel-toffee malt, while the body stays light.

Birra del Borgo Re Ale Extra

This Italian brew borrows from its American counterparts, offering the brawn of a boozier IPA with the refined character of an old-world product. Malt flavors provide the beer's spine, while imported American hops flesh out each sip. Serve with BBQ and other grilled, sauce-heavy fare—because you'll need rich food to compete against this big taste.



The 5 best blockbusters

... and the wisdom worth watching them for



1 STAR WARS
"Who's the more foolish: The fool, or the fool who follows him?"
—Ben Obi-Wan Kenobi



2 JAWS
"I'm not going to waste my time arguing with a man who's lining up to be a hot lunch."
—Matt Hooper



3 TOP GUN
"You don't have time to think up there. If you think, you're dead."
—Maverick



4 INDEPENDENCE DAY
"It's a fine line between standing behind a principle and hiding behind one."
—President Thomas J. Whitmore



5 TRANSFORMERS
"No sacrifice, no victory!"
—Captain Archibald Witwicky
Source: Men's Health readers

THOMAS MACDONALD (bottles); top to bottom: Kobal Collection, Universal Pictures/Photofest, Paramount/Kobal Collection, 20th Century Fox/Kobal Collection, Dreamworks/Kobal Collection, Thinkstock/Getty Images (woman); Beth Bischoff (exercise)



Power to the pixels

Three easy ways to upgrade your digital vacation photos

1. BUY THE BEST

The Canon PowerShot S90 (\$400, usa.canon.com) is our summer standby. It has the same image sensor as its larger sibling G11, which renders Monet-like colors in bright light and smooth, crisp shots in low light. Translation: It's all Facebook-worthy.

2. SWAP YOUR LENS

If you have an SLR, an interchangeable lens kit from lensbaby.com (\$100 and up) gives you optics to add artistic flourishes—pinhole, soft focus, and more—without much work. There's never been a faster, cheaper way to add oomph to your shots.

3. FRAME YOUR SHOT

Envision a tic-tac-toe board over your field of view, and place the most important elements of your shot at one of the four line intersections. This creates balance and helps ensure that your shot has a foreground, a middle ground, and a background.

3 ways to meet me at the beach

- 1 Approach me and introduce yourself.
- 2 Ask me and my friends to join your volleyball game.
- 3 Offer me a beer.

Source: Women's Health readers



The easiest way to abs Try this circuit from Mike Wunsch, C.S.C.S., the director of training and program design at Results Fitness in Santa Clarita, California.



1 TURKISH GETUP (3-5 REPS EACH ARM) Lie flat on your back and hold a dumbbell above you. Keeping the weight above you at all times, stand up slowly, pause, and then lie back down.
Builds entire body



2 BARBELL ROLLOUT (8-12 REPS) Kneel down and place both hands on a barbell. Roll the barbell out, pause, contract your abs, and pull the barbell back to the starting position. That's 1 rep.
Builds core, strengthens back



3 ROLLING SIDE PLANK (5 REPS EACH SIDE) Do a plank, roll into a side plank, roll back to a plank, and then roll to the other side and do another side plank. Pause 5 seconds at each position.
Builds abs, improves stability



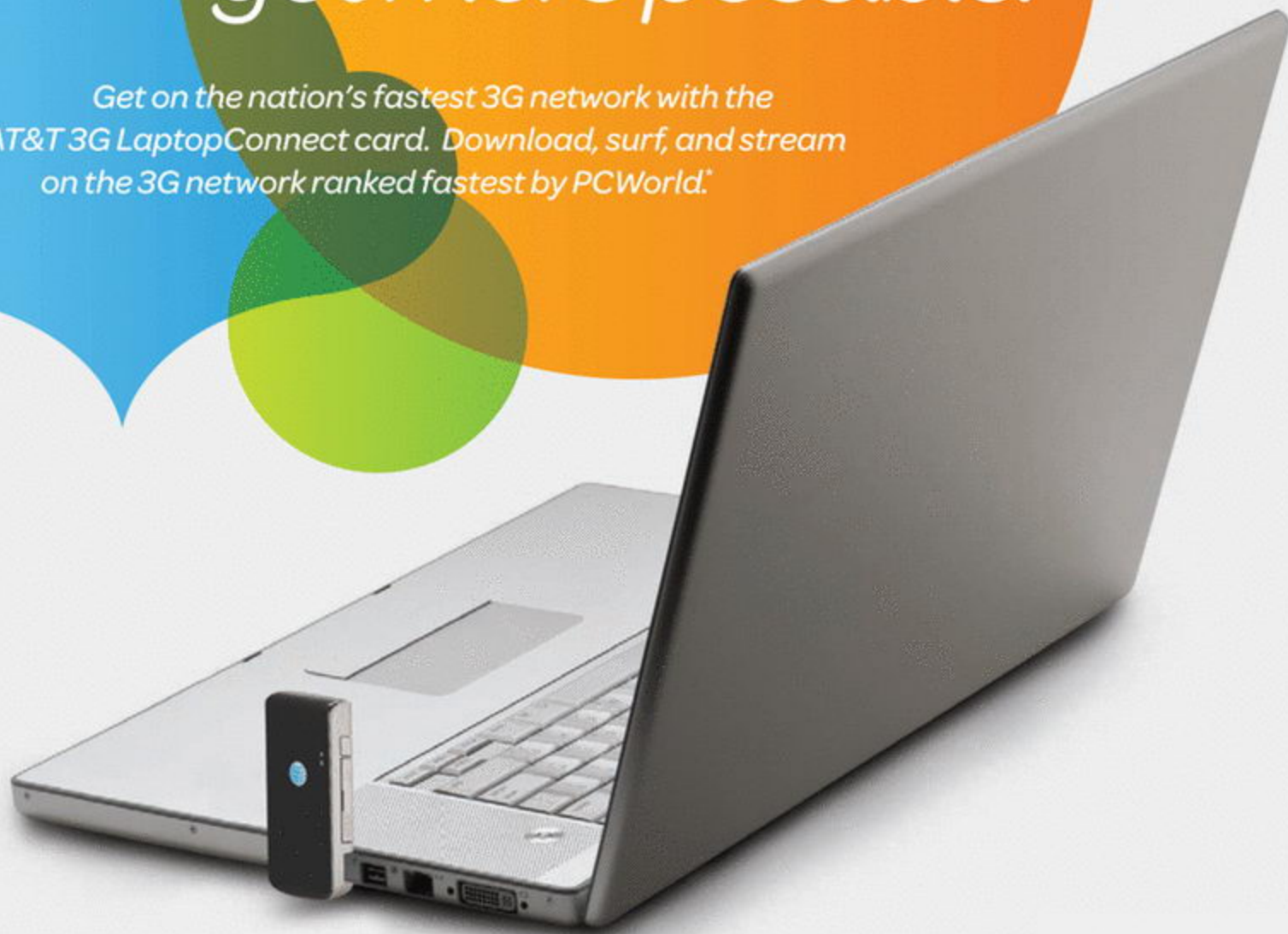
4 CROSS-BODY MOUNTAIN CLIMBER (10 REPS) In a pushup position, raise your right knee toward your left elbow, lower, and then raise your left knee to your right elbow. That's 1 rep.
Builds core, improves stability



5 BIRD DOG (8-10 REPS EACH SIDE) On your hands and knees, reach one arm out in front of you, and extend your opposite leg. Hold for 3 seconds.
Builds core and back strength, overall stability

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FOR GOOD* Since IZZE began, we've partnered with Global Education Fund (GEF), which provides educational opportunities for needy children around the world. Today, GEF is focused in Kenya, where IZZE is helping change the lives of 100 young people through scholarships, textbooks and leadership training. Join us in making a difference at facebook.com/izee.

The latest news on health, sex, nut.

weight loss

FISH FOR THOUGHT

A nutrient found in fish may sharpen your mental edge

Fish is a smart food choice in more ways than one. Previous research suggests that docosahexaenoic acid (DHA), an omega-3 fatty acid found in most fish, may aid brain development in infancy and prevent cognitive disorders in old age. Now, a new study in the *Journal of Nutrition* points to benefits for the rest of us: Study participants ages 35 to 54 who had high blood levels of DHA performed better on nonverbal reasoning tests and showed better mental flexibility, working memory, and vocabulary than those with lower levels. DHA may help brain cells work better—it affects neurotransmitters, inflammation, and cell growth, says Matthew Muldoon, M.D., the study's lead researcher. "You might say that DHA is an essential nutrient for brain function," he notes. Aim for two 4- to 6-ounce servings of oily fish a week to reach these DHA levels. Fish-oil supplements weren't used in the study, but they're a viable option, says Dr. Muldoon.

PHOTOGRAPH
BY JAMIE CHUNG



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SICK IN BED

What a nightmare: Too little sleep may raise your risk of type 2 diabetes, say scientists in the Netherlands. People who slept 4 hours a night saw their insulin sensitivity (ability to process blood sugar) fall 25 percent, compared with those who slept 8½ hours. Rough night? Top your cereal with cinnamon—it may lower blood sugar.



Work out in the early evening. You'll cool down by bedtime, and conk out faster.

THE WEIGH-IN BEFORE THE FIGHT

Eighty ounces. That could be the difference between beating prostate cancer

and watching it return with a vengeance. In a new Johns Hopkins study, researchers found that men who gained 5 or more pounds prior to or

up to a year after prostate surgery were nearly twice as likely to battle cancer again than those who maintained their weight. "Obesity and weight gain are associated with inflammation, which might influence prostate-cancer recurrence," says study author Corinne Joshi, Ph.D. For a workout that blasts fat in just 15 minutes, see the Fitness page in *The Best Life* section.

THE HAPPY HEART

Death is depressing. So it's fitting that one of the best meds for

the blues may also repel the Reaper. Taking an SSRI antidepressant, like Paxil or Zoloft, could save you from a heart attack. Researchers at Loyola University tested 50 people and discovered that those swallowing SSRIs showed a decrease in blood-clot formation. That's important, because clots are often the cause of a heart attack. This doesn't mean everyone at risk of heart disease should pop Prozac, but taking an SSRI may be smart for people with depression. Talk to your doctor.

ON OUR RADAR

If looks could cure

Next time you see someone hacking up a lung, do a double take: Just looking at a sick person may boost your immune system, according to a new Canadian study. After the scientists asked 28 study participants to view photos of people coughing and sneezing, they found that the viewers' white blood cells produced 24 percent more cytokines—proteins that regulate immune responses. This may be an evolutionary defense response, the researchers say.

DRINKING BUDDIES

Is alcoholism contagious? Boston researchers recently found that our drinking habits are subconsciously influenced by the booze-consuming behavior of our friends and family members.

Percentage increase in your odds of becoming a teetotaler or binge drinker based on the imbibing habits of a...



FEMALE FRIEND



MALE FRIEND*



WIFE



BROTHER



SISTER



FRIEND OF A FRIEND



FRIEND OF A FRIEND OF A FRIEND

* Male friends had no significant influence on the drinking habits of others.

Adam Smyth/Getty Images (eye), MATT OWENS (illustrations)

12

PERCENTAGE INCREASE IN YOUR RISK OF DYING YOUNG IF YOU SLEEP LESS THAN 7 HOURS A NIGHT

Source: Sleep

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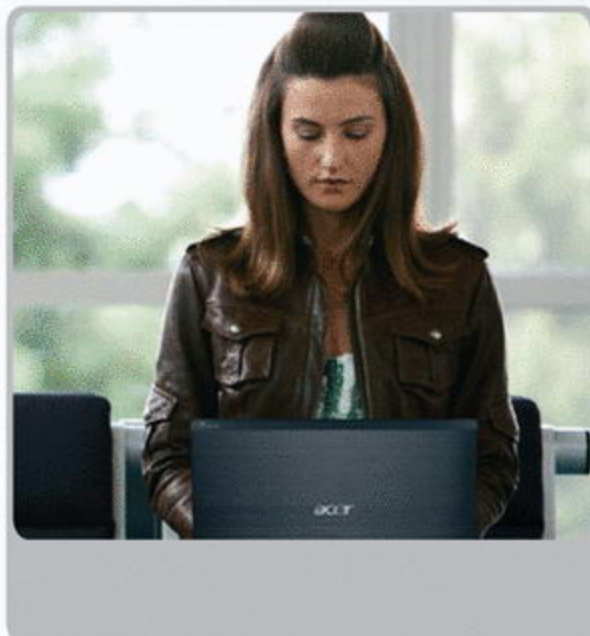
The original Aspire Timeline series was the first to break the 8-hour battery life barrier and the Aspire TimelineX matches that and adds excellent power straight out of the box.

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ASPIRE X
TIMELINE X

More
than just
time



Ultra Thin < 1 inch



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The Aspire TimelineX offers more than just time: it gives you excellent performance with the new 2010 Intel® Core™ processors. It is only about one-inch thin³ and available in 11.6", 13.3", 14.0" and 15.6" HD widescreen versions with powerful graphics.

¹ When referring to storage capacity, GB stands for one billion bytes. Some utilities may indicate varying storage capacities. Total user-accessible capacity may vary depending on operating environments.

² Actual battery life varies by usage, settings and operating conditions.

³ The Aspire 5820 is 0.94" – 1.24" high, Aspire 4820 0.94" – 1.0" and Aspire 3820 0.86" – 1.12".

Discover the new Acer Aspire TimelineX laptops at your nearest computer superstore.

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Men's Health and Post Cereals at the Nautica South Beach Triathlon



PHOTOGRAPH: Robert Murphy

This past April, over 2,400 athletes competed in the Nautica South Beach Triathlon. Men's Health was on-site to provide a place for racers and spectators to relax and get stretched by pro trainers. Racers also enjoyed cereal samples of Post Shredded Wheat, Post Raisin Bran and Post Grape-Nuts, which provided the Post Natural Advantage of fiber, vitamins and minerals to aid in post-race recovery.



Own It on Blu-ray™ Combo Pack and DVD 7/27

In *Clash of the Titans*, the ultimate struggle for power pits men against kings and kings against gods. But the war between the gods themselves could destroy the world. Born of a god but raised as a man, Perseus (Sam Worthington) is helpless to save his family from Hades (Ralph Fiennes), vengeful god of the underworld. With nothing to lose, Perseus volunteers to lead a dangerous mission to defeat Hades before he can seize power from Zeus (Liam Neeson) and unleash hell on earth.

clash-of-the-titans.com

Clash of the Titans © 2010 Warner Bros. Entertainment Inc. and Legendary Pictures. All rights reserved.

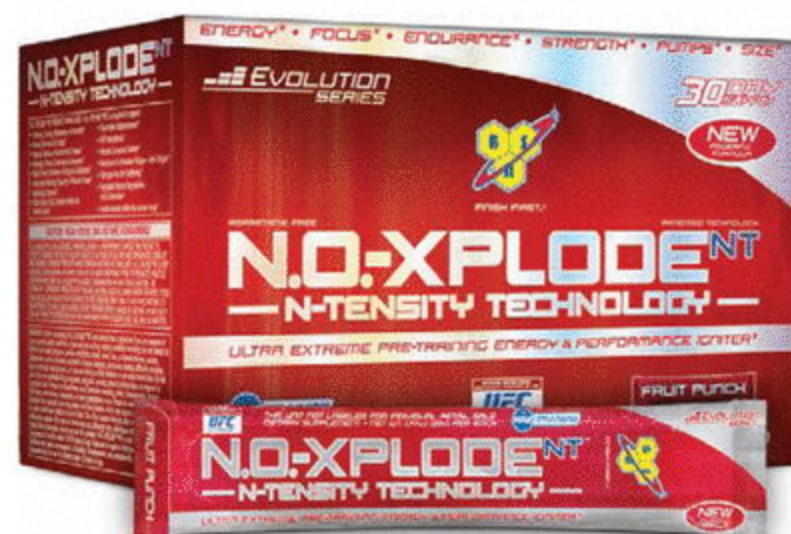
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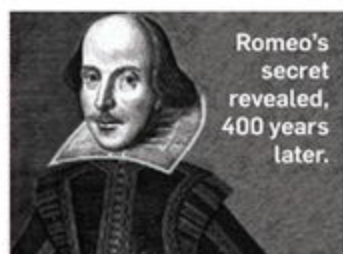
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SEX

BULLETIN®

Edited by Carolyn Kylstra



Romeo's secret revealed, 400 years later.

BE YOURSELF

William Shakespeare had it right: "To thine own self be true." Authentic men tend to end up with women who are more accommodating, trusting, and communicative, say researchers at Ohio State University. Their study of 62 undergrad couples found that when men's actions and values were consistent, their girlfriends were more likely to behave in ways that benefited the relationship. "When you're open, it's easier for her to communicate her feelings," says study author Amy Brunell, Ph.D.

PRETTY RISKY

Don't forget your helmet. **Men take greater physical risks around pretty women,** say Australian researchers. Nearly 100 skateboarders did tricks in front of either a man or an attractive woman. Those who skated for the woman aborted fewer tricks, which led to more successes—and failures. Turns out, guys with the female audience had spiked testosterone levels, which led to more risk taking.

Caution: Beautiful women watching.

BAD GUYS FINISH LAST

Turns out women really do like jerks—but not for long. **Men with high levels of narcissism, Machiavellianism, or psychopathy are more likely to steal women away from other guys** than are men who don't possess those traits, according to a study of over 300 people in *Personality and Individual Differences*. But men who have any one (or all) of these characteristics—which reveal impulsiveness and low concern for others—are also more likely to have their partners stolen from them. "They tend to have a fast-life strategy, and don't think in the long term," says study author Peter Jonason, Ph.D. Instead of being a jerk, he says, meet and attract women by doing what interests you.

USING THIS WORD (AND THE WORD "OUR") DURING FIGHTS IS LINKED TO MORE POSITIVE EMOTIONAL BEHAVIOR THAN SAYING "YOU" AND "I."

Source: *Psychology and Aging*

ON OUR RADAR

Cuddle spray

Oxytocin, sometimes called the "cuddle hormone," is known for its role in maternal bonding and childbirth. But when German researchers sprayed oxytocin into men's noses, the men became better at empathizing with photos of people displaying various emotions. Men under the influence of the love drug had the same levels of sensitivity as the untreated women in the control group. An easier way to boost your oxytocin load without resorting to a nasal spray: Cuddle with your wife or girlfriend after sex.

From left: cloudstudio/istockphoto, Dirk Anschutz/Getty Images

HERBERT NITSCH. AIRLINE PILOT. DEEPSEA DIVER. EXTREME RECORD BREAKER.

He is said to rarely have his feet on the ground. At the controls of his airliner, he spends most of his time above 30,000 feet. And when he's not flying, he's venturing far beneath the water: Herbert Nitsch is the only freediver to have reached the fabulous depth of 700 feet. Whether he's deep beneath the sea or high up in the air, firmly strapped to his wrist is the new Superocean, an extreme watch cut out for great accomplishments. A peerless athlete with a mind of steel, Nitsch will doubtless soon become the first breath-hold freediver to break the legendary 1,000-foot barrier. He has found the ideal companion for this ultimate challenge in the Breitling Superocean – a rugged, high-performance watch water-resistant to 5,000 feet.



BREITLING SUPEROCEAN

\$3,085

Water-resistant to 5,000ft (1,500m), decompression valve. Unidirectional rotating bezel. Officially chronometer-certified selfwinding movement.



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77
PERCENTAGE OF CONSUMERS WHO ARE INTERESTED IN FRONT-OF-PACKAGE LABELS THAT ALERT THEM TO HIGH-CALORIE, LOW-NUTRIENT CONTENTS

Source: FoodMinds

HIDDEN KILLER FAT

The FDA allows foods with up to ½ gram of trans fat per serving to be labeled "0 grams trans fat," even though a study review from Kansas State University reveals that with every 2 percent increase in your daily consumption of trans fats, your risk of cardiovascular disease goes up 23 percent. Check the fine print; if you see "hydrogenated," run!

COFFEE CURE?

Have a cup: Coffee may lower your risk of type 2 diabetes, a study in the *American Journal of Clinical Nutrition* found. People who drank five 8-ounce cups a day had less internal inflammation (a risk factor for type 2 diabetes) than those who drank no joe. Coffee may boost adiponectin, a protein that regulates glucose. Drinking fewer than 5 cups might also be beneficial, scientists say—more research is needed.

STEALTH
HEALTH
FOOD
LOBSTER

Pot Luck

These crustacean kings rule at summer seafood feasts, and record catches have made most lobsters affordable at hamburger prices.

Why it's healthy

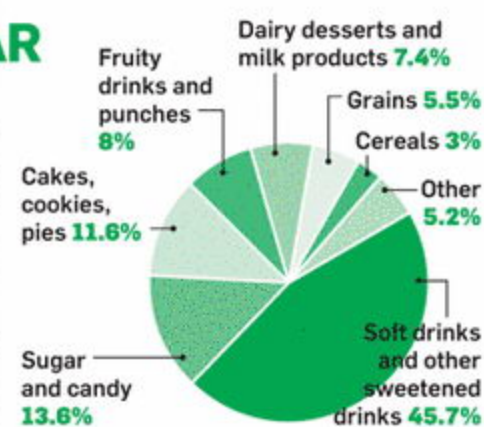
One pound of lobster meat provides a day's worth of protein. Plus, it's a good source of key vitamins and minerals, such as vitamin B₁₂, copper, and selenium. Don't worry about the cholesterol: There's no link between the dietary cholesterol in shellfish and heart-disease risk, according to a 2009 study in the *Journal of the American Dietetic Association*.

How to eat it

Drop a live 1-pound lobster head-first into a large pot of boiling salted water, and cover the pot. Cook until the shell is a deep, rusty red, about 10 minutes. (Add 2 minutes for every additional ¼ pound.) Ditch the butter—the lobster is rich enough. Hit it with a squeeze of lemon instead.

STOP THE SUGAR

Men should consume no more than 150 calories of added sugar in a day, reports a study in *Circulation*, but the average American takes in twice that amount. High-sugar diets may increase heart-disease risk, a study in the *Journal of the American Medical Association* notes. Here's where men consume their added sugar.





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WEIGHT LOSS

BULLETIN®

Edited by Maria Masters



SHOP TILL YOU DROP (POUNDS)

When you're food shopping, be selfish: You're more likely to bring home junk if you're buying for your family or friends, a new University of Miami study reveals. The scientists found that people stocking up for themselves made healthier choices than those shopping for others. We buy healthy foods for ourselves in an effort to avoid eating junk, the scientists say. When we shop for others, this discipline erodes. Ask your family for a list of what they want—and stick to it.

WHY YOU'RE NOT LOSING WEIGHT

Dieting can wreck your diet. A study in the journal *Psychosomatic Medicine* reports that cutting calories and tracking them in a diary may boost stress, thwarting weight loss. Dieters who cut calories saw their levels of cortisol, a stress hormone linked to weight gain, increase. And those who kept diet journals reported feeling more stress. (Resisting temptation can be stressful.) Concentrate on your exercise plan and food choices, not the calorie counting.

FAT TRICKS

Another reason to always exercise: Just because you're not fat doesn't mean you're healthy. For 32 years, scientists in Finland followed 16 sets of twins who weighed about the same—but only one twin exercised. The sedentary twin was hiding more fat.

The inactive twin had . . .

- 167% more liver fat
- 53% more midhigh fat
- 7% larger waist circumference
- 48% more abdominal fat
- 38% more total body fat



NUMBER OF GRAMS OF FIBER IN HALF A CUP OF BAKED BEANS. (FILL YOUR SUMMER BBQ PLATE ACCORDINGLY.)

Source: USDA

ON OUR RADAR

Eat more, crave more

Junk food acts like a drug, notes a new study in the journal *Nature Neuroscience*. Researchers who fed junk foods—cheesecake, for example—to rats for longer than a month found that the more treats the rodents ate, the more they craved them. Overeating may trigger changes in brain chemistry, leading to dependency, the scientists say.

ONLINE DIETING

Don't dare call it spam. Signing up for e-mails that contain weight-loss advice can help you drop pounds, a new study reveals. When researchers from Canada sent diet and exercise advice to more than 1,000 working adults weekly, they discovered that the recipients

boosted their physical activity and ate smarter. People who didn't receive the reminders didn't change. Because e-mail is so convenient, people are more likely to read the tips, the scientists say. To sign up for tips on diet and exercise, go to MensHealth.com/absdiet.



FOOD COURT

The crime

1,628

Number of calories in Ruby Tuesday's Parmesan Chicken Pasta

The punishment

2

Number of hours you'd have to play water polo to burn off 1,628 calories

From top: JAMIE CHUNG, prop styling: Sara Weckman/Jed Root; THOMAS MACDONALD

Technology is a good thing. Unless it's a bad thing.



HUMAN-BASED INNOVATION. Don't settle for technology that isn't designed around the way you really use it. We didn't. Back in 1985, when we launched our first laptop,

we set out with a simple goal—make technology that works with you, not against you. To do this, we knew we couldn't start in the lab. We had to start in the real world—with real people. Pretty radical thinking for back then. And today, we spend almost as much time observing and learning what people actually want in their laptops as we do developing our cutting-edge innovations.

LAPTOPS SHOULD ADAPT TO YOU—NOT VICE VERSA.

We don't assume you're an IT expert. (But if you are, keep reading. You'll love this next part.)

So we strive to make our laptops intuitive and easy to use. Things like one-click wireless connectivity, visual timeline file searches and tactile track pads make it easy for you to get more done. And we observed that people like to use their laptops as stereos. So we created innovations like Sleep & Music, which lets you listen to your MP3 player even while your laptop is

asleep. Heck, we even worked right alongside Microsoft® engineers to make Windows® 7 run blazingly fast and more efficiently on our laptops, like our Satellite® Series.

RELIABLE. RELIABLE. DID WE MENTION RELIABLE?

Intuitive laptops are good. Intuitive laptops that break down—not so much. You need a laptop that lasts. So we developed durable one-

piece cases to resist damage. Super-

strong hinges gladly take a beating. And you'll really appreciate sensors that detect your laptop's falling in any direction to lock your hard drive and help protect your data. In fact, our laptops were recently given the highest reliability rate out of the top five leading laptop manufacturers.*



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162

AVERAGE HEART RATE OF MALE BASKETBALL PLAYERS DURING A GAME

Source: International Journal of Sports Physiology and Performance

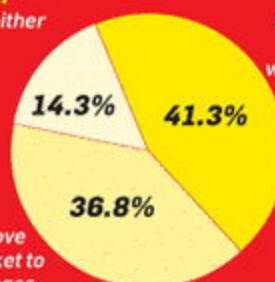
PLAY SMARTER HOOPS

Pickup basketball can be flashy, but there's little teamwork. When researchers at California State University at Bakersfield taped pickup games, they found that 92 percent of offensive plays were solo drives, cuts, or screens.

MOST COMMON PICKUP PLAYS

Set screen
Picks set either for ball handler or other player

Cut
A quick move to the basket to receive a pass



Drive
Dribble-drives without a screen

BEST UNDERUSED PICKUP PLAYS

The give-and-go
Ball handler passes to wing or post (the "give") and immediately cuts to the basket for a return pass. **Why it works:** The ball handler's defender often reaches for the pass and is out of position to guard him when he cuts.

The pick-and-roll
A player sets a screen for the dribbler, forcing defenders to switch. The screener turns to his teammate, and rolls to the basket for a return pass. **Why it works:** After the switch, the screener's new defender is out of position.

RUN FOR YOUR BACK

A run can help prevent lower-back pain. Running strengthens your back-stabilizing muscles more effectively than back extensions do, says a recent Canadian study. "As you push with each leg during a run, the other

side of your pelvis wants to drop," says study author David Behm, Ph.D. "Your trunk muscles contract to keep your pelvis in line." And unlike back extensions, running mimics everyday movements. To work your core more, run on an unstable surface, like sand or turf, he says.

POWER UP IN THE P.M.

Ride after work: Your pedaling power is higher in the evening than in the morning, French scientists say. In a 2009 study, cyclists who rode at 6 p.m. achieved 8 percent higher peak power than those who

saddled up at 6 a.m. You may have more aerobic capacity and may use energy more efficiently in the evening. This could apply to other sports involving cyclic patterns, such as swimming, running, and kayaking.

Drink this!
Fuel up with a 14-ounce Auntie Anne's Blue Raspberry Dutch Ice (170 calories) or a small Sonic Cherry Lime Fruit Slush (220 calories).

Mitch Mendel and Thomas MacDonald (2)

ON OUR RADAR

Pumping too much iron?

Some runners take iron supplements, thinking that if they replace the iron depleted during exercise, they can boost production of oxygen-carrying red blood cells—and their performance. But in a new Swiss study, fewer than 2 percent of male marathoners were found to be iron deficient, while one in six showed signs of iron overload. Other research has linked excess iron with increased risks of cell damage and heart trouble.

THE CHILL OF VICTORY

Talk about cool research: Australian scientists found that runners who fueled up with a sugary slushie could run 10 minutes longer than those who drank a cold sugary liquid. And another Australian group found that a postexercise slushie cools your core faster than cold liquids do, and can aid recovery. Your quick fix: Pour a sports drink over shaved ice, says the second study's author, Jamie Stanley, Ph.D.(c).





The 2010 MAZDA3 raises a victory flag for every driver who refuses to compromise joy in the name of practicality. The spoils include expressive styling, available Bluetooth® phone and audio capability, 10-Speaker

Bose® Surround Sound and more. Meanwhile, things like the pump-friendly

33 MPG HWY,** more interior room than Civic and Corolla, plus the choice

of 4 and 5 door body styles, deliver big time on practicality. Add to that its

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for the Mid-Compact Segment



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MUSCLE

BULLETIN®

Edited by Laura Roberson



BUILD AN IRON HEART

Never again confine your cardio to the treadmill: **Strength training safeguards your heart too**, according to a Swedish study of more than a million men. The researchers found that the stronger a man is in his 20s, the less likely he is to suffer a heart attack or stroke down the road. Lift for your health with this month's workout poster, "The Body You Want, in 28 Days." It's designed to build strength and muscle while helping you burn fat.



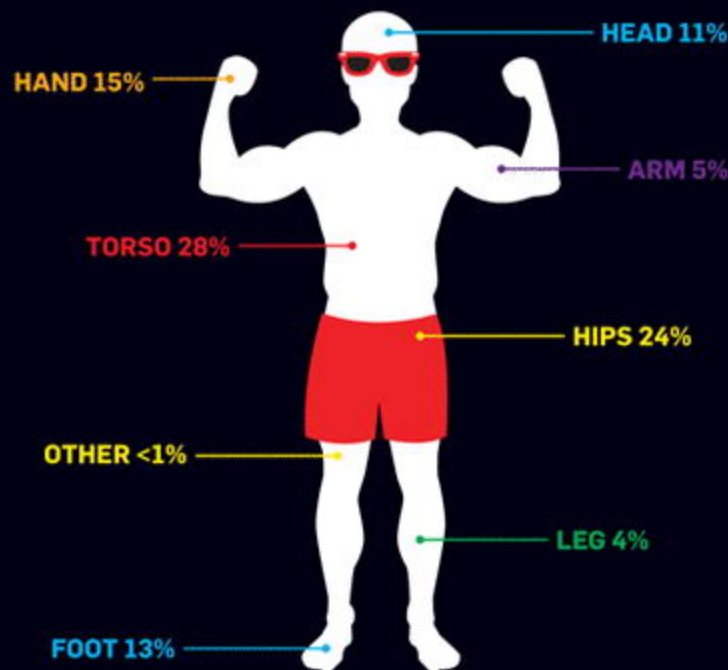
INCREASE (IN INCHES) IN SHOULDER RANGE OF MOTION AFTER 5 WEEKS OF LIFTING

Source: University of North Dakota

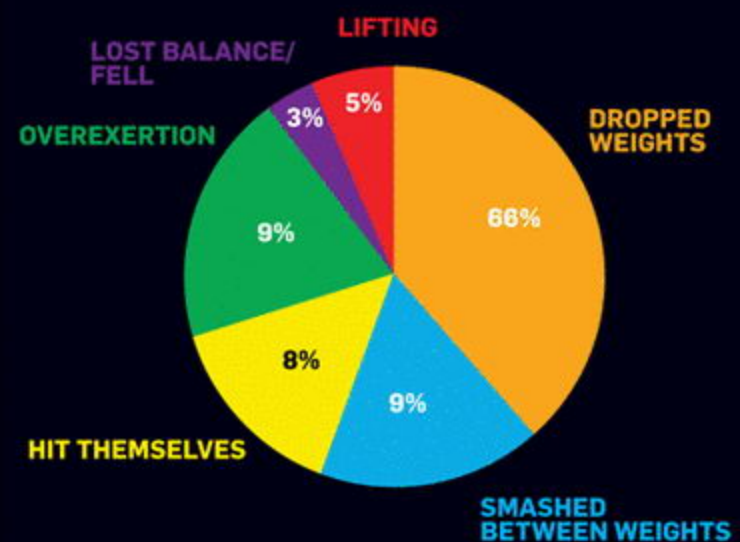
DON'T BE A DUMBBELL

Gym accidents and poor form can turn a trip to the health club into an ER visit. Case in point: the thousands of people who have sprained or fractured various body parts, all in the name of exercise. Here's a closer look at the weightlifting injuries that sidelined gymgoers, ages 25 to 34, from 1990 to 2007, according to a new report from Ohio State University.

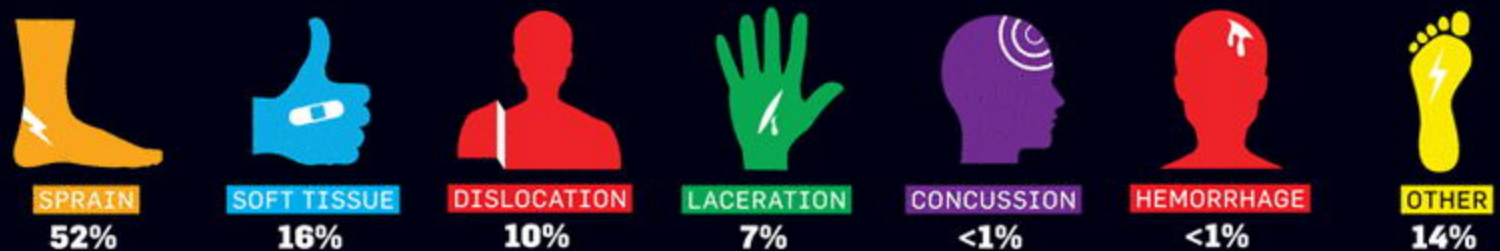
BODY PARTS INJURED



CAUSES OF INJURIES



TYPES OF INJURIES



LIFT YOUR WAY LIMBER

Loosen up: **Lifting weights through a full range of motion can improve your flexibility better than stretching does**, according to a University of North Dakota study. The probable reason? During resistance exercise, your muscles first contract, and then stretch to their full range between each repetition, says study coauthor James Whitehead, Ed.D. One way to make weight training even more effective for flexibility: Each time you reach the "down" position of the lift (where you feel the stretch), pause for 2 to 3 seconds without relaxing your muscles.

SUPERCARGE YOUR WORKOUT

In a recent study, Syracuse University scientists compared two types of workouts: a traditional straight-set routine, in which lifters did one exercise at a time; and supersets, which involve alternating between two exercises that target opposite muscle groups. The result: Lifters who did supersets needed to rest for less total time and burned more calories per minute. Use this guide to pair up your favorite exercises.



Lunge



Straight-leg deadlift



Bench press



Row



Shoulder press



Chinup



Pushup



Squat



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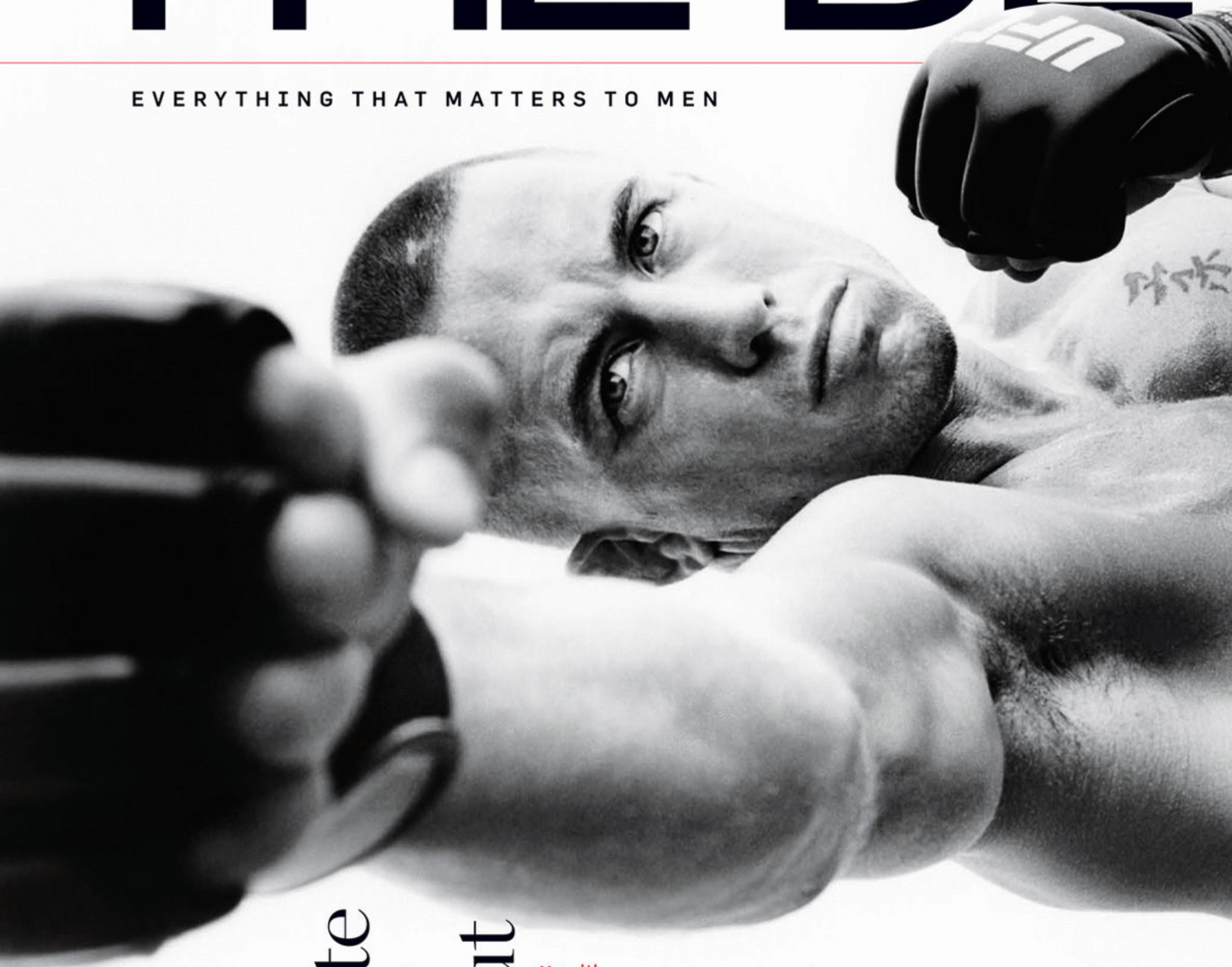
EVERYTHING THAT MATTERS TO MEN

The Ultimate Fighter Workout

DELIBERATE, CALCULATED:
THAT'S HOW GEORGES
ST-PIERRE MOVES—IN THE
OCTAGON AND THE GYM

BY ADAM BORNSTEIN

Georges St-Pierre isn't afraid of anyone, especially not this little guy practicing judo a few feet away. We're at a Manhattan gym, talking about the value of full-body exercise, when St-Pierre spots him, walks right over, and interrupts the man's sparring. He points at the guy's legs: Sure enough, one leg is a mass of muscle while the other might as well belong to a flamingo. That's the result of relying more on one side of the body—



ST LIFE

EDITED BY JASON FEIFER



something most fighters do.

"This," St-Pierre says, "is why I lift weights."

It's true: Only full-body training builds a physique worthy of such strong competition. You never want to work your chest more than your back, for example, even if your pecs are more fun to show off on the beach. "Muscle imbalances lead to injuries, so using individual weights keeps your body healthy and in symmetry," says St-Pierre.

And yet it's still deceptively easy to be out of balance. Every man has a dominant side with which he compensates for his weaker side. When's the last time you favored one hand as you lifted a heavy weight with both hands? You may look stronger for it, but you're harming yourself. Instead, you need to work each arm individually, determine your weaknesses, and address them until your body parts work in harmony.

Credit St-Pierre's success to insights like this. If his body is out of balance, he's in for a bruising. But he's the dominant man in the Ultimate Fighting Championship, the welterweight champion, a tactical assassin who makes opponents furiously tap out before some parts of their bodies snap off.

St-Pierre, 29, is strong and quick, a machine of a man—5'11", with a 170-pound physique honed equally for force and flexibility. We followed him for his day's workout—because not every man would or should step inside the octagon, but every man *can* benefit from being as loose and injury-free as St-Pierre has learned to be.

He has the motivation. St-Pierre lost his title once, in 2007, in a shocking upset of a fight. (He won it back a year later and hasn't lost since.) "When I sleep at night, sometimes I let my mind wander, and I feel afraid," he says. "I'm worried that I'm not living up to my own expectations. That my opponent might be working harder to become just a little better. Acknowledging that fear pushes me to something greater."

"WHEN I TRAIN, I LOSE MY MIND," ST-PIERRE SAYS. Then he walks up to a barbell loaded with 155 pounds and performs a snatch. He presses his shins against the bar, strangles the iron with his hands, pushes his hips back, and releases a carnal scream as he explosively lifts the bar off the ground and up to his chest. Then he hoists it above his head (deep breath) and drops the bar in front of him (loud grunt). He is otherwise wordless, which is how he'll remain for his 60-minute workout.

A fighter can be a brawler, but St-Pierre believes he's practicing an art. There's beauty in the takedown, he says. And whether you embrace that spin or not, his workout does achieve something artful: In this gym in Manhattan, populated by average guys taking mixed-martial arts 101 classes, he's working out alone in a room with a single large

window that lets everyone watch him. As if he's on a wall in a museum.

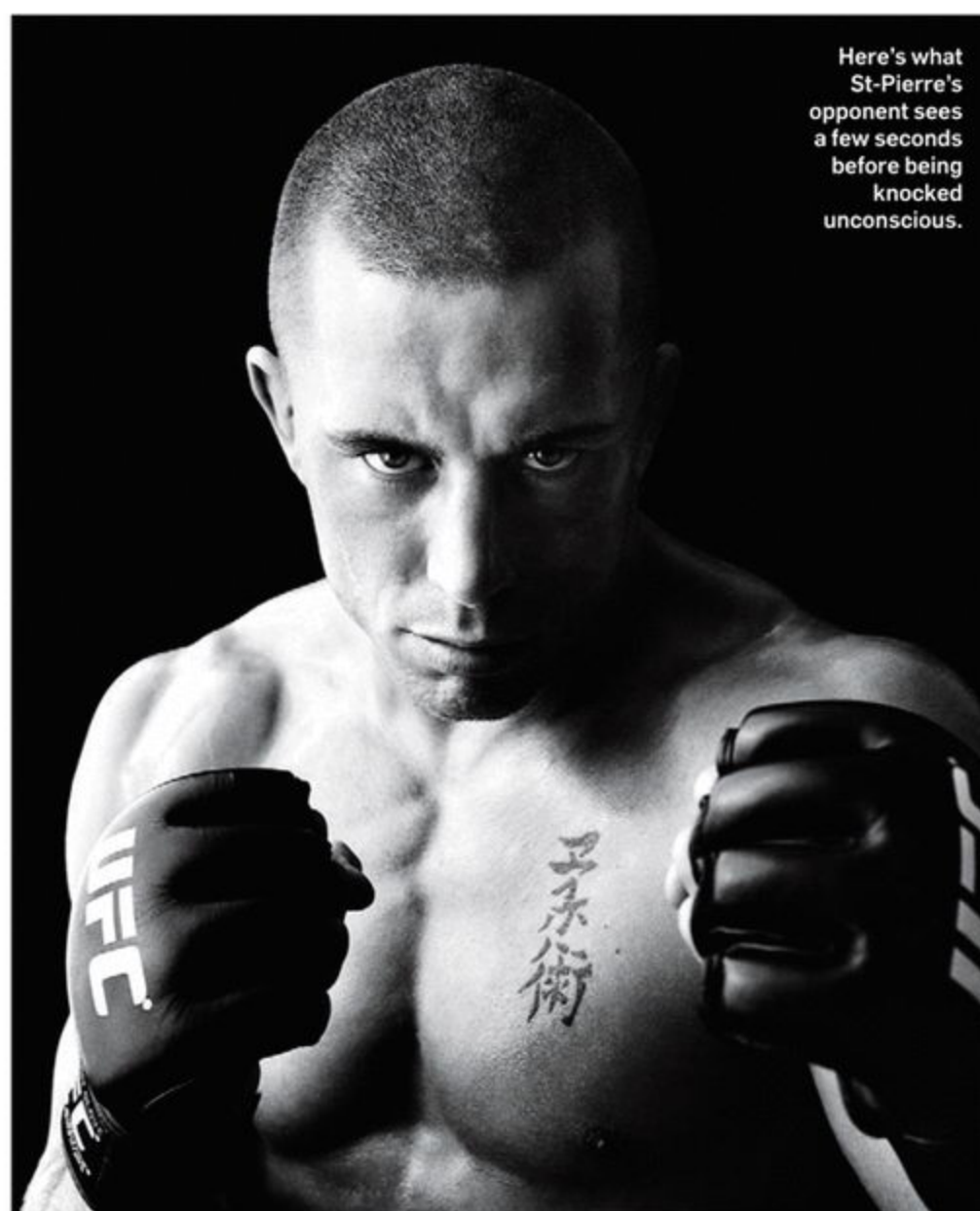
And he's worth stopping to admire.

The first thing to notice: He starts with the snatch. There's a good reason for this. The snatch activates every muscle in your lower body (quads, glutes, and hamstrings) before shifting the emphasis to your upper body as you raise the bar. Do complex moves like this early when you're fresh, because perfect form is essential. Schedule them later and your performance suffers, which can lead to injury.

From the snatch, St-Pierre moves on to bench presses, weighted chinups, and alternating jump lunges. His workouts always involve circuits, bundling two to four exercises with little rest in between. It's hard as hell, but that's the point.

"I push so hard that it builds the mental strength I need to keep pushing when I fight," he says. "You can't win at anything if you don't have mental toughness."

If this sounds like athlete babble, the equivalent of "giving it 110 percent," you should know that it's not. A workout that's mentally easy is a bad sign. Either the exercises are wrong, the weights are too light, or you're resting too long. When your body adjusts to the challenges you present to it, you stop building strength and muscle. And then you have to play catch-up—something St-Pierre never wants to do. "If you have to train to be in shape for a fight," he says, "then you're already out of shape."



Here's what St-Pierre's opponent sees a few seconds before being knocked unconscious.

WHATEVER THEY'RE DOING, IT LOOKS LIKE IT HURTS.

St-Pierre is finished with weights for the day, and he's now in the ring with a trainer and another UFC fighter, Kenny Florian. They're working on a new takedown move that involves some gnarly twisting of the foot, but refuse to tell me more. (At one point they even confront me to make sure I'm not an opponent's spy posing as a *Men's Health* writer.) They take turns being the victim, which means there's always someone being slammed to the floor and wincing in very real pain.

It goes on for an hour.

This is how St-Pierre builds a regimen—adding a new move in the gym, or learning more wrestling, judo, karate, or Brazilian jiu-jitsu. "Every challenge should be handled with complete focus," he says.

In his mind, it's all connected: You master one thing and then build on it. He'd never just grab some weights and try a lift without understanding it. It's tempting to do that, especially if you're in the gym alone or feel embarrassed about asking an expert for help. But approach someone anyway. Learn the move slowly, and with light weights. Otherwise you could be asking that expert to help you off the floor.

St-Pierre asks trainers for help all the time. He did it after the foot-twisting takedowns, and he does it after almost every routine. That's how he spots his weaknesses and fixes them. Over and over. Meticulously. "You have to remind yourself that failure isn't about lack of skill," he says. "It's about passion. Those who fail don't reach greatness, because they're not willing to wait for it."

To see St-Pierre in the gym and follow one of his intensive workouts, visit MensHealth.com/GSP.

Georges St-Pierre's recipe for intensity

1

Burst through warmups

First up in St-Pierre's workout: about 50 feet of walking with bands and then a quick three-exercise circuit. "Tailor your warmup to fit your workout, and you'll be able to exert more force and energy," says Erik Owings, one of St-Pierre's trainers. Start with three body-weight exercises, like pushups (upper body), planks (core), and squats (lower body). Do 10 reps each, without rest. Now you're ready.

2

Stretch your equipment

Buy a few weights and you've basically bought a home gym. "Sometimes the simplest exercises done with perfect technique are the best for you," says Owings. Look at St-Pierre's setup: barbells, dumbbells, kettlebells, medicine balls, and some ropes. His training routine is based on multimuscle moves, like snatches, bench presses, and chinups—all important moves that use the most basic of weights.

3

Train in 3-D

If you always go in one direction—pushing weights up but never down, for example—you're weaker than you think. St-Pierre challenges his body the same way he must use it: up and down, left and right, forward and backward. Train on a variety of planes, even when you're working your core. So in addition to planks or situps, try rotational movements, like Russian twists, and build stability with Swiss-ball rollouts.



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Q My girlfriend told me to toss a sexy photo of my ex. Do I have to?

DAVE, SUNRISE, FL

Look, every woman understands the need to hang on to artifacts from past relationships—for nostalgia's sake, or in honor of a once-meaningful emotional connection. But here's the line: Does the item feel like a relic from the past, or something usable in the present? An old letter is faded and harmless, but a picture of an ex's cans make us wonder if it still gives you a thrill. Delete. Now.



After we had sex on the floor last night, my wife said it was nice to "do something different." Am I boring her?

CLARK, HOUSTON, TX

Well, not anymore! That's an invitation, not a criticism. **Most women want a little craziness;** you'd be surprised at how receptive we can be if you take the initiative. And in this case, you already have. Now keep it up.

I'm learning guitar. How good should I be before serenading a woman?

JACK, KIAWAH ISLAND, SC Cool it, John Mayer. Most of us don't want to watch you rock out at all, unless you're on a stage. When you perform in an intimate setting, we also have to perform—act some combination of interested, impressed, even seduced. It makes us feel insincere. If you really want to impress us with a guitar, battle us at Guitar Hero in multiplayer mode. Now that's a good time. Nobody's acting; we're both just playing.



Become a Facebook fan. Search "Carolyn Kylstra - Men's Health Girl Next Door."

My friend and I fooled around a few times, but I ended it—she wanted a relationship and I didn't. Can we be friends again?

HUBERT, ARLINGTON, VA

Sure. But until her emotions cool down, she'll think everything you do is about her. If you flirt with other women around her, she'll be offended. If you touch her affectionately, she'll see it as evidence that you might soon profess your love. Your only move is to be open and honest, treat her exactly as you treat your other friends, and repeat this as often as necessary: "You're an awesome girl. I just don't feel that spark."

If a woman is covered in tattoos, does it mean she's a freak in the bedroom?

TOM, ATWOOD, TN

No. Unless her tats spell out "I ♥ latex & ball gags," a woman's aesthetic says nothing about her kinks.

I've been on a few dates with a great woman—but she has a cat, and I'm very allergic. Help!

JEFFREY, DULUTH, MN

I have a cat—a little devil spawn—and sometimes I can't stand the animal. But I would never give up my cat for a guy I just met. So, yes, you can do all the right things—stock up on Claritin, ask her to ban the feline from her bedroom—but the problem will never go away. (And if she actually does give up the critter, she'll resent you for it later.) This is part of dating, Jeffrey: You need to know when to walk away. The longer you wait, the harder it'll be.

Steal this move

"Name this curve"



Camera-phone fun doesn't have to be x-rated or job-threatening. Here's a comfortable way to digitally flirt, from the new book *Sultry Sex Talk to Seduce Any Lover*, by Yvonne Fulbright, Ph.D.

1 Snap a close-up of a small area of your body—your flexed thigh, your ribs, anything with some definition.

2 Send it to your girl with the message, "Name this curve" (or muscle).

3 Trade pix until you see each other again. It's more tantalizing than full frontals, and safer: If the shots hit the Web, there's no telling what (or of whom) they are.

From left: folio-id.com; Mei Too, styling: Kathy Kofufu, hair and makeup: Lynn Lamorte/Vivian Artists; MARK MATCHO

You think she wants you?

Does that barista or bartender like you, or just like your tips? I asked some.

She wants your cash

Flirts with you

Is attentive, remembers your name and regular order

Smiles, makes eye contact

Pushes expensive drinks (so your tab will increase)

or...

Touches you

Neglects other customers in favor of your attention

Gives you freebies

Suggests inexpensive drinks (so you'll stick around)

She wants you

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Calvin Klein
the new fragrance for men



See footage from Ashley's photo shoot at MensHealth.com/ashley.

Read Her Emotions

ACTRESS ASHLEY GREENE DOESN'T MAKE THINGS EASY

Listen up, men: A woman is about to confirm what you've always suspected. "Sometimes I don't understand what's going on in my own head," says Ashley Greene, the 23-year-old *Twilight* actress. "I feel what I feel when I feel it." Fortunately, there are ways to make her feel better about you.

Call her on her b.s.

Greene knows that a man might tell a half-truth to avoid a woman's reaction, but that's a mistake. "If you're honest from the beginning, it helps avoid a lot of hurt in the long run," she says. "What, you think I can't handle it?"

Use her (in a good way)

When a woman says, "I'm a great [blank]," go with it. Great gift buyer? Seek her help. Great planner? Throw a party together. It shows you value her. Greene says she's a great listener, and loves when men ask for her advice. "I need to be with someone who makes me feel like a better person," she says.

When you feel, act

"I dated a guy for 3 years. In the final 6 months, I felt like I changed and that we weren't compatible anymore." You can bet he noticed too. But he didn't act. So she dumped him. If you feel something's wrong, she probably does too. Check in with her on her plans and needs. It could save your relationship.

Photograph by JEFF LIPSKY, styling: Kate Moodie, hair: Ted Gibson/teedgibsonbeauty.com, makeup: Vanessa Scoll/Dior Beauty/Traceymattling.com, prop styling: Nanci Bennett; Theory shirt, Divine Rights of Denim shorts, Fragments multistrand necklace, Joseph Brooks dove necklace and beaded bracelets, Scosha braided bracelet

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Don't Hit Send!

THE FOLLOWING ARE REAL TEXTS SENT BY OR TO MEN'S HEALTH READERS. THESE GUYS BLEW IT. LEARN FROM THEIR MISTAKES BEFORE YOU TYPE AGAIN

LIKE IT OR NOT, DATING IS PART DIGITAL. Three out of four 18- to 35-year-olds flirt and send love notes by text, an AT&T survey found. But texting increases the odds of crossed wires (especially when the messages grow long and impassioned). So be mindful: Simeon Yates, Ph.D., who studies texting at the U.K.'s Sheffield Hallam University, says the basics—politeness and promptness—shouldn't change just because you're using technology. Here are some easily avoided problems.

The situation

Sean scores Blair's number, but never makes it past this exchange.

Sean Hi it is Sean from the gym, how soon would you like to get together for tea/coffee or something? [1]

about 2 hours later...

Blair Hey Sean, how are you doing? Coffee or tea sounds great. But, I should tell you that I am dating someone although it is not exclusive, I just wanted to be up front, because I'd like to get to know you.

about 2 hours later...

Sean I am good just studying with a friend. I was thinking starbucks tomorrow evening. Does that sound good? [2]

[1] Want to appeal to her? Talk like her. Unlike many men, women tend to use texts to foster emotional connections (as Blair did), according to U.K. researchers. So open with a funny story or by telling her something personal. You can schedule later.

[2] Reply to *everything* she says. Women expect the same feedback from texts as from face-to-face conversations, says Yates. "If men ignore key bits of messages and emotional openings, that's just rude," he says. That's exactly what Sean did.

Jane and Mark have been dating for a year.

Jane Omg. it is so weird. I was in the subway waiting for my train and i gave money to this guy playing on the guitar. He then pointed and said this one is for you and started singing and playing "our song"!!! Then I was in the elevator and the same song came on! Can you believe it?! [1]



Mark haha ok [2]

[1] When your girlfriend texts you a long story, don't just pass it off as a product of her chatty nature (even if that's the case). She's expecting reciprocation. A lame response to a long story is the second-ranking texting pet peeve among women, according to a *Women's Health* survey of 1,061 women. (Their biggest problem: "Taking forever to respond.") Reply with a thought or a question that's at least half as long as her text was. Otherwise, the exchange dead-ends and she may wonder if you did it intentionally.

[2] Busy? Just say so; it's far better than responding halfheartedly. "Women interpret texts based on the situation in which you're sending them," says John Suler, Ph.D., a professor of psychology at Rider University who has studied text messaging. "Don't keep her guessing about where you are or what you're doing at the moment." If you just dash off a reply, she could become unnecessarily suspicious.

Chloe and Jason are fighting, and then hang up to cool off.

Jason i loved you. I hate you now. I did everything for you. I picked you up when you were stranded at the airport. I consoled you when your parents divorced. I gave you gifts. I bought you expensive things. You used me and you disposed of me—I am nothing to you because all you care about is yourself. You are a slut and a whore. [1]

about 2 minutes later...

Jason I love you. I want us to be together. I am sorry I did not really mean that. [2]

[1] Oops. Those words aren't going away soon. And it happens too often: Seventy percent of women we surveyed have fought using text, and 52 percent have sent hurtful or mean comments that they regretted later. Remember: If she snaps at you, you can avoid a fight simply by not snapping back.

[2] Texting lowers your inhibitions, Suler says. "It makes you feel like you can send a message and then run away." But the consequences will catch up with you. Before you hit "send," think about how she'll react; simply imagining the response can stop you, Suler says.

Molly is trying to make plans with her boyfriend, Zack.

Molly hey how was working out? i thought you were gonna call? [1]

Zack ya im driving tho. hows the party goin? [2]

Molly we're just listening to 90s music and complaining about work, lol. we need to do something! it's about time you got here, sir!

Zack hahaa cool

Molly cool? are you even paying attention? [3]

Zack sounds like u're havin fun. listen im gonna go shower [4]

Molly great, well thanks for keeping us waiting and keeping us updated on what the hell is going on. if you feel like you want to talk like adults then call me, otherwise have a good night.

[1] If you're making plans, call. The *Women's Health* survey found that 79 percent of women prefer to talk about plans, not text them.

[2] Never text while driving. Danger!

[3] One misunderstood text can trigger a series of increasingly frustrating exchanges, Suler says. If you're being breezy and she takes it the wrong way, back up—fast. "Good texting means good writing," he says.

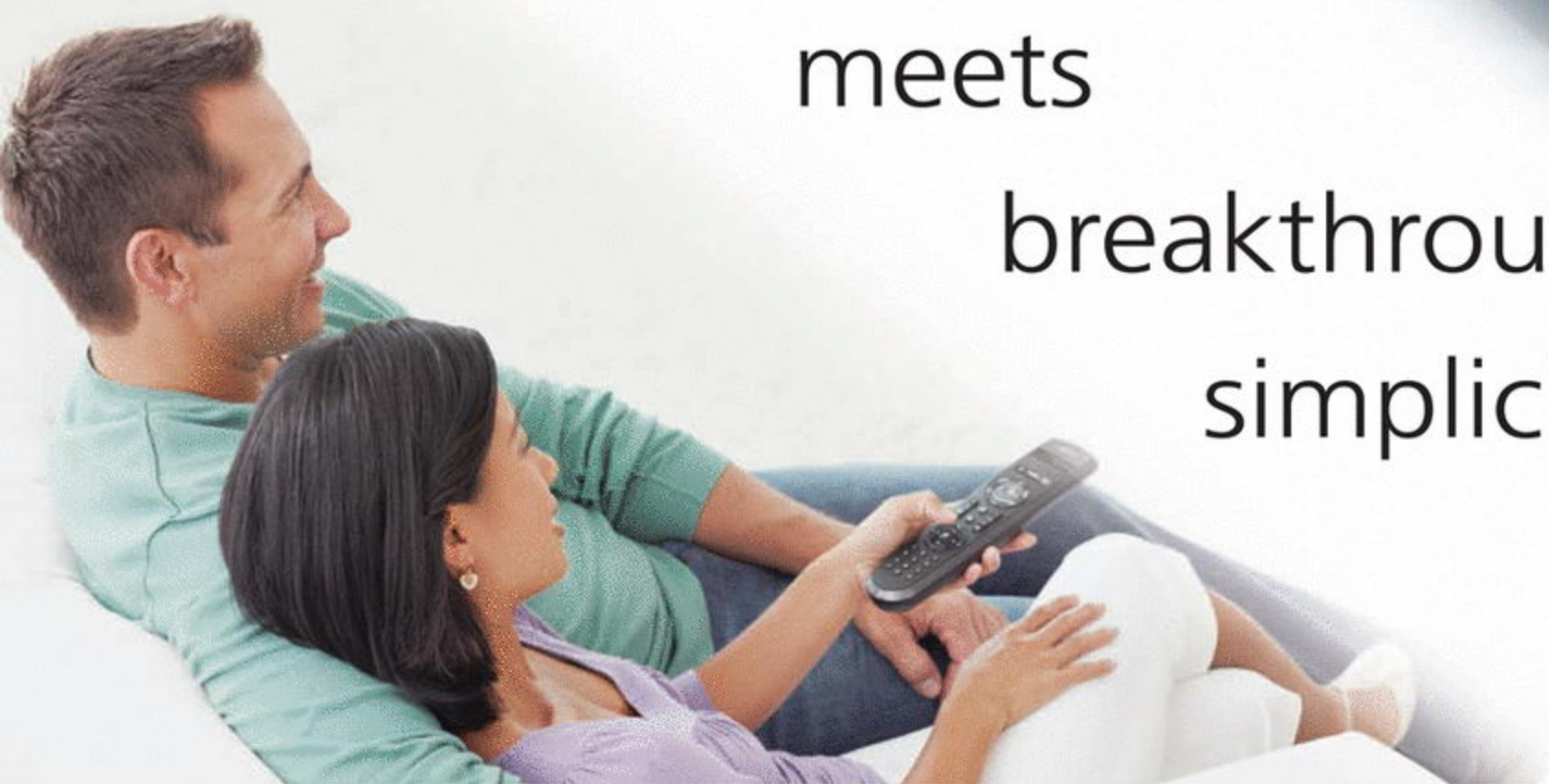
[4] Before ending a conversation, answer all her questions. When texts end abruptly, people feel ostracized and report lower levels of belonging, a study in *Group Dynamics* found. That's a surefire way to lose her.

Your early-relationship Facebook strategy

You start dating a woman. You check her page—scan her photos, admire the one of her in the bikini, and... hey, who's *that* dude? And who's the guy she friended today? Watch yourself: Checking the Facebook page of the person you're dating often leads to jealousy and suspicion, notes a 2009 study in *CyberPsychology & Behavior*, because you may assume the worst about things you see and have no context for. "Talk to her about what's on there that makes you uncomfortable," says Amy Muise, M.S., the study's lead author. Or better yet, don't check her page. Catch up with her in person.



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Take the Chinup Challenge

Chinups can efficiently build your back and arms. As you become better at this test, you're increasing your athletic ability, says Martin Rooney, P.T., C.S.C.S., the author of *Ultimate Warrior Workouts*.



You know that urge to do a chinup on every high bar you see? Go with it.

The test

Do as many chinups as you can in 3 minutes

Rules

- 1 Begin in the hanging position, with your feet off the floor.
- 2 For a rep to count, raise your chin above the bar and then lower yourself until your arms are straight.
- 3 Set whatever pace you prefer. Rooney's advice: When you're about to fail at a rep, rest 20 to 30 seconds. Then do sets of 1 or 2 reps in order to avoid working your muscles to complete failure.

How you did

< 19 chinups	Below average
20–29 chinups	Average
30–39 chinups	Good
40–49 chinups	Excellent
50 or more	Extraordinary

If you struggled...

- 1 Raise your chin above the bar, hold for 10 to 20 seconds, and lower. Do this 3 to 5 times. Once you can stay up longer than 20 seconds, add weight: Hold a dumbbell with your legs or wear a weighted vest.
- 2 Try negatives: Start with your chin above the bar, and then slowly lower yourself. Take 5 to 10 seconds. Complete 3 sets of 5 or 6 reps.
- 3 Use Rooney's **improvement plan** (below). Perform the routine once a week for 4 weeks. Then take 5 days off and give the test another try.

Week	Sets	Chinups	Rest between sets
1	4	6	2 min.
2	5	6	90 sec.
3	4	8	1 min.
4	4	10 +	1 min.

15-minute workout

This routine, from trainer David Jack, uses timed sets plus short rests to boost intensity and build power.

DO THIS Pick a weight you can lift for 10 reps. Start with the first pair: For 5 minutes, alternate between 5 reps of each exercise without stopping. Rest 3 minutes (or longer, if needed). Repeat with the next pair. As you improve, add reps or weight.

PAIR 1

Squat and press

Hold dumbbells next to your shoulders, palms facing each other. Lower your body until your thighs are parallel to the floor, then stand as you press the dumbbells directly above your shoulders.



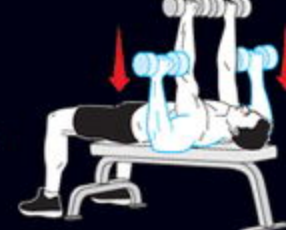
Inverted row

Using an overhand grip, hang from a waist-high bar. Keep your body straight, pull up, and touch your chest to the bar. Pause, and lower.

PAIR 2

Deadlift to high pull

Hold a pair of dumbbells, bend at your hips, and lower your torso. Pause, and then explosively stand up (and rise up on your toes) as you raise the weights high.



Dumbbell bench press

Lie on a bench; hold dumbbells over your chest. Lower them, pause, and press back up.

From top: Patrick Giardino/Corbis, Kogan McLeod (4)

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The Metabolic Edge

TO SUBTRACT POUNDS, JUST ADD THESE MOVES TO THE END OF YOUR WORKOUT

These moves all carry the fancy name "metabolic finisher," but the idea is simple: Use a quick burst of energy at the end of a workout to increase your heart rate and burn more calories. Pick one of these add-ons by Nick Tumminello, owner of Performance University, in Baltimore, and speed up your weight loss.

To improve performance in court sports, like basketball and tennis . . .

Lateral speed steps

Stand on a 6-inch box. Quickly step one foot and then the other off to one side, and bring them back up quickly, one at a time. Repeat to the other side. Do this as many times as you can in 60 seconds (and aim for at least 1 rep per second). Rest no more than 5 minutes, and repeat 1 or 2 times.



BONUS Step faster to work harder. Keep your upper body relaxed and upright, and use a box that's about hip width.

For at home or on the road, when you're without equipment . . .

Body-weight challenge

Perform the following four exercises as a circuit, and repeat twice. Do one for 20 seconds, rest 10 seconds, and then move on to the next. (Visit MensHealth.com for exercise descriptions.)



Speed squats



Squat thrusts



Mountain climbers



Speed skips (in place)

BONUS To increase difficulty, do the exercises for 30 seconds, but keep the resting time the same. This finisher will still take about 5 minutes.

If you love lifting weights but hate traditional cardio . . .

Four-corner farmer's walks

Place two cones 10 yards apart. Do 1 to 3 sets, holding a pair of heavy dumbbells. Rest 2 to 4 minutes between sets.

1 Start at one cone and perform 8 to 10 reps of a bent-over row.



2 Walk to the other cone and perform 8 to 10 biceps curls.



3 Walk back to the first cone and do a set of dumbbell front squats.



4 Return again to the second cone and perform 8 to 10 reps of dumbbell overhead presses. Walk back to the start and put down the dumbbells.



BONUS To challenge your calves during this routine, raise your heels and walk on the balls of your feet from cone to cone.

To build leg muscle, improve endurance, and boost metabolism . . .

Shuttle sprints

Place two cones roughly 25 yards apart. Sprint as fast as you can back and forth between the cones 12 times, for a total of 6 round trips. Try to finish in 1 minute. Rest for up to 5 minutes, and repeat 1 or 2 times.



BONUS Too hot out? Step on a treadmill and run for 60 seconds at the fastest pace you can manage. Rest 3 minutes, and then repeat 2 to 5 times.

To improve total-body conditioning and mental toughness . . .

Plate pushes

Place a 45-pound weight plate on top of a towel so it glides. Put your hands on the plate, and drive with your legs to push the plate quickly across the floor for 25 to 40 yards. Rest 60 seconds. Repeat 2 to 5 times.



BONUS Maximize muscle tension by keeping your elbows straight, taking long strides with your legs, and keeping your hips lower than your shoulders.

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Visit MensHealth.com/nordictrack for a chance to win a NordicTrack A2750 PRO treadmill, which lets you create running routes through Google Maps and iFit.com—a \$1,600 value.

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Kogon McLeod (illustrations)



Christian  *Audigier*

OUR LIFE. OUR LOVE. CAPTURED IN AN ETERNAL FRAGRANCE.
CHRISTIAN AND IRA, HUSBAND AND WIFE



DILLARD'S

From Pain to Gain

THIS GYMNAST WAS BORN WITH HEROIN IN HIS BLOOD, BUT HE TRANSFORMED HIS HARD LIFE INTO SOMETHING GREAT. TAKE A LESSON, MEN

IT'S A GOOD MIRROR TEST

for every man: Look yourself in the eye in the morning and ask yourself how much time and talent you've wasted. It's like asking how much better you could already be.

"I take nothing for granted," says Mario West.

With reason: West's biological mother was a heroin user. He entered foster care in the home of his now-adoptive mother, Lisa West, when he was 3 weeks old, and doctors told her he'd probably been born addicted. "He was jittery, stiff. I couldn't put him down," she says.

As West grew, he had learning disabilities and trouble with fine motor skills. But then came a flash of something else. When he was 3, Lisa took him to the circus. "One of the performers rode with him on an acrobat's bike," she says. "And for no apparent reason, Mario stood up on the handlebar and did a flip off it. He landed on his face, knocked out a tooth, and needed 17 stitches."

From that day on, he was a gymnast. He's 18 now, and headed to Ohio State on a gymnastics scholarship. He has a shot at qualifying for the national team and then the Olympics.

It's a funny way to fall in love with something, but we're often driven to defy physical challenges. We try something, it hurts, and we want to make it hurt less—not by avoiding it, but by succeeding at it.

Sure, any 18-year-old kid can build his body. But

West? His pursuit of fitness has led him to a fractured sternum, ankle, and fingers. At a national team qualifying event last year, he fell and broke his foot. Shoulder tendinitis and knee problems create daily pain.

Still, he persists. "I just thought success was the only option," he says. "Gymnastics trains your mind to think like that. Even when you did well, you have to do better. Success is the only way."

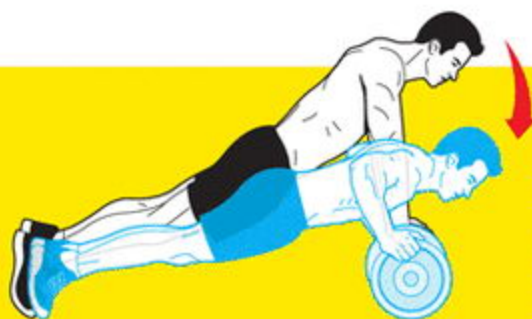
"Your fear, your anger don't matter. Finish your job."

Mario West, nailing a move that's all about core strength.



The ultimate pushup

For coordination, core fitness, and strength, try this balance challenge.



Assume a pushup position—by gripping an upright weight plate in each hand, a little beyond shoulder-width apart. Brace your core and hold for 30 to 60 seconds. When that's easy, slowly do pushups. (Feel unsteady? Use medicine balls instead.)

Build abs like a gymnast

Everything gymnasts do challenges their balance. They need a strong and stable core, says sports performance coach Barry Lovelace. Follow their lead.

1

Lose your balance

Reducing stability in an exercise helps you focus on activating your core to maintain steadiness. For pushups, lift one foot off the floor. Try single-leg squats and deadlifts. Do rows, pull-downs, and presses with one arm at a time instead of two.

2

Go, stop, go

With weights and cardio exercises, work at a 1-to-1 ratio of work to rest, starting with 30 seconds of each. Once you build up to 60 seconds, shorten your rest periods. You'll turn as lean as a pommel horse.

3

Grab some air

A gymnast trains for power, not strength. Do jump squats onto a box or bench, and make sure you squat and stick your landing on each rep.

From top: ADAM KRAUSE, Kagan McLeod

**WATER HAS NO CARBS.
WATER HAS NO ELECTROLYTES.
WATER HAS NO GAME.**



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02

WATER JUST CAN'T COMPARE WITH 40 YEARS OF ELITE-LEVEL HYDRATION. GATORADE IS THE ORIGINAL, MOST RESEARCHED SPORTS DRINK. A SCIENTIFICALLY PROVEN BLEND OF CARBS AND ELECTROLYTES THAT FUELS MUSCLES TO GO LONGER. YOU'VE EVOLVED. GATORADE HAS TOO. **THAT'S G.**

**CONTAINS NO HIGH-FRUCTOSE CORN SYRUP...
UNLIKE OTHER LEADING SPORTS DRINKS.**

gatorade.com/beyondwater

Grilled Chicken & Pineapple Sandwich

TRY A SWEET AND SPICY HAWAIIAN TAKE ON A CLASSIC SANDWICH

YOU'LL NEED

- 4 boneless, skinless chicken breasts (4 to 6 oz each)
- Teriyaki sauce
- 4 slices Swiss cheese
- 4 slices pineapple (½" thick)
- 4 whole-wheat kaiser rolls
- ½ medium red onion, thinly sliced
- ¼ cup pickled jalapeño slices, or 1 fresh jalapeño, thinly sliced

HOW TO MAKE IT

1 Place the chicken in a resealable plastic bag, add enough teriyaki sauce to cover, and let it marinate in the refrigerator for at least 30 minutes (or up to 12 hours).

2 Heat a grill; it's ready when you can't hold your hand above the grate for longer than 5 seconds. Remove the chicken from the marinade and place it on the grill. (Discard any remaining marinade.) Grill for 4 to 5 minutes, flip, and immediately add the cheese to each breast. Continue cooking until the cheese is melted and the chicken is lightly charred and feels firm to the touch. Remove and set aside.

3 While the chicken is resting, place the pineapple slices and rolls on the grill. Toast the rolls lightly and cook the pineapple until it's soft and caramelized, about 2 minutes on each side. Top each roll with chicken and, if you like, drizzle on a bit of teriyaki sauce from the bottle. Top the sandwiches with pineapple, onion, and jalapeño. Makes 4 servings

PER SERVING 387 calories, 36 grams (g) protein, 13 g fat, 29 g carbohydrates (3 g fiber), 703 milligrams sodium

Use MensHealth.com/shortordercook to whip up quick meals—and submit your own recipe for a chance to win great kitchen gear.

Whole-wheat rolls have a nutty taste that stands up to the flavor-packed filling.

Jalapeños' heat levels vary, so taste a bit first to gauge the spiciness before adding the slices to the sandwich.

Champion chips

Swap your boring bag for these new flavor-packed varieties

FOR THE TRADITIONALIST

Good Health Natural Products Kettle Style Avocado Oil Potato Chips (Sea Salt) The oil creates a light, crunchy chip, while the sea salt punches up the flavor.

FOR A DIETER

Food Should Taste Good Multigrain Tortilla Chips (To-Go Packs) These 140-calorie bags deliver big on taste and block you from a binge.

FOR THE ADVENTUROUS EATER

Kettle Brand Potato Chips (Jalapeño) Avoid artificial flavors with these fiery chips, which are fueled by chilies. Perfect with a Mexican beer.



A handful of jet fuel. Grab a snack that'll give you a real boost anytime, anywhere. A handful of heart-smart, nutrient-rich California Almonds, with 6 grams of protein power can be just the lift you need. It can even help you maintain healthy cholesterol. Learn more about the power of a handful at **AlmondBoard.com**



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

 **california
almonds®**
AlmondBoard.com

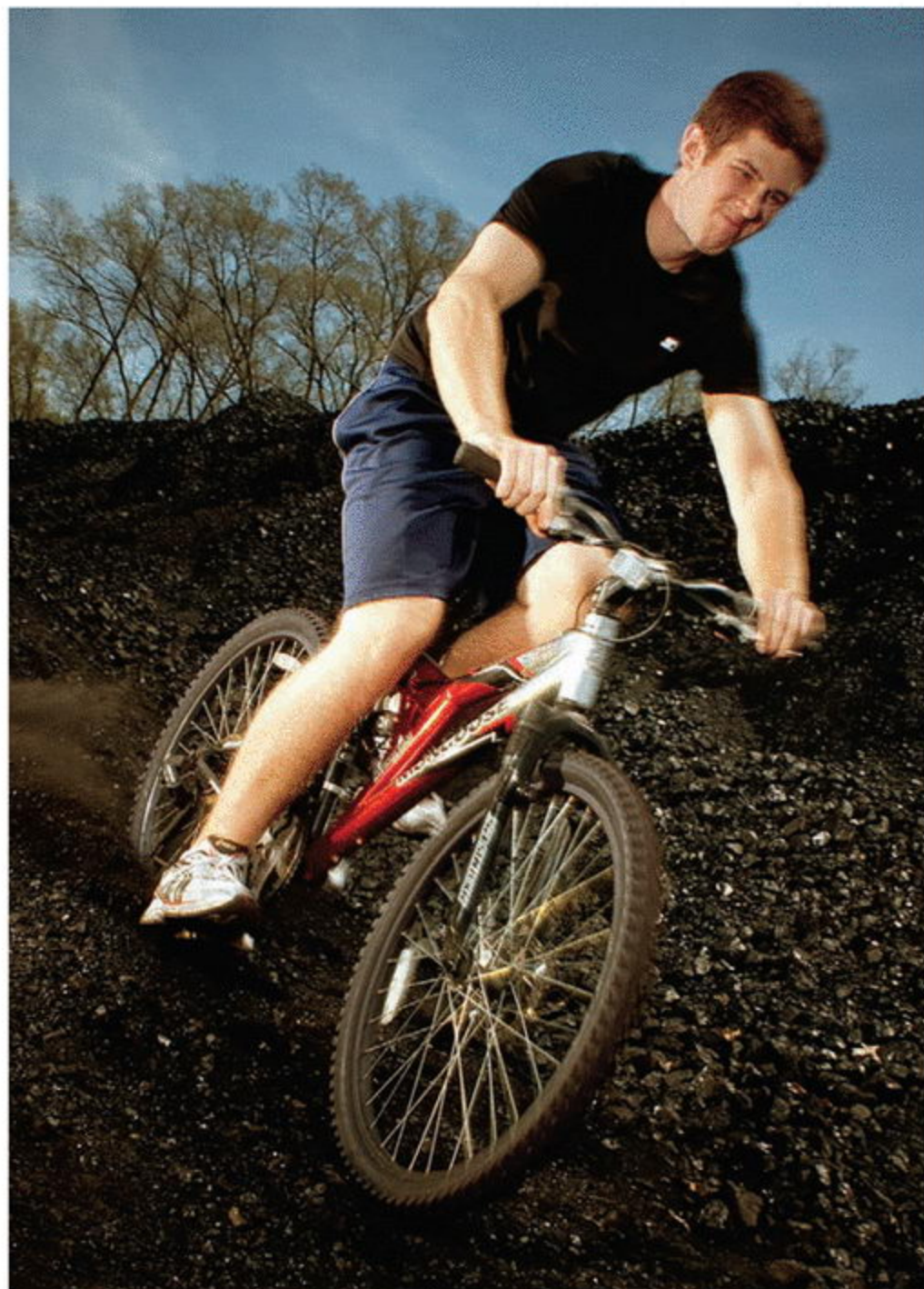
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Post photos, watch videos, track your progress, and lose weight with our 8-week Belly Off! program at MensHealth.com/bellyoff.

Belly Off! Club

MATTHEW LETTEN SCHOOLED HIMSELF IN SLIM-DOWN STRATEGY

THE SETBACK As a kid, I kept my weight in check by playing sports. I was never good at them, though, so I dropped out as other guys became more competitive. Bad move: By the time I graduated from high school, I was really round. And that haunted me—because as it turned out, intramural sports were a big social hub in college. I made up excuses so I wouldn't have to play. (And when I did play, I was slow and easily winded.) I felt equally awkward going out to parties and didn't talk to many people. I was missing out on so much.



WEIGHT BEFORE

270

WEIGHT AFTER

220

VITALS

Matthew Letten,
22, Deerfield,
Illinois

OCCUPATION

Student

HEIGHT

6'4"

TIME TAKEN
TO REACH GOAL

11 months



THE WAKE-UP CALL

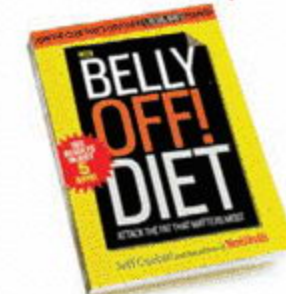
I spent my junior year in England, at the University of Oxford. I backpacked all over Europe, which was great—I just wished my legs didn't hurt, the hostel beds didn't sag, and the British women would notice me. I started dieting right then and there.

THE FOOD

Like many college students, I subsisted on pizza and beer. So I made a full change: I'd eat three healthy meals a day. If I snacked, it would be on a handful of raw almonds. Turns out you can make great food in a tiny kitchen—oatmeal for breakfast, chicken breast with a side salad for lunch, and chicken, beef, or fish with vegetables for dinner. Simple. When I started to lose weight, I stopped missing my old foods.

THE FITNESS

There was no gym in my dorm overseas, but I discovered that I didn't need one: I began every morning with 30 minutes of body-weight exercises, and walked two nights a week in a huge public park. I often got lost, which turned out to be a great way to extend the walks. Finding my way back was fun, and I burned more calories. Shortly after I came back to the United States, I dislocated my kneecap in a fall at a bar. I was in rehab for 3 months, but I stuck to my diet and dropped another 20 pounds. Now I'm at the gym at least



5 days a week, doing intervals on a stationary bike and lifting weights.

THE REWARD

At a party this year, I spotted a pretty girl across the room. Before I lost weight, I would have been too nervous to approach her—I always just hung back, embarrassed. But no longer. I walked up and started a conversation, and we've been dating for 6 months. Now I know: The more effort I put in, the more everything pays off.

If an injury sidelines you, adjust your diet to drop the calories you'd have burned exercising, says nutritionist Alan Aragon, M.S. *Here's how many calories an average-size man typically burns in an hour of exercise.*

Low intensity
200–300

Moderate intensity
400–600

High intensity
700–900

Calculate how much you usually burn, and cut that from your intake of carbs and fat. Don't cut protein; you'll need it to minimize muscle loss as you heal.

EAT THIS NOT THAT!

Fruit yogurt

Fage Total 2%
Strawberry Yogurt (5.3 oz)

Yoplait Original 99% Fat Free
Strawberry Yogurt (6 oz)

130 calories
11 grams (g) protein
18 g carbohydrates
(17 g sugar)

170 calories
5 g protein
33 g carbohydrates
(27 g sugar)

2.5 g fat
40 milligrams (mg) sodium

1.5 g fat
80 mg sodium

Purge your fridge of all sugar-loaded American-style yogurts. Greek yogurt has more than twice as much protein, which makes it a smart muscle builder.



BO STREETER (Letten after), THOMAS MACDONALD (yogurts)

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Now Sear This!

UPGRADE YOUR OUTDOOR COOKING ROUTINE
WITH THIS STREAMLINED GUIDE

Brush chimichurri (recipe, next page) on freshly grilled lamb chops—heat releases the sauce's flavor.

The 4 grilling tools every man must own

THE SAUCE SLINGER

Round basting brush (above)

\$11, williams-sonoma.com
Skip silicone basting brushes, which are easy to clean but don't hold enough sauce. We like ones with natural bristles, or use a mop brush with thick string, which can slather sauce quickly.

Use it "Most barbecue sauces contain sugar, which burns faster than the meat cooks," says Elizabeth Karmel, executive chef at Manhattan's Hill Country and the author of *Taming the Flame*. To avoid scorching, apply sauce in the last 10 minutes of cooking.



THE CLEAN MACHINE

Weber Style Heavy Duty Grill Brush

\$35, weber.com

The cleaner your grate is, the better contact your meat will have, for searing and well-defined grill marks. Plus, you won't taste last summer's cheeseburgers.

Use it First fire up the grill. High heat burns off caked-on gunk, says Karmel. Wait until the residue has turned to white ash before you brush the grate.



THE FAST FLIPPER

Cuisinart Professional Grill Tongs

\$20, cuisinart.com

As you're grilling, you should move the meat only three times: to put it on the heat, to flip it, and to remove it. Prodding and pushing dries it out. So instead of chasing your dinner around the grate with a spatula, use these long-reach tongs.

Use it For succulent results, let the cooked meat rest for at least 5 minutes (10 minutes for thick steaks and chops) before serving, Karmel says. This allows the juices to redistribute.



THE GO-TO GAUGE

OXO Good Grips Digital Instant Read Meat Thermometer

\$20, oxo.com

No knives at the grill! Cutting meat to test doneness spills juices, leaving the meat tough and dry. Buy a digital thermometer and use our temperature guide on the next page.

Use it For an accurate reading, insert the thermometer into the thickest part of the meat (away from any bone), says Karmel.

MITCH MANDEL (food, books), food styling: Melissa Reiss; THOMAS MACDONALD (tools)



"I was reluctant to talk to my doctor
about my unresolved depression symptoms.
I'm glad I finally did."

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least
6 weeks and still have some depression symptoms,
one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression
in adults as add-on treatment to an antidepressant when an
antidepressant alone is not enough.



Some people have had symptom improvement as early
as 1 to 2 weeks after adding ABILIFY.[†]

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

Please read the additional Important Information
about ABILIFY on the adjacent page.

Take the next step—ask your doctor about ABILIFY.



www.ABILIFYtreatment.com

* Lexapro[®] (escitalopram oxalate), Zoloft[®] (sertraline HCl), Prozac[®] (fluoxetine hydrochloride), Effexor XR[®] (venlafaxine HCl), and Paxil CR[®] (paroxetine HCl) are trademarks of their respective companies.

[†] Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

If you or someone you know needs help paying for medicine, call
1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org



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570US10AB06401

April 2010

0310A-0262

Printed in USA



IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-ri-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA. Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

PERFECT PROTEIN EVERY TIME

Cut this out and tape it to your cooler, and you'll never worry about grilling shoe-leather steak or hockey-puck chops again, says Elizabeth Karmel, executive chef at Hill Country in Manhattan.

			WEIGHT OR THICKNESS	GRILL TIME (over direct medium heat)	IT'S DONE WHEN THE THERMOMETER READS ...
1		Chicken pieces (boneless)	4–6 oz	6–8 minutes on each side (start skin side down)	170°F
2		Thick bone-in steaks (porterhouse, T-bone)	2 inches	10–12 minutes on each side	145°F (medium rare)
3		Thin boneless steaks (flank, skirt)	Up to 1 inch	4–6 minutes on each side	145°F (medium rare)
4		Salmon fillets (skin on)	8 oz	2 minutes flesh side down, then 6–8 minutes skin side down	Skip the thermometer. Look for opaque, defined stripes along the top and sides.
5		Pork chops (boneless)	1 inch	5–7 minutes on each side (5–10 for bone-in chops)	160°F (medium)
6		Lamb chops	Single chop	3–4 minutes on each side	140°–145°F (medium rare)

Pair your protein with one of these simple summer sauces



Classic Chimichurri

Great with 2, 3, or 6 (above)

- ¼ cup extra-virgin olive oil
- ¼ cup red-wine vinegar
- ½ cup chopped parsley
- ½ tsp dried oregano
- 2 tsp minced garlic
- ¼ tsp red-pepper flakes

Combine all the ingredients and let the mixture stand for at least 1 hour. Add salt to taste.



Fresh Mango Salsa

Great with 1, 4, or 5

- 2 cups diced mango
- ½ cup finely diced red onion
- ½ cucumber (peeled, seeded, diced)
- 1 jalapeño chili, seeded and minced
- juice of 1 lime
- 1 Tbsp extra-virgin olive oil
- ½ cup chopped cilantro

Combine all the ingredients and season with salt and pepper.



Smoky Pepper Puree

Great with 1, 2, 3, or 6

- 1 cup drained and chopped roasted red peppers
- 2 Tbsp extra-virgin olive oil
- ½ canned chipotle pepper, seeded
- 2 garlic cloves, minced

Blend the ingredients in a food processor until smooth, and add salt to taste.



Cook these new books

BBQ 25

Adam Perry Lang

With 25 classic crowd-pleasing recipes—from tender T-bones to sausages and sauerkraut—this is your BBQ 101.

Best tip After the meat has developed a nice sear, flip it and brush on a combination of oil, spices, and seasonings to boost flavor and prevent the exterior from drying out.

PLANET BARBECUE!

Steven Raichlen

Its 300-plus recipes (including Malaysian grilled shrimp, German currywurst, and Moroccan sliders) hail from 60 countries.

If you're fearless, flip to the goat chapter.

Best tip To make real South African-style grilled cheese, brush two pieces of thinly sliced bread with melted butter. Then add sharp Cheddar, a teaspoon of fruit chutney, sliced tomato, and paper-thin sweet onion. Grill until the bread is browned and the cheese is melted, 2 to 4 minutes a side.

THE TEX-MEX GRILL AND BACKYARD BARBACOA COOKBOOK

Robb Walsh

This Tex-Mex recipe roundup includes filet mignon tacos and short ribs in ancho molasses sauce.

Best tip To help fajita marinades penetrate, double-butterfly the meat. Pretend your flank steak is a book facing you. Using a sharp knife, fillet the meat from right to left without cutting through the "spine." Then make two more cuts above and below the first one (so you end up with four "pages").

Summer Myths—Busted!

YOUR MOM TOLD YOU HOW TO STAY SAFE. OUR EXPERTS SAY SHE WASN'T ALWAYS RIGHT

Going in and out of air-conditioned buildings is harmful

VERDICT False

Big temperature swings don't make you vulnerable to colds, says Michael Seidman, M.D., director of otologic and neurologic surgery for the Henry Ford Health System, in Michigan. **REAL THREAT** The building's air won't harm you, but its surfaces might. Some viruses can survive on surfaces like doorknobs for days. Wash your hands regularly, and go as you please.

If water is stuck in your ear, stand on one foot and tilt your head

VERDICT False

"Your ear canal is curved, so just tilting your head often isn't enough to release the water," says Dr. Seidman. **BETTER MOVE** Tilt your head so the waterlogged ear faces down. Place the tip of your index finger in the cuplike spot at the bottom of your ear, and position your thumb behind the ear on the cartilage above your earlobe. Hold firmly and wiggle your ear to straighten the ear canal and dislodge the water.

Campfire or grill smoke is dangerous

VERDICT True

The smoke's particulates can damage your lungs, says A. James Mamary, M.D., of the Temple lung center. **PROTECT YOURSELF** Stay upwind and you'll be fine.

Don't drink from a hose—it's germ

VERDICT Partly true

"No germs live specifically in garden hoses," says Charles Gerba, Ph.D., a professor of environmental science at the University of Arizona. However, the hose's end may have rested in animal poop. **STAY SAFE** Keep your lips off the hose. Or go inside the house, for cripes' sake!

Dunk an open wound into the sea because saltwater helps heal

VERDICT False

The sea is full of bacteria, which can enter your cut and cause sores and fever. **CLEAN FAST** Spit on it. "A digestive enzyme in saliva can clean wounds and kill microorganisms," says dermatology professor Adnan Nasir, M.D., of the University of North Carolina at Chapel



Hill. Then apply a waterproof or liquid bandage, like New-Skin, to block bacteria.

Scratching a bug bite makes it worse

VERDICT True

Light scratching inflames immune-system messenger proteins at the site, intensifying the itch, says Dr. Nasir.

COOL IT DOWN Hold a chilled beer or an ice cube on the bite. "Low temperatures slow the body's chemical reactions and make the skin's itch signals travel sluggishly to the brain," says Dr. Nasir. For nagging bites, use Campho-Phenique antiseptic solution, which calms itches with camphor.

Don't swim within 30 minutes of eating

VERDICT True

More blood is drawn to your GI tract after eating, which can cause minor cramps, says Christine Carter-Kent, M.D., a gastroenterologist with the Cleveland Clinic. **FEEL BETTER** If you swim and feel ill, sit and wait it out.



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

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

Q I fell hard in a hoops game. My buddies told me to stay down. Why? I was fine.

Brian, Raton, NM

After a big fall, your body delivers a massive surge of adrenaline that masks pain. You may not know you're hurt. I've seen people fall, stand up, and drop like a stone because of a head injury. Doctors also worry about neck

fractures or back injuries. You don't want an unstable bone fragment moving anywhere near your spinal cord. So let the adrenaline diminish, and make sure you can feel everything before you slowly stand back up.

A FRIEND FELL DURING A HIKE, AND BONE STUCK OUT OF HIS SKIN. HOW DO I HELP IF THAT HAPPENS?

Rodrigo, Post, TX

If you can, rinse any dirt from the wound and cover it with a clean cloth. Then stabilize the fracture by splinting the limb. For a wrist or forearm, a rolled-up magazine duct-taped together helps keep fractured bones from moving. For a longer limb, use a rolled-up sleeping pad. Then head to an ER pronto.

Ahhh

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Jimmy

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Q I TEXTED MY GIRLFRIEND WHEN I LEARNED I PASSED THE BAR EXAM. SHE WAS MAD I DIDN'T CALL. HUH?

VINCENT, RAPID CITY, SD

Texting, my man, is fine for some things: "Pick up wine," "Meet you at 8," that stuff. I'm even on board with some flirting—not that I do it, but you wouldn't believe the texts some guys here show off. (Lucky bastards.) But listen, when the news is momentous, good or bad, your girl cares about more than just the news—she wants to share the moment. Your text might as well have said, "I'm with people I like more than you." Call her. Even for a minute.

My boss makes crass political jokes and I laugh along—even though I don't agree with his politics. Should I speak up more?

Jamel, Waco, TX

You mean *after* you've convinced him you're on the same team? Unless you were hired to run his campaign for public office (and if you were, he's screwed), your views won't help you here. And they could hurt you. So shut up. If you can't help yourself next time, ask him a question on politics. Like you're curious about what he thinks. Then say you heard an interesting opposing view. Repeat over weeks, maybe months, until he knows you can think for yourself.

My wife and I can't afford our 2-week beach trip this year. How do we tell the kids?

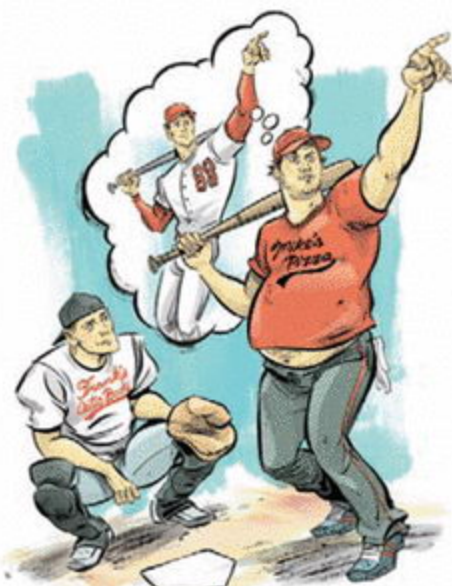
Rich, Raleigh, WV

Straight up. Kids know when they're being lied to, and they assume the worst. Just say you need to save a few bucks, so the trip is out—this year. Then ask them what they'd like to do instead, so long as it doesn't cost a fortune. And prepare for this possibility: They react with excitement, because maybe 2 weeks at the beach with Mom and Dad wasn't so great for them after all.

A guy on my softball team won't shut up about his days playing college ball. He's good, but not *that* good. How can I get him to can it?

Miles, Dayton, OH

Way I see it, if the guy likes to yap about how good he is, it's fair game for the rest of the team to pop off every time he pops up. "C'mon, Tank, I thought you played college ball!" All in good fun, of course. If the guy can see past his own hat, he'll realize he's past his prime. And he'll start acting like it.



My girlfriend and I had a pregnancy scare. Now she won't have sex until we're engaged. Help!

Cal, Bell, CA

Settle down, slugger. There's no way for us to understand what women go through in times like this. Her worst fear may just be that you'd up and leave the minute you heard Cal Jr. was on the way. So give her some time. Then talk about what went wrong and what you can do to correct it. (And don't have that talk in bed.) She'll see that you're staying put no matter what happens. That says it all.

A coworker friend was out with a health problem, and told me about it. I shared the details with others. That upset her. Can I fix this?

Octavio, St. Paul, MN

First off: mistake. Now you know. There's nothing nastier than waving someone's secret around, which is what she thinks you did. So apologize, and tell her the office folks were concerned and you thought you could ease their minds. Next time, remember this: It's okay to say you know something without giving it all away. You could've said, "She's talked to me about it—she'll be fine." That's all they needed.

TIP JAR

HIDE YOUR BEER

Watch where you put your beer at the BBQ. The parts of the brew that come from hops can break down under the sun's rays, resulting in an instant skunky taste, says Charlie Bamforth, Ph.D., a professor of malting and brewing sciences at the University of California at Davis. Here's what you need to know.

1 Box it up

Store your beer in a covered cooler. If you set an opened beer down, place it in the shade.

2 Choose bottles by their color

Dark-brown bottles protect beer the best. Under sunlight, beer in green or clear bottles can sour in minutes. (Some brewers, such as MillerCoors, diminish the effect by using light-resistant hops.)

3 Store it cold

At room temperature, beer lasts for about 3 months before it's clearly oxidized (that is, it tastes stale). In a fridge, it should stay good for a year. "But hopefully you'll have drunk it by then," Bamforth says.

Download Jimmy: MensHealth.com/iphone-jimmy.



Dan Abrams is chief legal analyst for NBC. Write to him at MensHealth.com/experts.

YOUR ATTORNEY ON CALL Dan Abrams

Q I live in an apartment complex, and I'm often walking around my place nude. Can I be charged with indecent exposure?

Francis, Lexington, KY

If you're sporting your birthday suit only when you vacuum, dust, or mop the floor, then you're probably safe—although I can't say the same for anyone who passes your window. The law is about intent, not nudity. To be charged with indecent exposure, you

generally have to have flashed the goods publicly—knowing it likely would offend. So if, on the other hand, your building faces a busy street and you're dangling your jewels out the window at passersby, then you may have an issue. (And a legal one, too.)

IS THE RECORDING INDUSTRY STILL SUING PEOPLE WHO ILLEGALLY DOWNLOAD MUSIC?

Juan, Reno, NV

Yes. The cases just aren't making as much news since a lot more people are now paying for iTunes. If you own the music, burning or copying it for your own purposes should be fine, but peer-to-peer pirate sites are asking for trouble. Pirating for commercial purposes is even more serious than doing it for personal use, but either way it's a crime.



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Dollars and Scents

Certain scents can ease your mind and improve your charm, says Alan R. Hirsch, M.D., a neurologist and the founder of Chicago's Smell & Taste Treatment and Research Foundation. That's why they can be perfect workday boosters. Match your work needs to the ingredients in these bottles.



If you work a night shift

TRY BURBERRY SPORT FOR MEN

1 oz, \$45, nordstrom.com

Your paycheck doesn't care about your circadian rhythms, so seek a natural stimulant to stay alert. The grapefruit in this fragrance may help. Citrus odors boost beta waves in your brain, making you more alert, says Dr. Hirsch.



If you work long hours

TRY NAUTICA PURE 1.7 oz, \$50, macys.com

No time for a beach vacation? Nautica's sea spray fragrance with driftwood notes (ahoy!) can help you relive one. Aromas can conjure the emotions you felt the last time you smelled them, says Rachel Hertz, Ph.D., author of *The Scent of Desire*.



Scents can provide the finishing touch.

If you work with numbers

TRY BOND #9 ANDY WARHOL MONTAUK

1.7 oz, \$145, bondno9.com

In a data-driven job, there's no room for mistakes. Muguet (lily of the valley) improves attention to detail, says Dr. Hirsch. This formulation contains it—but beefs up the fragrance with red oak.



If stress from work lingers

TRY DIESEL ONLY THE BRAVE IRON MAN LIMITED EDITION 2.5 oz,

\$70, diesel-fragrances.com Office concerns keeping you up at night? Try this during the day. The formula has notes of lavender, traditionally used to relieve insomnia.



If you work in retail

TRY CALVIN KLEIN ETERNITY AQUA

1 oz, \$30, calvinklein-fragrances.com

You have to act cheerful even when you're not. The hints of cedarwood in this scent can produce calming effects, a Japanese study found.



Wear what your dad did

... only updated. You both share some of the same natural scent, so cologne that worked for his skin may also work for yours, says Alan R. Hirsch, M.D.



IF DAD WORE...

Polo Ralph Lauren

TRY

John Varvatos Artisan Black Edition 4.2 oz, \$80, johnvarvatos.com

The classic scent has tobacco, wood, and leather accents. Artisan has similar notes, but it's edgier.



Brut

Gap Core

1 oz, \$15, Gap stores

Gap Core freshens the citrus-spice combo of the '70s legend with a modern mix of refreshing scents.

Old Spice

Versace Pour Homme

1.7 oz, \$55, macys.com

Both combine citrus and floral aromas. Versace Pour Homme's spray has an initial blast of orange leaves.



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WHEN MY TEAMMATES
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This jacket isn't fully lined, so it's lighter and breathes better than a cotton summer suit. And it's versatile enough to wear anytime, says Tom Julian, author of Nordstrom Guide to Men's Everyday Dressing.

Go Ahead, Vent

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KEEP IT CASUAL

For dates or weekend parties

A soft-shouldered cotton or cotton stretch blazer works with knitwear—a polo shirt, Henley, or thin sweater.

- 1 Unlike ironed, dressier fabrics, this softer, rumpled look mixes easily with several textures. It's relaxed, not sloppy.
- 2 White jeans can stand out like neon; look for a broken-in style in ivory. Roll up the cuffs, or wear shoes without socks.

SHARPEN UP

For the office or drinks with clients

A half lining lets air flow freely while keeping the shoulders shaped, for a good fit without being fully tailored.

- 3 Add a knit or cotton tie for a little polish, but skip the dress shirt in favor of a chambray one. Leaving the top button undone—even with the tie—lends an effortless look, says J.Crew men's design head Frank Muyltjens.

DRESS IT UP

For a beach wedding or nice dinner

An unconstructed linen-blend blazer is a sophisticated option that's a little dressier and more stylish.

- 4 You don't need a tie to be formal. Try a pressed pocket square, a crisp cotton dress shirt, and leather lace-ups.
- 5 Unlike its all-cotton cousins, some linen-blend jackets have sleeve linings and firmer shoulders.

Left: NAUTICA twill blazer (\$130), Macy's, nautica.com; DKNY sweater (\$60), Macy's, (800) 777-4524; AMERICAN APPAREL T-shirt (\$17), americanapparel.net; J.CREW slim-fit jeans (\$100), jcrew.com; THE BELT BY JOE'S (\$100), joesjeans.com; COLE HAAN Ducky shoes (\$225), (800) 201-8001, colehaan.com. Center: TALLIA ORANGE Vincent blazer (\$425), Macy's, talliaorange.com; J.CREW chambray utility shirt (\$100), jcrew.com; ALEXANDER OLCH tie (\$140), (212) 925-2110, olch.com; DKNY JEANS Bleecker jeans (\$70), (800) 777-4524, macys.com; COACH Anthony desert boot (\$280), (866) 262-2440, coach.com. Right: BANANA REPUBLIC Heritage linen blazer (\$250), (888) 277-8953, bananarepublic.com; DKNY cotton shirt (\$125), (800) 231-0884, dknyc.com; DKNY JEANS nude-wash Bleecker jeans (\$60), (800) 777-4524, macys.com; THE TIE BAR pocket square (\$8), (877) 888-8437, thetiebar.com; COLE HAAN Caper shoes (\$295), (800) 201-8001, colehaan.com

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\$1,350, 212-729-5900

JAMIE CHUNG (opening page), prop styling: Sara Wockman/Jed Root; TAGHI NADERZAD (this page), styling: Sandra Nygaard and Samantha Rubin, grooming: Scott McMahon/Redken for Men/Introartists.com; CHARLES MASTERS (watches)



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Fireworks, Exploded

REDUCE YOUR RISK OF AN UNHAPPY FOURTH

Oooh. Aaah. Owww! In recent years, an average of 8,600 people (mostly men) suffered injuries (mostly burns) due to mishaps with fireworks, says the U.S. Consumer Product Safety Commission. Learn how fireworks make their magic and avoid a critical misfire, with help from John A. Conkling, Ph.D., a former director of the American Pyrotechnics Association.

200 mph

That's the velocity of a typical backyard rocket, according to a study in the journal *Sightsaving*. So don't be fooled by its size, and don't aim it at a pal as a gag. Small rockets can do damage. Most injuries are to the eyes and face, says Conkling.

PATRIOTISM? HA!

Ninety-seven percent of fireworks are imported from China, and a 2008 sampling by federal investigators found that 49 percent of imports contained more flash powder than legally allowed.

OUTLAW

Want to put on a show? Don't do it in Delaware, Massachusetts, New Jersey, New York, or Rhode Island. Those states have the most restrictive laws, forbidding consumers to have any fireworks.

Potassium nitrate + sulfur + charcoal

They're the basic ingredients of gunpowder, says Conkling. They're also what's in this, the motor tube, which makes a rocket fly. Make sure the tube is firmly attached to the stick, and never light a firework that's leaking powder.

The heart of the beast

By law, this little component (called the effects tube) contains a maximum of 130 milligrams of explosive flash powder, which creates the color, noise, and sparks. A big firework, such as an M-80, can have about 3,000 mg of powder, and a quarter stick of dynamite has at least 20,000.

SAFER THAN THEY SEEM

States began banning bottle rockets in the '90s because of high accident rates. Forty-four states still restrict them, but the industry now does better safety inspections.

3 SECONDS

By federal regulation, the fuse must have a burn time of 3 to 9 seconds. If you think you have a dud, wait at least a minute. Crouch low and make sure the fuse isn't smoldering. Then dump the rocket upside down into a bucket of water.

FIRED UP

A firework's surface temperature may exceed 1,200°F—so hot, it's the temperature some medical waste is burned at, and it's about as hot as dark-red volcanic lava. That explains why fireworks caused an estimated 32,600 fires in 2006 (the latest data on record)—resulting in \$34 million in direct property damages.

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SHIFT the way you move

lance armstrong's strength circuit

for lance armstrong, the road leading to a big event like the tour of california or the tour de france starts in the gym. from august to march, lance works with strength and conditioning trainer peter park, shown here. peter incorporates a variety of circuits into lance's regimen, including this one, which emphasizes core and lower-body strength. add this circuit to your workouts at least twice a week, making sure to warm up and cool down before and after.

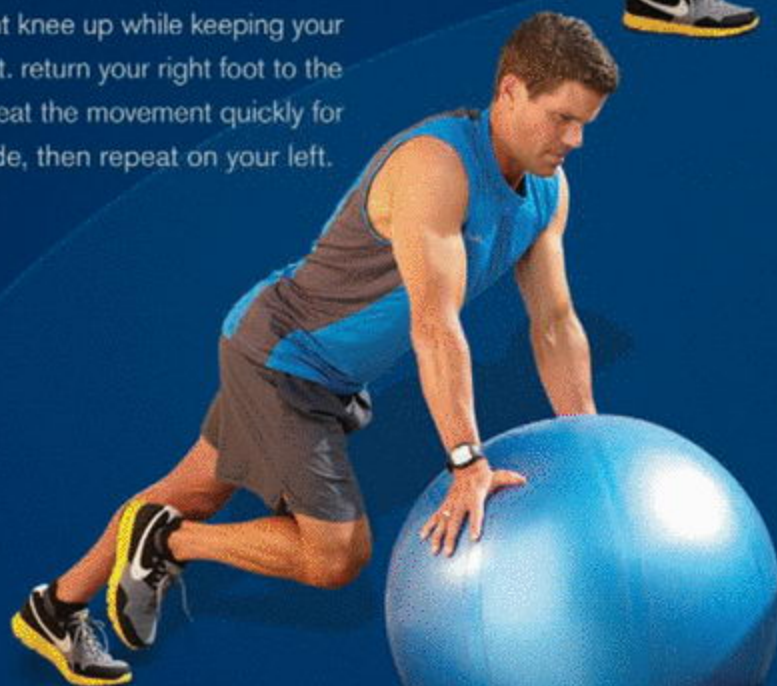


3. pistol squat

hold a 15- to 45-pound kettle bell in both hands for counterbalance as you bend into your right leg, extending your left leg straight out in front of you and lowering down as far as you can into a squat, pushing your hips back and keeping your weight in your right heel. raise up again. do 5 reps on each leg, 1 set.

2. mountain climber on stability ball

place your hands on a stability ball so you're almost in a push-up position on the ball, hands underneath your shoulders. bring your right knee up while keeping your hips still and your butt flat. return your right foot to the starting position and repeat the movement quickly for 20 reps on your right side, then repeat on your left.



1. roll-out & circle on stability ball

on your knees with a stability ball in front of you, place your elbows out, coming into a push-up position on your forearms. roll the ball out, then repeat 8 circles to the right. then roll the ball straight out in



4.



medicine ball good morning

from a standing position, hold an 8- to 20-pound medicine ball in both hands against your chest, keeping your chest up and your back flat. bend your knees to about 30 degrees, shifting weight into your heels and hinge forward at the hips. push your glutes back until you feel a stretch in your upper hamstrings, then come back up, squeezing your quads (thighs) and glutes, and throw the ball 6 to 12 inches in the air as you come up. catch the ball in a standing position and repeat the move for 20 to 30 reps.



5.

lateral hop

from a standing position, jump to your right side as far and as high as you can, landing on your right foot and bringing your left leg behind you. immediately jump to the left side, keeping your hips back throughout the move. repeat for 10 reps on each side.



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6.

medicine ball push-up

on hands and knees, put your right hand on a medicine ball and the left flat on the ground, stretching your legs back into a push-up position. lower down, raise back up, and roll the ball over to your left hand and do another push-up. repeat the move for a total of 20 reps (10 with each hand).



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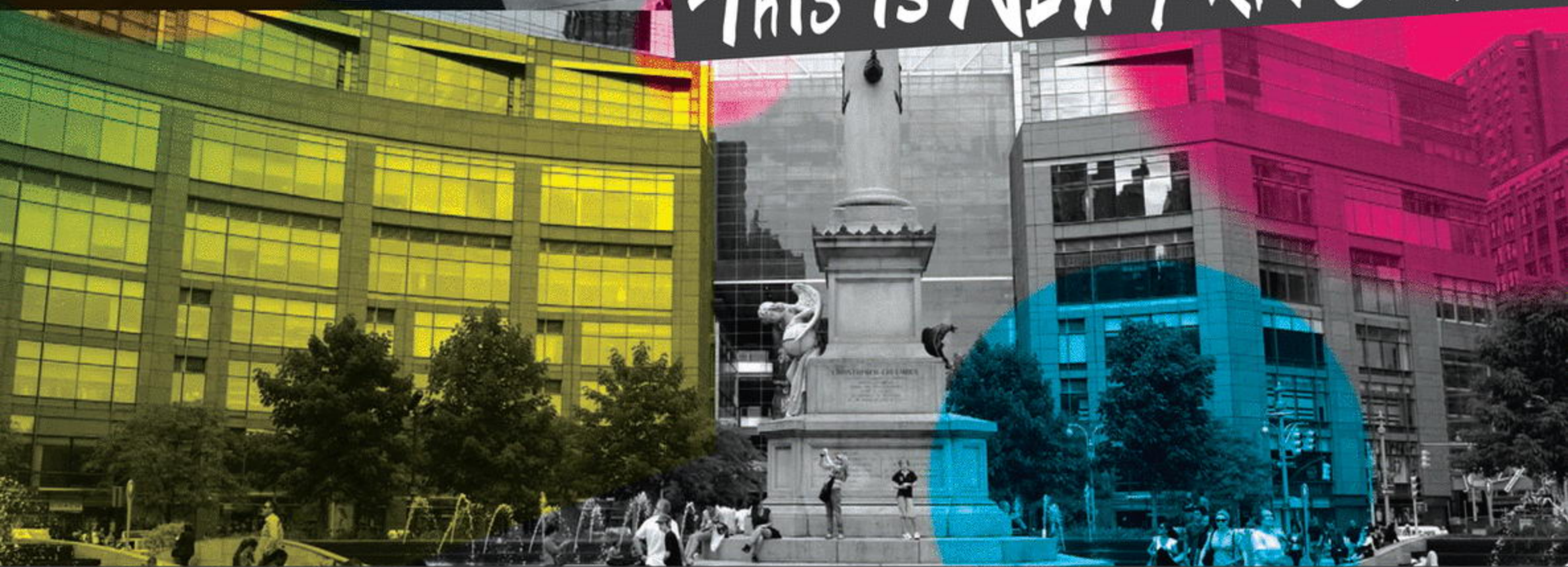


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Not on My Watch

By David Baldacci

SCARY TIMES OUT THERE, RIGHT? Middle Eastern terrorists plotting to do us in. Homegrown assholes with scores to settle. Computer hackers lurking, and old-school criminals doing the same with guns.

In the face of all this, men tend to see themselves as protectors. I do. Someone coming after my family will have to go through me. Maybe that's why I always imagine the worst things that can happen while we're out. Will a guy stroll into our restaurant waving a Glock? What's with the woman wearing bulky clothes in the airport security line who won't look at anyone? Is there anything nearby that can be used as a weapon? Perhaps a chair, or an overturned table as a shield?

It can be an overwhelming responsibility.

A lot of men think about this, but I've made it harder on myself. I write thriller novels and I want them to be realistic, so I research exactly how the worst can happen. I've become so good at thinking like a bad guy that the government has asked me to work out doomsday scenarios so it can prepare. It's made me ultrasensitive to just how exposed we are.

The dark side of the imagination is cold and unlimited, and you just can't dwell there full time. You'd become paranoid and refuse to leave home; people would pity you and then forget you. So to live my life, I have to use caution as a tool of empowerment. Which, I've learned, it is.

Keeping safe is largely a matter of plugging small, overlooked holes around you. Think of the things you do as if they were a series of football plays. Break down your daily life like game film. Did you see the strong safety bite on that inside route? The defensive end's propensity to rush wide on third and long? Of course you did; an astronaut could've seen it. Now, if people far away from you can see a hole, they can exploit it. But if you see the hole first, you're closer to the action and you can plug it.

Like this: Almost everyone uses their index finger to enter their PIN at an ATM. Bad guys know that and can tell which numbers you're hitting by watching the motion of your arm and shoulder. How? Because they practice this shit over and over, that's how. Then they pickpocket your card, and soon you've bought yourself a dozen big-screen TVs in Uzbekistan. So pretend to use your index finger but actually use your thumb. This changes the trajectory of your body and fools the bad guys.

Keep thinking this way. Don't use free WiFi in a public space; if you can gain access, anyone can. If someone leaves a public pool's equipment room open,

close the door. And those bumper stickers saying where your kid plays soccer? Or even worse, "Selling car by owner"—where someone can see you, decide you're easy to overpower, use your phone number to look up your address, scope it out, then call you to draw you outside? Just leave this stuff off your car.

There are bigger dangers, to be sure. But if you're caught up in something like a robbery, you'll still want small solutions. Don't go hand to hand with the bad guys. They'll be armed, they'll know how to fight, and they may not care if they die or not. Instead, rely on simple observations. When you walk into a place, look for alternative entry and exit points or hiding places, and maybe a door you can lock behind you. Know your surroundings so you can use them.

I'm not an orange-threat-level-every-Tuesday kind of guy, even though I might seem that way. But that's the trouble: Anytime we're not being threatened, we feel safe. And when you try to tell people how to avoid danger they don't see, you seem paranoid. And paranoid people have no credibility.

To live my life, I have to use caution as a tool of empowerment. Which, I've learned, it is.

So lead by example, and your little suggestions won't seem so intrusive. Tell friends why you're doing something when you do it. Or play down the threat: Say you're watching the garage door closing because you don't want a squirrel or bird to skitter in, instead of talking about murderers and rapists who can, by the way, skitter in too. It doesn't matter why people remember to close the door; it just matters that they do.

Don't have an example? Turn on the tube. When you see someone on TV doing something blatantly unsafe, point it out—not in a lecturing way, but in the way someone makes fun of anything on television.

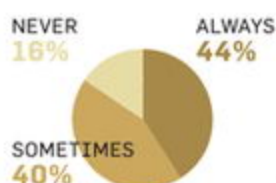
We're men. We like to think we can protect our loved ones. Physically, we can take some martial arts courses and pump iron. Lots of guys do that. Mentally, we can start to see threats and be prepared for them. Most guys don't do that. You should start.

David Baldacci is the author of 19 best-selling thrillers, including *Absolute Power*, *The Simple Truth*, and *The Camel Club*. His latest, *Deliver Us from Evil*, came out in April.

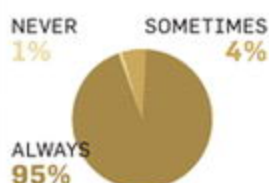
How cautious are you?

We surveyed 200 men to find out how active they are about their security

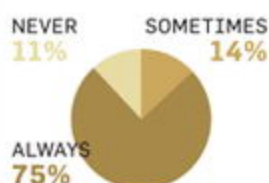
Do you shred your personal documents?



Do you lock your doors at night?



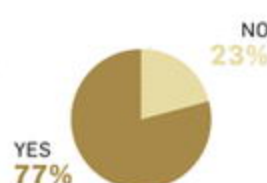
Do you lock up your stuff at the gym?



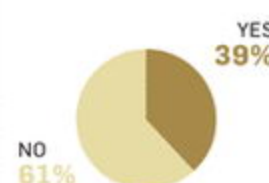
Do you password-protect your WiFi?



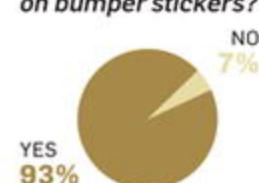
Do you avoid using the same password for all Internet activities?



Do you own a gun?



Do you avoid posting personal information on your car, like on bumper stickers?





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Throw It Back

WATCH OUT: NOSTALGIA CAN MAKE YOU A SUCKER. BY JOEL STEIN

Manliness used to be all about leaving your life behind and not caring—as the explorers and frontiersmen did. Or Jesse James (the train robber) and Jesse James (Sandra's dud). Nostalgia was for people at the end of their lives. But now that we men are softening, nostalgia is slipping in early. Like in our 30s. And because that's the age of most TV and movie producers, we're bombarded with remakes of their childhood crap. Witness the recent *Clash of the Titans*, *Marmaduke*, and *The Karate Kid*.

Certainly there's a difference between a quality antique and old stuff you want just because it's old. When Depeche Mode's "People Are People" comes on in my car, I rock out happily because it reminds me of the days when my penis always worked. But nostalgia also tricks us into remembering things as

being better than they actually were. I know it well: I was psyched to see the new *A-Team* movie, even though I was pretty sure the original TV series bored the hell out of me.

And I am not the only fool to be pitied.

Unchecked nostalgia can destroy lives. We risk our marriages by Facebook-flirting with our ex-girlfriends because the sepia tones of memory don't include all the fights she started over behavior far less threatening than Facebook-flirting with an ex-girlfriend. We agree to an excruciatingly boring dinner with a guy from high school because we forget that we had a choice of only 100 people to hang out with back then.

There's a reason World War II veterans don't talk about the war. We'll never know what that rea-

son is because they won't talk about it, but I'm sure it's a good one. They're looking forward, and so should we. New is necessary. If we don't man up and leave the past where it belongs, we're 5 years from a big-screen version of *Two Guys, a Girl and a Pizza Place*. And a divorce. And worse yet, we'll be crashing on that boring high-school buddy's couch.

So use these nostalgia movies to your advantage. Maybe, say, you went to see the Will Ferrell *Land of the Lost* remake. You probably hated it. Hell, the original couldn't be explained to someone who hasn't consumed a Phish-level amount of psychedelic drugs. So remember that feeling—of being drawn in and being disappointed. Then, when that former girlfriend Facebook-flirts with you, think of Will Ferrell. Problem solved.

Game (back) on!

Tecmo Bowl's relaunch proves that some old games still rock. Here are more to revisit.



New Super Mario Bros. Wii (\$50, Wii); Sonic the Hedgehog 4: Episode 1 (due out this fall, XBLA, PSN, WiiWare); Atari Classics Evolved (\$20, PSP); Tecmo Bowl Throwback (\$10, XBLA, PSN); PAC-MAN Lite (free, iPhone); Nintendo8.com (free); Tetris (\$5, iPhone)

Check out new songs, movie trailers, and interviews, and win great stuff at blogs.MensHealth.com/culture.

23

YEARS BETWEEN THE ORIGINAL *PREDATOR* AND JULY'S NEW ADDITION TO THE ALIEN-HUNTING SAGA, *PREDATORS*

4 books to help your love life

If you're having love troubles, sometimes a good book is your best comfort. We asked Gary Shteyngart—whose new novel, *Super Sad True Love Story*, is the funniest, most guy-friendly love tale of the summer—to write you a reading list.



If you've just been dumped

Never Let Me Go by Kazuo Ishiguro
Human clones fall in love but are harvested for organs. It's so devastating I vowed to never love again. That lasted 40 minutes. We rebound.

If you have doubts

Do Androids Dream of Electric Sheep? by Philip K. Dick
Ever date a woman who isn't quite human? Figure that out early, then run.

If you're longing

Fathers and Sons by Ivan Turgenev
Girl rejects boy. She thinks, *God knows where it might have led; one mustn't fool around with this kind of thing*. She is wrong.

If it's been a while

Portnoy's Complaint by Philip Roth
Before one can love another, one must love oneself quite a bit. Even as one's mother is knocking down the bathroom door.

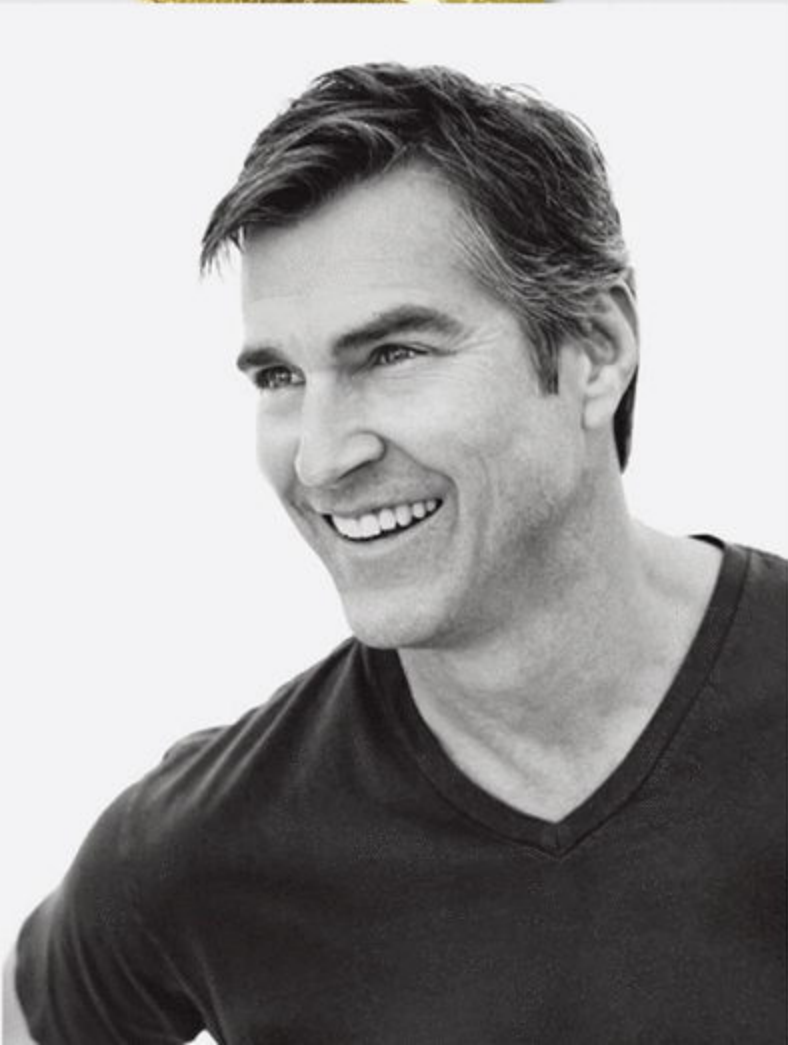


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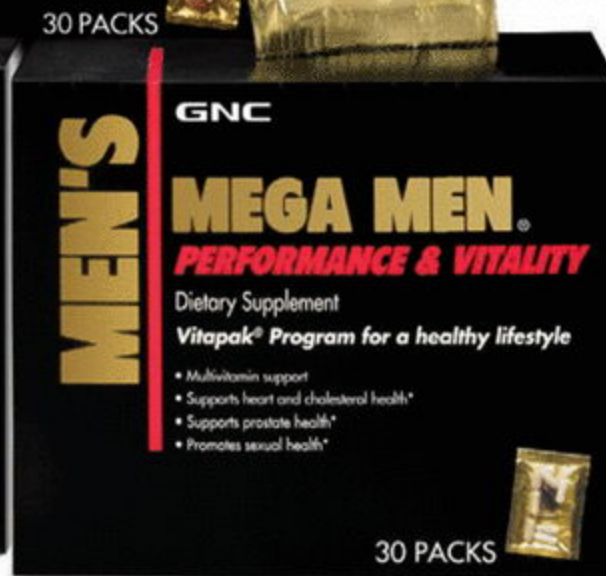
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HOW TO DO EVERYTHING BETTER

THIS MONTH

- rent a cheap beach house
- run away from a bee (with dignity)
- extend your phone's battery
- make killer guacamole
- turn a beer bottle into a cup
- grow an herb garden in your kitchen
- check if your breath stinks
- rock out convincingly on your air guitar

DIVE FOR A VOLLEYBALL (AND LAND SAFELY)

Spit sand and demoralize your foes by digging for lost-cause balls in your court

1

DISTANCE

Top athletes can reach a ball from 12 feet away, but you should start more modestly: If you know you could run for the ball and it would be just out of reach, go ahead and dive.

2

LAUNCH

Squat so you can use your leg muscles to thrust toward the ball. Take a small step with the foot nearer to the ball, and push off the sand with the other foot. Extend both arms—forearms together and hands lightly clasped. Dive low. At the height of your dive, you should be only 1 foot off the ground. The ball should line up with the middle of your chest at the point of impact.

3

HIT

Hit the ball with your forearms, not your hands. You can control it better that way. Swing your arms up to pop the ball as high as possible—toward your teammate, not your opponent.

4

LAND

After you hit the ball, put your hands out to catch yourself. Keep your head up so you don't smack your chin on the ground. Take as much of the blow to your chest as possible, and then stand up immediately and look for the ball.

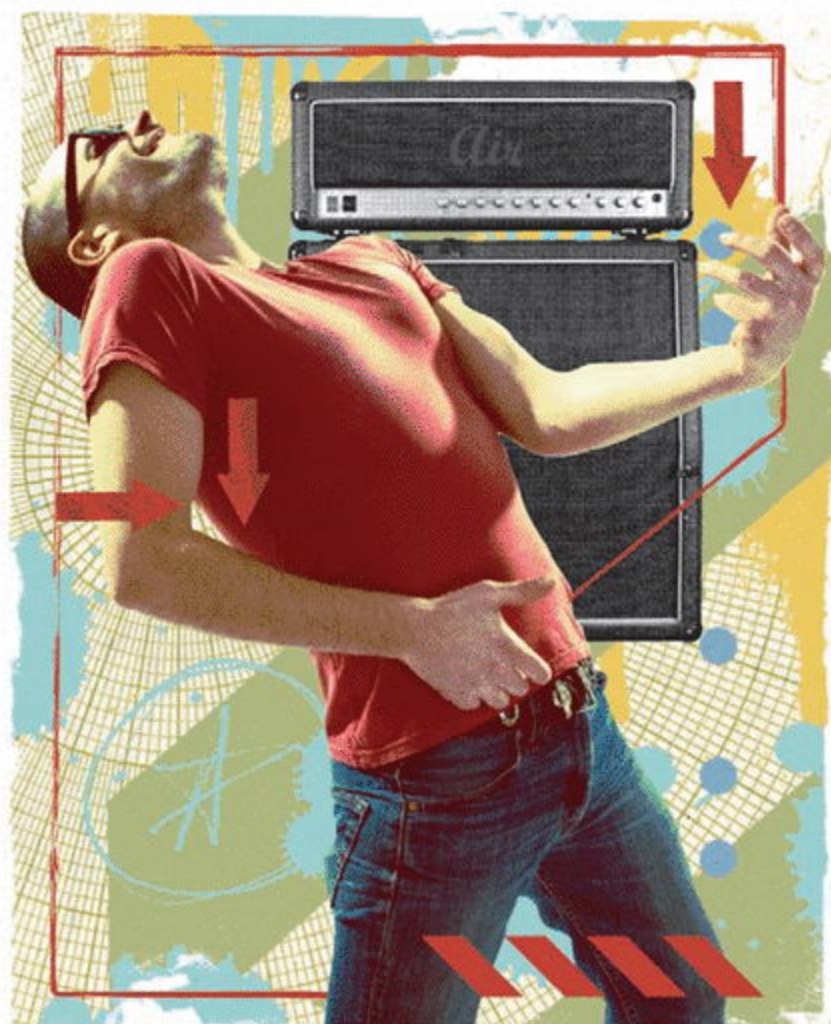
Source: Todd Rogers, 2008 Olympic gold medalist and AVP beach volleyball star



HOW TO DO EVERYTHING BETTER

SHRED THE AIR GUITAR

The U.S. Air Guitar Championships go down in July. Here's 2009 champ William Ocean's approach.



1

ENVISION YOUR AX

If you can't picture your guitar, nobody else can. Put the strap over your head, and don't forget to tune. You'll set parameters for the guitar's size.

2

HOLD IT RIGHT

Rest your dominant hand across your waistline, about 4 inches from your body. Your other hand should hover at least 2 feet up the neck.

3

TIME YOUR FINGERS

Strumming is boring. Instead, time your finger movements to major key changes in the music—and nod or thrust forward as you do so people can see that you're synced with it.

4

PACE YOURSELF

Walk and purse your lips—but space out the arm swings and jumps, or you'll look spasmodic.

William Ocean's top three face-melting air-guitar tracks



"Let's Go Crazy," Prince & the Revolution



"Juke Box Hero," Foreigner



"Jane," Jefferson Starship



Extend the battery life of your smartphone

BATTERY BUSTERS

- **Social-networking apps**
- **E-mail**

They're generally set to auto-update; reducing the frequency can increase battery life by up to 50 percent.

- **Bluetooth**
- **WiFi**
- **GPS**

They're searching, draining power. Turn them off when not needed.

STORE IT SMARTLY

If part of your home has better reception, keep the phone there. Phones drain energy as they look for better signals. Don't leave it in the car; battery life degrades above 113°F.

Sources: Research by Nokia, Tim Pettitt (senior product manager of smartphones for Palm), and Ken Colburn (president of Data Doctors computer services)

Make the ultimate guacamole

Great guac doesn't require tomato or mayo—that's just how restaurants save money by using less avocado.

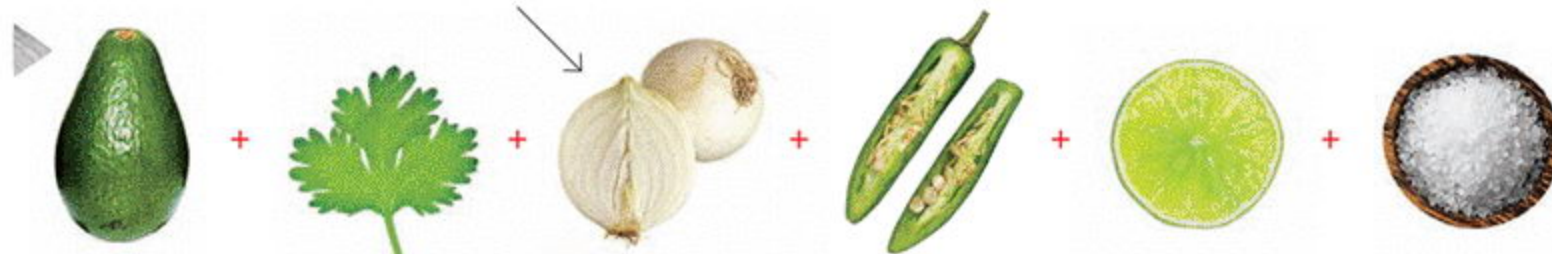
THE AVOCADO

Buy the pear-shaped, rough-skinned Hass variety. (Its texture is best.) If the fattest part yields slightly when you squeeze lightly, it's good. If it's soft, has brittle skin, or the small button up top is gone, it's brown inside.

THE GUAC

Peel and dice three avocados. In a bowl, combine them with a small handful of chopped fresh cilantro, ½ cup chopped white onion, one minced jalapeño or serrano chili, a squeeze of lime juice, and salt to taste. Mix vigorously.

Scoop the chopped onion into a strainer and run it under cold water for 30 seconds. This removes sulfurous compounds that can overpower the guacamole's taste.



Source: Rick Bayless, executive chef at Frontera Grill, in Chicago, and author of *Fiesta at Rick's* (due out July 5, W.W. Norton & Company)

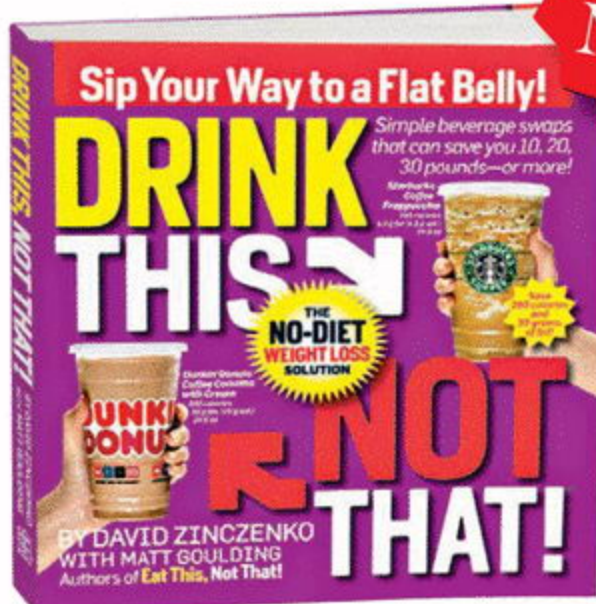
About Your Drinking Problem

IT'S NOT just what you eat that can make you fat—it's the beverages you wash it down with!

Surprising calories in coffees and soft drinks make up more than 20 percent of our calories—more than 400 a day on average! But you can strip away calories and fat—up to 23 pounds in one year—simply by changing your drink choice (while still eating what you want)! A new book from the authors of the bestselling *Eat This, Not That!* series offers satisfying stand-ins for your favorite drinks at a fraction of the calories—to kick-start weight loss and still quench your thirst.



On Sale Now!



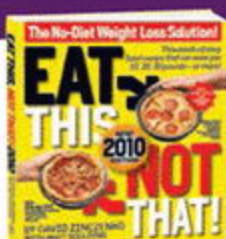
Plus:

- * Tons of useful tips for decoding any beverage menu
- * 6 essential body-toning smoothie recipes
- * 12 secrets the beverage industry doesn't want you to know

Also Available



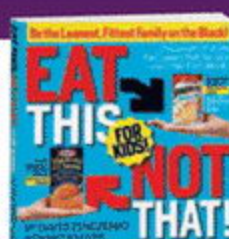
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Eat This, Not That! 2010



Eat This, Not That! The Best (& Worst) Foods in America



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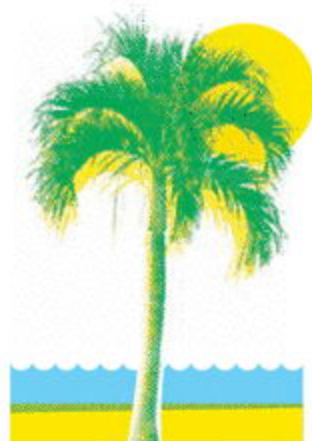
Eat This, Not That! Restaurant Survival Guide



Eat This, Not That! Supermarket Survival Guide

Visit eatthis.com for the latest and most up-to-date menu and grocery information

HOW TO DO EVERYTHING BETTER



Rent a cheap beach house

Did you spend last summer's vacation in the motel by the clam factory? Not this year.



1 Schedule strategically

Begin your stay on a Sunday (the cheapest day for rentals) in early September (big discounts). Skip offers with weeklong minimums; many owners give competitive 3- or 4-day package deals.



2 Research the spot

Find an owner with a few houses; large chains may not negotiate price. Comparison shop with flipkey.com and cyberrentals.com. Before signing, scout the house on Google's street or satellite view.



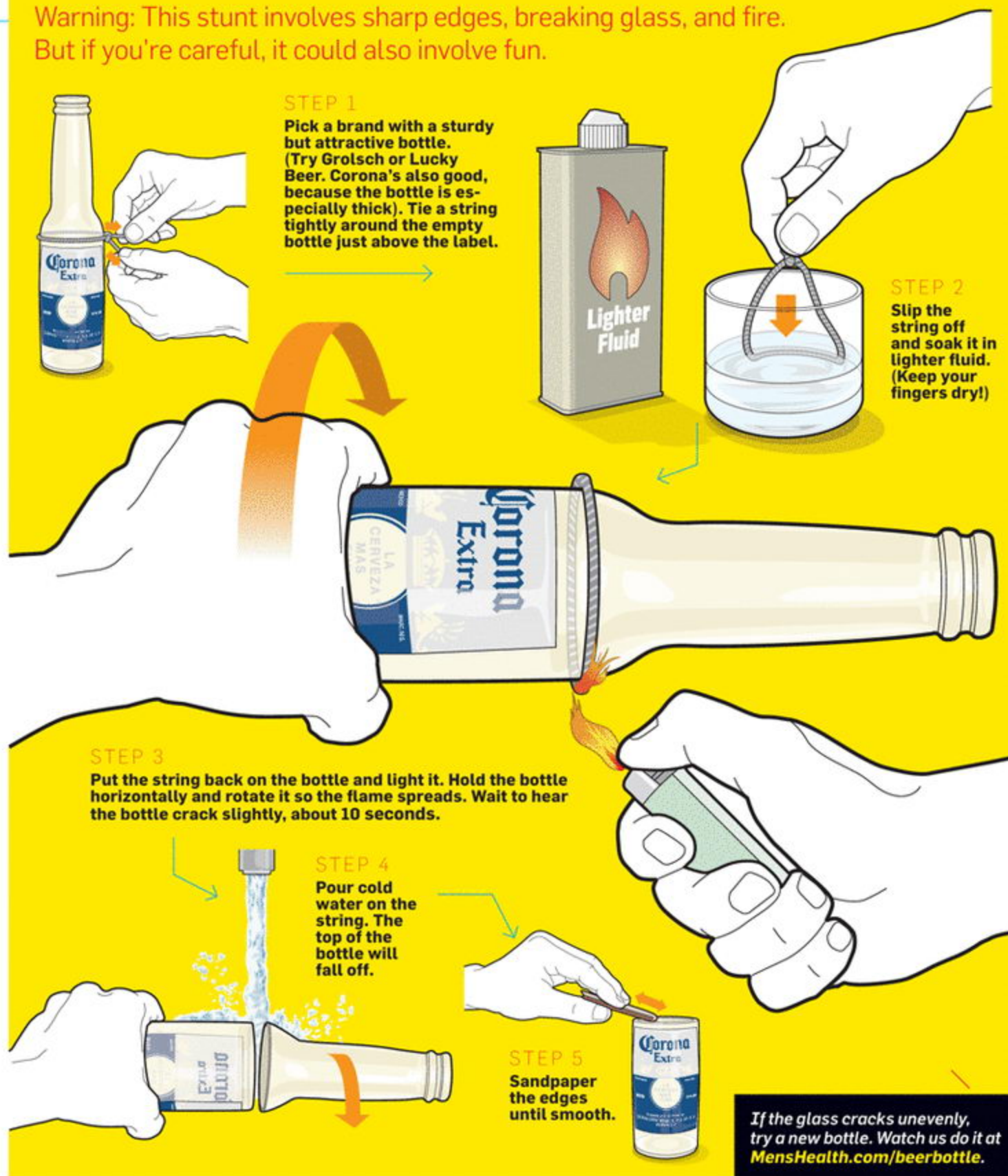
3 Eliminate fees

Fees for cleaning, pool heating, extra guests, and pets may set you back as much as \$200. Negotiate your way out of these strings up front by suggesting that your trip may be an annual affair.

Source: Real-estate expert John Vogel, M.B.A., Tuck School of Business

TURN AN EMPTY BEER BOTTLE INTO PARTY GLASSWARE

Warning: This stunt involves sharp edges, breaking glass, and fire. But if you're careful, it could also involve fun.



+ISM (beer illustrations), AUTOMATIC ART AND DESIGN (breath), BRADLEY R. HUGHES (tree)



CHECK YOUR BREATH

If it's bad, skip the mints—they only mask the stink. Use a tongue scraper to remove back-of-mouth bacteria.

STEP 1

Wash your hands with an odorless soap to remove other scents.

STEP 2

Lick the back of your hand and let it dry for 5 seconds—enough time for the saliva to evaporate.

STEP 3

Bad-breath bacteria's sulfur compounds will remain. Take a whiff.

Source: Harold Katz, D.D.S., founder of the California Breath Clinics

Motivator. Scorekeeper. Image consultant.



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HOW TO DO EVERYTHING BETTER

Avoid a bee sting (without looking like a moron)

STEP 1: DO NOTHING

Most bees aren't attacking; they're curious about your smell or why you're near their home. Stand still. Fast movements make you an aggressor.

STEP 2: RETREAT!

If the bee aims for your face, if it brings friends, or if it's around for longer than a minute, you might be in its territory. Time to go: Jog in a straight line for a few seconds to gain distance quickly. Bees give up the chase if you're too far away.



PRIMARY STINGERS

Hornet Sleek; usually nests in trees; can sting multiple times

Yellow jacket Distinctive black-and-yellow-banded wasp; aerial or buried nest; can sting multiple times

Wasp Sleek; aerial or buried nest; can sting multiple times

Bumblebee Big, fuzzy, slow flyer; buried nest; can sting multiple times

Honeybee Relatively small; nests in trees and wood; stings once



A circling bee isn't mad; its scent glands may be agitated by a grooming product, so it's seeking the source.



Don't zigzag. The bee can follow your scent, and zigzagging makes for a lot of running but not a lot of distance.



It doesn't know what your rolled-up magazine is. All you're doing is pissing it off at close range.



Bad move. Bees are happy to follow your scent to the water and sting your face when you resurface.

Source: Paul Jackson, chief inspector of Texas A&M University's honeybee identification lab

GROW HERBS IN YOUR KITCHEN

Store-bought herbs have short shelf lives. Buy starter plants now to use all summer.

						
	ROSEMARY	OREGANO	THYME	CHIVES	SAGE	PARSLEY
Nursery price	\$9 to \$15	\$4 to \$9	\$4 to \$9	\$4 to \$9	\$9 to \$15	\$4 to \$9
Food-store price (3/4 oz pack)	\$1.50 to \$3.50	\$1.50 to \$3.50	\$1.50 to \$3.50	\$1.50 to \$3.50	\$1.50 to \$3.50	\$1 (bunch)
Use it with	Lamb, chicken, beef, potatoes	Pizza, pasta, tomatoes	Chicken, fish, beef	Vinaigrettes, seafood, eggs	Pork, winter squash, sausage	Soups, tuna salad, chicken, seafood
Growing cycle (even indoors)	Perennial; growth slows in fall and restarts in spring	Perennial; growth slows in fall and restarts in spring	Perennial; growth slows in fall and restarts in spring	Perennial; foliage dies off in fall and regrows in spring	Perennial; foliage dies off in fall and regrows in spring	Annual; dies in winter. Buy new plants in spring

Source: Bill Vingelen, head gardener for the Herbfarm in Woodinville, Washington
Repot rosemary and sage into gallon containers to allow room for roots. Keep all others in 4-inch pots.

GO LONG, SEE MORE

Backpacking gear just keeps getting lighter, so you can hike more comfortably than ever. Check out the state of the art at your local REI store or REI.com.



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expert advice

FIND OUT.



NATIONAL REPORT CARD

STAR-SPANGLED CITIES

We won't keep you in suspense: Portland, Oregon, is America's Most Patriotic City. But unlike in 1889, when a newspaper called Portland "the most filthy city in the Northern states," the evidence for the ranking isn't overflowing-sewers obvious. After all, how do you gauge patriotism?

We calculated the percentage of registered voters who turned out for state and federal elections from 2004 to 2008 (Dave Leip's Atlas of U.S. Presidential Elections); money spent on military veterans per capita (Department of Veterans Affairs); percentage of residents who vol-

unteer, participate in civic activities, and/or work with neighbors (Volunteering in America); and finally, sales of fireworks and U.S. flags (SimplyMap and American Flags.com respectively). And before anyone e-mails us from Jersey City, there are no *unpatriotic* towns.

RESEARCH BY WANDA LAU

More patriotic

- 1 Portland, OR
- 2 Salt Lake City, UT
- 3 Kansas City, MO
- 4 Seattle, WA
- 5 Tampa, FL
- 6 Hartford, CT
- 7 Minneapolis, MN
- 8 St. Petersburg, FL
- 9 Atlanta, GA
- 10 Madison, WI

- 11 Washington, DC
- 12 Denver, CO
- 13 Lincoln, NE
- 14 San Francisco, CA
- 15 Charleston, WV
- 16 Milwaukee, WI
- 17 Aurora, CO
- 18 St. Paul, MN
- 19 Colorado Springs, CO
- 20 Oklahoma City, OK
- 21 Austin, TX
- 22 Greensboro, NC
- 23 Oakland, CA
- 24 Durham, NC
- 25 Burlington, VT
- 26 Baltimore, MD
- 27 Birmingham, AL
- 28 Columbus, OH
- 29 Columbia, SC

- 30 Spokane, WA
- 31 Sioux Falls, SD
- 32 Orlando, FL
- 33 Cheyenne, WY
- 34 Des Moines, IA
- 35 Tucson, AZ
- 36 San Jose, CA

RESCUE OUR SOLDIERS

Homelessness is tragic no matter who's sleeping on the sidewalk, but it's especially sad when it affects our military veterans. The Department of Veterans Affairs calculates that 107,000 vets are on the streets on any given night. To try to remedy the situation, the VA raised its budget request for medical services and expanded homeless initiatives in 2011 to \$4.2 billion. But you can help right now by donating money to the VA's Project CHALLENGE, a program that works to end homelessness among veterans by partnering with community-based organizations (www1.va.gov/homeless/challeng.asp).

- 37 Charlotte, NC
- 38 Little Rock, AR
- 39 Pittsburgh, PA
- 40 Miami, FL
- 41 San Diego, CA
- 42 Cleveland, OH
- 43 Lexington, KY
- 44 Chicago, IL
- 45 Tulsa, OK
- 46 Billings, MT
- 47 Sacramento, CA
- 48 Boise City, ID
- 49 Grand Rapids, MI
- 50 Anchorage, AK
- 51 Phoenix, AZ
- 52 Boston, MA
- 53 Portland, ME
- 54 Raleigh, NC
- 55 Cincinnati, OH
- 56 Louisville, KY
- 57 Riverside, CA
- 58 Manchester, NH
- 59 Indianapolis, IN
- 60 Dallas, TX
- 61 Toledo, OH
- 62 Philadelphia, PA
- 63 Richmond, VA
- 64 Omaha, NE
- 65 Nashville, TN

- 66 St. Louis, MO
- 67 Reno, NV
- 68 Rochester, NY
- 69 Los Angeles, CA
- 70 Buffalo, NY
- 71 Fargo, ND
- 72 Providence, RI
- 73 Detroit, MI
- 74 Montgomery, AL
- 75 Virginia Beach, VA
- 76 Wichita, KS
- 77 Jacksonville, FL
- 78 San Antonio, TX
- 79 New Orleans, LA
- 80 Albuquerque, NM
- 81 Anaheim, CA
- 82 Jackson, MS
- 83 Memphis, TN
- 84 Bakersfield, CA
- 85 Modesto, CA

FIND THE FLAG

The inclination to buy American goes in and out of vogue, and right now we're definitely in the "out" phase: Last year, the United States had a trade deficit of about \$380 billion. Except it isn't always easy to make a patriotic purchase. While many manufacturers tout their homegrown products, others seem to be daring consumers to try to find "Made in USA" on the packaging. Go to stillmadeinusa.com for a list of companies that produce national pride.

- 86 Las Vegas, NV
- 87 Arlington, TX
- 88 Fort Wayne, IN
- 89 Houston, TX
- 90 Fort Worth, TX

Less patriotic

- 91 Fresno, CA
- 92 Newark, NJ
- 93 New York, NY
- 94 Lubbock, TX
- 95 Wilmington, DE
- 96 Yonkers, NY
- 97 Corpus Christi, TX
- 98 Honolulu, HI
- 99 El Paso, TX
- 100 Jersey City, NJ

Check out an interactive map and see more rankings at MensHealth.com/metrogrades.

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The Job Is Yours—to Lose

Don't let a bad economy hold you back. Use our six secrets to score the job of your dreams

ILLUSTRATION BY JAMES VICTORE

IT'S A RARE PRIVILEGE TO SEE SOMEBODY DO something perfectly. Michael Phelps. Tiger Woods (on the links, anyway). And then there's this guy who came in a few weeks ago and screwed up his job interview *perfectly*. The only thing missing was a little piece of toilet paper trailing from the heel of his shoe as he made his way out the door.

First of all, he was late. That's all right. People have stuff. But 35 minutes late? Strike 1. Second, he didn't apologize. I don't need face-on-the-carpet groveling, but a little "I'm really sorry" would've been nice. Still, all of that would have been forgiven had the guy not immediately worked the phrase, "When I was at Harvard..." into his opening gambit. That kind of stuff hits a nerve with me, and not because I wasn't accepted at Harvard; they

just seem to breed these kinds of guys there. I really wasn't impressed.

It occurred to me, as I watched this fellow, that we make many mistakes when we're trying to land a job. This guy made the error of showing off his bad personality before displaying his good one, if that one indeed existed. But we all goof up. Even with the stakes so high and with tremendous motivation for success on every front, job hunters make rudimentary blunders every day. Sometimes as an interviewer it just makes me want to put my head down on the desk and cry. But the one thing I can't do is lean across the vast expanse of wood or metal that separates me from the applicant and say, "Hey, buddy? Here's what you just did to cut your own throat."

So I think I'll do that now.

Schedule a 10:30

There are good times of the day to have your appointment, and bad ones. Shoot for late morning. The boring crap that starts every day is over. The guy interviewing you is looking forward to lunch, but he's not so hungry that he's daydreaming about pork chops.

Even better are interviews over breakfast or after-hours drinks. These are structured environments that show most people off at their best. Breakfast in particular is congenial, not overly long, and tasty. If the boss orders an egg-white omelet or any form of bran cereal, you must do the same. And don't order anything that will make him jealous. Like bacon. And when drinking with a relative stranger you want to impress, match him drink for drink, unless he is an alcoholic, and never say "fuck" unless he does so first.

Dress like the boss

You are presenting something real to the interviewer: yourself. Not some fictional entity you saw in a movie, and not the disheveled hipster you pose as because all your friends do too. If you're serious about securing this job, spend a little time watching people go in and out of the company's offices. You'll see a range of sartorial displays and get an idea of what is acceptable. You don't have to spring for a new suit. Just look nice.

Research the culture, as well. I recently interviewed a very nice guy who just might have



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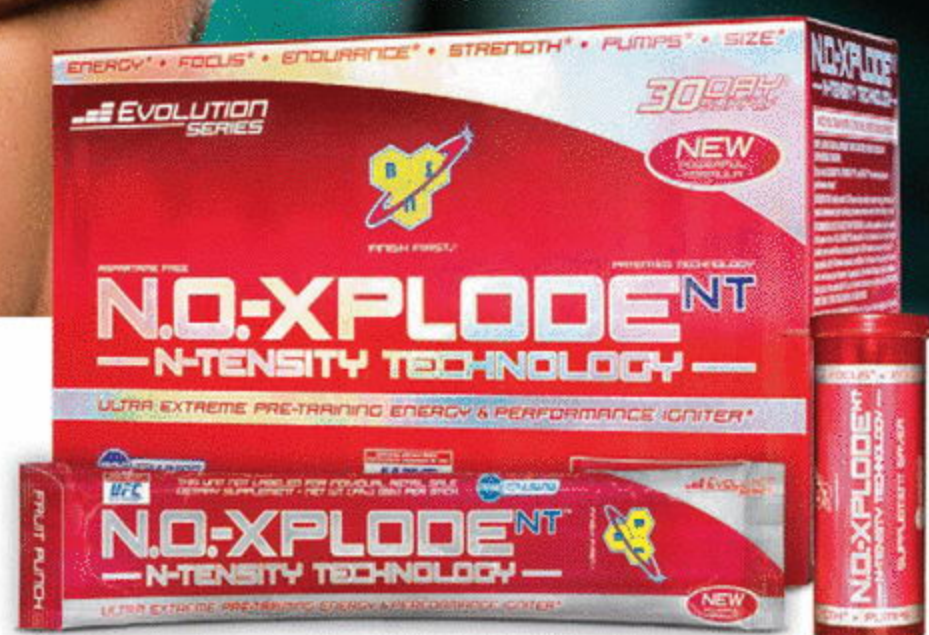
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DAILY ENERGY FOR EVERY MAN



Being healthy isn't just having a six-pack and big biceps. As a man, it's important to keep your whole body healthy, energized and supported on a daily basis. Make sure you take an herbal approach to maintain your energy levels and to protect the power of your health.

- **Slim down!** Being overweight can slow your body down. Plus, regular exercise supports your immune system and energy levels.
- **Fight fatigue!** Boost your metabolism and fight fatigue by eating nutritious, wholesome snacks throughout the day and a balanced meal after workouts.
- **Be whole!** In order to achieve optimal health, give your day-to-day health routine a boost by selecting and taking a natural multivitamin. The best bet? **New Chapter®** multi's provide an organic, whole-food foundation of vitamins, herbs and minerals.

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New Chapter offers a range of whole food multi's formulated specifically for the needs of active men. **Every Man's One Daily** is an easy-to-take, easy-to-digest, once-daily formula that offers energy support.*



For more information about the optimal health benefits of New Chapter multi's, visit MensHealth.com/multis

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The Office Politic

The Job Is Yours—to Lose

been right for a job opening we had. He comes in on a Friday. Everybody is casual, but this guy rolls in wearing a classic pin-striped three-piece. I don't believe I've seen one of those in about a decade. Pink power tie. Hard attaché case (James Bond, circa 1980). All of that's okay. He read the culture wrong. That can be remedied. Giving the impression that you're slightly clueless, however, is a bad place to begin.

Know who you are

This is tough for young guys who don't yet know what they're good at, but who feel they're good at everything. But it's important. You're marketing yourself. The proper answer to, "What do you see yourself doing in 5 years?" is not, "Hey, I can do just about anything!" Suppose you're at the supermarket and you come across a box that says, "It's a floor cleaner! It's a breakfast topping!" Would you want to buy it?

Consider the nature of the job you're seeking and tailor your pitch to it. They're not looking for a brilliant polymath. They're looking for somebody they can hire for \$43,500—less if you're in publishing, or a lot more if you're in finance or law. You have to keep a laser beam shining on that need and become a possible solution to it. That is, if you think you can actually do the job.

To acquire the proper focal adjustment, try talking about the things you've done, and the things you do well. The trick is to build on your experience to position yourself for something specific and appropriate—not to reject everything you've done to date. A lot of guys say, "I was *this*, but now I don't like it anymore and I want to be *that*." That's a mistake. Embrace your whole life, and then siphon it into the space you're trying to fill.

Make time disappear

HR types often encourage applicants to ask the interviewer a lot of questions. But this pervasive and erroneous bit of advice can backfire unless you are subtle and a great listener and conversationalist, and (I hope)

armed with some knowledge of your interviewer. You don't just fish around for topics of interest. One woman came in and asked me, "What do you love most about your job?" on a really bad day. I wanted to grab her by the nose and lead her out of the office.

On the other hand, do come prepared with intelligent questions about the company—its operations, the job, who the job reports to, what the department is like, and so on. Listen. Respond to answers with further intelligent questions. It's called *conversation*. The longer you can keep it going, the better off you are. If the talk continues for more than the requisite 30 minutes, you're on golden time. The guy is now seeing you on a voluntary basis that transcends simple politeness—and it's in that land beyond politeness where true business lies.

Slam . . . but carefully

Primarily, this means not slugging your current employer. You can talk about problems, but referring to former bosses as assholes will get you nowhere. Bosses stick together as a group, like gorillas.

Also be careful when they ask you to critique their operation. They mean it, but you still have to be wary. Launch into what's terrific about the company, and follow up with what new strategies you'd explore. If you're talking to public-relations people, for instance, you don't want to say, "This is a great company, but you have an image problem." Truth bows before discretion in this case. If you are capable of intelligently discussing the company and its positioning, on the other hand, that's a good thing. It shows that you're smart and courageous, and, if you do it right, politic and tactful.

Say you want the job

It's amazing how often that simple statement becomes a tiebreaker. I believe most of the guys I've hired over the years have all expressed their naked desire for the gig. You want the people who want you.

And really, isn't that the basis of all healthy relationships? ■

Land a gig in a tough market

1 PICK UP THE PHONE

Call a prospective boss directly to request an informational meeting, says author and career consultant Duncan Mathison. "E-mail is easier, but it's also easier to ignore," he says. "And call only when you know exactly what you're going to say."

2 MOBILIZE YOUR RÉSUMÉ

Paper résumés are no longer the norm. "Make sure yours looks great on a smartphone," says Robyn Feldberg of the National Resume Writer's Association (NRWA). Send it as a PDF and use white space to create structure and make it easier on the eyes.

3 DON'T AGE YOURSELF OUT

Hiring managers are human, Mathison says. They let age stereotypes influence their decisions. Remove your graduation year and the old-school "objective." Opt instead for a summary statement that shows your direct value to the company.

4 MAKE IT TO THE SECOND ROUND

Electronic gatekeepers prefer résumés with hard references—"accounts receivable," "software development"—rather than soft terms, such as "communication" and "teamwork," says Charlotte Weeks, president of the NRWA. LIBBY CLARK

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Savor the Summer

Raid the farmers' markets right now for nutrient-packed produce to fuel your active season. Rick Rodgers, author of *Summer Gatherings*, gives you three options—fast, faster, fastest—to plate up the best summer has to offer

PHOTOGRAPH BY CHARLES MASTERS

Tomatoes

Talk about killer tomatoes: You may know that their lycopene can help slay colon-cancer cells. But new research from India reveals that lycopene may also hamper brain tumors. Abs-building bonus: One medium tomato contains just 22 calories.

RAW Tomato Pesto Pasta

Core, seed, and chop **2 large tomatoes** and mix in **½ cup store-bought pesto**. Let stand 1 hour at room temperature. Cook and drain **1 pound spaghetti**, reserving **½ cup pasta water**. Return the pasta to the pot and toss with the tomato pesto, **1 cup ricotta cheese**, and enough pasta water to make a light sauce. Season with **salt** and **pepper**. Makes 4 servings

QUICK COOK
Chèvre Tomatoes
Halve **2 tomatoes** horizontally and shake out the seeds. Place the halves cut side up on a broiler pan, **salt** lightly, and broil until sizzling, about 3 minutes. Sprinkle on **3 ounces crumbled goat cheese**.

Drizzle with **olive oil** and top with a few grinds of **pepper**. Put the tomatoes back under the broiler until the cheese softens, about 2 minutes. Sprinkle with **chopped fresh oregano**. Makes 4 servings

BLENDER
Gazpacho Mary
Pulse **2 large tomatoes** and **½ red bell pepper** (all seeded, cored, and chopped) with **1½ cups canned tomato vegetable juice**; **1 firm, seedless cucumber**, such as Kirby (scrubbed and coarsely chopped, but no need to peel or seed); and **1 large scallion**. When the mixture is finely chopped, stir in **½ cup vodka**. Chill. Serve in 4 bowls, topped with **croutons**. Makes 4 servings

Zucchini

This summer squash is your go-to vegetable for essential vitamins and minerals: It's high in vitamin A (for eyesight), vitamin C (for tissue growth and repair), riboflavin (for red blood cell production), and manganese (for your immune system).

RAW
Zucchini Carpaccio
Use a serrated knife to thinly slice **3 zucchini** lengthwise. Arrange slices on a salad plate; drizzle on **2 tablespoons olive oil** and **1 tablespoon red-wine vinegar**, and add **salt** and **pepper**. Sprinkle with **2 tablespoons chopped fresh mint**. Let the slices marinate about 20 minutes at room temperature before serving. Makes 4 servings

QUICK COOK
Zucchini Quesadilla
Cut **½ zucchini** into very thin discs. Warm a **wheat tortilla** in a skillet over medium heat. Flip it, and cover half with the zuc-

chini and some **shredded jalapeño jack cheese**. Fold it in half and cook, turning once, until toasty brown. Cut into wedges and serve with salsa. Makes 1 serving (or more as an appetizer)

BLENDER
Curried Zucchini Hummus
Pulse **1 coarsely chopped zucchini**, **½ cup tahini**, **2 tablespoons lemon juice**, **½ teaspoon curry powder**, and **2 garlic cloves**. With the blender running, slowly add **¼ cup extra-virgin olive oil** and blend until smooth. Add **salt** to taste; serve with **pita**, **crackers**, or **raw vegetables**. Makes 4 servings

Corn

Corn is good source of folate, which may help reduce your risk of dying of stroke or heart failure, according to a 2010 study by Japanese researchers. Plus, corn is rich in fiber, which can help you feel full enough to skip that second helping of potato salad.

RAW
Corn Salad with Tomatoes and Basil
Toss **2 cups raw corn kernels** with **2 large seeded and diced tomatoes**, **3 tablespoons chopped fresh basil**, **2 tablespoons extra-virgin olive oil**, and **1 tablespoon red-wine vinegar**. Season with **salt** and **pepper**. Makes 4 servings

QUICK COOK
Corn-and-Black-Bean Sauté
Sauté **2 cups corn kernels**, **1 seeded and minced jalapeño**, and **2 minced garlic cloves** in **1 tablespoon olive oil** over medium-high heat until corn is just tender.

Stir in a **15½-ounce can of black beans** (drained and rinsed) and **2 tablespoons chopped fresh cilantro**. Season and heat through. Makes 4 servings

BLENDER
Corn Pudding
Blend **1½ cups corn kernels**, **1½ cups milk**, **3 large eggs**, **1 tablespoon flour**, **¼ teaspoon salt**, and **¼ teaspoon freshly ground pepper**. Pour into a buttered 8-inch square pan and sprinkle with **3 tablespoons grated Parmesan**. Bake at 325°F until puffed and set, about 30 minutes. Makes 4 to 6 servings



Food styling: Jamie Kimmi/Apostrophe

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Watermelon

Tomatoes hog the nutrition spotlight for their lycopene, but watermelons are also high in this cancer-fighting carotenoid. Always store whole melons on the counter—melons kept in the fridge have 11 to 40 percent less lycopene, according to USDA research.

RAW

Watermelon with Spiced Salt

Toast **2 teaspoons cumin seeds** and **1 teaspoon fennel seeds** in a dry skillet over medium heat until fragrant, about 1 minute, and then grind them in a spice or coffee grinder. Add **2 teaspoons kosher salt** and **¼ teaspoon cayenne pepper**. Sprinkle **watermelon cubes** with the spiced salt, and top with a squeeze of **lime**. Makes 4 servings

QUICK COOK

Watermelon Salad with Warm Basil Oil

Heat **½ cup extra-virgin olive oil** in a small saucepan. Add **½ cup packed basil leaves** and immediately puree the

mixture in a blender.

Arrange **2 or 3 thin watermelon wedges** (rind removed) on 4 salad plates. Top with a little **thinly sliced red onion**, drizzle with **warm basil oil**, and season with **salt** and **pepper**. Serve immediately. Makes 4 servings

BLENDER

Watermelon Daiquiri

Ahead of time, freeze **3 cups watermelon chunks** (seeds and rind removed). Blend them with **½ cup rum**, **2 tablespoons lime juice**, and **1 tablespoon superfine sugar**. Pour into chilled glasses. Makes 2 servings

Blueberries

Beyond their high fiber content, these beautiful berries contain antioxidants that may protect you against insulin resistance, hyperglycemia, and cardiovascular diseases, according to a 2010 study review published in *Nutrition Reviews*.

RAW

Blueberry Protein Parfait

In 4 short glasses, layer blueberries, ricotta cheese (preferably fresh), a handful of granola, and chopped pistachios. Makes 4 servings

QUICK COOK

Caramel-Blueberry Pie Sundaes

Bring **2½ cups (13 ounces) blueberries** with **¼ cup sugar** and **1 tablespoon lemon juice** to a boil; cool until warm. Layer in 4 glasses with **crumbled shortbread cookies** and scoops of **dulce de leche ice cream**. Makes 4 servings

BLENDER

Red, White, and Blue Smoothies

Blend **2 cups plain Greek yogurt** and **½ cup low-fat milk** with **sugar** and **vanilla extract** to taste. Pour half the vanilla smoothie into 2 glasses. Add **1½ cups (8 ounces) blueberries** to the remaining smoothie mixture in the blender and blend. Pour over the vanilla smoothie in the glasses. Top with fresh **raspberries**. Makes 2 servings

Peaches

The pulp and the peel of peaches are packed with potent antioxidants, according to a 2009 Brazilian study. Buy organic—that clingy fuzz puts the fruit at No. 1 on the Environmental Working Group's list of produce carrying the most pesticide residue.

RAW

Peach and Prosciutto Kebabs

Cut **2 peaches** into 8 wedges apiece; discard the pits. Wrap each wedge in thinly sliced **prosciutto** and slide onto 4 bamboo skewers along with **12 bocconcini (mini fresh mozzarella balls)**. Makes 4 servings

QUICK COOK

Almond-Stuffed Peaches

Mix **½ cup crushed amaretti cookies** or **almond biscotti** with **2 tablespoons softened butter** into a paste. Press the mixture into the centers

of **4 peach halves**, and place in a small baking dish. Bake in a 350°F oven until the filling is lightly browned, about 20 minutes. Serve warm with **vanilla ice cream**. Makes 4 servings

BLENDER

Peach Soup

Blend **4 peeled, pitted peaches** with **1½ cups semidry white wine**. Add **lemon juice** and **honey** to taste, and chill. Serve in 4 bowls, topped with **chopped fresh mint**. Makes 4 servings





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25 Ways to Build

FOR DECADES, THE DUMBBELL CURL has been helping us build bigger biceps—but it also seems to have stripped us of our imagination. After all, how often do you try a new variation of this classic arm exercise? If it's not every 4 weeks, then you need to shake up your workout to achieve faster results. Start today with this simple guide from *The Men's Health Big Book of Exercises*. By mixing and matching any of the five hand positions and five body positions described here, you can instantly create 25 different versions of the curl. The upshot: You'll never run out of new ways to build your biceps.

THE RIGHT WAY TO CURL Let the dumbbells hang at arm's length straight down from your shoulders. Then, without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, and slowly lower the weights back to the starting position. Each time you return to the start, straighten your arms completely.

Choose
your hand
position



STANDARD

With your palms facing forward, grip the handles in the middle.

THE BENEFIT This is the hand position for the classic dumbbell curl, which targets your biceps brachii, the largest muscle on the front of your upper arm.



THUMB OFFSET

With your palms facing forward, touch the outside heads of the dumbbells with your thumbs.

THE BENEFIT As you curl the weight, you're forcing your biceps brachii to work harder to keep your forearm rotated outward (so your palms are up).

Choose
your body
position

STANDING

Stand tall with your feet shoulder-width apart.

THE BENEFIT

More muscle

Anytime you're standing, you engage more core muscles than when you sit.



SPLIT STANCE

Stand tall and place one foot in front of you on a bench or step that's just higher than knee level.

THE BENEFIT

Stronger abs This stance forces your hip and core muscles to work harder in order to keep your body stable.



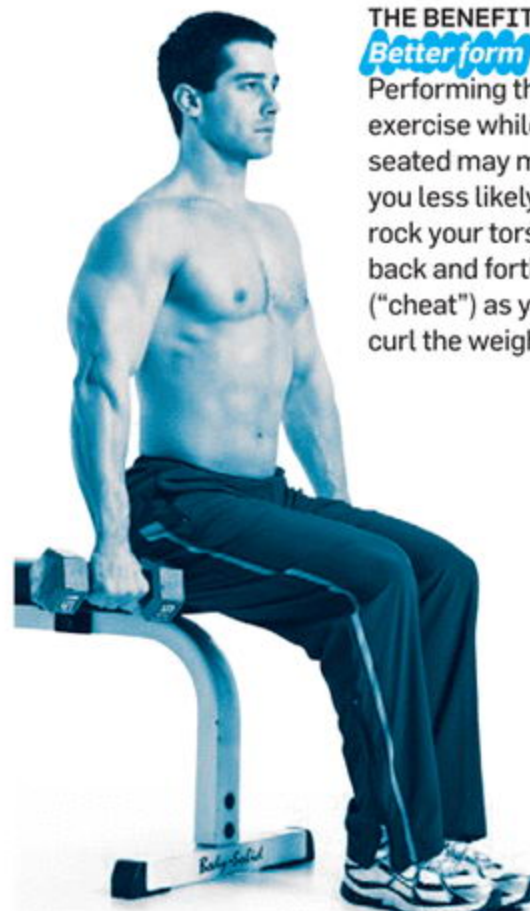
SEATED

Sit tall on a bench or Swiss ball.

THE BENEFIT

Better form

Performing the exercise while seated may make you less likely to rock your torso back and forth ("cheat") as you curl the weight.



Your Biceps

Use this arm-curl guide to pack on muscle faster than ever

BY ADAM CAMPBELL



PINKY OFFSET

With your palms facing forward, touch the inside heads of the dumbbells with your pinky fingers.

THE BENEFIT This tweak shifts the way the weight is distributed, providing more variety to keep your muscles growing.



REVERSE

Turn your arms so your palms face behind you.

THE BENEFIT You'll really feel it in your forearms: This position targets your brachioradialis, but it decreases the activity of your biceps brachii.



HAMMER

Keep your palms facing each other.

THE BENEFIT You're forcing your brachialis muscle to work harder for the entire movement. Building your brachialis can make your arms look thicker.

DECLINE

Lie chest down on a bench set at 45 degrees.

THE BENEFIT *Thicker arms*

Lying on a decline causes your arms to hang in front of your body, a position that challenges your brachialis more.



INCLINE

Lie on your back on a bench set at 45 degrees.

THE BENEFIT *Bigger guns*

Lying on an incline causes your arms to hang behind your body, which emphasizes the long head of your biceps brachii to a greater degree.



For 18 more variations of the arm curl, along with full-color photos of another 500-plus exercises (for every muscle in your body), order your copy of The Men's Health Big Book of Exercises at mhbigbookofexercises.com.

Wake Up, Save Your Life

Tomorrow morning, play doctor with these seven instant health checks

BY JIM GORMAN • PHOTO-ILLUSTRATION BY BARTHOLOMEW COOKE

"GUY WALKS INTO A DOCTOR'S OFFICE . . ."

That's not the start of a joke—that *is* the joke. Men don't go to doctors unless they're in serious pain or really spooked about something. We have our reasons, as squishy as they may be. In a 2007 American Academy of Family Physicians survey, 58 percent of men cited specific factors, such as lack of time, lack of insurance, and lack of extreme symptoms, as reasons for avoiding physicians. But another 6 percent actually gave the grown-up equivalent of "the dog ate my homework," saying "something else" always prevents them from going.

The head-in-the-sand approach isn't much of a health-maintenance strategy. Sure, a number of miscellaneous ailments resolve themselves without medical attention. But denial can also leave you dead. A smarter move: Regularly assess your health with a few morning inspections that are easy and accurate. They aren't replacements for routine doctor visits—our legal department wants that made clear—but these DIY checkups can help you sort the trivial from the troubling.

CHECK FOR . . .

Gums of horror

What's the big deal? Any redness, inflammation, or bleeding of your gums might be due to gingivitis, a condition that can progress to periodontal disease. This, in turn, is linked to heart disease—the number one killer of men. How? The bacteria from periodontal disease enter your bloodstream, potentially causing inflammation elsewhere in your body, including your heart. The result: atherosclerotic cardiovascular disease. What's more, periodontal disease can signal diabetes. "Blood vessels deliver oxygen and nourishment to body tissues and carry away the tissues' waste products," says Robert Pick, D.D.S., a gum specialist at Northwestern University's Feinberg School of Medicine. "Diabetes causes blood vessels to thicken, which slows the flow of nutrients and the removal of harmful wastes. This can weaken the gum tissue's resistance to infection."

Gums that are salmon-pink in light-skinned people, or a bit darker in dark-skinned people, indicate that your mouth is healthy and bacteria are in check, says Dr. Pick. But if your gums are red and swollen, and they bleed after brushing, you may have gum disease—or worse. Begin daily flossing, and see your dentist for an intense, below-the-gumline cleaning and application of antibiotics.

Check again in: 1 week



CHECK FOR . . .

Clogged nasal passages

What's the big deal? Take a deep breath. Did you inhale through your nose, or through your mouth? If it was your mouth, then your nasal passages may be obstructed, probably due to allergic rhinitis, the symptoms of which can include sneezing, itchy eyes, runny nose, and general stuffiness. Or if those symptoms accompany coughing and wheezing, you

might have asthma. "Asthma can permanently reduce lung function if it's not treated quickly," says Bradley Marple, M.D., a rhinologist at the University of Texas Southwestern medical center. Clogged nasal passages can also contribute to sleep apnea, a condition that's usually also accompanied by snoring and about 20 pounds of extra body weight. Consult a physician right away if you have all three symptoms.

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To flush out the allergens, pollutants, and mucus that either cause or worsen congestion, try a nasal lavage before bed. Mix ¼ teaspoon of salt into 2 cups of warm water, and fill a bulb syringe with the solution. Bend over a sink, cock your head to one side, and insert the tip of the syringe no more than a half inch into one of your nostrils. Squeeze the bulb until all the saline solution has run out through the other nostril. Repeat on the other side. (Not good with recipes? Try Simply Saline, an OTC saline solution with a built-in applicator.)

Check again in: 1 week

CHECK FOR . . .

Runaway heart rate

What's the big deal? Your resting heart rate (RHR) indicates how hard your heart is working to pump blood. It's not only a good indicator of your overall fitness, but it can also signal diabetes or heart disease if it's high. In fact, Italian researchers found that having an RHR above 70 beats per minute (bpm) increases your risk of dying of heart disease by at least 78 percent.

To check your resting heart rate, pee first; a full bladder may elevate your heart rate. Then sit for a minute or two before taking your pulse at either your neck or your wrist. Count the number of times your heart beats in 15 seconds, and then multiply that number by 4 for your bpm. As a rule, 40 to 60 bpm indicates a high level of cardiovascular fitness, notes Adam St. Pierre, M.S., an exercise physiologist at the Boulder Center for Sports Medicine. "A regular cardio exercise program should knock a beat or two off your heart rate within 2 to 8 weeks," he says.

Check again in: 1 week

CHECK FOR . . .

The wrong kind of belly

What's the big deal? Men gain weight around their middles, and studies have shown that deeply seated abdominal fat (called visceral fat) bumps up your risk of heart disease, stroke, diabetes, and some types of cancer.

Unlike the fat that resides just under the skin, visceral fat collects deep within your abdomen, filling the spaces between your organs and increasing the risk of inflammation throughout your body. Worse, it can lead to insulin resistance, which forces your pancreas to boost insulin production in order to clear your bloodstream of glucose, says Michael Jensen, M.D., a Mayo Clinic endocrinologist. (Insulin resistance is a precursor to diabetes.)

Your belly is bulging from visceral fat if you can't pinch or grab a fold. Have some belly to burn off? Step 1: Watch what you eat. To figure out how much you should be taking in, simply multiply your target body weight by 11. That's your daily calorie allotment. Then make sure you're burning about 2,000 calories a week through exercise. In a Duke University study, that amount of activity reduced visceral fat stores by 7 percent.

Check again in: 1 week

CHECK FOR . . .

Moles behaving badly

What's the big deal? Most men diagnosed with melanoma—usually after age 40—have had it for some time and either ignored the signs or simply didn't notice them. Melanoma in a guy is typically found on his head, neck, or upper back, so it's tough to spot and catch early.

"After your shower, scan your skin for anything that looks unusual," says Linda K. Franks, M.D., a clinical assistant professor of

dermatology at New York University. Specifically, check for the ABCDE's of mole surveillance: asymmetry, borders (blurry or jagged edges), color (black or multihued), diameter (more than a quarter inch across, or growing), and evolving (changing size or shape). If you note any alarming marks, have your dermatologist eyeball them and perform a biopsy if necessary.

Of course, the best way to beat melanoma is to prevent it, so use sunblock as well. Dr. Franks recommends Olay Complete SPF 30 Defense, a nongreasy lotion that provides UVA and UVB protection and also includes a moisturizer.

Check again in: 1 month

CHECK FOR . . .

Stiff muscles

What's the big deal? Poor flexibility in your upper back can predispose you to lower-back pain and injury. If you sit at a desk for long hours without moving, or if you're doing a lot of lifting to build your chest muscles but not stretching them out and not strengthening your upper back, your shoulders and neck will hunch forward, notes trainer Bill Hartman, P.T., C.S.C.S. This will limit your upper-back mobility, causing you to overuse your lower back and leading to pain and discomfort.

Stay limber with a pec stretch. Stand in a doorway with your right forearm and palm resting fully on the jamb, and your arm bent 90 degrees. Now lean into the doorway and away from your arm until you feel the stretch. Hold for 30 seconds, and repeat with your left arm. Follow this with your favorite barbell row, dumbbell row, or cable row for 2 to 3 sets of 10 to 12 reps to balance your pushes.

Check again in: 2 weeks

CHECK FOR . . .

Lousy memory

What's the big deal? Can't recall where you just placed your socks? You're probably stressed out. The stress hormone cortisol temporarily short-circuits memory.

Check your memory—and improve it—with an "N-back" exercise in the morning. Pick a word, such as "economy," while you're watching the morning news. Every time someone says the word, come up with the word that person said two (or five) words before it. "This exercise can evaluate how much you can deal with mentally at one time, and then boost it," says Bridgid Finn, Ph.D., a research scientist at the Memory Lab at Washington University in St. Louis. Then consider going for a run. Cardiovascular exercise shunts extra oxygen to your brain, boosting your mental acuity in general. In fact, a recent Duke University review of studies found that cardio work improves attention, brain-processing speed, and memory. It'll help bust that stress, too. ■

Check again in: 1 week

Catch some z's—and some data

Nighttime is the right time to see how your machinery is functioning. Strap on these gadgets before bedding down and you'll have a graph of your vital stats by morning.

SNAP

Detects Sleep apnea

One in 25 middle-aged men have at least a mild form of sleep apnea, a periodic complete blockage of the airway during sleep. (Snoring is a partial blockage.) It can be life threatening and has been linked to stroke. The prescription SNAP device records breathing and blood-oxygen levels as you sleep; it's comparable to lab sessions, says psychiatrist Michael Peterson, M.D., who studies sleep at the University of Wisconsin. SNAP Diagnostics performs the analysis and sends it to your doctor. snapdiagnostics.com

RigiScan

Detects Erectile dysfunction

If you have a problem achieving full erections, your doctor can prescribe this, which will graph the fullness and duration of your nocturnal erections. "Nocturnal erections are not complicated by the conscious thoughts and anxieties that can confound erections during sexual encounters," says University of Wisconsin urologist John Kryger, M.D. Robust results will help your doc rule out vascular and neurological causes of impotence—and point to a possible psychological cause, such as depression. timmedical.com

Fitbit

Detects Sleep problems

Tossing and turning all night? You may be having a hard time reaching the deeper, higher-quality (and healthier) stages of sleep, says Dr. Peterson. This clip-on device uses "actigraphy" (motion sensing) to measure your daily activity and also your nighttime movement, enabling you to estimate how much you're actually sleeping. "It's a good way of looking at your sleep patterns over time so you can find ways to improve them," Dr. Peterson says. \$100, fitbit.com

LIBBY CLARK

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FOR RESULTS THAT GET NOTICED

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Six Star Pro Strength Whey Protein delivers 52g of protein per max dose plus added amino acids. It's also formulated with university tested key ingredients shown to build more muscle¹ and more strength² than regular whey.

Exceptional athletes demand exceptional protein... Shouldn't you? Give your body what it needs to feel great and look its best. Give it the very effective, very affordable, and great-tasting Six Star Pro Strength Whey Protein today!

MORE MUSCLE

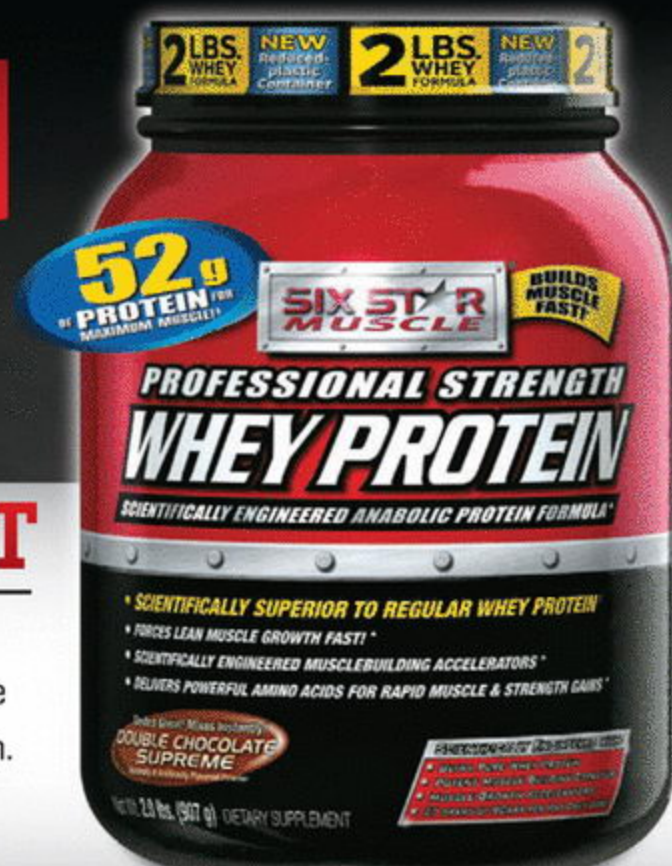
In one 6-week study, subjects taking the key ingredients in Six Star Whey Protein gained, on average, over 4 times the lean muscle than those taking a placebo (8.8 vs. 2.0 lbs.).

MORE STRENGTH

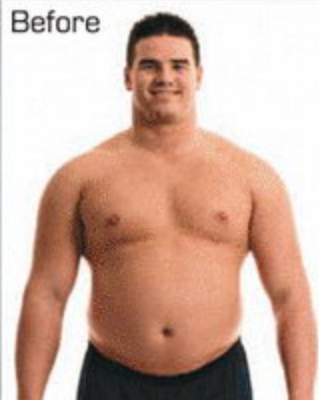
In a 10-week study, subjects using a key ingredient in Six Star Whey Protein gained over 2.5 times the strength on their one-rep bench press than those using casein (105 vs. 40.7 lbs.).

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Whey Protein has been documented to have a high biological value, which means it's easily absorbed and highly utilized by the body during the recovery process.



Before



After



PERSONAL BEST

T.J. Lynch from Babylon, NY, made an incredible 33-week transformation with the help of Six Star Pro Strength Whey Protein. Now with more visible muscle, T.J. has the physique he's always wanted.

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T.J. Lynch also used other Six Star Muscle supplements and has been remunerated. ¹In one 6-week study, individuals taking the key ingredients in Six Star Muscle Whey Protein gained, on average, more muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). ²In a 10-week study, subjects using a key ingredient in Six Star Whey Protein gained over 2.5 times the strength on their one-rep bench press than those using casein (105 vs. 40.7 lbs.). © 2010.

Free Your Muscles

The secret to greater strength and size is flexibility. Here's how to boost all three with a simple foam roller

BY JEFF CSATARI • PHOTOGRAPHS BY JAMIE CHUNG

ARE ADHESIONS DEEP IN THE *LONGISSIMUS DORSI* of your *sacrospinalis* in need of kneading? • Let's put it another way: Does your ass hurt? • Well, a simple \$18 closed-cell foam roller could be your cheap ticket away from pain—a solution just as effective as an expensive full-body massage, and without the lavender-scented oil. • Self-massage with foam rollers is all the rage among elite athletes, keg-league softball players, and even hunchbacked, deskbound Web 2.0 titans—and not just because it feels so good. In fact, it can help you train better and harder. • You won't find a lot of scientific research on foam-roller therapy, but anecdotal love letters from physical therapists and strength

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^{††}The primary ingredient (Caffeine anhydrous [1,3,7 trimethylxanthine]) supports increased energy and boosts metabolism to burn more calories. ^{♦♦}Based on IRI F/D/MX dollar sales data 12-weeks ending 01/24/10. Read entire label before use. © 2010

coaches abound, says Mike Robertson, M.S., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. "It helps stiff muscles relax and breaks down scar tissue, and improves your range of motion," he says. All of which can lead to a more productive workout—and help you build more muscle and greater strength as a result. That's why foam rollers have found a place in professional training rooms around the world.

Foam-roller massage can be useful even if you rarely find yourself in a squat rack. Flexibility and mobility become increasingly important to good health in your 30s and 40s, when your joints begin to lose some motion and lubrication, says Harold Millman, D.P.T., who practices in Bethlehem, Pennsylvania.

Whether you're an athlete or a desk jockey, you can benefit from a ride on a foam roller. Do these five exercises before your workout—or at any time—and you'll attack the most common tight-muscle problems for men. ■



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HOW TO DO IT

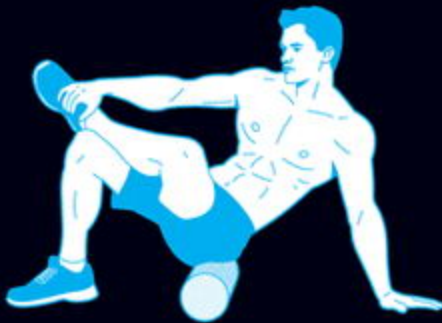


IT band

Best for *runner's knee*

Your iliotibial band (ITB) runs along the outside of your leg from hip to knee; it often becomes over-tight from high-mileage hoofing.

Lie on your right side while propping yourself up with your elbow and forearm. Slip a foam roller beneath the outside of your right thigh and lift your right foot. Cross your left leg over your right and plant your left foot on the floor. Now roll back and forth for 30 seconds from the bottom of your hip to just above your knee. Then turn over and work your left ITB. To increase pressure, take your bracing leg off the floor and stack it on top of the leg you're massaging.



Piriformis

Best for *sciatica*

Tension in the piriformis (between your sacrum and the top of your femur) can irritate the sciatic nerve, causing butt and hamstring pain.

Sit on a foam roller and support yourself by placing your left hand on the floor. Now lift your left leg and place your ankle across your right bent knee, holding it there with your right hand. Lean to your left and position yourself so the roller is directly under your left butt cheek. Roll back and forth over the piriformis. Alternate positions to hit the muscle from different angles until you find the hot spot. Roll for 30 seconds, and then do your right butt cheek.

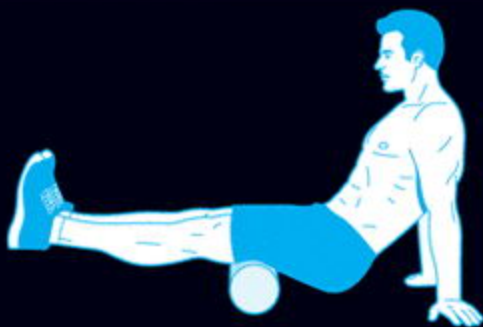


Thoracic spine

Best for *upper-back mobility*

Big chest muscles, weak back muscles, and sitting all day can conspire to cause pain from your neck to your lumbar region.

Lie on your back and place a foam roller beneath your upper back, near your shoulder blades. Your feet and butt should be on the ground and your hands behind your head. Now brace your abs as if you were about to be punched in the stomach, and slowly work the roller for 30 seconds up and down your upper back—that is, from your shoulder blades to your middle back (not your lower back).



Hamstrings

Best for *lower-back pain*

Inflexible hamstrings can interfere with sports performance and cause lower-back pain.

Sit on a foam roller with your legs outstretched, and support yourself by placing your hands on the floor behind you. Position yourself so the roller is directly under your hamstrings. Slowly roll forward and back from the base of your glutes to the bend in your knee for 30 seconds. Try it with your feet turned out and then with your feet turned in, to work the hams from all angles. You can increase the pressure by stacking one leg on top of the other.



Quadriceps

Best for *jumper's knee*

Tight quads can tug on your patellar tendons, causing pain around your kneecaps.

To keep your knees healthy and loose, lie on your stomach with the roller placed under your thighs. Holding your body straight, roll yourself back and forth from hip to midthigh for 30 seconds. Bend your knees to increase the pressure.



From Your Best Body at 40+, available at Rodale.com.

Illustrations by Kogon McLeod



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Close the Sex Gap

Small differences between the two of you can grow into giant chasms. But this doesn't mean you're doomed as a couple

BY CAROLYN KYLSTRA

IN THE FIRST FEW YEARS OF A RELATIONSHIP, IT'S EASY TO OVERLOOK minor variations in your personalities. Her need to socialize makes her vivacious, not overwhelming. Her massive paycheck is a nice change of pace, not a threat. And her closeness with her family makes her sweet and loyal, not overly dependent. But eventually the sex-cation ends, and those differences may begin to seem less charming and more distracting—or even destructive. “Opposites do attract, but they don’t always last,” says clinical

psychologist Michael Broder, Ph.D., author of *Can Your Relationship Be Saved?* • Researchers say the best way to manage such disparities is to confront them head-on and negotiate compromises. “Successful couples know how to use their opposite traits to their mutual advantage,” Broder says. “If each partner can honor the other for what he or she does best, then between the two of them, they can do a lot more together.” • Use our expert advice to help ensure that your differences don’t drive you both crazy—or apart.

A. Inden/Corbis

A full-page advertisement featuring two muscular men. The man on the left is shown in profile, looking down, with his hand on his hip. The man on the right is facing forward, looking at the camera, with his hand on his hip. Both are wearing black 2(x)ist underwear with a red stripe. The background is a dark, textured grey.

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You've overdosed on her family

If it seems as if every weekend involves her siblings and parents, that might be normal. In the United States, 43 percent of adult sons and daughters see their fathers once a week, and 54 percent see their mothers each week, according to a 2009 study that suggests those numbers are rising. In reality, then, the issue isn't frequency, but purpose. "The healthy attitude is to consider your spouse your new family, with your extended family taking on a secondary role," Broder says. So in a functional relationship, you garner emotional support from each other first and the parents second. As long as you're the first person she calls to share good or bad news, excessive family time may be an irritation, but it's not a problem.

Your move Manage your own extended-family time commitments, not hers. Instead of asking her to limit her time with her mother or guilt-tripping her into accompanying you every time you see yours, work out a schedule that includes solo visits as well as joint outings, Broder says. "Just say, 'I'd rather not visit your mother every time you do, if that'd be okay. How about every third time instead?'" Frame your argument this way: You don't need to have the same bond with her family that she does, and just because your bond with her family is less strong doesn't mean hers has to be.

One is a wallflower, the other isn't

Different socializing styles can breed resentment. One of you feels rejected, left stranded by the buffet table, while the other feels restricted, limited to small gatherings. But it's not all bad news: Differences in extroversion actually mean greater satisfaction in long-term relationships, according to research in the journal *Psychology and Aging*. Study author Michelle Shiota, Ph.D., speculates that it's because your needs change as you grow—in young relationships, you're looking for fun and excitement; in an older relationship, you're seeking a life partner to help you with day-to-day duties. Ultimately it's easier to split duties when you each have your own niche. "Each partner assumes control over what he or she is good at," Shiota says. Extroverts and introverts have different skills: One of you might excel at financial planning, for instance, while the other navigates carpooling logistics with ease.

Your move Negotiate a social game plan. As much as the introvert might want to, he or she can't bow out of every social activity. Instead, try this partygoing strategy: Spend the first 20 minutes of a party together. That way the extrovert can help the introvert make connections, suggests psychotherapist Tina Tessina, Ph.D., author of *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*. "The couple also needs a signal for when it's time to leave, and they should reunite for the last 10 or 15 minutes so they leave as a cohesive unit," she says.

Your vacation styles clash

Travel is packed with potential obstacles to overcome—lost baggage, missed connections, cultural hurdles. Add to that the stress of one person wanting to explore and sightsee while the other prefers to soak up sun by the pool all day, and you're asking for turbulence. "If a vacation is golf-heavy for him or spa-heavy for her, then one person is going to be unhappy," says Paris Permenter, coeditor of the travel Web site *lovetripper.com*. "You need to make it a trip both parties can enjoy."

Your move Don't visit familiar turf. "Make it a fresh destination, which will help break you of your usual vacation patterns. You'll be more open to spontaneity in your itinerary," says Permenter. Discuss expectations in advance, she adds, and don't feel guilty about separating for the day. In the end, the emphasis of the trip should be on each other—on allowing each person to have the vacation he or she desires while still sharing the experience. "Go—not to do X, Y, and Z—but to go with the flow. And expect to have a good time," Permenter says.

Your libidos don't match

Sometimes, yes, it's *you* with the headache—or the basketball game, or the Xbox session. "It's more common than you'd think for a man to have lower libido than his wife or girlfriend," says psychologist Linda De Villers, Ph.D., author of *Love Skills: A Fun, Upbeat Guide to Sex-cessful Relationships*. But because this dynamic contradicts the stereotype of the ever-ready male, it can cause serious love drama. "The person with lower libido can feel pressured and guilty," De Villers says, "and the person with higher sex drive can worry that the partner isn't attracted to them anymore."

Your move Explain yourself. Lack of sex makes women feel distressed, according to a

Kinsey Institute study. But lack of emotional connection is more upsetting. Clarify that your disinterest has nothing to do with her, says De Villers. If you're simply tired or preoccupied, say so—and promise you'll be thrilled to hook up with her the next night. Then assume the Big Spoon position. When the next night rolls around, initiate the encounter yourself.

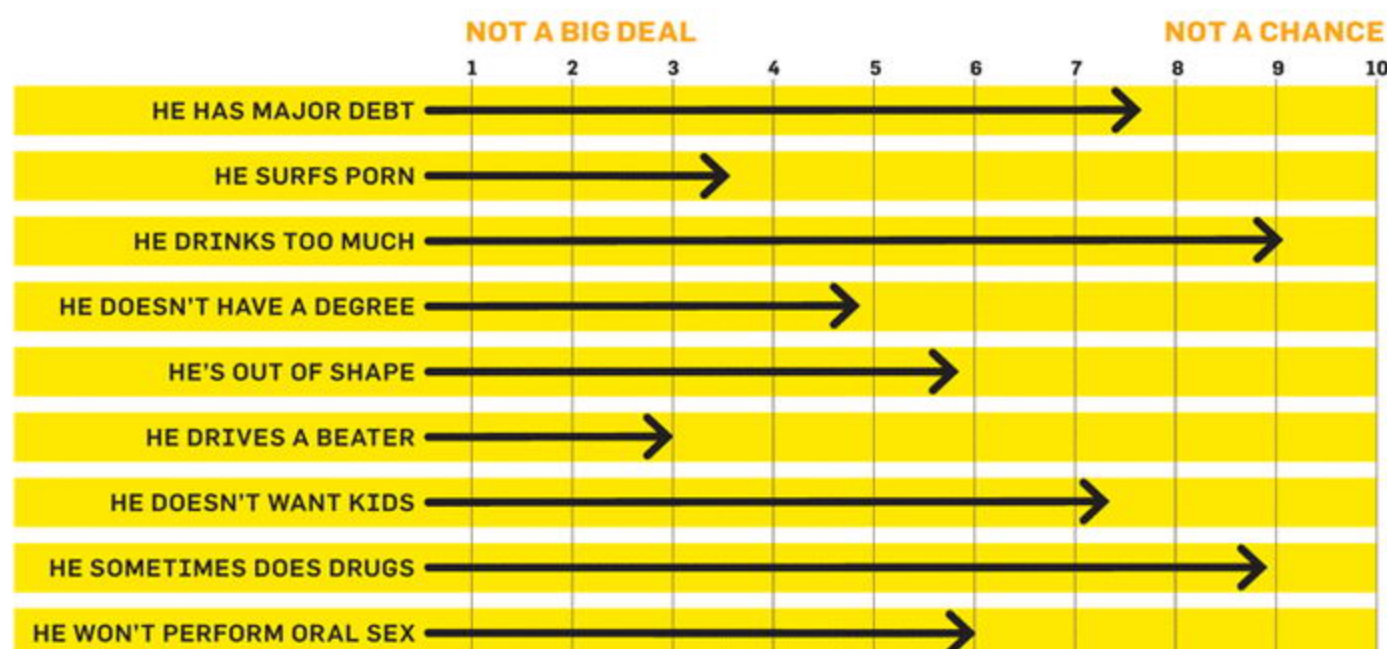
One of you makes more money

In 22 percent of American couples, wives make more money than their husbands—that's up from 4 percent in 1970, according to the Pew Research Center. He-cession and women's advancement aside, however, the average man still brings home more money than the average woman does. "If you both work, a difference in income can mean struggling about who pays for what, or whose income determines your lifestyle," says Tessina. "The traditional view of relationships assumes that all money should be pooled, but it isn't always that simple."

Your move Communicate—and set multiple budgets. Unless you have a direct conversation about your lifestyle and finances, someone will feel resentful, Tessina says. The person paying more money might feel they're putting in too much, and the person who makes less might feel that they're being railroaded into an uncomfortable lifestyle. So discuss vehicle purchases, dining out, gifts, and vacations with that in mind, she suggests. If you're married, consider keeping separate personal-spending accounts in addition to your pooled resources. "Separating your money can make things run more smoothly because you don't wind up struggling for control," Tessina says. Discuss a plan that works best for both of you, whether that's splitting expenses evenly or working out a percentage share if your incomes are vastly dissimilar, she says. ■

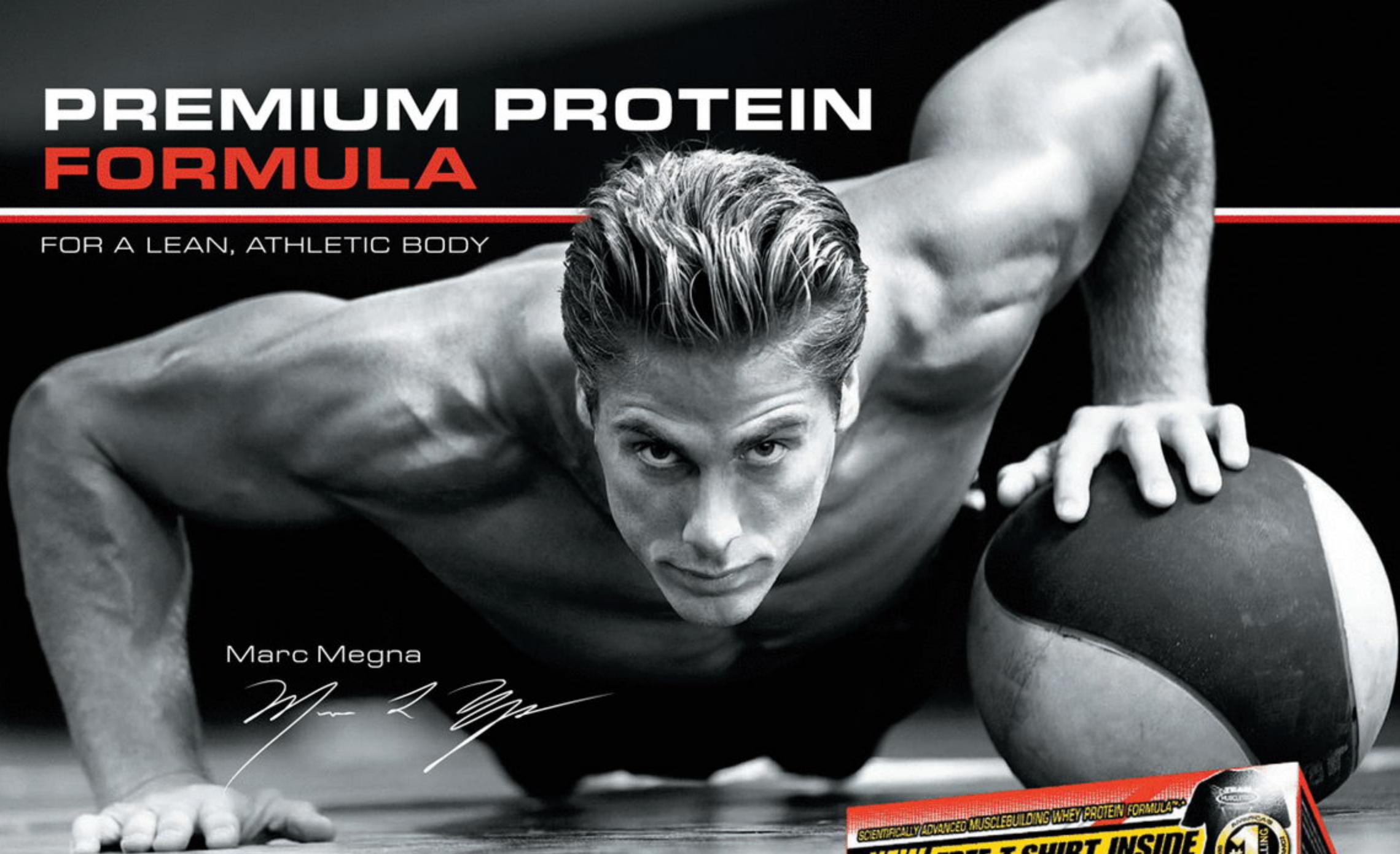
Don't even try it, bub . . .

1,547 women tell us which issues are nonnegotiable in their relationships



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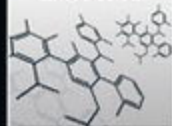
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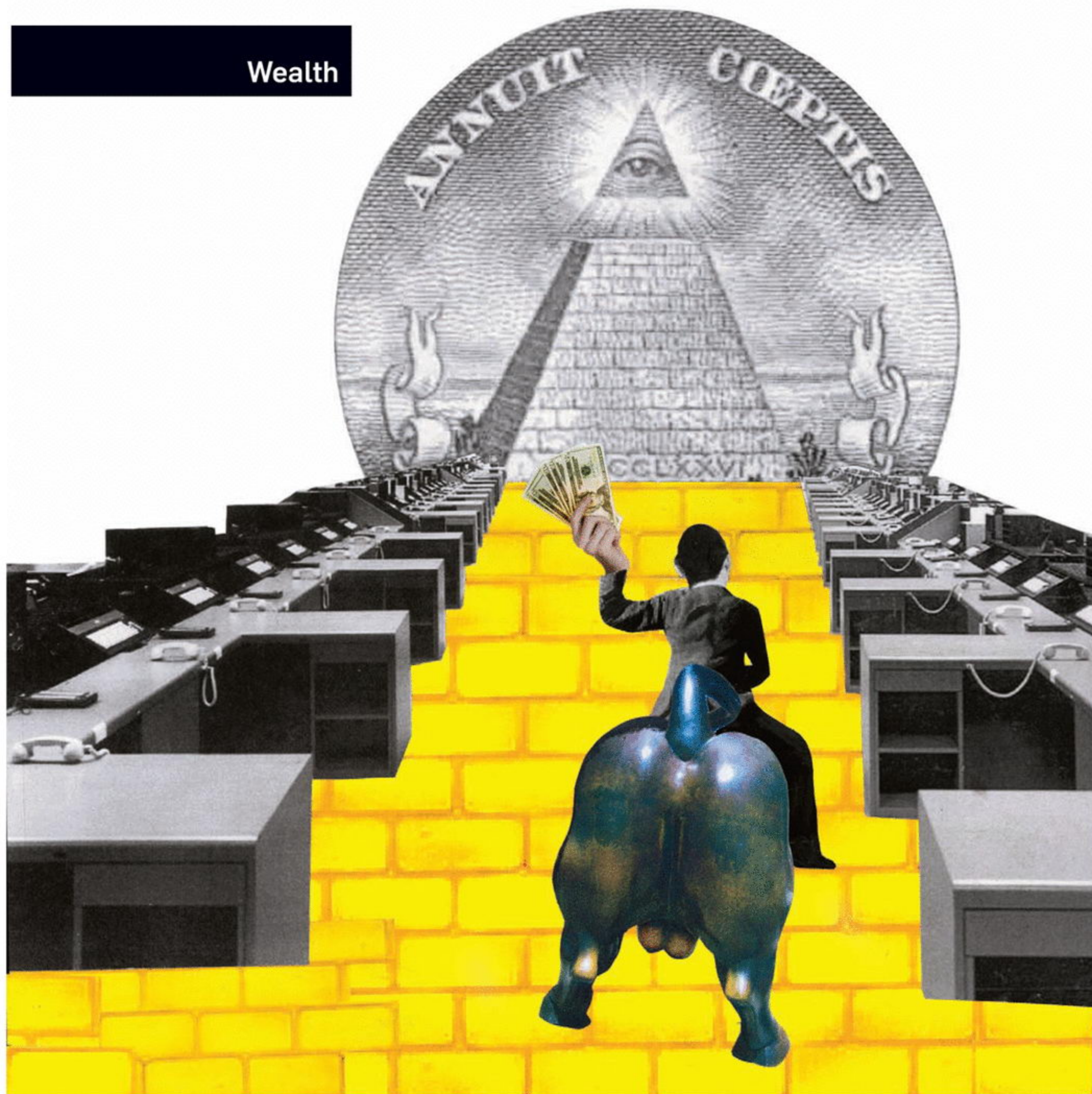
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BY RICHARD SINE • PHOTO-ILLUSTRATIONS BY JOSEPH HEIDECKER

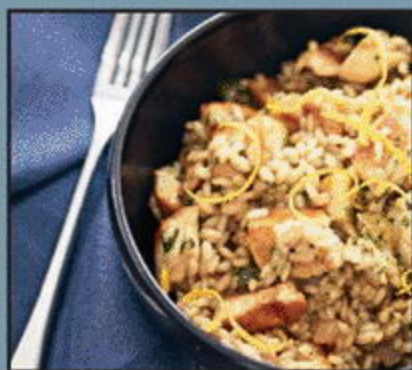
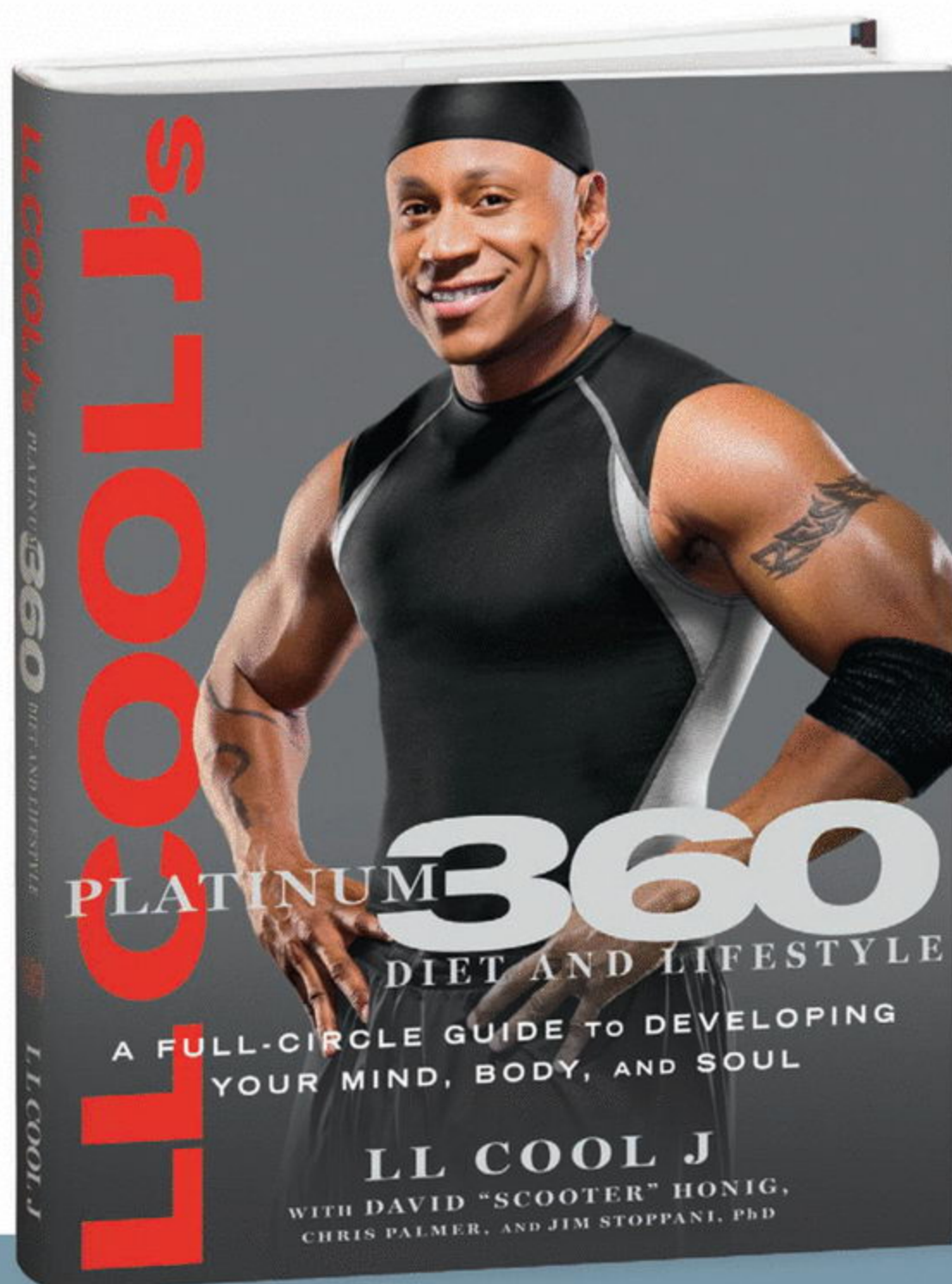
ATTORNEY DAVID CHIZEWER HAD HIT THE PROFESSIONAL JACKPOT. A judge and jury had awarded one of his clients the largest judgment in the history of the federal Whistleblower Protection Act, and in August 2008, Chizewer received his share of the payout. (He won't say how much, but let's just say that a tiny fraction of \$334 million is still a gigantic payday.) And then he sat on it. • Well, not exactly. He invested some of it and watched those investments lose value, and then put more into the market at its bottom in 2009. He has since regained his losses. So now the money is tucked away in retirement and college-savings accounts, even though

Chizewer is in good shape in those departments thanks to years of fiscal discipline. • So what's that money really for? "I thought it would end the war in my head," Chizewer says. "That feeling I have that the world is going to end every time I let my kids order filet at a restaurant, or buy chocolate-covered goji berries at Whole Foods. It feels kind of inappropriate to do that during the recession, so we've tried to increase our charitable commitments, which makes our financial status seem even more precarious. So I just cross my fingers and hope everything works out." • Experts are talking recovery, but sometimes this economy feels more like the world's

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longest roller coaster. One minute we're riding high, so we treat ourselves to a nice Napa cabernet. But then it swoops so low we can't bring ourselves to open the bottle.

We've been on this thrill ride before, of course. But this time it was way more nauseating. We were egged on by predatory bankers who fed us credit as the regulators slept. All it took was a little encouragement, and for the first time since the Great Depression, Americans stopped saving.

The regret is now palpable. But we'll do it again. This is how the business cycle works, says John Nofsinger, Ph.D., a finance professor at Washington State University. When times are good, we spend like sailors. When the crash happens, we guard our pennies as if they were diamonds. "We're frenzied on the upside, and then we become too pessimistic on the downside," Nofsinger says.

Here's the cold, hard economic truth: We ought to be doing the opposite. If you're looking to turbocharge your long-run wealth, follow this plan: When the sun is shining, be a miser. Then, when economic disaster strikes, spend that money on the stocks, houses, goods, and services that tend to plunge in cost when recession strikes. And if the downturn kills your job, you'll still have savings to fall back on.

Doesn't that make sense? All it requires is a little discipline and a little perspective. Funny, then, that only a small minority of really smart guys actually pull it off.

THE BANKER BARON ROTHSCHILD IS REPUTED to have said that the best time to buy is when blood is running in the streets. Surely anyone who had the stones to buy stocks when the market was so low in March 2009 understands the wisdom of those words.

Buying low and selling high is an eminently rational idea, and for many years economists assumed that most people acted rationally with their money. Almost no one believes that anymore; most investors sell during panics and buy during booms. As a result, most investors fare much more poorly than the broader

We buy too much when times are good, and freeze up or sell when times are bad.

market does. In fact, the average stock-fund investor earned just 3.2 percent a year in the two decades ending December 2009, while the S&P 500 earned 8.2 percent, according to the research firm Dalbar.

It's less studied, but the larger economy works pretty much the same way. We buy too much when times are good, and freeze up or sell when times are bad.

Why is it so hard to act rationally? It helps to remember that spending, like drinking, is



typically a social experience. In an experiment by marketing guru Martin Lindstrom, diners in an Australian restaurant who overheard their neighbors ordering fancy champagnes and high-priced entrées spent 72 percent more than people in a later trial whose neighbors spent half as much. Those social pressures that make us spend more during a boom also make us spend less during a recession, says Lindstrom, the author of *Buyology: Truth and Lies about Why We Buy*.

When powerful emotions become mixed in with our natural tendency to absorb social cues, the rational parts of our brains take a breather, says Kit Yarrow, Ph.D., a consumer psychologist at Golden Gate University, in San Francisco. The collective euphoria we all felt when our stocks and home values soared blinded us to the obvious (in retrospect) possibility that we were in the midst of a bubble. After a crash, that euphoria turns to gloom, and frugality becomes the new black.

Of course, you might think you're not emotional about your money or overly influenced by peer pressure. But your brain could be sabotaging you nonetheless. Our willingness to spend is closely tied to our beliefs about the future—those “consumer confidence” numbers you hear on the business news come from pollsters who ask people to predict the future of the economy. (Consumers who are

less confident spend less, holding back a recovery.) But people who make predictions tend to make some very common errors.

Research shows that our forecasts for the future rely far too heavily on extrapolations from the present or the very recent past. Is the economy on the upswing now? Then we tend to think it will stay that way for a long time. Is it tanking? Then we guess recovery must be a long way away. We have an unconscious tendency to make estimates based on the most recently presented experience; psychologists call it the “recency effect.”

This kind of lockstep thinking leaves us unprepared for the inevitable swings in the business cycle. And if you're a healthy American man, you'll live through a few more of those swings. How can you make sure you stay ahead of the herd and avoid being trampled by it? Here's your six-step plan.

Step 1 Tune out the noise

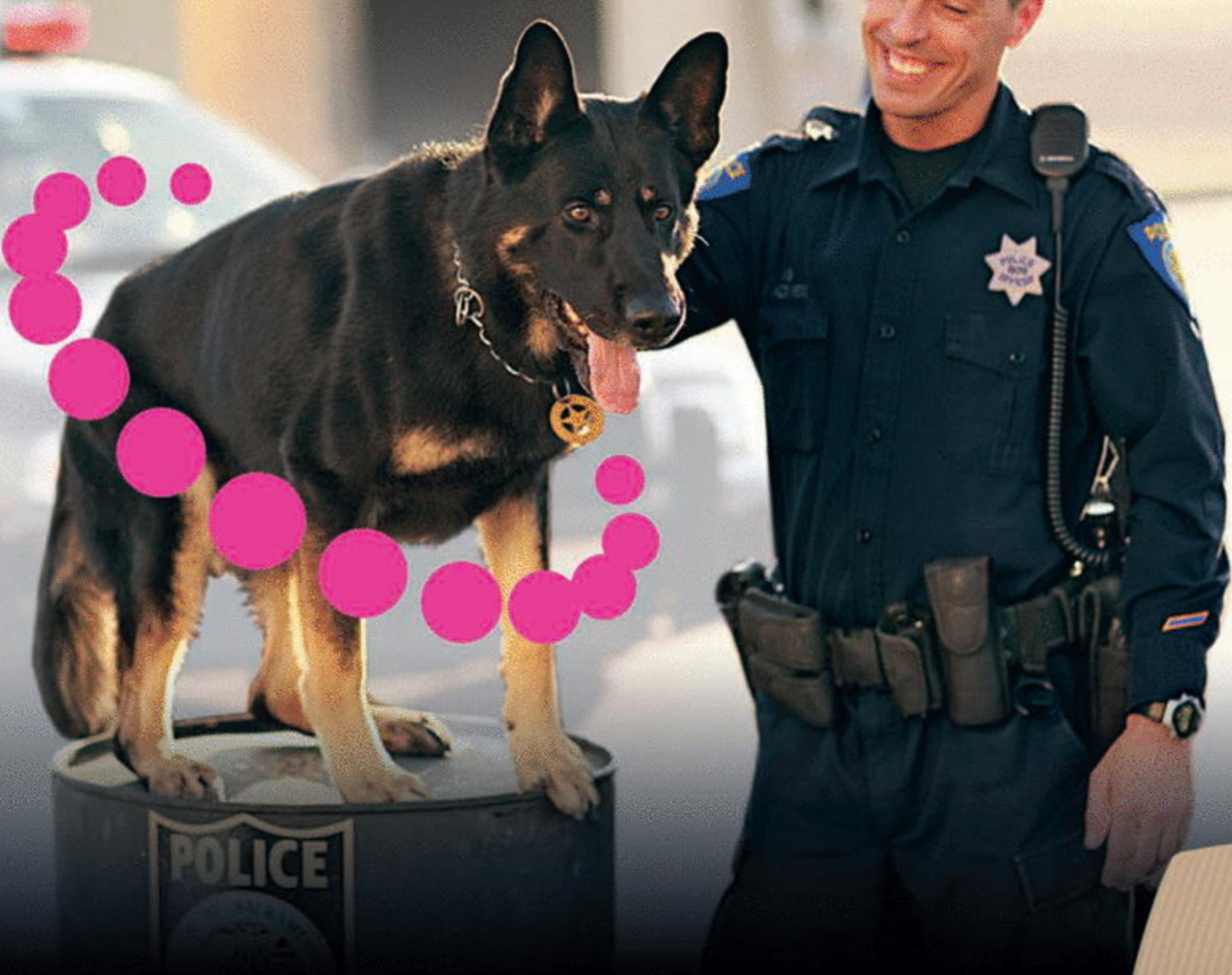
You felt rich back in 2008, and now you feel poor. You're not alone: As of late last year, nearly 80 percent of wealthy Americans had consciously reduced or deferred their spending, according to the American Affluence Research Center. Even the very rich are pinching 20s: About three out of four millionaires with up to \$6 million of wealth are cutting back, and 56 percent of people worth more than that are doing the same.

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But it's *your* economy that matters, not your neighbor's or even the nation's. If your job is hanging by a thread or you're drowning in debt, then it's time to cut back. But if your job seems secure, your credit is good, and you have funds in the bank, then it may be time for some risks.

Forget about the rest of the economy. In fact, your risk-taking will probably pay off best if it goes in the opposite direction of the economy, because most investments are cheaper during downturns.

Step 2

Stop playing the blame game

"My lender said I qualified for the loan!" "My credit-card company kept raising my limit!" "Those Wall Streeters took us all for a ride!"

All true, perhaps, but just because some greedy bankers took advantage of you doesn't mean you don't share in the responsibility. "It's a trap to put all the blame on predatory lenders or financial institutions," says psychologist Brad Klontz, Psy.D., the author of *Mind over Money*. "That's only part of the story. Ask yourself what *you* were thinking when you tried to buy a \$900,000 house with your \$50,000 salary. Was it because everyone else you knew was doing it? Was it just because someone was willing to lend you the money? If all your focus is external, you're just going to land in trouble again at the next opportunity."

The depths (and heights) of our emotions have kept pace with the severity of the recent boom and bust. "Intense emotions around money lead to some very rigid beliefs," says

Klontz. "This economy is a financial flash point for many young Americans, just as the Depression was for a different generation." If the Great Recession teaches us to have a healthy suspicion of bubbles and bad debt, then that's a good thing. The danger Klontz sees is that layoffs, foreclosures, and other financial traumas are leaving lasting scars.

While most of us aren't pulling all our money out of equities, a 2009 KRC Research survey shows a deepening mistrust of the stock market among young adults. The problem, say investment advisors, is that young people will need to take prudent risks—including stock purchases—to accumulate enough money to retire.

If you share that mistrust, consider stashing your cash in a "target-date fund" that automatically adjusts risk based on your projected retirement age. Also, stop paying attention to daily or even monthly swings in the market; they're just distractions.

Step 3

Stay cool at the cash register

Wanting is a thrill; having is a bore. Brain studies show that anticipating a purchase triggers a larger dopamine release than actually receiving the new toy. Buy while you're excited and you'll buy too much, so ratchet down your emotional state. Also . . .

- Avoid making significant purchasing decisions when you're tense or fatigued. You'll be more likely to make a rash decision, says executive coach David Krueger, M.D., author of *The Secret Language of Money*.

- Don't shop while you're hungry, says Lindstrom, who has documented increased spending by famished shoppers.
- Spend more time than usual on big buying decisions, says Yarrow—at least a weekend for the most significant ones.

Step 4

Save first, ask questions later

If most of us don't think enough when we spend, we think too much when we save. Savings goals, like having money for retirement or the kids' college, are huge and uncertain. If we wait until we have a solid idea of the exact cost, we'll never save anything.

So don't wait. Instead, estimate the maximum amount you could possibly save each month, says Dan Ariely, Ph.D., a professor of psychology and behavioral economics at Duke University and the author of *Predictably Irrational*. Automatically divert that amount from your salary for your savings goal, whether it's retirement, debt payoff, or a down payment. If you find you're diverting too much, you can always adjust. "That way, the period while you're still making up your mind is a period when you're saving," Ariely says.

Step 5

Become a predator (a well-mannered one, of course)

During a downturn, emotions like guilt or fear can prevent you from making wise purchases. Are you thinking about making an offer on a foreclosure, or buying some cheap furniture or jewelry off Craigslist from a guy who's down on his luck? The herd would call you a vulture, but you're buying from a willing seller—not taking advantage of him. That guy (and even that bank) is just trying to make a clean start. So shrug off the stigma. The economy will thank you.

Step 6

Keep your perspective

You can't predict where hemlines are going or when the Saints will repeat, but you can bet your last dollar on two things: First, the economy soars and plunges, and second, nothing rises in price endlessly. The only people who seem to remember these truths and act on them—that is, those who can overcome the recency effect—have a lot of experience, says Nofsinger. "People who've been in the game long enough, whether it's real estate or anything else, have seen the cycles and had the chance to curb their overconfidence."

So seek financial counsel from people who not only are impartial (that is, not trying to sell you anything) but have also been there and done that—two or three times. That means working with financial planners, real-estate agents, and other professionals who have been in business 15 years or longer. With their help, you'll see the future. Yours. ■

Can you afford it?

Before you ask that question, answer the ones below. Then buy in peace.

Big-purchase decisions come down to your tolerance for risk, says John Grable, Ph.D., a finance professor at Kansas State University. Your risk, that is, of bankruptcy, eviction, or any of the other misfortunes that can result from spending too much. • Economists used to assume that risk tolerance was tied to personality, but Grable and others have found that it's more attuned to the environment. When times are good, we feel good and take big risks. When times are tight, we hunker down. Behavioral-finance experts suggest that you should make buying decisions based not only on your tolerance for risk, but on your *capacity* for risk. Capacity boils down to whether the rest of your financial house is in order. Ask yourself these questions, says Grable, to measure your risk capacity.

1 How stable is my income? → 2 How's my insurance coverage? → 3 What is my net worth?

Is your job secure? Are you counting on bonuses that might not appear? If you lose your job, could you find another one? If your answer to any of these questions is "no," then you'll need a large emergency-savings cushion: 9 months of living expenses.

What's the level of protection offered by your health, disability, and homeowners policies? If the answer is "not good," then you'll need a big pot of gold stashed away to ensure that a misfortune won't leave your loved ones scrambling to buy necessities.

A millionaire with \$999,999 in debt has a net worth of a dollar. One false move and he's bankrupt. The more assets and the less debt you have, the bigger the financial shock you'll be able to withstand if the economy turns sour.

ALSO If you have a decent risk capacity, you're hitting your mark on key financial goals like retirement, and you have a few bucks left over at the end of the month, then you've earned a spending spree. And in this economy, there's a lot of buried treasure if you're willing to take some risk.

—R.S.

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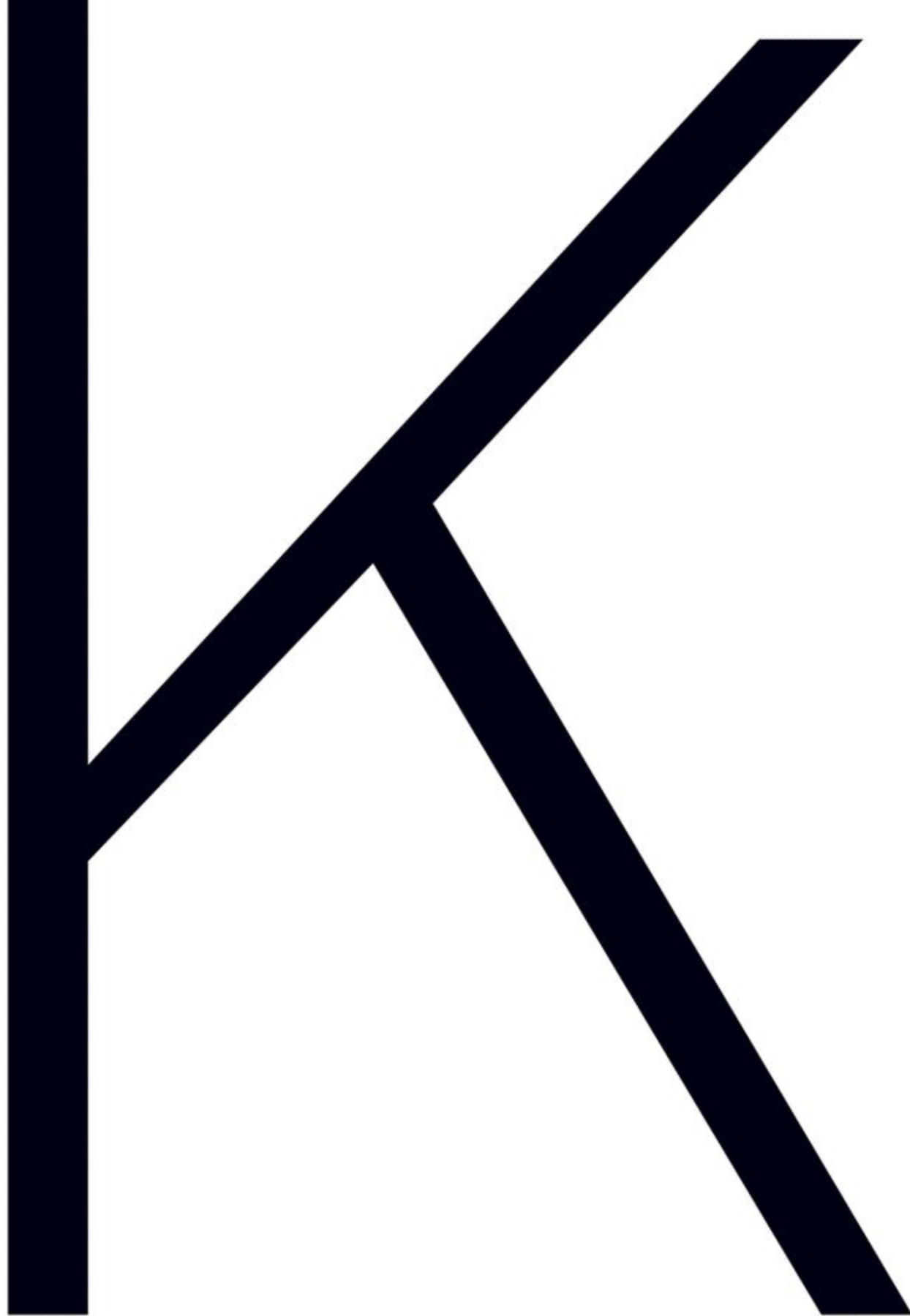




BUILT FOR THE BEACH

TWILIGHT STAR **KELLAN LUTZ** HAS, LIKE, 64 ABS.
AND HE HAS TO HUSTLE TO KEEP THEM

BY JEFF O'CONNELL
PHOTOGRAPHS BY JEFF LIPSKY



Kellan Lutz's abs epiphany came during an eighth-grade graduation party at a water park. "Before then, I never knew abs were attractive," he says. "Where I grew up in Arizona, you would never see anyone without a shirt on at school. But when I took off my shirt, all the girls were, like, 'Oh, look at your abs!' And I was, like, 'Yeah!'"

Psychologists call this "positive reinforcement." And Lutz instinctively knew what to do: Stay active.

It's understandable to be ticked off by Lutz's looks, which are great despite the deathly pallor of his vampire character in the *Twilight* flicks. Men resent other men who are that good-looking and that fit. It seems too easy.

But it wasn't. The 25-year-old's advantage was an early love of athletics, but he's had to put in constant effort to maintain his physique. He played football in high school (plus trombone in the marching band—a hell of a time-management trick), hit the gym regularly for years, and considered becoming a Navy SEAL. One of the reasons he attended Chapman University was its location—near the beach.

If only we'd made fitness part of our lifestyle as kids, then. . . . But there's no reason we can't start now.

Hell, Lutz's workout regimen had been an unfocused mishmash for years—until he filmed the HBO series *Generation Kill* in 2007. How do a bunch of guys stuck in the African desert kill time for 7 months? They do exactly what you and your friends should do: challenge one another. In Lutz's case, that involved pushup and situp contests and lifting weights in a makeshift gym. One fellow actor, a former pole vaulter named Rich McDonald, offered Lutz some helpful tips; now they're regular training buddies.

To stay in shape after *The Twilight Saga: Eclipse*, Lutz starts every workout with 5 minutes of cardio and follows it up with core work. "Activating the core maximizes muscle utilization in every other exercise," McDonald says. Translation: Core work makes your body ready to rock. After a few sets of powerful full-body movements, Lutz and McDonald do simpler exercises that target specific muscles, letting their bodies recover a bit before another blast of energy and muscle-fiber recruitment.

When exhaustion compromises Lutz's form, McDonald has him back off—even if Lutz wants to continue. It's more important that he do things right. Otherwise he'll risk hurting himself.

The workouts don't end when Lutz leaves the gym. While it's impossible to stay perfectly faithful to a routine, it's easier to stay active when fitness blends naturally into your day. That's why Lutz hikes, and swims in his backyard pool with his shepherd husky, Kola. He even does lunges while he's out walking Kola.

Food used to be a problem, though: Good eating habits weren't something Lutz had an early start on. He was one of eight kids raised by a divorced mother. "With a big family and not a lot of money, we ate whatever we got," he says. Years later he could still eat 10 Taco Bell tacos in one sitting. "By the time I got to the eighth one, I'd feel so sick."

No longer. Now Lutz eats small meals every 2 to 3 hours, and he never skips breakfast. Because of that, he's energetic all day. And he's never too hungry, so he's less prone to overeat. To keep his metabolism humming overnight, Lutz downs a hard-boiled egg before bed.

The dividends are as much mental as physical. Fitness teaches him to channel his energy. Just before we spoke, Lutz had been dealing with two flat tires and was pretty annoyed. "I'm not usually a down person, so when something like that happens, I go to the gym and run it off—work out, make my blood pump."



Styling: Brian Boyé, grooming: Rowan Coppi/Solo Artists, Joe's Jeans T-shirt, Simon Miller jeans, Giles & Brother bracelet



Kellan's full-body blast

Complete a set of each exercise in succession. Rest, drink some water, and repeat. Build up to three circuits as your strength and stamina increase.

LEG THROW 20 REPS

Lie flat on your back and raise your legs up explosively until they reach your partner's or trainer's hand. He or she will push them back; fight against it as you descend.

FOLDUP 20 REPS

Lie with your lower back on the round half of a Bosu ball. Cross your arms over your chest; bend your knees. Crunch forward; at the same time, draw in your pelvis and legs.

HANG CLEAN/PUSH PRESS 12 REPS

Perform two hang clean/push presses before dropping down and doing two pushups. Continue alternating until completing the prescribed repetitions.

Stand grasping a barbell just beyond your shoulders, using an overhand grip. Bend at your hips and knees, letting the bar hang above your knees. Explode up, shrug your shoulders, and roll your wrists back to "catch" the bar at your shoulder girdle, palms facing forward, as you drop into a squat. Explode back up and press the bar overhead.

PUSHUP 12 REPS

Do a traditional pushup.

INCLINE DUMBBELL PRESS 12 REPS

Set the incline at 45 degrees before lying with your back on the pad, dumbbells held at your shoulders, palms facing forward. Straighten your elbows to press the dumbbells overhead.

EXPLOSIVE PUSHUP 12 REPS

Do a traditional pushup, but aim to push yourself off the floor and clap between reps.

LUNGE 12 REPS

Alternate legs; once each makes a rep. With a dumbbell in each hand, stand in a lunge position (take a step forward with one leg). Drop straight down until both knees are bent 90 degrees. Push off your heel to come up and return to lunge position.

GOBLET SQUAT 12 REPS

Stand holding a dumbbell in front of your sternum with both hands so your elbows are flared. Drop your hips and bend your knees to descend until your thighs are parallel to the floor. Keep your back from rounding or tipping forward.

Work out harder, faster

1 Buddy up
The benefits of working with a trainer far outlast those of solo sessions. "It's great to have someone to push you and hold you accountable," says Lutz.

2 Create a game
Bored with a routine? Here's a game Lutz plays: Spread out a deck of cards, pick a card, and guess its color. If you're right, your partner must do the number of pushups displayed on the card. If you're wrong, do double that number in crunches. Go through the deck and you'll both do about a combined 300 crunches and pushups.

3 Lay off the abs
When Lutz first began exercising in high school, he'd do crunches for hours every day. Wrong move: Those muscles need time to recover. "I saw much better results when I hit my abs harder and less frequently," he says.

4 Grow proportionally
Lutz used to focus on his chest and arms, and ignored his skinny legs—but that made him awkward and out of balance. "You can't just build a huge chest and arms. You need to work out your body evenly," he says. "Otherwise, A, you'll look weird, and B, it's not the best for your body."

ELIMINATE HUNGER

eat slower

Utensils are surprisingly useful. "Even if it's pizza, I'll eat with a fork and knife to slow down," Lutz says. Don't outrun that stomach-to-brain messaging: Eating calmly lets your body announce when it's full before you've overstuff yourself.

use healthy fat

Lutz loves cooking, and he's discovered that cooking with healthy fats helps him stay lean year-round. One secret weapon: coconut oil. Disregard the bum rap it has received based on its saturated fat content. Coconut oil's medium-chain fatty acids can actually promote fat burning.

add nutrition

Lutz's diet needs to fuel him for long days, so he has a protein shake and multi-vitamin every day. "And to make sure I have enough healthy fats, I'll sprinkle some ground flaxseed into the blender along with the protein powder," he says.



RECAPTURE YOUR W T



NATURE HEALS, RESTORES, AND
INVIGORATES. IT MAKES YOUR BODY
STRONGER AND YOUR MIND QUICKER.

AMERICAN MEN ARE ISOLATED FROM
THEIR HEALTHY, NATURAL STATE. BUT
THERE'S AN EASY FIX: STEP OUTSIDE

BY JIM THORNTON
PHOTOGRAPHS BY AYA BRACKETT

THE D E E P S

Tarzan, atop a bull elephant, hollers his signature yell, stampedes the herd, and rescues Jane. My brother John and I finish our Rice Krispies and pilfer two steak knives from a kitchen drawer. It's Saturday morning in Pittsburgh, and the midsummer forest outside our home is as lush and enticing as any jungle.

We click the tube off and head outside.

"Where are you two going?" our mother asks.

"Dog walk," we say in unison, hiding the steak knives and whistling for Heather, our Saint Bernard, and Milwaukee, our poodle-dachshund mix and the fiercest raccoon fighter in these parts.

"Be careful," Mom says. It's a mother's job to worry about her sons, especially twins who are known on sight at the local ER. But it's the sons' job to ignore maternal namby-pambyism. Stitches, fractures, blood loss: Such were fair prices to pay to discover the wild world and our place in it.

We paint our faces with smooshed purple berries and shear the bark from spears of staghorn sumac. The day proceeds routinely and magically: cliff climbing, creek damming, and hiking the trails our father had christened the Upper and Lower Yamagoochi. The forest hums with life glimpsed, heard, swatted, and smelled.

By late afternoon we've discovered a new game—shimmying up young trees above a ravine until our weight makes them sway. Tarzan would've loved this. Trying to outdo John, I climb higher still.

With scant warning, the trunk dips over the ravine, cracks twice, and then splinters at its base.

A bug-eyed creature jumps out of nowhere and soars above me on brown webbed wings. I hardly register my first flying squirrel when my body hits the slope and somersaults down the fall line.

Eyes clenched shut, I roll to a stop in the waters of the creek. Except for some cool-looking scratches, I am unscathed. And exhilarated.

"Are you okay?" John yells.

I respond with a Johnny Weissmuller yell.

We ride saplings till fireflies flicker at dusk. Back home, Mom stops us at the door and hoses us off. After dinner, we sleep like Lords of the Jungle in a treetop lair.

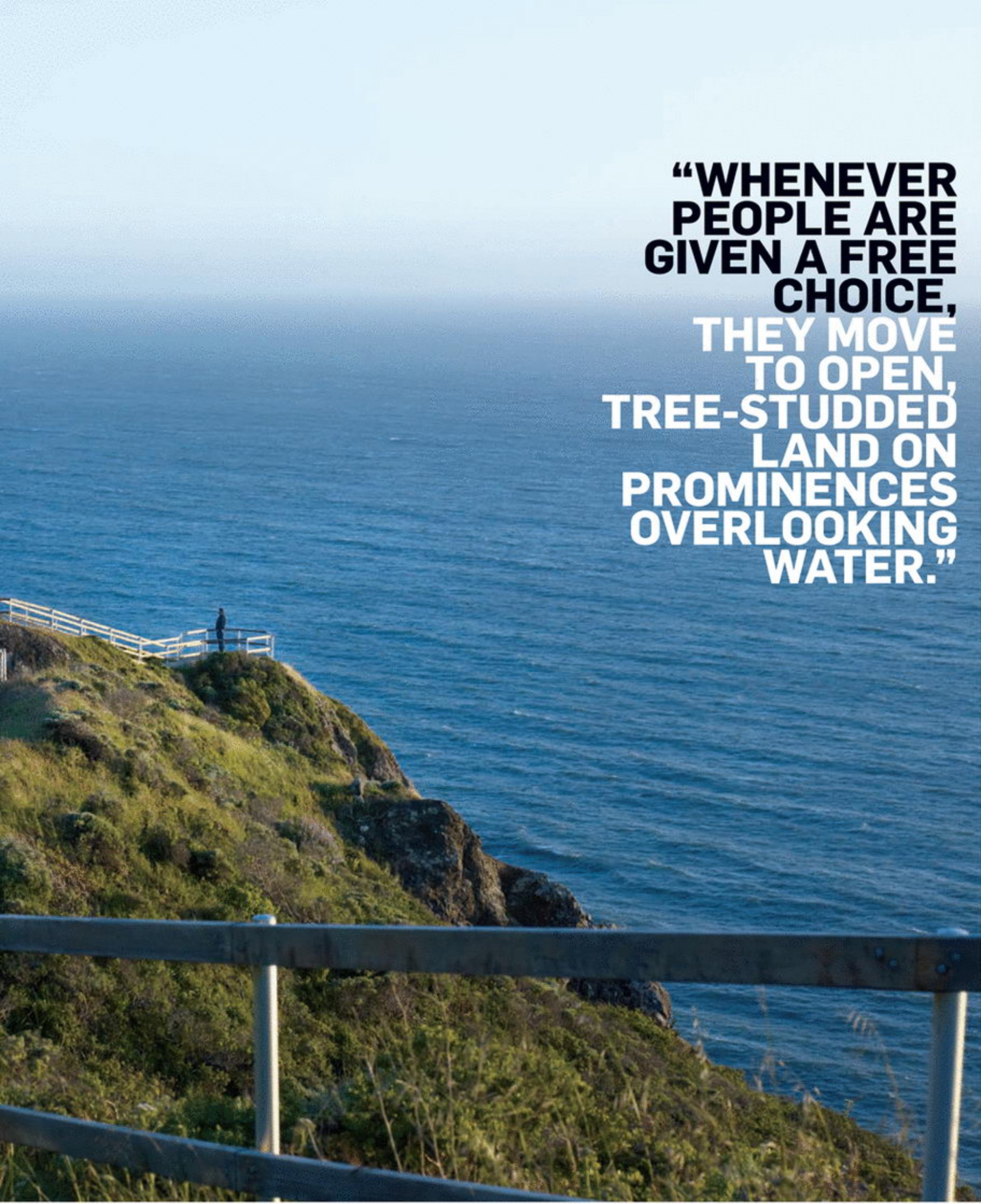
We wake early, wolf down breakfast with the dogs, and then rush to resume our place in the natural world.

Close your eyes and visualize the perfect place to live.

It's possible (you can open your eyes now) that you're picturing an urban apartment ringed by traffic-filled streets. More likely is a home set on high ground, in a field of grass, shaded by trees, overlooking a stream, lake, or sea.

The renowned Harvard biologist Edward O. Wilson wrote, "It seems that whenever people are given a free choice, they move to open, tree-studded land on prominences overlooking water." His theory of "biophilia" (an attraction to living systems) suggests that humans have evolved an affinity for the natural settings that nurtured their hominid ancestors.





**“WHENEVER
PEOPLE ARE
GIVEN A FREE
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THEY MOVE
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TREE-STUDDED
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WATER.”**

“Some of the men we studied became so angry they’d scream curses at the screen and bang their fists on the table,” says Byoung-Suk Kweon, lead author of the study, which was published in 2008 in the journal *Environment and Behavior*. The participants didn’t know that Kweon and her colleagues had rigged the tests to maximize stress and anger.

The researchers’ real intent was to find out if a subtle exposure to nature might keep the men calmer. For some, the office walls were bare. For others, the walls were decorated with abstract posters or nature posters, or some of both. Those who took the tests with any kind of artwork—but particularly the nature scenes—were significantly less stressed and less angry than those who were tested without any posters.

Kweon, now an investigator with the Institute for Social Research at the University of Michigan, says her study is just one of many to reveal that even a glimpse of nature—through artwork, photos, or a window—can have a soothing effect.

Exposure to the outdoors also sharpens our focus and lets us think. In one 2003 study, in which 200 office workers took cognitive tests, the most consistent predictor of better performance was having an unobstructed window view on nature.

“Imagine a therapy that had no known side effects, was readily available, and

could improve your cognitive functioning at zero cost,” touts a study in the journal *Psychological Science*. “Such a therapy has been known to philosophers, writers, and laypeople alike: interacting with nature.”

In that study, Marc Berman, Ph.D.(c), a research psychologist also at the University of Michigan, and his colleagues tested volunteers who’d just walked 2.8 miles either in a park or along a city street. The nature hike proved highly restorative, sharpening memory and attention by about 20 percent. The city walk did not improve performance nearly as much.

We can all use the help. According to a national survey, one in four U.S. workers have described themselves as chronically angry on

It’s found across continents and cultures, this preference for those natural features. From Central Park to Augusta National, grass, trees, and water views define natural beauty. It’s even where many of us end up when we *die*—cemeteries are designed with the same elements.

And yet the 21st-century American man spends an estimated 90 percent of his time sealed off from nature—in an office, at a desk, in his house, behind the wheel, on the couch watching TV, or in bed sleeping in air that’s often artificially cooled and dehumidified. The ultimate cost of this separation from his natural state is impossible to calculate. But in recent years, scientists have measured enough specific benefits of exposure to the outdoors—less anger,

more productivity, quicker thinking, faster healing, longer lives—that the lesson seems obvious. We need to get out more.

You’re sitting at a computer in an office, ready to take four tests. You’re confident you’ll score well above average. You always do.

The initial test seems like child’s play at first. But then a loud beep is followed by a screen message: **YOU ARE TOO SLOW**. So you try to work faster, but the beeps only become angrier. The next three tests are more exercises in high-stress futility, and finally, the cursor freezes. “Your score is 35 percent,” the screen says. “The average is 75 percent.”

the job. Another 40 percent report high levels of job stress on a regular basis, according to another survey. Anger triggers about 16,000 threats and 700 attacks in American workplaces *each day*. This costs billions annually in reduced productivity, absenteeism, and health-care burdens from hypertension to depression.

Why our deep preference for nature? Flash back 250,000 generations, or about 5 million years, says William Sullivan, Ph.D., who studies how regular exposure to green spaces helps people function better. Africa, where humans arose, was a vast, tropical jungle. Our prehuman ancestors swung adeptly through the trees. Then periods of cooling broke up the jungle into savannas interspersed with forest. Somewhere around 185,000 generations (about 3.7 million years) ago, our first fully bipedal ancestors made the evolutionary break from their chimpanzee forbears—they could walk upright through a treeless landscape.

Later, some 6,000 generations (about 120,000 years) ago, modern humans emerged, suited to life on the ground, capable of wandering long distances for food. “Those who could navigate the environment well—who could smell the water, find the plants, follow the animals, and recognize the safe haven—must have enjoyed survival advantages,” says Howard Frumkin, M.D., Dr.P.H., an environmental health expert with the Centers for Disease Control and Prevention.

Within our DNA, we are still very much the same animals whose survival once depended on connections to nature. “For human survival and mental health and fulfillment,” the biologist Wilson once said, “we need the natural setting in which the human mind almost certainly evolved and in which culture has developed over these millions of years of evolution.”

Then, about 5,000 years (250 generations) ago, we began uncoupling from the environment, says Sullivan. The Agricultural Revolution freed our species from the hunter-gatherer’s total dependence on nature. The Industrial Revolution, which began a mere 11 generations ago, allowed growing numbers to earn livelihoods not by farming but by working in factories. The Information Age—just a single generation old—takes us further still from the natural world. Today, the closest many of us will ever come to growing crops is FarmVille on Facebook.

As recently as 1880, 72 percent of Americans still lived in rural areas; by 2000, 79 percent of us had moved to urban settings. Outdoor activities in general are in decline. Per-capita visits to national parks peaked in 1987 and dropped at least through 2003, University of Illinois researchers have reported. Fishing and hunting are also falling off, surveys show.

The main culprit, as fingered by the Illinois researchers, is “a fundamental shift away from people’s appreciation of nature to ‘videophilia’... ‘the new human tendency to focus on sedentary activities involving electronic media.’”



The trend looks especially grim for children. Over the past 20 years, outdoor playtime has decreased by 50 percent as adolescent obesity rates have tripled. According to a new Kaiser Family Foundation study, the average American kid between the ages of 8 and 18 spends over 7½ hours a day plugged into electronic media.

Zookeepers go to great lengths to simulate natural habitats in order to keep animals healthy. Otherwise the animals don’t eat well or mate, and sometimes they hurt themselves. Does that sound familiar?

In a 2009 review in the *International Journal of Environmental Research and Public Health*, Norwegian public-health officials examined how separation from nature affects our bodies. This evolutionary discord, they wrote, may help explain the prevalence of mental disorders in Western societies.

Nature—or its absence—affects our bodies as well as our brains. For decades, researchers have documented nature’s impact on everything from surgical recovery to social bonding.

In a landmark study, Roger S. Ulrich, Ph.D., a fellow at the Texas A&M center for health systems and design, analyzed 10 years of records of patients recovering from gallbladder surgery. He was able to show that patients who were randomly assigned to rooms with views of trees recovered faster, had fewer complications, and required less pain medication than those in rooms with views of a brick wall.

Many studies have shown that the richer you are, the longer you live. But a recent study in England found a powerful exception: Among people living near green spaces, the association all but disappears. And a Swiss study found that children who regularly play in natural areas have twice as many friends on average as children who spend their time indoors. Surprisingly, their parents are more popular, too.

Green space is critical in cities. In studies of residents at Chicago’s Robert Taylor and Ida B. Wells housing projects, people whose apartments



The alfresco office

Stuck at work? Bring the outside in

Start tweeting

Swedish scientists found that people who listened to a recording of a fountain and tweeting birds recovered faster from a stress test than those who heard road traffic or random backyard noise. So as you’re deskbound, go to soundsleeping.com to play the free nature recordings in the background.

Plant a balm

Hospital patients with plants in their rooms reported lower levels of pain, anxiety, and fatigue, and had lower blood pressure than those in foliage-free quarters, a 2009 Kansas State University study found. Outfit your office with lemon balm—its scent will improve your mood, say Ohio State University researchers.

Go wild with WiFi

An Ansel Adams print can lift your spirits and boost your attention span—but it’s too static. “Nature is constantly changing,” says Jules Pretty, O.B.E., a professor of environment and society at the University of Essex. Pick up a WiFi digital photo frame and stream a rotating selection of nature images—your own, or ones you’ve pulled from freefoto.com.

Steal some sun

Poor indoor lighting can sap your energy and ruin your mood, according to a 2008 Finnish study. In fact, the scientists found that the negative effects can cancel out the positive impact of regular exercise. Dispel the dark by adding another lamp to your office and replacing lightbulbs with the full-spectrum compact fluorescent variety, such as energy-saving ClearLite Full Spectrum or Opticolor bulbs; they’re designed to mimic sunlight.

Laura Roberson

overlooked trees had lower levels of aggression and violence and higher levels of attention and social interaction than those with a view of barren ground. “It was striking,” says Sullivan, a professor of landscape architecture at the University of Illinois at Urbana-Champaign and one of the study’s authors. “The greener the neighborhood common spaces were, the stronger the social ties near those spaces.”



this—plus a sudden loss of my normal whininess, and a marvelous deangling of nerves—on a backpacking trip through the Idaho wilderness. The background hum of anxiety was gone.

I also lost 7 pounds. If you eat only what you can catch or carry, you relearn a lesson our evolutionary forefathers knew instinctively: Food is work. The backpacker's diet has another advantage. "The best time to eat is right after you've used your muscles," says Clayton Everline, M.D., a sports-medicine physician and a fellow at the Academy of Wilderness Medicine. "After hiking all day, your body is in an anabolic state and uses nutritious food to fuel lean muscle."

My hiking, canoeing, and open-water swimming have confirmed for me what several recent studies found: You'll have a better workout outside, whatever your sport. Being outside is also better for your body: Nature's variability may

reach the point where you can't lift anymore." Likewise, your brain, exhausted by prolonged directed attention, requires a way to rest and recharge. The best way to do this, the Kaplans' research suggests, is to let your brain shift to what they term "soft fascination"—a relaxing state that captures your attention while leaving your mind free to wander.

Plenty of things can capture our attention: TV, video games, the Web. What they tend not to do, however, is encourage the mind to wander, reflect, and recharge. "Television, for example, is designed to seize our attention and hold it," says the University of Michigan's Berman. "People often report feeling less restored—not more so—after 'relaxing' with TV."

Nature offers us the best of both worlds. It is interesting and complex enough to hold our attention, but soothing to our brain.

PROLONGED FOCUSED ATTENTION EXHAUSTS YOUR BRAIN. ONE OF THE BEST WAYS TO REST AND RECHARGE, RESEARCH SUGGESTS: SPEND TIME IN NATURE.

"Hut!" cries Tom from the stern of our canoe. I swing my paddle from starboard to port. We take three synchronized strokes. Tom, a symphony trombonist, cries "Hut!" again, and we switch back. We're in a rhythm now, our bark cutting across the lake.

A hundred huts later, Tom and I, followed soon by two other musician friends, reach the finish line—a small island in the middle of the Boundary Waters Canoe Area, a wilderness area on the Minnesota-Canada border.

Every day on this camping trip, I've felt myself growing stronger and more limber, as if the rust of modern life is being scrubbed off my joints. For long stretches, we've paddled through still waters, my heart rate leveling off around 60 percent of its max. Then, when we portaged the canoe through a half mile of tangled forest, I could hear my heart jackhammering in my ears.

At each day's end, sated with sautéed trout and marinated with Canadian Club, we talk around the campfire. One night I coax Tom into dishing the details of a three-way with two beauties from a European orchestra. When Tom finishes his story, we pass the fifth around and listen to the natural symphony of loons, lovelorn bugs, a distant owl, and the snaps of burning wood. The sky is dense with stars.

"Just one last question," I say after a while. "Did you yell 'Hut!' before changing partners?" The inebriated laughter lasts longer than the joke deserves, but I know in that moment I've made friends for life.

None of this is news to those who vacation in the great outdoors. The benefits range from the vague and social to the specific and physical. Campers often report the best sleep of their lives as circadian rhythms synchronize with the natural cycles of light and darkness. I experienced

improve long-term orthopedic health. "I'm very concerned about the cumulative high impact of treadmill running," says Dr. Everline. Treadmills, stationary bikes, and other machines, he believes, stress our bodies in ways that are too uniform and repetitive—in a word, unnatural.

Machine workouts isolate the normal planes of motion, train large muscles to the exclusion of others, and ignore smaller stabilizing muscles key to balance and well-rounded strength. Running on natural terrain means our feet never hit the ground the same way twice.

And it's not just your body that grows stronger as a result. "When I do a 6- or 7-mile paddleboarding tour off the north shore of Maui," Dr. Everline says, "it's like hitting the reset button. All I'm thinking about is the wind and the current and the marine life all around me—the sea turtles surfacing or a whale breaching a hundred yards away. I'm not thinking about work at all—just finding solace in the ocean."

To understand how nature works its magic, head for the water. But you don't have to dive in like Dr. Everline. Breaking waves, river rapids, waterfalls—who hasn't gazed at them with contentment? We're unconsciously practicing Attention Restoration Theory (ART), a concept pioneered by Stephen Kaplan, Ph.D., and Rachel Kaplan, Ph.D., husband-and-wife psychology researchers at the University of Michigan.

Building on the effort-of-attention theory first put forth by William James in 1892, the Kaplans proposed that a person's capacity for "directed attention"—from poring over spreadsheets to crafting a proposal on deadline—is a demanding challenge that can't be sustained indefinitely.

"Focusing attention is like doing dumbbell curls," says Sullivan. "After enough reps, you

"By contrast," says Berman, "many urban environments are in your face all the time." Traffic, crowds, noise, signs: The brain's attention is constantly being grabbed and we're on high alert. "You don't have any choice but to actively process what's going on around you," Berman says.

Researchers hypothesize that gazing upon nature scenes might allow brain regions involved in executive functions to deactivate, rest, and recharge; brain scans may eventually show this. Cube dwellers shouldn't wait. "If you're in that middle cubicle," says Sullivan, "work your butt off to earn a window view." In the meantime, decorating your work space with natural scenes—posters, screen savers—might help you work more efficiently.

On a break, resist the urge to browse YouTube. "Instead, take a walk outside where you'll see grass and trees," says Sullivan. "Not only will this help you physically and psychologically, but it will improve your cognitive function, increasing the odds you'll secure that window view."

"Nature works in some ways for almost everybody," says Stephen Kaplan. "It can aid the quest to be physically healthy and enhance mental functioning. When people are better able to pay attention, they are more effective at a huge range of things that matter most in life."

As I write these words with pen and paper, I'm sitting in my dining room in the house where I grew up. Outside are the same woods my brother and I explored. My computer and broadband link are upstairs in the home office with my smartphone and cable HDTV. When I'm up there, I can't sustain a single thought longer than 30 seconds. Hyperlinks, channel surfing, checking Facebook, and texting friends have

Continued on page 158

TAKE

DIAL UP THE HEAT ON YOUR NEXT ROMANTIC
ESCAPE WITH THESE SUGGESTIONS FROM
SUPERMODEL SELITA EBANKS

BY CAROLYN KYLSTRA
PHOTOGRAPHS BY JULIAN DUFORT

HER

TO

It's hard to imagine a better (or curvier) island-escape expert than Selita Ebanks. The 27-year-old Victoria's Secret and *Sports Illustrated* swimsuit model has frolicked half-naked everywhere from the powdery beaches of Los Roques to the sugary sands of Virgin Gorda. In fact, she's from the Caribbean. Ebanks was born on Grand Cayman and still calls it home. Her advice for men is simple: Wherever you're going and whatever you're doing, focus on her comfort. That means bringing her breakfast in bed, finding that beach where you have total skinny-dipping privacy, and, if you're snorkeling, not letting a stingray give her a hickey. "Comfort is a feeling," says Ebanks. "The right man can make you feel comfortable wherever you are—and that's sexy." Turn the page to learn how.

PARADISE

Selita captured
in her native
habitat: Grand
Cayman Island.



1

Bring protection

Be prepared for the tropical sun and insects. "I love Clarins sunscreen—it smells great," says Ebanks. She warns that bugs can ruin not only the mood but the whole vacation. "There'll be no romance if she's being bitten all the time." Pack 3M Ultrathon, a proven long-lasting repellent. And ask your hotel to put up a mosquito net in your room, she recommends, for added protection—and ambience.

2

Sleep near the fishes

"Ask her where she'd like to go," Ebanks says. "If you plan together, you're more likely to have a trip you'll both enjoy." Ebanks is partial to Amanyara, a resort in the Turks and Caicos, and says it meets three key romantic criteria: You can see and hear the ocean from your room, it feels secluded, and it serves fresh local food. "Also, go somewhere where children are not allowed. You can hug or kiss without any inhibitions."

3

Be adventurous

"The hardest places to reach are often the most beautiful," she says. Like Little Dix Bay, in the British Virgin Islands. "You take two planes and then a boat. Or Los Roques, off Venezuela. It's just sand and locals. And they go fishing all day. So you can skinny-dip." Ebanks has never hooked up on a beach, but if your passions overflow, a better option would be to move foreplay to the waves: "No sand, no bugs, greater privacy."



4

Unplug everything

You've heard it before, but it's worth repeating: "A BlackBerry can be the death of a trip, and I know this from experience," says Ebanks. "Your thumbs are supposed to be on her back giving her a massage, not tapping out messages." You should make a pact to forgo any mention of work or business. That means treating your smartphones and laptops as if they were weapons. Ask the hotel staff to lock them up.

5

Cover her up

Small gestures can go a long way. Pop some champagne, rub her down, and run her a bath, recommends Ebanks. Or surprise your partner by giving her a new beach cover-up. Ebanks likes Gottex (see everythingbutwater.com), but says a locally made sarong also works, and it would be a souvenir. "I love it when a man dresses me," she says. Makes sense: If you give, you can remove.



Styling: Eric Nicholson/Atelier Management, hair: Cesar Ramirez/Redken/Top 5 Management, makeup: Pia Guccione/Alcone Co., production: Elizabeth Henning/Cayman Production Services, special thanks to Sunshine Suites Resorts; opening spread: Donna Karan Collection dress; this spread: Missoni top, Michael Kors bikini bottom, Me + Ro necklaces

MY PARADISE: GRAND CAYMAN

Selita Ebanks shares her tips on visiting her home island—a 4-hour flight from New York. Here are the tastiest foods, best beaches, and most thrilling (and relaxing) experiences.

EAT

"There's a restaurant in George Town called Lobster Pot, and a 75-year-old woman there makes the freshest fruit punch every single day." The fish and lobster, she says, are just as amazing. For authentic local food, like curried goat and braised oxtail, visit Champion House. "It's been around since before I was born, and they make everything authentically." Ebanks also says everyone should try ackee, a fruit that's cooked and served with saltfish.

SWIM

Take a boat out to Stingray City, a sand bar in the middle of the ocean right off Rum Point. "You can snorkel and swim with the rays, and even feed them," says Ebanks. Just don't get the food on you: Stingrays have bony dental plates instead of teeth. "They'll give you a hickey if you're not careful," she says.

LEARN

"When Christopher Columbus discovered the Cayman Islands, he called them Las Tortugas [the turtles]," Ebanks says. "Turtling is our culture. We eat their meat (it tastes like beef), we use their shells, and we use their skins to make shoes." At the Cayman Turtle Farm in West Bay, you can snorkel and learn about the 7,000 resident turtles.

PARTY

The most authentic Cayman experience is a Sunday sunset at the beach, she says. "It's local time, when people relax." Join them at Rum Point, on the north shore of Grand Cayman, where they'll be hanging out in hammocks, playing volleyball, and relaxing in the water. "The water is so shallow. You can walk so far out and just sit out there with your drink. Go during sunset, order a rum runner, and watch the whole island turn red," she says. "It's the epitome of *irie*, which means being cool—no problems, no drama, just positive vibrations."

STAY

Sunshine Suites is 200 yards from Grand Cayman's Seven Mile Beach. "It's a great affordable hotel," says Ebanks. "Not superluxurious, but still comfortable." \$115–\$230; sunshinesuites.com

Travel should transform. Choose your destination wisely, and then the voyage itself, the people you meet, the foods you sample, and the experiences you have will mean you've arrived in a whole new place—physically, spiritually, philosophically. This kind of travel isn't exactly relaxing, but is mere relaxation ever really that satisfying? Our purpose here—on these pages, on this planet—is to squeeze the maximum amount of joy, hilarity, challenge, and accomplishment out of our allotted time. What better way to do that than to travel to places that won't just be a change of scene, but rather, can provoke a change in you? We accumulated 50 such transformative travel experiences. Maybe it's time to get lost, and find yourself.





guy trips that will change your life

By Claire Martin and
Greg Melville

Additional reporting by Eric Adams, Ben Court, Paul Kita,
Alison Kotch, Lisa Lombardi, Sandra Nygaard, and Joel Weber

Do It



PADDLE THE GRAND CANYON

Tackle 300 miles of some of the most powerful white water on the planet the old-school way, in a wooden boat. **Why** Spending 13 to 18 days navigating the Colorado River through the mile-deep canyon, gazing up at 2½ billion years' worth of the earth's crust on a nimble dory that launches you off the lips of rolling rapids turns you into a geologist, a waterman, and a more humble human being. **Do it** 13 to 18 days from \$4,270, oars.com/grandcanyon/dories. Raft trips are also available.

Opening spread: James Osmond/Getty Images; this page: Justin Bolte/Aurora Photos



My Life-Changing Trip

Mike Rowe { is the star of *Dirty Jobs*, on the Discovery Channel.

SERVE YOUR NEIGHBORHOOD

Long before *Dirty Jobs*, I hosted in-flight programming for American Airlines. In order to film segments at popular destinations, I had a special pass that allowed me to fly first class anywhere—with a plus one—for free. Unfortunately, the job ended after a few months. But I still had the pass. I presented it to the ticket agent for grins the next time I was flying. "Enjoy Manhattan!" she said. And so it began. Cairo. Amsterdam. Cape Town. Sydney. I can't recall every trip, but I do remember taking adventurous women on memorable dates. During dinner, I'd say stuff like, "This Guinness would taste better in Dublin." I was finally busted a year later. Although I've traveled the world, I now realize you don't have to leave your zip code to have a life-changing experience. For instance, the hairiest *Dirty Jobs* segment I ever did was with the local crew working on Michigan's "Mighty Mac" suspension bridge. It requires that you work as a team, and *that* builds courage. **DO IT** Find out how you can embrace your community by working on bridges, literally and figuratively, at MikeRoweWorks.com. Start small: Rowe recommends mowing the lawn of a soldier stationed abroad through GreenCare for Troops (projectevergreen.com/gcft).

David Borsky/Discovery Channel

Mountains **BEEN THERE** Mt. Elbert + **DONE THAT** Mt. Shasta = **TRY THIS** Mt. Rainier

Advice from Ed Viesturs, the only American to summit all 14 of the world's peaks that top 8,000 meters (26,247 feet).

Try a fourteener—that's mountaineering parlance for a 14,000-foot peak. Colorado has 53 to pick from; Mt. Elbert, just 3 hours from Denver, is easiest. 14ers.com
Next, do a 2-day climb on a peak like California's Mt. Shasta. Hire a guide, because there will be snow and you'll need to camp on the mountain. shastaguides.com
Then set your sights on Washington's Mt. Rainier. Rainier Mountaineering offers 4-day climbs during which you'll use crampons, ropes, and an ice ax. rmiguides.com

Burn some rubber

For the truest racetrack experience, skip the supercar challenges that cost thousands of dollars. Instead, hit the Bondurant Kart Racing School in Phoenix. You'll spend the first part of your 4-hour session studying acceleration and braking strategies; then you'll race around the track. These 200-pound rockets have six-speed transmissions and disc brakes, launch to 100 miles per hour in 6 seconds, and corner at 2.5 Gs. **Why** Apart from the thrill (and the sweet smell of burning rubber), you'll learn skills that could make you a safer driver. **Do it** \$425, bondurant.com

Master the art of grilling

Steven Raichlen, the author of *Planet Barbecue!* teaches a 3-day barbecue course twice each summer at the five-star Broadmoor resort in Colorado Springs. To Raichlen, barbecue is more than just an American obsession with fiery regional rivalries. It's a global cuisine. And his syllabus reflects that with recipes from Argentine steak houses, Thai street carts, and Korean BBQ joints. **Why** After Barbecue University, everything you cook on the grill—salmon, steak, vegetables, and desserts (like pear and raspberry crumble smoked in a cast-iron skillet)—will taste better. **Do it** \$1,950, barbecuebible.com/bbqu

TRACK A TUSKER

The Chyulu Hills of Kenya—the inspiration for Hemingway's *Green Hills of Africa*—are where three national parks converge to protect lions, rhinos, elephants, buffalo, and leopards—the big five—and Masai warriors have become its conservationists and guides. Campi ya Kanzi, a Masai-owned lodge here, combines luxury and wilderness. Game runs in open-top jeeps ensure that you see as much wildlife as possible, while daily hikes let you feel the pulse of the land. **Why** A safari is a once-in-a-lifetime primal experience that connects you with an era that predates civilization. **Do it** From \$600 a night, maasai.com



From top: Courtesy of Rande Gerber, Andy Mohr/Gallery Stock, James Warwick

catch AND GRILL TROUT

Stalking, hooking, cleaning, and cooking your own trout is a rite of passage. The Ranch at Rock Creek, in southwestern Montana, is *A River Runs Through It* country and the place to hone your fly casting. Ride into the Sapphire Mountains, spend the afternoon strategically positioning your fly in the watery path of wild rainbow, brown, bull, and cutthroat trout, and then grill your catch whole over the fire. **Why** It's the Western movie fantasy of horses, fishing, and mountains incarnate. **Do it** \$800 a day for food, lodging, and guide service, theranchatrockcreek.com



My Life-Changing Trip

Rande Gerber

{ cofounded the Gerber Group design firm.

CREATE YOUR OWN SUMMER CAMP

Living in Malibu, I miss the rugged East Coast wilderness of upstate New York, where I spent my childhood summers. So one summer about 8 years ago, Cindy [Crawford] and I took the kids to visit some friends who lived on Lake Muskoka, in Ontario. We spent a week in the quiet of the lake, rowing from island to island, jumping into the water, grilling fish we caught. It hit me one morning, looking out to see my son and daughter sitting on the edge of the dock, fishing. This trip was not only a break from my busy life but an opportunity to teach my children the same love of nature and independence I had as a kid. Now we own a house on Lake Muskoka, and we go there every year. My son rows his own boat around, my daughter catches frogs, and they're building a tree house together. They learn on their own. All I have to do is watch them grow—and provide a few pointers every now and then. **DO IT** Find a lakeside cabin at vrbo.com or vacationrentals.com.

My Life-Changing Trip

Antawn Jamison { plays power forward for the NBA's Cleveland Cavaliers.

BUILD A PLAYGROUND

I went to Sao Paulo, Brazil, for an Adidas development camp two summers ago, and every morning on our drive to the gym, we passed miles of favelas, or shantytowns. The shacks lacked water and electricity. Knowing that the local kids grow up in this kind of poverty but do their best to enjoy life challenged me to help children everywhere. I work through my charity, A Better Tomorrow, and I'm also involved with KaBoom!, a domestic nonprofit group that builds playgrounds in underserved communities. I've helped build playgrounds in New Orleans, Washington D.C., and Charlotte, and in Shreveport, Louisiana, my hometown. I want children to believe that they can accomplish anything regardless of their situation—and hopefully a smile on a playground can help. **DO IT** Select "Build a playspace" at kaboom.org. You can either join one of 800-plus existing projects or start your own playground project by organizing fund-raisers, scheduling workdays, and downloading detailed building instructions for swings, slides, picnic tables, and more.



Loyne Murdoch/NBAE

National Parks **BEEN THERE** Great Smoky Mountains + **DONE THAT** Glacier = **TRY THIS** Isle Royale

Advice from Jason Stevenson, the author of *The Complete Idiot's Guide to Backpacking and Hiking*.

Great Smoky Mountains has an 800-mile network of trails that straddles the border between Tennessee and North Carolina. nps.gov/grsm

Situated along the Rockies in Montana's northwest corner, Glacier is celebrating its 100th anniversary. Go while there are still glaciers to see. nps.gov/glac

Michigan's Isle Royale is one of the least-visited parks in the Lower 48, and one of the few places where you can see wolves from a trail, kayak, or canoe. nps.gov/isro

Kayak with blue whales

The world's largest mammal can reach lengths of 100 feet (think three school buses) and weigh in at 200 tons—more than an entire herd of elephants. Hundreds of these leviathans winter in the Sea of Cortez, at a preserve off Baja Mexico called Loreto Islands Bay Marine Park. It's the only place in the world where you're likely to be able to paddle with them. **Why** Sidling up to a submarine-size blue in your 17-foot Sea Quest Expeditions kayak will remind you of your place in the pecking order. **Do it** \$1,000 for 6 days, sea-quest-kayak.com

Make pinot noir

Think you know wine? Wait till you're standing among the vines at a Russian River Valley winery with a harvesting knife in your hand. Every September, the Sonoma County Winegrape Commission and Sonoma County Vintners join up with Relish Culinary Adventures to sponsor the 3-day Sonoma County Grape Camp. You'll learn the entire winemaking process, from picking to crushing to blending, and go on tastings throughout the region. **Why** Anyone can make beer. You'll gain a deeper insight into the art and science of what makes a great wine. **Do it** \$1,750 per person per couple, sonomagrapecamp.com

Climb a redwood

The 1,500-year-old, 300-foot-tall redwoods of California's Humboldt County scrape the sky. But for conservation reasons, climbing them is illegal except by organized canopy tour. With North Coast Adventure Centers, you'll shimmy up seven stories before spending the next 2 to 3 hours taking in an eagle's-eye view of Redwood Park by zipline. **Why** It's fun, and you'll contemplate your own humble existence in the shadows of these giants that witnessed Juan Rodríguez Cabrillo's arrival in 1542. **Do it** \$65, northcoastadventurecenters.com

CAMP ON A VOLCANO

The mountain might rumble, hiss, and spew fiery boulders at any time, your shoes will probably melt, and you can roast a marshmallow at the 8,373-foot summit of Guatemala's Volcán Pacaya. Most hikers do this trip in a day, but if you camp overnight on the volcano, you'll hear the lava roll through the forest crunching vegetation, and see it light up the night sky without another traveler in sight. **Why** Where else can you walk up to globs of 2,000° F—plus liquid and see inside the earth's core? **Do it** \$70 for 2 days, oxexpeditions.com



Mark Newman/Lonely Planet Images



My Life-Changing Trip

Sebastian Junger { is the director of the documentary film *Restrepo* and author of *War* and *The Perfect Storm*.

SEE THE FACE OF COURAGE

I did five 1-month trips to Afghanistan to live with a platoon of American soldiers and film them over the course of a year. I wanted to understand courage. I was at a remote outpost in the Korengal Valley. I'd never been emotionally close to a couple of dozen guys, but by trip three, I was a civilian member of the platoon. One day we were on patrol in a Humvee when an improvised explosive device (IED) went off under the engine block. The Humvee caught on fire and filled with smoke. Nobody was physically hurt, but if the IED had gone off a quarter of a second later, it would have really messed us up. That evening, I had intense, bad dreams. People don't like to say it, but war is exciting. And that's what I was used to. But the IED made me have these somewhat irrational anger responses, and I started to understand how killing works. I don't want to kill anybody, but I felt that impulse come up. I also realized that for these guys the group bond had become more important than their concern for themselves. It's been going on since groups of young men were told to kill animals that could kill them—mastodons, bears, whatever. And psychologically the only way to do that is to do it with other men who you are confident will risk their lives to pull you out of the fire, if it comes to that. **DO IT** To test your courage, go to survival school; see the next page.

Tim Hetherington

Golf **BEEN THERE** Chambers Bay + **DONE THAT** Old Head = **TRY THIS** Barnbougles Dunes

Advice from Chris Santella, the author of *Fifty More Places to Play Golf Before You Die*.

Carved along Puget Sound, Chambers Bay public course has gaping bunkers, mountainous fairway humps, and elevated tees that will give you vertigo. chambersbaygolf.com

Ireland's Old Head perches on 300-foot cliffs with demanding pars and a gallery of seagulls to screech comments. oldhead.com

Tasmania's Barnbougles Dunes features undulating fairways, tassels of beach grass, and wide ocean vistas. barnbougledunes.com.au

SURVIVE

KAYAK THE GALÁPAGOS

Going face-to-face with penguins, iguanas, blue-footed boobies, and sea lions trumps peering through binoculars from the deck of a cruise ship, which is how most travelers experience the Galápagos. **Why** It's a time warp: Limits on development mean the islands look much as they have for eons, and the animals are every bit as innocent, inquisitive, and bizarre as they were when Darwin encountered them on his *Beagle* voyage 175 years ago. It's impossible not to morph into an amateur naturalist and ponder your own ancestry. **Do it** Explorers Corner has exclusive kayaking permits, from \$4,490 for 11 days, explorerscorner.com



From top: Courtesy of Carter Roberts, Ernest Manewal/Lonely Planet Images

Survive alone in the wild

You'll be stripped of your watch and cellphone. You'll carry no pack, sleeping bag, headlamp, or tent. And, after instructors at Boulder Outdoor Survival School teach you which plants are edible, how to find drinkable water, and other survival skills, you'll be guided into the red canyons of southern Utah. Toward the end of your course, you'll go on a solo expedition. **Why** You'll live in the moment. In fact, you'll never feel more alive or empowered than when you conquer nature using nothing but your wits, a poncho, and a big knife. **Do it** From \$1,400 for 7 days, boss-inc.com

Save the Amazon, in person

There's a better way to protect the Amazon rain forest than sending a check to some green charity: Go there yourself. Hook up with a scientific expedition for a week to assist research efforts in the world's most biodiverse jungle. Earthwatch Institute organizes trips aboard a century-old, 100-foot riverboat in northern Peru that biologists use to survey populations of pink river dolphins, spider monkeys, marmosets, macaws, Froot Loops-worthy toucans, and other exotic fauna. You'll spend your days working with staff on the water and in local villages, and unwind in the evenings on the boat's top-deck bar. **Why** You'll see things you never imagined, and make a hands-on difference in protecting the planet. **Do it** \$2,550 for 8 days, earthwatch.org

Canoe the Maine Woods

A weeklong canoe trip on the Allagash River has been a classic wilderness expedition since Thoreau did it in 1846, 1853, and 1857 for his book *The Maine Woods*. A roughly 100-mile stretch in the state's northern tip is still untamed and now protected. It starts at Chamberlain Lake, meanders through thick pine forests skirting desolate ponds, rushes down a 9-mile stretch of Class II rapids, and emerges at Allagash Village. **Why** The rhythm of the river and the sounds of the forest will reboot your priorities. **Do it** Unguided: Reserve canoes (\$25/day) and shuttle service (about \$35/day), and bring gear and provisions for camping. Guided: \$1,250. For either option, go to maineoutfitter.com

fly

Fly across the waves

Reliable 15 to 25 mph winds riffle the shallows of Cape Hatteras National Seashore, which stretches for more than 70 miles on North Carolina's narrow Outer Banks, making it the ideal beach to learn to kitesurf. The sport, which is a hybrid of surfing, skateboarding, snowboarding, and kiting, has a steep learning curve, but beginners typically start skimming across the water in 3 days. And on the off chance of a windless day, you can always learn to paddleboard. **Why** This is the closest feeling to soaring like an eagle. **Do it** Real Watersports offers courses and rents kites, boards, and harnesses for \$150 a day. realwatersports.com



My Life-Changing Trip

Carter Roberts

{ is the president of the World Wildlife Fund.

PURGE YOUR KARMA

I traveled to Bhutan in the spring of 2009 to help officially open Wangchuk Centennial National Park, in the heart of the Himalayas. There are tigers in the lowlands, snow leopards among the peaks, and rhododendrons the size of oak trees. Before leaving for Wangchuk, I rose before dawn to climb to the top of 13,000-foot Chelila Pass; my aim was to spot a Himalayan monal, a rare pheasant.

Partway up, I looked down and saw hundreds of people crossing the valley below. My guides explained that once a year, the largest, rarest Buddhist tapestry is unveiled for a few hours. If you see this tapestry, you're purged of all your negative karma of the previous year. I wanted to make the pilgrimage, but we didn't have time. When we were halfway up, we turned again. This time, the tapestry had been lit up; it was glowing from across the valley. Purged of our negative karma and with a lighter step, we continued up into a forest.

Just as we crested the pass, the sun rose, illuminating the snow across the valley. Above the clouds we could see the peaks of the Himalayas. And right at that moment an iridescent pheasant stepped into a shaft of sunlight—it was like seeing a rainbow in the form of a huge bird. In my business, we dream of places that are intact, where nature sits at the center of the culture, the government, and the way people live. And here is Bhutan where it's saturated in a form of Buddhism that venerates all living things, where the monarchy is a benevolent one, and where the entire country measures itself by a gross national happiness index that has nature at its core. I had this blinding vision of what a world should look like where we live in harmony with nature. **DO IT** Natural Habitat Adventures (nathab.com) is the World Wildlife Fund's travel partner.

My Life-Changing Trip

John Varvatos { is the founder of the menswear brand John Varvatos.

FIND YOUR GROOVE

In 1978 I jumped into my red Camaro Z28 with a buddy and we drove 13 hours from Ann Arbor, Michigan, to New York City to see the Ramones play at CBGB. This was before MTV or YouTube, so I'd never seen the Ramones perform live and didn't know what to expect. It sounded like the songs were sped up 100 percent from the album. But it wasn't just the music—it was the look of the crowd. Guys wore black leather biker jackets, skinny jeans, and Converse sneakers. I remember thinking, "I gotta get to New York. There's something amazing happening here every night!" That trip motivated me to move to New York City. **DO IT** Varvatos has converted CBGB into a cultural center that sells vintage vinyl as well as clothes. Bands play the first Thursday of every month. johnvarvatos.com/jvs-funhouse



Eugene Marinov/Retna Ltd.

Eco-lodges **BEEN THERE** Maho Bay Camps + **DONE THAT** Chaa Creek = **TRY THIS** Milia Mountain Retreat

Advice from Costas Christ, chairman of the Tourism for Tomorrow Awards of the World Travel & Tourism Council, which recognizes sustainable best practices.

Maho Bay Camps, on St. John in the U.S. Virgin Islands, is the tented eco-lodge prototype: affordable and low-impact, with ocean views and great snorkeling. maho.org

Belize's Chaa Creek is the classic rain forest eco-lodge, offering hiking, canoeing, nature excursions, and visits to Mayan ruins. chaacreek.com

Crete's Milia Mountain Retreat is a renovated old stone village, ideal for trekking and exploring rural Greece. The chef makes his own olive oil, goat cheese, and wine. milia.gr

FIND NEMO (AND HIS SUPPORTING CAST)

The world's second-largest barrier reef, off the coast of Belize, brims with so much marine life that scientists have identified only a fraction of the species living there. It's home to the world's largest West Indian manatee population, 500-plus species of fish, 65 kinds of coral, and a jamboree of sharks, turtles, and birds. It's such a diverse ecosystem that it was named a World Heritage Site—and you don't even need scuba gear to appreciate its splendor. Just bring a mask and snorkel. **Why** The 185-mile-long reef, considered one of the world's seven underwater wonders, could soon go the way of Hanging Gardens of Babylon because it's under threat from warming temperatures and ocean acidification, among other factors.

Do it From \$1,050 for 5 days, Slick Rock Adventures, Long Caye at Glover's Reef Atoll, slickrock.com



Graduate from fitness boot camp

Imagine a week on a tropical beach that leaves you trimmer and fitter yet still feels like a vacation. Southern California-based West Point graduate and international fitness champion Sonki Hong takes his fitness boot camp methods—which combine everything from plyometrics and beach running to body-weight drills and martial arts—to Waikiki Beach in the spring and Maui in the fall for 7 days each. You'll also be kayaking, swimming, surfing, snorkeling, and scarfing ultrafresh sashimi. **Why** Training fads wash in and out, but the discipline and fitness techniques you pick up in Hawaii will help you stay lean your whole life.

Do it \$2,250, sonkifitness.com

Trek the Himalayas

Hike the 150-mile trail around the 26,545-foot shark tooth that is Annapurna, and do it the way a local would, by eating and staying at teahouses in Nepalese villages. Going without a guide lets you set your own schedule, so you can spend an extra day or two in favorite spots. **Why** Two reasons. First, large segments of the circuit are expected to be turned into roads in the next couple of years, adding unwanted company to the climbs up 17,000-foot passes and polluting the pristine Himalayan views. Second, every time you look in the mirror afterward, you'll see the guy who trekked Annapurna without a guide. **Do it** For details on trip and route planning, pick up the bible of Nepal hiking guidebooks, *Trekking in the Annapurna Region*, by Bryn Thomas (\$18, 4th edition).



THUNDER
ACROSS
THE GREAT
PLAINS

Galloping across the grasslands of South Dakota, Montana, and Idaho with a Lakota Sioux horse expert gives you a window into modern and ancient Native American life. You'll ride among herds of bison, see a wolf-recovery refuge, and visit the site of Custer's Last Stand and the Crazy Horse memorial. **Why** It's the history lesson you never really had, and a way to connect with our indigenous culture and people. **Do it** \$4,800 for 14 days, spirit-trails.com

From top: Getty Images, Keren Su/Getty Images



My Life-Changing Trip

Donovan Webster

TRACE YOUR ROOTS

For my new book I had my DNA tested and then went to live with people around the planet with whom I share specific gene markers. These pieces of evidence can exist only through a common ancestor. I was literally in search of myself. The trip began in Tanzania with my relatives, the click-talking Hadzabe tribe. We tracked a warthog, killed it with a handmade bow and arrow, and grilled the bastard on the spot. It was strangely satisfying, making me rethink the supermarket meat counter and reminding me that a deeper connection to food probably means more respect for it, too. Then it was on to Lebanon, Uzbekistan, and finally northern Spain, home to more family members, the Basque people. Theirs is a culture at war with itself—over Spanish national control versus Basque autonomy. It's an eternal battle that still burns in each of us: the conflict between desiring collective order versus the freedom to make your own life. Don't believe me? Think about it the next time you're in your office not loving your job. Then make plans to find yourself. **DO IT** Trace your lineage through the Genographic Project, which provides DNA testing to show how your genes traveled around the world across history. \$100, genographic.nationalgeographic.com

is an adventure writer who has set foot in 110 countries. His latest book is *Meeting the Family: One Man's Journey through His Human Ancestry*.

Steve McCurry/Magnum Photos

Vineyards **BEEN THERE** Napa + **DONE THAT** Burgundy = **TRY THIS** Stellenbosch

Advice from Mark Oldman, the author of *Oldman's Brave New World of Wine*.

Stellar cabernet and pinot noir make California's Napa Valley the primo U.S. wine region. Don't miss: the Hess Collection, Joseph Phelps, and Schramsberg. napavintners.com
Love pinot noir and chardonnay? Go to the temple for these varietals, Burgundy, France. Don't miss: Joseph Drouhin, Bouchard, Père et Fils, and Domaine Faiveley. burgundy-wines.fr
Stellenbosch, South Africa, grows compelling cabernet and chenin blanc. Don't miss: Rustenberg, Boekenhoutskloof, and Thelema Mountain. stellenboschtourism.co.za

dance

THE SAMBA AT RIO'S CARNIVAL

Most travelers simply watch at Carnival, which is actually a giant samba contest, but you can participate and groove your way through the streets surrounded by half-naked glamazons in feather head-dresses. First, choose a samba school—Salgueiro is in a safe neighborhood and won in 2009. Then plan to arrive several days before the event to practice your moves, laze on Ipanema beach, and sip caipirinhas. **Why** Every time you hit the dance floor in the future, it will be with a surer step. **Do it** Rio Carnival arranges flights, school entry, and lodging in funky hotels in the southern part of Rio. rio-carnival.net



PEDAL INTO COPPER CANYON

Moab meets the Grand Canyon 200 miles south of the U.S.-Mexico border, in the state of Chihuahua. The Copper Canyon is 20 red-rock canyons plunging nearly 10,000 feet to a web of rivers. The network of singletrack trails are courtesy of the Tarahumara Indians, long-distance runners who have been pounding the dirt here for centuries. **Why** Riding to the bottom of the canyon and all the way back up tests your mettle and your quads, and instills a sense of awe for geological phenomena. **Do it** \$2,700 for 8 days, westernspirit.com



My Life-Changing Trip

Bear Grylls

is star of *Worst Case Scenario* on Discovery Channel.

CLIMB YOUR EVEREST

It was 7:22 a.m. on May 26, 1998. The sun was rising over Tibet. It was -35°F, and I was standing on top of Mt. Everest. Four climbers had lost their lives during the ascent, but finally two of us from the summit team were able to reach the roof of the world. You can see the curvature of the earth. It was a personal pinnacle that reminded me that life is precious, but also that life is for living.

DO IT Grylls trained for 6 years for the climb. Pick a physical challenge you want to accomplish and start training. For mountain ideas, see page 140.



My Life-Changing Trip

Louie Psihoyos

is the Academy Award-winning director of *The Cove*.

BEFRIEND PLANKTON

My seminal trip was the first story I photographed for *National Geographic*, in 1981. It was about trash. I went to the Philippines, India, Egypt, Thailand, and Sri Lanka—I saw the world through trash. I produce pictures not because they're pretty, but because of their social message. Every time I step out the door now, I'm on a mission to save the oceans. The biggest problem facing the oceans is acidification due to the burning of fossil fuels. Plankton, which is the basis of all ocean life, has a thin carbon shell and has difficulty forming in an acidic environment. This should concern you because two out of every three breaths you take you owe to plankton. They generate far more oxygen than land-based plants do. **DO IT** For tips on how to take action, visit Oceanic Preservation Society (opsociety.org). Or take the plunge on Oceanic Society Expedition. oceansociety.org

My Life-Changing Trip

Jonathan Jarvis

is the director of the National Park Service.

BACKCOUNTRY BOND IN ALASKA

When my son Ben was 14, I took him on his first backpacking trip: the Dixie Pass loop in Wrangell-St. Elias National Park—13 million acres of wilderness with giant rivers, huge glaciers, bears, caribou, wolves, moose, and bison. In July the glaciers melt and the rivers swell. After 3 days and with a major river still to cross, we realized it was too dangerous to go on. But one of the rivers we had already traversed had now swollen to 15 feet. We had to climb out of the valley and ended up in a swamp. We took off our packs, held them over our heads, and waded chest-deep into black water. It was like *Apocalypse Now*. One of the guys said to Ben, "All future backpack trips will be better than this one." But it was precisely the challenges that made the trip so memorable. **DO IT** Learn more at nps.gov/wrst.



Party Islands **BEEN THERE** Key West + **DONE THAT** San Juan = **TRY THIS** Mykonos

Advice from John Vlahides, cohost of *Lonely Planet: Roads Less Traveled* on the National Geographic Channels International.

Hemingway established Key West as a play-hard (think fishing), drink-hard (think daiquiris) Florida hot spot. Stay in the historic Southernmost Hotel. southernmostresorts.com
In San Juan, Puerto Rico, the nightlife is all about the music: salsa, reggaeton, Latin jazz. The Latin Roots in Old San Juan has live music nightly. thelatinroots.com
Sandy beaches, outdoor bars, and clubs featuring Europe's top DJs attract revelers to Mykonos, Greece. The Apanema Resort is in the thick of the action. apanemaresort.com



ORDER

DRINKS

French press coffee	\$1.50
Iced French press coffee	\$2.50
Iced tea (with lemon)	\$1.75
Premium sparkling water	\$1.50
Bottled water	\$1.25
Sodas (in a can)	\$1.25

Crisp specials

Pasta chicken & spinach	\$7.25
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BUSINESS HOURS

DAY	OPEN	CLOSED
MONDAY		CLOSED
TUESDAY		CLOSED
WEDNESDAY	10:00	2:30
THURSDAY	10:00	2:30
FRIDAY	10:00	2:30
SATURDAY	9:00	1:00
SUNDAY	1:00	

fliphappy
rêpes

PEPSI



STREET FOOD REVOLUTION

Modern chain restaurants nearly ruined fast food, but now the truck is here to save it. Join us on the trail of some of the most delicious (and creative) guy foods on the planet

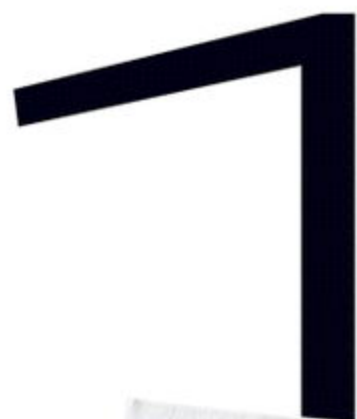
By Matt Goulding Photographs by Nathaniel Welch

The group of tourists walking by me can't help but stare in horror. But beneath it all, what's really at work is simple jealousy. • Before me are a half dozen dishes worthy of feverish envy, from spring-onion pizza and meat-covered fries to an embarrassment of tacos and grass-fed burgers. I'm no depraved glutton, though; this feast constitutes vital street-food research. • Over the past 3 years, mobile eats have transcended tube steak and mystery meat. Armed with tricked-out trucks, Twitter feeds, and plenty of culinary swagger, chefs and entrepreneurs have taken to the streets in record numbers. • And time has taught us that it isn't a mere fad. These itinerant eateries are fast becoming permanent fixtures on America's culinary landscape, places that will feed us better and help teach us how to feed ourselves. • With this in mind, I've set out to consume as much of this movement as possible, traveling to seven cities in 7 days to sample 178 dishes from 69 establishments, for a grand total of 63,000 calories. Does street grub really deserve your hard-earned dollars (and even harder-earned stomach real estate)? Can a man live off this stuff without seriously jeopardizing his well-being? Let's hit the road to find out.



Old-school and new-school street eats, from Schnitzel & Things (above) and Biryani Cart (right).

DAY ONE



kati rolls
grass-fed burger
pork schnitzel
masala dosa
Salty Pimp

New York



THE NEW YORK STREET-FOOD SCENE HAS TWO ARCHETYPES:

the Middle Eastern stands, home to foam containers of chicken and rice, and the dirty-water dog guys, who fill Manhattan with a thick funk of processed pig. But does the stereotype of street food—that it's dominated by grease and empty calories—hold true in this new era? My copilot today, Keith Berkowitz, M.D., a nutrition authority and medical director of Manhattan's Center for Balanced Health, will weigh in.

Biryani Cart is a midtown favorite, winner of a 2008 Vendy (New York City's official street-food award). That's in no small part due to its kati roll, a thin flatbread stuffed with juicy chunks of marinated chicken and drizzled with spicy sauce. Dr. Berkowitz inhales his roll. "Unprocessed protein with nonstarchy vegetables. Lots of turmeric, a cancer-fighter. Nicely spiced, not overly sauced, and the bread doesn't dominate. Most important, it's natural."

Two blocks away we find people lined up 25 deep at Frites 'N' Meats, a brand-new truck

with glossy menus, an active Twitter feed, and a snappy (if inane) tagline, "Saving the world, one burger at a time." Here there's another trademark of the 21st-century food truck: ingredient fetish. After a 30-minute wait, I take a bite of the grass-fed burger. It's topped with nutty Gruyère and served on a potato-onion roll from Balthazar, one of the best bakeries in the city. The patty is juicy and perfectly pink, while the caramelized onions add a sweet counterpoint.

I ask Berkowitz if it would concern him if a patient of his had a proclivity for street food. "You can still go wrong, of course, but on the whole, some of it's a lot more balanced than food you'd find at restaurants in the neighborhood."

With his blessing, I eat my way through the city—duck dumplings at Rickshaw Dumpling Truck, near Central Park; pork schnitzel and potato salad at Schnitzel & Things, near Wall Street; and finally, a Salty Pimp—soft serve with *dulce de leche*, sea salt, and chocolate—from Big Gay Ice Cream Truck. The journey has begun.

THOMAS MACDONALD (noplins)



DAY TWO



Philadelphia

TODAY I ENDED UP EATING 18 SANDWICHES.

I strike out early, venturing straight from 30th Street Station to a nearby cluster of food trucks. Richky Cafe serves a Philly classic: an egg, cheese, and scrapple hoagie. Scrapple, a pork loaf thickened with cornmeal, is crisped up on the griddle—it's a rich, resoundingly delicious stand-in for bacon or sausage. A triumph of a breakfast sandwich.

Philly, more than any other city in the United States, is a sandwich town. Credit the bread, says Rick Nichols, a food columnist for the *Philadelphia Inquirer* and a sandwich savant of the highest order. "The South Philly bakeries set the pace decades ago with a light, crispy Italian roll with a stretchy interior. And now a new breed of Philly-style sandwich guys have stepped up in the face of hoagie interlopers like Subway."

If any street sandwich is worthy of beatification, it's the Italian pulled pork, a heroic ensemble that has lived far too long in the cheesesteak's greasy, 12-inch shadow. For lunch, we head straight for Nichols's favorite version at DiNic's, inside the Reading Terminal Market. There they combine slow-cooked pork with classic Philly supporting players:

Street Lesson #1 REINVENT THE WHEEL

Anyone can slap a Kraft Single between two slices of Wonder bread, but Portland's Grilled Cheese Grill cart attracts throngs by reimagining what this simple sandwich can really be. According to co-owner Bill Bunkley, there are three tricks to crispy, melty, grilled-cheese perfection: Butter the bread (not the pan), cook over medium-high heat, and use a lid to cover the sandwich while it cooks. "The ambient heat melts the cheese perfectly." Try this technique with one of these five flavor combinations for spectacular results.

- Sautéed mushrooms and Swiss on rye
- Tomato, havarti, honey mustard, and ham on wheat
- Bacon, apples, blue cheese, and Swiss on sourdough

- Roasted jalapeños, Colby Jack, cream cheese, and crushed tortilla chips on sourdough
- Mascarpone, Nutella, and banana on cinnamon-raisin bread

THE 10 BEST street eats IN AMERICA

1 PORCHETTA SANDWICH, ROLIOTI, San Francisco

Lean pork loin is wrapped in heritage pork belly and spit-roasted so the rendered fat from the belly bastes the loin and turns it crispy. Thick slices are served on rolls rubbed in a puddle of pork juices, and then topped with shingles of crispy skin. It will forever change the way you look at pork.

2 KHAO MAN GAI, NONG'S KHAO MAN GAI, Portland

This is Asian comfort food of the noblest order. Nong poaches organic chicken in a broth rich with Asian herbs and spices, and uses the same broth to cook her long-grain rice. The ginger sauce on the side should come with a straw.

3 ITALIAN PULLED-PORK SANDWICH, DiNIC'S, Philadelphia

Pork shoulders are braised with pork stock, caramelized onions, and wine, and then shredded and stuffed into an Italian roll with that oh-so-Philly combo of provolone, sautéed broccoli rabe, and pickled peppers. The cooking juices spooned on at the end blast this sandwich into the stratosphere.

4 MARGHERITA PIZZA, PYRO PIZZA, Portland

Their margherita, a perfect balance of creamy, handmade mozzarella, tangy tomato sauce, and sharp, fragrant basil, is a simple reminder of why pizza is one of the world's most popular foods.

5 DOUBLE CHEESEBURGER, 4505 MEATS, San Francisco

A dry-aged mix of short rib and brisket is covered in Sonoma dry Jack cheese and special sauce, and tucked into a soft Parmesan-scallion sesame-seed bun. It's one of the best burgers in America, indoors or out.

6 BRISKET, OLD SCHOOL BBQ & GRILL, Austin

The alchemy of true barbecue: meat, salt, smoke. The small plastic cup of sauce on the side went untouched. This is caveman food at its finest.

7 CRISPY TACO, IZZOZ TACOS, Austin

The beef is crumbly and deftly spiced, the baby spinach and tomato cool and bracing, and the shell, a freshly fried corn tortilla, shatters with the gentlest pressure from your teeth.

8 PEANUT-BUTTER BANANA DREAMS OATMEAL, BLOOP, Portland

Who would have guessed a vegan oatmeal shack could put out something so memorable? Bob's Red Mill oats are cooked with almond milk, peanut butter, cinnamon, and agave until it's thick and creamy, and then enhanced with bananas, almonds, and a drizzle of agave syrup. Steal this recipe now!

9 PERUVIAN CEVICHE, BORDER GRILL TRUCK, Los Angeles

These guys do ceviche better than anyone, combining fresh chunks of mahi with plenty of lime juice, cilantro, and spicy *aji amarillo*. Break off pieces of the tortilla cone that it's served in, and start scooping.

10 SALTY PIMP, BIG GAY ICE CREAM TRUCK, New York City

Score another one for simplicity: vanilla soft serve and sea salt, drizzled with dulce de leche and enrobed in a chocolate shell. Try it at home: Drizzle a scoop of vanilla ice cream with caramel and a few pinches of coarse sea salt.

sharp provolone, sautéed broccoli rabe, and a hit of pickled hot peppers on a long Italian roll.

Not far behind is another Philadelphia classic, the hot-sausage sandwich topped with pepper hash and a crispy fish cake at Johnny's Hots. The spice of the sausage is mitigated by the creamy, potato-rich cake, and the tangy relish provides the bridge between them.

Paesano's is owned by Peter McAndrews, a thick, cheery Irishman who also runs Modo Mio, one of Philly's best Italian restaurants. His menu reflects a man with an appetite: A hot dog wrapped in sopressatta and covered in cheese and Bolognese sauce; a braised brisket sandwich slathered in horseradish mayo, sharp provolone, roasted tomatoes, and pepperoncini, and crowned with a fried egg; and best of all, the Daddy Wad. That's prosciutto and mortadella, along with arugula, peppers, and—for just the right bite—razor-thin slices of raw onion.

And yes, there is a single Philly cheesesteak, from Jim's Steaks on South Street, that I eat at 1 in the morning with the buzz of a few cocktails rekindling my appetite. Covered in Cheez Whiz (the industrial gloop is traditional) and half-cooked onions, it's the worst sandwich I've had all day. Which, in a town like Philadelphia, is still pretty damn good.

DAY THREE



Chicago

YOU MIGHT EXPECT CHICAGO, HOME TO WORLD-FAMOUS HOT DOGS,

succulent Italian beef sandwiches, and a staggering array of regional Mexican cuisine, to be the white-hot center of the street-food universe. You would be wrong. Chicago city ordinances have long banned the preparation of food in mobile kitchens. It's like banning prayer in St. Peter's Square, for . . . Pete's sake.

In search of answers, I head straight to Xoco, the newest restaurant from the city's most famous chef, Rick Bayless, who's one of the original proponents of street food. One thing is clear: Bayless is not happy about the ban. "The health department is trying to destroy American cuisine. The truck people want to prepare fresh food on the spot, but the health department would prefer if we bought all our food frozen and cooked it in a microwave."

Dedicated to the food of the markets and sidewalks of Mexico, Xoco is Bayless's reminder to the citizens and officials of Chicago just what street-food culture would taste like in their city: *tortas*, sandwiches stuffed with smoky roasted goat and suckling pig; and hot, cinnamon-dusted churros so perfectly fried you're willing to scorch the roof of your mouth just to feel their warm, crunchy embrace.

"America is about to fully recover from the bland-food movement of the '50s and '60s, and it's the street vendors who will take us there," says Bayless. "But first we have to let them. Don't they see Chicago wants this?" As if to prove his point, he glances over his shoulder to the line of people spilling out onto the sidewalk.

Chicagoans do not suffer alone; cities like Atlanta and Boston have similar restrictions. But a street-food movement is forming in Chicago, led by Matt Maroni and Phillip Foss, two local chefs who earlier this year founded Chicago Food Trucks. They've even drafted legislation that would effectively lift the ban.

"It's a win-win-win situation. You're creating jobs, you're creating business growth, and you're giving people what they want," says Foss. "This is not the first time this movement has been initiated, but God willing, it will be the last," says Foss. "Enough is enough already."

DAY FOUR



Austin

EASTER SUNDAY. As priests in silken robes announce the resurrection of Christ to the spiritually hungry, I'm seeking out non-denominational sustenance in a gravel parking lot, knocking back bottles of Lone Star, mopping up barbecue sauce with squishy pieces of white bread. Swill for the soul; food for the gods. Hallelujah: Austin.

Austin takes pride in being atypical in nearly every regard, and its sprawling, funky, disparate street-food scene is not only one of the most unconventional you'll stumble across, but also one of the finest in America. "There are something like 5,000 food-service permits issued in

Street Lesson #2 BULK UP YOUR BREAKFAST

In cities like Philadelphia and New York, trucks and street carts dish out substantial handheld breakfasts for the briefcase and blue-collar sets alike. Capable cooks shorten the wait by cooking vegetables, meat, and eggs in one batch over a vigorous heat. This ingenious twist to the standard breakfast sandwich is never more than 5 minutes away—it's serious (and seriously fast) fuel for a weekday morning.

Broccoli Rabe and Egg Sandwich

Recipe inspired by Mikey D's, Philadelphia

- ½ Tbsp olive oil
- ¼ bunch broccoli rabe or spinach, washed
- 1 garlic clove, minced
- 1 tsp red-pepper flakes
- 2 eggs
- Salt and pepper
- 1 slice sharp provolone
- 1 soft hoagie roll, split

Heat the olive oil in a medium sauté pan on medium-high heat. Add the greens, garlic, and red-pepper flakes and sauté until the greens are soft and cooked through, about 5 minutes. Crack the eggs in a bowl, add a pinch of salt and pepper, and add them to the pan. Scramble, stirring constantly, until the eggs are set. Lay the provolone inside the roll and top it with the egg-and-greens scramble.



Raw fish on the road at Austin's Sushi-A-Go-Go.



Austin, and 900 of them are for mobile food vendors," says Mike Sutter, food critic for the *Austin American-Statesman*.

John Anthony Galindo III, owner of Izzoz Tacos, bought one. He tells a tale that's familiar among emerging street-food vendors: Once an executive chef at an upscale restaurant, Galindo sold his place just before the market tanked. Rather than invest a few million in another restaurant, he spent about \$25,000 on a trailer that had been converted into a kitchen, and to pay the fees to open a food stand. Galindo runs his joint like a full-scale professional kitchen, and the proof is in the taco: His seared ahi tuna version with pickled red onions is outdone only by his spicy ground beef taco, the flavor of a dozen standard Tex-Mex tacos concentrated into one shatteringly crisp shell.

What else are you willing to eat in the street? Hot dogs? Maybe a bit of mystery meat? How about raw fish from a trailer parked at a gas station? Sushi-A-Go-Go is helmed by husband and wife Take and Asazu Kayo. "Sushi started out as street food in Japan 200 years ago," says Asazu, "so why not now?" Take quickly makes a believer out of me with their best-selling roll, a combo of salmon, avocado, and fresh mango that hits all the right notes: sweet, creamy, fatty. Gorgeous.



Dessert means doughnuts, or at least it should in Austin, where Gour dough's is doing some of the funkiest fried-dough concoctions in the country. Think bacon and maple syrup, fried chicken with honey butter, and the Porky's, complete with whipped cream cheese, jalapeño jelly, and Canadian bacon. If dinner was trailer sushi, you can afford to splurge on trailer doughnuts.

I've dined like a roving king in Austin's balmy embrace, but as I head toward the airport, something's amiss. The barbecue just wasn't as bliss-inducing as you'd expect from the Lone Star State. Then suddenly there's a vision on the horizon: a school bus in a lumberyard, its retrofitted exhaust vent billowing meat smoke from the roof. Inside Old School BBQ and Grill, sweaty men in bandannas serve meat with the deep, caramelized exterior that bespeaks hours—even days—of slow, steady smoking.

I dive into the to-go container mere feet from the airport security line, devouring shards of charred, tender brisket and sauced-stained hands, soft white bread, and pickle slices. A religious experience.

DAY FIVE



Khao man gai
Elvis grilled cheese
peanut-butter banana
oatmeal
white-truffle pizza
fried-fish burrito

Portland

IT'S THE WORLD'S MOST DIVERSE AND FULFILLING FOOD COURT, an Epcot of grub contained within two blocks of downtown concrete. On Alder Street, you can order Japanese bento boxes or Hungarian

chicken paprikash; slurp rice noodles from Vietnam or a fiery chili-laced broth from Korea; gnaw on pork ribs from the Deep South or overstuffed fried-fish burritos from the Even Deeper South; and wash it all down with a mango *lassi* or a world-class shot of espresso. This is Portlandia, kingdom of the street carts.

"Sometimes it feels as if people are spinning a giant wheel here. Whatever food it lands on, they decide to do a cart," is how one hungry denizen explains it to me. "We don't have a Himalayan cart, but soon enough..."

Give me the choice of just one cart, though, and I'll take Nong's Khao Man Gai. Nong Poonsukwattana dishes up the comfort food of her native Thailand: chicken and rice. The tender poached chicken breast, served over rice that's been cooked in chicken juices, exemplifies why street food can be better than restaurant food. While restaurant menus can be bogged down by entrées, many of them mediocre, Nong—like so many of her cart-confined cohorts—specializes in just one thing.

When night falls, I follow the burning glow from across the river to Portland's East Side. That's where obsessive pizza practitioners like John Eads are giving a mobile identity to the ongoing artisanal pizza revolution. The wood-fired oven he built inside his tiny trailer could rival the best in Naples. "I'm burning at 750° to 800° on the floor, with the ceiling at 1,000° or so. It takes 2 minutes to cook a pizza."

But it takes more than a hellfire oven to make a good pie. Eads constantly tweaks his dough recipe ("nothing is sacred"), sources local oils and cured meats, and, most important, pulls his own mozzarella by hand every night—a step that not even the finest pizzerias

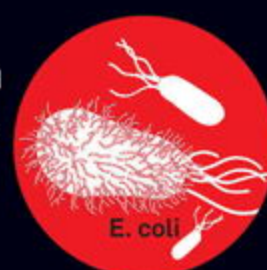


A blistered, brilliant margherita pie from Portland's Pyro Pizza.

Is street food safe?

We took samples from 15 New York City food carts and had them tested for the three most common (and dangerous) foodborne bacteria: *E. coli* 0157:H7, *Salmonella*, and *Campylobacter*.

Two were positive for "generic" strains of *E. coli*. While these varieties are harmless, says Catherine Cutter, Ph.D., food safety extension specialist at Penn State University, they still indicate that the food was probably undercooked, cross-contaminated, or touched by dirty hands. Whittle your risk of a health threat by always checking street carts for four common types of poor handling.



1 Bare hands on food

There should be a barrier between your food and the cook's digits. Tongs, wooden skewers, paper napkins, and clean gloves all do the trick.

2 Cross-contamination

If the cook handles raw meat and then grabs a roll with the same glove, then he or she could transfer bacteria to your food. To a lesser extent, the same thing can happen when a cook handles money while preparing food.

3 Warm (not hot) food

Meat should be stored at either very hot or very cold temperatures; if food stays at warm temperatures for an extended time, it's an ideal environment for bacterial growth. If you see meat sitting off to the side of the grill, especially when business is slow, don't eat it.

4 Undercooked meat

Even meat that's been cooked past the pink stage can be underdone. So focus on temperature. Hold your hand near the food—heat should be radiating from it, and the food should be too hot to bite into right away.

Clint Carter



A loaded rack of bronzed porchetta at RoliRoti in San Francisco.

in New York bother with. Not surprisingly, the pies are exceptional: a luscious margherita with that homemade mozz; an all-white pizza goosed with a drizzle of locally produced white truffle oil; and a pizza with caramelized onions, blue cheese, and pistachios, a symphonic experience of sweet, creamy, crunchy, and chewy. Why aren't you booking a flight to Portland right now?

DAY SIX



foie gras
roasted sweetbreads
roisserie porchetta
ganja fries
Dogzilla
iced chicory coffee

San Francisco

THE FIRST THING THE GUY IN CARGO SHORTS PASSES THROUGH THE TRUCK WINDOW IS A HOCKEY PUCK OF FOIE GRAS,

topped with a toasted baguette slice and delicate micro-herbs. The foie gras has been as lovingly prepared as most renditions are in white-linen restaurants around town... and at \$12 a serving, it's just as expensive.

It was only a matter of time before street food went from hot dogs to foie gras, and no city ups the gastronomic ante more than San Francisco, a place where growing asparagus or churning butter can make you a celebrity.

Truth be told, carts like Spencer on the Go!, where I have my first street foie (not to mention my first street truffles and street snails) sometimes just feel silly. If I'm going to splurge

Street Lesson #3 BE A CONDIMENT KING

If street food has taught us anything, it's that a good condiment can turn decent cooks into culinary geniuses. Here are three of the best flavor boosters used on the street today.

Pepper Hash from Johnny's Hots in Philadelphia

- | | |
|-------------------------------------|----------------------------|
| ½ medium head cabbage, chunked | ¼ cup water |
| ¾ green bell pepper | ¼ cup sugar |
| ½ medium carrot | ½ Tbsp salt |
| 2 garlic cloves, grated on a zester | Pinch of red-pepper flakes |
| ¼ cup cider vinegar | |

Pulse the vegetables in a food processor until finely chopped. In a bowl, mix the vinegar, water, sugar, salt and red pepper, and then add the vegetables and mix well. This keeps in the fridge for up to 2 weeks. Use on hot dogs, sausage, or pulled pork, or as a sidekick to anything off the grill.

\$\$\$ Sauce adapted from 4505 Meats in San Francisco

- 3 Tbsp yellow mustard
- 3 Tbsp sambal (or other Asian chili relish)
- 4 Tbsp soy sauce
- 3 Tbsp water
- 3 Tbsp honey

Combine all the ingredients and mix well. Use on hot dogs, grilled sausages, grilled chicken sandwiches, or burgers.

Kimchi from half the trucks in Los Angeles

If there's one thing home cooks can learn from the mobile movement, it's that a few spicy strands of kimchi—Korean-style fermented cabbage—on a hot dog or a burger turns you into a gourmet. Pick up a jar of the stuff at an Asian market, or grab one from grannychoe.com. Use it on quesadillas, hot dogs, or burgers, or serve pureed on thick slices of grilled steak or pork.



Juicy pastrami on seeded rye commands attention at Fresser's in L.A.



Fresh, hot arepas in L.A.'s Highland Park quell late-night cravings.

on duck liver, I'd rather not eat it on a sidewalk. And in many cases, these high-end iterations aren't being cooked on the street at all—they're prepped in restaurant kitchens and brought to the cart to be reheated, hit with a few fancy garnishes, and served to people who enjoy a forkful of irony.

But when you combine serious kitchen skills with foods that are still street in spirit and shape, the results can be astounding. Don't believe me? Stop by the Ferry Building Marketplace and behold the splendor that is America's most amazing makeshift-food mecca.

Ryan Farr of 4505 Meats gave up gigs at some of San Francisco's finest restaurants (Fifth Floor, Orson) to make burgers and dogs instead. "We buy whole grass-fed steers and dry-age them ourselves for up to 28 days," he says. Farr then butchers and grinds the meat fresh before each market day. He also grills up a variety of house-made sausages, including the formidable Dogzilla: a snappy bacon-infused hot dog tagged with special sauce, spicy cabbage, and a handful of *chicharrones* (deep-fried pork skins, a nice bonus dose of protein).

Other musts: the insanely addictive "gamja" fries from the Namu stand, topped with braised short ribs, scallions, kimchi relish, teriyaki sauce, and Kewpie mayo; iced chicory coffee from the Blue Bottle Coffee stand, where every cup is made to order; and from the RoliRoti truck, spit-roasted meat that's bronzed and moist, like a bodybuilder lubed up for competition. If the Swiss-born chef, Thomas Odermatt, had a roof over his head and white linens beneath his plates, he could charge \$20 for a portion of his porchetta. And I'd be the first guy on the phone, angling for a reservation.

DAY SEVEN



Los Angeles

NO CITY BETTER ENCOMPASSES THE FULL SPECTRUM OF STREET EATS THAN LOS ANGELES.

On one end, you have illegal, unregistered carts; on the other, the masterfully marketed, Twitter-powered restaurants on wheels. I start with the urban underbelly, enlisting the help of Jonathan Gold, longtime omnivorous critic for *L.A. Weekly* and the only food writer to ever bring home a Pulitzer.

We hit El Pique Taco Truck on York in Highland Park, where tattooed skateboarders and moms driving Mercedes line up for first-rate carne asada tacos, then we chase those with brain and goat tacos from the Birria de Chivo Taco Truck down the street. I ask Gold how he chooses between the hundreds of taco trucks in

Street Lesson #4 EMBRACE THE NEGLECTED CUTS

How do carts keep prices so low? Low overhead, sure. But they also use cheaper cuts of beef, chicken, and pork, combined with vibrant seasonings. Here are three of our favorite cuts, plus street-inspired ways to cook them.

Chicken thighs

Why they're great Dark-meat chicken generally costs about half as much as breasts, and packs twice as much flavor.

Cook them street-style Rub the thighs with curry powder or curry paste and grill. Serve over a bed of lettuce, sliced onions, tomatoes, and cucumbers with a dressing of yogurt, olive oil, minced garlic, and fresh lemon juice.

Skirt steak

Why it's great This robust-tasting cut is a favorite of Mexican street-food vendors—and it stays tender when grilled medium rare.

Cook it street-style Marinate 1 pound overnight in 1 cup orange juice, 2 tablespoons canned chipotle pepper, 1 teaspoon ground cumin, and a fistful of cilantro. Grill on high until charred. Serve with warm tortillas and guacamole.

Pork shoulder

Why it's great After long, slow cooking, this cut turns soft and maddeningly delicious.

Cook it street-style Rub a 5- to 6-pound shoulder with salt and pepper; roast in a 250°F oven until it can be shredded with a fork, about 3 hours. Toss with ½ cup cider vinegar mixed with a few drops of liquid smoke and a dash of cayenne. Serve on soft buns with coleslaw.

his city: "The quality of the painting on the side of the truck helps. If there's a picture of a naked girl or a mermaid, there's a damn good chance some of the food will rock," he says.

Around midnight, we end up downtown in search of the city's most notorious carts: the danger dog dispensers. The "danger" refers to the makeshift griddles that the bacon-wrapped, mayo-slathered dogs are cooked on—made by heating sheet pans with small propane tanks. "When the city finds these carts, they literally tear them to pieces," says Gold. Right on cue, a bike cop rolls up, customers scatter, and the makeshift griddle is disassembled. When I ask the cop why so harsh, he's unequivocal: "A lot of people get sick eating from the dog guys. We can't be having that." When I ask the young cook for his side of the story, he shrugs. "I'd probably bust me, too."

Across town, though, there's street food of an entirely different stripe. Coolhaus, an old ice-cream sandwich trafficker in a converted mail truck, serves scoops of flavors, like pistachio with black truffle, between squishy brioche cookies. And the Border Grill Truck—the mobile unit for Mary Sue Milliken and Susan Feninger's popular Border Grill restaurants—have the masses clamoring for fiery, lime-lacquered mahi ceviche served in a corn tortilla cone. Despite the traffic, truck-hopping is a happy way to eat in Los Angeles.

I end my journey where this countrywide craze began—at the Kogi BBQ truck. Kogi was the first cart to take full advantage of Twitter to build a community of rabid followers. But tasting the revolution at its source isn't as easy as I'd hoped. The line stretches around the block, and when our photographer begins to shoot the truck, a nervous employee asks if I have permission from the Kogi corporate office. I make the phone call and try to set up an interview with owner Roy Choi. "I'm sorry," says an office functionary. "You'll need to speak with his PR agent." (Sign #117 of the Apocalypse: A taco truck has a PR team.)

Is the food any good? The hot dog and the quesadilla are the kind of food you want when you stumble out of a bar at 2 a.m., but palate fatigue sets in almost immediately, and nothing's that groundbreaking. Fact is, in the 2 years since Kogi opened the floodgates, the rest of the country has caught up. New York added high-concept trucks to its plethora of ethnic carts. Philly reinforced its claim to sandwich supremacy. Austin pushed the boundaries of doughnuts and sushi. Portland established itself as the country's undisputed street-food king. San Francisco found porchetta.

This is all excellent news for hungry Americans the country over. If trucks haven't started rolling through your town yet, don't worry—they're on their way. ■

These L.A. dogs are hazardous to your health, even without the mayo.



THE UNHEALTHIEST mobile meals IN AMERICA

There are plenty of lean, nutrient-dense meals to be found on carts and trucks across the country. There are also more than a few weapons of mass consumption. We ate them so you wouldn't have to.

1 DANGER DOG, Downtown L.A.

Estimated calories: 500
Estimated chance of contracting foodborne illness: obscenely high. The cooking contraption is a shopping cart loaded with propane and topped with a sheet pan that could barely toast bread, let alone cook meat. The dogs, wrapped in raw bacon, roll around in a black hole of bacteria, only to be plucked from the pan, smothered in mayo, and distributed to unsuspecting downtown revelers.

2 CHEESUS BURGER, THE GRILLED CHEESE GRILL, Portland

Estimated calories: 1,400
It's a ½-pound burger, and the cook eschews the bun in favor of a pair of grilled-cheese sandwiches. The tagline: "You won't need to eat again for 2 days."

3 DOUBLE POUTINE, POTATO CHAMPION!, Portland

Estimated calories: 1,200
This is the most egregious version of a troubling Canadian staple we've seen. A wheelbarrow of twice-fried potatoes strewn everywhere with squishy cheese curds and smothered in a salty sea of viscous gravy. Prepare to give up 2 days of sodium on top of the calories.

4 TUSCAN TONY, PAESANO'S, Philadelphia

Estimated calories: 850
If the huge spicy sausage doesn't get you, then the melted provolone might. If the provolone doesn't get you, then watch out for the salami slices and hot peppers. Survive that, and you still have a huge ladle of rich ragù Bolognese to contend with. Proceed with caution.

5 THE PUDDIN' WITH ICE CREAM, GOURDOUGH'S, Austin

Estimated calories: 700
This sugar-spiked catastrophe takes the ... cake. It's deep-fried until crisp and golden, filled with vanilla pudding, and topped with cream-cheese icing. Then it's gilded with bananas and crushed vanilla wafers, more pudding, and a scoop of ice cream. This is not a doughnut; it's a spare tire.

FOR MORE CROSS-COUNTRY PHOTOS, PLUS TONS OF VIDEO AND MORE SECRET STREET-FOOD RECIPES, VISIT MENSHEALTH.COM/STREETFOOD.

Why I Hate Vacation

by Paul Theroux



The true traveler goes into the unknown, with a little preparation, a lot of patience, and even more time. Anything else is a vacation, and I loathe vacations. I'm against the supine, horizontal, gorging-at-the-buffet, groveled-to-by-the-staff vacations of utter idleness. My idea of a true vacation is something I did not long ago: camping and then riding my bicycle up 10,023-foot Haleakala volcano on Maui. The main things are to set off and be in a good frame of mind, and after you've arrived wherever—the distant place—to travel on the ground and cut all your ties with home. Forget about phoning and texting. Just disappear. This is not isolating yourself, it is liberating.

The ride covers 36 miles, takes 3 to 7 hours, and climbs about 10,000 feet. For info on rentals, visit gocyclingmaui.com. There's a group climb on August 21; see cycletosun.net for details.

Figure Out What You Want

After I graduated from the University of Massachusetts in 1963, I had no money, no prospects, and no encouragement or support from my family. The country was in turmoil and deeply divided over Vietnam and the civil rights movement. My obvious choices: graduate school, some sort of boring job, or the U.S. Army. Instead, I applied to the Peace Corps and was sent to Nyasaland (later Malawi), in Central Africa. There my active life began—with a new language, a new landscape, new friends, a real job as a teacher, and new things to care about. Away from everything I had known, I began to understand who I was and what I wanted. If you're interested in a life-changing travel experience, clear out and then join the Peace Corps. It's more relevant than ever.

Celebrate What Endures

I have been traveling to India regularly since 1968. That's more than 40 years of temples and tummyaches. Some of India has changed greatly—the high-tech side. But hundreds of millions of Indians still exist on a dollar a day. Think about that when you hear people speak of the Indian Miracle. Calcutta has hardly changed in terms of the day-to-day—little black goats are still beheaded at the Kali temple, and cycle rickshaws crowd the narrow lanes. I am drawn by the attachment Indians have to their spiritual structures and their way of life, even their modes of dress; and by the great contrasts in people and landscape—mountains, plains, jungles; and by the food, which I love.

Long before The Great Railway Bazaar was filmed, Theroux traveled across Asia by train from London to Tokyo and back. That journey is recounted in The Great Railway Bazaar.

Chase Dreams, Even Impossible Ones

I dreamed of the Khyber Pass, and when I first went down it, I was thrilled. You hear about suicide bombs in Peshawar and you think: hellhole. But Peshawar is ancient, and it was a beautiful place with hospitable people and a rich bazaar. I loved traveling in that part of Pakistan, but of course war and fanaticism have made it nightmarish. If your dream doesn't come true? Listen, travel is never more enlightening than when it's an ordeal.

Don't Just Escape American Territory: Escape Its Culture

I see travel as a vocation rather than a vacation. I understand why the Jains in India, when they grow old, simply set off and wander as mendicants—"Bye-bye, everybody! I'm leaving. Forever!" If you're an American, you have helped create the popular culture that has undermined much of the world's traditional cultures. To truly travel, leave your culture behind and explore what's unspoiled in other cultures.

Paddle into Uncharted Waters

A kayak is a masterpiece of design, especially a traditional craft that's hundreds of years old. Look at any picture in Harvey Golden's *Kayaks of Greenland*. The profile, the lines, even the decoration—it's a sweet boat. A kayak is so seaworthy it can go almost anywhere—shallow water, rough water, down rivers, into big surf. It can also be sailed. A folding kayak (there are many good ones) can be transported to, say, the Solomon Islands, and then assembled and paddled around the archipelago. I did it and had a good time.

Theroux spent almost a year island-hopping in the South Pacific, and wrote about the Solomon Islands, Tahiti, Fiji, and other spots in The Happy Isles of Oceania. Visit kayaksolomons.com for info on paddling the Solomons.

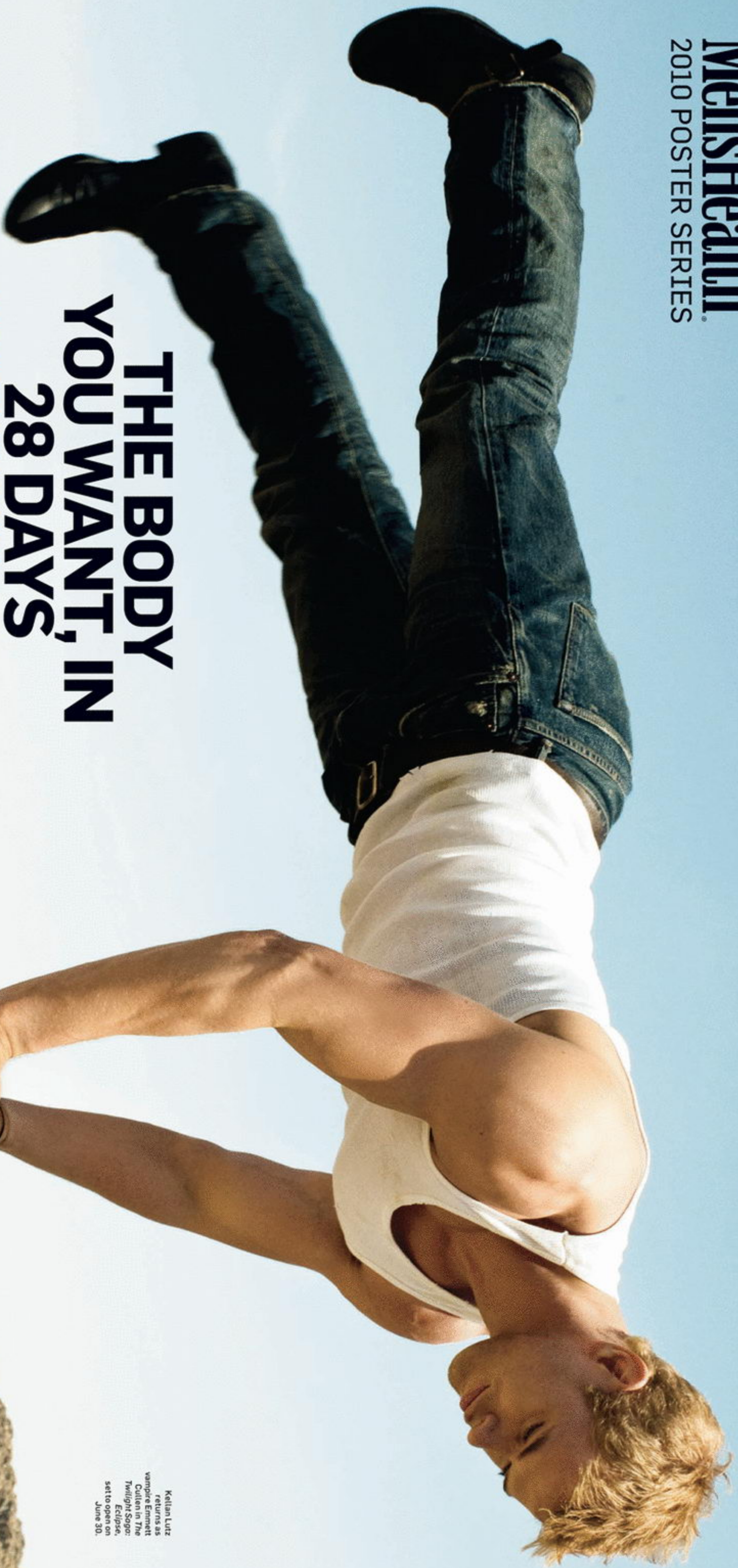
Go It Alone

As I have grown older I have begun more and more to travel with stealth, secrecy, and cunning, and always alone. People always ask me where I want to go next, but I have this feeling that if I list all the many places I would like to see I would be overheard by the Demons of Travel, and that obstacles would be put in my way. In my mind I have visions of distant landscapes and people, but I don't want to be like the Irishman in the bar in Dublin, describing a novel he will never get around to writing.

Paul Theroux is the author of the travel classics *The Great Railway Bazaar*, *Fresh Air Fiend*, and *Dark Star Safari*, as well as more than 20 novels, including *The Mosquito Coast* and *Blinking Light*. His latest novel is *A Dead Hand: A Crime in Calcutta*.

About 15,000 people apply for 4,000 slots annually, and there's no upper age limit. Rotations last 27 months. peacecorps.gov.

The Khyber Pass, on the Pakistan-Afghanistan border, sits on a historically significant trade and invasion route through the Hindu Kush. In recent years it's become a target for the Taliban, and is not a safe place to visit.



THE BODY YOU WANT, IN 28 DAYS

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fat-melting workout

BY MIKE ROBERTSON, C.S.C.S.
PHOTOGRAPH BY JEFF LIPSKY

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Eclipse*,
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YOUR 4-WEEK MUSCLE PLAN

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DIRECTIONS

Do three workouts a week, alternating between workout A and workout B. (You'll do each workout six times in 4 weeks.) In each workout, do alternating sets of each exercise pair (1A/1B, 2A/2B, and 3A/3B). That is, do 1 set of the first exercise and rest 1½ to 2 minutes. Then do 1 set of the second exercise and rest again for 1½ to 2 minutes. Repeat until you've done 3 sets of each exercise in a pair. Then move on to the next pair.

For videos of each exercise, download this workout to your PC or iPad at MensHealth.com/downloads.

WORKOUT A

1

A Barbell deadlift (5 reps)

Bend at your hips and knees and grab the bar using an overhand grip. Your lower back should be slightly arched and your arms straight [A]. Without allowing your lower back to round, stand up with the barbell [B]. Pause momentarily, and then lower the bar to the floor.



B Chinup (6-8 reps)

Grab a chinup bar using a shoulder-width, underhand grip, and hang at arm's length [A]. Now squeeze your shoulder blades down and back, bend your elbows, and pull the top of your chest to the bar [B]. Pause, slowly lower your body back to the starting position, and repeat.



2

A Barbell split squat (6-8 reps each leg)

Hold a barbell across your upper back and stand in a staggered stance, your left foot in front of your right [A]. Keeping your torso upright, lower your body until your front knee is bent 90 degrees [B]. Then push yourself back to the starting position. That's 1 rep.



B Single-arm overhead dumbbell press (6-8 reps each arm)

Stand holding a dumbbell with your right hand just above and outside your right shoulder. Your palm should be turned toward your head [A]. Push the weight straight up over your shoulder [B]. Then lower it, and repeat without pausing.



3

A Cable face pull (8-10 reps)

Attach a rope to the high pulley of a cable station and grab an end with each hand. Back a few steps away until your arms are extended in front of you [A]. Pull the middle of the rope toward your face [B]. Pause, and reverse the movement back to the starting position.



B Barbell rollout (8-12 reps)

Load a bar with 10-pound plates and kneel on the floor. Grab the bar with an overhand, shoulder-width grip. Keep your lower back naturally arched and your core stiff [A]. Roll the bar forward as far as you can without letting your hips or back sag [B]. Pause, and return to the starting position.



WORKOUT B

1

A Barbell squat (6 reps)

Hold a bar across your upper back with an overhand grip, and stand with your feet set shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Pause, and return to the starting position.



B Chest-supported row (6-8 reps)

Grab a pair of dumbbells and lie chest down on an adjustable bench set to a low incline. Let the dumbbells hang at arm's length from your shoulders, your palms facing each other [A]. Without moving your torso, pull the weights to your sides [B]. Pause, lower, and repeat.



2

A Barbell straight-leg deadlift (6-8 reps)

Grab the bar with an overhand grip, and hold it at arm's length in front of your thighs, your knees slightly bent [A]. Without allowing your back to round, bend at your hips and lower your torso until it's almost parallel to the floor [B]. Pause, and rise back to the starting position.



B Close-grip bench press (6-8 reps)

Grab a barbell with an overhand, shoulder-width grip, and hold the bar above your sternum with your arms straight [A]. Lower the bar straight down as you tuck your elbows close to your sides [B]. Pause, press the bar back to the starting position, and repeat.



3

A Barbell curl (8-10 reps)

Grab a barbell with an underhand, shoulder-width grip, and let it hang at arm's length in front of your hips [A]. Without moving your upper arms, bend your elbows to curl the bar as close to your shoulders as you can [B]. Pause, and lower it back to the starting position.



B Swiss-ball jackknife (8-10 reps)

Start in pushup position, but with your shins on a Swiss ball. Your body should form a straight line from ankles to head [A]. Without rounding your lower back, contract your abs and use your feet to pull the ball toward your chest by bending your knees [B]. Pause, and return to the starting position.





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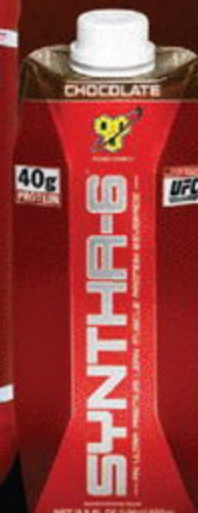
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WILD SIDE | Continued from page 133

become an addictive—and stupefying—time suck. And it's turning my brain to mush.

I've opted for a drastic fix. Here in our dining room, the only machine is a broken grandfather clock. There are no screens, tiny or oversized, to tempt me to defect from actual to virtual reality. The only view is the one out the window: a woodsy hillside framed by five fir trees I planted as saplings years ago. They're giants now, protecting the house from the northwest wind and saving me money on heating bills.

Compared with the distractions of the Net and TV, trees can seem boring. Not true. The changes are subtle and soothing: wind and green shoots, sunlight and shadow, raindrops and snowfall—all add new wonder. I'm softly fascinated.

A mind pushed too long and too hard is headed for failure. The contrast between Windows and windows couldn't be starker. The first kind ensnares attention with the promise of distraction, but in so doing ruins focus. A window on nature leaves the mind free to stroll, giving you a break from the grind and a restorative rest.

The Japanese have a poetic phrase for time spent in the woods: forest bathing. They find these short visits revitalizing experiences and are convinced that the visits are more than just aesthetically purifying. In fascinating new research, scientists at Nippon Medical School have identified essential wood oils released by trees, called phytoncides, that affect human physiology in a number of healthful ways.

In one study, men ages 35 to 56 spent 3 days and 2 nights in a forest and, before that, the same amount of time in a city. The researchers analyzed the men's blood. The result: Forest bathing, but not city exposure, boosted immunity by increasing the number and activity of natural killer cells and related anticancer proteins. And these changes persisted for at least a week. The researchers suspect that phytoncides as well as decreased stress-hormone levels might be contributing to the effect.

Studies like this are beginning to validate ancient ideas about nature and human health. As far back as 2,000 years ago, for instance, Chinese Taoists tended health gardens that they believed were key to their well-being.

The first known hospitals in Europe were monastery infirmaries that included gardens; the monks believed green plants helped healing. Benjamin Rush, a signer of the Declaration of Independence and a physician, wrote that "digging in a garden" aided his patients' recovery from mental illness. In the 1920s, psychiatrist Karl Menninger and his father established their world-renowned clinic on Kansas farmland, where patients did landscaping or farm work as part of their therapy.

While new hospitals in England have design elements that allow for windows and terraces to maximize sunlight and green space, the trend in the United States has been in the opposite direction—massive architectural blocks, artificially lit and packed with technology, says Susan Rodiek, Ph.D., a professor of health facilities design at Texas A&M University.

"When British hospital architects visit our country," she says, "they're shocked at how we do things here. I think hospital administrators know intuitively this isn't good for patients, but you have to prove that designing with nature in mind is more than just an aesthetic choice." Architectural researchers like Rodiek and many others are spreading the message. Good design, they say, improves patient outcomes, reduces complications, and more than pays for itself.

From public schools to corporate campuses to public and private housing developments, "biophilic" architecture is becoming a priority. "More and more," says Sullivan, "there's a realization that incorporating nature into the places where we live, work, and play has a profound impact on our well-being."

If you're able to choose where to live, Sullivan says, you won't regret putting proximity to green space high on your wish list. "Find a home in a green neighborhood," he recommends, "one with street trees, and sidewalks that encourage walking instead of driving everywhere."

Even in the city, you can plant a small backyard plot or rooftop garden to attract an array of visitors from birds to butterflies. "Find a way to spend time outside," says Rodiek, whether it's taking a walk in a park or spending a few minutes on a fire escape. "Even just sunlight, fresh air, a dog barking, and some pigeons will give you a sense of connection to the natural world."

On a deep, atavistic level, we know where we belong. And it's not at a desk. "People understand the importance of unplugging for a while, of going outside into nature and letting their minds wander," Berman says. "Even with that knowledge, though, they don't experience it as much as they should."

So force yourself. Turn off your computer and cellphone, take out the earbuds, and head to the woods. After all the noise you've grown used to hearing, it may take some time to hear a subtler but sweeter sound.

The call of the wild has always been there, waiting in the background. The more often you let yourself hear it, the easier it becomes to heed it—and to restore to life a natural balance that's in keeping with your human nature.

At sunrise, I am awakened as usual by my roommates' skittering and chirping. Last fall, two house wrens built a winter nest on the window air conditioner, where heat seeps through the sill. I roll over to snooze, but wake again midream to the sound of swooping overhead. I yank the pillow off my eyes to behold the little guy I've heard for months but never seen.

Being inside does not suit him. He's flying in frenzied circles, desperate to find an exit.

I open the bathroom door to coax him in, and then shut the door behind us. I open the bathroom window, remove the screen, and crouch in the corner. A minute later, I hear a swoosh and see a ruddy bolt streak past the sink, through the window, and outside—where he belongs. ■

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THE ABOVE-AVERAGE GUY

Make a splash

THIS SUMMER, WE'LL HELP YOU REACH YOUR HIGH-WATER MARK

Quarts of water the average guy sweats out hourly while exercising or working in the heat:



When a man's body mass falls **2 percent** due to dehydration, his performance becomes compromised.

A better way to guzzle "If you're a moderately serious athlete, knowing your sweat rate can help you determine your hydration strategy during an event," says Robert Kenefick, Ph.D., a physiologist with the U.S. Army Research Institute of Environmental Medicine. Weigh yourself before and after a good sweat—the difference is how much fluid you should consume in that time period. Drink 16 ounces of water for every pound lost. Studies show drinks containing sodium are better at helping maintain fluid in the body.

177

Height in feet of Swiss diver Oliver Favre's 1987 record dive

Percentage of men who are too chicken to jump into water from higher than 20 feet: **63**

Stretch your high dive Go feet-first until you have more experience. "Keep your body tight and straight with your arms at your sides, and try to pierce the water as

if you were a pencil," says Olympic diver David Boudia. "You're up there for an adrenaline rush, and all you have to do to impress your friends is get past the edge."



Number of times the average guy will visit the water this summer: **7**
His biggest gripe about beach trips: Crowds

Score some privacy Skip beaches with snack shacks and life-guards, says Hans Vogelsson, Ph.D., a coastal scientist at East Carolina University. In a study of North Carolina beaches, Vogelsson found that beaches adjacent to those with lots of amenities had fewer crowds and were more pristine.

3

Number of times the average guy can make a rock skip across the surface of a calm lake

Record number of skips, set by Russell "Rock Bottom" Byars of Pennsylvania, in a 250-foot-long throw in 2007: **51**

Skip away Byars prefers large, heavy, flat stones with points or notches, which help give it spin. A 20-degree upward pitch when it hits the water will boost your bounces, according to a 2004 study in *Nature*.

JELLYFISH



What the average beachgoing guy fears more than riptides or sunburn

Minutes you probably have to live after being stung by a box jellyfish—one of the world's most venomous creatures: **3**

Lethal jellyfish species in U.S. waters: **0**

Be the jellyfish hero Clean the stung area with sand and saltwater to remove any stinging cells, and then douse it with vinegar, says Chad Widmer, senior aquarist at the Monterey Bay Aquarium. The acetic acid will deactivate any lingering toxins. Mustard will also do the trick, since it contains a lot of vinegar.

5 min

How long it takes to chill a soda or beer using the tips below

Serve your pals colder drinks at the beach To keep a cooler's contents extra cold, pour a cup of seawater over 10 pounds of ice. "The salt melts some of the ice, reduces its freezing point to below 32°F, and, in effect, creates colder ice," says Doug Goff, Ph.D., a food scientist at the University of Guelph, Ontario. For even better results, add a cup of salt to bring the ice down to 15°F.

Number of drinks the average guy consumes at a beach, lake, or river: **5**

rustycloud/Stockphoto (water), H. Armstrong Roberts/ClassicStock/Corbis (diver), SHAZ MADANI (blobs), Jeff J Mitchell/Getty Images (crowd), 4x6/Stockphoto (jellyfish)

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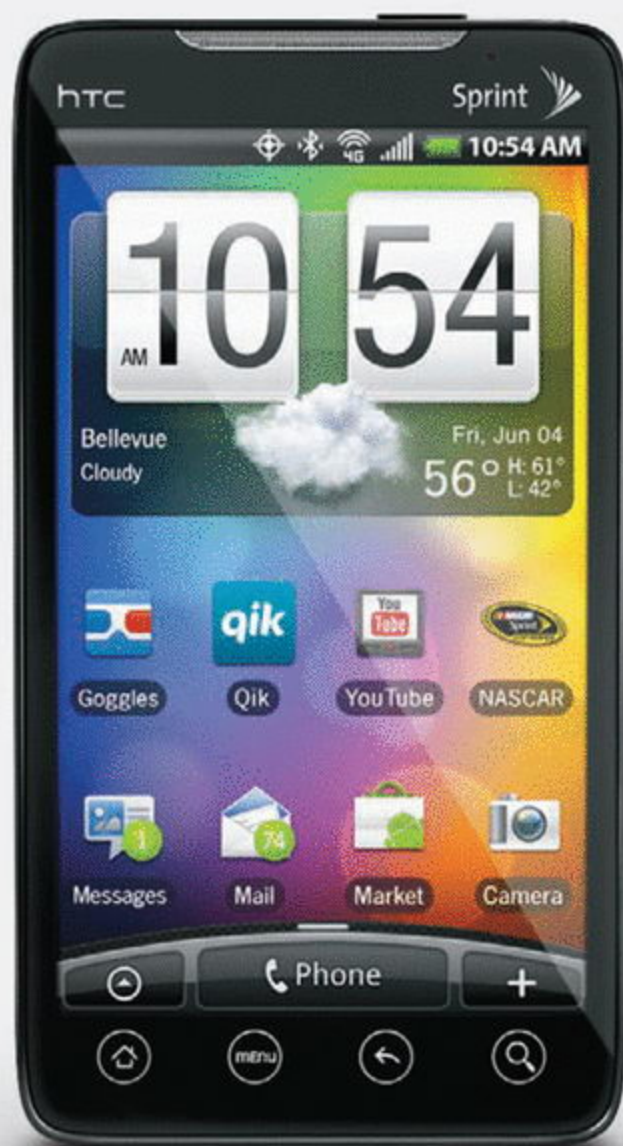
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