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MARCH 2009 Rs 75

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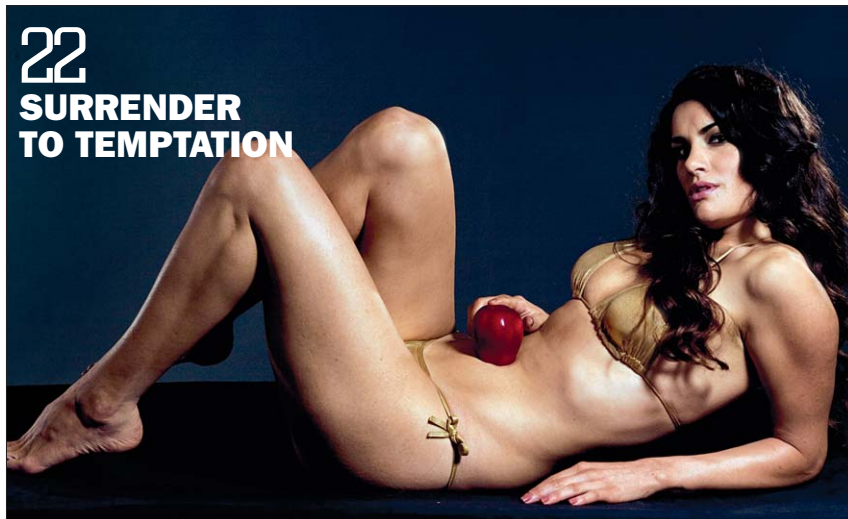
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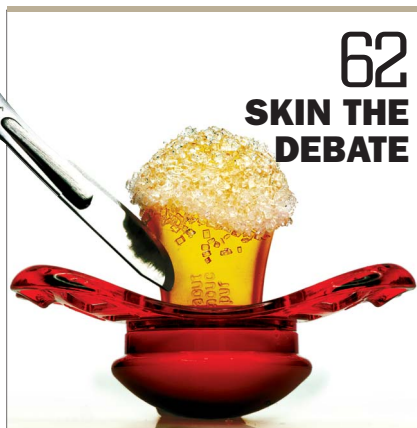
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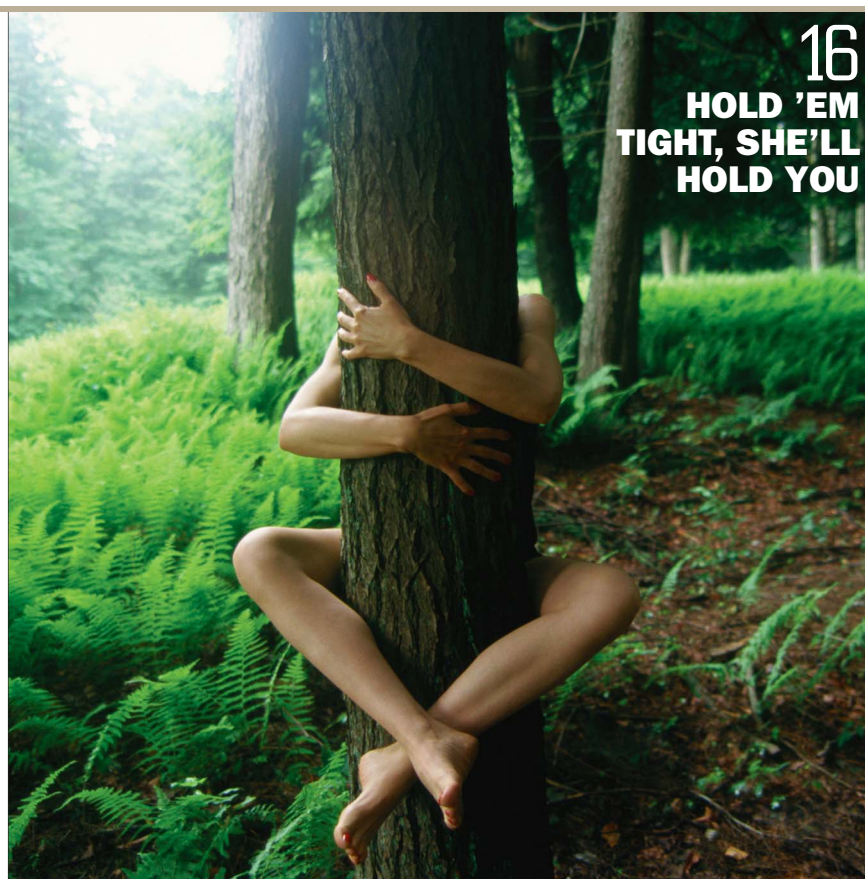
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PROFESSIONAL PRO MAKER

How Nearly Two Dozen Competitors Turned Pro Using George Farah's Formula For Success.

IFBB Pro George Farah's ability to overcome adversity and rise to the pro ranks is an inspiring story. Perhaps even more impressive is the way this guru's expertise has helped nearly two dozen male and female athletes earn pro cards of their own. What's his secret? Here's a little hint: protein. But not just any protein: PRO COMPLEX APS. George's strategies for dialing in diets, contest preparation and posing are complemented by his long-standing insistence on using PRO COMPLEX APS. Each serving provided 60 grams of fast and slower digesting proteins from 8 of the absolute best sources. One look at George's massive 22 inch guns and you know he counts on this Augmented Protein System's extensive amino acid profile- including 14 grams of BCAAs plus over 10 grams of glutamine compounds- digestive enzymes, and 15 vitamins and minerals. And, as George will tell you, Pro Complex has an impressive history of building on improvements- as well as building championship physiques. That's why Pro Complex is the only protein he recommends for his protégés- and uses himself.



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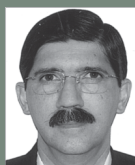
Ask the experts on the MH India Advisory Board

If a guy starts to climb two flights of stairs and either begins to pant or feels a pain in the chest, is it reason to get worried?

► Thomas Pinto, Goa

►► Chest pain or panting on climbing two flights of stairs is very suspicious of a cardiac symptom called 'angina' and should be looked into by a cardiologist.

CARDIOLOGY



Shahrukh Golwalla

Dr Golwalla, who completed his super speciality in cardiology studies from the University of California at Los Angeles, is consultant cardiologist at Mumbai's Breach Candy and Jaslok hospitals. He has also co-authored four books with his cardiologist father Dr Aspi Golwalla.

ALTERNATIVE MEDICINE

Farokh J Master

Dr Farokh J Master is the director of the Homoeopathic Health Centre, Mumbai, and teaches homoeopathy at the Bombay Homoeopathic Medical College. He is also the author of over 36 books, including several bestsellers. Ed Mills of Classical Homoeopathy, Toronto, wrote about Dr Master: "This man has taken the practice and teachings of homoeopathy to a level previously unseen."

CARDIOLOGY

Prediman Krishan Shah

Dr Shah is the director of the division of cardiology and the Atherosclerosis Research Center at Cedars Sinai Medical Center in Los Angeles, and a professor of medicine at the UCLA School of Medicine.

DERMATOLOGY

Shrilata Trasi

One of the first Indian women to take up dermatology as a profession, Dr Shrilata Trasi was attached to BYL Nair Hospital for nearly 12 years. She now consults at Hiranandani Hospital, Mumbai, runs her own laser clinic and is well-known as the dermatologist to Bollywood stars like Madhuri Dixit, Shah Rukh Khan and John Abraham.

EXERCISE SCIENCE

PV Jayasankar

Chennai-based Dr PV Jayasankar, an orthopaedic surgeon, has been recognised for his efforts to bring exercise science as a speciality onto centre stage. As the organising secretary of the 26th annual conference of the Indian Association of Sports Medicine, Dr Jayasankar made a public commitment to spread the science now popular in Punjab and Delhi to other parts of the country.

MENTAL HEALTH

Rajesh Parikh

Dr Parikh is a poet, painter, photographer and India's leading neuropsychiatrist. He has won over 200 awards, published scientific papers in international journals and lectured at the Harvard, Yale and Johns Hopkins Medical Schools in the US and the Institute for Research in Neuroscience and Neuropsychiatry in France. He is also honorary psychiatrist and neuropsychiatrist at Jaslok Hospital, Mumbai.

SPORTS MEDICINE

Anant Joshi

Dr Anant Joshi is a consultant with Bombay Hospital and Medical Research Centre and is a nationally recognised arthroscopy expert. He is a sports medicine consultant to the Board of Control for Cricket in India (BCCI).

UROLOGY

Larry I Lipshultz, MD

Dr Lipshultz is the chief of the division of male reproductive medicine and a professor of urology at Baylor College of Medicine. He is on the editorial boards of seven professional journals.

What should I do if I experience heartburn after eating spicy food?

► Navin Iyer, Chennai

►► Have a scoop of beans: A recent study shows that a diet high in fibre helps combat heartburn. Also, keep your head raised while sleeping. Stomach acid doesn't like going uphill.

NUTRITION



Mary Ellen Camire, PhD

Dr Camire is a professor of food science in the department of food

science and human nutrition at the University of Maine. She's a food-science communicator for the Institute of Food Technologists, a not-for-profit scientific organization. She's also a member of the Maine Nutrition Council.

WEIGHT LOSS

Dr Muffazal Lakdawala

Dr Lakdawala, a specialist in weight-loss surgery, is head of department, bariatrics, at LH Hiranandani Hospital and a consultant laparoscopic surgeon at Lilavati Hospital, Mumbai. He trained at the University of Ghent, renowned for its obesity surgery.

YOGA

BKS Iyengar

BKS Iyengar is the pioneer of the unique style of yoga called 'Iyengar Yoga' followed by millions the world over. *New York Times* calls Iyengar "one of the most penetrating writers on yoga alive today". He lays great emphasis on precision and alignment and is one of the few masters to teach the highest aspect of yoga—atma darshan through postures.

If a person has been suffering from back pain, is it advisable to consult a chiropractor?

► Nakul Mehra, Pune

►► Clinical trials indicate that chiropractic care is as safe and effective as conventional treatments, but it's not appropriate for everyone. Do not seek chiropractic adjustment if you have osteoporosis or signs or symptoms of nerve damage such as numbness, tingling or loss of strength in an arm or leg. If you have a history of spinal surgery, check with your surgeon before consulting a chiropractor.

ALTERNATIVE MEDICINE



Issac Mathai

Dr Mathai hails from a family with a tradition of homoeopathic practice for more than half-a-century. He is the chairman of Soukya International Holistic Health Centre, Bangalore, and a consultant to holistic health centres in Europe and the USA.

Send in your questions to the experts at menshealth@intoday.com or write to Men's Health, 5th Floor, Videocon Tower, E-1 Jhandewalan Ext., New Delhi-110055

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Men'sHealth

GET STYLISH, SMART, SUCCESSFUL!



Jamal Shaikh
Editor

On a trip to Hong Kong a few weeks ago, I entered a public restroom and did a double take. For, sprucing up her hair in front of the mirror was... a girl! Embarrassed that I'd probably entered the wrong door, I quickly retraced my steps to the exit—only to realise that I was in the men's room after all. The 'lady' in front of me was, in fact, a guy!

Gender characteristics differ, and this isn't a statement on that. What did me in was neither the guy's behaviour, nor was it his South-East Asian complexion or the long locks covering the side of his face. It was his skin tight jeans that clung to his lower body that left me confused.

Denim works for me for two reasons. One, the comfort factor. And two, for its rugged, tough-guy appeal. This guy's jeans had neither. They seemed to cut off the circulation to the lower half of his body. Yes, they made his butt look good, but definitely not in a big guy/macho/great quads sort of way.



Yet, when we look around, skinny jeans seem to be the order of the day.

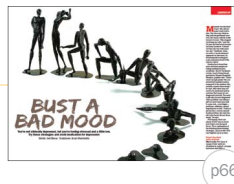
To understand why, and find out what works best for you, we've converted this season's Guide to Style into **The Blue Book**, your ultimate guide to buying, wearing and—if you're like me—existing in denim.

In our main issue, award-winning author **Siddharth Dhanvant Shanghvi** writes about how a scrawny physique left him feeling underconfident for years. And our trusty Personal Trainer gives you instant, easy solutions.

Our Special Report, **Should All Indian Men Be Circumcised?** raises some pertinent questions, while Jeet Barua and Arzan Khambatta show you how to **make bad moods history**. For a bit of trivia, **Six-pack surgeries** checks out whether rumours of actor Shah Rukh Khan's six-pack being a result of cosmetic surgery hold any ground at all.

We've laid out a thought-provoking, stylish March. Enjoy working those grey cells as much as your abs, and remember: it never hurts to double-check the sign at the door!

Jamal Shaikh



p66



p45



p40



p62



S-8

➤ We couldn't have done it without



SIDDHARTH DHANVANT SHANGHVI

p40

Siddharth's debut novel won the Betty Trask Award (UK), the Premio Grinzane Cavour (Italy) and was nominated for the IMPAC Prize. His new book *The Lost Flamingoes of Bombay*, was short-listed for the 2008 Man Asia Literary Prize. Skinny-framed Siddharth attempts to be a *Men's Health* Alpha Male this issue... with some success on p40.

Hi Siddharth, what's the one thing that sets a stylish man apart from the rest?

Dignity: Say less, mean more.



ARZAN KHAMBATTA

p66

A qualified architect from Rachna Sansad's Academy of Architecture, Arzan's first solo exhibition 'Scriptures' was held in 1993. His sculpture 'The Rhino' stands tall on the traffic island at Mumbai's Nariman Point. Arzan bagged the Aditya Vikram Birla Kala Kiran Puraskar for Sculpture in 2002.

Style is the buzzword this month, Arzan. Tell us one thing that makes a man stylish?

Attitude and a good watch. I believe these two things get you noticed in a crowd.



PRASHANT VERMA

S-14

Prashant is known for his sharply-constructed designs and his own relaxed, yet confident personal style. He has worked extensively on prints and embroideries, and has trained with Alexander McQueen in London, and with John Galiano in Paris. Prashant graduated from NIFT and launched his own label in 2008.

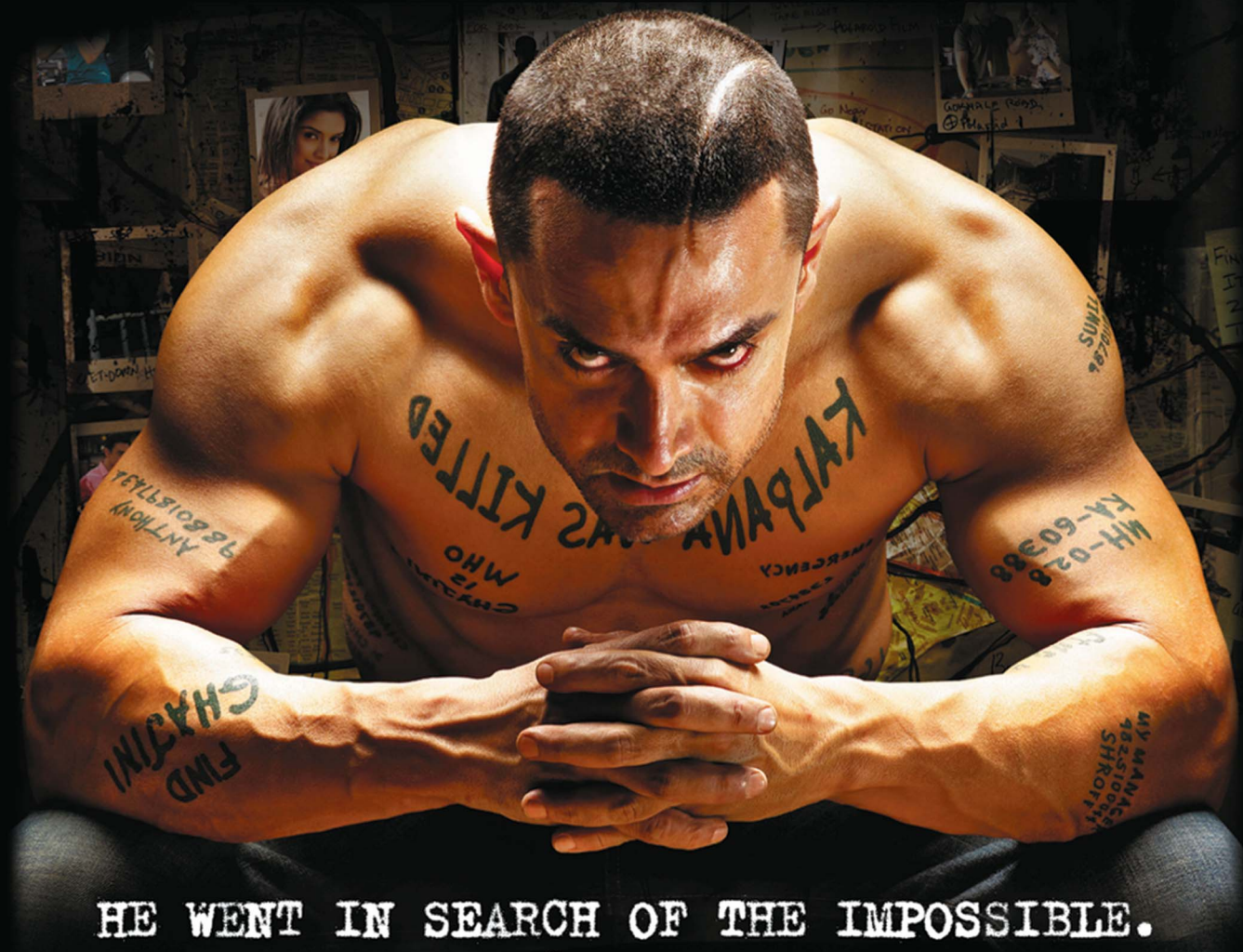
Finally, what makes a man stylish, Prashant?

More than the clothes on your back, it's a good body that will get those heads to turn. (MH says: It's time to hit the gym, guys!)



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Which are the best fruits as the weather changes and more varieties become available?

► KINGSHUK G, VIA EMAIL

This is a perfect time to branch out to bolder-flavoured fruits, and some of the best hit their peak just in time to snap your tastebuds out of the weather and boredom funk. "Many offer a great combination of sweet flavour and an acidic tang. They're refreshing and can provide a nice

mental boost during this period," says chef Bakshish Dean of The Park, New Delhi. We selected these five varieties because they also have health-boosting potential and are easily available in most fruit shops or fruit vendors across India. Just eat them and feel elevated.

Pomegranate Pomegranate seeds are high in polyphenols, which fight inflammation. Mix the seeds into oatmeal for more flavour and crunch.

Kiwi fruit One kiwi contains about 100mg of immunity-boosting vitamin C. Add kiwi slices to a spinach salad.

Guava One cup of raw guava contains more than 8,500 micrograms of the antioxidant lycopene, which may help prevent coronary artery disease. Pair it with blue cheese and figs for a snack.

Persimmon The antioxidants it has can help control diabetes and the cell damage it causes. Serve the fruit with chicken or ham and fresh mozzarella.

Pomelo Pomelos pack flavanones, a class of antioxidants that can help prevent the spread of cancerous cells. Include them in a topping for a sorbet.

How can I get more done at work?

► TSB SHASHIKANT, BANGALORE

Forget motivational books and try some scientifically-tested tricks. Remember the paperless office? Forget it. Print the important e-mails and reports. Research shows that people are less likely to understand material or find it interesting if they read it on screen, compared with on paper. And a stack of paper serves as a constant reminder of pending

work in front of your eyes.

To further increase your efficiency, get a second computer monitor. Researchers at the University of Utah found that a second screen helps you complete tasks 7 per cent faster, makes you 10 per cent more productive, and makes it 33 per cent more likely for you to get that comfy corner office.



MYTH OF THE MONTH Bleaching weakens teeth

It doesn't. "But for about seven hours after the process, your teeth feel more sensitive to cold," says Jay Neuhand, DDS, a dentist at Gramercy Dental Arts.

If you are still unproductive, resort to desperate measures: Hang a picture of your mother-in-law, our boss or an authority figure on the wall across to you. Research found that when a picture of human eyes hung over an honour box in a coffee room, people were more likely to pay the dough in full than when a picture of flowers hung on the wall. "You behave more cooperatively when you think you're being watched by someone," says Melissa Bateson, author of the lead study.

I prefer to do my squats on a Smith machine. Is this bad for my knees?

► SANJEEV G, VIA E-MAIL

Squats of any type—with free weights or on a Smith machine—can be dangerous if performed incorrectly. The most common free-weight mistake people make is leaning their upper body too far forward, which shifts weight from the hips and thighs to the knees and lower back. On a Smith machine, since the barbell is fixed, there's less freedom of movement which can also set you up for injury: If you don't lean far enough during a squat, you can strain your back and knees. So which approach is best? Shawn Arent, PhD, an exercise scientist at Rutgers University, recommends free-weight squats because you'll activate more stabilising muscles than you would with a Smith machine. With your feet slightly wider than your hips, chest up, and knees in line with your toes, lower your body by pushing your butt back and bending your knees, until your thighs are at least parallel to the ground—deeper is better (1). Stand up without rounding your back (2).



1



2

EXPERTS ON CALL

Got a harrowing problem and don't know who to ask? Write to: ASK MEN'S HEALTH
5th Floor, Videocon Tower, E-1 Jhandewalan Ext., New Delhi-110055 or e-mail at menshealth@intoday.com. Answers should not be considered substitutes for professional medical advice. All correspondence becomes property of *Men's Health*.

ASK THE COSMO GIRL

Payal Puri, editor of *Cosmopolitan India* answers your most perplexing relationship queries*



This was a fad... unfortunately!

What happened to thongs? It seems like they're less popular with the ladies these days. ► GURPREET SINGH, DELHI

There will always be a core contingent of bare-cheeked babes who refuse to suffer wedgies and visible panty lines. But for all the other girls, the thong was just another trend that came and went. They tried it while it was hot, but now that women's magazines are praising cute boxers, they're tossing their T-backed briefs and once again swathing their butts in silk and lace. All you can do is cross your fingers and hope they'll be back in style soon.

My girlfriend makes fun of the fact that I get manicures and dye my hair. She likes the results, so why do it?

► GAURAV JAIN, BARODA

People laugh at what they don't understand. Your girlfriend teases you because she isn't used to guys who primp. She's probably also over-analysing, wondering

what your grooming habits might say about you as a person and a boyfriend. Will you be hypercritical of her appearance? All you can do is give her some time to realise that a man can be confident, grounded, and sensitive and still strive for good hair.

She goes for spa days with her friend a lot. What goes on there?

► ASHOK PANDIT, PUNE

Whenever I go with girlfriends to a spa, we immediately undress, hop into the hot tub, and chat lazily for a good hour. It's quiet and peaceful. Then we slowly drift apart. A few of us will head to the steam room. And at some point, we'll each head to a private room with a therapist. The treatments, especially in good, reputed spas, are soothing and wonderful, and leave you relaxed.



A man can be a man, and yet strive for good grooming habits!

My wife fights with her mother when she visits, which puts a major strain on our marriage. Should I stay out of it?

► KAUSTAV M, VIA EMAIL

Yes. You don't have a chance of talking them down. Instead, create a diversion—talk about ideas for the house or about her father. Then, when you and your wife are alone, let her vent. But instead of offering advice, help her think positively: about the times when she and her mom cried together, laughed together. If you help her think happy thoughts, it'll defuse the anger and frustration that she'd take out on you. **MH**

WRITE TO THE COSMO GIRL

at menshealth@intoday.com or at MEN'S HEALTH, 5th Floor, Videocon Tower, E-1 Jhandewalan Ext., New Delhi-110055

* For the best sex positions and other bedroom-related queries, turn to our trusty sex columnist, Pooja Bedi, in this issue, on p25

TELL MEN'S HEALTH...

WHAT MH READERS SAY THIS MONTH

LESSONS IN LOVE

I read a letter on the Tell MH page by a female reader, who wrote that she loved your informative sex stories so much she bought a copy of the magazine and left it for her husband to read. Her gain: A better sex life. I have a similar story. My wife of six months, though well-educated, hails from a small town, and is a bit inhibited. It's safe to say that for four months after marriage, our lovemaking was restricted to stuff from my side. She never stopped me, but didn't participate either. A few weeks ago, I brought home a copy of *MH* and told her it was a great magazine even for her to read. My sex life has drastically improved, and I have *MH* to thank for this!

► SUVEDH AHLVALIA, NOIDA

Want more tips for a hotter sex life? Turn to page 58

MORE INDIAN GIRLS PLEASE...

What I like best about *Men's Health* is that unlike so many other foreign magazines flooding the market, this magazine remains strongly focussed on the Indian reader. Why then did you have so many white-skinned women in your Sex Special Issue in Feb '09? Don't you think that Indian women are as beautiful, or is it that Indian models just refuse to pose for your bold shoots?

► COOLDUDE82, VIA EMAIL



COVER FANATICS!

I am writing to officially register my protest against the girl you've featured on your cover this February. I have been a regular *MH* reader ever since its launch (and of the American edition before that). I think it's a magazine that has great focus and one that remains completely true to its word. One thing it's definitely not is

Women's Health! Please leave such cheap sales-boosting tactics to all other magazines on the stands.

► DEEPESH MANSUKHANI, MUMBAI

3 TIPS FROM MH READERS

1 Shoulder nipples are the protrusions in your shirt caused by a clothes hanger. To remove them, moisten your fingers and rub them on the protrusions until the shirt is wet. (Just make sure your hands are clean.) When the shirt dries, the nipples will be gone.

— Jayant Sah, Indore

2 Remove minor nicks from your watch's acrylic face with a dab of toothpaste.

— Upen Sikander, Ludhiana

3 To pry open your key ring, place the pointed teeth of a staple remover between the metal rings, and press.

— Matt Hale, via email

Got a tip? Cool! E-mail it at menshealth@intoday.com

MH Online Poll THE BIGGEST STUMBLING BLOCK WHEN APPROACHING A GIRL

Fear of rejection
63.32%

Losing my tongue
25.52%

A miserable previous experience
11.16%

Total: 691 respondents

This month's questions WHAT STRESSES YOU OUT THE MOST?

- ⊙ Work
- ⊙ Money
- ⊙ Family
- ⊙ Social acceptability

AND... WHAT DO YOU DO TO BUST IT?

- ⊙ Hang out with family
 - ⊙ Watch movies, television/ listen to music
 - ⊙ Exercise
 - ⊙ Have sex!
- Log on to www.menshealthindia.com to answer, then watch out for *MH* April '09 for the results.

Write to: TELL MEN'S HEALTH, 5th Floor, Videocon Tower, E-1, Jhandewalan Extension, New Delhi - 110 055 or e-mail at menshealth@intoday.com

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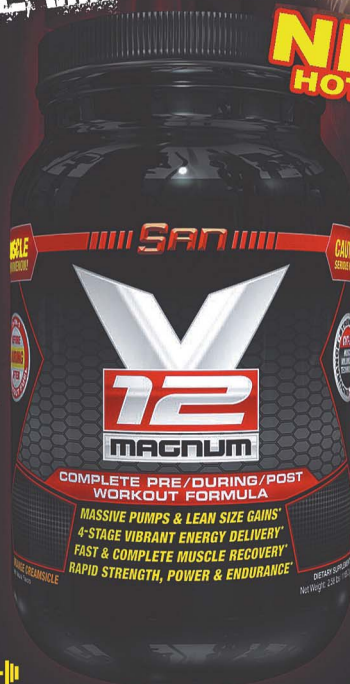
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Health Bulletin

- ☉ Test yourself for sleep disorder
- ☉ Wake up the cold sore-killing virus
- ☉ Walk in the woods to enhance immunity
- ☉ Sip a coffee to drive safe

MAR '09
LATEST NEWS FROM
AROUND THE WORLD



You hold a tree, let her hold you!

BOOST YOUR IMMUNITY

You may finally have a legitimate reason to hug a tree: A hike in the woods can boost your immunity, say Japanese researchers. They found that men who walked through a dense forest for a total of six hours over a period of two days experienced a 46 per cent spike in their blood levels of natural killer cells, which are part of your body's SWAT team against invading viruses. Apparently, the study says that all trees release airborne chemicals called phytoncides that not only protect their foliage from microbes but also help stimulate our own immune systems. The woods are calling you!

PULSE

Facts you never knew

STRANGE BEDFELLOWS

A study in *Brain Research* found that when cancer-ridden rats were given a combination of chemotherapy and erectile-dysfunction drug Levitra, most of the chemo reached the tumours than when it was administered alone. The reason might be the drug's ability to improve bloodflow.

SORE NO MORE

So far doctors have been unable to kill the herpes simplex 1 virus, the reason for cold sores, as part of it is always dormant. Duke University scientists have developed a drug that "wakes up" the virus, leaving it vulnerable.

Wake up well tested

You can now accurately test yourself for sleep apnea at home, according to a new study in the journal *Sleep*. The Holter-Oxi-meter, a small, portable device that measures heart rate and blood-oxygen levels, was shown to be nearly as accurate as sleep-lab testing for identifying people with the disorder. Talk to your doctor about prescribing the device if you have common sleep apnea symptoms, such as snoring or daytime drowsiness.



Measure yourself to sleep like this

FACTS OF LIFE

69.9 Projected number of patients in India suffering from diabetes in 2025
MILLION

Source: Euromonitor International

Drive it on

Nearly half of the men surveyed worldwide said they've fallen asleep at the wheel. And that number may be even higher in the metros. While there are lots of ways to try to stay awake en route, Swedish researchers found that most of us rely on the strategies described here. The most effective solution: Take a nap!



The method	The method	The method	The method	The method
Take a short walk	Open the window	Drink coffee	Talk to a passenger	Turn on the radio
Does it work? YES	Does it work? NO	Does it work? YES	Does it work? NO	Does it work? NO
In a US Army study, 10 minutes of exercise helped sleep-deprived pilots to stay awake for up to 30 minutes.	When drivers in a British study were blasted with cool air, they didn't report feeling any more alert.	British researchers found that drowsy drivers who consumed 200mg of caffeine felt less sleepy.	In a Miami University of Ohio study, chatty drivers took 16 per cent longer to hit the brakes when stopping.	A study published in the journal <i>Sleep</i> found that cruising to tunes failed to energise sleepy drivers.

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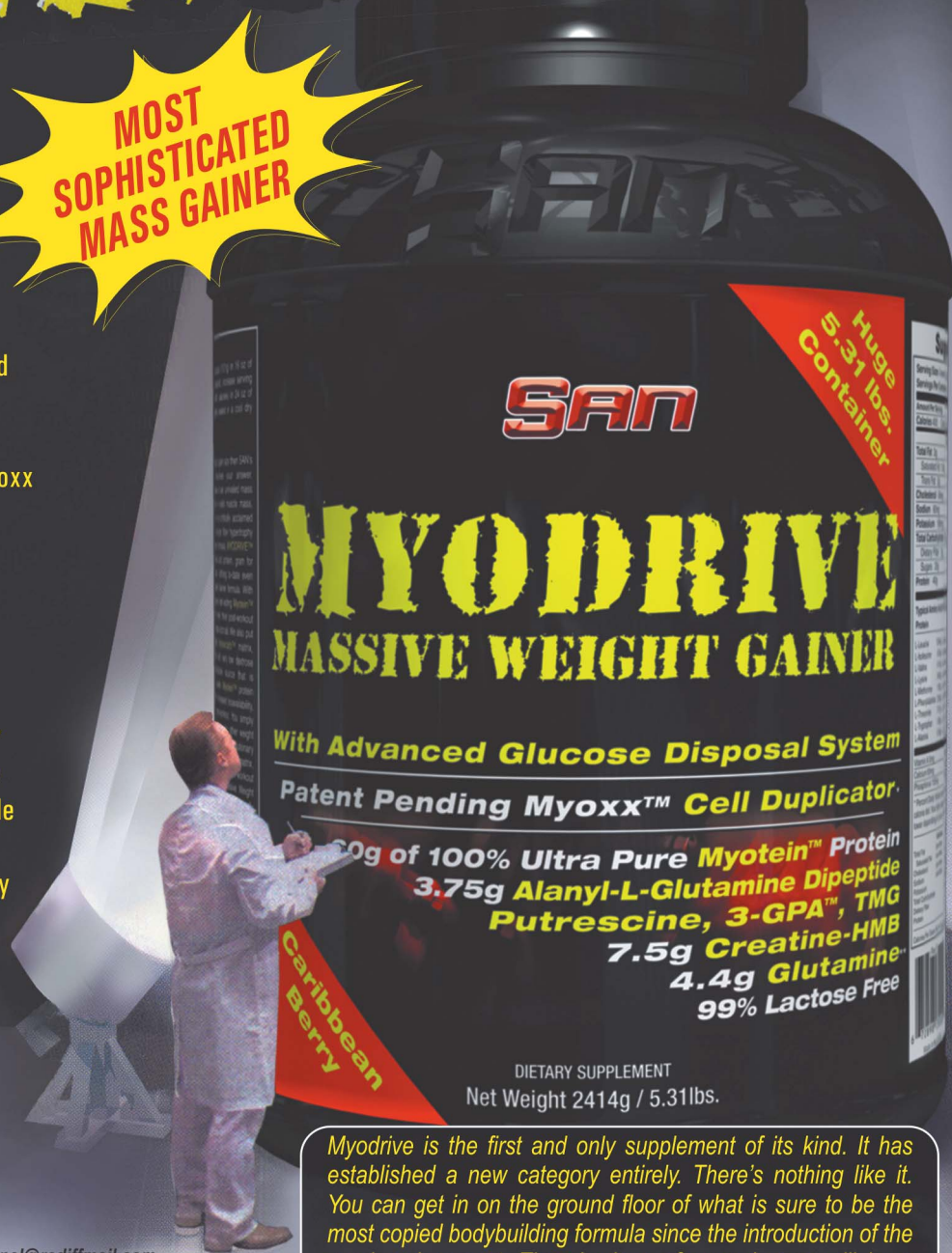
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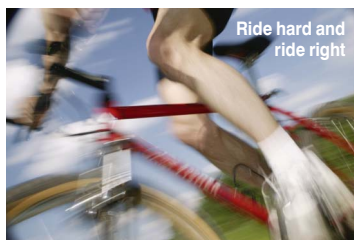
SAN

First In Sports Nutrition

Fitness Bulletin

Low riders are slow riders

Many cyclists set their bike seats too low. But a tweak in your saddle height can boost your endurance. A new study from the University of Central Arkansas found that people who set their saddles so that their knees are bent at a 25-degree angle (from vertical) at the bottom of the pedal stroke felt less fatigued after a ride than those who set their saddles at other heights. "Pedalling at this angle lets you use the least amount of energy for your work," says study author Will Peveler, PhD, so you can ride farther before tiring out. Need help finding the proper angle? Visit your local bike shop. Many have fit experts on staff.



Ride hard and ride right

Don't worry, be strong

University of Texas researchers found that stress-free lifters showed greater gains in bench press and squat than those who were stressed out. Stressed people follow unhealthy diets and sleep less, which may affect their gains, says John Bartholomew, PhD, the study's co-author. Elevated stress-hormone levels hampers muscle recovery. So if you've quit making gains in the gym, think less.

FACTS OF LIFE

71

Average age an Indian thinks he will live to be

Source: Euromonitor International

- ☺ Dance to your workout beat
- ☺ Lower the seat for endurance
- ☺ Get muscle, forget stress
- ☺ Don't look when you run
- ☺ Check meds to stave off risk



Choose your shadow over your mirror

DON'T LOOK IN THE MIRROR

A mirror in front of a treadmill is good news and bad news. A study in *Medicine & Science in Sports & Exercise* found that watching yourself on a treadmill may help you run more smoothly, but can also make your workout less demanding. **Runners who watch themselves in the mirror expend less energy and consume less oxygen**, says study co-author Daniel Eaves. On the other hand, those who watched either a reversed mirror image or a static image of themselves expended more energy. So choose a treadmill where you can't see yourself or other runners for a harder workout.

MAR'09
LATEST NEWS FROM
ROUND THE WORLD

TUNE IN

Get healthy, wealthy, wise

MUSCLE KILLER

If you're taking cholesterol lowering drugs, it'd be better to monitor your muscles, advises a Loyola University study. That's because statins may lead to myopathy, a malady with symptoms that, if untreated, can range from muscle weakness and pain to muscle damage and even death. "The research also suggests that this can occur in 1-5 per cent of people," says study author Sung Ahn, DO. If you think you've developed symptoms, it's the right time to consult a doctor.

Your ultimate workout playlist

The book, *Sport and Exercise Psychology*, sums up the research on workout tunes: It's best to match the tempo to a workout stage. Watch this playlist for ideal beats-per-minute rate



DON'T LOOK IN THE MIRROR IMAGING: PLYUSH GARG; YOUR ULTIMATE WORKOUT PLAYLIST PHOTOGRAPHY COURTESY: WARNER BROS/WEA, REPRIS/WEA, DEF JAM, DADA MUSIC

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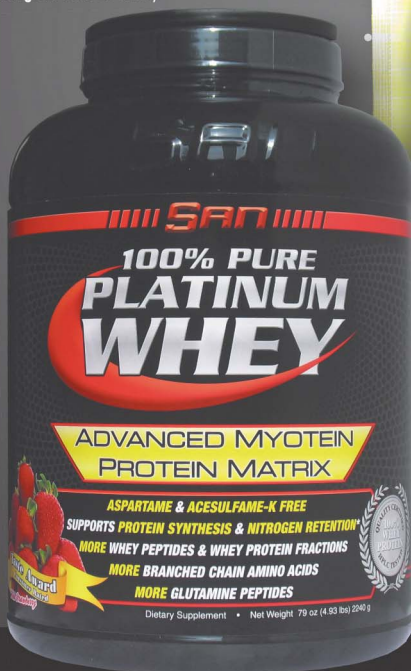
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4. Must for muscle growth in muscle gain diet.	Muscle/ Weight gain clients	With 5-6 high-carb meals
5. Health benefits : • Health boost immunity, • Very light to digest, • Helps strengthen body & recover from illness	Anybody (even non-exercising person) for : • General health & fitness • Recovery from injury o illness	Small amounts in each meal (as per requirement, as per body weight)
Richest natural source : Mother's breast milk		

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Sex Bulletin

- ☛ Vroom up to make her desire you more
- ☛ Eat spinach to get your sperm going
- ☛ Gulp that beer to make her prettier
- ☛ Don't fight what you can't win
- ☛ Tie her right to rock the night (ask her first!)

MAR'09
LATEST NEWS FROM
AROUND THE WORLD

Rev up her desire

Cubic inches matter and noise rules. Loud car engines can activate a woman's sexual arousal, according to British researchers. Women who listened to the revving engines of Ferraris and other high-end cars showed elevated testosterone levels, indicating sexual excitement. The roar causes a response in a woman's hypothalamus, triggering physiological arousal, says lead author David Moxon, MSc. But don't redline a Civic—the noise of a four-cylinder car lowered women's testosterone levels.



Get those legs with a drive

Feed spinach to your sperm

Researchers at the University of California found that a lack of folate may sabotage your sperm. Men who ate more of the B vitamin, which is critical for the healthy development of DNA, had up to 20 per cent fewer sperm. Studies haven't proved that more folate will help, but it can't hurt to take a multivitamin. Or, eat more spinach: A two-cup serving has 115 micrograms of folate.

FACTS OF LIFE

63 Percentage of people who said they liked experimenting with different positions in bed

Source: India Today Sex Survey



Let her bring the cuffs. You just ask...

NO HOLDS BARRED

Are handcuffs a feel-good accessory? A recent study found that **men who engage in bondage say they feel less sad, nervous or hopeless than men do generally.** They're not markedly different from other men—bondage may be just a way “to express their heightened interest in sex and sexual permissiveness,” says Richard O de Visser, PhD, author of the study in the *Journal of Sexual Medicine*. “It's simply a sexual interest that's attractive to a minority, and not indicative of past abuse or difficulty with ‘normal’ sex,” Visser says.

SIGNS

Understand the chemistry

NICE LUNGS

Men are more likely than women to grow out of asthma, according to Harvard Medical School researchers who studied 1,000 children. Animal research suggests that testosterone relaxes the constricted smooth muscles in airways.

TONGUE-TIED

Losing arguments at home? It might be because women have an inborn talent for language, say researchers at Northwestern University. Scientists found that boys use one area of the brain to read words and another to listen, but girls use several regions at once.

Get all beery-eyed

BEER FACT

British researchers gave drinks to heterosexual men and women (some received non-alcoholic placebos), then had them rate faces on a computer screen. No surprises here: The tipsy people tended to find the faces more attractive than the sober ones did. But there's more.



Tipsy men and women tended to rate people of their own sex as attractive. The effect persists for up to 24 hours in males, but dissipates among females.



The equivalent of .25 litres of beer induced the effect.

Drink this, lose 5 kilos! Turn to p54



NO HOLDS BARRED PHOTOGRAPHY: CORBIS
REV UP HER DESIRE PHOTOGRAPHY: DREAMTIME



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Alpha Male

03/09 All you need to lead in life

HEALTH	FITNESS	NUTRITION	WEIGHT LOSS	PSYCHE	GEAR	WISDOM
Fight plane woes Fly ill-free and dash flight sickness with this six-point flightplan. p26	Boost muscles Run pillar to post to lose those calories and add some bulk to your body. p28	Peel appeal Chew on these vitamin powerhouses we call peels. p30	Seat right Bash those calories with the way you park yourself at the dining table. p31	Heat things up Cool things down by heating up the right way, at the right place. p33	Drive in style Discover unknown aspects about your car that can save your life. p34	Conquer back pain Play the game to beat those back spasms in the best possible way. p36

FALL TO TEMPTATION

You're surrounded by sexy women with potentially ugly consequences. Use this guide to safely taste their sinful fruit

Photography: AJ Raina

Your best friend's sister

Why not

"Blood is thicker than water," says Mumbai based Dr Rajan Bhonsle, sexual medicine and counsellor from Heart to Heart Institute. "You're risking a relationship built up over the years for one that might not last."

Why you should

"You have a lot in common, which is a strong basis for a relationship," says psychiatrist Dr Samir Parikh.

Your move

"Prep your friend by mentioning a recent pay rise," says Siski Green, author of *How to Blow her mind in Bed*. He'd rather she didn't date anyone. Become his next best option by being a good provider. Avoid being touchy-feely when he's around.

Your kid's teacher

Why not

"She's a big influence on your child. If you screw up, will he suffer?" says Payal Puri, *Cosmopolitan* editor and relationship expert.

Why you should

"Being a single parent makes it hard to socialise, and you have common ground," says Dr Parikh. Plus she likes kids."

Your move

"Try this in the limited time you have," says Puri. "Make eye contact, mention you're taking your child for pizza and ask about her favourite topping." Harvard psychologist Dr Zick Rubin found eye contact and disclosing personal info are key in making someone fall for you. "Or try fitting in a personal meeting when she's free to talk about junior."



Turn over
for your
ticket to
Eden...



Your boss's daughter

Why not

He holds your financial testicles in his hands.

Why you should

She's out of bounds, so most men will be too scared to approach her," says Puri.

Your move

Two of the main traits women find attractive are power and self confidence," says Puri. "A man who takes a risk exudes power and you can score big by just making a mature confident approach. Don't go all out—if you'd take a first date for coffee, then take her there. Allow her to relax and enjoy herself. And don't talk about daddy."

The work experience girl

Why not

Dribbling over 22-year-olds marks you as the office leech.

Why you should

"You're pursuing the same career so have plenty in common," says Puri.

Your move

"If she's prepared to work for free, she's probably ambitious," says Puri. "Draw her into a conversation about her career plans and contribute to them. If she's curious and would like to know more, invite her for dinner." Don't volunteer info, get her to ask you for it.

The girl your friend is after

Why not

"There's no bigger blow to a man's ego than being rejected in favour of his friends," warns Dr Bhonsle.

Why you should

You've got the same taste in music, films and friends as your mate, and this will inevitably extend to women to a certain degree.

Your move

"Don't make it into a competition," says Dr Bhonsle. "Instead, tell your friend how you feel about her. Ultimately she will choose. Respect that." After all, you've known each other for quite some time now.



TWO-SECOND TIP TO HEIGHTEN HER SENSE OF TOUCH BEFORE SEX, TRY 'FEATHERING' HER: DRIZZLE A LITTLE MASSAGE

Bedroom Confidential

The science of sex, explained

By Pooja Bedi

**LONG DISTANCE FRENZY**

My girlfriend lives far away. We meet once in two months. Any tips for, ahem, phone relations?

Shankar Vishwanathan, Chennai

The telephone is good for more than just keeping in touch. Next time you see her, find out what type of fantasies turn her on. Then fire up the foreplay by sending her racy text messages throughout the day. At night, walk her through the fantasy. Describe what she's seeing, smelling and hearing to keep her focussed on the fantasy. Most women have to be comfortable in order to experience intense pleasure. Just remember: Dial her only when she can focus, like when her roommates are out and she's just slipped into bed.

PLAYING FOOTSIE

A foot massage turns my girl on like nothing else. Why?

Frederick D'costa, Mumbai

It depends from one girl to another. Seems your girl's fetish are her feet. In all likelihood, rubbing her feet increases her desire for other soft sensations (such as stimulating the clitoris). Or it allows her to relax and let go—which is essential for arousal. Which means you've got it easy, boy. You know what to do. Here's some more tips: Start by wrapping her feet in a warm, damp towel. Use warm lotion, hit neglected spots, and vary your strokes. It can be suggestive of what comes next.

CROSSING LINES

Is it ever okay to be a little kinky during first-time sex, or will I scare women away?

Vibhor Nagpal, Surat

Depends on how you define a 'little kinky.' Because, while you don't want to freak her out, you don't want to bore her either. Some gentle groping followed by missionary position is standard. A woman appreciates a man who's bold enough to yank up her skirt, trace her spine with his tongue and locate her G-spot. If that's a 'little kinky,' then go for it. As for things like spanking and bondage, save that stuff for your six month anniversary.

CAT-WALK

Why does she parade around nearly naked if she doesn't want to start something up?

Akshith Varma, Pune

Because teasing you is fun. Sometimes when I slip on some sexy lace, it seems like a waste to

immediately cover it up with work clothes. My man may catch a glimpse, but sorry, I'm heading to work. What I'm doing is stoking his appetite—and reminding him that the woman he has at home is just as hot as the babes he sees out there.

BEDROOM SECRETS

Is there any way to tell if I'm a good lover in bed?

Ajit Panda, Kanpur

Here are two signs that you really are a stud: 1. She seems completely out of it afterwards. When you hit all the right spots in all the right ways, it tends to short-circuit a girl's brain and body and it shows in her voice and on her face. 2. When she finally does come to her senses, she cuddles up to you. Authentic orgasms make us feel clingier than a koala bear.

TV presenter and actor Pooja Bedi is India's original sex symbol. She answers your queries on sex at menshealth@intoday.com and shows why she deserves the 'Goddess of sex' tag.

**Men's Health Charm School****The polite gripe**

THE SECRET TO a charming complaint is to suggest that the failure is yours. Everybody knows it isn't but it keeps a complaint from being an insult. If the chardonnay tastes like sewage water, say something like, "It may be that I have a cold, but this tastes a little sharper than it should." That small, self-effacing qualifier keeps the complaint from being a personal attack on Rahul, the wine steward. Now, if Rahul is a boor, he may mistake your charm for weakness and argue. In which case, you should get a little steely, "I'm not happy with this wine. Perhaps you'd bring me another."

OIL ON HER SKIN AND USE THE TIP OF A CLEAN FEATHER TO GENTLY TRACE CIRCULAR, BACK-AND-FORTH PATTERNS

Fly right

Combat flight illnesses with this plan

1 DRINK TEA EARLY AND OFTEN

The saboteur: Weakened immune system
A Mount Sinai School of Medicine study found that poor sleep before a stressful event reduces immune system function.

Save the trip: Starting a week before you leave, drink about 600ml of black tea daily. A study in *Proceedings of the National Academy of Sciences* revealed that this causes the body to secrete two to four times more interferon, a key element of your body's infection-protection arsenal.

2 HIT THE PHARMACY

The saboteur: Mountain sickness
At 8,000-plus feet elevation, reduced air pressure and lower oxygen levels can induce headaches, nausea, dizziness and in severe cases, pulmonary edema (fluid in the lungs).

Save the trip: Ask your doc for acetazolamide, a drug that helps your body metabolise more oxygen. Else, carry paracetamol for the headaches. In a study, people who took 250mg of acetazolamide twice a day after travelling from sea level to 12,000 feet, relieved all symptoms. Take it a day or two before departure and continue until 48 hours after you arrive.

3 EAT PREFLIGHT PROTEIN

The saboteur: Nausea
If your body's motion detectors sense movement differently (your view of the cabin stays the same but your inner ear senses a drop), motion sickness can ensue, according to the American Academy of Neurology.

Save the trip: Have a burger. The right preflight meal can soothe your stomach. A Pennsylvania State University study found that subjects felt up to 26 per cent less nauseated when they ate a protein-packed meal, compared with a carb-loaded meal or nothing. Carry domstal, says Dr AK Bali, consultant, internal medicine, Moolchand Medcity, New Delhi.

4 SIP WATER DURING A FLIGHT

The saboteur: GI trouble

Time-zone changes and poor eating can alter your normally clock-like bowel movements. "We often leave our healthy diets behind, which can stress our digestion," says Dr Bali.

Save the trip: Hydration is the key. Limit alcohol, caffeine and other diuretics, and be sure to drink 1.8 to 2.4 litres of water a day during your trip. You can help combat diarrhoea, gas and bloating with a probiotic that fights harmful bacteria, although Dr Bali is in favour of just trying to stick to an ordinary schedule as much as possible.

5 MOISTURISE MUCOUS MEMBRANES

The saboteur: Arid air

A jet's cabin air can be as dry as the Sahara—as low as 5 per cent humidity, according to aircraft manufacturer Boeing. This can lead to excessive nasal dryness, which can trigger tearing of mucous

membranes and facilitate infection. (If you experience frequent nosebleeds, you may be especially sensitive to dry air.)

Save the trip: For your nostrils, pack an over-the-counter gel, like simple liquid parafin. To keep your skin hydrated, drink 600ml of water while you're in flight, says travel-medicine specialist Terri Rock, MD. Make sure it's bottled and buy it after you pass security.

6 PACK YOUR OWN PURIFIER

The saboteur: Bad water

The United Nations estimates that 36 per cent of drinking water in Africa doesn't meet quality standards. (It's 22 per cent in Asia and 18 per cent in Latin America and the Caribbean.) The EPA found that 15 per cent of water samples taken from 327 planes probably contained harmful pathogens.

Save the trip: Skip the in-flight coffee and tea, which may be made with water from the jet's tanks, and avoid brushing your teeth in the lavatories, if you can. This doesn't mean that you stock up on alcohol on the flight.

TWO-SECOND TIP GET A SEAT OVER THE WING AND YOU'LL GET A SMOOTHER FLIGHT, AS YOU'LL FEEL TURBULENCE LESS

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Built for speed

This pushup-and-sprint drill burns calories and boosts muscle

Perform a series of 30-second sprints three days a week and you could gain the same cardiovascular benefits as someone who does 40 to 60 minutes of endurance training at a moderate intensity five days a week, shows a McMaster University research. This workout adds

pushups to keep your upper body active. Place a set of 15 pound dumbbells at the far baseline of a basketball court. Sprint between the home baseline and each mark (above), stopping to perform the pushups given below. Find an empty ball court and try this twice a week, alternating with a rest day.

1 AT HALF COURT Leg-raise pushup

Assume a standard pushup position. Lower your body. At the bottom of the pushup, raise your right leg up behind you, keeping it straight, and slightly higher than the rest of your body. Push back up, then lower your leg to start. Repeat with the other leg. Do five reps per leg.

Targets: Chest, shoulders, triceps, core, glutes, lower back

2 AT YOUR FINAL BASELINE Pushup+hip rotation

From one pushup, go to down-plank position, dropping your weight onto your forearms. Rotate your hips till the front of one hipbone is about to touch the ground. Stop. Go to start and repeat with the other hip. Attempt 10 reps.

Targets: Chest, shoulders, triceps, obliques, abs, lower back

3 AT THE OPPOSITE BASELINE Pushup+curl and press

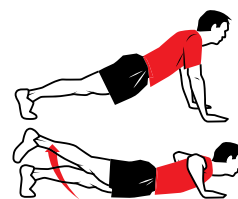
In pushup position, rest your hands on two dumbbells. At the top of the pushup, jump toward your hands and brace your abs standing up. Push the weights above your head in a shoulder press, then drop to start. Repeat 10 times.

Targets: Chest, shoulders, triceps, lower back, abs, biceps

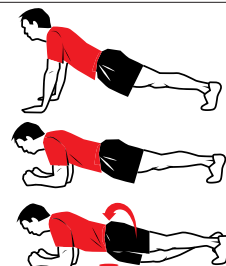
4 AT THE OPPOSITE FREE-THROW LINE Triceps pushup

In a standard pushup position, place your hands very close to each other. The distance between them should be less than shoulder-width apart. Lower yourself, keeping your elbows tucked in close to your body and then go back up to start over again. Repeat 10 times.

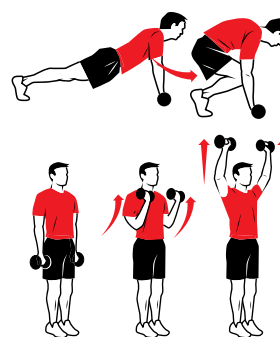
Targets: Triceps, shoulders, forearms, chest



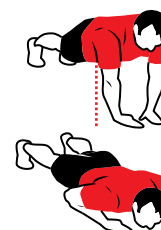
1 Leg-raise pushup



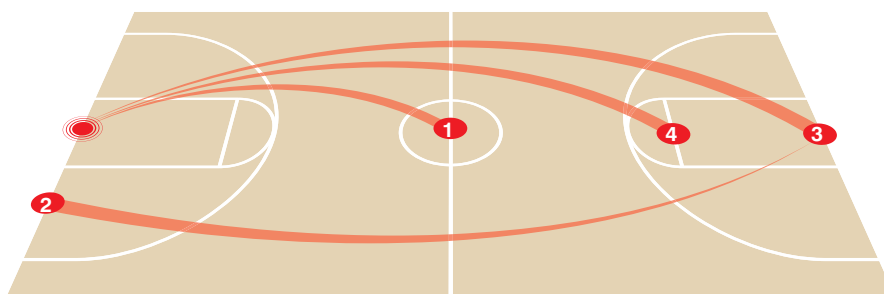
2 Pushup + hip rotation



3 Pushup + curl and press



4 Triceps pushup



World of Hurt
Play without pain
By Anant Joshi

GIVING THE SLIP

How do I stay fit after I've had a slip-disk injury?

Mayank Dhir, Mumbai

Herniated disks are of different degrees. Some can be treated with exercise programmes

and proper posture. Others that are of greater severity may require surgical intervention. To stay in shape, in the presence of a slip disk, do non-impact exercises like swimming (without hyper-extending the back).

Elliptical trainers should be used. Also, try gentle stretching exercises for the back. If you're used to lifting weights, try using low resistance exercises, but make sure that you do them with correct technique and proper back support. Make it a point to do some form of exercise, always.

STITCH IN TIME

I always get a stitch when I run, even on an empty tummy. Do you have any advice?

Shashi Sharma, Pune

A stitch or a feeling of muscle cramping on the side of the chest wall, is common for runners. Continued activity can relieve this. Else try side stretches or a massage.

Anant Joshi, MD, an expert in sport sciences and medicine, answers your cries of pain at menshealth@intoday.com

TWO-SECOND TIP IMPROVE FAST-TWITCH MUSCLE FIBRES AND ON-COURT SPEED WITH EXPLOSIVE JUMPS, HOLDING DUMBBELLS

LEAVE YOUR EGO AT THE DOOR

Marius Dohne

NABBA WORLD CHAMPION 2008
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A peeling feast

Ditch the peeler to kick cancer, improve mood and look forever young. These skins are vitamin powerhouses

Apples

Peel that pippin at your peril. "The outer skin of apples contain unique antioxidants called triterpenoids, that help combat liver, breast and colon cancers," says New Delhi-based health counsellor, dietician and nutritionist Dr Ishi Khosla. **How to eat:** Dip apple slices in peanut butter for a potent post-workout snack.

Potatoes

End the potato scraping and start your feeding. "Just one potato skin will provide you with a healthy quantity of fibre, potassium, iron, and zinc. It also provides B1 and B complex vitamins," says New Delhi-based nutritionist Dr Sonia Kakar. Mr Potato Head's secret. **How to eat:** Roast unpeeled wedges in olive oil for scurvy-bashing chips.

Kiwi

Digesting fur isn't just for predators. "The skin of a kiwi fruit contains three times the antioxidants found in the pulp and fights off bugs such as E-coli," says Dr Kakar. **How to eat:** Bite into the new 'gold' kiwi fruit which has roughly 50 per cent less fur, or pulverise it into a yummy smoothie. You don't need your razor for this.



Oranges

Save your nails and go the whole hog. "Orange peel contains d-limonene, which lowers cholesterol and reduces the damaging effects of ultraviolet light by up to 70 per cent," says Dr Khosla. **How to eat:** Add grated orange peel and zest to salads, cheese or even baked salmon. You can even sprinkle it on your bowl of curd for a refreshing change.

Bananas

Some banana peel a day keeps misery away. Nutritionists from Taiwan's Chung Shan Medical University found that banana peel is packed with eye-protecting lutein and mood-boosting serotonin. So it'll still raise a smile without the banana splits. Just make sure it's fresh. **How to eat:** Whizz it up with milk and honey for a scrumptious smoothie.

Garlic

"Peeling garlic cloves removes the antioxidants found in the velvety membrane, which fight the ageing process and protect the heart," says nutritionist Martha Roberts. **How to eat:** Slice the cloves in half and add to roast chicken or steamed and grilled vegetables. "However, be careful as you might choke on the peel," adds Dr Kakar.

SURPRISING SUPERFOODS

#26



SNICKERS BAR

Beneath that unassuming exterior is a thick seam of peanut-packed potency. It's these mighty little nuts responsible for the low saturated-fat ratio, cramming in high-quality protein and heart-healthy monosaturated fats. And since the recipe was reformulated in 2006, there's no secret sucker-punch from trans-fats either. Meanwhile, B vitamins keep a lid on stress by relaxing nerves and muscles, while ensuring energy levels are stoked. Chocolate ups serotonin levels to lighten your mood. Wrap these in a caramel blanket for a mean chocolate bar. Stick that in your snack gap, Twix!

SNICKERS IS BETTER THAN...

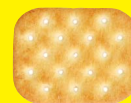
Ritebite nutrition bar

Protein—2.5g/50g serving
Snickers—4.8g/ 50g serving



Britannia salt crackers

Salt—235mg/50g serving
Snickers—190mg/50g serving



Chikki/ peanut brittle

Calories —300 kcal/50g serving
Snickers—252 kcal/50g serving



TWO-SECOND TIP HELP STAVE OFF TOOTH DECAY BY REPLACING JAM AND MARMALADE ON YOUR BREAKFAST TOAST WITH PEANUT BUTTER.

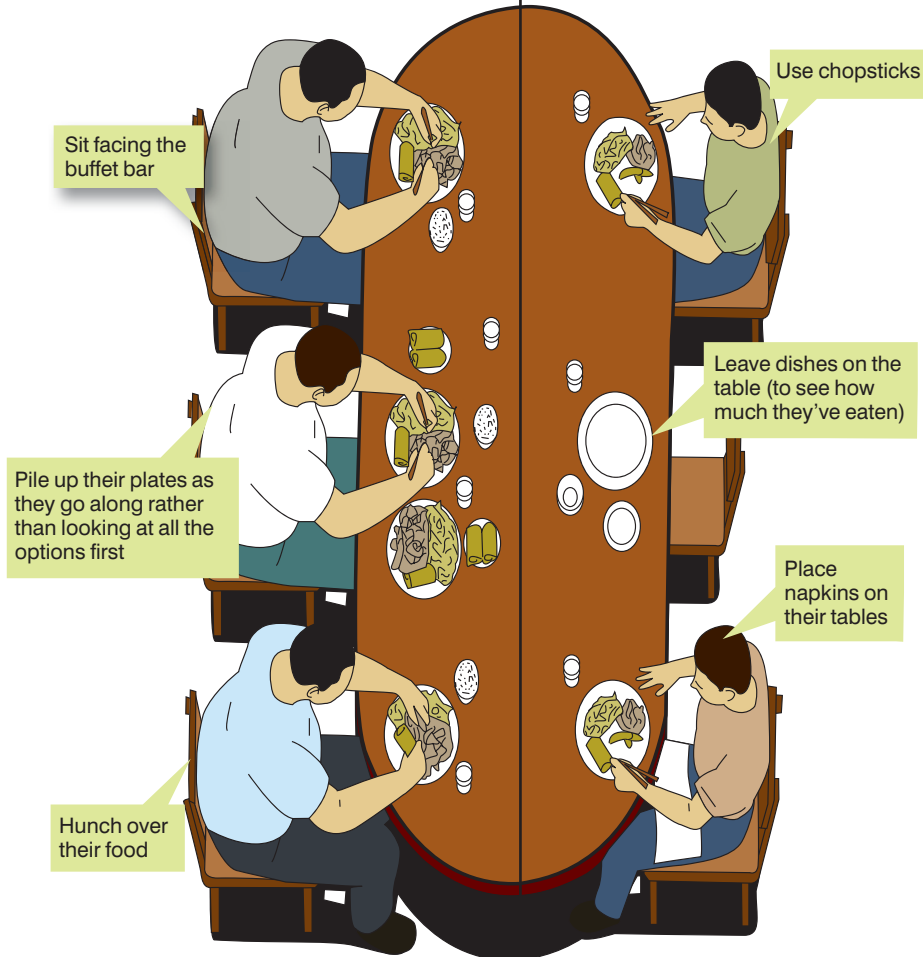
All you can seat

Park yourself right to lose right and kill the calories

You are not only what you eat, but how you eat and where you sit to do it. When scientists from Cornell University observed diners at a buffet, they found that overweight people shared similar

eating traits—and not just the obvious over-gorging that you would expect from them. So, follow these simple behavioural modifications to slash the final calorie count on your meal by over 30 per cent and lose that flab for good.

Overweight men are more likely to... Fitter men are more likely to...



Ask the Weight Loss Experts

They know how to lose well

By Dr Aditi Govitrikar & Dr Muffazal Lakdawala



SNORE TO EAT

Would less sleep mess my diet?

Ashwini Mathur, Pune

It may. Three studies linked less sleep with a higher BMI (body mass index). Lack of sleep may affect appetite-regulating hormones. Tired, cranky and hungry is not a good combination at all.

REFUELLING POST

Is hogging after a workout bad?

Sridhar Venkatrao, Bangalore

Post-workout is the best time to have the largest meal of the day because you've just reduced your body's fuel reserves, and food helps aid recovery. Also, incoming calories and nutrients stand a better chance of being taken up by muscle tissue instead of fat. To curb uncontrollable hunger, fill up on poultry, or fish. Solid foods are more filling than liquid, and protein is the most filling of all macronutrients. Eat whole-food, high-fibre carbohydrate sources like beans, because fibre helps you feel fuller, faster. But keep it reasonably sized. Excess carbs will only add to the flab.

Dr Muffazal Lakdawala is a weight-loss specialist based in Mumbai. His wife, Dr Aditi Govitrikar, is a certified doctor and Mrs World 2001. Send them your weight loss queries at menshealth@intoday.com



Eat this

Porridge

Per 125gm serving (excluding milk)
403 cals, 13gm protein, 69gm carbs,
11gm fat (2gm saturated), 6gm fibre,
1mg sodium



Not that

Cornflakes

Per 125gm serving (excluding milk)
101 cals, 2gm protein, 24gm carbs,
0gm fat (0gm saturated), 1 gm
fibre, 202mg sodium



Cornflakes may be fortified with vitamins and minerals and have fewer calories, but porridge is better. It's high in fibre, low in sodium and as a slow-burning carbohydrate, is a good way to start the day, sustaining you until lunch and fighting fatigue.

IT COUNTERACTS THE ACIDS THAT BREAK DOWN ENAMEL. THE NUT PIECES OF THE CRUNCHY KIND WILL ALSO HELP TO CLEAN TEETH



Guiltless tailgate chicken wings

What you'll need

3 tbsp hot sauce
3 tsp honey
2 tbsp low-sodium Worcestershire sauce
½ tsp paprika
1 clove garlic, crushed
12 boneless, skinned chicken tenders, about 350gm total
2 tbsp low-fat blue cheese dressing

How to make it

Pre-heat a nonstick skillet on medium-high. In a small bowl, combine the hot sauce, honey, Worcestershire, paprika, and garlic. (If the honey clumps, nuke the mixture for 10 to 15 seconds and then stir.) Place the chicken and half the sauce into a large zip-top bag. Close it and shake to coat each piece. Add the soaked tenders

to the skillet, and cook them one to two minutes a side.

When they're done, toss them with the remaining sauce mixture. Serve with the dressing.

Makes 2 servings

Per Serving

250 calories, 35gm protein, 14gm carbohydrates, 5gm total fat (1gm saturated), 1gm fibre, 800mg sodium

Power side

Cucumber tubes

What you'll need

1 medium cucumber
2 tsp finely chopped parsley, basil and chives
¾ cup cottage cheese

How to make it

Halve the cucumber lengthwise. Scoop the seeds and spoon the herbs with cottage cheese into the halves.

Makes 2 servings

Per serving

70 calories, 11 gm protein, 1 gm fat, 1 gm fibre, 15 gm sodium

Eat more to weigh less

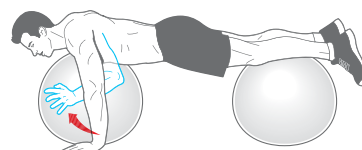
Add at least six of these foods to your daily diet and your body will become a fat-burning machine

A	B	S	D	I	E	T	P	O	W	E	R
ALMONDS (and other nuts)	BEANS (and other legumes)	SPINACH (and other green vegetables)	DAIRY	INSTANT OATMEAL	EGGS	TURKEY (and other lean meats)	PEANUT BUTTER	OLIVE OIL	WHOLE GRAINS (breads and cereal)	EXTRA PROTEIN POWDER	RASPBERRIES (and other berries)

Abs exercise of the month

Swiss-ball stability pose

LIE FACEDOWN, YOUR body straight and horizontal, across two Swiss balls. Rest your chest on the first ball and knees and shins on the other. With your feet 12 to 18 inches apart, place your hands on the floor for balance. Hold for 60 seconds. As you gain strength, place your hands on the sides of the ball, or hold your arms out in front of you. Do two 60-second sets.



TWO-SECOND TIP STORE BANANAS SEPARATELY. THE GAS THEY RELEASE AS THEY RIPEN, CAUSES OTHER FRUITS TO ROT FASTER

Steam or sauna?

Know where to go to heat things up and cool off the stress



Steam up things—not just in your bedroom

Head Check

Paranoia, neuroses and other junk in your attic

By Rajesh Parikh



OL' TIED UP!

My girl is good friends with her ex boyfriends and I am very possessive. What should I do?

Shobit Mehra, New Delhi

Learn from her! She might be the answer to your possessive nature. Enjoy the relationship. Either you'll be cured and all will be well. Or you won't and she'll dump you. Here's the bonus. She'll probably maintain regular contact with you even if you are relegated to the position of an ex.



AM I NORMAL?

FATAL ATTRACTION

Every time I meet a woman my age, I am physically attracted to her. Am I normal?

Sanjeev Rai, Kanpur

YES What could categorise you as abnormal is your response to this attraction. If your behaviour is within the boundaries of socially accepted norms (introducing yourself or shaking hands) you needn't worry. If you are ready to stalk her for her number or keep staring at her, we need to report you to the police right away!

Rajesh Parikh is a neuropsychiatrist at Jaslok Hospital, Mumbai. Tell him what's on your mind at menshealth@intoday.com

Sauna

Steam Room

Health benefits

As your circulatory system feels the heat, it starts working harder. "The blood-flow boost can lower artery plaque, which is the primary precursor of heart attacks," says Angela Bonner, spa expert. Time to stock up on some dry heat eh?

DRAW

"Breathing and holding in the hot, moist air relieves muscle soreness, as well as improving airflow in the lungs to loosen tight airways and relieve asthma," says Dr Atul Mathur, director of interventional cardiology, Escorts Heart Institute and Research Centre, Delhi.

Weight loss

You can lose up to 500gm in 10 minutes. Japanese researchers found saunas actually work your heart hard enough to constitute light exercise.

WINNER

You can lose up to 125g in 10 minutes. Your heart won't be working as hard as it would in sauna therapy, so virtually every gram of weight you lose will be in the form of sweat.

Skin

"Your capillaries will dilate more to push the heat out of your system, but your body will sense the dry heat and try to resist, in order to retain moisture, trapping dirt in your follicles," says Dr Shehla Agarwal, a New Delhi-based dermatologist.

"The 'wet heat' encourages your pores to open more fully, which helps release dirt and chemicals trapped in them. Best shower afterwards if you don't like the 'sticky' look," says Dr Agarwal.

WINNER

Recovery

A recent study in the University of Otago found a post-workout sauna can actually impair recovery. "A cold plunge will help you recover faster," says Vishal Chand Mehra, spa director, Ranjit's Caasa, Heritage boutique, wellness resort and spa.

"The steam will ease your breathing and you're less likely to suffer dehydration than in a sauna, which basically gives your body a greater chance to recover," says Mehra.

WINNER

TWO-SECOND TIP DOING SIMPLE STRETCHING EXERCISES WHEN YOU WAKE UP WILL BOOST YOUR CIRCULATION AND DIGESTION

Four-wheel alive

It's not just the seatbelt that'll keep you from ending up as roadkill: here's how a fine ride can save your life

Silver screening

You can have any colour you like as long as it's... white, silver, yellow, blue, red or grey (like the Audi R8, Rs 1,17,00,000). According to research published in the *British Medical Journal*, silver cars are by far the least accident prone, while those other colours mentioned above are also relatively safe. Avoid black, green and brown cars—they're more likely to get wrapped around a tree.

Smelling is dying

That delicious 'new car' smell could well be the sweet smell of cancer. The Ecology Centre in Berkely, California found that chemicals which created the smell also produce toxic fumes for up to three years after the car is made. So don't park your expensive new plaything in the sun—and more advice for the erratic Indian winters—don't turn up the heating too much. Stock up on sweaters, instead.

'Petrol' the roads

Going for petrol over diesel will hurt your wallet, but it'll help you if you're prone to hay fever. The US Institute of Allergy and Infectious Diseases found diesel exacerbates the allergenic effects of pollen. Fancy the diesel R8 like Robert Downey Jr's Iron Man? Eat more onions: they contain quercetin, which will stop the sneezing. The downside? You'll probably be able to smell yourself over the traffic fumes.

Wind up to live

Keep your windows wound up when you're cruising around built-up areas. If you're blasting music for the neighbours' ears, the only thing that'll be blowing is a stream of tiny-but-deadly PM2.5 pollution particles into your lungs. A 2004 study by the US Environmental Protection Agency found that these mini-menaces can cause palpitations and set you up for blood clots and heart attacks.

Chemical bothers

You don't have to chug on the exhaust to be sucking down the likes of bromine and lead. According to the Ecology Centre, chemicals used in making various parts of car interiors are associated with organ and nerve damage. They vary in usage from car to car—visit healthycar.org for individual car statistics.

Just do it

And finally...the mere act of owning a nice car is good for you. Even if the seats give you cancer, the exhaust gives you hay fever, and you crash it into a hedge because it's brown, you'd still be worse off without it. Research at the University of Glasgow found men who owned their own wheels stayed the healthiest. The most high-status cars predict the best health, which is the perfect argument for splashing a fortune on the Audi R8 (pictured). As if you needed one in the first place.



Words: Dan Jones



TWO-SECOND TIP CHECK YOUR SEATBELTS FOR WEAR AND TEAR AT EVERY SERVICE AND REPLACE THEM

Ask Your Gear Guide

All that's wired is not weird

By Kushan Mitra



CHARGED WITH HEAT

My mobile phone tends to get heated up if I talk on it for very long? Should I change mine?

Prashant Mohan, New Delhi

Well Prashant, mobile phones tend to use up a lot of battery power. So when you're connected to the network for a long time, the batteries do get heated up. If you have a genuine battery, then you have no reason to get scared or change your phone. But we would suggest that to prevent this 'hot ear' syndrome, try talking a bit less. If your girlfriend loves the sound of your voice and can't sacrifice her talk-time with you, then simply opt for a Bluetooth headset.

CONTROL BUTTON

Why do remote controls of different brands seem to work the same on all televisions?

Vikram Kilpadi, Hyderabad

Huh? I know that a remote control of a particular brand could work on all televisions of that brand—so for example an LG remote control could work on all LG TV's irrespective of the model number (though maybe not on older models) but I really don't think what you're talking about actually does happen. Unless you bought a universal remote control from Logitech which works across brands. However, those need to be programmed to work with different types of products. Anyhow it's not something you should worry about as long as your remote control is up and functioning.

Kushan Mitra is an Assistant Editor with *Business Today* and spends much of his free time fingering around with the latest electronic toys. Send in your tech and gear worries to him at menshealth@intoday.com



Test-driven

"The Audi R8 is an excellent all-around sports car," says Yogendra Pratap, editor of *Auto Bild*. "Audi uses very hi-tech components while referencing the racing menus of old." The dashboard—encased in a one-piece wrap of carbon fibre—is angled forward to enhance the compact feel of high speed cockpits. Oh, did we mention the Bang & Olufsen sound system?



AFTER 50,000 KMS AT LEAST, BECAUSE THE RUBBER GETS HARD

Ask the Barber Anything

Snappy questions on stuff that screws up your life



HATE MAIL

I'm getting a lot of hate mail from my ex. Is there a way to make her stop doing this?

Siddharth Prakash, Pune

She's got a lot of anger swirling around and needs to direct it somewhere. You're the obvious target. Save yourself: block all her e-mails, voice mails and just ignore her. If you shut down the vents, there's nowhere for the hot air to go. Eventually, things are going to cool down.

CUT THE CHEESE, PLEASE

A co-worker always lends me crappy music and movies. He expects me to love the stuff. What should I tell him?

Sumanth Agarwal, Bangalore

You're grown men. You don't have to agree on politics or cricketers—so you don't have to agree on *Dev D* either. Just say, "I can see why you like it, but it's not my thing. Thanks, though." It's not hard. If he keeps it up, there's no law forcing you to care. Stop following his suggestions and he'll eventually stop making them.

TRASHY GIFTS

As I pack up to move, I keep finding useless gifts from friends. Is it wrong to toss them out?

Prabhir Gupta, via email

Hell, no. I don't see the need to waste space on stuff you'll never want, use or get a kick out of again. Tossing away gifts doesn't mean you're doing the same to your friends. Just don't show your friends the garbage or gift the present back to the person you got it from in the first place.

Got a nagging problem? Let our friendly neighbourhood barber set it straight at menshealth@intoday.com

Who'll conquer

One of these spasm sufferers—or you?

ARUN SINGH

Age: 27
Height: 5ft 9in
Weight: 70kg
Profession: Fitness trainer

How he hurt his back:

Slept on an old sofa on vacation

How he'll beat it: By following his doctor's advice: taking ibuprofen (800mg three or four times a day after meals), using hot and cold packs and gentle exercising and stretching.

Advantages:

- Alternating ice with heat.
- His plan of regular lightweight training and stretching.

Disadvantages:

- His aggressive personality to rush his comeback.
- A high dosage of painkillers masking the pain to work out.
- He continues training clients, adding to the strain.

KUNAL SHARMA

Age: 24
Height: 5ft 8in
Weight: 65kg
Profession: Owns a departmental store

How he hurt his back:

Falling down while playing football with the guys

How he'll beat it: By visiting a physiotherapist once a week.

Advantages:

- His back specialist who aids his stretches and gives advice.
- Short-term physiotherapy is effective in eliminating muscular lower-back pain.
- Daily stretching is a big help in rehab.

Disadvantages:

- No medication and no exercise apart from his sessions.
- His job requires lifting and bending.
- He is a smoker.

PRANAV MIGLANI

Age: 33
Height: 5ft 10in
Weight: 74kg
Profession: Realtor

How he hurt his back:

Lugging his golf kit up two floors after daily golf. He never uses a caddy

How he'll beat the pain: By resting on the couch while taking a standard dose of ibuprofen—200mg every four to six hours.

Advantages:

- A break from golf.
- Ibuprofen treats the symptoms but not the cause of pain.

Disadvantages:

- Too much rest can weaken the back.
- He's not taking enough ibuprofen. The suggested dose is good for headache but not a backache.
- At 33, his spine has seen better days. Age is a factor.



TWO-SECOND TIP WHEN STRETCHING, EASE YOUR BODY INTO POSITION UNTIL YOU FEEL THE STRETCH AND HOLD FOR ABOUT 25

back pain first?

THE SPINAL MAP

RISK FACTOR	Point Value	Arun	Kunal	Pranav	You
AGE					
Your spine degenerates with age, increasing your risk of injury and your recovery time.	Under 30? (+1)	1	1		
	Over 30? (-1)			-1	
ACTIVITY LEVEL					
Sedentary people are less prone to back injury because of their lack of activity, but once hurt they take the longest to recover.	Daily exercise? (+1)	1		1	
	Some exercise? (0)		0		
	Couch potato? (-1)				
HEAVY LIFTING AT WORK					
Shouldering big loads is a re-injury risk, and men injured on the job are less motivated to go back to the activity that hurt them.	No lifting? (+1)	1			
	Some lifting? (0)		0		
	Lots of lifting? (-2)			-2	
MOTIVATION TO RECOVER					
How aggressive your personality is will determine your re-injury risk. Slow and steady wins this race.	Gung-ho personality? (-1)	-1			
	Everything at medium speed? (+1)		1	1	
	Just plain lazy? (-2)				
WEIGHT TRAINING					
Working the abs, lower back, glutes, hamstrings, quads and hip flexors can help cure back pain.	Light weights two or three times a week? (+1)	1			
	No weight training? (-1)		-1	-1	
STRETCHING					
Even mild work on those above-mentioned muscles can speed rehabilitation.	Stretch daily (+2)	2	2		
	Stretch less than daily? (+1)				
	Does no stretching?			-1	
MEDICATIONS					
A high dosage of ibuprofen (800mg or four times a day after meals) can help heal muscular inflammation.	High dosage? (+1)	1			
	Moderate dosage? (0)			0	
	Drug-free? (-1)		-1		
HOT AND COLD PACKS					
Alternating ice and heat for first 24 to 36 hours promotes healing.	Fire and ice? (+1)	1			
	No compresses?		-1	-1	
TOTAL		9	1	-6	

YOUR SCORE • If your score is 5 or higher: You'll be back in business in no time. • If your score is 0—4: You're on the road to recovery. Continue seeing that nurse. • If your score is less than 0: Picture yourself in a brace.

Final Analysis Get it off your back

The winner is Arun! Dr Sanjay Sarup, senior orthopaedic consultant, Max Health Care, New Delhi, helped us determine which contestant has the best chance of beating minor muscular back pain.

Arun's doctor-recommended plan of medication, hot and cold packs and exercise is the best starting point for muscular back pain. "The majority of

patients on this programme respond in about 72 hours," says Dr Sarup. "After that, they just have to be careful doing what injured them in the first place." As for Kunal, the doctor says there's nothing wrong with his trip to the physiotherapist other than timing. "Physiotherapists help get patients out of pain quickly," says Dr Sarup. "If there is no improvement in two weeks,

a consultation with an orthopaedic should be set up." Pranav's self-prescribed methods aren't recommended, says Dr Sarup. He's doing nothing to minimise his back pain in order to ward off another injury, which will happen with lugging around golf kits for 18 holes. Bottom line: When back pain strikes, one of the things you don't do is nothing.



SECONDS. BREATHE DEEPLY TO HELP MOVE OXYGEN-RICH BLOOD TO THOSE SORE MUSCLES. ENSURE YOU NEVER BOUNCE

THE BIG QUESTION...

Why can't we do without women?

On this International Women's Day, these smart men tell you why

"What would men be without women? Scarce, sir, mighty scarce."

▶ Mark Twain,
American author



"To me, every single day is women's day. Women seem to excel in everything they do. The balance of the male chauvinistic world is slowly tilting."

▶ John Abraham,
Bollywood actor



"Being a woman is a terribly difficult task since it consists principally in dealing with men."

▶ Joseph Conrad,
British author

"I have an idea that the phrase 'weaker sex' was coined by some woman to disarm some man she was preparing to overwhelm."

▶ Ogden Nash,
American poet

"A man's face is his autobiography. A woman's face is her work of fiction."

▶ Oscar Wilde,
Irish author

"To me a modest woman, dressed out in all her finery, is the most tremendous object of the whole creation."

▶ Oliver Goldsmith,
Anglo-Irish author

"A lady friend of mine asked me, 'Well, what do you love most?' That's how I started painting money."

▶ Andy Warhol,
artist and painter

"There's something luxurious about having a girl light your cigarette. In fact, I got married once on account of that."

▶ Harold Robbins,
American author

"If women didn't exist, all the money in the world would have no meaning."

▶ Aristotle Onassis,
Greek entrepreneur

"Ah, women. They make the highs higher and the lows more frequent."

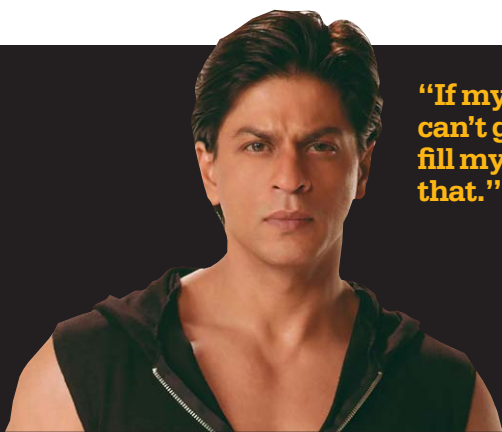
▶ Friedrich Nietzsche,
philosopher

"If you want to know about a man, you can find out an awful lot by looking at who he married."

▶ Kirk Douglas,
Hollywood actor

"If my wife is not with me, I can't go up to a buffet table and fill my plate, I feel too shy to do that."

▶ Shah Rukh Khan,
Bollywood actor



10 ways to melt a woman's heart

- 1 Kiss her eyelids.
- 2 If she's crying on the phone, go over to her place. Immediately.
- 3 Shave just before you see her. She'll notice.
- 4 In the middle of a conversation, tell her you love her.
- 5 Notice when she's wearing something new.
- 6 Mention your upcoming anniversary before she does.
- 7 Give her jewellery.
- 8 Pick her clothes up from the floor.
- 9 Send her something in the mail—the post, that is. Anything.
- 10 Kiss her hand in front of your most die-hard bachelor buddies.



10 WAYS WORDS: NICOLE BELAND;
PHOTOGRAPHY: SUBISAMUEL (SHAH RUKH KHAN), COURTESY DHARMA
PRODUCTIONS (JOHN ABRAHAM); ILLUSTRATIONS: ZACH TRENNHOLM

... AND THE MOST ASKED QUESTION

What happens when I'm hit below the belt?

Here's why we see stars (and clutch helplessly) after a hit down under

Words: Hitesh Ratna



1 PORE YOU

Your body's effort to deal with the pain has you sweating buckets. "A racing pulse raises your body temperature, causing the eccrine sweat glands all over your body to secrete in a bid to cool you down," says Dr SK Dham, Umkal Healthcare, New Delhi. Avoid the agony of a mangled midsection by wearing groin protection when you play sports.

2 THE BEAT

With your pain receptors, brain and nervous system shifting into overdrive, your heart beat doubles. Veins leading to the heart siphon more blood around your body. Get on your bike to insure your heart against strain. Yale University brains found that cycling three times a week for two years can increase the size and efficiency of your heart by 40 per cent.

3 BRAIN ACHE

The 'hit' news is transmitted via your spinal column, to your somatosensory cortex—that part of your brain that registers physical sensation. "The body releases endorphins, morphine-like substances which cause pain relief," says Dr Dham. However, it doesn't work here. Your brain is bereft of oxygen, resulting in a pounding head. Fend it off with an ice-pack.

4 WATER FALL

Your eyes well up. The hit triggers your cervical sympathetic ganglia—the part of the brain that controls the salivary glands in the face. "Not only do you tear up, your inner ear gets a dousing, disrupting balance, leaving you in a spin," says Dr Haresh Sidhwa, consultant, internal medicine, Fortis Healthcare, New Delhi. Dispel dizziness with your knees bent.

5 GUT FEELING

You'll feel the pain all the way to your gut. "The synaptic response through the autonomic nerves stimulates pain receptors in the brain. So the pain is reflected in the stomach and testicles together," adds Dr Sidhwa. It's most likely you'll throw up too, as a result of oxygen deficiency in the brain, which leaves you nauseous. Restore lost fluids and nutrients with an isotonic drink.



THE SKINNY ON THE SKINNY

Being thin is hot on chicks, but on guys it's just bad news!

Words: Siddharth Dhanvant Shanghvi
Photography: Subi Samuel

Sometimes the loathing I feel for my skinniness comes in the way of talking about it. So, with all my strength, I push it aside, and let the words breathe. When I was a child, people looked at me kindly; later, I figured it wasn't because they took me to be stupid or ugly but because I was so thin they worried I had the rickets. As a teenager, I learned that to be as thin meant you kept off the grass; on the playground, the bony ones got beat up and yelled at. I started to occupy as little space as possible. I became like the smallest word in the crossword; a dot or an ale.

In my twenties, I believed beer would help me overcome the slims... as a diet of rice, potatoes and cheese had failed. All the cheap British beer did during my university years in London was mask my blues—I was so slender I feared people didn't see me. And they didn't. They didn't because I didn't want them to. They didn't because each time I looked at myself in the mirror, I felt so graphically unappealing I wanted to reach into the mirror and shake the life out of my own reflection.

When I moved to America, a peer at college said to me, 'You have body issues.' Did my body really have issues? If yes, with whom? The Shiv Sena? The Germans? Vada pav? Or

Like Siddharth here, you can learn to celebrate your shape with definition and purpose

did she mean, I had issues with my body? If yes, did she want to go and kill herself already? But maybe she was on to something. After all, my friend Ambika reminds me of when I went skinny dipping. With my clothes on.

I was 22 when I finished my first novel. My first year in America. The language had been big, the book fat. In short, I was making up for weight. My novel had no body issues. The book was published, finally, when I was 26. The notices for *The Last Song of Dusk* were flattering; I hid behind them. The notices for me, the author, three-named, often abbreviated, were nasty; I hid from them. Well meaning journalists could undo me without meaning to. A writer for a Kolkata paper said I was 'toothpick thin'. Not only did his casual assessment feel exaggerated—on a good day, I'm an ice pick in linen pants—it made me wonder how casually people can dismiss you for failing your body mass index. After all, if I'd been built like Elvis in his

comparison, is pointless; it is, to force a revelation on a Thursday afternoon, what it is. Neither glamorous nor tortured. Just bones. Some flesh. Maybe they'd been right. Maybe I had the rickets. Maybe I was a toothpick with clothes on. On top of being ugly and stupid.

But words. They have power. Now I know when people see me they think of me as the twink in the corner. Then, I speak. And language gives me muscle; it is my six-pack, my abs, my beautiful butt of steel. If I can tell a good story, and I have a great story to tell, words become my armour.

Remember that cheesy quote? 'Sticks and stones may break my bones but words will never hurt me'? Oh lord, we can now fire the idiot who wrote such shoddy copy. Because if you sit down with me after I've had a few drinks, I'll show you how to slash, burn and rip someone apart. With words. But that sort of other-effacement is only half as much fun as celebrating someone with words, giving them definition and purpose.

Not only does critical assessment feel exaggerated, it makes you wonder how casually people can dismiss you for failing your body mass index

death years, would his profile have said I was made like an army tank, an elephant on steroids, a hippo in a kurta? Never!

But I wasn't overweight. Oh no! I was just so thin I could disappear if I turned sideways.

Only in recent days have I come to terms with the fact that I'm a Thin Person. My friend Nonita extols the virtues of being skinny. I tell her being thin is hot on chicks but on guys it's bad news; it's last season's collection. I say I feel thin enough to be yesterday. She says thin is the new tomorrow. Excitedly, she points out the models on the ramp, rock stars, heck, even the sadhu outside the Hanuman Mandir in Colaba. But the sadhu paid for his skinniness with one epiphany too many, the rock stars sold out to Charlie, and the models were, quite honestly, too dumb to eat. My skinniness, in

Kindness. Thin People are capable of kindness. Just don't assume that because I disappear when I turn sideways I can't see you. I can and I do, I just don't show it.

I still don't like the way I look. I probably never will. But self-loathing keeps me alive. I tell Nonita thin people will inherit the world, and then spend their lives working on the body issues of *The Others*. She laughs. She says I'm fishing. Secretly, she says, I love the way I look. I tell her I spent half my life in a kurta because I felt it would hide me and then I spent the other half of my life behind a jacket because I thought people wouldn't notice I was a fraction of their size. These days, though, I'm trying to spend my life being honest. I'm just trying to tell my story. Neat and simple and clean. It's a slender story but, boy, did you see the teeth on it? **MEH**

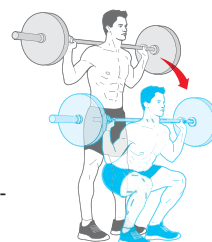
Bulk up faster with this workout

Try this descending-repetition workout, with little rest between sets. Short rest periods stimulate the release of growth hormones. This builds muscle and burns fat, says John Williams, CSCS, co-owner of Spectrum Conditioning in New York.

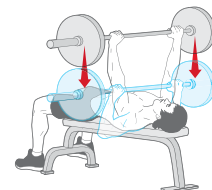
Alternate the workouts: In the first week, perform Workout A on Monday and Friday, and Workout B on Wednesday. Flip that in the second week. Use 50 to 60 per cent of the weight you can lift once. Do 10 repetitions, rest 10 seconds without letting go of the bar, then nine reps, rest 10 seconds, eight reps, and so on, down to one. (For chinups, start with five.) Rest two minutes between exercises.

WORKOUT A

● **Squat** Set a barbell on a squat rack and grab it with an overhand grip; step under the bar so it rests across your upper back. Lift it off the rack and step back, feet shoulder-width apart. Lower your body, keeping your back in its natural alignment and your lower legs nearly perpendicular to the floor. When your thighs are parallel to the floor or lower, pause, then return to the starting position 1.

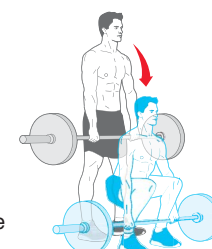


● **Bench press** Grab the bar with your hands just wider than shoulder width and hold it over your chest at arm's length. Lower the bar to your chest, pause, then push it straight up to the starting position 2.

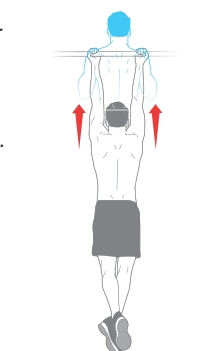


WORKOUT B

● **Deadlift** Set a barbell on the floor and roll it against your shins. Squat and grab the bar with an overhand grip, your hands just outside your legs. With your back flat and head up, stand up with the barbell, pulling your shoulder blades back and keeping the bar close to your body. Slowly lower the bar to the starting position 1.



● **Chinup** Grab a chinup bar with a shoulder-width, underhand grip. Cross your ankles and hang at arm's length. Pull yourself up as high as you can. Pause, then slowly return to the starting position 2.





YOU CAN NEVER LOOK AT LIFE AND
SAY, 'I WISH MY LIFE WAS LIKE HIS', YOU
NEED TO LOOK AT YOUR LIFE AND SAY,
'THIS IS HOW I CAN BETTER IT'

Arjun's hair styling: Mehraj Akhtar for b:blunt
On Arjun: White, full-sleeved T-shirt, Lee Jeans,
Rs 999; Straight fit denims, VJC by Versace, Rs 18,400

TAKE RISKS, LIVE BIG

Being fit and positive readies you to face and overcome any challenge in life, says Arjun Rampal

Words: Aaron Rohan George Photography: Subi Samuel

Arjun Rampal is living the life of his dreams; he's married to the woman he fell in love with, he's a doting father to two beautiful daughters and his acting career seems to be finally kicking off, with off-beat roles that belie the confidence within the man.

Arjun's life, in his own words, "has changed from being the quiet boy who spoke very rarely, into a man who knows what he actually wants from life and how to go about getting it." In the following story, he outlines the importance of failure before success, growing up with your children, constantly evaluating how far you've come in the journey of life, aiming high, setting rationale goals and facing your demons. He also tells you how to tailor your fitness routine according to your own needs, rather than follow any six, seven or eight-pack abs craze. Is his producer Shah Rukh Khan listening?

Be a fan, get fans

Mix sports, spectators and the perfect physique

- **MH:** A workout session in the gym or a football match by the beach?
Arjun: A football match any day! Plus, I never feel that guilty for having missed a match. Miss a gym session and I worry about it forever!
- **MH:** Manchester United or Arsenal?
Arjun: Liverpool any day
- **MH:** David Beckham or anyone else?
Arjun: Anyone else. OK, no seriously, Cristiano Ronaldo; I am a big fan.
- **MH:** Speaking of fans, what about your 'over-enthusiastic' female fans?
Arjun: Take them head on! A fan's a fan, after all!
- **MH:** A six-pack or an eight-pack?
Arjun: I haven't really been taken in by the whole abs race. Guess I have always had it (laughs). No, my body has always been pretty athletic, I have always played sports and it keeps me in perfect shape.

ON COMPETITION

There's abundance in every field and one tries, you can achieve whatever you want in life. I'm not being arrogant when I say I don't believe in competition. You aim for whatever you want, and you work towards it with unwavering dedication. Everyone has different paths, and it's not as if we're all running together in a 100-metre race! All of us have different aims and eventually a different finish line. You can never look at life and say, 'I wish my life was like his', you need to look at your life and say, 'This is how I can better it.'

ON THE IMPORTANCE OF FAILING

Failure and success are married to each other. You have to fail to succeed and vice-versa, and between the two it's a full circle of lessons in life—lessons that help shape you into the individual you are. Thomas Edison must have blown up many light bulbs before he got the formula right! So it's very important to fail and make mistakes, and again learn from them because only then do you realise the amount of effort you need to put in to succeed in life.

ON STARTING FROM SCRATCH

Starting out, at any point in life, be it school, college, a job or for that matter a relationship, is always difficult. But then, you realise slowly that it's about being clear of your end goals and working towards them with a single-minded resolve. Of course, it will take time and patience, but that is not as pertinent when you take stock of the entire process. At the same time, you need to constantly evaluate how far you've come in this journey and whether or not there are factors around you (family and workplace) that require you to change or modify these goals.

ON OVERCOMING HURDLES

'Struggle' is a very strong word and honestly speaking, struggle for me is what you do when you're stuck in quicksand! You do go through tough times in life, but the best way to ►

Get sporting fit

Why fitness is a lifestyle and sports the way to a healthier life

"I know it's a statement that is thrown in our faces every so often now, but fitness is a lifestyle. I have always been into sports, be it playing tennis, football, cricket or swimming. Playing sports not only adds an element of adventure to your regime but also shows you the capabilities of your body, which in turn helps you identify how much effort you need to put in to get fitter. And what you need is to focus on tailoring your fitness regime to your particular needs and requirements. You can't take an approach to fitness that is about emulating an image projected around you on a film screen or in the pages of a glossy magazine. You've to make one of your own."

► deal with them is to find the road you want to walk on, or even create that road for yourself! You can never say 'Oh, I have struggled enough and have achieved all that I wanted.' In life, you have to continue to aim higher. The more you achieve, the more you should want. Rather than looking at the 'struggle' part of your situation, look at your past and take stock of where you were and how far you've come, because in life, irrespective of your current state, you're surely better off than when you started out.

ON THE IMPORTANCE OF FAMILY

Family is the most important factor in your life. The person you are, how you think and act, and how you react—all of these are reflections of this environment. The people around you influence you and your choices to a very large extent and eventually you become a reflection of them. Otherwise, it would be like being in a room with a lot of negative people—irrespective of how hard you try, your thought process will move towards the negative.

ON FATHERHOOD

Becoming a father infuses a change in your life you can never be prepared for, but this change is definitely for the better. The responsibility that becoming a parent brings with it, impacts the direction of our life and

every decision we take in that regard. At the same time, this new responsibility also helps you grow as a person, as an individual with your child. From being a protective father to shifting gears towards treating your child as an individual with his/her own aspirations, needs and wants, the process of growing up with your child reinforces how different we are from each other and how we need to chart out our own life.

ON TAKING STRESS HEAD ON

As human beings, we tend to run away from our demons, whatever they might be. And unfortunately, the more we want to run away from an

aspect of our character or a habit we can't let go of, the more we tend to repeat it, eventually forming a pattern. That is why you have to take these demons head on. If there is a particular habit that you know harms you or will do so in the long run, you need to focus on dealing with it. Similarly, if there is a particular character trait you have which damages you or your relationships, you need to accept that it's a problem and deal with it. Stand up to your fears and they go away in no time. This is the way to lead a healthier, stress-free life. And, of course, stay away from the fear of failure, and success will be yours. **ME**

YOU STRUGGLE WHEN YOU'RE STUCK IN QUICKSAND! HARD TIMES SHOULD BE TAKEN AS OPPORTUNITIES, NOT FAILURES

On Arjun: White inner, Lee, Rs 590; Jersey pull-over, Izzo, Rs 950; Distressed denims, Arjun's own

Make your best get-fit plan 50

Bulk up with these foods 52

Get lean with drinks 54

Say this, not that at work 56

Know how to rock her world 58

03/09

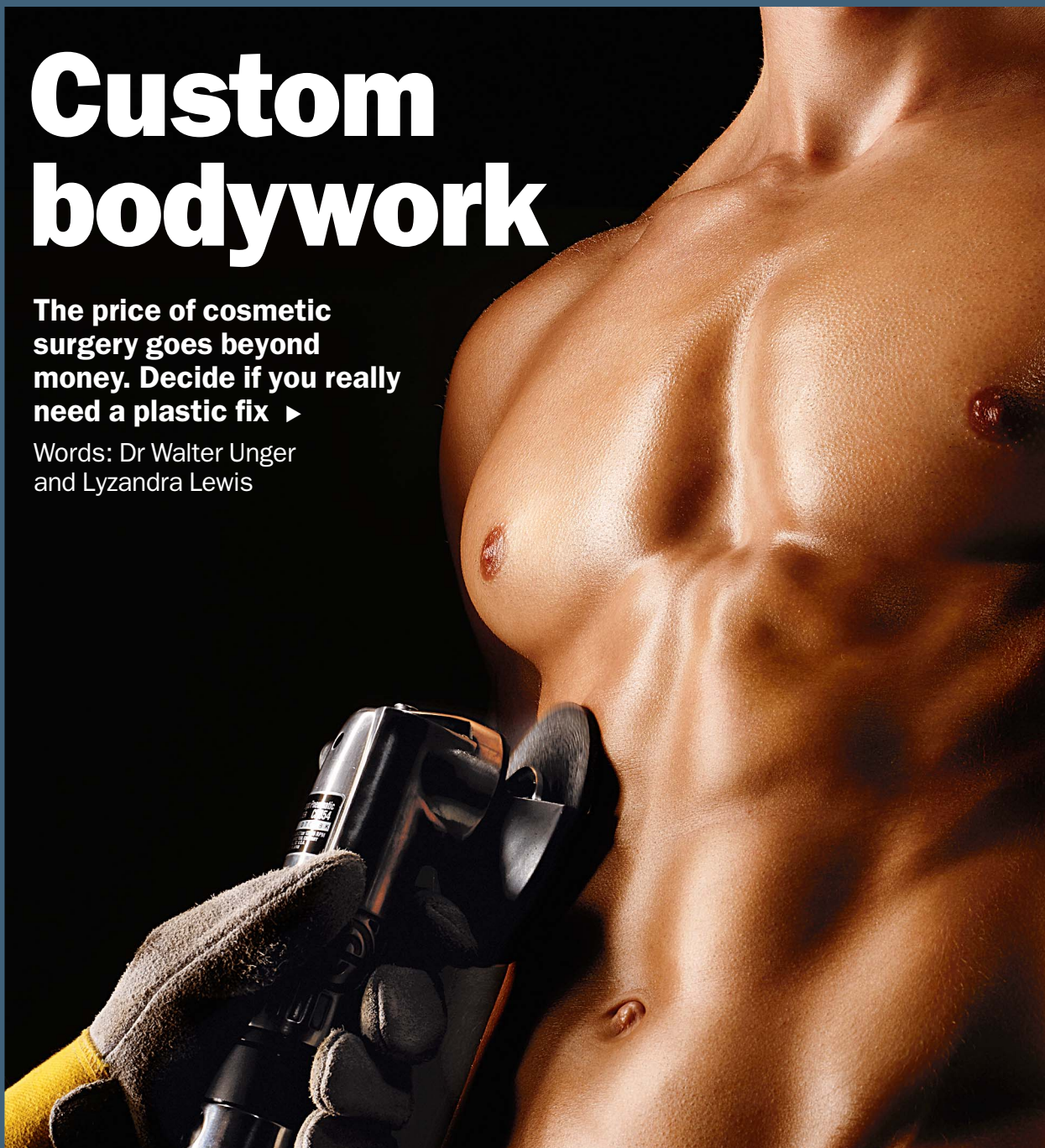
VITAL SIGNS

KEEPING YOUR FINGER ON THE PULSE

Custom bodywork

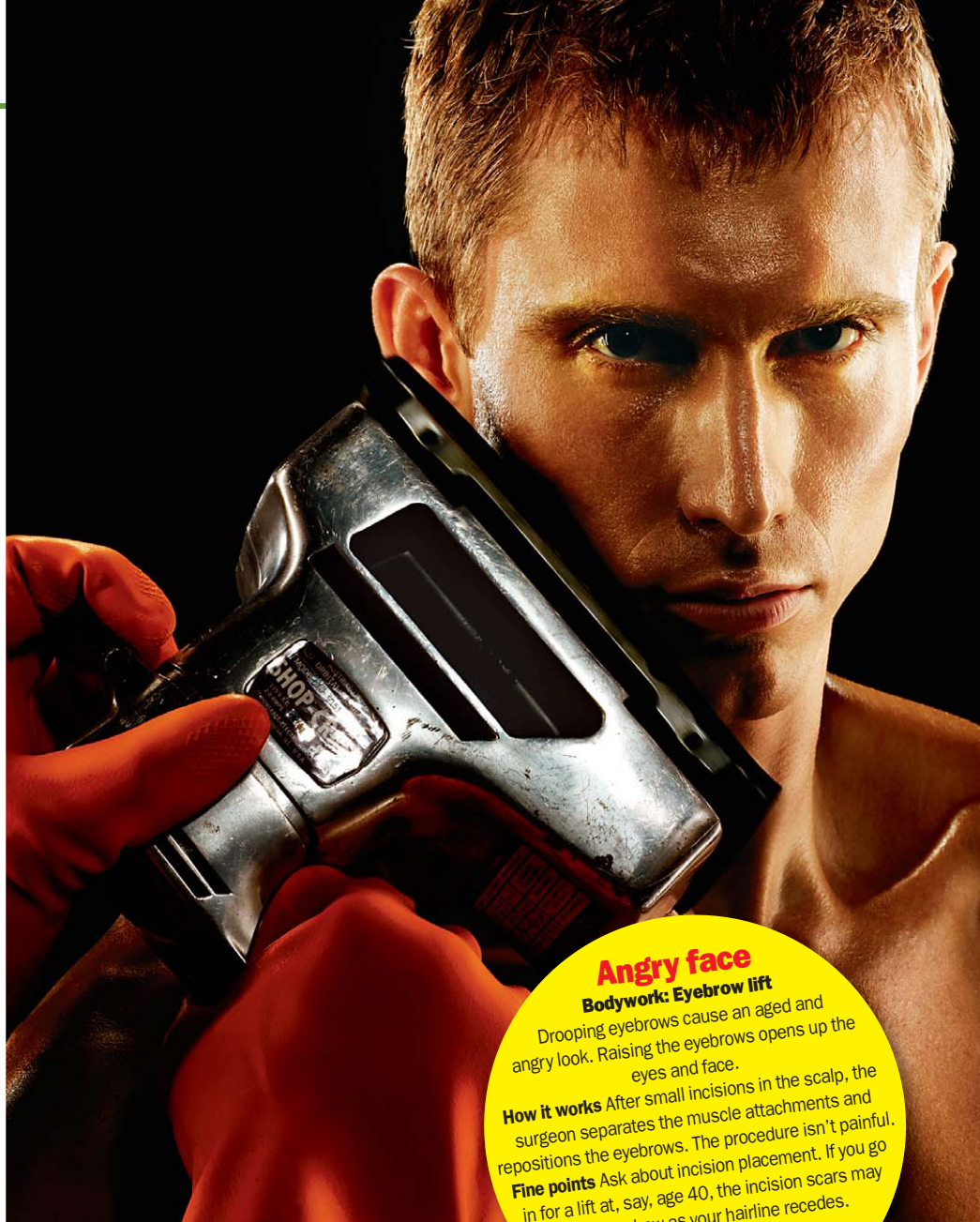
The price of cosmetic surgery goes beyond money. Decide if you really need a plastic fix ►

Words: Dr Walter Unger
and Lyzandra Lewis



These days, you have as many options for upgrading your looks as you have for upgrading your computer. The number of Indian men getting themselves a nip here and a tuck there keeps growing. “The ratio of men to women just a few years ago was 30:70. Today, it is 45:55,” says Mumbai-based plastic surgeon, Dr Vijay Sharma, who has worked with several Bollywood stars. Why the growth? Well, for one thing, cosmetic surgery has grown into a precise, often pain-free way, to slow the visual effects of aging or simply to add the final detailing to a body you’ve worked hard on.

But there are people who should pass on the surgical solution. “The decision to turn to plastic surgery is not an easy one. It goes beyond vanity,” says Dr Jitender Nagpal, senior consultant, psychiatry and psychology, Moolchand Medcity, New Delhi. There is a downside too. You pay a price, and not just in terms of money! “It’s not hard to get hooked. If one aspect is resolved, people might become obsessed with another feature,” warns Dr Vinita M Jha, consultant psychiatrist, Umkal Hospitals, New Delhi. Things can go wrong during the procedure itself and this, she



Angry face

Bodywork: Eyebrow lift

Drooping eyebrows cause an aged and angry look. Raising the eyebrows opens up the eyes and face.

How it works After small incisions in the scalp, the surgeon separates the muscle attachments and repositions the eyebrows. The procedure isn't painful.

Fine points Ask about incision placement. If you go in for a lift at, say, age 40, the incision scars may begin to show as your hairline recedes.

Cost Rs 60,000 upwards

Recovery time You can be back at work in about 10 days.

Six-pack surgery, anyone?

A new surgical procedure claims it can sculpt stubborn layers of fat into rippling abs. But would you want to get the six-pack of your dreams by going under the knife?

In November 2007, exactly one year after *Men's Health* launched its Indian edition and made 'six-pack abs' the most coveted buzzword among Indian men, superstar Shah Rukh Khan reflected this popular sentiment by revealing a gleaming new six-pack. As superstar stories go, there was much talk about how Khan, at 42, had managed to sculpt his abs. “He’s un-

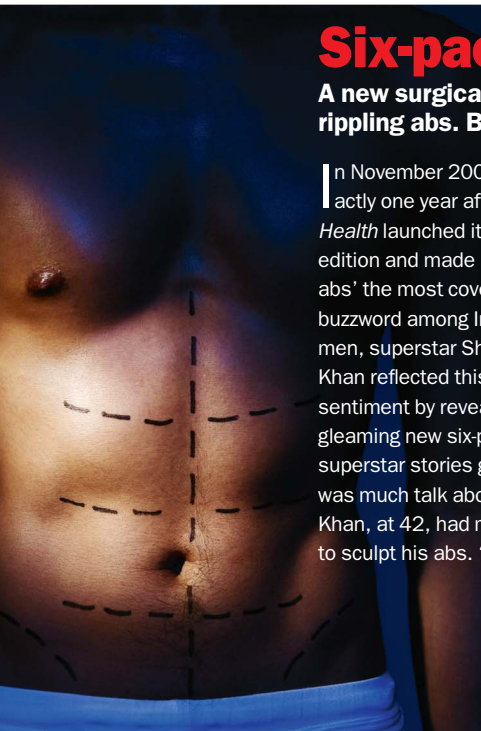
dergone surgery in the UK,” echoed the most popular rumour. “It’s a new procedure called ‘etching’ which removes excess fat and carves the abdominals.”

In reality, ‘abdominal etching’ was a procedure introduced in the early '90s by Houston-based surgeon Henry Mentz. In times when liposuction simply siphoned off excess fat and left the stomach flat but undefined,

Mentz’s procedure went a step further. It involved scraping fat out of the grooves in the rectus abdominis muscle that makes up the six-pack—but it was painful and the results still looked unnatural, so it never got popular.

Almost 15 years later, Denver-based plastic surgeon, Dr John Millard along with Columbian Dr Alfredo Hoyos, pioneered a proce-

cedure called High-definition Liposculpture. Using a chopstick-sized probe called the Vaser (it stands for Vibration Amplification of Sound Energy at Resonance), surgeons melt away deposits of fat in what they call the ‘sacred centimetre’—an area close to the skin previously untouchable due to the risk of excessive bruising and bleeding. Then, they leave a small amount of fat



adds, "can make people go into further depression."

Nevertheless, if you'd still like to consider it, use this primer to decide whether a cosmetic fix should be in your future and how to fix your...

Wrinkled forehead

Bodywork: Botox

A man can feel happy, calm and rested, but a wrinkled brow will make him look angry, tense and tired. You should try to let your age shine through, though.

How it works The doctor injects diluted botulinum toxin into your wrinkle zone. "When injected into the muscle," says Dr Shahin Nooreyezdan, senior consultant cosmetic surgeon, Apollo Hospitals and A+ Medispa, New Delhi, "it decreases muscle activity and reduces wrinkles for about six months." Brief side-effects, such as bruising, swelling, or headaches, are possible.

Fine points Avoid the 'mask effect' by using a doc who is used to treating men.

Cost Rs 8,000 to Rs 22,000

Recovery time Walk out of the doc's office after your jab.

Balding head

Bodywork: Hair transplant

Even though Rogaine can slow hair loss, transplantation is the

on top of the abdominis muscles, so that the skin forms itself around the fat and muscles. Lo! An instant six-pack!

"High-definition Liposculpture relies on the skill of the surgeon as much as the precision of the instruments," admits Hoyos in an interview to *MH*. Adds Dr Millard, "A six-pack doesn't look natural if you're too big everywhere else. So we turn patients back all the time."

As in any surgery involving potentially lethal anaesthetics, risks are high, and this operation is especially risky. Millard and Hoyos take pains to train surgeons and insist that they read about 'artistic

anatomy'. But it's unlikely every surgeon will spend months studying Michelangelo.

The procedure currently costs US\$20,000 and is gaining popularity. But even as we wait and watch, we think we're going to swap all thoughts of pain, costs, even the garment you have to wear after surgery to prevent 'leaking'... for three great sets of hanging knee raises. They actually sound fun in comparison, don't they?

SRK's much talked about six-pack was rumoured to be a result of a surgery called abdominal etching

Other face savers

Three more procedures that are gaining popularity

Tired eyes

Bodywork: Eyelid surgery

Saggy upper eyelids and puffy lower lids send everyone the message that you're overtired.

How it works The surgeon removes excess fat and skin with an incision on the inside edge of the lower eyelid to avoid a visible scar. You'll need to wear sunglasses for up to two weeks after surgery.

Fine points There's a danger the surgeon will remove too much skin and fat, creating a somewhat feminised appearance.

Turkey neck

Bodywork: Neck lift

This form of sculpting helps those who're craving a much, much younger look after losing weight.

How it works Unlike a facelift, excess fat is removed before the surgeon pulls your skin up. It's also crucial that he tightens muscle in the neck. Expect some swelling for a month or two.

Fine points Talk to your surgeon about scar placement, scars behind the ears, and discuss if any skin needs to be removed.

Lined and pitted cheeks

Bodywork: Restylane treatment and dermabrasion

This is necessary if you have many wrinkles, want to fill up your lips, or have acne scars.

How it works Restylane is injected into the folds to smoothen the area. Acne scars are best removed with dermabrasion, but lasers, peels or surgery are also options.

Fine points No scars can be completely removed and the anti-wrinkling lasts about six months.

If injected into the wrong spot, botox can leave you with a frozen expression

only way to restore your naked pate completely. "This is the most common cosmetic surgery procedure requested by men," says Dr Rekha Yadav, clinical director, Revital Trichology Centre, Mumbai.

How it works After injecting a local anaesthetic, the surgeon removes a narrow strip of scalp from the strip of permanent hair around the sides and back of your head. He then inserts these into tiny scalp incisions made at the same angle and direction as the original follicles. "The entire procedure takes anywhere between three to six hours for a sitting," says Dr Yadav. Only consider this surgery if you don't have a bald

head, or a large bald patch. Complications are rare, but minor inflammations can occur.

Fine points You need to avoid strenuous exercise for 10 days (heat and sweat increase the odds of infection, plus the exertion can tug on the donor-area wound and result in a wider scar). And resist the temptation to have 'megasections' of 3,000 or more grafts transplanted at once or too densely.

Cost Between Rs 50,000 and Rs 1,50,000

Recovery time Sutures are removed in seven to 14 days. The transplanted hairs will fall out within the first three weeks, but permanently grow back about three months later. The full effect takes a year.

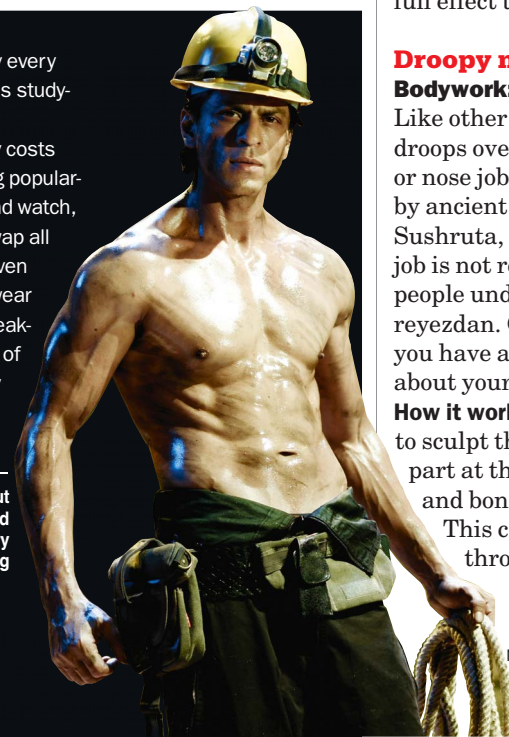
Droopy nose

Bodywork: Rhinoplasty

Like other body parts, the nose droops over time. Rhinoplasty, or nose job, was developed by ancient Indian physician Sushruta, in 500 BC. "A nose job is not recommended for people under 18," says Dr Nooreyezdan. Consider this only if you have a realistic expectation about your nose.

How it works The surgeon needs to sculpt the cartilage (the soft part at the bottom of the nose) and bone (at the upper part).

This can be accomplished through a small ▶



► incision either at the bottom of the nose or up through the inside of your nostrils, which helps minimise scarring.

Fine points A surgeon can't change the thickness of the skin on a person's nose—a problem if you have a bulbous nose. Also, find out how he'll handle the tip of your nose. Sometimes the tip might not have enough cartilage to create a strong appearance, in which case a doctor can bolster it by working with a piece of the septum as a graft.

Cost Rs 50,000 to Rs 90,000

Recovery time Two weeks, but it will take three months to see the true results of the surgery.

Hairy back or neck

Bodywork: Laser hair removal

The only permanent goodbye to hairiness. Treatments on the chest and neck are also popular.

How it works This is a simple and effective procedure. "Laser hair removal works by passing a light beam through the skin bearing unwanted hair," says Dr Yadav. Though considered safe, it is not recommended for teenagers. Also, if carried out by inexperienced technicians, it could lead to scars and burns, says Dr Yadav.

Fine points You may still have a few stray hairs.

Cost Rs 5,000 to Rs 20,000

Recovery time Depends on the area treated. But it usually takes several treatments to see permanent hair reduction.

Man-boobs/love handles

Bodywork: Liposuction

Fat men need not apply. The best candidates are normal-weight men who can't shed



specific fatty deposits. The slang is 'moob job'. It is becoming popular with guys in their 30s and early 40s.

How it works The procedure requires insertion of a thin hollow tube through several small incisions in the target area. The cannula is moved back and forth in a controlled motion to loosen the excess fat, which is removed by vacuum suction.

Fine points "There can be complications in the form of bruising, haematoma, wound infection or contour irregularity," says Dr Sajal Halder, consultant, cosmetic surgery, Moolchand Medcity. Give the doctor a reference to begin with, by making sure the rest of your body is fit and trim. Also, liposuction can't tighten loose skin.

Cost Rs 40,000 upwards

Recovery time About one week.

Your artificially sculpted abs won't stay the same if you stop exercising or give up on that healthy diet

Sagging face

Bodywork: Facelift

Men are now turning to lifts because they think they look older than they actually are, and want to remain competitive in the workplace. The medical term for this is rhytidectomy.

How it works "The idea is to tighten up the sagging tissue," says Dr Charu Sharma, consultant, plastic surgery, Fortis, New Delhi. During a facelift, a surgeon tucks in your skin and the deeper layers by making incisions in front of and behind your ears. The surgery is not generally painful, because the surgeon is working on the layers of the face without many nerve endings. "There are always risks like haematoma or internal bleeding and there will also be bruising while the face heals," says Dr Sharma.

Fine points A facelift isn't forever. In addition, ensure the surgeon makes the incisions as inconspicuous as possible.

Cost Between Rs 80,000 and Rs 1,20,000

Recovery Time Around two to four weeks.

Midsection skin folds

Bodywork: Tummy tuck

Abdominoplasty is different from liposuction. It is usually for men who have a lot of excess skin from weight loss or aging.

"This is huge surgery where you have to stay in the hospital for at least two nights," says Dr Nooreydzan, "and there can be infection and blood clots."

How it works The surgeon will not only open you up to remove excess fat and skin, but also tighten the muscles of your abdominal wall. An abdominoplasty also usually leaves a hip-to-hip scar.

Fine points Liposuction may be a better option. Also, abdominoplasty isn't for men who want to lose weight everywhere.

Cost: Rs 1,10,000 to Rs 1,50,000

Recovery time: About two to three weeks. **MH**

Top 5 cosmetic surgeries

1. Hair transplant
2. Rhinoplasty
3. Gynaecomastia (male breast reduction)
4. Belly reduction
5. Facial corrections (cheek uplifts, eyebrow lifts etc)



1. Breast augmentation (breast enhancement)
2. Liposuction
3. Breast reduction
4. Breast uplifting
5. Facial corrections (rhinoplasty, cheek implants, botox etc)

BALDNESS!



Before

After

If celebrities can get hair transplants, So can I!

Stitchless Follicular Unit Extraction (fue)

If you wish to go for a hair transplant but are afraid of surgery, sutures etc., then there is good news for you. FUSE (fue) is the stitchless form of hair transplant. It is a knife free, and minimally invasive technique performed as an outpatient procedure under local anesthesia. In FUSE, individual hair follicular units are extracted from the donor areas. The incisions are so minute they need no suturing and heal on their own.

Moreover, the FUSE technique enables hair follicles to be extracted from the beard and other parts of the body for use as donor hair to replace the hair lost due to baldness. This increases the total donor hair available for transplant, leading to thicker hair growth in the transplanted area.

This process of utilizing body hair to transplant into the bald scalp areas is termed Body Hair transplants (BHT). However, not all bald patients are suitable candidates for BHT. Only those with thick, robust body and beard hair should utilize the same as a donor resource. The fine caliber body hair will not provide much coverage and is, thus, not recommended for transplant purposes.

The fine caliber body hair is best suited for recreating the temple points, where the hair are naturally short and fine.

FUSE (follicular unit separation & extraction) technique & instruments were invented & pioneered by Dr. Arvind Poswal.

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Cardio vs Weights: which is the best for you?

Hit a plateau? Can't see changes in your body? Use these rules for fast results

Photography: Ritesh Sharma

The challengers

Cardio-Guy Works out on running or rowing machines. Prides himself on marathon success and stamina.

Muscle-Guy Works out using free weights. Prides himself on ability to bench-press and his biceps.

The scoring For the scoring, we've created a system like boxing's 10-point. The winner of a round is awarded 10 points. If the round ends in a draw, each contestant receives ten. A score of 10 to 8 is a knockout—the poor fool with the 8 got pummelled. And 10 to 9 means the round was close.



The Muscle-Guy can snap the Cardio-Guy in two, but...

Round 1

BONE STRENGTH

Both forms of exercise help your bones stay strong, but the increases are site-specific. So if you run, your lower-body bones stay strong, but that doesn't do anything to beef up the bones above the waist. On the other hand, total-body weight training strengthens all bones. Bone is living tissue which bulks itself up with extra calcium when placed under the strain of strength training. So lifting weights is the best way to bone strength.

Scores

Cardio-Guy	8	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	0	□ □ □ □ □ □ □ □ □ □
Muscle-Guy	1	■ □ □ □ □ □ □ □ □ □

Round 2

BLOOD PRESSURE

Studies on the effect of resistance training on blood pressure are contradictory. But cardio training is more effective at building up the heart, so it can pump out more blood with each beat. As a result, blood requires less pressure to travel around the body.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	8	■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	1	■ □ □ □ □ □ □ □ □ □
Muscle-Guy	1	■ □ □ □ □ □ □ □ □ □

Round 3

RESTING HEART RATE

This is a crucial indicator of fitness. Fewer beats per minute means your heart is stronger, pumping more blood with each contraction. Studies on resistance training swing widely, from no effect on resting heart rate to an 11 per cent reduction; in general, it probably won't do much to slow your

heart rate. Aerobic exercise may result in reductions of up to 25 per cent. The fitter you are, the less desperately your muscles need nutrients. Instead, they are more efficient at using their energy supplies. So the heart doesn't have to work overtime to keep refuelling them, so the resting heart rate is slower.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	9	■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	1.5	■ □ □ □ □ □ □ □ □ □
Muscle-Guy	1	■ □ □ □ □ □ □ □ □ □

Round 4

STRENGTH

Young, old, healthy, frail—all can see dramatic increases in strength from resistance training. Aerobic training? The only strong thing about runners is the smell coming from their gym bag.

Scores

Cardio-Guy	8	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	1.5	■ □ □ □ □ □ □ □ □ □
Muscle-Guy	2	■ ■ □ □ □ □ □ □ □ □

Round 5

GLUCOSE METABOLISM

When the body can't produce insulin and blood glucose properly—usually owing to obesity—blood sugar goes up and can result in diabetes. Both weight-lifting and aerobics improve insulin sensitivity and reduce overall insulin levels. But aerobic exercise gets the nod because it uses more calories and increases the clearance of glucose from the blood.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	8	■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	2.5	■ ■ ■ □ □ □ □ □ □ □
Muscle-Guy	2	■ ■ □ □ □ □ □ □ □ □

Round 6**BLOOD LIPIDS**

Only really strenuous weight-lifting programmes (tough exercises, heavy weights) lowers cholesterol and increases HDL. But aerobic exercise does all these. It's all down to the fat you burn. Fatty foods cause a residue of cholesterol. But when you exercise for 30 minutes or more, the body burns fat for energy, and uses cholesterol with it. Lengthy bouts of exercise such as running or rowing are better at depleting cholesterol. Short, aggressive bursts of exercise, such as weight training, aren't long enough to count.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	8	■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	3.5	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	2	■ ■ ■ ■ ■ ■ ■ ■

Round 7**AEROBIC FITNESS**

Of course aerobic exercise increases aerobic fitness! Weight-lifting, with rests of a minute or two between sets, doesn't (except for circuit weight training, when performed with very little rest in between). Improvements in cardio-respiratory endurance have also been linked to increased longevity.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	8	■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	4.5	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	2	■ ■ ■ ■ ■ ■ ■ ■



... the Cardio-Guy might just end up the winner when it comes to longevity

Round 8**RESTING METABOLIC RATE**

The muscle mass you add through strength training increases the rate at which you burn calories throughout the day. That means less body fat. For aerobic exercise, the evidence is less clear, although some studies say that aerobic exercise boosts metabolism.

Scores

Cardio-Guy	8	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	10	■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	4.5	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	3	■ ■ ■ ■ ■ ■ ■ ■

Round 9**ALL-ROUND FITNESS**

Both type of exercise helps your body stay fit as it ages. And both, when combined, can boost lower-back health.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	10	■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	5.5	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	4	■ ■ ■ ■ ■ ■ ■ ■

Round 10**LONGEVITY**

A study of 18,000 men aged 45 or older found that the aerobically fittest outlived the least aerobically fit by almost nine years. Men who were only moderately fit had a six-year edge. But there's no clear link between strength training and longevity.

Scores

Cardio-Guy	10	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	9	■ ■ ■ ■ ■ ■ ■ ■

Ahead on Points

Cardio-Guy	6	■ ■ ■ ■ ■ ■ ■ ■
Muscle-Guy	4	■ ■ ■ ■ ■ ■ ■ ■

And the winner is...

Cardio clinches it, but both are winners. If you want the longest, healthiest, most active life possible, do both types of exercise. If you prefer cardio to weight training, you may be on track to live longer than Muscle-Guy, but he can still snap you like a twig. And when was the last time a woman admired the size of your heart muscle?

What about weight loss?

When it comes to weight loss, combining both types of exercise is the best strategy. Cardio is fuelled by energy from fat, so you end up burning more. Strength training is like adding a better engine to your car. It helps muscle burn energy faster, but won't be so effective at helping you lose calories. So while there's less instant benefit from strength training, it will equip the body to lose more fat in other exercises. **ME**

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The buff buffet

Seven superfoods that will help you pack on muscle before and after the gym

Photography: Ritesh Sharma

If muscles were made from chips and beer, we'd look huge. But they aren't and we don't—unless you count that sack of fat upfront and dead centre. If not potato chips and lager beers, then what? We decided to delve deep into the human anatomy to find the secret spot on every muscle where the word “ingredients” is stamped. With the help of Jeff Volek, PhD, RD, an exercise and nutrition researcher at the University of Connecticut, and a really big magnifying glass, we found these seven foods. Add these ingredients to your stomach and faithfully follow the directions on the package—“Lift heavy weights”—and you can whip up a batch of biceps in no time.

LIQUID ENERGY

Olive oil

How it makes muscle: Sure, you could oil up your chest and arms and strike a pose, but it works better if you eat the stuff. “The monounsaturated fat in olive oil appears to act as an anticatabolic nutrient,” says Doug Kalman, RD, director of nutrition at Miami Research Associates. In other words, it prevents muscle breakdown by lowering levels of a sinister cellular protein called tumour necrosis factor- α , that is linked with muscle wasting and weak-

ness. And while all olive oil is high in monos, try to use the extra-virgin variety whenever it's possible; it has a higher level of free-radical-fighting vitamin E than the less chaste stuff.

How it keeps you healthy: How doesn't it? Olive oil and monounsaturated fats have been associated with everything from lower rates of heart disease and colon cancer to a reduced risk of diabetes and osteoporosis.

MUSCLE MEDICINE

Almonds

How they make muscle:

Almonds are one of the best sources of alpha-tocopherol vitamin E—the form that's best absorbed by your body. That matters to your muscles because vitamin E is a potent antioxidant that can help prevent free-radical damage after heavy workouts. And the fewer hits taken from free radicals, the faster your muscles will recover from a workout and start growing. Two handfuls a day should do it. A Toronto University study found that men can eat this amount daily without gaining any weight.

How they keep you healthy:

Almonds double as brain insurance. A recent study published in the *Journal of the American Medical Association* found that those men who consumed the most vitamin E—from food sources, not supplements—had a 67 per cent lower risk of Alzheimer's disease than those eating the least vitamin E.

THE MUSCLE BATH

Water

How it makes muscle: Whether it's in your shins or your shoulders, muscle is approximately

Olive oil prevents muscle breakdown by lowering levels of a sinister cellular protein

Don't just oil up your chest, eat the stuff too!



80 per cent water. “Even a change of as little as 1 per cent in body water can impair exercise performance and adversely affect recovery,” says Volek. For example, a German study found that protein synthesis occurs at a higher rate in muscle cells that are well-hydrated, compared with dehydrated cells. English translation: the more parched you are, the slower your body uses protein to build muscle. Not sure how dry you are? “Weigh yourself before and after each exercise session. Then drink 1.5 litres of water for every kilo lost,” says Larry Kenney, PhD, a physiology researcher at Pennsylvania State University.

How it keeps you healthy:

Researchers at Loma Linda University found that men who drank five or more 236ml glasses of water a day were 54 per cent less likely to suffer a fatal heart attack than those who drank two or fewer.

THE PERFECT PROTEIN

Eggs

How they make muscle: Not from being hurled by the dozen at your boss's house. The protein in eggs has the highest biological value—a measure of how well it supports your body's protein needs—of any food that you eat. “Calorie for calorie, you need less protein from eggs than you do from other sources to achieve the same muscle-building benefits,” says Volek. But you have to eat the yolk. In addition to protein, eggs also contain vitamin B12, which is necessary for fat breakdown and muscle contraction. (And no, contrary to popular belief, eating a few eggs every day will not increase your risk of heart disease.)

How they keep you healthy: Eggs have vitamins and minerals in plenty; they're packed with riboflavin, folate, vitamins B6, B12, D and E, and iron, phosphorus and zinc.

THE REP BUILDER

Coffee

How it makes muscle: Fuelling your workout with caffeine will help you lift longer. A recent study in *Medicine and Science in Sports and Exercise* found that men who drank two-and-a-half cups of coffee a few hours before an exercise test were able to sprint 9 per cent longer than when they didn't drink any. (It's believed that the caffeine directly stimulates the muscles.) And since sprinting and weight lifting are both anaerobic activities—exercises that don't require oxygen—a jolt of coffee should help you pump out more repetitions. Skip it if you have a history of high blood pressure, though.

How it keeps you healthy:

Researchers at Harvard University found that coffee drinkers have a 30 per cent lower risk of Parkinson's disease than non-drinkers.

THE GOLDEN RATIO

Yoghurt

How it makes muscle: Even with the aura of oestrogen surrounding it, “yoghurt is an ideal combination of protein and carbohydrates for exercise recovery and muscle growth,” points out Sandhya Pandey, senior dietitian at Max Healthcare, New Delhi. Buy regular—not sugar-free, and add some fruits. The extra carbohydrates from the fruit will boost your blood levels of insulin, which is one of the keys to reducing post-exercise protein breakdown.

How it keeps you healthy: Three

Hard candy

When you present her with that box of chocolates, save a few for yourself. Researchers at the University of California at Davis found that consuming flavanol-rich chocolate (such as Snickers) boosts your level of nitric oxide—a compound proven to help open blood vessels and increase blood-flow. Meanwhile, a Johns Hopkins study determined that nitric oxide—and the blood rush that follows—is a key element in triggering and maintaining erections.



Get bigger by cracking those eggs

No, eating a few eggs a day will not lead you to heart disease!

letters: CLA. “Yoghurt is one of the few foods that contain conjugated linoleic acid, a type of fat shown in some studies to reduce body fat,” says Volek.

THE BULK REGULATOR

Salmon

How they make muscle: It's swimming with high-quality protein and omega-3 fatty acids. “Omega-3s can decrease muscle-protein breakdown after your workout, thereby improving recovery,” says

Dr Pandey. This is important, because if you want to build muscle, you will need to store new protein faster than your body breaks down the old stuff.

How it keeps you healthy: By reducing your risk of heart disease and diabetes. Researchers at Louisiana State University found that when overweight people added 1.8gm of DHA—an omega-3 fatty acid in fish oil—to their daily diets, their insulin resistance decreased by 70 per cent in 12 weeks. **MH**

Drink away 5 kilos

A bottoms-up plan for siphoning off weight

Seven hundred and fifty litres. That's the amount of liquid the average man guzzles each year. Approximately 128 litres of beer, 200 litres of soda, 90 litres of milk, and a whole lot of litres of other stuff. Feeling a bit bloated? You should be. But the great thing about drinking so much is that all you have to do to lose weight is make a few adjustments to the types of drinks you're already pouring down every day. Juice with pulp instead of pulp-free. Green tea instead of regular. Do it all and you're gulping 35,456 fewer calories in four weeks. That's a savings of five kilos. So fill 'er up. This one's on us. And off you.

Your morning juice

Unless you're an astronaut or a skinny 10-year-old boy, trade in your Tang and pulp-free OJ for the thick stuff—juice with extra pulp. It may help you resist the lure of the office bread basket. Researchers at Purdue University found that people stayed full longer when they drank thick drinks than when they drank thin ones—even when calories, temperatures and amounts were equal. “Thicker drinks help to fight off hunger longer as they contain more fibre,” says New Delhi-based nutritionist Dr Sonia Kakar.

Calories saved in four weeks: 5,460

Your midmorning break

Even if your taste in tea runs more toward Long Island than iced, there's a reason to consider adding a bit more of the stuff



Fill up your glass
to keep the fat
off you

to your diet: It's a natural fat burner. But you need to buy the stuff marked 'green'. "Remember that boiling it with milk and sugar like we in India do, will not count," says Dr Kakar. A Swiss study found that substances in green tea called catechin polyphenols can increase your body's metabolism, so you burn fat at a faster rate. **Calories saved in four weeks: at least 4,872**

Lunch in a can

Meal replacements really work. In a study presented at the annual meeting of the North American Association for the Study of Obesity, researchers found that regularly drinking meal replacements increased a man's chances of losing weight and keeping it off for longer than a year. But which one should you drink? Men trying to lose weight need about 600 calories per meal, with 25 per cent of those calories from protein, 25 per cent from fat, and 50 per cent from carbohydrates. That's about what you get from this drink:

Strawberry power blast

1 cup low-fat vanilla yogurt or *dahi*
1 cup double-toned milk
2 tsp peanut butter
1 medium banana
1½ cup frozen unsweetened strawberries
2 tsp sugar
2 ice cubes or ½ cup crushed ice
Directions: Place ingredients in a blender. Blend on high speed until smooth. Drink immediately.

Per serving: 608 calories, 25gm protein, 106gm carbohydrates, 11gm total fat
Calories saved in four weeks: 9,856

Your afternoon indulgence

Need something thick and creamy after a tiny, hurried lunch? Grab a thick milk shake



Pulpy OJ can keep you feeling full

or a smoothie. The damage from a regular chocolate shake is around 220 calories. Shakes from ice cream parlours and coffee shops tend to be a better idea because you can pick a sugar free or even sugarless option—at fast food joints, you're forced to stick to a shake made according to a formula. **Calories saved in four weeks: 9,520**

Your post-workout smoothie

Bananas don't just fend off muscle cramps, they also fight hunger. "For a person who is not obese, having one medium-sized banana is not at all a bad thing," says Dr Kakar. To make your own appetite-busting smoothie, blend together a banana, ½ cup non-fat vanilla yogurt, ½ cup frozen orange-

juice concentrate, ½ cup double toned milk, and ½ cup crushed ice. A study conducted at Penn State found that men who drank yoghurt shakes that had been blended until they doubled in volume ate 96 fewer calories a day than men who drank shakes of normal thickness.

Calories saved in four weeks: 2,688

Soda for the drive home

Sure it doesn't taste like soft drinks, but it may be the lesser evil. You could also try drinking it nice and chilled. "The colder a diet soda is when you're drinking it, the less you'll notice the difference in taste," says nutrition consultant Liz Ward. "If you can't stand diet but want to start drinking it, try filling your cup three-fourths of the way with regular soda and topping it off with diet," she adds.

Calories saved in four weeks: 2,024

Your evening beer

There's nothing wrong with "lite" beer, unless you count not tasting anything like the real thing. A bottle of Heineken can set you back around 170 calories. Here are some choices:

Beer (330ml)	Calories
Kingfisher Draught	99
Cobra	less than 100
Foster's	145

Calories saved in four weeks: at least 1,036. MH

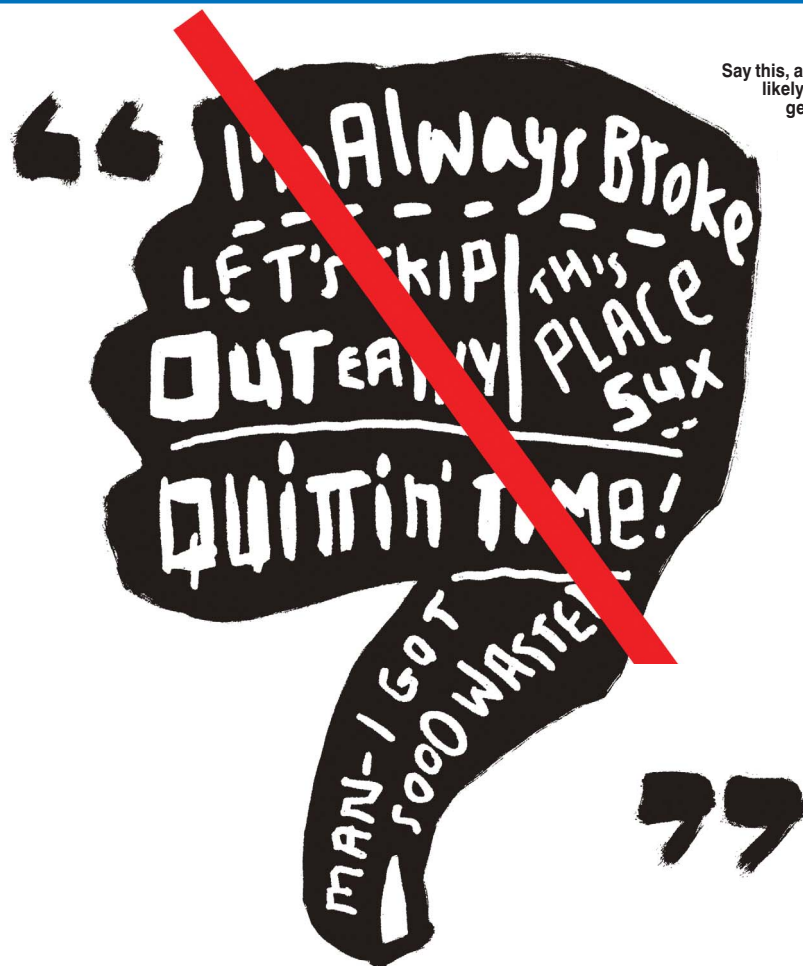
More muscle, less fat

Looking to lose those extra kilos? Then all you've got to do is lift big

To strip off the fat, pack on the plates. Heavy, low-rep lifting burns more calories than doing higher reps with less weight, according to scientists from Furman University. What's more, men who hoist the largest loads may also burn more fat after their workouts. "With heavier resistance, you're producing more muscle damage and your body has to work harder to repair it, which elevates

your metabolism," says study co-author Anthony Caterisano, PhD. In the study, the heavy lifters used the heaviest weight that allowed them to complete four to six reps a set.





Say this, and it's likely you'll get fired

What not to say at work

Want to succeed in business without really trying?
Learn which personal secrets to keep

Truth is beauty, wrote John Keats. Oh, really? No wonder Keats was a poet and not a corporate executive. The truth about truth is that—in the business world, anyway—it can be very ugly indeed. Particularly the truths that emerge about ourselves when we're stressed or angry or tipsy.

Bottom line: You must ration out personal revelations with care and thought. The self you present to your work world should be carefully constructed. Not unreal. Just a selective col-

lection of your greatest hits. It's made up of several components:

- The way you dress
- The way you keep your hair
- The way you conduct yourself in meetings
- The way you use email
- The way you blow off steam with colleagues

All of these constructions, added together, create a self that can help you succeed and make more money. And that's what it's all about, isn't it?

But here's a point you need to pay attention to: you don't

Moaning about your life isn't permissible. It makes people see you as a loser

want to construct a personality that's even a little bit phoney. Your goal is to display a version of yourself that helps you win people's esteem but that doesn't stifle the real you under a layer of other people's expectations.

It's not hard. You just need to avoid revealing the sides of yourself that only your mom, girlfriend or drinking buddies should see. To that end, here's your Book of No Revelation.

1 How much you had to drink last night

Or any night, for that matter. It's good to have a reputation as a partygoer, for sure. But watch out for the dreaded frat-boy tag. Here's the difference: A party-going dude is always the life of the party. A frat boy, however, thinks life is a party.

Amit is the guy at the office who everybody loves. He goes out at dinnertime, comes back at breakfast. However, he got left out of an off-site strategic-mission soiree because the big bosses found him "an overgrown kid in a man's body."

2 How much your shoes cost

...or how much your stock portfolio is worth, or how big your last raise was, or how much that new house by the beach in Goa is going to cost you.

Ugh. Is there anything more odious than somebody who constantly tells you how rich he is, or how fantastic his new BMW is?

At the same time, nobody wants to hear how poor you are. There's nothing more pathetic than the man who bitches all day about the cost of his kid's school fees. Everybody faces financial burdens. A little straight talk between friends—preferably over lunch or a cocktail—is permissible. But crying the blues isn't. It makes people see you as a loser. And people who are seen to be losers, are.

3 Who you sleep with, and how often

This is a no-win situation: You'll be seen as either a man-slut or a liar. And nobody wants to work with a liar.

Alternatively, if your conquests are with your beloved soulmate or your wife (who if you're lucky is the same person), then you're seen as an outlandish boor for kissing and telling. Also bad.

Jabbering about how you got on with that hot woman at the party also forces your colleagues to imagine you naked. Unless you are very handsome, this will do you no good.

4 How you ripped off the system on your last business trip

You'd be amazed at the number of people who brag about this kind of stuff. Only morons cheat on their expense accounts, so moronic follow-up behaviour is consistent.

But there are dark corners of everybody's career. Nights on the road that you can't quite remember. Activities with peers that wouldn't stand up to personal or professional scrutiny. A job is like a road show. What happens there really should stay there.

The problem is that people deal with darkness in different ways. Some keep it to



themselves. Others take it for a walk around the park. The point is this: Not all colleagues, peers and bosses can deal with subversive information in a discreet way. There are those who happen to take their roles as friends of the court very seriously. And they will hose you down if they feel it's necessary and proper to do so.

5 How sick you're of the job

A little cribbing is not always out of line. We all like to share our pipe dreams over a beer after work. But select your audience well. The business

There's a place for politics and religion, but it's not at work

world is filled with stooges (as well as really great guys you're going to love). A misplaced word to the wrong person could end up as a quiet comment to somebody who thought you were loyal—or who already had your number and was looking for a reason to pull the trigger.

Arun once dropped by his boss's office and told him that the place was badly run, that it was overstaffed with dimwads, that their processes and procedures were 10 years out of date, and blah blah blah. He thought he was earning his keep by telling the boss what he really thought. The boss said, "Thanks, but if you hate it around here so much, you can leave, okay?" It wasn't really a question, either.

6 How much you despise the boss

The world is filled with crazy people who articulate negative opinions for all to hear about the person who runs the place.

A former boss of Ajit's became demented in his job, growing to despise his own boss so much that he could no longer keep his animus to himself. He'd talk about her boss at lunch. Or drop emails loathing her to Ajit and others. Then one day, instead of typing Ajit's name into the "To" field, he typed his own boss'. He was fired later that day.

7 How excited you're about all the things God is telling you

You may believe that the Lord is coming to bring down fire and brimstone to earth. That alien DNA is driving all humanity crazy. Keep it to yourself. There's a place for politics and religion, and it's not at work. You'll freak people out if you tell them what's on your mind on those fronts. But if you want to be perceived as a successful businessman, walk the walk, talk the talk, and keep it on planet Earth. **MB**

Four ways to become a better employee

1. Fight complacency

"A great manager will push you, but if you don't work for one, push yourself," says Pat Lencioni, author of *The Three Signs of a Miserable Job*. There's always room to become better at what you do. If there's no internal incentive pushing you, it's time to leave and look for greener pastures.

2. Go above and beyond

The job description says Monday through Friday, 9 to 5. If only emergencies gave a damn about business hours. Don't back down from challenges that require extra. "If you want a manager to go that extra mile for you, you must do the same for him or her," Lencioni says.

3. Know when to say 'No'

Taking on too many tasks that you crash your deadlines, makes you useless. "Saying, 'I think I'm already overloaded with work and cannot take on anymore, but I may be wrong' will not put your boss on the defensive," says Rohit Saran, editor of *Business Today*.

4. Share the wealth of ideas

If you figure out a way to make the company more efficient, let it be known. Choose your words, though. "Not seeking individual glory but institutional glory is better. It's less likely that you'll incur colleagues' jealousy," Saran says. Let it be known your idea is good for everyone.



**HIT OR
MYTH?**
No.29

Sex stories

Knowledge is power in the bedroom, so don't grope in the dark. The best thing in life is about to get better...

Sexual novelty is important, so keep the surprises coming

Orgasm is the same as ejaculation

HIT ☐ **MYTH** ☒

"With men, ejaculation and orgasm are really two separate bodily events," says Indore-based sexologist Dr Mahesh Nawal. "You can have one without the other." Ejaculation, of course, is the physical process of expelling semen, but orgasm (which you can have before, during or after ejaculation) is the sensation brought on by involuntary contraction of the pelvic muscles at approximately 0.8 beats per second. We won't argue the toss over which is better—with recent research showing that regular ejaculations may help prevent prostate cancer and other scientists discovering

that orgasms can provide a boost to your immune system, we reckon both of them are worth pursuing.

Fantasising during sex means your relationship is in trouble

HIT ☐ **MYTH** ☒

Unless your thoughts turn to members of the Lok Sabha or Rajya Sabha, there's absolutely no need to worry. "The reality is that sexual novelty for men tends to be very important, and novelty diminishes over time," says Allen Elkin, sex therapist and director at the Stress Management and Counselling Centre in New York. "This is why we often find ourselves thinking of other women during sex." Unless you're doing this

If you can learn to delay your orgasm, not only will you increase its intensity, you'll also be able to see she has one too

constantly, it's really no big deal. Affairs of the mind are quite harmless.

Circumcision prevents disease

HIT ☒ **MYTH** ☐

While experts are still arguing about whether having the chop reduces sensitivity, it certainly does have health benefits. Not only has circumcision been shown to limit urinary tract infections, but a South African study suggests it may also prevent the spread of HIV/AIDS. The study found that circumcision could block 70 per cent of infections in men. How? Foreskin cells may be more susceptible to HIV than those elsewhere on the penis, thus making it more vulnerable.

For more on how circumcision can prevent disease, turn to p62

Size makes all the difference

HIT ☐ MYTH ☒

It might do when ordering a hamburger, but in the bedroom, women would rather not be supersized. A US survey showed that while 45 per cent of men said they'd like a bigger penis, 85 per cent of women couldn't care less whether their partner had a chopper or a chipolata. Many women find large penises uncomfortable—not surprising given that the most sensitive area of the vagina is 5 to 6cm inside. If you are cursed with a huge one, Paul Joannides, author of *Guide to Getting It On*, recommends positions that give the woman control, such as her on top. And if you're small? "A penis feels longer if the female bends her knees during sex, giving deeper penetration," the author says.

The more you masturbate, the longer it takes you to come when you have sex

HIT ☒ MYTH ☐

Like recapturing the 1983 Prudential World Cup, when India won. Some things are all the sweeter for waiting and orgasms are a case in point. If you can learn to delay your orgasm, not only will you increase its intensity, you'll also be able to see she has one, too. "Masturbation can help you do this because it enables you to discover your point of no return. Once you've found it, the trick is to stop, redirect your thoughts and

During sex, men's nipples react just like women's by becoming flushed and erect

prevent the inevitable—again and again," says Dr Nawal. It's a trick known as "edging" and, along with exercises for strengthening the pubococcygeus muscle (try making your penis bob up and down when it's erect), it's one of the best ways, especially when it comes to helping you build up your sexual stamina.

You're at your sexual peak when you're 18

HIT ☐ MYTH ☒

Fear not, your best days aren't behind you at all! Blame this misleading stat on Alfred 'The Sexfather' Kinsey, who discovered in the 1950s that women had more orgasms in their 30s and men more in their late teens. Most modern sexologists, however, argue that "sexual peak" isn't just about orgasms. "In terms of hormone levels and ease of arousal, both men and women peak in their late teens to early 20s," says Dr Nawal. "But if you're talking about sexual satisfaction, your peak comes much later in life when you're more experienced. So there's no need to worry. Rock the bed now."

Sex during pregnancy is harmful

HIT ☐ MYTH ☒

"If your partner has a history of miscarriage or bleeding, your doctor might suggest you avoid intercourse for a time but if the pregnancy is proceeding normally, there's no reason why you can't continue to have sex

up until labour," says Karen Bates, lecturer in midwifery at the Norfolk and Norwich University Hospital. You might need to be a little less athletic, but otherwise the only thing you'll need to adapt is your positions. Bates recommends the spooning position (with both of you lying on your sides). If this doesn't work, try the sitting position or having the woman on top.

Men's nipples are just as sensitive as women's

HIT ☒ MYTH ☐

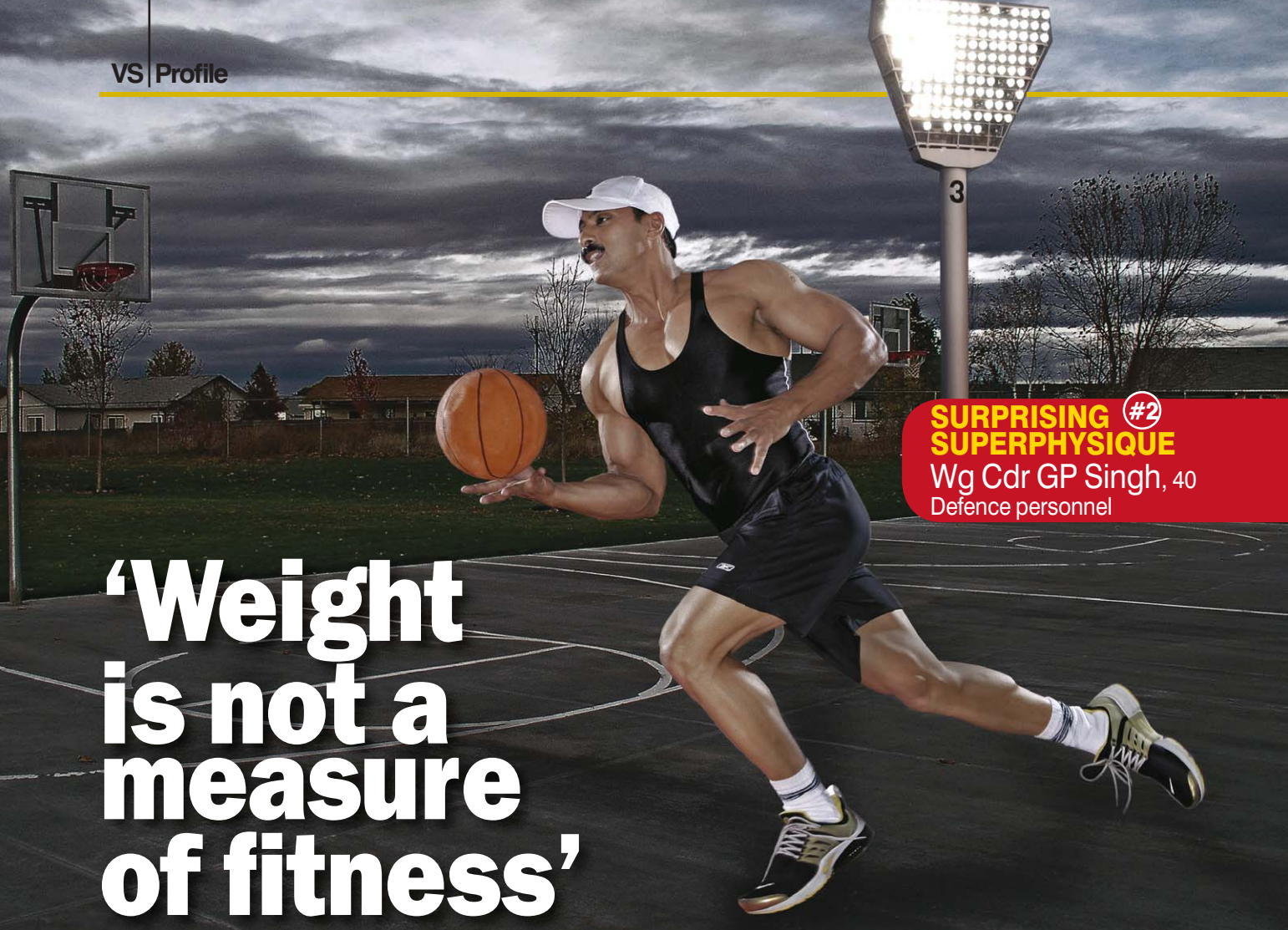
"Men typically think of nipple play as women's territory and may believe that their own enjoyment of it makes them unmanly," says sexologist Michael Bouchard of the University of Phoenix, "but the truth is that both women's and men's nipples have extremely sensitive nerve endings, making them highly responsive to touch." During sex, men's nipples react just like women's by becoming flushed and erect—a feat only two other human body parts—the clitoris and the penis—can achieve.

All women love having their G-spot hit

HIT ☐ MYTH ☒

"It's a fallacy that the G-spot is a shortcut to orgasm," says Dr Nawal. "In fact, many women feel absolutely nothing when their G-spot is stimulated and others find it quite uncomfortable, especially since it's so close to the bladder." Of course, that doesn't mean that you have to stop looking for it, just that you shouldn't expect miracles. For those still in search of their partner's private nugget of gold, the G-spot is a small patch of tissue located about 5 to 8cms inside the vagina on the upper, front wall. "Apart from stimulation with the fingers, doggy-style is one of the best positions for hitting it," the doctor adds. **MEH**

It's never too late to rock her world



**SURPRISING
SUPERPHYSIQUE** ^{#2}

Wg Cdr GP Singh, 40
Defence personnel

'Weight is not a measure of fitness'

Body building or fitness? Get on to these seven tips to supercharge your life

Words: Jamal Shaikh Photography: Subi Samuel

The first email I received in January last year was an angry one. It came from IAF Wing Cdr GP Singh, who, on the one hand, commended the work *Men's Health* was doing by helping Indian men take up their levels of fitness, and on the other, criticised our outlook. He called our cover models "plastic, baby-faced weaklings whose muscular physiques wouldn't survive a day in the real world."

Now, *MH* gets a few emails every month from hard-core bodybuilders who feel short-changed when the magazine focusses on topics other than weight-lifting. These include the health of your relationships, mental health, fiscal health, even the health of your career.

Body-building is nutrition and exercise at its best, but fitness is when you're more happy than sad

I almost dismissed this serviceman's emails as one of those. But my polite reply was followed by an interaction on email that piqued my curiosity enough to make me visit him at his base in Tambaram, near Chennai.

I ended up meeting a man who was not just passionate about weight-lifting, but about making fitness a way of life.

Singh didn't discover regimented fitness until age 31. That was almost 10 years ago. His 173cms tall frame weighed 82kgs, and he had a generous waist of 37.5 inches. It's around then that he chanced upon a stack of fitness magazines at the home of one of his seniors who was moving base. "He let me keep the entire bundle, and I

read them all," confesses Singh.

Since then, Singh has gone through the paces that most weight-trainers go through. He's participated in a contest and come in last, then motivated himself enough to be a winner for several years in a row. He's battled irregular working hours, worked out with any available equipment at airports where he'd stopped for refuelling, understood his metabolism and lugged food from home to keep his diet schedule. He has spent hours preening in front of the mirror ("It's not just vanity; great bodies are appreciated by one and all, male or female," he says.)

Over to him, now, for seven fundamental ways to supercharge your life.

1 Fitness is a frame of mind

It is a myth that weight-lifting, even if pursued in a disciplined manner, will make you fit on its own. Fitness refers to an equilibrium the body achieves in all aspects. Ask a body builder to hold a six-month-old baby in his 20-inch arms for six hours, and he'll get impatient and may even start panting. A lady, on the other hand, with her 11-inch arms can do it with ease. Body-building is nutrition and exercise at its best, but fitness is when you're more happy than sad.

Your takeaway: Make a choice, body building or fitness?

2 You are what you eat

Ninety per cent of the people who admire my physique, don't ask me 'What exercise do you do to look like this?' Instead, they ask me 'What do you eat to look like this?'

Think of your body like a *tava*. When it is hot, it can evaporate anything put on it. But when it is cold, load it with the lightest of things and they'll just remain there. This is the metabolic rate and exercise helps make it faster, and your *tava* hotter.

Your takeaway: Understand what your body needs when and feed it accordingly.

3 Gym cheats

Read up and vary your routines. Magazines like *MH* may have similar sounding articles that say 'Get a six-pack easily' every month. But the exercises featured are different.

Stretch between sets. This prevents injury and makes you more versatile in your range.

Your takeaway: Bend the rules, but under strict supervision.

Think of your body like a *tava*. When it's hot, it can evaporate anything put on it. When it is cold, load it with the lightest of things and they'll just remain there

4 Inspiration, perspiration etc

Think of the gym as a Fitness Bank, where you can check your fitness account, make correct investments and there's also an ATM facility (read: Any Time Muscles!) Supplements are good for people with poor eating habits. But you've got to remember, none of them work like natural foods. Steroids, on the other hand, are taboo, unless your doctor orders them for hormonal replacement.

Your takeaway: Make inspiration your supplement, and perspiration your steroid.

5 Manage stress

In IAF, where fitness levels are of the highest possible order, I would focus on stress management for my soldier, so that he's always happy and cheerful.

Your takeaway: Wipe stress out of your life.

6 Spread the word

As word of my interest in fitness got around, people reacted differently. Some may be being snide when they called me A Schwarz, but most others were curious. I've helped set up a gym and move countless colleagues from unwinding at the bar to sweating it out at the gym.

Your takeaway: Make the gym the centre of your social interactions.

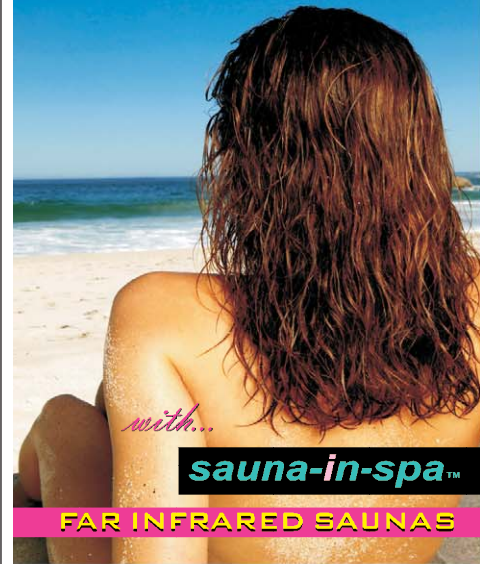
7 Bonhomie and biceps

It's a myth that fitness regimes in military training believe in pushing you beyond your limit. They, in fact, aim at getting the best out of you and are designed to develop a feeling of oneness with your counterparts.

Your takeaway: Hang out with people with similar aspirations. One bad apple may do damage, but several like minds keep one motivated. *MH*



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Google the word circumcision and a seemingly unending list of sites for and against circumcision pop up

MH SPECIAL REPORT

SHOULD ALL INDIAN MEN BE CIRCUMCISED?

Some call it genital mutilation. Others, a lifesaving STD stopper. Whether or not you still have your foreskin, you have a stake in the battle over circumcision

The day your wife gives birth to a baby boy, the kind, bespectacled face of Marvin L Wang, MD, is the one that you want to see coming through the recovery-room door. Codirector of newborn nurseries at Massachusetts General Hospital in Boston, Dr Wang has a perky, conversational bedside manner that puts everyone at ease.

You have to hustle to keep up with him as he strides energetically between hospital rooms. At this point, he's congratulating a pair of new parents. Pulkit is standing on wobbly legs, looking ecstatic and shell-shocked, while Nishtha sits serenely, holding their newborn son to her breast.

Dr Wang jokes with the new parents a bit and then says, "I understand you may want to have a circumcision for your baby."

Pulkit and Nishtha don't answer immediately. At last, Pulkit says, "Well... we don't know." Dr Wang smiles. He's familiar with the befuddled expression on Pulkit's face.

Circumcision, of course, is the surgical removal of the penile foreskin from the

glans—the fleshy crown of the penis. It is one of the most commonly performed procedures in the US hospitals, and except for abortion, it may be the most controversial. The procedure has long been known to reduce the spread of a few rare, serious diseases, and to prevent a few annoying, uncomfortable ones.

In India, where one has to keep religious and cultural sensibilities in mind, male circumcision is normally advised for classical STIs and doctors are yet to see volunteers who want circumcision to protect themselves against HIV.

Two years ago, a consortium of experts convened by the World Health Organisation (WHO) and UNAIDS (the United Nations' HIV/AIDS programme) announced that circumcision should indeed "be part of a comprehensive HIV prevention package."

It did so after three meticulous medical trials in Kenya, Uganda,

and South Africa involving over 10,000 men had proved that circumcision could reduce the risk of female-to-male HIV infection by nearly 60 per cent. This discovery, over the next two decades, could save three million lives in Africa alone.

No one believes that the potential health benefits for Indian (or American, for that matter) males are nearly as great, and urgent, as they're for men in Africa. In the US, a team of researchers from the CDC, Johns Hopkins, and the Baltimore health department examined the records of over 1,000 African American males who tested positive for HIV/

AIDS. Uncircumcised men were 50 per cent more likely to be infected.

These results have caused many doctors to reconsider their positions. "I've always told families that the health benefits of circumcision are real, but not enough to warrant advocating that all boys be circumcised," says Lise Johnson, MD, the director of healthy-newborn nurseries at Boston's Brigham and Women's Hospital. "But the weight of scientific evidence might be shifting in favour of circumcision."

"Circumcision helps protect against HIV substantially, as it removes cells under the foreskin that are vulnerable to the virus. When the foreskin is removed, the skin on the head of penis becomes

less sensitive and therefore less likely to bleed, reducing the risk of infection," says Dr Sudhakar Krishnamurti, a Hyderabad-based andrologist and a member of the International Society of Sexual Medicine ►

AN INDIAN DOCTOR SHOWS THE WAY

A new device, designed by andrologist Dr Sudhakar Krishnamurti, consists of lightweight metal or high-grade polymer in the form of two concentric cylinders. These carry at their respective ends two consecutive rings for placement on the inner and outer layers of the foreskin, respectively. "Thermal, laser or electrical energy is then applied to these two layers through the respective concentric rings in order to seal blood vessels and to cut the two layers of the skin neatly," he says. The device is then removed with the circumcised skin. This technique has been accepted by world bodies and can be implemented in sub-Saharan countries, where HIV/AIDS has taken on epidemic proportions.

ARGUMENTS FOR AND AGAINST CIRCUMCISION

YES "Indian men can go for circumcision. Many patients come to me asking for it, for reasons including HIV/AIDS prophylaxis, or whatever. These guys are the best behaved. No fuss. Fast and smooth recovery. Early rehab (sexual)."

Dr Sudhakar Krishnamurti

NO "There's no substantive study anywhere in the world, that can prove circumcision does in fact reduce the risk of contracting HIV/AIDS. The World Health Organisation data alone cannot be made a ground for all Indian men to go for a circumcision procedure."

Dr Rajan Bhonsle

► (ISSM) for a project on male circumcision. Pulkit, the new dad, is circumcised himself but never thought much about circumcision until his wife became pregnant. "Nishtha kept saying, 'It's up to you,'" Pulkit tells Dr Wang, "but when I finally said I wanted to do it, she said, 'Whoa! We have to talk.'" After a few uneasy moments, the new father's feelings spill out. "I guess I don't feel too strongly either way," he says, looking at his son tenderly. "But if there's a risk of hurting him..."

Pain, of course, is the first question that comes to mind whenever the words cut and penis are used.

Dr Wang says the operation rarely hurts much anymore; since the 1990s, it's become routine to anaesthetise babies before the procedure. "In adults, it is performed by surgeons and involves a bloody and painful procedure," says Dr Krishnamurti. According to the AAP, circumcised boys have a lower risk of urinary-tract infections and penile cancer, and "a lower risk of getting STIs, including HIV."

"I recommend patients wear lungis and avoid sex till the healing is complete," says

Mumbai-based andrologist Dr Rajan Bhonsle.

Pulkit seems to search the doctor's face for a hint of what to do, but Dr Wang is neutral. "You need time to think about it," he says.

Circumcised or not, every man owes his foreskin a great debt of gratitude for its service in the womb. In the third month of gestation, when the nascent penis begins to bloom, the foreskin forms a little protective blanket under which the rest of the penis can safely grow. But once you and your penis are fully baked, the advantage of a foreskin is not clear.

Some scientists speculate that it protected the prehistoric penis as it swung, naked, through thick forests and over tall grasses; and unless you take your penis on that sort of excursion, the scientists argue,

you don't need a foreskin.

Archaeological evidence suggests that circumcision may be at least 6,000 years old. Muslims and Jews, along with the aborigines of Australia, the Aztecs and Mayans of this hemisphere, and many other cultures all adopted this squirm-inducing practice, and it seems unlikely they'd have done so unless they were convinced that it conferred some earthly benefit.

If you slack off in your cleanup regime, you can come down with foreskin-related ouches—chiefly, balanoposthitis (inflammation of the foreskin and glans), phimosis (a foreskin that's too tight to retract over the glans), and paraphimosis (a foreskin stuck in the retracted position). "Those affected by PHY have to go through circumcision as sex becomes painful," says New Delhi-based andrologist Dr Naveen Taneja. Admits Dr Bhonsle:

"Circumcision is recommended when the foreskin is tight and hampering your sexual life."

In fact, some doctors advanced a theory that circumcision reduces rates of cervical cancer—a hypothesis now confirmed by scientific research. Isaac is a newborn whose mother made

At a time when millions are being spent to fight AIDS, it is important that money is spent on methods that have been proved to help

the decision to circumcise him. His expression is blasé until a nurse standing over him slides a sugar-coated pacifier into his mouth. Sugar, Dr Wang says, is known to send a rush of endorphins to certain parts of the brain, dulling sensitivity to pain. He gently wraps Isaac's legs in a soft harness. After a quick examination of Isaac's manhood (if that's indeed the right word for it), Dr Wang administers four evenly-spaced injections of lidocaine around the base of the baby's penis; Isaac shows no distress.

Dr Wang waits five minutes for the anaesthetic to take effect, then swabs Isaac's privates with sterilising iodine and gets down to business. He arranges a clamp that pulls the foreskin forward, off the penis, where it can be safely cut

SEX GETS A NEW LIFE

Rahul Misra (name changed on request) had little idea about why he was unable to penetrate deeply without pain during routine sex with his girlfriend. He rushed to Dr Naveen Taneja's clinic in New Delhi. His foreskin would not retract smoothly, he was told—it's a medical condition called Phimosis (PHY). "I never had a problem while masturbating but sex was painful. I was told I had to go for circumcision. I asked my parents and they supported me (as did my girlfriend). I also read somewhere it may help reduce the risk of HIV," says the 23-year-old. The surgery went smoothly and he was told to abstain from sex for a few days. "It was uncomfortable when I had natural erections. Also the question lingered—what will happen to my sex life?" He is a happy man now. "Sex has become better, and my girlfriend agrees," Rahul says.



off with surgical scissors in one snip. Isaac became agitated only once—when his sugary pacifier fell from his mouth. “Usually,” says Dr Wang, “the part they hate most is being washed off afterward. They don’t like to feel the cold.”

A few weeks later, Pulkit has finally decided what he’s going to do. “We opted not to do it,” he says. “When you go on the internet and read about this,” he says, “you find out that there’s really no reason for doing it. People try to think up new justifications for it, and when one doesn’t work, they come up with another.” If you search online, you’ll “find out” precisely what Pulkit found out. The problem is, it’s not true.

Google the word “circumcision,” and two of the first three sites that pop up will be the Circumcision

Research Center and the Circumcision Information and Resource Pages—titles that suggest unbiased collections of data. A seemingly unending list of similar sites will follow: Mothers Against Circumcision, Doctors Opposing Circumcision, Stop Infant Circumcision Society, and Milos’ NOCIRC. Many of these activists have spent decades arguing that cir-

tified with religion in India and the potential negative response due to this religious connotation will need to be responded to with great sensitivity.”

Daniel Halperin, PhD, spent much of the 1990s poring over epidemiological studies of AIDS, looking for places in Africa and Asia where HIV rates were relatively low and then trying to figure out why.

“Usually, the part (babies) hate most is being washed off after it”, says Dr Wang. “They don’t like to feel the cold.”

cumcision has no medical value, and recent scientific revelations have left them red-faced—not with embarrassment, but anger.

According to a study done by the Indian Council of Medical Research (ICMR), “Male circumcision is iden-

Halperin, a senior research scientist at Harvard’s school of public health, concluded that circumcision played a role and he paid a high price for saying so—many people thought he was nuts. In some ways, since he’s been

proved right, the price has become steeper. To get a flavour of it, look at his inbox. “F**k off,” begins one e-mail, “with your pro-circumcision biased bulls**t... [forcing] genital surgery on young boys who haven’t done anything wrong.” “It’s been quite a struggle,” Halperin sighs. But it’s not without its rewards. The Africa trials add substantial weight to a mounting pile of evidence that circumcision also reduces the spread of other STIs.

The journal *BMC Infectious Diseases* published a study that compared rates of cervical cancer—caused by the sexually transmitted human papillomavirus, or HPV—in more than 100 countries in Asia, Africa, and Latin America. In countries where fewer than 20 per cent of men were circumcised, cervical-cancer rates were about 70 per cent higher than in countries where more than 80 per cent were circumcised.

The big question: Can circumcision be introduced successfully in India?

The National AIDS Control Organisation’s (NACO) director-general K Sujatha Rao says India has no plans to make circumcision a part of its national HIV prevention strategies. “We have to keep religious and cultural sensibilities in mind before introducing changes in prevention strategies,” he says.

But whatever you decide, circumcision may slow the march of HIV. At a time when crores of taxpayers’ money and NGO aid is pouring into fighting AIDS, it is important that money is spent on methods that have been proved to help.

For millions of men, circumcision could be a matter of life and death. **MH**



BUST A BAD MOOD

**You're not clinically depressed, but you're feeling stressed and a little low.
Try these strategies and avoid medication for depression**

Words: Jeet Barua Sculptures: Arzan Khambatta



Mayank was the kind of guy who always came ready with a joke. But when his relationship with his girlfriend went sour, his sunny outlook on life turned overcast. “She stopped returning my calls,” says the 29-year-old chartered accountant from Lucknow. “I found out that she was with someone else.” Suddenly, when an ad for a ‘mood-enhancer’ appeared on television, he found himself reaching for a pen and pad instead of the remote control.

Studies have found that more and more people are taking antidepressants worldwide. But Dr YA Matchewala, head of department, psychiatry, Masina Hospitals, Mumbai, qualifies this. “There aren’t enough people who are prescribed antidepressants, compared to the number who actually require these drugs,” he says. Men often may not need to be medicated and he cautions that many are not diagnosed correctly. You need a pill only if you’re diagnosed with a problem, but taking a pill you don’t need may lead to some real—even bigger—problems: addiction, sexual impairment or both. “Unless a person has a serious mental-health problem, the risk-benefit ratio doesn’t favour these drugs,” he says.

Fortunately, there are plenty of DIY ways to boost your body’s own feel-good forces. Try a combination of the following blues-busting strategies, and your life-view can brighten up in no time.

Stack the deck with seafood

Why it works Two types of omega-3 fatty acids are abundant in seafood—eicosapentaenoic acid (EPA) ►

► and docosahexaenoic acid (DHA). In humans, high DHA levels are linked to raised levels of dopamine and serotonin. What's more, a shortfall of DHA in animals has been linked to symptoms and markers that mimic depression. "Serotonin is a calming hormone. So any foods that boost this are good. You're at greater risk of being depressed, anxious and irritable by avoiding fish," says Dr Niti Desai, consultant nutritionist, Cumballa Hills Hospital, Mumbai. **Do this** Eat cold-water fish (salmon or mackerel) or pomfret at least twice a week. A 2-to-1 ratio of EPA to DHA makes for good brain food, because EPA seems to hold more sway than DHA over mood and behaviour, according to Parris Kidd, PhD, nutrition educator and contributing editor for the *Alternative Medicine Review*. It takes eight to 12 weeks for most men to feel a full response kicking in.

Lift your spirits with good scents

Why it works If the way to a man's heart is through his stomach, the way to his mood-selector switch may be through his nostrils. A *Physiology & Behaviour* study found that people sitting in a dentist's office were less anxious and in better moods when the waiting room smelled like orange or lavender. If those scents can distract you from the drone of a dentist's drill, imagine what they can do in less torturous settings, like an evening at home after a pretty tough day at work.

Do this You're probably not the kind of guy who drives around with an air fresh-

ener dangling from his rearview. Instead, spritz on Giorgio Armani's citrus fragrance *Acqua Di Gio* or Calvin Klein *Eternity* for Men before work or a date. The bonus: Nothing will boost your mood faster than the cute girl one cube over commenting on how great you smell.

Set a goal—and then nail it

Why it works Setting higher expectations for yourself doesn't create stress—it actually provides a release valve for stress. A study found that people who set goals were less anxious, felt better about themselves and found more meaning in their lives than did their free-floating counterparts. Dr Matcheswala adds, "Setting goals boosts your self esteem as it increases the likelihood of success. This makes a man feel better about himself and his situation."

Do this Dr Matcheswala recommends setting reasonable, concrete goals and



JOY TO THE GIRL

If she's the one bummed out these days about a tough job scenario or just the weather, lifting her mood can do you both a world of good. Here's what to do to help her so that your brain waves will spike in happy unison

1 WRITE IT DOWN Clicking on an email isn't the same as opening an envelope. You live with her? Mail a card anyway. For a real stamp of approval, send her one for each of the seven days leading up to her birthday or your anniversary.

2 PLAN A LUNCH FOR HER WITH A LONG-LOST FRIEND In advance, arrange for the tab to disap-

pear. Her friend will lift her spirits, and your effort will boost her brain chemicals, such as dopamine (pleasure) and oxytocin (trust). She'll clear the account, trust us!

3 BE THERE, BUT DON'T SMOTHER If she's on the couch and doesn't want to talk, sit on the chair next to her and read. "The thing for any guy to do is to let his

girlfriend or wife know that he's there for her and that he loves her," says Rachna Kothari, a Mumbai-based relationships expert.

4 LET HER REST AND YOU WILL TOO Sleep can be the most valuable gift card of all during these times when jobs, cash and stress make a toxic mix. So unplug her alarm clock on a Saturday and cross off

a few easy but time-consuming tasks (such as visits to the stores, grocery shopping) from her to-do list.

5 MAKE A NEW RULE ABOUT EXCHANGING VISITS AND PRESENTS Visits to relatives can be taxing, so set a time limit. The same goes for presents—limit the cost, or create a theme, like food or hobby-related stuff.

To crack a bad mood, sustain testosterone levels by snagging 30 per cent of your calories from healthy fats, found in olives, fish, nuts and avocado

using multiple avenues to meet them. For example, commit to hitting the gym three times a week instead of vaguely declaring that you'll drop five kilos. If you miss a workout, vow to skip the starch at dinner. "You want goals to have smaller accomplishment points along the way, so you enjoy the mood boost that comes with success. This not only makes achieving your goals a step-by-step procedure, but it also helps you realistically realise what you can actually accomplish," says Dr Matcheswala.

Do your mind good with milk

Why it works Milk is rich in tryptophan, an amino acid needed for the production of serotonin, a mood-boost-

ing brain chemical. Not surprisingly, lower levels of tryptophan coincide with reduced serotonin levels. But your body can't make tryptophan on its own. So it has to come from dietary sources like milk, where the amino acid is plentiful. Otherwise, your mood (and your day) could suffer from this shortfall.

Do this Drink three 250ml servings of skimmed milk a day, which can translate to about 1gm of tryptophan, enough to lift your spirits when combined with a protein-rich diet, according to Dr Desai. Yoghurt, cheese, poultry, eggs, bananas and peanuts are also good sources. A selection of these foods should be in your diet every day to raise serotonin levels and elevate mood.

Run your stress away

Why it works A running trail is one path to happiness. Compared with sedentary subjects, those who ran regularly were 70 per cent less likely to experience high stress and life dissatisfaction, according to a study of more than 12,000 people published in the *Scandinavian Journal of Medicine & Science in Sports*. Regular exercise increases adrenal activity, which facilitates stress adaptation and enhances the release of hormones like noradrenaline, serotonin, beta-endorphin and dopamine. These hormones all improve mood, says Peter Schnohr, MD, the study's lead author.

Do this Dr Schnohr suggests running, brisk walk-

ing, or any cardiovascular workout for half an hour, five times a week. Interval-style training is particularly effective, especially during a time crunch.

Axe your way through down days

Why it works If you're feeling down, the best way to change your tune might be to listen to or even play one. A *Journal of Advanced Nursing* study found that listening to music for an hour a day for a week could reduce symptoms of depression by up to 25 per cent. Music may also improve the outlook of a guy whose blues aren't yet clinical.

Do this Even better for your mood than simply listening to music is creating some on your own. "Just working out a few chords or melodies can be therapeutic," says Dr Matcheswala. If you want to channel your inner guitar god but can't play a lick, try Guitar Hero with some friends.

Lay off the booze

Why it works "Alcohol can reduce anxiety immediately after intake," says Clyde W Hodge, PhD, a professor in the department of psychiatry at the University of North Carolina at Chapel Hill. "It also has antidepressant properties." Problem is, this temporary lift is followed by a mood hangover. "Alcohol comes with its own set of problems. It's not advisable for people suffering from any kinds of disorders such as insomnia and depression to start taking alcohol," adds Dr Matcheswala. In fact, Hodge and his researchers found that mice consuming a moderate amount of alcohol every day for 28 days seemed ►

► bummed out after two weeks of abstinence. What happens, says Hodge, is a reduction of new neurons in the part of the brain that appears to regulate mood. **Do this** Plan holiday activities that aren't centred on dining or food, which inevitably involves drinking. Plus, your holiday gloom may just be indoor fever. So head outside.

Hit the sack—for sex

Why it works Oxytocin, a feel-good hormone that reduces fear and lowers your cortisol (a stress hormone) and blood-pressure levels, peaks in your body one to two minutes after climax. But whether you've had sex with a partner or simply flown solo, your body chemistry won't stay in the stratosphere for long. "Levels return to normal within 10 minutes of orgasm," says Dr Mahesh Nawal, an Indore-based sexologist and counsellor. **Do this** Cuddle after coitus. "Oxytocin can be released not only during masturbation and intercourse, but also during close touching," says Dr Nawal. The longer she keeps her arms wrapped around you, the more oxytocin is released and the better you'll feel.

Elevate your test scores

Why it works Testosterone's effects can be felt above the belt, too. A *Archives of General Psychiatry* study found that older men with the lowest levels of free testosterone were at a higher risk for depression than men with the highest levels. Researchers haven't pinpointed the link, but other studies have shown that waning testosterone levels may

Break free with running, brisk walking or any cardio workout—interval-style training is particularly effective—for half an hour, five times a week. You'll feel the difference



lead to increased fat mass, irritability and a lower sex drive. No wonder the guys are bummed out.

Do this To help sustain testosterone levels longer, snag 30 per cent of your calories from healthy fats, such as the monounsaturated and polyunsaturated fats found in olives, fish, nuts and avocado.

You snooze... you win

Why it works Sleep is a much-needed sanctuary from stress. In fact, researchers from the Stan-

ford Sleep Epidemiology Research Centre found that people with sleep disorders such as sleep apnea are five times more likely to experience depression than those who sleep soundly. "A normal sleep efficiency is more than 80 per cent. People with sleep apnea can have reduced sleep efficiency—even lower than 65 per cent—due to frequent sleep disruption," says Dr Ravindra Mehta, sleep disorder specialist, Wockhardt Hospitals, Bangalore. So those seven

hours of bedtime could become a fragmented, non-restorative five hours of shut-eye.

Do this If you have a flabby midsection, snore like a foghorn or often wake up tired, it may help to consult a sleep specialist or even an ENT specialist for clogged passages. "It's important to know that getting enough sleep is part of good sleep hygiene," says Dr Mehta.

Picture happiness

Why it works Photos do more than freeze the past: They can unlock a current bad mood, assuming the shots bring to mind happier times. Researchers from the University of Southampton found that feeling nostalgic increases self-regard, social bonds and positive feelings.

Do this Trade that static wallpaper on your iPhone for a photo of the kids or your most recent, fantastic vacation shots.

Let the sun shine in

Why it works Too little sunshine can lead to a vitamin D deficiency, and a study published in the *Archives of General Psychiatry* found that vitamin D levels were 14 per cent lower in depressed people. The sun on your skin needs exposure time to bring about the change that produces vitamin D, according to Reinhold Vieth, PhD, a professor in the University of Toronto's department of nutritional sciences.

Do this Vieth recommends popping 1,000 IU (international units) of vitamin D daily, since using food alone as a supply of vitamin D can be tough. Worried your levels are low? Ask your doc for a serum 25-hydroxyvitamin D test. **MH**



UR 26007
700C URBANO 16 SP

TO 26007-A
26" TERRANO XL 21 SP



TO 26007-B
26" TERRANO 24 SP

BL 26007
26" BLACKLINE 27 SP



BU 26007
26" BLUELINE 24 SP

RD 26007
26" REDLINE 24 SP



SP 26000-A
26" MODEL SPECTRUM
ALLOY 21 SP

CT 26007 LADY
26" CROSS TRAX RADIES 24 SP



CT 26007 GENT
26" CROSS TRAX MAN 24 SP



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THE DIRTY DOZEN

12 QUESTIONS DESIGNED
TO MEASURE HOW MUCH PUSH
YOU HAVE IN YOUR SHOVE

Words: Sheetal Mohan Photography: Niloy Kumar De

Women are nutcases about magazine tests. Their part of the newsstand is an interrogation from emotional hell, with the covers shouting questions: “Is he ready to commit? Test on page 62,” “Is his love for real? Test on page 107,” and, finally, “Commitment: How do you spell it? Test on page 437.” Obviously, most of these tests have no relevance for guys. The only reason you would lift a finger to answer questions is if (a) your life depended on it, or (b) the correct answers might lead to more sex.

Which is why we devised this sex know-how test, because option (b) is your favourite answer. This special precoital shakedown focusses on what it takes to get—and keep—a woman in bed. Pencils ready? You’ll have 20 minutes to complete the exam—unless, of course, it takes you longer.

Section 1

Getting to Yes

1 You have treated the gorgeous and—surprisingly—interested-in-you Neha to many expensive meals. The most recent has just ended, and the two of you are now walking into your flat—the mates are out (or you’re home alone)! You are extremely ready for sex. To ensure that it happens, you will now...

- A** Light candles, put on some music and ask Neha to dance.
- B** Invite Neha into the bedroom.
- C** Invite Neha to join you and watch the last over of the cricket match.
- D** Offer Neha a drink—it gives you something to do, and also gives you courage for whatever comes next.

The answer is C. You’ve

spent time and attention on Neha. You obviously like her and are interested in getting to know her, and vice versa. So why not simply incorporate her into your routine and let one thing—as it almost certainly will—lead to another? Keeping your postdate activities low-key lets her into your world and puts her at ease. This is in marked contrast to A and B, which are equally horrifying for her—nothing ruins the “We’ll probably have sex!” vibe like an introduction of the “We’re definitely going to have sex!” vibe. Despite being the traditional thing to do, D can make a woman wonder if you can’t do it sober, or if you would even bother. ►

► Section 2 Foreplay

2 *True or false:* The most important aspect of foreplay is oral sex...

False. Sometimes, men are almost too eager to go down on women. Yes, women like oral sex. But it's all about warming her up with the kissing, and then moving down there. Give her the time to learn what your face looks like before you show her the top of your head.

3 Foreplay (which you now know means everything from kissing onward) is great. But there's a reason it's called foreplay: It's supposed to result in just plain play. Match the sexual situation with the number of minutes of foreplay women will appreciate...

- | | |
|--|----------------------------|
| 1 Sex in a bathroom at a party | A 3 |
| 2 Sex on the first date | B 10 |
| 3 Sex on the third date | C 45 |
| 4 Long-term relationship sex | D A bit more than 1 |
| 5 Sex with your ex | E 30 |
| 6 Relationship sex at a parent's house | F 20 |

- D** Everyone's so drunk that it's about the experience, not the orgasms.
- C** If you're that hot for each other, enjoy and prolong the buildup.
- B** Maintain that bodice-ripping feeling of sexual tension being released.
- F** Put in some effort, but don't overdo it; everyone knows why they're there for by now.
- A** Get in and get out before one of you comes to your senses.
- E** The less actual intercourse, the less embarrassing/incriminating noise.

4 Of all the movie sex clichés, the one women find most absurd is...

- A** Women coming to orgasm in two minutes.
- B** Women having sex standing up.
- C** Young women having sex with older men.

The answer is B. A real-time sex scene would take half the movie, so A is out. Women also know that sometimes, to get a movie made, the hero will be paired with a girl who watched their movies before she sprouted breasts. But we wonder if it's logistically possible for a woman to writhe in ecstasy while having intercourse on her feet. She's barely being penetrated. There's been no foreplay, and, finally, how does she concentrate on her orgasm when she's busy hoping she doesn't sprain an ankle or rip her clothes?

Section 3 Technique

5 The key component of oral sex is...

- A** Pressure
- B** Speed
- C** Motion
- D** None of the above

The answer is D. Because the most important component of oral sex is your hands. You probably already use them to caress the rest of her body while you're busy down there, and that's fine. But you shouldn't hesitate to involve them in the main event either.

Use them on her clitoris when your tongue needs a break. Use them to stimulate her G-spot, or to adjust her position for the most favourable access to the clitoris. Yes, you could give a woman an orgasm without your hands, but with them, you can give her a much, much better one.

6 The second most important oral sex aspect is...

- A** Pressure
- B** Speed
- C** Motion

The answer is A, pressure. Speed and motion are important, too; it's just that you need to nail pressure first. The clitoris is very persnickety. If you touch it too hard, it hurts; if you don't touch it hard enough, you might as well be licking her forehead. Your first oral-sex experience may have to incorporate a Q&A session where the two of you establish what's working.

7 By and large, the sexual position most likely to encourage a woman to scream with pleasure is...

- A** Man on top
- B** Doggy-style
- C** Woman on top

The answer is C. There's a lot of debate about whether ►

Checking the Male

If you don't know what's going on between your own legs, how can you expect to impress her with it?

Take this test to reveal how much you know about what's up down there.

1 Match the life span of a jolly sperm to its location:

- | | |
|---|-----------------------------|
| A. Inside a man's body | 1. 96 hours |
| B. In a petri dish at the fertility clinic | 2. 24 hours |
| C. On your hand, her panties, the sheet | 3. Three months |
| D. Inside a woman's body | 4. Less than an hour |

ANSWER A. 3., B. 2., C. 4., D. 1. Though you create new sperm every day, "the entire process of sperm maturation takes about 74 days," says Mumbai-based fertility expert Dr Vidya Subbaih. "The sperm are stored in the

epididymis for up to two weeks."

Under the right conditions—a sealed container warmed to 98.6°F at the clinic—sperm can last up to 24 hours. Sperm that have found their way onto your sheets or her panties aren't as lucky. "But in humans, sperm have been found in the cervix still motile eight days after intercourse," says Dr Subbaih.

2 The slippery stuff you secrete post-foreplay, pre-ejaculation is...?

- A.** Semen that's been hanging around in your urethra since the last time you ejaculated
- B.** Semen that came a little early
- C.** Your body's personal lubrication system kicking into gear
- D.** Fluid sent to clear a safe path for the forthcoming semen

ANSWER C and D. A small gland at the base of the penis produces preseminal fluid, which is secreted before ejaculation. This fluid not only helps the recreation and/or procreation that follows to go more smoothly, but also "the alkaline pH of the ejaculate protects sperm in an acidic—if there's urine—environment," says Dr Subbaih. The fluid can have some stray semen in it, and those guys are tenacious swimmers. So it's unwise to base your birth-control strategy on either pulling out or praying.

3 What's the average length of an erect penis?

- A.** 6.21 inches
- B.** 5.95 inches
- C.** 8.01 inches

ANSWER A. Some 90 per cent of



men measure between five and seven inches when erect. To measure yourself: Press the ruler against your pubic bone, just above your penis.

4 How long after sex can the “morning-after pill” prevent pregnancy?

- A. Within 24 hours
- B. Within 72 hours
- C. Within 120 hours

ANSWER C. While it's best to take the pills right after any excesses of passion, studies indicate you have more time. “The morning-after pill, though, is designed to be taken within 72 hours of sex,” says Dr Subbaih. Emergency contraceptives flood a woman's body with hormones to ensure that a pregnancy never occurs—either by blocking the sperm, flushing the uterus, or delaying or preventing ovulation, depending on where your partner is in her menstrual cycle.

► it's the G-spot or indirect clitoris stimulation during intercourse, and so on. Until the debate is settled, the clitoris is your surest route. Woman on top—which allows for deep penetration and for your pubic bone to touch her clitoris—gives everyone what they're after.

8 *Penis size:* You've heard it doesn't matter. You've heard it's everything. What's the bottom line?

- A** The bigger the better.
- B** Women actually find big penises intimidating.
- C** Women are underwhelmed by small ones. Medium is best.
- D** All of the above.

The answer is D. Yes, there are some size queens, but for everyone of them, there's a woman who's more turned on by a smaller penis. It may fit her better or allow for positions a larger one would not. In between, there's the whole medium camp. Think of your penis like a woman thinks of her breasts. They are body parts about which mankind has been taught to equate bigger with better, but tastes run the gamut.

Section 4 Miscues

9 In general, you've found your sexual machinery to be robust and dependable. Lately, however, it seems to be napping. You wouldn't be that concerned, but your new girlfriend has no way of knowing whether this is business as usual. What should you do?

- A** Assure her that this doesn't happen often and forget about it.
- B** Assure her that this doesn't happen often, shower her with praise, and show her some literature on the benign nature of occasional failure to perform.

C Say nothing and keep your relationship above the waist until further notice.

D If this doesn't happen often, maybe you're just not hot for this woman. Break it off.

The answer is A. By the time women have been having sex for a couple of years, they've probably seen this happen, especially at the beginning of relationships. Women can even find it a little cute, but they do want you to acknowledge it, so C isn't a good idea. Naturally, she can't prevent you from jumping to conclusions (D), and there's a chance that that's what's going on, sure, but there's a much better chance it's not. B will scare her—she'll be gone before the junior is up and running.

10 *True or false:* If your machinery is firing too soon, you should follow pretty much the same course of action as above.

True. Women are actually pretty understanding about this sort of thing, especially if it's not a habit, and especially if you don't whine about it, which is, naturally, much more unpleasant and embarrassing than the actual problem itself. As

long as everybody reaches the destination, the journey is worth it. If you get there first, go back and give her a lift with any of the myriad methods at your disposal.

11 What should you do if you really don't like giving women oral sex?

- A** Perform oral sex only on a request from her.
- B** Simply tell your girlfriends that it's not in your repertoire and become extremely good with your hands.
- C** Pretend you like it and do it a lot to prove this.
- D** Just don't go there. Your preferences are your preferences, and no amount of chatter will change that.

We'll level with you. It is a little frightening! However, as much as we would love to tell you that A is a viable option, we can't. And as for C, well, getting oral sex from a man who is clearly miserable performing it is terrible for the woman—she can sense it. There's something about your willingness to put your mouth to do this special task, especially when it comes to her head. That strikes out D and leaves you only with B, which won't win you any friends, given that there may be a thousand guys out there who are willing to do it. So if it's a 'cleanliness' thing, head to the shower with her. If it's a mental block, put your brain up on the rack at the sex counsellor's body shop and see if you can work through this.

Section 5 Afterglow and after

12 You tend to become very tired after sex. And, anyway, how many months do you have to have sex with a woman before you can simply orgasm, say, "God, that was great!", roll over and just sleep?

- A** Six months
- B** Give it a full year.
- C** "I need more information."
- D** Forget it.

The answer is C. There are two reasons women like to talk to men after they have sex with them. The first is that women really have a great deal of curiosity about a guy's childhood, about his feelings (especially for her), and so forth. The second reason is that after sharing themselves with you on this intimate level, they need affirmation of your attachment to them and not just their bodies. If you've been dating a woman, you talk daily, and she's confident of your interest in her, start postcoital snoring after about three months. At this point she's heard enough, and after sex she'd much rather watch a rerun of *Sex and The City* than hear you.

However, if you're involved in some on-again, off-again sex thing—totally dependent on your whims—she's going to be desperate to connect with you after the sex. And for as long as this goes on—be it six months or years—you'll have to engage in some emotional late-night confessions. **MA**

SCORING

GIVE YOURSELF 10 points for each correct answer. If your score is anything to brag about, you can print out your results and laminate it.

90–130 You are a chairman of the bedroom. Where her pleasure stops and yours begins is a very warm, fuzzy, ecstatic place.

50–80 Your performance is spottier than week-old sheets. You need to extend your focus beyond the length of your penis.

0–40 Until you increase your understanding of her needs, yours can't be met. Seek remedial sex with an understanding partner.



Personal Trainer

Because fit is the new rich

79



Protect and serve

Fuel those guns with this mighty salad

82



Press pause for more muscle

Use pauses for better gains

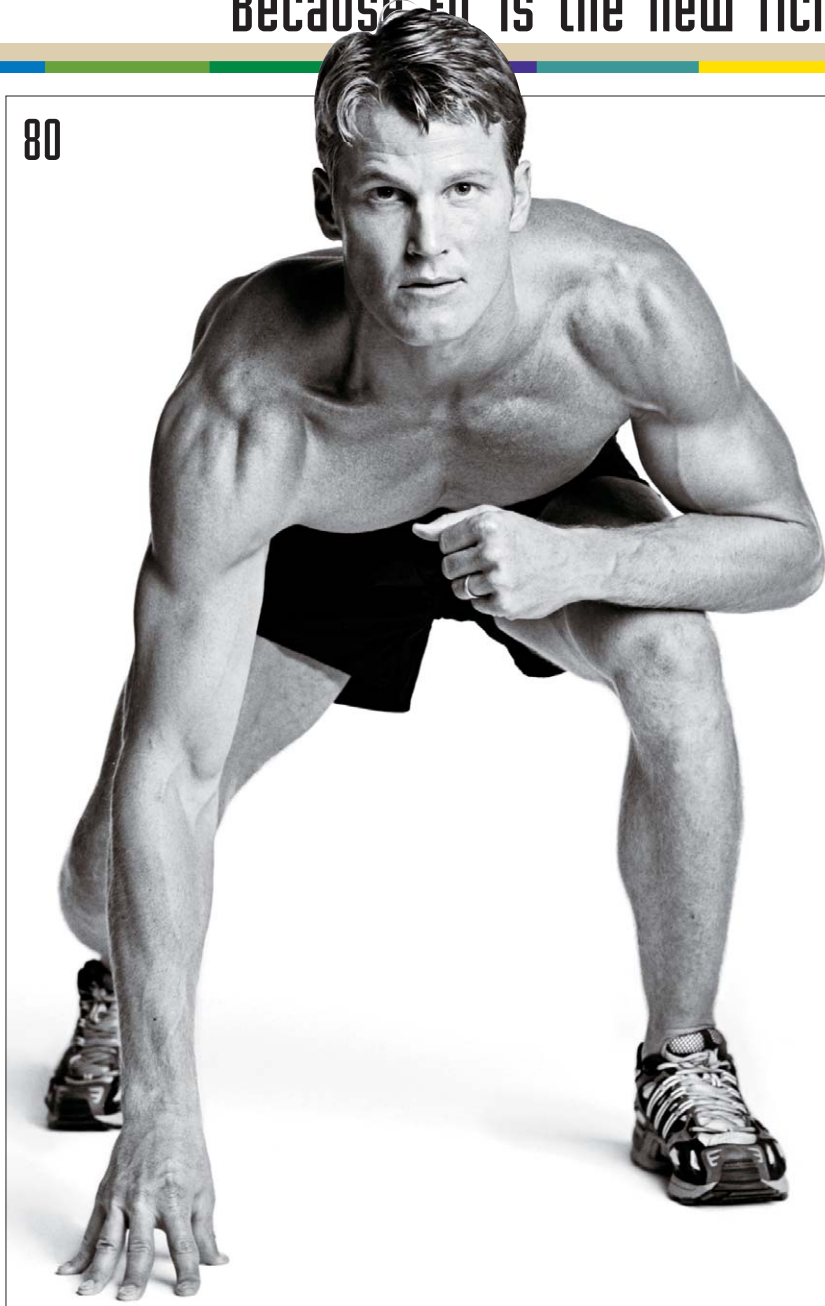
83



Cat and dog stretch

Ape your pet's moves to beat back ache

80



Strong and hard

Try this world class, muscle-building plan for a full body workout

Key



Bulk up



Slim down



Burn fat



Save time



Drills



Ease out

HEY, MUSCLE GUY!

RAHUL DEV

Fitness idol Rahul Dev is MH's workout adviser. Write in to him at menshealth@intoday.com

Don't look, leap

Train right and power up your body to rule any court or pitch

1 My legs tire out halfway through any games that involve jumping, like basketball. Do you have any suggestions I can use?

—Amar Sharma, Delhi

Building up and adding more power and endurance levels will reduce the fatigue that you face. Try doing box jumps: set up a stable box, which is 18 to 24 inches high, and start in a single-leg quarter squat. Then hop on top of the box, taking off and landing on the same leg. Step off the box, and repeat the same for 10 reps. That's one set. Repeat with your other leg. For endurance, you should tire out your legs while your heart is still full of gas. After shooting some hoops, jump on a treadmill set at a 3 or 4 per cent incline or a bike set at medium resistance. Go for 3 to 4 minutes at moderate intensity, then 1 to 2 minutes at a low-intensity level. Repeat the sequence for 15 to 30 minutes. If you can't go to a gym, then run the length of the court or a sloping road.

2 What should I do if I haven't got a large enough appetite to eat several small meals a day to keep my metabolism up and lose weight?

—Srugan Reddy, via email

Here are the rules of weight loss. Don't skip meals. Rely on healthy snacks to bridge the gaps between meals (which can mean eating five or six times a day). And—this is crucial—obey your body's signals of hunger and fullness. The key is to avoid overeating, not to log a certain number of meals.

3 I train consistently, but I'm not improving in any sports. Why?

—Kunal Mishra, Bangalore

You may not be strengthening primary sport muscles, which surround your hips, torso and shoulders. Try 2 to 3 sets of the glute bridge, which allows joints and muscles to work together and protects them from injury. Lie on your back with knees bent 90 degrees and feet flat.

Squeeze your glutes and raise hips until your body forms a straight line from knees to shoulders. Pause, lower and repeat for 6 to 10 reps. (To increase intensity, hold a knee against your chest.) Then perform split jumps (leap into the air from lunge position and alternate your front leg) for 2 to 3 sets of 3 to 5 reps a side.

4 I've had only a few hours of sleep. Should I force myself to go to the gym or give it a miss?

—Vivek Shukla, Pune

You should definitely give it a miss. Look at it this way: you don't need the added stress of a workout in addition to your lack of sleep. Stress is cumulative—whether your body absorbs it through training or from the demands of work and even relationships. Remember, the goal of training should be to optimise your health over a lifetime and not in the short run—elite bodies aren't built in a day. Manage your workouts based on long-term perspective, not short-term insecurity.

Protect and serve

Make sure your muscles aren't sold short by following this protein-rich and antioxidant packed post-workout meal

Photography: Rajkumar

1 TINNED TUNA

How much? 100gm, mashed

Why? "Besides an excellent source of muscle-building protein (22gm in 100gm, that's almost half your RDA—recommended dietary allowance), tuna has bone-strengthening vitamin D," says New Delhi-based nutritionist Dr Sonia Kakar.

2 YELLOW PEPPER

How much? One, sliced

Why? "It gives you 100 per cent of your vitamin C RDA, which strengthens blood vessels and improves blood flow. It destroys harmful free radicals generated by the immune system to remove the tissue damaged during exercise," says Dr Kakar.

3 BABY SPINACH

How much? 2 handfuls

Why? "It contains vitamin A, reducing muscle soreness," says dietician Dr Rupali Datta, Fortis, New Delhi. It also contains Photosystem I, a chemical that Rutgers University researchers found increases the body's ability to convert protein into muscle. Popeye was right all along.

4 BLACK OLIVES

How much? 10

Why? Olives contain heart-healthy vitamin E and monosaturated oils. They also have anti-inflammatory properties, speeding recovery, says Dr Kakar.

5 ONION

How much? Half, sliced

Why? "They contain high levels of antioxidants which mop up free radicals, lowers cholesterol and thin the blood," says Dr Datta.

6 PARSLEY LEAVES

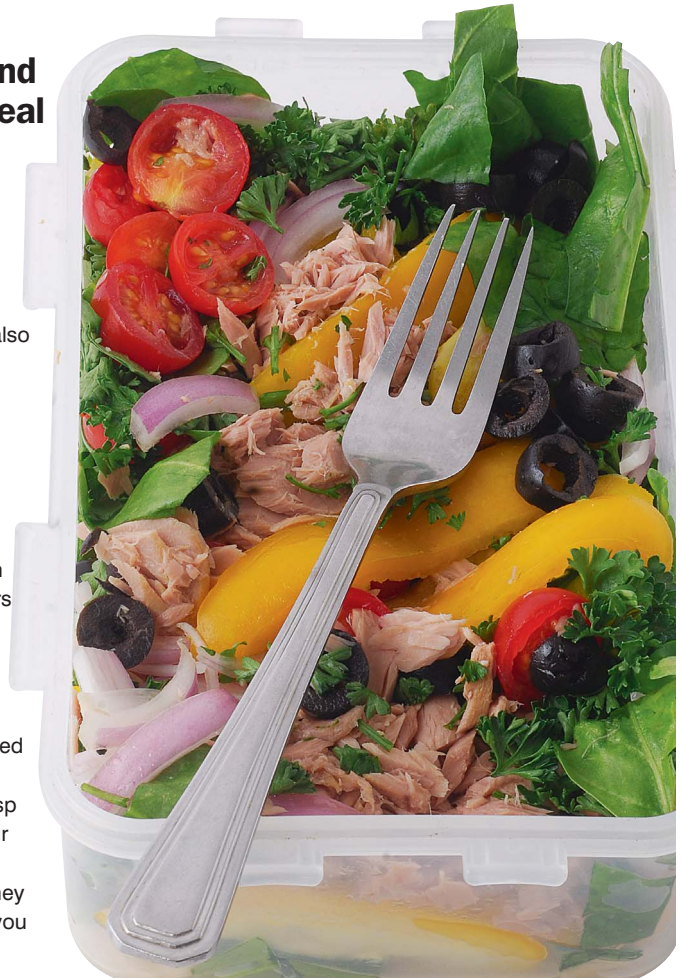
How much? 2 tbsp, chopped

Why? These are rich in muscle-boosting iron (2 tbsp provides 25 per cent of your RDA), to charge your red blood cells with oxygen. They freshen the breath too, so you can safely add that onion.

7 CHERRY TOMATOES

How much? 6, Halved

Why? Full of vitamin C for post-exercise recovery, they keep your immune system in good shape, and are a cancer-bashing antioxidant. Roasted, they aid absorption of cancer-fighting lycopene.



The dressing

- 1 tsp lemon juice
- 1 tbsp extra-virgin olive oil
- ½ tsp mustard
- ½ garlic clove, crushed

The method

Whisk together the dressing ingredients in a small bowl. Combine the peppers, parsley, onion, olives, tomatoes and tuna in a medium-size bowl. Pour the dressing over the salad and toss to coat. Pile the spinach leaves into your box. Top with the tuna mixture. Enjoy, safe in the knowledge that you're protecting your gym-time investment.

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Strong and hard

Innovative muscle builders and a world-class plan for the results you want

Your body is smart: If you have a muscle imbalance, a built-in protective mechanism limits the dominant muscle's ability to generate force, temporarily helping prevent injuries and stalling progress. Over time, muscles that are disproportionately stronger than others can pull bones and joints out of alignment, causing potentially dangerous postural changes and injuries, says Nicholas DiNubile, MD, a *Men's Health* sports-medicine advisor. Use this plan to spark a total-body growth spurt.

THE WORKOUT

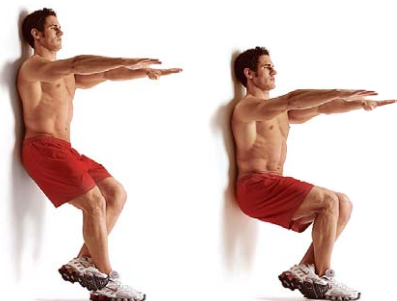
This workout strengthens areas that are weak for most men, while stretching those that are tight from overuse. The result: You'll build better working relationships between all your muscles, leading to faster-than-ever gains and less risk of injury. You can also sprinkle the exercises throughout your weekly workouts, at the beginning of routines, in which you train similar muscle groups. Working your weak links first gives them priority, ensuring that you're working your oft-neglected muscles when they're at their freshest.

1 SINGLE-LEG WALL SIT

Works lower body and improves knee stabilisation

Stand about 18 inches from a wall, facing away from it. Lean back so your hips, back, shoulders, and head are against the wall. Tuck your left foot behind your right calf and extend your arms in front of you. Slowly lower your body until your right thigh is parallel to the floor. Pause, then push yourself back up. Finish your repetitions, then repeat with your left leg.

WATCH YOUR FORM: If you can't balance, try this with both feet on the floor.



2 TIBIALIS CABLE PULL

Works front of lower leg to help prevent shinsplints and stress fractures

Sit on the floor facing a cable station with your right leg straight and a low-pulley cable handle looped around your right forefoot. (Tuck your left foot along the inside of your right thigh.) Without lifting your foot, flex your ankle to pull your toes toward you against the cable's resistance, then reverse the movement, resisting the cable as you go. That's one repetition. Complete one set, then repeat the exercise with your left leg.

WATCH YOUR FORM: Don't yank the cable toward you. Move your foot steadily for 2 to 3 seconds in each direction.



3 DOORWAY HAMSTRING STRETCH

Loosens hamstrings

Lie on your back in a doorway. Lift one leg till nearly vertical and place your heel against the door frame; rest the other leg on the floor. Keeping the raised leg straight, slowly slide forward so that your heel rises along the wall. Continue till you feel a stretch along the back of your thigh. Gently push your heel against the wall for 3 seconds, relax your leg muscles, then slide farther forward and repeat. Switch to stretch the opposite hamstring.

WATCH YOUR FORM: Keep your upper body flat on the floor throughout the stretch.



Your 4-week plan

Attempt 1 set of each exercise in weeks 1 and 2 and 2 sets in weeks 3 and 4 (1 for stretches). Do 10 to 12 reps in weeks 1 and 3, and 12 to 15 in weeks 2 and 4 (5 to 7 for the stretches). The speed of each rep is 2 secs up and down in week 1 and 2, and 3 secs in weeks 3 and 4. Rest between sets for 30 to 45 secs. Increase workouts from 1 session to 2 after 2 weeks. Do all moves in order using the grid at the end of this section.

4 **SWISS-BALL SEATED ROW** Works back and rear shoulders to help pull shoulder blades into alignment

Sit upright on a Swiss-ball facing a low-pulley cable with a rope handle attached. With your knees bent and feet flat on the floor, grab the ends of the rope with both hands so that your arms are completely straight. Keeping your torso upright, squeeze your shoulder blades together and pull your fists to the sides of your chest. Pause, then return to the starting position.

WATCH YOUR FORM: Row at a slow, steady pace. If the ball rolls forward or backward at any point, you're probably going too fast.



5 **SWISS-BALL BENT-OVER RAISE** Works rear deltoids and rotator-cuff muscles

Sit on a Swiss-ball with a light dumbbell in each hand, with your arms at your sides and palms toward you. Bend forward at the waist until your chest is just over your thighs. Without bending your elbows, squeeze your shoulder blades together and raise the weights until your arms are parallel to the floor. Pause, then slowly lower your arms.

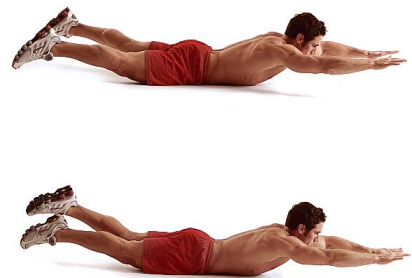
WATCH YOUR FORM: In the top position, your arms should form a straight line from fist to fist.



6 **SUPERMAN CRISSCROSS** Works lower back and gluteal muscles

Lie facedown with your legs straight and your arms extended past your head. Simultaneously lift your arms, chest, and legs so that only your abdomen and pelvic area are resting on the floor. Holding this position, spread your legs. Pause, then reverse the move to cross your left foot over your right. Repeat, this time crossing your right foot over your left.

WATCH YOUR FORM: Keep your legs as close to the floor as possible without letting them touch it.



7 **SPINAL TWIST STRETCH** Loosens lower back

Lie on your back with your legs straight. Bend your left knee and grab the outside of it with your right hand. For support, place your left arm firmly on the floor. Gently pull your knee to the right as you twist your torso to the left. Hold for 5 seconds, then return to the starting position. Repeat the stretch, this time pulling your right knee with your left hand.

WATCH YOUR FORM: Twist your body only as far as is comfortable for you. The stretch should always feel relaxing, and not painful.



8 **LYING CATAPULT** Works abs and lower back

Grab a medicine-ball and lie on your back with your knees bent, feet flat on the floor. Hold the ball with arms extended beyond your head. In one movement, curl your torso up and to the left and toss the ball to a partner. Catch his return pass, lower yourself to the starting position, and repeat, this time twisting and tossing the ball to the right. Alternate directions in each rep. (Your partner will need to move from side to side.)

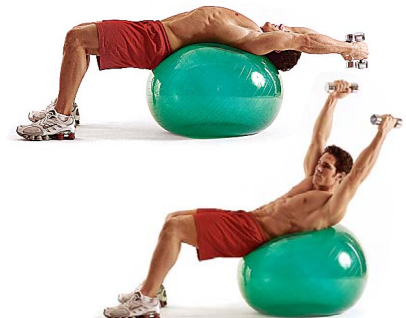
WATCH YOUR FORM: Keep your arms straight at all times.



9 **TWISTING LONG-LEVER SWISS-BALL CRUNCH** Works abs and lower back

Lie on a Swiss-ball so that your hips, back, and head are all in contact with the ball. Hold a pair of light dumbbells with your arms extended beyond your head, and make sure that they are in line with your shoulders. Keep your arms straight, then slowly curl yourself up and rotate your torso slightly to the left. Pause in the same position for a moment, then return to the starting position and repeat the movement, this time crunching up and to the right.

WATCH YOUR FORM: If this move is too hard at first, hold the weights at your chest, then try the exercise.



Total body training series

Press pause for more muscle

Stop mid-exercise to work harder—and grow bigger



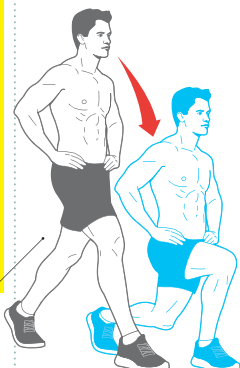
Your workout shouldn't be all fast or all slow—it should be both. This routine includes pauses before the explosive “up” portion of two of the movements, which increases the load placed on your muscles, and ignites new gains.

For the first two exercises, 4-second pauses break the momentum and make you work harder. Do all 3 exercises as a circuit 4 times a week. One circuit should last about 4 minutes. Avoid resting between exercises or circuits, and complete three circuits before you call it a day.

Freeze it! Pausing during an exercise makes it more effective.

1 Rebound lunge

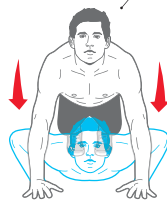
In a split stance, lower your body until your back knee is an inch off the floor. Hold the position for 4 seconds and then quickly push back to the starting position. Then, return to the bottom position and hold for 4 seconds. Do as many reps as you can attempt in 60 seconds. Switch legs and repeat.



2 Rebound pushup

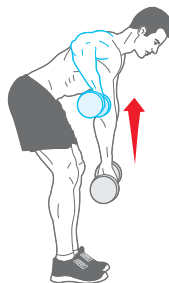
Assume a traditional pushup position. Lower your body, pause for 4 seconds at the bottom of the movement, and then, as quickly as possible, press your body up and lower yourself to the floor again. Hold that position for another 4 seconds. Do as many reps as you can in 60 seconds.

Elevate your feet on a bench to increase the difficulty of this exercise.



3 Two-point dumbbell row

Hold a dumbbell in each hand. Then bend at your waist while maintaining a flat back. Ensure that your back is not arched and your feet are shoulder-width apart. Keeping your torso nearly parallel to the floor, pull the dumbbells to your chest as you pull your elbows back. Do controlled, slow reps for about 60 seconds.



Bonus points

Finish faster

Save time by using the same weight throughout your workout. Choose a weight which is based on your weakest exercise—one that you can lift only six to eight times—and work out in a circuit.

Stretch your time

Make your warm-up more efficient by spending twice as much time stretching those muscles that feel tight than you do on those muscles that feel flexible.

Give in

Following a strict eating plan can be tedious. Give yourself one day a week when you can eat whatever your like. It will help you stick to your diet for the rest of the week.



THE Motivator

Fat chance

When you're trying to slim down, make it a point to keep some fat in the house as a disgusting reminder. When you go to the fridge to satisfy your cravings, you'll look at the fat and be reminded of the long-term consequences, says Alan Marlatt, a professor of psychology at the University of Washington.





Ease out

03/09

Cool down

Cat and dog stretch

Make the most of your animal instincts with this back stretch for the spine

Words: Vesna Pericevic Jacob Photography: Ritesh Sharma

Just when you thought the two would never get along! Rolled into one, the cat and dog stretch works on the sensitive vertebrae of your spine, and can be used as part of a warm up, or a post strenuous upper-body or abdominal workout. Though they are two different moves, the combination of the two opposite stretches will give your spine and surrounding tissue a much better stretch, although you can focus on one movement more than the other.

1 Get on your knees, and arch your back with your chin tucked in towards the chest. Keep in mind that your arms and legs should be parallel to each other so that you do not wobble during the exercise. Maintain your balance and shift your body weight onto one arm only. Exhale deeply and raise your other arm as high as you can in the air. Inhale and slide the arm under the body reaching toward the opposite side. Then, exhale again and go back to the start. Let your head follow the movement of the arm. This stretches your upper spine and chest muscles. Repeat 5 times on each side.

ADD THIS MOVE: Get onto your knees with your palms on the floor. Inhale and curve your back inwards like a cat stretching. Feel the stretch in your spine and upper back. Pause for three counts. Exhale and arch your back upwards, aping the movement of a dog. This stretches your abdominal and chest muscles. Pause for three counts again. Repeat 10 to 15 times for both sides.



2 Do the happy dog: arch your back outwards and move your hips from side to side like a dog wagging its tail. Although this movement looks quite unusual, it's an excellent stretch for the lower body. After 10 reps, shift your hips to one side and hold that position for 10 counts. Look over your shoulder towards your glutes. Then do the same for the other side. Repeat this stretch 4 times. Not only does it stretch your hips, but you will also feel the stretch in the sides of your body—the obliques and the latissimus dorsi muscles. It also stretches your shoulder muscles.



PRESS PAUSE FOR MORE MUSCLE WORDS: ALVYN COSGROVE, PHOTOGRAPHY: DREAMSTIME
CAT AND DOG STRETCH MODEL: SAIF AHMED, CLOTHES: ADIDAS

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wecarebg@intoday.com

Use this chart to track your progress through this month's workouts—keeping a record is a great self-motivator!

MUSCLE Strong and hard (p80)												
WEEK 1			WEEK 2			WEEK 3			WEEK 4			
WORKOUT 1			WORKOUT 1			WORKOUT 2			WORKOUT 1			
S1			S1			S1			S1			
Single-Leg wall sit												
Tibialis cable pull												
Doorway hamstring stretch			X			X			X			
Swiss-ball seated row												
Swiss-ball bent-over raise												
Superman crisscross			X			X			X			
Spinal twist stretch			X			X			X			
Lying catapuit												
Twisting long-lever Swiss-ball crunch												

15-MINUTE WORKOUT Press pause for more muscle (p82)																															
WEEK 1								WEEK 2								WEEK 3								WEEK 4							
WORKOUT 1				WORKOUT 2				WORKOUT 3				WORKOUT 4				WORKOUT 1				WORKOUT 2				WORKOUT 3				WORKOUT 4			
S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3	S1	S2	S3		
EXERCISES (3 MIN)																															
Rebound lunge																															
Rebound pushup																															
Two-point dumbbell row																															



FITNESS MANTRA

Workout+ Balanced Diet+ Rest = Healthy Living

Want to be fit? Just Start or finish your busy day in the morning or evening with a smile Working out in a Gym or performing any kind of sports activity. After giving a good start with workout the need is to Balance your diet to recover back your damaged cells during the workout or daily busy routine.

After workout your body is required to replenish the depleted Glycogen during workout and is required to be provided with good quality protein to repair damaged muscle cells. your body also need an anti catabolic Support which can be achieved by supplementing your body with L-glutamine which is known for its anti catabolic property.

For the rest of the day to balance your diet we can feed our body with good Quality supplements prevailing in the market along with Natural diet. One of the Premium Brand prevailing in the market is Olympia Nutrition. They have wide range of Dietary supplements having different formulations consisting of weight Gainers providing higher calories deriving from Complex Carbohydrates like Gainer 3000, Maxx Pro, Massive Gainer, Xplosive Mass. Premium Protein Blends like Ultra Whey, Slow and fast acting protein Blend like Whey Maxx, Energy Drinks

like Super Energy. Complex Carbohydrate Drinks like Oly Carb. Specialty Nutrient like Atp, Creatine, Glutamine and fat Burners Products like ThermaPro and Chromium.

In our Daily routine Diet we can add on these supplements in our diet plan as per our need after consulting our Health Care professional or Dietician.

For example After workout you can add on whey protein shake like Ultra whey of Olympia Nutrition in your Breakfast and can add on 5gm dose of premium quality Glutamine of Olympia Nutrition in this shake. If you want to add additional calories derived from complex carbs you can add Oly Carb in your diet one hour before your workout.

After workout in the evening you can use Whey maxx as it is a blend of (casein,Whey,Soy) slow and fast acting proteins. If you are having highly acting metabolism and you need higher calories along with protein than you can choose from products having formulation providing higher calories like Gainer 3000, Maxx Pro, Massive Gainer, Xplosive Mass.

Note: These products are not intended to diagnose, treat, Cure or prevent any disease always consult your health care professional before starting any diet or training programme.



the Spoils

...now reap the rewards

MIND feast your eyes and titillate your eardrums with the best in music and films

BODY you work hard. you work out harder. now party hard too—eat well and drink with gusto

SOUL lift your spirit by lowering your account balance. pamper yourself with the very best there is



crush

M.I.A. Why we love her, and why you should too...

This British-born, former Indian resident, Sri Lankan chart-topping singer, graphic designer and artist stood her own among Kanye West, Jay Z, Lil' Wayne and TI at the Grammys this year, and that too when she was nine-months pregnant (not to mention in front of hundreds of people in the audience and millions watching TV). For useless trivia accumulators, the song paid homage to the 1960s Ratpack that included Frank Sinatra, Dean Martin, Sammy Davis Jr, Peter Lawford and Joey Bishop.

M.I.A. or Mathangi "Maya" Arulpragasam, file-shared her singles *Galang* and *Sunshowers* on the internet in 2004, and founded her own record label N.E.E.T. in 2008. Wait, there's more... she also dabbles with photography and music video direction, documentary filmmaking and fashion design. One more thing: she collaborated with AR Rahman for the *Slumdog Millionaire* song 'O Saya'. So, seriously, what's not to love?



WORTH
Watching

screen test



The International

This March, action returns to the silver screen with a bang! *The International* stars Clive Owen as Louis Salinger, an Interpol agent who's pitted against the dubious International Bank of Business and Credit. This bank, instead of dealing with rising credit rates and the global financial turmoil, is about money laundering and illegal arms trading. Owen's character joins forces with a Manhattan District Attorney Eleanor Whitman (Naomi Watts), to bring this scheming bank down for good.

Why Buy: 1. An international bank as the villain! Can it get any more creative? 2. From Berlin to Istanbul, this movie will take you around the globe! 3. Finally, it's good to see action after a long list of feel-good movies.

WORTH
Listening

playlist

No Line On The Horizon by U2

This month sees the return of Irish rock superstars U2. *No Line on the Horizon*, their 12th album, consists of material written and recorded in numerous locations—the sessions were kick-started in Morocco and continued through to New York, Dublin and London. This global diversity is mirrored in the sounds and lyrics throughout the album. The first single *Get on your boots* is already available for download on the internet.

Why Buy: 1. It's U2! They are a must-have for any guy's music collection. 2. The band has experimented with long songs and new beats and sounds in this one, so it's a new perspective. 3. It's a perfect listen for a long drive after a stressful day at work.



pasta power

WORTH
Feasting

If you're a stickler for authentic Italian cuisine, here are two more places you can head to—Vera Pizza by Tonino in Delhi, and dell'Italia in Mumbai. The menus feature elaborate dishes such as dell'Italia's Piccata Milanese, a dish of batter-fried veal served with spaghetti and tomato sauce, or Vera Pizza's Melanzane e patate con pomodoro, layers of eggplant with tomato and basil.

Italian food is full of carbs, sure, but nutritionist Dr Ishi Khosla gives you five tips to order right and decipher the menu.

1. White cream, alfredo and marsala sauces are high on calories. Try a marinara sauce (with tomatoes).
2. Ask that your pasta not be tossed in oil.
3. Add just a sprinkle of Parmesan cheese at the table.



4. Ask for salad dressing on the side. Or ask for wine vinegar to top your salad, since many types of vinaigrettes are high in fat.
 5. Select grilled seafood, lean meat or breast of chicken.
- With these tips in mind, go ahead and enjoy your pick without any post-meal pangs!

1. dell'Italia

Opp. Juhu Chowpatty,
Juhu Tara Road, Mumbai.
Tel no: 022-26184040

2. Vera Pizza by Tonino

7E, Commercial Centre,
Masjid Moth,
GK-II, New Delhi.
Tel no: 011-64641333

reasons to
be rich

SOUL

WORTH
Desiring

be super-vroom



There are few things that can beat the throbbing, pulsating sound of a superbike. And yes, there is the thrill of high speed too. Ducati, the Italian bike-maker, has brought back its Ducati Riding Experience. Scheduled at the fabled circuits of Mugello, Misano, Adria and Monza in Italy, this superbiking school features Paolo Casoli (winner of the 1997 World Supersport title), Dario Marchetti (winner of the 2004 Daytona Battle of the Twins) and Marco Lucchinelli (World Champion of the Grand Prix, 500 class) as the instructors.

Divided into beginners, intermediate and masters levels, each course has been designed to have something for the novice rider as well as the full-fledged bike enthusiast. The courses use bikes from the Ducati stable, including the Monster 696 for the beginners, the Hypermotard 1100 and Multistrada 1100 for the intermediate, and the Superbike 1198 S for the masters.

So, if you feel the need for speed, pack your bags. Book yourself at ducati.it.

Don't do it!

Just say 'No' to these 12 actions (because you should!)



1 Don't tag email as high priority. Some guy at some IT company (could be Bill Gates!) may have created that button, but you don't have to click it. Pick up the phone and call the person instead.

2 Don't yell at a telemarketer. It's tempting, but keep your cool. Cut the sales pitch short with: "Stop right there. I'm not interested," then say, "You've got my number off a database. Strike it off, please?" He won't, so go to the Do Not Call registry and enter your number.

3 Don't be overly polite. There's being a gentleman and there's being an etiquette android. You really don't have to say "Bless you" after each of nine successive sneezes... instead, go look for an antihistamine.

4 Don't mine your pocket for exact change. You're not doing the auto-rickshaw guy, the cabbie or the parking attendant a favour. Cache your loose change at home and cash it once a year. Then, buy yourself a present or treat your girl to a dinner.

5 Don't obsess about cleanliness. Washing your hands carefully after a visit to the toilet is normal. Reaching for that pocket-sized bottle of hand sanitiser every time you touch a door handle or a railing at the airport is more than likely OCD. Washing before a meal, though, is just fine.

6 Don't take nonsense from a pushy salesman or a customer-care executive. If the guy is rude, go ahead and scream him down. But then, don't ask for a discount!

7 Don't over-articulate foreign words. Remember that there is no acceptable middle ground between butchering a word and being a pompous ombudsman of linguistic purity that will help you come off as a worldly, travelling individual. By no means do 'Torino' or 'Pousche' have to sound like you're clearing your throat.

8 Don't buy all the equipment for that new hobby you took up. Make absolutely certain that the novelty of philately or golf or fencing will not wear off before you have that credit card swiped on purchases of gear that may well end up at the back of your cupboard a few months later.

9 Don't overvalue your wisdom. You may well have a firm grasp of the intricacies of the global currency. It doesn't mean you have to share your insight, unless there is a point to your dictum—you're a doctor and someone has symptoms. Say "Enough about me..." That's often the best conversation starter at any party.

10 Don't yell out a song request. Unless you're the braless nymphet in the front, the lead singer is not interested. Ditto for the DJ at the party!

11 Don't write a love poem and share it with everyone. You may feel like the king of the world, but if that love boat crashes into an iceberg, you don't want to be leaving a paper trail. **ME**

GET THE ULTIMATE EIGHT-PACK

Focus on results with these innovative muscle builders and a world-class plan, and unleash that rock-hard midsection

ALL YOU NEED TO KNOW

Your abs are actually one long sheet of muscle called the rectus abdominis.

Running horizontally across that sheet of muscle are three tendons that hold the muscle in place over the intestines. Another tendon, called the linea alba, divides the rectus abdominis into two parts, creating four pairs of sections. This makes the abdomen an eight-pack—not a six-pack, as most people believe. To sculpt your own eight-pack in

record time, eat right, add aerobic exercise to your daily regimen and use our eight-exercise eight-pack programme. Whether your eight-pack emerges also has to do with genetics. Weak tendon divisions don't always define the bottom row and even if you have taut tendons, you still need discipline. Make the abs grow by doing advanced exercises that use weights or positions that keep the resistance high and the repetitions low—from 8 to 15.

A FLAT MIDSECTION!

Most men challenge their midsections with moves that focus primarily on the upper portion of the rectus abdominis, leaving the lower portion overlooked and underdeveloped. When you throw, you're channelling power up into your upper body. Weak abs can cause a break in this transfer of energy. Strong trunk stabilisers transfer the greatest amount of power every time.

MORE SPEED!

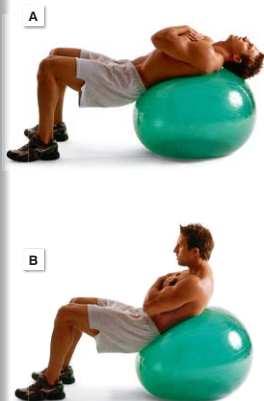
The lower abdominals play a crucial role in hip flexion, which moves the knees up and forward. Training these abs helps you pump your knees higher for longer periods of time, which adds inches to your stride. You'll cover greater distances at faster speeds. And this eight-pack plan gives equal attention to both segments of the abdominal muscles. You'll not just look good, you'll be sport-ready.

Swiss-Ball Curlup

Recline on a Swiss ball with your head, shoulders, and back in contact with the ball and your feet flat on the floor. Fold your arms across your chest, touching each hand to the opposite shoulder. Pull your belly button in toward your spine to keep your abs tight throughout the move. This helps focus the move more on your abs. Slowly curl your torso up, vertebra by vertebra, stopping just short of an upright seated position. Then lower yourself to the starting position.

WATCH YOUR FORM: The ball should not move as you curl, so really hold your feet.

WORKS: Upper abs, obliques

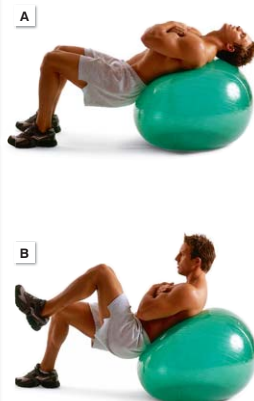


Swiss-Ball Curlup with Knee Tuck

Recline on a Swiss ball, feet flat on the floor, arms crossed on your chest. Your head, shoulders and back should touch the ball. Slowly curl your shoulders and upper back up off the ball as you draw your left knee toward your chest. Lower your left leg as you lower your torso back down. Repeat, this time drawing your right knee toward your chest. Continue alternating legs until you've completed all your repetitions.

WATCH YOUR FORM: Resist the urge to watch your knee move toward your chest.

WORKS: Upper and lower abs, obliques



Twisting Medicine-Ball Toss

You'll need a partner. Sit on the floor with your hands in front of your chest, knees bent, feet flat on the floor. Your partner should stand a few feet in front of you and to your right. Have your partner toss a medicine ball toward your right side. Catch it and then twist your body to your left, lowering your torso as you go. Touch the ball to the floor, then toss the ball back, across your body. After a set, reverse the exercise, with your partner throwing the ball from your left.

WATCH YOUR FORM: As you throw the ball, try to keep your arms straight.

WORKS: Upper abs, obliques



V Raise

Lie on your back with your knees bent at 90 degrees and your feet raised so your thighs are perpendicular to the floor. Slowly extend your legs so they're at a 45-degree angle from the floor as you raise your upper body so your torso is also at 45 degrees. Extend your arms straight out in front of you. Pause, then slowly raise your arms up and back over your head until they're in line with your upper body. Lower your arms so they're parallel to the floor, and return to the start.

WATCH YOUR FORM: If balancing is difficult, raise your arms only as high as you can.

WORKS: Upper and lower abs, obliques



Hanging Reverse Trunk Twist

Hang from a pullup bar with your hands shoulder-width apart and legs slightly bent. Keeping your legs at this angle, raise them in front of you until your thighs are parallel to the floor. Next, tilt your pelvis and slowly raise your legs until your feet are almost as high as your chest. Lower your legs to the middle position and rotate them to the right (so your feet point to 1 o'clock), then to the left (feet pointing to 11 o'clock). Bring your legs back to the center, then to the start.

WATCH YOUR FORM: Think tilting your pelvis, then lifting legs.

WORKS: Upper and lower abs, obliques

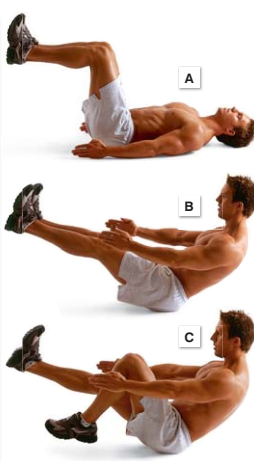


V Raise/Knee Tuck

Lie face-up on the floor with your knees bent at 90 degrees. Slowly extend your legs so they're at a 45-degree angle from the floor and simultaneously raise your upper body so your torso is also at 45 degrees. Extend your arms straight out in front of you. Holding this position, slowly draw your left knee in towards your chest, then extend it back out. Repeat the motion with your right leg. Continue to alternate between legs.

WATCH YOUR FORM: Go slowly. Imagine that each foot is resisting something heavy.

WORKS: Upper and lower abs, transverse abdominis

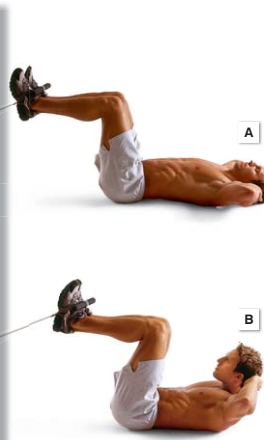


Single-Resistance Double Crunch

Attach a bar to a low-pulley cable. Sit facing the pulley. Place the cable between your feet so that the bar rests across your insteps. Rest your head and back flat on the floor, bend your knees at a 90-degree angle, and position your thighs perpendicular to the floor. Keep your legs at a 90-degree angle, and slowly curl your head and shoulders off the floor as you tilt your pelvis and curl your legs toward your chest. Pause, then return to the starting position.

WATCH YOUR FORM: Try to curl your lower body forward to roll your butt off the floor.

WORKS: Upper and lower abs



Double-Resistance Double Crunch

Attach a rope to one of the low-pulley cables and a bar to the other low cable. Lie flat on your back with your head pointing toward the rope and your feet toward the bar. Place the bar on the tops of your shoes so the cable is between your feet. Reach back, grab both ends of the rope, and pull your fists to your chest. Slowly curl your torso up as you tilt your pelvis and curl your legs toward your chest. Hold for a second, then slowly lower yourself.

WATCH YOUR FORM: Try to resist the urge to pull the rope with your arms.

WORKS: Upper and lower abs



THE WORKOUT

Shaping the rare eight-pack requires unique exercises. The smartest way to make your rectus abdominis grow is to perform a mixture of exercises that work your midsection through every possible direction, using as many forms of resistance as possible. These eight exercises incorporate a variety of equipment and partner-assisted moves you may not have tried before.

You'll start your 8-week programme by choosing an exercise from each of the two parts. By the end of the programme, you'll be doing all of them—in the order given—to bring out a level of muscular separation and growth you can't achieve using traditional, high-repetition ab exercises alone. (For the medicine-ball and pulley exercises, choose a weight that allows you to do the required number of repetitions with good form. Injuries are common among men who try to speed up results by using more weight than they're ready to handle.)

TIME PERIOD			
Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-8
CREATE YOUR ROUTINE BY...			
Picking one exercise from each section	Picking one exercise from each section	Picking two exercises from each section	Doing all the exercises in both sections in the order shown
SETS OF EACH EXERCISE			
2	3	2	1
YOUR TOTAL WORKOUT SHOULD BE...			
4 sets	6 sets	8 sets	8 sets
REPETITIONS PER SET			
8-12	6-12	8-15	8-15
SPEED OF EACH REPETITION			
2 seconds up, 2 seconds down	3 seconds up, 3 seconds down	4 seconds up, 4 seconds down	4 seconds up, 2 seconds down
REST BETWEEN SETS			
45-60 seconds	30-45 seconds	15-30 seconds	None
DO THIS WORKOUT...			
3 times a week	3-4 times a week	4 times a week	5 times a week

BY THE NUMBERS

Spleen and liver

Two of the organs your abs protect

Below 10

Body-fat percentage needed for cover-model abs

30

Percentage less back pain in men who do core training regularly

42

Percentage of men who spend more time training chest and abs than the back

60

Percentage of men who want toned abs more than any other muscular trait

300

Approximate number of men per year who undergo abdominal liposuction and sculpting

7,203

Guinness World Record for situps performed in 1 hour, by Michael Barski. He completed an average of two situps every second. (Of course, he'd develop better abs if he went slower)

PERFORMANCE SCIENCE



Strength
Weight Gain
Stamina
Growth
Recovery
Energy

What's happening now?

*You was working out for years
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These products are not intended to diagnose,
treat, cure or prevent any disease.
Always consult your health care professional before
starting any diet or training program.



website: www.olympianutrition.com

e-mail: info@olympianutrition.com

Men'sHealth The Blue

Book



"I have often said that I wish I had invented blue jeans: the most spectacular, the most practical, the most relaxed and nonchalant."

—Yves Saint Laurent

Coming from one of the greatest designers of our times, these words tell you the impact denim has on our lives. From the rebellious 1950s to the bell-bottomed 1970s and to the restless city generation of the 2000s, jeans have remained the consistent style bottomwears. In fact, the more jeans change, the more they stay the same. We continue to wear them with the same confidence.

Trends and fads come and go, but this blue fabric continues to be second skin to us. That's exactly where we come in. The Men's Health Blue Book is your ultimate guide to choosing the best pair of jeans for you—the fits, the washes, where and how to wear, how many to own and even how to make them last. Plus, we help you ace denim's ultimate companion, the T-shirt. After all, a pair of jeans isn't just a piece of clothing. It's a mirror to who you are.

S-4

CHOOSE YOUR DENIMS

Your one-stop guide to all things denim. Discover how to make your jeans shine

S-8

WORKING MAN'S BLUES

Arjun Rampal tells us why he literally lives in denims

S-9

FIND THE FIT

Find out which fit works best for your body, and learn the art of choosing the perfect pair for you

S-14

T-SHIRT CENTRAL

Follow these pointers and find the perfect summer upperwear for your jeans

COVER

Photography: Subi Samuel
Styling: Aaron Rohan George;
Make-up: Ranjan Yadav; Hair: Mehraj Akhtar for b:blunt;
Production Coordinator: Imran Khatri

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NUTRITIONAL FACTS (5lbs Container)

Serving Size : Per 1 Scoop (32grams)

71 Servings per container

Calories	130	
		% Daily value
Cholesterol	2mg	1%
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Carbohydrates	1mg	0%
Sugars	<1mg	
Proteins	30g	60%
Calcium		16%

*Percentage Daily Values based on a 2000 calorie diet.



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I AM MY JEANS

REAL GUYS TALK ABOUT WHY THEY LOVE THE BLUES



THE ROCKER

"Denim is the ultimate freedom fabric. From the 1950s till day, a pair of blue jeans has been synonymous with stamping your individuality on popular culture. After all, it's all about making a statement with everything you do, and doing so in a pair of denims just makes it that much better!"

LUKE KENNY

has been making a statement with everything he does, be it late night jaunts with *Luke After Hours* or polishing his acting chops with the likes of Farhan Akhtar.

Blue Basics

SELVAGE OR RAW DENIM

Don't wash raw and selvage jeans until they feel comfortable and broken in, which can take anywhere from one to three years.

Don't wash these in an automatic machine or you'll damage the integrity of the garment and lose much of the pigment. Instead, turn them inside out and hand wash in a tub or sink.

Use mild soap, and twirl the denim in the water a couple of times instead of scrubbing. Rinse.

Don't wring them out to dry. Lay them flat or hang them above the tub.

When in doubt, dry-clean them... but as infrequently as possible.

DENIM DONE RIGHT

SIMPLE SWAPS CAN TURN JEANS FROM A SARTORIAL AFTERTHOUGHT INTO THE ANCHOR OF ANY LOOK. HERE'S HOW TO WEAR YOUR BLUES WELL, NO MATTER WHAT THE OCCASION

Photography: Muneesh Tarsem



THE WEEKEND

This is your downtime and it's all about comfort. But comfort doesn't mean you need to look sloppy.

UP THE ANTE: The key is to find the right fit, which lets you be at ease without looking like something you picked up from the seconds store! So, instead of a relaxed fit, go for a straight comfort fit (slightly more fitted than the relaxed fit, which tends to be baggy). The key here is to stick with a pair that matches the shape of your leg and isn't too tight in the back. If this fit is still too big for you, go for slim fits or better yet turn to the Personal Trainer section in the main magazine.

MH EXTRA: Fades, treated washes etc might not be suitable for the week, but they are just stylish enough for the weekend. Also, since you're probably heading out, it's best to layer on top with T-shirts and inners/knit jerseys.

T-shirt, Lacoste, Rs 2,450; White inner, Levi's, Rs 1,999; Relaxed fit jeans, Wrangler, Rs 1,495, Black and white trainers, Lacoste, Rs 4,200; Bag, Da Milano, price on request; Sunglasses, Vintage, Rs 1,200

Denim through the ages

9 DATES THAT ALTERED THE JEANS YOU WEAR



1873

Bavarian-born businessman Levi Strauss and tailor Jacob Davis patent the first pair of "blue jeans," which strengthen—with rivets—points of strain on the average blue-collar's denim.

YOUR ROSTER OF JEANS

Men need six good pairs of denim in their arsenal, says Raakesh Agarwal, fashion designer. Think of your collection as a pyramid with these proportions



[1 Pair]

THE POSH SET

A clean, darker wash, such as Japanese selvage (made on old fashioned shuttle-looms, resulting in a denims in which the edges don't fray), will ensure this pair is easy to dress up with a suit jacket or a dress shirt. Consider these your winning pair on a date.



[2 Pairs]

DAILY DOSE

These pairs can be a little more casual, but should still be able to go from work to a night out. Branch out into a slightly distressed, lighter wash or break away from blue and try a gray pair for a change. Both work well with a fitted cotton T-shirt.



[3 Pairs]

MAINTAINS

Durability and wearability are your driving forces, so pick up some basic riveted pairs—the old-school kind you break in yourself—or demote a pair of jeans from higher in the pyramid.

ON THE JOB

You can switch from a three-button suit to smart casuals with ease. The right denims can easily help you establish your star status in the boardroom.

CORPORATE UPGRADE:

Always embrace the crisp office shirt. Pair it with the right jeans; non-treated, faded or distressed denims in a dark colour. Add on a sports coat (avoid ones with leather elbow patches) or a vest, a formal tie and wing tips shoes.

MH EXTRA: Office denims are devoid of any details (frayed hems included), and are just the right length. And a straight fit is the only way to go; a slim fit can work only if it's not too snug. Low waists are best avoided.

Waistcoat and shirt, Benetton, Rs 2,499 (both); Straight fit jeans, Lacoste, Rs 6,750; Tie, Manzoni, Rs 1,499; Wingtips, Cobblerz, Rs 3,100; Bag, Da Milano, price on request



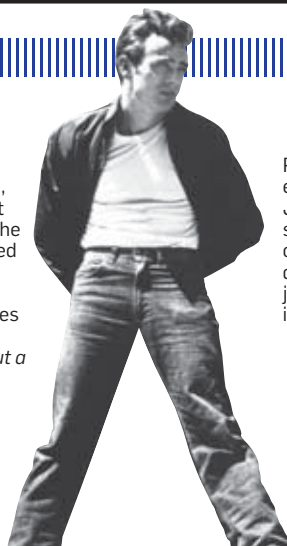
1910s

Authentic cowboys, such as William S Hart, star of Western films. Hart carries his own wardrobe, a dusty pair of spur-frayed blue jeans, and so secures the fabric's rugged image in the public's mind. (And on their legs, too.)



1947

Photos of the Hollister, California, motorcycle riots hit the pages of *Life*. The rioters, disenchanted WW II vets, raised hell in denim. The event inspires James Dean's look in the iconic *Rebel Without a Cause* (1955).



1949

Paint dribbler extraordinaire Jackson Pollock shows that artists can be working-class, denim types, not just tweed-wearing intellectuals.



I AM MY JEANS

REAL GUYS TALK ABOUT WHY THEY LOVE THE BLUES



THE TOUGH GUY

"No one can wear out a pair of denims like I can! If it were up to me, I'd sleep in denims, eat in them, workout in them, even go out on a date in them. Denims are the best attire for guys, firstly because nothing is more comfortable and secondly, nothing is more rugged."

KARAN WAHI

is a former *MH* cover guy and denim addict



THE COWBOY

"Bull riders don't dress for fashion. Wearing a pair of Wranglers means one less thing I have to worry about during a ride. A bull once hooked the seat of my jeans. The denim ripped, but I walked out of the arena a lucky man."

LUKE SNYDER

will make his eighth consecutive trip to Las Vegas for the PBR World Finals in Las Vegas on October 31.



A NIGHT OUT

Only if your lady love is dragging you to a performance of *Madame Butterfly*, a slick pair of jeans is the perfect attire for night out till the wee hours of the morning.

PUSH THE ENVELOPE: The biker boy look is now just not enough to grab the attention of the ladies. Dressing up for your girl is now the least she expects on a night out. So, give her what she wants; pair slim fit denims with astute details (a slight fade) with an elegant dinner jacket and top it off with a narrow tie.

MH EXTRA: If you are keen on looking edgier for your girl, then instead of the staid leather jacket, go for a leather dinner jacket. And remember frayed denims are just not apt for a date out on the town; save them for when you take her shopping five dates down.

CHECK OUT: VJC by Versace, Boss Hugo Boss, Dunhill

Shirt and tie, H₂O, Rs 1,750 and Rs 1,650; Dinner jacket, Cue, Rs 6,000; Slim fit jeans, Lee, Rs 4,200; Black formal shoes, Rossetti Fratelli (Shoe Tree), Rs 4,999

STYLING: AARON ROHAN GEORGE AND SHAMALI SINGH; LOCATION: COURTESY: KLOVE STUDIO; MAKE UP AND HAIR: ROLIKA AND DILSHAD AT THE VIDYA TIKARI STUDIO; MODEL: SAIF AHMED

1975

Dharmendra climbs atop a water tank and declares his love for Hema Malini in *Sholay*, clad from head to toe in denims. Kicking off a denims craze amongst the country's youth.



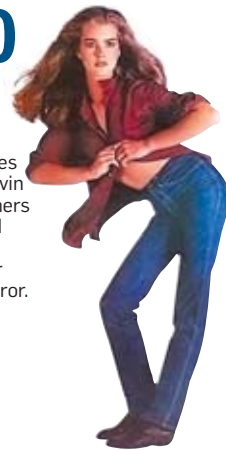
1976

Photographer Roberta Bayley snaps the Ramones for their album artwork. Slim and ripped at the knee, Joey's jeans slash counter to the bellbottom era and solidify a staple look of the punk movement.



1980

Fifteen-year-old Brooke Shields deftly writhes, twists and hip-thrusts her curves into a pair of Calvin Klein blues. Fathers everywhere load their shotguns and lock up their daughters in horror.





WITH THE FAMILY

Whether it's the big family reunion or just a quite dinner at home, denims can help you fit right in. It's just a matter of pairing them with the right stuff.

DRESS IT UP: Just because it's family is no reason to get sloppy. You can keep it simple. Team straight leg, comfort fit denims with a well-cut kurta or even a semi-formal shirt. Remember to keep the kurta without details like embroidery or other embellishments. And stick to cotton or linen.

MH EXTRA: Nothing beats the comfort of a good pair of flip flops, but you can up their style quotient as well. Ditch the multi-hued rubber ones for classy leather slippers. Not only do they look good and last longer, but they are equally comfortable too.

Kurta, Rajesh Pratap, Rs 5,850; Comfort fit jeans, Gant, Rs 5,595; Leather thongs (flip flops) , Rajesh Pratap, Rs 3,500

DENIM CARE 101

Here's how to keep your favourite pair of denims in stellar shape

- 1. Wash your denims only after you've worn them a few times (at least three-four times). Too much detergent can harm the denim and ruin the fit.
- 2. When it's finally time for a wash, use cold water, especially if it's a dark-coloured pair.
- 3. Turn your denims inside out while washing as this ensures they don't fade too fast and there is no damage to the detailing.
- 4. After the wash, never dry denims in the dryer; this softens them up and damages the fabric. Hang them out to drip dry on a clothesline.
- 5. Never use bleach when washing your denims.
- 6. For quick relief from wrinkles, hang your denims in the shower. While you're showering, the steam will help smoothen out the wrinkles.
- 7. Always use very mild detergent.

1991

Nirvana rocks the slacker's ode *Smells Like Teen Spirit* during a performance in UK. Kurt Cobain's disjointed, "oh well, whatever, never mind" attitude comes dressed in a pair of scrubby jeans. Grunge ensues.



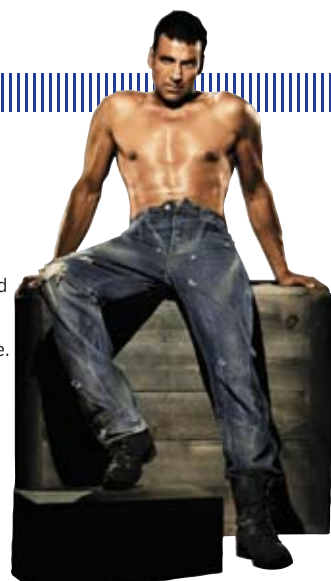
2000

Sisqó releases the hip-hop-horny anthem *Thong Song*. Women drop their jeans, and they don't pull them back up until Flo Rida and T-Pain release *Low* in 2008.



2008

Dino Morea's turn in the Live In jeans ad culminates in Akshay Kumar becoming the brand ambassador for Levi's, giving 40-year-olds new hope.



Hair styling: Mehraj Akhtar
for b: blunt

Grey, quirky-collared tee, Izzo
Mumbai, Rs 1,400; distressed
jeans with fading detail, Arjun's
own; worn-out boots, custom
made for Arjun

THE
BLUE
BOOK

ARJUN RAMPAL'S JEANS
ARE HIS SECOND SKIN AND
HERE'S WHY THEY SHOULD
BE YOURS TOO

Words: Aaron Rohan George
Photography: Subi Samuel

SINGIN' THE BLUES



FIND THE RIGHT FIT

ALL JEANS ARE NOT MADE EQUAL.
CONSULT THIS GUIDE TO FIND THE
PERFECT FIT FOR YOU

RELAXED STRAIGHT CUT

This contemporary cut blends the legroom of a relaxed fit, the flared hem of a boot cut, and the snug seat of a straight leg.

If your build is... **Athletic**, buy in bulk. This style is tailor-made for your physique... **Stocky**, this cut is a terrific alternative to a relaxed fit, providing more shape and contour to your frame while still offering sufficient legroom and comfort... **Average**, wear these as a comfy alternative to relaxed-fit jeans... **Thin**, look elsewhere. Lean legs are lost in the roomy cut beneath the knee.

TRY: Levi's, Lee, Pepe Jeans



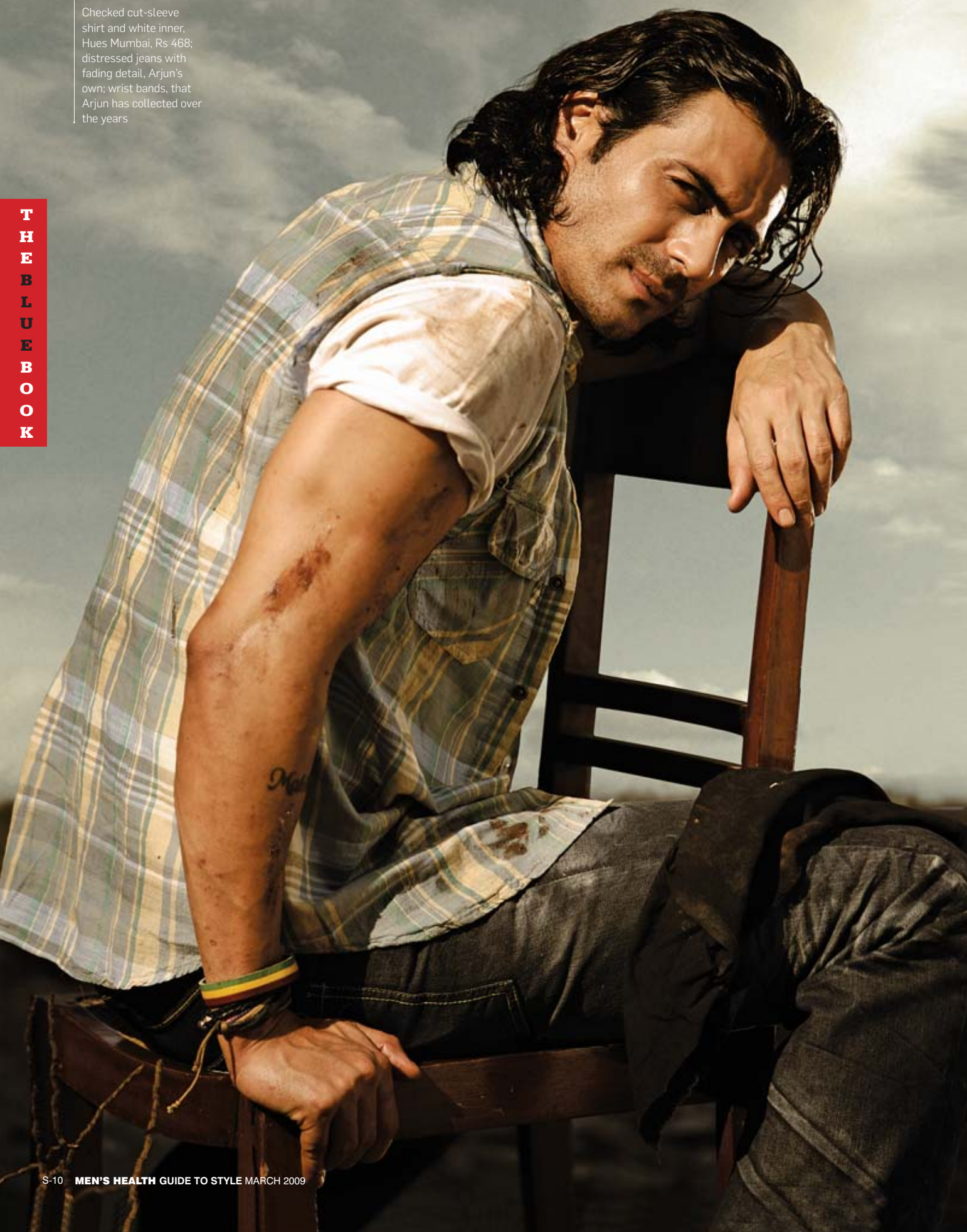
RELAXED FIT

These laid-back slacks are cut fuller from the thigh to the hem, allowing ample legroom for maximum comfort. A word of warning, however: Some renditions of this style can be too roomy, creating a sloppy appearance.

If your build is... **Stocky**, breathe easy. Relaxed-fit jeans cut bigger guys some slack, creating interior real estate so legs can flex and move... **Athletic**, wear these for a more comfortable fit... **Average** or **Thin**, avoid this cut. The width in the legs can be difficult to fill for the typical guy, creating a style that's almost too laid-back.

TRY: Nautica, Calvin Klein, Tommy Hilfiger ►►

Checked cut-sleeve shirt and white inner, Hues Mumbai, Rs 468; distressed jeans with fading detail, Arjun's own; wrist bands, that Arjun has collected over the years



As this shoot happened in a dilapidated bungalow on Mumbai's Arthur Turner Road, we understood exactly how much Arjun Rampal loves his jeans. "Style for me isn't just about wearing a designer suit or brands. It's about enjoying what you wear, and being comfortable in it. And for me, nothing is more comfortable or enjoyable than a pair of jeans," he says.

So, how can you pick the perfect pair that moulds itself to who you are? Follow these tips and make your own mark in blue.

🕒 **Try them on:** When you head out to buy jeans, try as many pairs as you possibly can. It takes longer but the more pairs you try on, the better you'll understand which brand or fit works for you.

🕒 **Make them your own:** Rather than buying denims that have already been treated, distressed, acid washed and the likes, wear your jeans in. Let them acquire the worn out look naturally, rather than faking it!

🕒 **Clean them:** But only rarely! Denims are meant to be dirty and messy, not spanking shiny all the time. So wash your denims as infrequently as possible. Of course, any disasters that might involve your favourite curry require immediate detergent action.

🕒 **Fit is the key:** This isn't just about having a good physique like Arjun (he owes his to sports, so get off the couch). Nothing too baggy or too tight. For more ideas, check out to find the right fit!

🕒 **Stick with the basics:** It's best not to stray too far off into 'trendy' domain. Overly embellished or styled (read fades, colours etc) just doesn't work with denims. Stick to the basic blues with maybe a slight stitch detail or very light distressing, says Arjun.

STRAIGHT LEG

These jeans are equally adaptable on the formality front, capable of being both dressed up and dressed down. The jeans are intended to be straight from hip to foot, which can be difficult to judge in a mirror, but if you leave a couple of inches of wiggle room from the thigh down, they'll fall right into place.

If your build is... **Athletic** or **Average**, stock up. This everyman's jean is just snug enough to show off your sculpted lower half... **Thin**, go with a straight leg, low-rise fit to ensure that the style sits comfortably on your hips and leaves a few extra inches of legroom... **Stocky**, proceed with caution. Straight cuts can sometimes deviate from brand to brand, and bulkier frames are more prone than other body types to be done in by this otherwise neutral cut.

TRY: Wrangler, Diesel, Numero Uno



BOOT CUT

The enlarged hem on these accommodates and flatters sturdier footwear like boots. From the knee to the waist, the cut is more traditional, creating a fitted silhouette that sits at or slightly below the waist and remains slightly loose in the leg.

If your build is... **Athletic**, this is your go-to style. The cut suits taller men, because the enlarged hem balances out a stretched frame... **Thin**, rejoice: A leaner build benefits from a boosted emphasis in the seat... **Stocky** or **Average**, steer clear, unless you carry your weight above the waist, in which case, the roomier legs can create a straight line from hip to feet.

TRY: Ed Hardy, Levi's, Flying Machine, United Colors of Benetton

SKINNY JEANS

Once the domain of vintage Western flicks and Mick Jagger, in the past three years, this style has been reborn as an indie-rock staple. Their length is slightly longer than other cuts, because they're meant to be worn bunched at the ankle.

If your build is... **Thin**, dive in. But a snug fit shouldn't put your moving parts on display, so look for styles with a small amount of stretch... **Average**, go with your gut. The fabric on these jeans can be forgiving, but they can be a tight squeeze for belly-heavy builds... **Athletic** or **Stocky**, skip these. The cut can make larger legs look like a pair of stuffed anacondas.

TRY: VJC by Versace, Pepe Jeans





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ACE THE T-SHIRT

WE HELP YOU DECODE, AND DAZZLE IN, THE BEST SUMMER COMPANION FOR YOUR DENIMS

Words: Prashant Verma
Photography: Muneesh Tarsem

Stripes and T-shirts have been synonymous with each other.

You can try off-beat combinations of colours, say cobalt blue with black. It makes sense to break from the regular reds, whites and blues. If you have a dark skin tone, try unusual earthy colours such as mustard, sap green and purple. If you're fair, flamboyant colours such as orange and grass green will suit you.

MH Tip

If you are heavy on top, go for broad stripes, as they help in making you appear slimmer.

Polo T-shirt, Lacoste, Rs 2,650

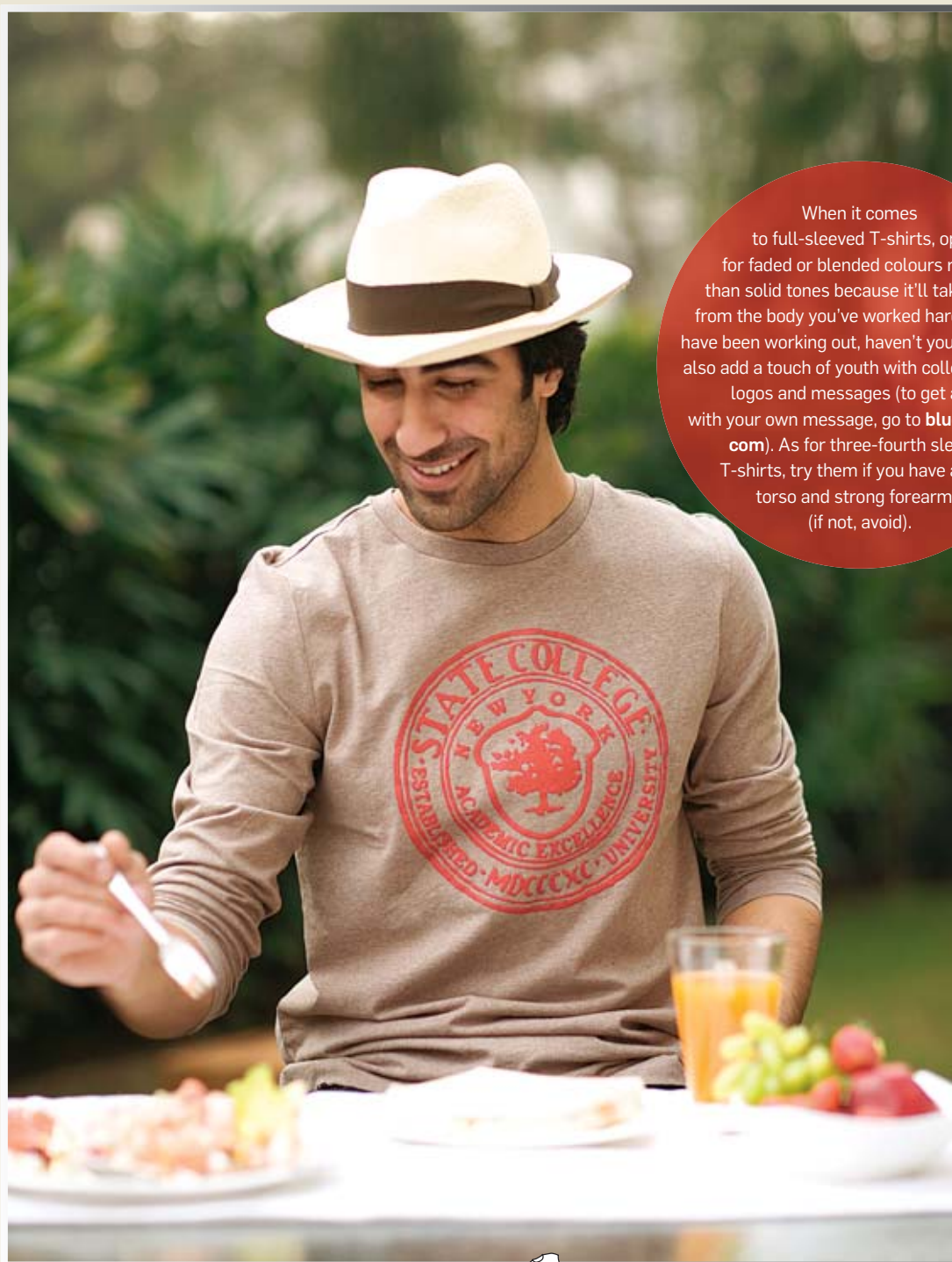
MH Tip

When you buy a round-neck or a V-neck T-shirt, stretch the neckband a bit. If it takes too much effort, it's best not to buy it.

Electric blue T-shirt, Wrangler, Rs 599

A T-shirt is one garment that a man can wear in the craziest of colours and get away with it. This summer, go for bright colours. You'll feel cool in them because bright colours absorb less heat. We can't help you with her smouldering look, though.





When it comes to full-sleeved T-shirts, opt for faded or blended colours rather than solid tones because it'll take away from the body you've worked hard on (you have been working out, haven't you?). You can also add a touch of youth with college/school logos and messages (to get a tee with your own message, go to bluebustees.com). As for three-fourth sleeved T-shirts, try them if you have a lean torso and strong forearms (if not, avoid).

MH Tip

Pair a round-necked pastel full-sleeved tee with a linen/khaki suit for a night out on the town.

Full sleeved, embossed print T-shirt, from a street-market (available at Sarojini Nagar in Delhi, Fashion Street in Mumbai and Bumton Road in Bangalore), Rs 875

A graphic print does wonders for an otherwise run-of-the-mill tee. Opt for a muted T-shirt colour because that will make the print stand out. When choosing a print, keep in mind three things: first, it shouldn't make you seem like an overgrown college boy (ditch that Nirvana tee); second, the print should not cover the entire shirt (it's a tee enhancement, not a replacement!); third, it should match the tone of the setting (not too irreverent if you're wearing it to the workplace).

MH Tip

If you want your torso to look slimmer and your legs to look sturdier, pair a dark T-shirt with light-coloured denims.

White and black print T-shirt, Levi's, Rs 1,119

A distressed T-shirt looks good, but you need to make sure it looks vintage, not old (check the tee for new streaks, spots or for thinning of fabric). Also, with distressed half-sleeved T-shirts, the fit becomes all the more important—to get the right size, ensure the sleeves are fitted but it's not too tight across the chest or shoulders, and not too tapered along the sides.

MH Tip

T-shirts that end right by the hip are the best. Any longer and they look ill-fitted!

Mint green T-shirt, Lee, Rs 490

MH Tip

T-shirt sleeves should never flare out. They should always be in contact with your arms without cutting off blood circulation!

Yellow and white-layered T-shirt, Levi's Sykes, Rs 1,295

Layering is the easiest way to dress up a T-shirt. Layer a half-sleeved T-shirt with a solid colour, full-sleeved undershirt. It's also a quick fix if you're too skinny, though it's still better to hit the gym than to layer. With the undershirt, there is no light upper-dark lower rule, but the colour of the undershirt should be either complementary or muted.



Where to buy? For a complete list of Stockists for The Blue Book, log on to www.menshealthindia.com



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The Blue Book

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The Men's Health Guy

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