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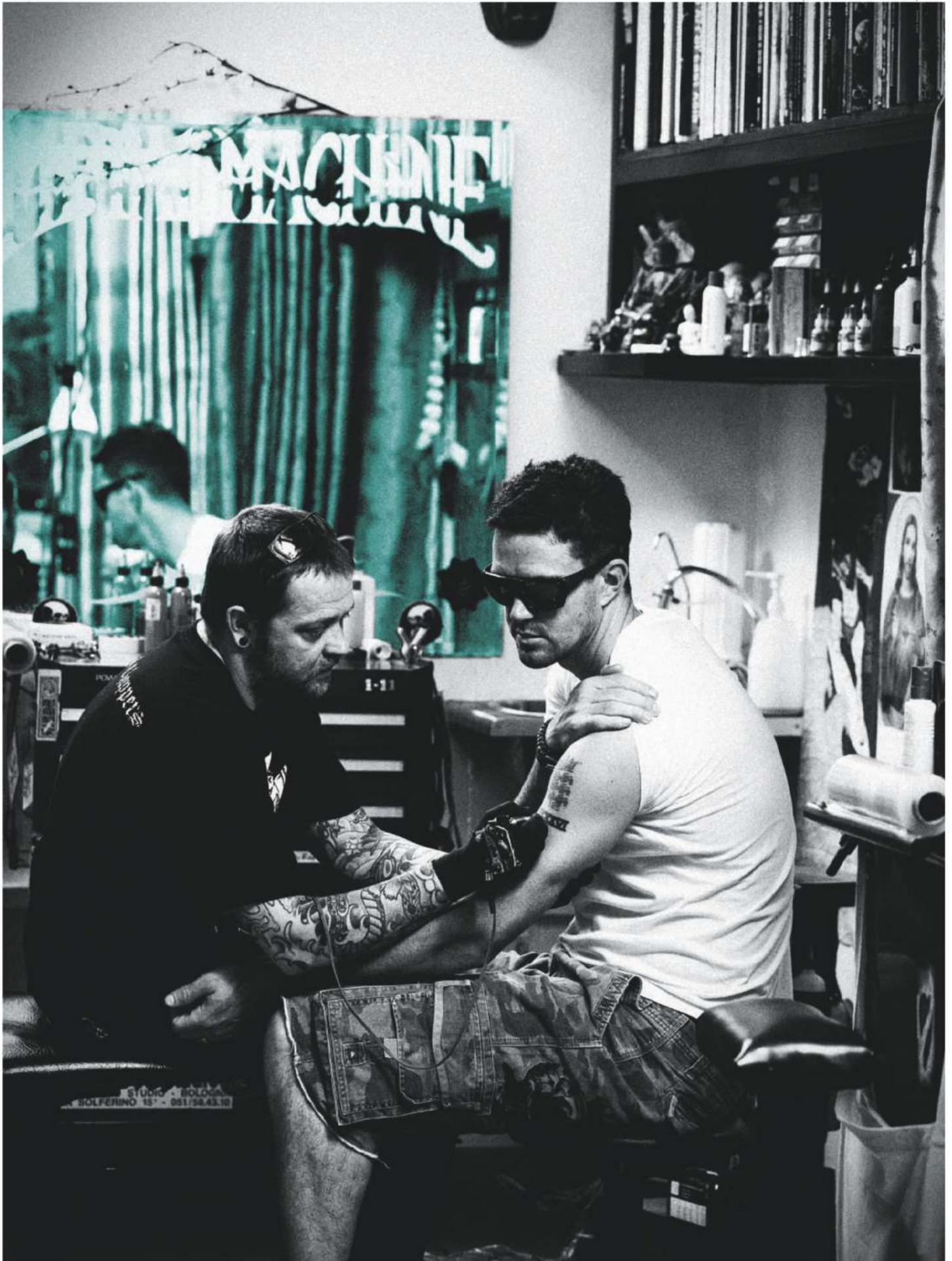
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MARINE  
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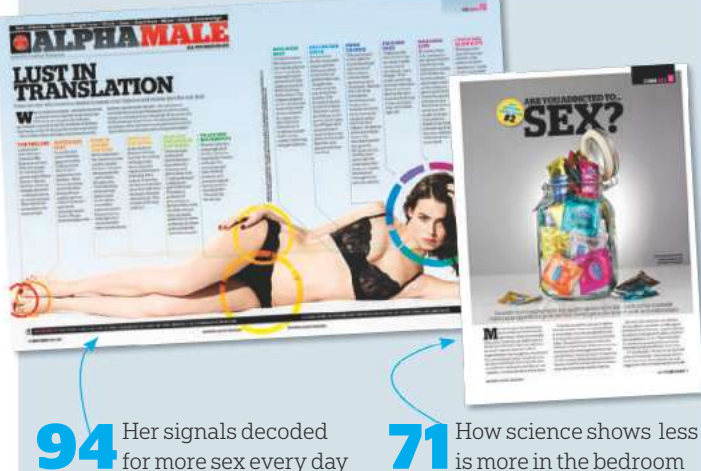


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*Men's Health* Vol 16 Issue 6, July 2010. Photography David Venni at Red Represents. Model James Farmer at Model Management UK. Stylist Abena Ofei. Grooming Emma White Turle at emmaturtle.com using Estée Lauder and Paul Mitchell. Hair Jeanette Redmond at Joy Goodman using Label M. Shorts by Freddy (020 7836 5291); boxing wraps by Lonsdale (lonsdaleboxing.co.uk)

Ryan Phillippe cover photography Nino Muñoz





# DOLCE & GABBANA

VINCENZO IAQUINTA - CLAUDIO MARCHISIO - FEDERICO MARCHETTI - DOMENICO CRISCITO - ANTONIO DI NATALE



So you think you're hard enough? Get ready for the fight of your life as *Men's Health* takes you into the combat zone



## FIGHTING ISSUE

The man of today lives in a well-ordered world. We work, spend money and even socialise through a regimented network of laws, rules and social conventions. And yet in the back of our minds, we all have the same thought: wouldn't it be good to be just a bit *harder*. Not to use our powers for evil you understand, but just to have the confidence to know that if something started...

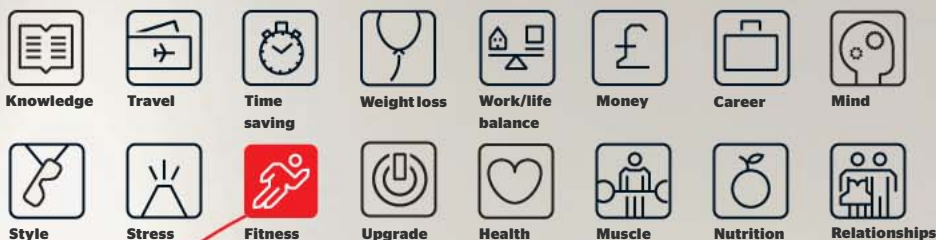
For most of us it remains just a thought, but after being inundated with comments about his uncanny likeness to Alan Carr, *Men's Health's* Senior Writer David Morton took the plunge and spent 12 weeks training to make his debut as an MMA fighter. Dave set aside his trademark glasses for a pair of grappling gloves to get in the shape of his life - find out how and whether he survived on p110.

Elsewhere we've got the secrets of more experienced and (sorry Dave) stylish warriors, including *Ong Bak's* whirlwind Tony Jaa and the legendary Jet Li on p118, as well as our usual portfolio of superfoods and power-moves. And my top tip for staying healthy this month? Don't call Dave "Chatty Man", he gets angry. And you wouldn't like him when he's angry...

**Morgan Rees**  
Editor

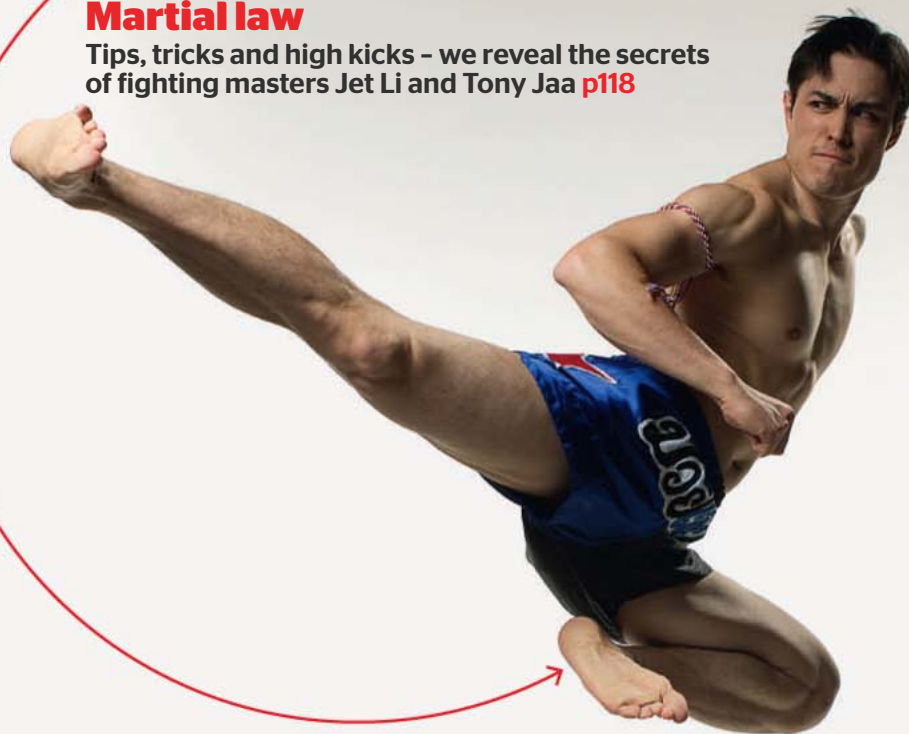
## The faster way to a better life

You know *MH* is packed with tips to improve all areas of your life, but what if you want specific help, fast? Simply look out for these quick-navigation icons



## Martial law

Tips, tricks and high kicks - we reveal the secrets of fighting masters Jet Li and Tony Jaa **p118**



## ways to use this magazine



**JUST READ IT**  
This issue contains 606 tips from 198 experts in the fields of health, fitness, finance and well-being. **It's like one of your five-a-day.**



**DIP IN...**  
Short on time? **Cherry-pick the information you want by subject matter**, using the *Men's Health* icon system (see above).



**DO THE MATHS**  
Put all the tips together and **tailor this magazine to your specific needs**. See Personal Upgrades (p209) to find out how.

Just buying *MH* shows you want to improve your well-being. Now meet the experts who can take you to the next level...



**MARTIN SMITH**  
Addiction Programme Director at Priory Group  
*Are You Addicted To... Sex (p71)*  
Martin leads a team that helps people with a range of equally damaging addictions, including the internet, gambling and increasingly, sex. He trained as a therapist at Greenwich University in London and then as a psychotherapist at Roehampton University, and has been involved in the field of addiction treatment and therapy for more than a decade. Now he offers his expert knowledge to find out if you have an addictive relationship with sex. Follow his advice to make sure that you're not getting too much of a good thing.



**RICHARD GARSIDE**  
Director at the Centre for Crime and Justice Studies  
*Powder To The People (p128)*  
After five years as director of the Centre, Richard has written on a range of criminal and justice issues. A regular media commentator on related topics, he also gives speeches and participates in conferences and debates. Now he racks up the issue of legal highs in *Powder To The People* to help us understand the government's motivations behind banning mephedrone, while our writer, Toby Wiseman, followed a more pragmatic route to understanding the drug.



**PAUL MEIKLE-JANNEY**  
Managing Director of Coffee Community  
*The Daily Grind (p30)*  
Paul has been involved in preparing some of the world's most prestigious qualifications for Baristas (coffee brewers). Heavily involved in the UK and World Barista Championships and currently the Director of the World Coffee in Good Spirits Competition, there are few better placed to optimise your daily grind.



**JOHN LEES**  
Career Strategist  
*Your Great Escape (p36)*  
One of the UK's best-known career strategists, John has helped people with difficult career decisions and developed a wide range of career breakthrough tools. Here he advises you on damage limitation when devising your exit strategy.



**STEVE GLADSTONE**  
S.M.T Kickboxing/UK Warriors Coach  
*The Knockout Effect (p110)*  
Beginning his training at 19, this martial artist had little time for anything other than success, achieving his black belt 1st Dan and a record of 26 fights in knockdown by the age of 23. Now, with 60 wins in 67 fights under his black belt, Steve offers his guiding open palm to *MH*'s David Morton as he takes to the cage to become an MMA fighter. Follow in his footsteps to achieve the physique of your life.



**KRU SHAUN BOLAND**  
Chief instructor/founder of the Chao Phraya Muay Thai academies (12th Khan)  
*Jet Li vs Tony Jaa (p118)*  
With nearly four decades of experience in the martial art of muay thai, Boland has applied his skills in the ring as fighter, instructor, referee, and judge. At 51, muay thai has left Boland in impressive enough shape to put athletes half his age to shame. Now he weighs in to show you how Thailand's national sport can bring you the same amazing benefits.



**CARRIE RUXTON**  
Dietitian and founder of Nutrition Communications  
*Bangers & Mash (p68)*  
As well as working with the food industry to develop healthy products, Carrie is a writer dealing with topics such as obesity and sports nutrition. This month, she recreates the British pub classic.



**DAX MOY**  
Master Personal Trainer and Conditioning Coach  
*4 Weeks To A Beach Body (p76)*  
Dax is a big name in the world of strength and conditioning. One of only a handful of elite NASM Performance Enhancement Specialists in Europe, Dax has also studied and worked in the fields of movement dysfunction, biochemistry, nutrition and neuromuscular therapy. Lucky then that he's on hand to help you achieve a beach-ready body in just four weeks.



**PROFESSOR DANIEL LIEBERMAN**  
Human Evolutionary Biologist at Harvard University  
*The Shod Delusion (p79)*  
Educated at both Cambridge and Harvard, Daniel is leading the way in research into how and why the body is the way it is. So there is no man better equipped to inform you on the naked mechanics of barefoot running.



**GREG HARTLEY**  
Ex-Military Interrogation Advisor and Language Consultant  
*Lust In Translation (p24)*  
Starting his career in the US Army teaching interrogation and resistance to interrogation techniques, Greg now uses that military experience to help businesses. For *MH*, he's here to help you decipher women's hidden metalanguage.



**DR ROBERT BILDER**  
Clinical Neuropsychologist  
*Choosing Sides (p45)*  
Robert has been involved in research on the neuroanatomic and neuropsychological bases of mental illnesses for 20 years. His work has been presented in more than 100 publications and 300 scientific presentations, and now *Men's Health*.





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# ASKMH

- + Increase your chances of a son
- + **How to beat insomnia for good**
- + Build a stronger neck, fast
- + **Introducing hangover-free alcohol**
- + Sedate your legs for sweet dreams

## MEET THE EXPERTS



**Dr Michael Breus,**  
The Sleep Doctor and  
author of *Good Night*  
(Dutton Adult) and  
theinsomniablog.com



**Georgianna Bell,**  
executive director  
of the Restless Leg  
Syndrome Foundation,  
Minnesota, US



**Dr Louise Paterson**  
of the Division of  
Experimental  
Medicine, Imperial  
College London

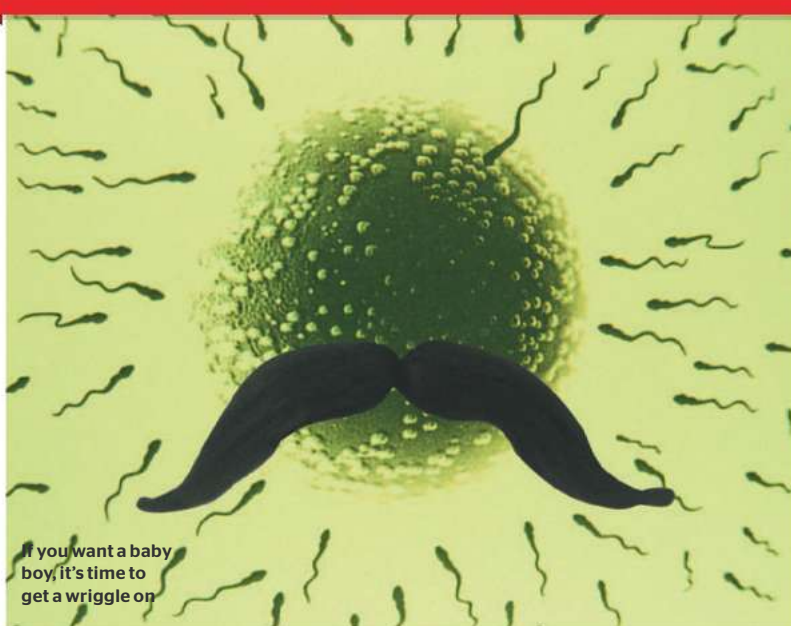


**Gareth Cole,**  
strength and  
conditioning expert  
at The Third Space gym  
(thethirdspace.com)



**Dr Sheryl Homa,**  
embryologist and male  
fertility expert at the  
pioneering Zita West  
clinic in London

## MODERN DILEMMAS



If you want a baby  
boy, it's time to  
get a wriggle on

**Q** *My partner and I are trying for a baby. We'd really like a son. Is there any way we can turn the odds in our favour?* OD, Southgate

**A** First, some GCSE biology: "The male sperm is the determining factor of the gender of the child," says embryologist Dr Sheryl Homa. "The Shettles method was developed in the 60s and is based on the observation that Y-bearing sperm (the boys) behave differently to X-bearing sperm (the girls) - most notably they are faster. Therefore, if you want a boy, you should make love as close as possible to the day of ovulation, allowing the faster Y-bearing sperm to reach the egg first." But don't buy the blue paint and toy cars just yet. "The vast majority of studies show no clear evidence that it works," says Homa. And anyway, why limit the amount of time you can have sex? Girls can play football, too.

## Myth of the Month

### Counting sheep helps you sleep

Our fluffy friends have long been thought of as shepherdesses of slumber, but it turns out we've had the wool pulled over our eyes. "Oxford University scientists recently found techniques involving more complicated tasks, were more effective," says The Sleep Doctor, Michael Breus. "Try counting backwards

from 1,000 in groups of seven. Or from 300 in threes. If numbers aren't your thing, imagine being an astronaut on a space walk, floating weightlessly around the earth, watching it rotate. Or simply picture your favourite place to be." If that happens to be a in a field full a sheep, then you need to get out more.

## RAPID FIRE

The latest health news  
shot from the hip

How can you best improve  
bone mass?

**Play football**

How do you boost the  
nutrient levels in spinach?

**Leave it under  
UV light**

Which bulb can reduce the  
formation of carcinogens?

**Garlic**

How can you recover faster  
from infection?

**Eat an apple  
a day**

What is the most frequently  
dislocated joint?

**Shoulder**

What supplement maintains  
your memory in old age?

**Magnesium**

What drink can protect me  
against prostate cancer?

**Coffee**

How can I nullify my asthma  
symptoms and improve  
lung function?

**Get more  
vitamin D**

What will reduce cell damage  
in my liver?

**Dark chocolate**

Which fruit has the most  
potent level of antioxidants?

**Maqui berry**

WORDS: RYAN THOMPSON; PHOTOGRAPHY: GETTY; RAPID FIRE SOURCES: (IN ORDER) SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS; JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY; ANALYTICAL BIOCHEMISTRY; UNIVERSITY OF ILLINOIS; THE JOURNAL OF BONE AND JOINT SURGERY; TEL AVIV UNIVERSITY; CHANNING LABORATORY AT THE HARVARD MEDICAL SCHOOL AND THE HARVARD SCHOOL OF PUBLIC HEALTH; JOURNAL OF ALLERGY AND CLINICAL IMMUNOLOGY; EUROPEAN ASSOCIATION FOR THE STUDY OF THE LIVER (EASL)



## **Q I can't keep my legs still at night and it's disrupting my sleep. How do I stop it?**

DP, Glasgow

**A** Sounds like you've got RLS (Restless Leg Syndrome). "It's a neurological condition characterised by the irresistible urge to move your legs," says Georgianna Bell, executive director of the Restless Leg Syndrome Foundation in the US. "While the name may sound funny, it is a very real disorder. It's usually characterised by uncomfortable sensations, becoming more severe the longer you rest." It affects over two per cent of men in the UK - that's 1.2 million bad night's sleep every day.

Studies have linked the condition to the genetic variants in three genes. If you're unlucky enough to be the owner of these genes, you're 20 times more likely to get RLS. Great. "Relieve symptoms by increasing the folate in your diet (spinach is an excellent source), eliminating caffeine and taking two aspirins before bedtime," says Bell. Shackling your ankles to the bedposts is your call.

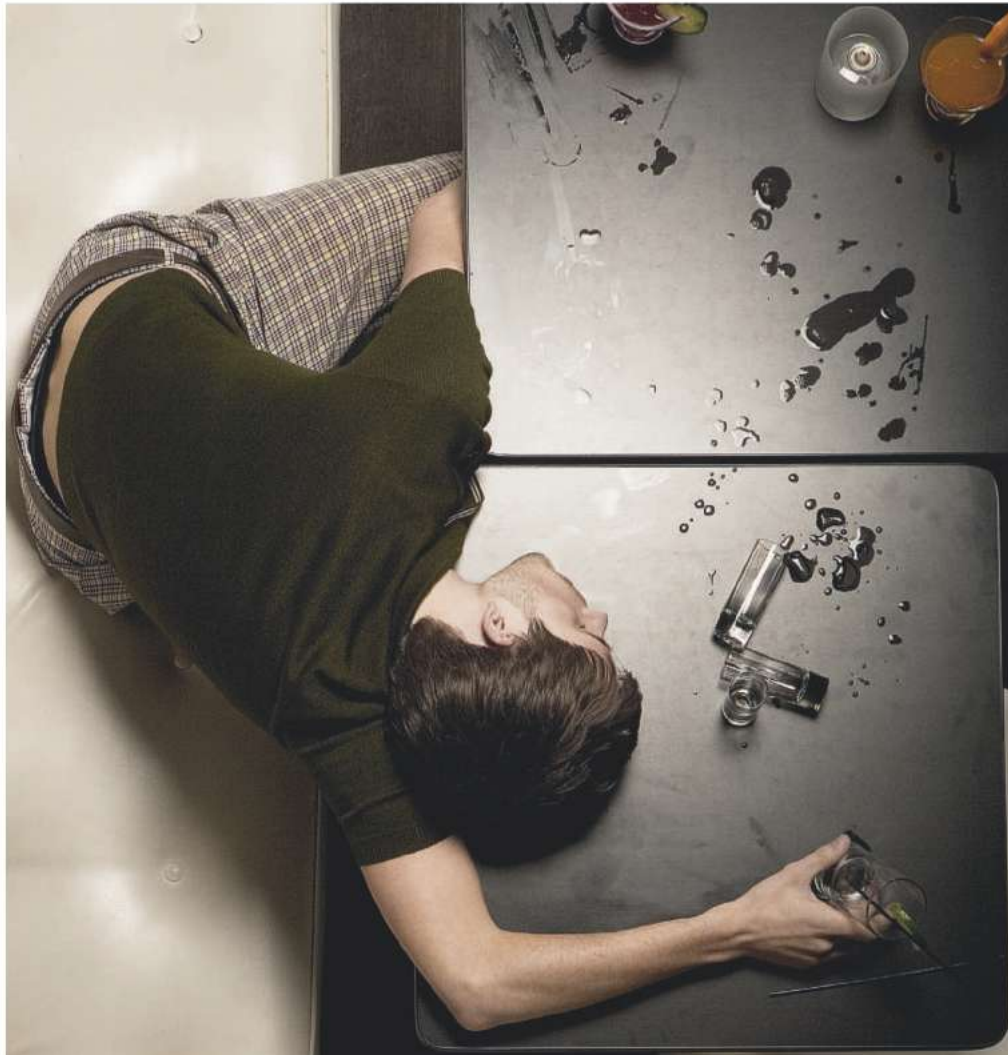
## **Q Are there exercises I can do that will broaden my neck?**

RK, Shaftesbury

**A** You don't have to be a pencil neck to want to broaden your head-stilt - a strong and powerful neck is useful in any number of sports.

"Your neck is a sensitive area full of vital nerves," says Gareth Cole, strength and conditioning coach at The Third Space gym in London, "so it's important to build good base strength first with isometric exercises. Place a hand against the sides, front, and back of your neck and push gently, resisting the pressure - you can do this anywhere. Shrugs and upright rows are also good ways to target your traps. Once you've built strength, try a neck bridge, which is effectively the 'crab' yoga position but flexing on your head rather than your hands." Doubles up as a party trick.

As important as increased strength is increased flexibility - your neck is the last place you want to be muscle-bound so complement these exercises with twice as many stretches. You'll find your posture improves and tension headaches will disappear, along with the pencil-neck jibes.



Could hangover-free alcohol be a total knock-out?

## **Q Will science ever find a way to defeat the hangover?** JW, Brixton

**A** We can transplant faces and remove parts of the brain so is it too much to ask to eradicate the hangover? Our request has not gone unheard - scientists at Imperial College London are working hard to engineer a pain-free tippie. "We're trying to develop an alcohol substitute; a synthetic drug that acts in a similar way to alcohol, but is free from negative effects," says Dr Louise Paterson. There's also the prospect that a hangover antidote could be introduced, which will reverse alcohol's effects." Unfortunately, there's no way of knowing when this will all come to fruition, so in the meantime keep the ibuprofen silo well-stocked.





Edited by Jonathan Thompson

ALL YOU NEED IN LIFE

# LUST IN TRANSLATION

Tune into her subconscious desires to assess your chances and ensure she's the real deal

**W**hen it comes to reading – and understanding – a woman's encyclopedic body language, 70% of men are hopelessly illiterate, according to a recent study by scientists at Indiana University in the US. But just like male bowerbirds – who modify their courtship rituals based on the

females' precise body signals – you can learn to translate her secret metalanguage to ensure you're always in control and one step ahead of her mood. Our body language experts have deciphered her most puzzling, subtle and easy-to-miss gestures so you'll never find yourself making the wrong move again.

## TOE THE LINE

Look around you: there are women in flip-flops everywhere. Take advantage by checking for psychologist Marco Pacori's "big toe erection" pointing straight upwards – a dead giveaway for sexual interest. Then check out somewhere a *lot* more private.

## WATCH HER FEET

Packed full of nerve endings (approximately 7,500 per foot), they're your signposts to her feelings. "If her feet are pointing your way, she's being sincere – and has got you in her crosshairs," says body language expert Robert Phipps ([robertphipps.com](http://robertphipps.com))

## ZONE IN ON HER POSTURE

Stress stimulates the central nervous system, raising her heart rate and tensing muscles – particularly the sphincter. This clenching automatically makes us sit up straighter, so a sudden improvement in her posture is a clear sign she's uncomfortable with your flirtation.

## SPOT HER HIP SWING

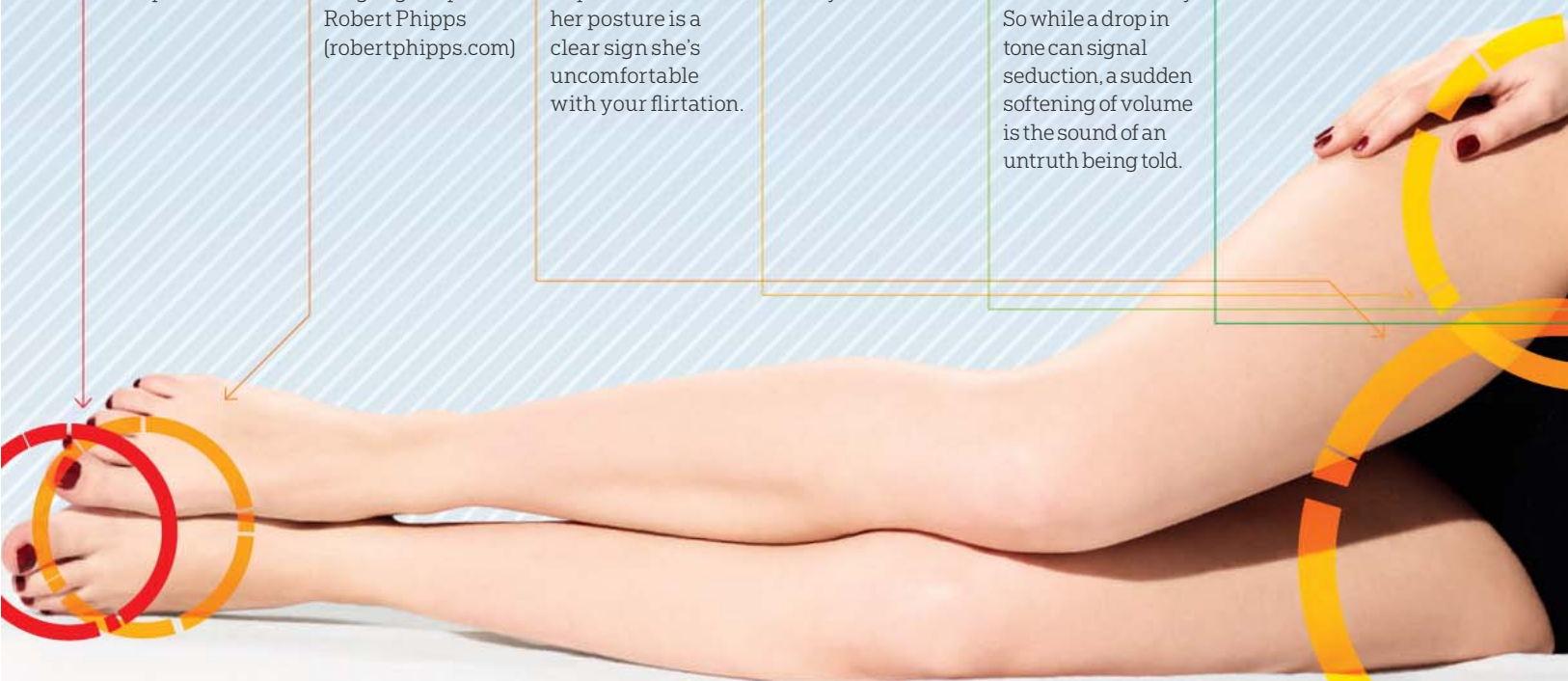
In the words of Shakira, the hips don't lie. According to Phipps, hips thrust forward signals dominance, (warning: she's angry). A one-hip tilt that accentuates her waist and slims her leg is a display of femininity. This woman is flirting with you.

## SUSS OUT HER SPEECH PATTERNS

"Liars are more uneasy and tend to distance themselves by using general terms rather than 'I', and speaking at a softer level," says Dr Richard Wiseman, a professor of psychology at Hereford University. So while a drop in tone can signal seduction, a sudden softening of volume is the sound of an untruth being told.

## TRACK HER MOVEMENTS

Women's hair has a language all of its own. Catch her tugging her tresses and read "I'm uncomfortable." Hair twirling however, is a primitive sign of preening that's shorthand for "I'm yours for the taking."



**TWO-SECOND TIP** WHEN TRYING TO SINGLE OUT A



**WHO NOSE BEST**

"Lying increases blood pressure in extremities like the nose," says body language expert and author of *The Definitive Book Of Body Language*, Allan Pease. This triggers tingling in the soft internal tissue that needs to be scratched." So unless she's got a bad case of hay fever or a serious cocaine habit, a nose-rubber's not being straight with you.

**DECODE HER SMILE**

Women have thicker zygomatic majors, (mouth-lifting muscles) so are better at smiling than men. "Despite this, crinkling at the eyes (scientists call this 'The Duchenne Smile') is a sincere signal that when you go for the kiss, you'll get the green light," says Phipps. Spot an asymmetric smile and you can pretty much delete her from your phonebook there and then.

**SWAN CHANCE**

Tilting her head to the right (her neural emotional epicentre) and exposing her neck are dead giveaways she's interested. "Making slow, stroking movements here moves your imagination towards touching her in even more sensitive areas," says Lorraine Adams\*, the dating and relationships expert who introduced speed dating to the UK. Show you've read her signs and stroke the underside of her fingers to trigger shockwaves throughout her nervous system.

**FACE HER EARS**

"Fiddling with one or both of her earrings usually means one of two things," says Phipps. "If her wrists are facing forward, then she's almost certainly flirting. But spot backwards-facing wrists and that's your cue to back right off."

**READ HER LIPS**

No matter what she's saying, it's her lip movements that do the real talking. According to Greg Hartley, former military interrogator and author of *How to Spot a Liar* (Career Press), the pressure of lying causes blood to be directed away from her mouth. So learn James Bond's knack of spotting a double agent by her pale, cold lips when she kisses your cheek.

**CHECK HER BLINK RATE**

Blinking more than 15 times per minute is like a Morse Code for dishonesty. "Lying sends us into fight or flight mode," says Hartley. "The mucous membranes on her eyelids dry out and stimulate blinking." So unless there's an insect in her eye, fluttering lashes tell you to proceed with caution.

WORDS BELLA BLUSSETT. PHOTOGRAPHY ALEX YOUNG. STYLING VICKI HILLMAN AT ERA MANAGEMENT. HAIR AND MAKEUP GINA ANDERSON AT LHA REPRESENTS. MODEL MORGANE AT MOT. \*LORRAINE ADAMS' LATEST DATING SITE CAN BE FOUND AT [LOVEANDCOMPANY.COM](http://LOVEANDCOMPANY.COM)



LEG TUCKED BEHIND THE OTHER A

### No milk today

Calcium doesn't just strengthen bones: it cuts your risk of heart disease by 23%, found the Karolinska Institute in Stockholm, Sweden. But gallons of milk means loads of fat, so try these alternatives...

#### TURNIPS

Contains a massive 400mg of calcium per serving - nearly your entire Recommended Daily Amount (RDA), which is set at 500mg in the UK (up to 1,200mg is safe). Even better, it's rich in indole-3-carbinol, a chemical that stops cancer cells developing, according to new research from the University of Berkeley, California. Anyone fancy a Sunday roast?

#### KALE

Not only is kale rich in calcium (150mg per serving), it's high in sulforaphane, a chemical which fights colon cancer, according to a study in the journal *Carcinogenesis*. Eat a large handful and you'll also get a whopping 1,328% of your RDA of vitamin K, which helps to fend off osteoporosis.

#### BROCCOLI

Another veg that's not well known for its calcium content, but still able to pack around 100mg per serving. Researchers at Imperial College London found that broccoli helps unclog your arteries and reduce your risk of stroke, too. A weekly bowlful cuts your risk of prostate cancer by 45%.

#### ALMONDS

Loaded with calcium, 100g will provide you with a whopping 248mg, which is nearly half of your RDA. Keep a handful with you to safeguard your heart even more - a study published in the journal *Circulation* found the nuts regulate cholesterol levels, too.

### Ministry of the Bleedin' Obvious

This month's least surprising research

**Men tend to be attracted to women who have a large breast-to-hip ratio**

Georgia Gwinnet College, US

## THROW DIABETES ON THE BARBIE

'Tis the season for searing animals *alfresco*, but before you start flipping those burgers, take a leaf out of the book of our friends Down Under and toss a shrimp or two on the flames. One skewer of these crustaceans will give you around a quarter of your daily protein for just 112 calories and less than 2g of fat. Plus, scientists at the University of Montpellier, France, discovered that selenium - abundant in shellfish - will toast your chances of developing diabetes. And if by some fluke we get some proper barbecue weather too, researchers at Maastricht University in The Netherlands found that selenium lowers your risk of skin cancer, too. Sadly, it has no properties that will stop you from burning sausages - again.



The tasty alternative to insulin

### THE CANCER-PROOFING SUMMER SMOOTHIE

Follow this three-step solution to the big C, and keep your cool this summer. Gentlemen, start your blenders

#### PAPAYA

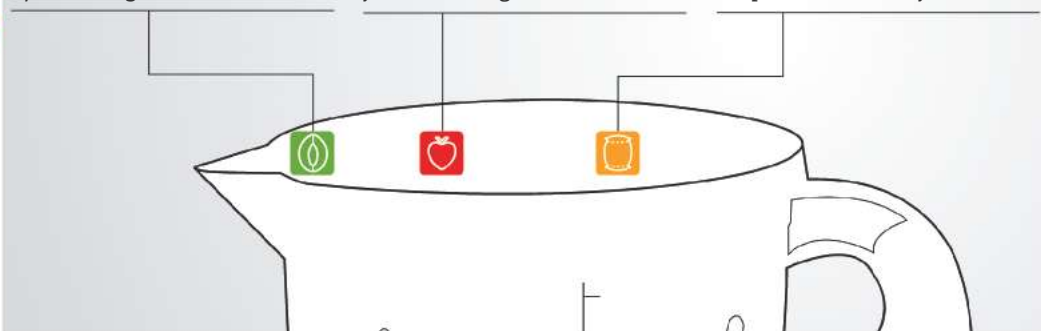
It'll slash your chances of developing the ailment, according to research in *The Journal of Ethnopharmacology*; as it boosts production of cytokines helping your immune system to fight cancerous cells.

#### STRAWBERRIES

A sweet accompaniment to papaya. Wimbledon's favourites are packed with cancer-killing phenolic antioxidants, say scientists at the University of California. Use seven to quench your thirst for good health.

#### OATS

Jam-packed with fibre, a study in the *American Journal of Epidemiology* found a regular intake will dramatically cut your risk of developing lung cancer. A man-handful in the mix will keep the illness at bay.







L'EAU D'ISSEY POUR HOMME

ISSEY MIYAKE

# PACE SETTERS

Matt Gilbert, deputy editor of *Runner's World*, selects the best multipurpose kit to keep you performing at your peak this summer



## 1 MOVE INTO TOP GEAR

For form and function, the Germans can't be beat. The sports car-inspired suspension system on these trainers turns vertical movement into forward propulsion, shifting you smoothly and stylishly. *Adidas-Porsche Bounce S* £290, [adidas.com](http://adidas.com)

## 2 SQUEEZE MORE FROM YOUR TANK

Studies from the University of Dresden showed that compression kit increases your blood flow up to 40% during training. This means a major boost of oxygen to your muscles. *Nike Pro Running Compression Socks* £7.80 [nike.com](http://nike.com)

## 3 PLAYING SHIELD

The British summer is more changeable than Lady Gaga's passport picture. This slim-fitting jacket has your back come rain or shine. Zip-off sleeves allow you to turn it into a gilet when the sun makes an appearance. *GORE Air III Zip-Off Jacket* £130 [sweatshop.co.uk](http://sweatshop.co.uk)

## 4 FRESH AIR

The complex honeycomb fabric in this ultra-light training top supports your chest and upper-body muscles, improving your posture and upping your intake of oxygen with every single breath. *Salomon Exo Zip Tech Tee* £80 [salomonrunning.com](http://salomonrunning.com)

## 5 WRISTBOOK

Performs like a supercomputer without looking like one, making it an everyday timepiece, too. The watch locks onto satellites within 3.5 seconds and stores 200 hours of training data so you can track your pace and distance over time. *Garmin Forerunner 110* £170 [simplyrun.co.uk](http://simplyrun.co.uk)

## 6 COOL RUNNINGS

Add a layer to cool down? Sounds like madness but hear us out: As you overheat, microcapsules in this kit release a menthol solution, tricking your grey matter into thinking you're cooler so you can push on through the pain barrier. *Skins ICE tights* £80 [skins.net](http://skins.net)



## SHOCK AND OAR

Summon up your inner Steve Redgrave to get leaner three times quicker

Going nowhere fast can be the quickest way to shed pounds. Just 30 minutes on a rower can burn 400 calories - without ever getting your feet wet. "By mixing bursts of high intensity work with low intensity recovery, you're overloading your aerobic and anaerobic systems simultaneously,

getting the benefits of both," explains Mack Parnell of Reboot personal training ([rebootpt.co.uk](http://rebootpt.co.uk)). "This will shift three times more calories than a regular rowing session." All you need is a heart rate monitor and some simple maths. (Plus it beats an irate dwarf shouting at you down a megaphone.)

## THE WORKOUT\*



## 2 TWO-SECOND TIP EXHA





# Ermenegildo Zegna

AN ENDURING PASSION FOR FABRIC AND INNOVATION SINCE 1910

[zegna.com](http://zegna.com)



# THE DAILY GRIND

Your coffee shop holds an arsenal of weaponry to push your career success and fuel workouts



## UP FOR THE CUP

Sick of spending £2 for your molten-hot high-street cappuccino? Become your own barista, serve up infinitely better coffee and save pots of cash

### 1 BEAN CHOICE

Always buy pre-ground 100% arabica beans, which give a richer flavour but are 50% lower in caffeine than robusta beans. "Pre-ground beans are just as good as those ground at home," says Lavazza's training manager Tony Botterill. "Refrigerate them for best results."

### 2 PREPARATION

Boil the kettle. "Warm your cafetière by swilling water around it, before tipping the water away so your coffee stays warm," says Botterill. Add 7g of coffee per cup. Now fill the cafetière with hot water, but give it a minute. "If it's only just boiled, it'll scorch the coffee, leaving a bitter taste."

### 3 BREWING TIME

Put on the lid and let it sit for 2 minutes. For a pre-gym boost, leave it longer to maximise the caffeine content. Later in the day, a shorter brewing time will lift you without compromising your sleep.

### 4 MILKING IT

While your coffee's brewing, heat your milk until it's warm but *not* boiling. "This will make your coffee smoother in texture and keep it warmer for longer," says Botterill.

### 5 TAKE THE PLUNGE

Push down the plunger and serve straight away in a porcelain mug (no need to dust off Granny's tea set: a thick, builder's tea mug is porcelain) rather than a china one, which allows heat to escape quicker. Milk should be poured in afterwards, to better judge the desired colour.

### REINVIGORATE

A perfectly balanced cup of coffee to spark your metabolism, fire your energy levels and spirit you smoothly from kitchen to workplace.





## CAN I GET A.....

Take away the right coffee and reap the rewards



### ESPRESSO

**What?** Like Carlos Tévez, small but effective. "An espresso is 30ml of rich coffee," says Tony Botterill, training manager at Lavazza.

**Best for** Instant energy.

**Maximum daily allowance** 5 cups.

**Serving suggestion** "Drink within 10 secs for best flavour," says Alan Hartney, UK coffee ambassador for Starbucks.



### FLAT WHITE

**What?** "Two shots of espresso topped with steamed milk," says Hartney.

**Best for** Maintaining concentration, courtesy of its hefty 150mg caffeine hit.

**Maximum daily allowance** 2 cups.

**Serving suggestion** Don't skimp on the white stuff for a mere 30-calorie saving. "Go for whole milk's texture," says Hartney.



### MACCHIATO

**What?** Pronounced 'mac-ee-ah-toe': an espresso smoothed with a little milk foam.

**Best for** Post-business lunch - it's light on the stomach but fires up the brain

**Maximum daily allowance** 5 cups

**Serving suggestion** "If you'd like a coffee but are dubious about quality, order this - the milk masks bitterness," says Botterill.



### MOCHA

**What?** "A hot chocolate with espresso," says Meikle-Janney. The cocoa boosts the caffeine up to 20% more than an espresso.

**Best for** Post-gym recovery (there's 10g protein per cup)

**Maximum daily allowance** 4 cups

**Serving suggestion** Lay off the whipped cream and save 4g of saturated fat per cup.



### AMERICANO

**What?** "An espresso with added hot water," explains Paul Meikle-Janney, coordinator of the UK Barista Championships.

**Best for** A pre-workout energy boost.

**Maximum daily allowance** 2 cups

**Serving suggestion** "Vitality, this gives hydration before physical activity," says Lisa Miles of the British Nutrition Foundation.



### CAPPUCCINO

**What?** "It derives its name from the Order of Capuchin Monks, who wear brown robes with white hoods," says Meikle-Janney.

**Best for** Your morning wake-up quaff.

**Maximum daily allowance** 5 cups

**Serving suggestion** "If the machine is screeching, there's not enough steam going in and it'll taste boiled," says Hartney.



### ESPRESSO RISTRETTO

**What?** At 20ml, it's the first two-thirds of an espresso. "The caffeine content is low," says Botterill.

**Best for** Post-evening meal - the low caffeine content won't keep you awake.

**Maximum daily allowance** 8 cups

**Serving suggestion** With a dash of steamed milk for a smooth post-dinner hit.



### CAFFÈ LATTE

**What?** Pronounced 'la-tay', not 'lah-tay', this is a long cappuccino.

**Best for** Fighting hunger, thanks to its protein-packed milk content

**Maximum daily allowance** 5 cups

**Serving suggestion** "Use skimmed milk to trim 9g fat," says Miles. "It's a myth that skimmed milk doesn't froth," adds Botterill.

## FULLY CAFFEINATED

Whether you're preparing a lazy Sunday latte or a pre-dawn espresso boost, our coffee experts suggest the best brewing kit to keep you full of beans

### 1. Lavazza A Modo Mio

Not just a pretty face, the A Modo Mio is one of the few espresso machines with a milk frothing arm. "Gives the tastiest results of all espresso makers," says *Which?* editor Martyn Hocking. £119-£169, [storeuk.lavazza.com](http://storeuk.lavazza.com)



### 2. Bialetti Moka Express Hob

With a nine-cup capacity, this is an efficient way to make espressos. "Fill to just below the steam valve and gently heat to avoid a bitter taste," says Joe O'Hara, director of barista service Ristretto ([ristretto.com](http://ristretto.com)). £32, [bialetti.com](http://bialetti.com)



### 3. La Cafetière Classic Chrome

With stainless steel and heat-resistant glass, this classic French-press has a large filter to capture oils, giving a stronger flavour. "It's affordable, reliable and makes coffee with a great aroma," says O'Hara. £25, [lacafetiere.com](http://lacafetiere.com)



### 4. Krups GVX2 Expert Coffee Grinder

An impressive 17 'fineness' levels let you control exactly how you want your drink. "Discs rather than a blade grind granules evenly for a smoother taste," says Paul Martin, electricals buyer for John Lewis. £36, [krups.co.uk](http://krups.co.uk)



## SALSA VS. THE BIG C

Your summer sauce will be offering more than a little spice to your garden party - it'll prevent cancer, too. The scientists at the University of Western Ontario found that although you may be burning all the meats the butcher has to offer, your salsa will be saving lives. The combined tomato and spices are sources of cancer-killing antioxidants, says study author Raymond Thomas. Add some Mexican medicine to your fridge for 88p at Tesco. Sombrero sold separately.



A jab of salsa will send the Big C back to his corner

## BEHIND THE BLURBS

Ignore the label and listen to science

### OLD CLAIM

St. John's wort may ease irritable bowels

### NEW STRATEGY

"Ask your doctor about taking Lomotil," says Dr Mark Welton, gastroenterologist. It'll improve performance in your digestive tract.

### OLD CLAIM

Ginkgo biloba may prevent cognitive decline

### NEW STRATEGY

Drinking fruit and veg juices three times a week reduces your chances of Alzheimer's by 76% found the *American Journal of Medicine*. Drink V8 (£1.20 tesco.com).

### OLD CLAIM

Vitamin E may reduce your risk of cardiovascular disease

### NEW STRATEGY

Make like Bugs. A Wageningen University study in the Netherlands found that crunching carrots will reduce your risk of CVD by 20%.



Drink to make your heart robusta

## COFFEE IS GOOD FOR YOUR HEART

High caffeine may sound like trouble for your ticker, but surprisingly, enjoying your coffee in moderation will actually cut your risk of heart rhythm disturbances by 18%, say scientists at the Kaiser Permanente Division of Research, California. Even up to five cups a day can have positive effects on your heart, say the study authors. Try and make it a low-fat Americano; a Grande Caramel Macchiato was not shown to have the same effects.

## Ministry of the Bleedin' Obvious

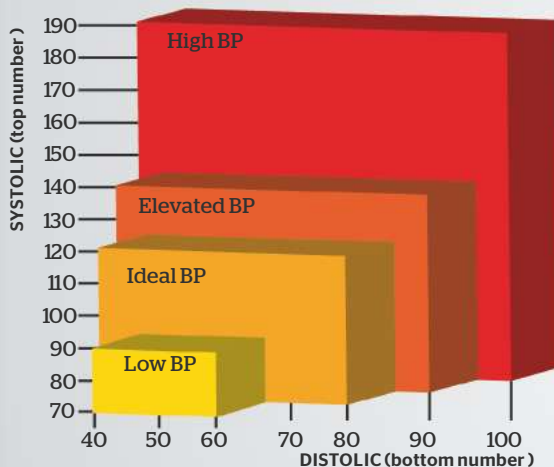
This month's least surprising research

## You can maintain your weight if you exercise and eat a normal diet

Brigham & Women's Hospital, Harvard Medical School, Boston

## THE M#BLOOD PRESSURE CHECK

You can slash your risk of a high blood pressure-induced stroke by tweaking your diet, according to the Blood Pressure Association. If your reading is high, Paul Gayler, author of *Healthy Eating for Lower Blood Pressure* has a guide to bringing your reading back down to safety



|                  |                              |                                                                                                                                                                                                               |
|------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 90/60 or below   | You have low blood pressure  | This isn't usually a problem, but if you are prone to fainting, you should visit your GP for advice.                                                                                                          |
| 91/61 to 120/80  | Your BP is ideal             | Steam your vegetables every day to preserve their potassium - it has the reverse effect in the body to salt, helping you maintain a healthy pressure level.                                                   |
| 121/81 to 129/84 | Your BP is marginally high   | Slash it when frying, grilling and roasting by ditching oils for cooking sprays. Mix together $\frac{2}{3}$ olive oil and $\frac{1}{3}$ water in a spray bottle. Infuse the oil with herbs for extra flavour. |
| 130/85 to 139/89 | Your BP is high              | Soluble fibre can help lower cholesterol levels. Pulses, such as red lentils can help regulate your pulse. Their fibres bind to bile acid, decreasing your BP.                                                |
| 140/90 or above  | You have high blood pressure | You should visit your GP for advice. Improve your chances of a healthy diagnosis by following the tips above.                                                                                                 |





# BURBERRY SPORT

THE NEW FRAGRANCES FOR  
WOMEN AND MEN





## BE PREPARED TO CAPTURE THE UNEXPECTED

The new Panasonic Lumix TZ10 is a compact digital camera that takes stunning still pictures and High Definition movies at the touch of a button.

Its powerful Leica DC zoom lens lets you get closer to the action during filming, and GPS tagging allows you to map the location of every shot you take. So whatever surprises might be in store, you don't have to miss a single detail.

Because capturing the unexpected matters.

**EVERYTHING MATTERS.**



12X OPTICAL ZOOM



16X INTELLIGENT ZOOM







# RACK 'EM UP

Smart seasoning makes food taste better and can have a serious effect on weight-loss goals. Sprinkle the right herbs and spices on each meal to shave bonus pounds



|                                                                                                                                                                                                                   | HEALTH BONUS                                                    |  | DISH UP                                                                                                                                                                                                         | ANTI-FAT POWER                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>CAYENNE PEPPER</b><br>A study published in the <i>International Journal of Obesity</i> showed that capsaicin – that's the hot stuff in cayenne – improves your fat breakdown and makes you feel full.          | <b>Fires up your immune system to fight passing infections.</b> |  | "Try adding half a teaspoon of cayenne powder to pasta sauce," says Birgit Erath, owner of The Spice Shop (thespiceshop.co.uk). Or add after the onions to give any chilli a mule-like kick.                    | <b>Just one fifth of a teaspoon of cayenne in a glass of tomato juice before each meal will reduce your fat intake by 16%.</b> |
| <b>CINNAMON</b><br>A report in the <i>American Journal of Clinical Nutrition</i> proved cinnamon reduces spikes in your blood sugar after meals, so you're less likely to be reaching for snacks two hours later. | <b>Boosts blood circulation.</b>                                |  | Add a teaspoon of ground cinnamon to your morning porridge and boost your breakfast's flavour. Double the health benefits by boiling up a couple of cinnamon sticks in water and drinking it as a tea.          | <b>A 6g teaspoon of cinnamon sprinkled in rice pudding will reduce your blood sugar spike by as much as 50%.</b>               |
| <b>MINT</b><br>Fresh peppermint leaves help your body digest food and absorb gases in your intestine, says a study in the <i>American Journal of Gastroenterology</i> .                                           | <b>Soothes headaches.</b>                                       |  | Chop a handful of mint leaves into natural yoghurt and use as a dip, or add to couscous.                                                                                                                        | <b>A quick whiff of peppermint oil every 2 hours cuts your daily calorie intake by 23%. Not to be sniffed at.</b>              |
| <b>GINGER</b><br>Research in the <i>Journal of Alternative and Complementary Medicine</i> highlights ginger's anti-inflammatory properties, keeping your schedule on track by reducing chances of injury.         | <b>Fights nausea (and hangovers).</b>                           |  | "For best effects, buy ginger root that feels heavy and dense," says Erath, "then grate it into stir-fries."                                                                                                    | <b>If you're injured, ginger reduces swelling and movement pain by 10%.</b>                                                    |
| <b>FENNEL SEEDS</b><br>Fennel seeds are known to suppress hunger and can counteract stomach bloating and tummy ache. Evidence suggests the seeds also have a positive effect in reducing high blood pressure.     | <b>Aids your post-meal digestion.</b>                           |  | Try fennel seeds in a hunger-beating brew. "Crush a teaspoon of fennel seeds in a mortar and pestle, pour on boiling water and brew for around 10 minutes – this will draw out the essential oils," says Erath. | <b>"Drink your fennel tea around 30 minutes before eating to cut maximum calories during your meal," says Erath.</b>           |

WORDS ANNA LONGMORE, ROB KEMP. PHOTOGRAPHY SARAH HOGAN AT ERA MANAGEMENT. FOOD STYLIST CAROL TENNANT. SALTER BODYWISE STAINLESS STEEL ANALYSER 917 FROM SALTERHOUSEWARES.COM



**TWO-SECOND TIP** CHROMIUM SUPPLEMENTS CRUSH SUGA CRA

TRY GTF CHROMIUM TABLETS (50 FOR £3.59,

NDANDBARRETT.COM)

## Leaving your job or your girlfriend can get messy - here's how to exit unscathed

## WHY DO YOU WANT TO ESCAPE?

## EVERYTHING'S STALE

## WORK

**Are you certain you can *only* achieve your goals elsewhere?**

**YES** “Stock your lifeboat before you jump,” says John Lees, author of *How to Get a Job You’ll Love* (McGraw-Hill). Prioritise refreshing two key contacts daily, post-decision.

**NO**

"Meet your boss and enquire about future projects to ensure you won't miss any pay rises or promotions," says Lees. If necessary, say you're considering a house move as your smokescreen.

**WE'RE NOT TALKING**

## WORK

**Is the problem more than 50% your fault?**

**NO** Don't get into a blame game. Plan for the future: "Reinforce your positives to ensure they're remembered in the reference conversations to come," says Lees.

Hand in your notice. "In your exit meeting, stick to the story that you are leaving to develop your career," says career coach Steve Body. "Only answer the questions *you* want to answer."

## LEAVING FOR A BETTER OFFER

## WORK

### Is there a chance you might come back?

**YES** “Make colleagues feel they’ve been partners in getting you to this stage,” says Freedman

**NO** “Send personalised emails and thank them for *specific* things they’ve done.”

Even if you don't intend to return, you're likely to cross paths again. "Think how you want to be remembered," says Michelle Brown of [monster.co.uk](http://monster.co.uk). Spend your notice living up to that image.

[HOME](#)

**Are you often angry with your partner?**

**NO** The opposite of love is indifference. "When you can't be bothered to argue, you know it's over," says Paula Hall, author of *How to Have a Healthy Divorce*. Just accept it.

**YES**

**And with other people?**

**YES** “Locate the source of your anxiety and attack the problem first, then return,” says Hall.

It's time to split. "Pre-identify those who are social supports," says Hall. It's a shorter fall if the net's waiting.

[HOME](#)

**Is the problem more than 50% your fault?**

**YES** Stay calm, take your punishment and move on. “Don’t interrupt when she’s speaking and never raise your tone to match hers,” says body language expert Judi James. “You’re leaving anyway, so take the hit.”

**NO**

One rule: absolutely no hugs. "Physical closeness will only give her false hopes and prolong the pain," says James. "Look her in the eye and keep your shoulders back: muscles contract under pressure and you don't want to look uncertain."

[HOME](#)

**Are you leaving for someone she knows?**

**YES** “Avoid platitudes like ‘I never meant to hurt you.’” says James. “She’ll want to know who you’ve been seeing and when. Tell her the truth: the only stage you should lie in is if she asks ‘Did you do it in our bed?’” (Unless the answer is no.)

**NO**

A clean break is best. "Tell her you're sorry but you've met someone and you need to end your relationship," says James. "Then keep your meetings to a bare minimum: stay in touch and she'll think she's got a chance."



**EXIT  
THIS  
WAY**

**DO...**

Keep your friends close and your enemies on Facebook. Set up rivals as online contacts. That way you can keep track of their progress without ever having to speak to them.

### DON'T...

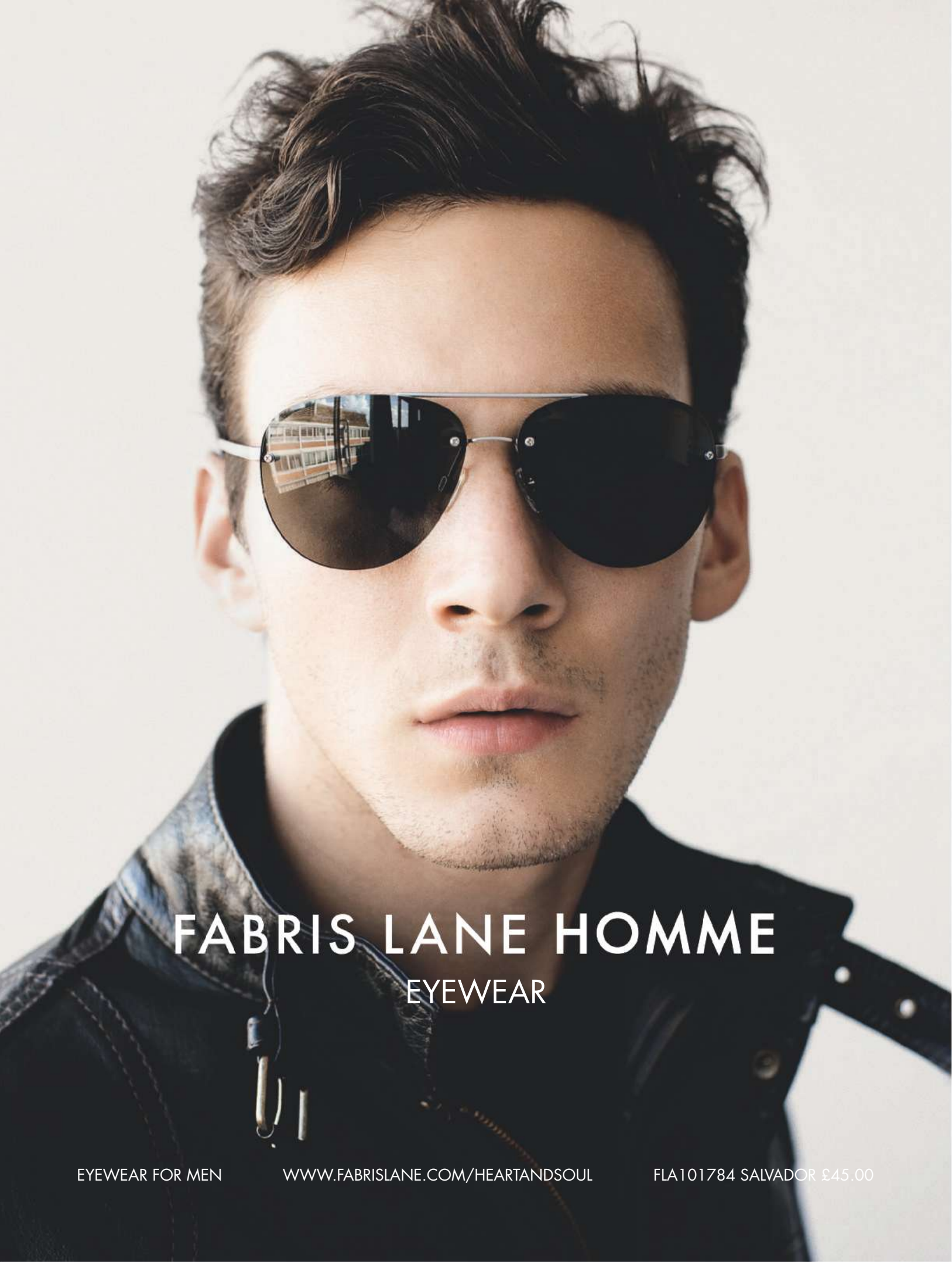
Go in blind. “Imagine all the things they’ll do to change your mind, then decide your responses beforehand,” says James. “Your mind needs to be completely made up to succeed.”

**ALSO...**

Defend your decision with your body. “Face your subject and don’t look away when telling them it’s over,” says James. “Avoid shrugging, too: it’s a sign of indecision.”







# FABRIS LANE HOMME

## EYEWEAR

EYEWEAR FOR MEN

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The endo justifies  
the means



*SUPERCARGING FOR YOUR BONES*

## Bones, glugs and harmony

**Sink a shake to fuel your gym body and  
you'll be stacking your skeleton, too**

There are enough muscular reasons to make a quality protein shake an important feature in your daily gorging, but now scientists at the University of Surrey have discovered that protein also increases your bone mineral density (BMD). **A protein shake boosts the hormone that affects your BMD, making you less prone to injuries now and osteoporosis later.** What's more, adding milk will throw calcium into your skeletal-steeling cocktail, too. Stock up, and you'll soon make Wolverine look like a glass ballerina.

# SHARP



**\*Image simulated. Reaction is not.**

**THE NEW SHARP QUATTRON. FOR COLOURS NEVER BEFORE SEEN ON TV.**

The Quattron is a world first, with a unique 4 colour technology giving you 1000 times more colour than any other television. By adding a yellow sub-pixel to the standard RGB colour matrix we can now produce shades of colour never seen before on TV. 22 years ago Sharp invented the LCD TV and now we have reinvented the technology. **You have to see it, to see it.**

See the difference the yellow sub-pixel makes at [quattron.tv](http://quattron.tv)





**WEEKEND WARRIOR**

The best iPhone apps to help you upgrade your downtime

**MUSICMATCHUP**  
Gigometer, £0.59

**What?** Complete gig listings, synchronised with maps for directions, too.

**Why?** "It features every venue available and gives links to band websites," says music mag *Stool Pigeon's* Cyrus Shahrad.

**How?** Draws all info from last.fm, meaning it's up to date.

**TOURGUIDE**  
NearestWiki, £1.19

**What?** A localised Wikipedia identifying everything of interest in your immediate vicinity.

**Why?** "Unearth things on your doorstep you never knew existed," says *Guardian* travel journalist Susan Greenwood.

**How?** Uses the iPhone's camera to instantly recognise your location.

**HEAD CHEF**  
Jamie's 20-Minute Meals, £4.99

**What?** The Naked Chef talks you through 55 exclusive 20-minute recipes.

**Why?** "These are simple, healthy recipes," says food writer Beverley Glock of splatcooking.net.

**How?** Short films make even the most hamfisted of chefs look Michelin-starred.



# 10 OVERLOOKED RITES OF PASSAGE

## 1 GETTING ON THE PROPERTY LADDER

Superficially, it's the medal of middle-class success, but in essence it's the equivalent of trying to build a house of cards in a gale, while dependent on the help of someone lazy, someone incompetent, and someone rapaciously greedy. It's character-building, if wallet-emptying.

## 2 YOUR FIRST PAY-PACKET

It was a finite quantity of notes in a brown envelope. Maybe if global finance was as tangible, we wouldn't all be jammed in the bad debt khazi.

## 3 FAILING A DRIVING TEST

Truth be told, you were actually a bit of a menace out there. It's better to be apprised of that by an officious man in a brown suit than an oncoming HGV.

## 4 THE CUTLESS SHAVE

No crimson balls of tissue or howls of pain when you slap on the Armani Code. Once you've had a few on the bounce, it begs a transferable life question: "Am I getting better at this, or has my skin just got thicker?"

## 5 YOUR FIRST FRIEND TO GET REALLY SICK

Because you've reached a stage in life when bad things happening to good people has ceased to be tragic and is now merely unfortunate. It's a signal to stop *making* plans and actually carry some out.

## 6 TURNING DOWN AN ILLICIT ONE-NIGHT STAND

There comes a point when the sweetest thing you can wake up with is a clear conscience.

## 7 CHANGING YOUR HAIRCUT

We know a man who hasn't changed his for 15 years. His name is Robbie Savage.

## 8 TREATING YOUR PARENTS

It's not like you can ever really repay the debt, but the look of delight when you arrange a meal at a posh restaurant or a weekend at a country hotel shows they appreciate you just meeting the interest now and again. Plus, the feeling of out-Godfathering your siblings

when the Champagne arrives is one of life's great guilty pleasures.

## 9 DROPPING SOME OF YOUR CREEPING THIRTIES-FLAB

Do not go gentle into the oversized trouser shop, rage against the tightening of the belt! Decline may be inevitable, but its trajectory isn't. Don your running togs and get back in the game.

## 10 STARTING TO BELIEVE IN SOMETHING AGAIN

It could be anything from Shinto to supporting England in the World Cup. The alternative is cynicism, and there's nothing dignified about such a small-stakes bet.



When ponies went binary we spent them thrice as fast



# ANOTHER DIMENSION

Sky is launching a 3D channel and 3D Blu-rays are on their way. It's time to take your home entertainment system to a new dimension



## EXECUTIVE BOX

Sky will broadcast in 3D later this year, and you'll need this box if you want to watch all the sports, movies and shows on offer. "Navigation is easy, and recording and playback are user-friendly," says Matt Bath, technology editor at *Which?*. Sky 1TB box, £249 (plus £10 a month subscription and £30 installation), [sky.com](http://sky.com)



## REMOTE ASSISTANCE

You need to easily control every element of your new 3D system and this is master of all (with an interface as simple as an iPod). "It works with over 225,000 devices so is guaranteed to be compatible with your set-up," says *The Gadget Show's* web editor Linsey Fryatt. Logitech Harmony 650, £70, [logitech.co.uk](http://logitech.co.uk)

WORDS JOE SVETLIK. PHOTOGRAPHY KINGSLEY BARKER



**TWO-SECOND TIP** WHETHER IT'S THE TUT N SHIVE IN DONCA



 **46-INCH PASSPORT TO PLEASURE**

To truly experience 3D, this TV features a 'Hyperreal Engine' that eliminates motion blur, making it ideal for football. Plus it can upscale normal TV channels to 3D. "While it's expensive, the quality potential is very exciting," says Joe Cox, news editor at *What Hi-Fi? Sound and Vision*. *Samsung UE46C7000*, £2,000 (including two sets of 3D glasses), [samsung.com](http://samsung.com)

 **BLU-RAY OF LIGHT**

You can enter your TV's screen size to fit the image perfectly, and it's the fastest-starting Blu-ray player available. "It gives the best 3D hi-def picture quality available," says Luke Peters, deputy editor of gadget magazine *T3*. And with a glut of 3D Blu-rays due later this year, you're well positioned for years to come (ie: on your sofa). *Samsung BD-P6900*, £350, [samsung.com](http://samsung.com)

 **3D NOISE**

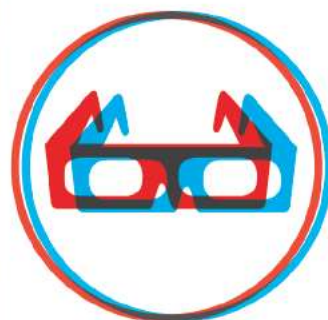
These speakers will envelop you like Han Solo in carbonite, and you can detach them from their stands to mount on your walls. "Titanium dome tweeters make dialogue crisp, and graphite subwoofers mean great bass, so it's perfect for action and speech-heavy movies," says Peters. Because it's not just the 3D picture that should fill your lounge. *Panasonic SB-TP1000*, £1,700, [shop.panasonic.co.uk](http://shop.panasonic.co.uk)

 **SOUND IS GOLDEN**

These headphones block ambient noise and their open back design means sound isn't confined to a tight space. There are even individual volume controls for each ear. "They're also wireless, so you can enjoy movies from anywhere in the room," says Peters. *Sennheiser RS180*, £220, [sennheiser.co.uk](http://sennheiser.co.uk)

**THIRTY SECOND 3D DEGREE**

**Insider knowledge on viewing in the third dimension**

**1 How does 3DTV work?**

There are 'passive' and 'active' 3DTV systems. Passive systems split light horizontally and vertically before filters on standard 3D glasses make one image from the two. Active ones use glasses with shutters that close 120 times a second, so you only see image. "Active glasses give twice the resolution," says Daniel Simmons, senior analyst at media consultancy Screen Digest.

**2 What do I need?**

A 3D TV set (obviously), glasses (they'll come with the set) and a Sky subscription for its 3D channel (launching autumn) or a 3D Blu-ray player. "Some TVs 'upscale' 2D to 3D, but the results are not as good as true 3D," says Simmons. It involves analysing picture depth, then separating it so your eyes see different depths, rather than filming two separate pictures then overlaying them, which true 3D does.

**3 What's next?**

TVs without glasses have been trialled, but have tended to make test subjects nauseous, and require you to be facing the screen completely straight-on. The closest researchers have to a solution is using a head-mounted sensor, but give it a decade and 3D specs should be joining Ceefax in the great hall of redundant TV tech.

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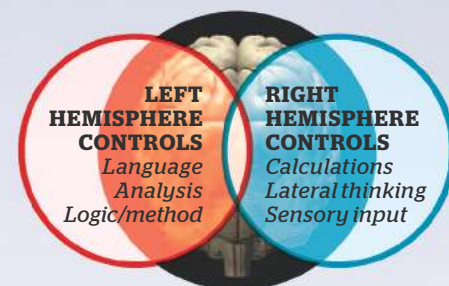
Volvo. for life





# CHOOSING SIDES

Harness the hidden power of your brain's separate hemispheres to supercharge your daily performance – and results



## RIGHT FIRST TIME

**How** Cock your head to the left when taking notes, or make a point of addressing the right side of colleagues when passing on information (eg 'tea, no sugar, leave the bag in'.)

**Why** Specific details stick like glue in recipients' minds when addressed from the right. The right ear is controlled by the left side of the brain, which processes non-emotional info.

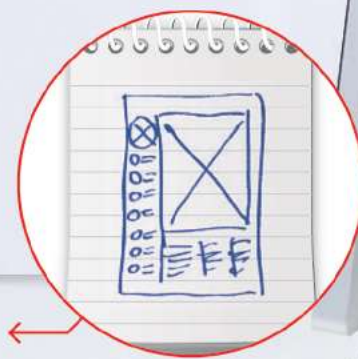
**Use for** Delegating tasks to office subordinates.

## CREATE SOLUTIONS

**How** "Scribble all your creative ideas down, then walk away for 30 minutes," says Robert Bilder of the US Centre for the Study of the Biological Basis for Creativity. Return and your brain's 'utility detector' will pick the best.

**Why** "This activates both the creative and practical centres of your brain one after another," says Bilder.

**Use for** Perfecting a winning pitch when time is tight.



## INSTANT SUCCESS

**How** Tap the fingers of your right hand to correctly call split-second decisions.

**Why** Scientists at Appalachian State University in the US found that subjects who did this for 45 seconds were less likely to make decisions they'd later regret. Right-side movement – fingers or feet – prevents rush-of-blood decisions by activating your brain's risk-averse left hemisphere.

**Use for** Making the right decision in high pressure meetings.

## DO THE IMPOSSIBLE

**How** Take one minute to sit quietly and breathe deeply in through your nose, to the pit of your stomach.

**Why** In Wisconsin University studies, subjects were able to increase their brain activity by 15%, by enabling the right side of their brain (home of clinical thinking) to relax while sparking their forward-thinking left half. It's a simple way to hotwire your brain into a more upbeat outlook.

**Use for** Finding alternative solutions mid-meeting when Plan A is shot down.

## MAKE AN IMPRESSION

**How** Whisper jokes or gossip into colleagues' left ears.

**Why** Tests at Sam Houston State University in the US found we're able to recall more than 70% of "emotional" sentences told to our left ear, as opposed to only 58% with our right. "The left ear is controlled by the right side of your brain, which triggers better responses to emotional appeals," says lead researcher Teow-Chong Sim.

**Use for** Making an instant impact with a new colleague or client by targeting your best one-liners to hit the spot.

## SUPERSONIC SENSE

**How** At post-work drinks, to catch more conversation than you miss, lean in with your right ear.

**Why** Your right ear sends messages to your brain's left hemisphere, which is best at following rapid speech rhythms. Alcohol decreases your hearing by an average of 15 decibels – the equivalent of stuffing cotton wool into your ears. And you don't want to miss the good stuff.

**Use for** Extracting career-boosting nuggets from colleagues in a social setting.



**TWO-SECOND TIP** DON'T TIDY YOUR DESK: SIFTING PA

IS ONE OF THE BEST WAYS TO SPUR BRAIN CONNECTIONS A

CA A YSE CREA

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**COVER-MODEL MUSCLE**

# FARMER'S LIFE

This month's cover star gives you the inside track on attaining model status

**VITAL STATS****JAMES FARMER****Age** 27**From** Epsom, Surrey**Profession** Physiotherapist**Height** 6ft (182cm)**Weight** 13st 10lb (88kg)

**1 Spread low** My number one tip is low-fat cottage cheese – I love the stuff. I'll spread it on Ryvita for a snack that's high in slow releasing proteins and low in saturated fat.

**2 Reach for a better body** I'm a firm believer in climbing: it challenges all of your muscles simultaneously, and helps develop transferable stamina.

**3 The sub-60 rule** You're wasting your time if any training session runs over an hour. Either make them more intense or reduce your training volume.

**4 Blast off** For an intense workout try a Power Blaster session: 40 pull-ups (20 with a 10kg weight), a 500m row, clean and press lifts, a 1,000m row, then press-ups.

**5 Bunch of fives** Avoid putting limits on what you can achieve. Instead, envision your max and always add five – be they minutes, reps or kilos.

**6 Make model meals** A protein-filled breakfast should be the cornerstone of every day. Try blending whey protein, oats, water, yoghurt, berries and honey together.

**7 Let the bastards get you down** Nothing is tougher than the bastard (combines a burpee, press-up and star jump). This was introduced to me by a friend in the marines.

**8 Keep it simple** My favourite lunch combines protein and oils for energy and long-term muscle repair: a tuna salad with sundried tomatoes and hard boiled eggs.

**9 Embrace the matrix** The press-up matrix is brilliant for definition. Change your hand position with each press-up, using every position you can think of.

**Herculean physique?**  
James has it wrapped





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biggest problem  
should be my opponent,  
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skin.**



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# The Best Tip By Far, So Far

+ In what is surely the greatest health news ever, watching the beautiful game prevents the onset of age-related dementia

## July '10

Life-changing advice  
that's easy to apply

### THE THINKING MAN'S GAME

**I**t's not like you need another excuse to don your country's colours and yell at the greatest spectacle sport has to offer, but scientists at Alzheimer Scotland have found that doing so will protect your brain from the onset of age-related damage. The emotions evoked by the beautiful game improve memory and safeguard your mental health later in life

by drawing strong associations. "Football reminiscence is both enjoyable and appears to have many benefits," explains Professor Debbie Tolson, from Glasgow Caledonian University, which evaluated the project. The scientists drew no correlation with England's performance and the level of the effects on your mind; let's hope it remains that way.





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The time you have to drink an espresso after brewing to ensure the very best flavour. [p30]



## Blinking

Too much of this is a clear sign of dishonesty. If your date flutters her lashes more than 15 times a minute, beware - she probably isn't telling you the truth. [p24]

## Right ear

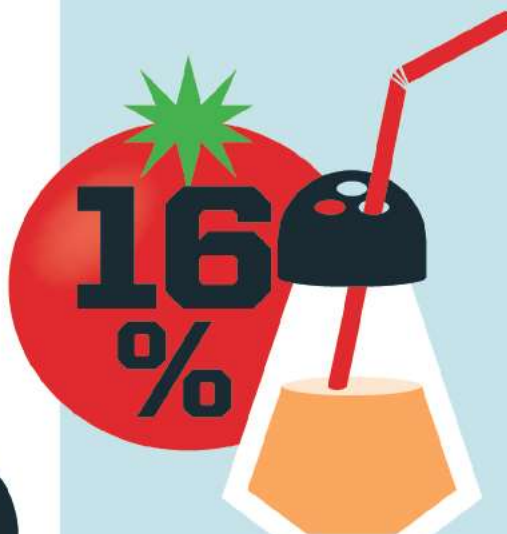
Whisper important information to this side of your companion for a 70% chance of it being remembered. On the left side, that figure drops to a mere 58%. [p45]



The amount by which you'll reduce your calorie intake if you sniff peppermint oil every two hours. [p35]



...break after writing down your best creative ideas will activate your mind's 'utility detector' to pick the winner. [p45]



The amount your fat intake will be cut by if you drink a glass of tomato juice containing ½ tsp of cayenne pepper immediately before a meal. [p35]



The optimum room temperature for training if weight loss is your goal. [p35]



**We all want to get more out of life.**



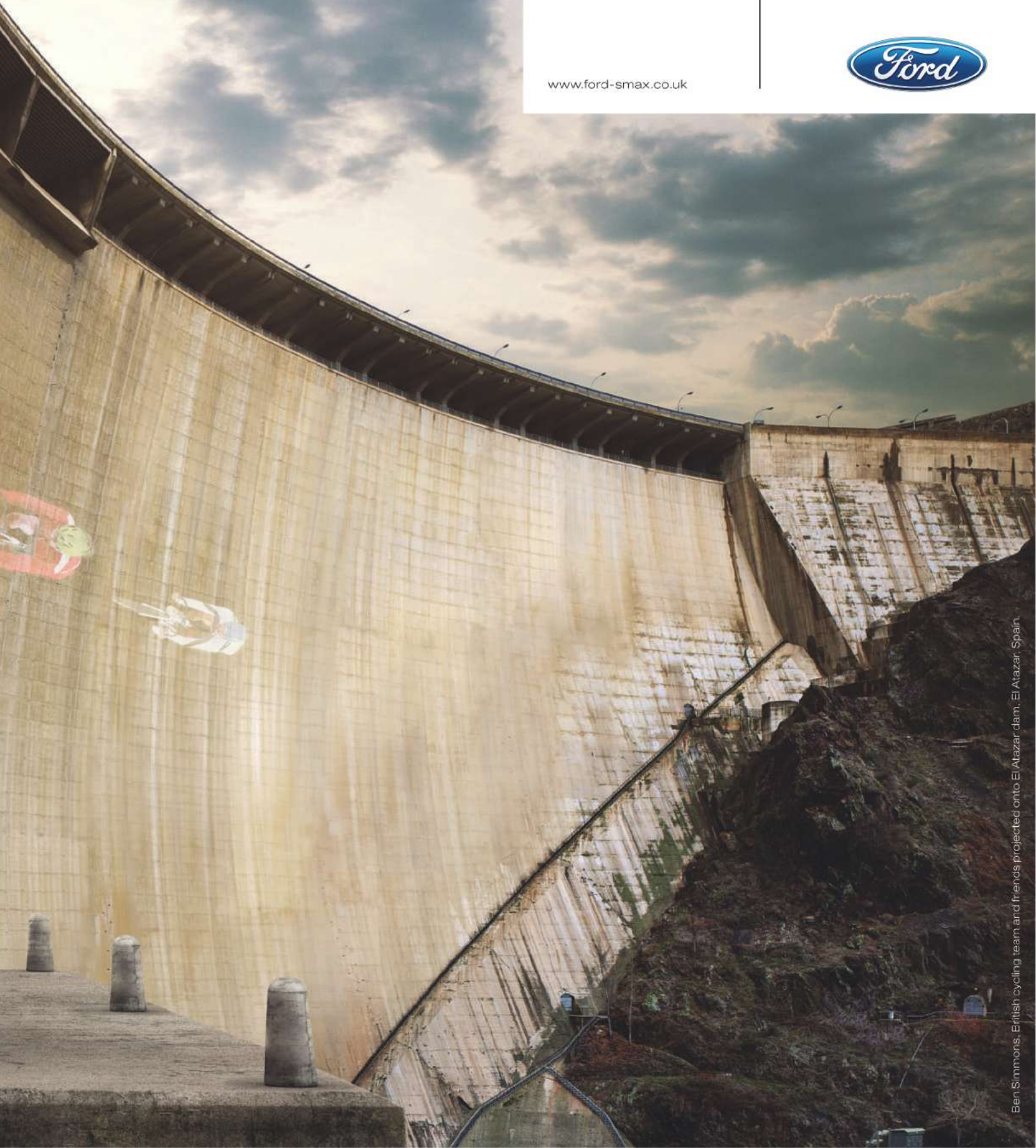


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# PRIDE OF RYAN

Despite hitting his mid-30s, actor Ryan Phillippe is remarkably cheery. Find out how his way of life can make you a winner in every aspect of yours

WORDS DAN JONES  
PHOTOGRAPHY  
NINO MUNOZ

**“My aim is always to progress. To be a better father, actor, boyfriend”**



# R

yan Phillippe is what you might call A Serious Man. Not grumpy or hostile. More like intense.

Focused. Determined. These aren't pejoratives. But they do, of course, imply a certain lack of *joie de vivre*. So it comes as rather a bombshell when he says:

"My aims right now are primarily just to enjoy myself."

And then he says:

"I've been really self-serious at times."

And then he says:

"My approach to the industry I'm in has been a little serious, too."

This is Ryan Phillippe, a man who has made his career on being the straightest of the straight. He shot to fame in *I Know What You Did Last Summer* but eschewed easy starring roles to appear in critically acclaimed movies such as *Gosford Park* and *Flags of Our Fathers*.

His serious reputation suggests he might be a man to get into a funk about hitting his mid-thirties. But it seems the approach of an age many of us dread like the coming apocalypse has injected a great deal of cheer into Phillippe. He is 35 now, slap bang in his mid-thirties. The age when most men are watching their gut sag and worrying about a lack of lead in their pencil. Wondering how old one has to be to start reading *The Daily Telegraph* and cursing on the bus. Yet for Phillippe, 35 is the moment when life starts. When fitness peaks. When fatherhood explodes into a celebration of adulthood. When your career takes off.

"You could argue with my age that it's close to midlife," he says. "But I really feel like it's a rebirth. I feel more like myself than I have in 10 years, and more motivated and capable than I have in a long time. I think that's a great feeling to have at 35."

You'd have thought that by the time a man gets to his mid-thirties, that man is made. You can't make a silk purse out of a sourpuss, as the saying almost goes. Not so, says Phillippe. In fact, as he hits the crest of youth, Phillippe is contemplating not the sorry slide into middle age, but the myriad opportunities that lie in front of him. He's in great physical shape. He's slowly picking out the emotional shrapnel that accompanied his divorce from Reese Witherspoon, the mother of his children. And he's (surely not? Yes!) actually pretty chipper.

"I feel like success and creativity come with accrued knowledge and education and experience and maturity," he says. "I know who I am as a father. I know who I want to be as an artistic person and I'm ready to fulfil those things more now than when I was younger. I'm looking to enjoy myself and what I do and to be grateful for the opportunity I have to do it."

If that's not an older and wiser butterfly emerging from its chrysalis, then I don't know what is. Whatever your age, if you need some direction on recharging your life, reinventing your attitude to work, or becoming a better dad, then Phillippe has the answers.

## 1

### MAKE RISK YOUR BEST FRIEND

Phillippe has been a risk-taker ever since he left home with \$500 to pursue a career on film. "The instinct to gamble has stood me in good stead," he says. His latest film, *MacGruber*, sees him hazarding his first comedy. "It's fun to hear people laugh," he says. Age shouldn't stop you taking risks. You're never past the point of going for an unlikely promotion, or marching up to the girl in the bar, rather than hoping she'll notice you.

## 2

### DRAW ON ALL OF YOUR DNA

You are who you idolise. If you need inspiration to improve aspects of your life, value the wisdom in your family above that of the guys on TV. "My grandfather is my hero," says Phillippe. "He fought on the ground in Berlin in World War II. As a soldier he was decorated. And he came back to America and fell deeply into alcoholism, nearly lost his family and came out the other side. To learn about his struggle – then to see the man he became, made him my hero." We may live in a culture fixated on celebrity, but often the motivation you need to push yourself for success can lie closer to home. (If your grandparents are A-list actors, ignore this bit.)

## 3

### ASSUME INTELLIGENCE AND OTHERS WILL RESPOND ACCORDINGLY

The older you get, the more you're measured by how well you improve your juniors. As a boss, it's how well your team performs. As a father, you get respect for raising good kids. Phillippe's rule works with either: "Since the time my children were one or two years old, I've spoken to them like they're intelligent, and used bigger words than maybe they could comprehend at the time. I talked to them not necessarily as equals but as valued individuals. I haven't raised my voice to my children in years. They're really well behaved and conscientious." Spend your life assuming people won't, or can't, understand you and after a while they'll stop listening. Or else start devising cruel nicknames for you.

## 4

### BLOCK OUT THE WHITE NOISE

Advice from friends and colleagues can become stale. That's how you get pinned in an easy gym workout, or a job that doesn't test you. If you want to get stronger or more successful, ignore counsel for a time and trust your instincts on the big choices. "I've never been one to follow the crowd," says Phillippe. He ignored the calls to make blockbusters and rom-coms. "I want to take chances and make movies that provoke thought and conversation," he says. ►



**“You could argue that my age is close to midlife, but I feel it’s actually a rebirth”**

Ryan's express:  
getting older but not  
slowing down

## 5 A FIT BODY IS A YOUNG MIND

A painful lesson: keeping in shape only gets harder. “Staying fit in your 30s, it’s not easy,” says Phillippe. “You have to work twice as hard for half the results. But I think it’s something all men need to consider. It really benefits the ageing process if you are fit. It makes getting older easier, or less unpleasant, anyway.” Phillippe turns to his children for motivation. “I want to be fit, to wrestle and play football with them,” he says. “But it’s so good for me in terms of balance and mood. It does a lot for my mind.” Follow his workout (below, right) to stay lean and strong, whatever your age.

## 6 IT’S BETTER TO TRAVEL THAN TO ARRIVE

Phillippe prefers to concentrate on the journey. “One thing I’ve learnt is to do nothing expecting a specific result. Do it only because your heart tells you to. Your intent matters more than the result, otherwise you’re setting yourself up for nothing but disappointment. I try to enjoy what I do now, because then it doesn’t matter where I go or how it’s perceived, because I know that my own truth is behind it.”

## 7 LIVE IN YOUR FUTURE, NOT IN YOUR PAST

If your twenties is a time for getting into a relationship, often your thirties are for falling out of one. Phillippe had a much-publicised marriage break-up with Reese Witherspoon. He says that the lesson is to concentrate on recovery. “I still have sadness about my divorce,” he says. “But my aim is always to progress – to be a better father, a better boyfriend, a better friend, a better actor. My goals are to improve in all areas of life.”

## 8 DON’T FEAR YOUR FEAR – LEARN TO LOVE IT

Phillippe thinks holding yourself back because you’re scared by your responsibilities is a sure route to feeling trapped and depressed. “If you’re fearful and you’re closing yourself off from potentially wonderful or beautiful additions to your life, that’s not going to lead anywhere positive,” he says. The lesson he has learnt is to appreciate the opportunity to risk it – in your career and outside of it. After all, nothing is worse than being stuck in a rut leading straight to the middle of nowhere.

## 9 UPGRADE YOUR FUEL BY UPPING THE STAKES

It’s not just working out that gets harder as you age – eating right becomes more taxing, too. (Any once-skinny twenty-something McDonalds habituee will attest to this.) Phillippe has discovered it’s easier to improve your diet if you get others around to invest in your nutrition. So, he cooks healthy dinners for his kids and himself. “It’s worth it to do that extra work because I see the benefit,” he says. “My kids think I’m an amazing cook and that’s all that matters.” **ME**

Ryan’s life is a beach, but not a walk in the park



### Ryan Phillippe’s full-body workout

Emotional intelligence? Tick. But follow the man’s muscle plan and you won’t look out of place on Venice Beach

Ryan has worked with the same trainer for 10 years and is as consistent in the gym as anyone you’ll find. The simple key to maintaining that kind of focus: “Variety, so you don’t get bored,” says his trainer, Happy Hill. Here, Phillippe blends cardio work with heavy weights and adds plyometrics for a comprehensive total-body challenge.

#### The plan

Complete this workout 3 times a week for 4 weeks, and rest at least 1 day after each training session. For each circuit, rest 30 seconds after each exercise, and 2 minutes after you finish all 5. Do each circuit twice.

#### Warm-up

- 3K run at a conversational pace.
- Swiss-ball crunches – 3 sets of 20 reps

#### First circuit

- Dumb-bell bench press – 15 reps
- Clap press-ups – 15 reps
- Barbell squat – 15 reps
- Squat jump – 15 reps
- Hanging leg raise – 20 reps
- Repeat circuit once

#### Second circuit

- Wide-grip lat pull-down – 15 reps
- Close-grip pull-up – 10 reps
- Dumb-bell lunge – 10 reps
- Body-weight split jump – 10 reps each leg
- Hanging leg raise – 1 set of 20 reps

**THEN  
START  
AGAIN**



Eric Cantona



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The four-week guide to building the holiday body your camera will love

Go back to the wild with barefoot jogging and run up a list of health benefits

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# MEN'S HEALTH CORE

Edited by Ian Taylor

GENTLEMEN, WE CAN IMPROVE YOU

## CYBERCHONDRIA: LOG ON AND FREAK OUT

Avoid the pitfalls of online self-diagnosis - here's where to find the health websites you can rely on

Words Alex Harris Photography David Newton

**L**ast January, I learnt that I had a brain tumour; that the pressure I felt in my head was due to an abnormal cell growth in my skull, which was causing drowsiness and a tingling sensation down the left side of my face. The following week was spent in terror of the activity inside my cranium, and will most likely remain the most stressful of my life.

Should I have been breaking the news to my nearest and dearest? Well, not quite. Thankfully, I am a cyberchondriac. My own personal diagnosis came not from a doctor but via my computer monitor. And, like the 80% of us who use search engines to check symptoms, I didn't verify the quality of information I was getting, which was - in actual medical terms - complete rubbish. Try it yourself. Crunch 'headache' into Google and, according to research from Microsoft, 25% of your results will tell you there's a timebomb in your head. **Offline, the happier truth is that a mere 0.002% of us will ever suffer a brain tumour.**

"People take the list of search results as a list of diseases ranked by likelihood", says Dr Eric Horvitz, who led the Microsoft study. "Search engines are trusted and almost ►

Headache, or something more in the IV league?



  
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THE EXTRAORDINARY

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*French Polynesia.*

*An expert surfer rides one of the world's  
biggest waves, known as Teahupoo.*





# “When Google tells you you’re about to die, your body becomes anxious”

“I’m sorry Mr Laptop, you have a virus”



## FINE-TUNE YOUR SEARCH ENGINE

These websites supply drugs and information you can trust

[nhsdirect.nhs.uk](http://nhsdirect.nhs.uk)

Your first port of call. It has stacks of reliable, up-to-the-minute advice and it replaces the terror-laden diagnoses with phone numbers of real, bona-fide experts.

[hon.ch/pat](http://hon.ch/pat)

Health On The Net (HON) screen the medical sites you are considering; they should subscribe to HON’s code of practice. Also, get a direct line to reliable sources by downloading a tool that only searches certified sites.

[doctorslounge.com](http://doctorslounge.com)

It gives instant access to doctors specialising in all aspects of health, with a database of 30,000 answered queries for your reference.

[boots.com](http://boots.com)

Never buy drugs online from a site that isn’t approved by the Royal Pharmaceutical Society of Great Britain. Boots is, and also contains a useful A-Z of medicines for you to double-check your pills.

[webmd.com](http://webmd.com)

Health news, doctors’ blogs and stacks of information regularly reviewed by a medical board make this site a perfect alternative to using a generic search engine to diagnose those mysterious symptoms.

magical in their ability to bring up ‘relevant’ information, so people often assume that they will do a good job with diagnosis.”

The truth is, they don’t. But when you harness it correctly, dotcom doctoring can be good for you. Learning how to scrutinise the information you get not only reduces the stress of a phony online death sentence but makes you an empowered, well-informed patient, grabbing the web by the stethoscope, and leading it the way you need it to go.

The first step is to ignore the scare-mongering. It may seem trivial, but a study in the *Journal of the American Medical Association* found that **those who can block out the stress survive the ‘nocebo’ effect, where just worrying about illness actually makes you ill**. The study found that people who can be objective about their risk of heart disease are nearly four times less likely to die as those who fret.

“When Google tells you you’re about to die, your body becomes anxious,” says Rob Wilson, a cognitive behavioural therapist who specialises in reducing health anxiety.

Instead of falling into the trap of negative reinforcement, where you seek out information that backs up the terror, **you need to channel Bruce Lee’s wisdom and act in the presence of fear**. Re-focus your attention, Wilson says. Open another window, read your emails or just stare out of the window for five minutes. “Pay close attention to the colours and shapes you can see in the room that you’re sitting in, or concentrate on the direction that sounds are coming from.” Distraction techniques like this are crucial, Wilson says, if you want to think rationally when you resume your search.

With your new Zen-like demeanour, you’re ready to refine your search and scrutinise your results. Check for phony symptoms, first, says Dr Graham Archard, of the Royal College of General Practitioners. For instance, healthcentral.com lists an ‘impending sense of doom’ as a heart attack symptom, even though any doctor will tell you it can arise after short exposure to *Loose Women*. Sites can also apply symptoms loosely, with those associated with benign illnesses too prominent in more serious diagnoses. ►

That's why your headache soon escalates into a tumour, or your post-steak and chips indigestion becomes impending heart failure.

So don't ask Jeeves, ask a site that's run by doctors instead. Cross-reference your results against another search within specialised health sites, like doctorslounge.com (see sidebar). "We found that a general web search was more likely to bring up rare, troubling disorders than one within a high-quality medical specific site," says Dr Horvitz.

Next, put on your best bouncer face, and ask for ID. "Make sure the site subscribes to the Health on the Net Foundation code of practice," says Bal Singh of netdoctor.co.uk. Most reputable sites do, and are given guidelines, such as attributing scientific sources of their claims. By also sticking to government-run, not-for-profit sites such as nhsdirect.com, you'll ensure that the

information you get is as up to date and impartial as you would hope.

Without a doctor's diagnosis first, avoid seeing online specialists. "Specialist websites are excellent places for those with rare disorders to discuss their illnesses," says Dr Horvitz. "However, they are dangerous places for the worried well. These discussion and support sites represent a concentration of people with a rare illness, which can give the impression that these rarities are more common than they really are."

**The most important thing to remember is that, statistically, your symptoms are unlikely to lead to the bad news your web search indicates.** Following these rules means that you can complement a measured diagnosis from your GP with reliable online advice. And that means you can finally cure yourself of cyberchondria for good. **MH**



Test any treatment out on a mouse first

## HOW LONG HAVE I GOT, DOC?

GP Graham Archard logs on to one medical site and prescribes some more sensible information

|  <b>QUESTION</b>                    |  <b>THE COMPUTER SAID</b>                                                   |  <b>THE DOCTOR SAID</b>                                                                                                                              |  <b>PROTECT YOURSELF</b>                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Do you have a fever, cold symptoms, nausea, vomiting or diarrhoea?                                                    | You may have the FLU or a COLD or GASTROENTERITIS, the stomach flu.                                                                                           | "There are other possibilities," says Archard, "but this is probably true."                                                                                                                                                            | A study in the journal <i>Virology</i> found that a few seconds of cold water after your hot shower boosts the effectiveness of flu virus-fighting proteins.                                                                     |
| Do you have a severe headache, stiff neck and vomiting, and does normal light hurt your eyes?                         | You may have MENINGITIS, a serious infection of the fluid around your brain and spinal cord, or INTRACRANIAL HAEMORRHAGE, which is bleeding inside the brain. | "Unlikely. Meningitis is pretty rare. If you came into my practice, 99% of the time, I could tell if you have meningitis just by looking at you. As for a haemorrhage, I can't honestly remember the last time I saw one."             | Immunisation and hand hygiene remain your best protection against meningitis.                                                                                                                                                    |
| Have you injured your head or been knocked out recently?                                                              | You may have a CONCUSSION, or a SUBDURAL HEMATOMA, a serious condition caused by blood pushing on your brain.                                                 | "Again, this is possible, but it would more likely be a post-trauma headache. A subdural hematoma is a very rare disorder."                                                                                                            | A gentle jog three times a week is your best ally against concussion. According to a University of Buffalo study, you will recover from concussion faster with light exercise at a comfortable rate.                             |
| Do you have numbness, tingling or weakness in the arms and legs?                                                      | You may be having a STROKE.                                                                                                                                   | "If it is an 88-year-old grandfather, then I would consider stroke. But the most common cause of tingling sensations in your body is stress. It could also just be a trapped nerve."                                                   | The flavanoids in a daily bar of dark chocolate have been found to reduce your risk of ever suffering a stroke, and from dying if you do have one.                                                                               |
| Do you have pressure around your eyes, or do you have yellowish-green nasal discharge with a sore throat and a fever? | You may have a SINUS INFECTION.                                                                                                                               | "This sounds right, but other symptoms should be checked to be sure. Someone may have a sinus infection, but with a more serious problem as well. Under-diagnosis is the most dangerous part of online health checks."                 | "Steam inhalations will dilute the mucus and clear your passages," says Dr Andrew McCoomb. Add a tablespoon of Vicks to a bowl of hot water, then drape a towel over your head and the bowl to create your own steam room.       |
| Do you have mild to moderate pain around your temples and does the pain occur during times of stress?                 | You may have a TENSION HEADACHE                                                                                                                               | "This comes very late, yet it's the most common cause of most of the previous symptoms. However, at this point, it is a dangerous under-diagnosis. Painful temples could be a sign of temporal arteritis, which can induce blindness." | "To ease a headache using both hands, make movements similar to firmly shampooing your hair, first on top of your head, then with one hand at the base of the neck and the other on top," says Indian head masseuse Janet Jones. |



Your ultimate nutrition bible



**ON SALE NOW**

# BANGERS & MASH

Want more of your favourite food for less fat and calories? The *MH* number crunchers prove you can have your sausage and eat it... and still go back in for seconds

**W**hen a man plates up his dinner, two tenets of food science find themselves in conflict. First is the simple equation that the more you eat, the more weight you're likely to gain. Second, and backed up by years of evidence from the University of Life, is the fact that if there's an extra sausage going, you're going to have it.

But despite what mung bean-pushing nutritionists will tell you, the classic bangers and mash doesn't have to be an albatross around your waistline. Choose the right ingredients, prepare them correctly and you can enjoy a man-sized nutritional freebie: fewer calories, less fat, and more food.

Portion size is usually your belt-buckle's undoing (and not in a good way). Research from Pennsylvania State University found that when you put different sized portions of the same meal in front of people on different days, they'll eat 30% more when the portion is bigger – no matter how hungry they are.

With bangers and mash, that can add up. A standard, mouth-watering recipe – two Toulouse sausages, two dollops of creamy mash and a drizzle of onion gravy – adds up to 906 calories, more than a third of your recommended daily allowance. Help yourself to that extra sausage and dollop of mash, and the calorie count soars to 1297, over half of your RDA.

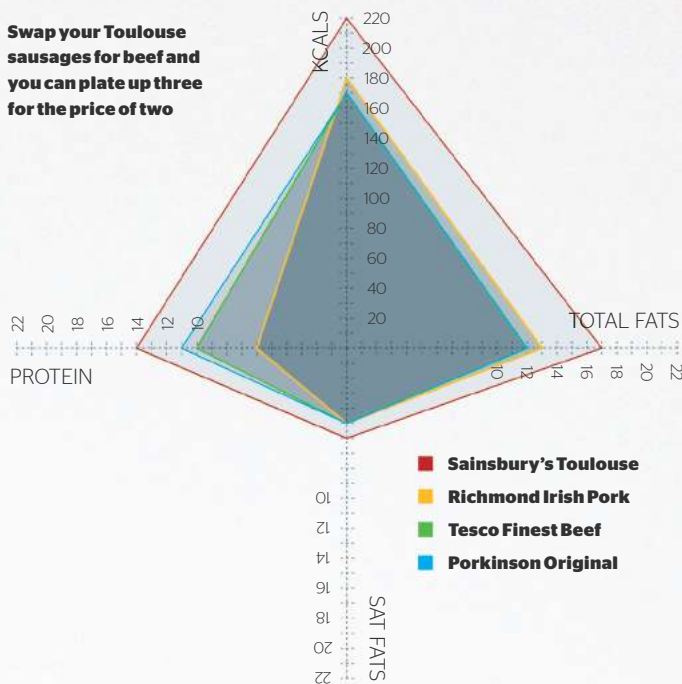
Here we show you how to have the bigger meal, but with just 885 calories and no compromise on taste. Now, who's for seconds?





## HAVE A GOOD BUTCHER'S

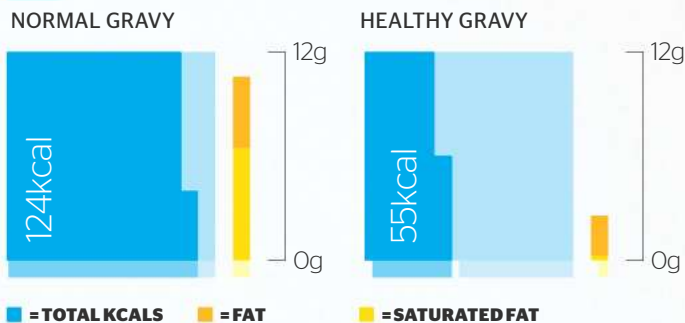
Swap your Toulouse sausages for beef and you can plate up three for the price of two



## OUT OF THE FRYING PAN, OVER THE FIRE

With the 'great' British summer upon us (at least in theory), you'll be pleased to hear that the barbecue is the best way to cook your sausages. A study by the Food Standards Agency compared sausages prepped at the primal cooking altar with those fried, grilled and baked. It found that the healthiest results (low fat and calories, high protein count) came either from pricking the sausages and placing them under the grill, or throwing them straight on the barbie. Since pricking your meat means sacrificing its succulence, this one's a no-brainer. Now where did you leave that bag of charcoal?

## THE GRAVY DRAIN



### HEALTHY ONION GRAVY

- 1 large onion, chopped finely
- 285ml vegetable stock
- 1tbsp olive oil
- 20g flour
- 1 bay leaf
- Pinch dried sage
- 10g soy sauce

The finishing touch to your dinner shouldn't finish you off. But slashing the fat content of your gravy by over 75% doesn't mean a trade-off on taste. Fry the finely chopped onion in a little olive oil over a medium heat. When they're soft (after about five minutes), turn the heat down and leave them cooking for a good half hour to release flavour. Then add the rest of the ingredients, sprinkling the flour in finely to thicken the gravy up.

## FIVE WAYS TO BURN OFF SECOND HELPINGS

If you don't want to sacrifice the Toulouse sausages and double-cream mash – and you want seconds – then you'll need to burn off the additional 390 calories\*. Easy...



25 MINUTES OF RUNNING AT 8MPH



130 MINUTES OF SEX



56 MINUTES PLAYING FOOTBALL

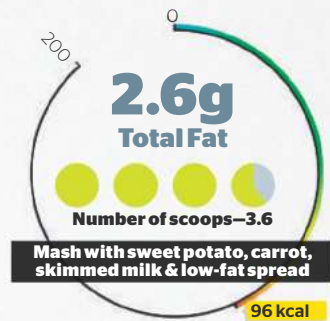
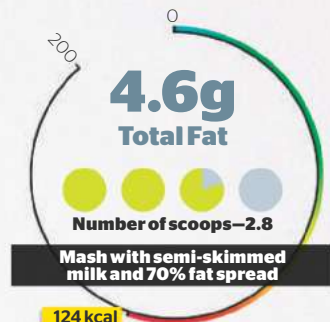
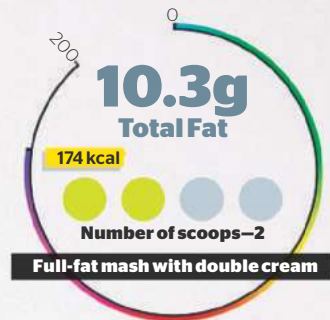


90 MINUTES OF WEIGHT TRAINING



30 MINUTES OF SQUASH

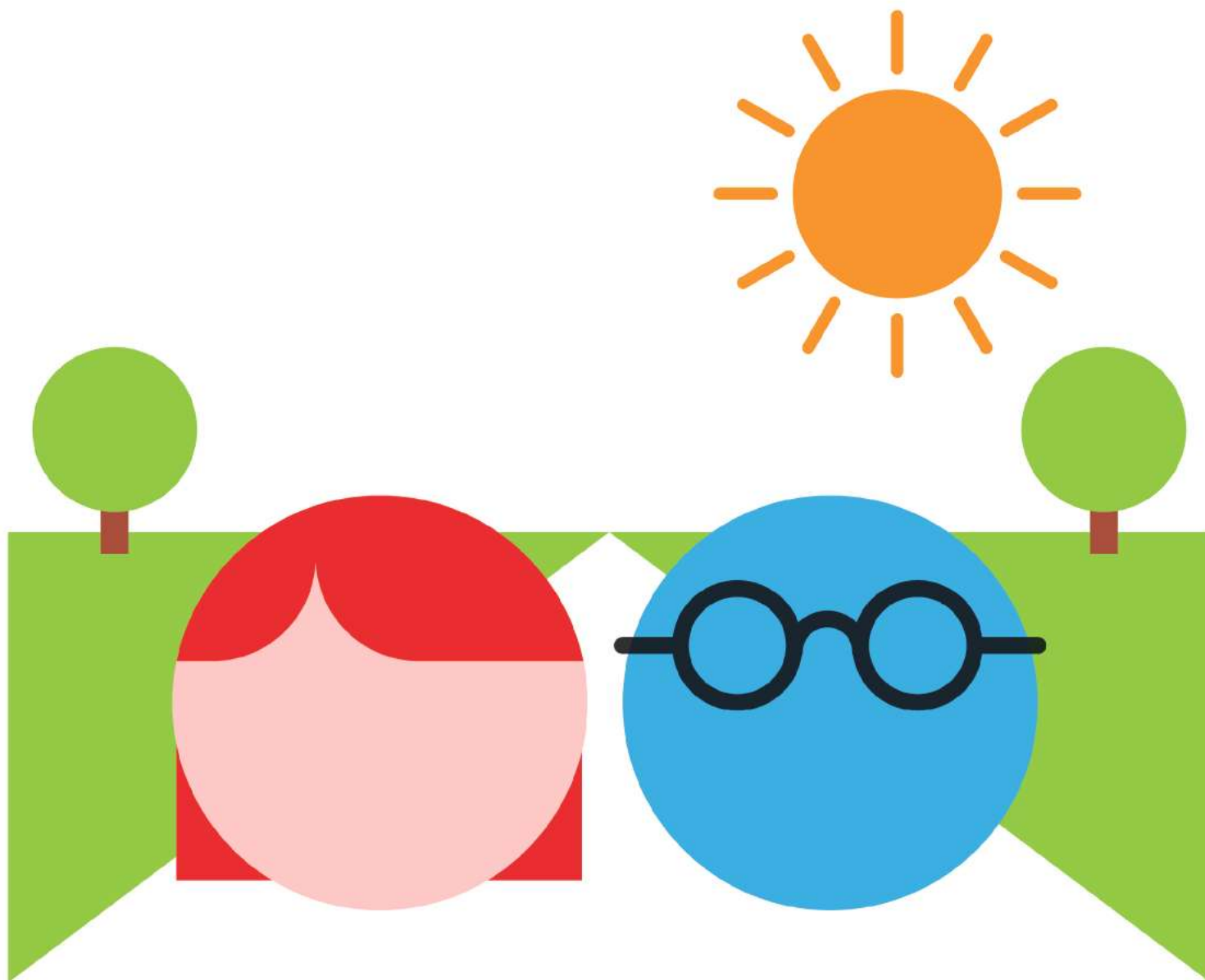
## MASH-UP THREE WAYS FOR HEALTHIER POTATOES



Substitute a double-cream recipe for a mixture that also includes sweet potato and carrot, plus skimmed milk and low-fat spread to keep it smooth. The sweet potato is packed with fibre. A good thing, according to the International Agency for Research on Cancer, which found that doubling your fibre intake almost halves your cancer risk.

## THE EQUATION FOR ULTIMATE BANGERS AND MASH

$$\left( \text{Frying Pan} + \text{Fire} \right) + \left( \text{Potato} + \text{Milk} + \text{Butter} \right) - \left( \text{Running} \right) = \left( \text{Bangers} \right) + 1 + \left( \text{Mash} \right) + 1$$



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\*Calls may be recorded and may be monitored.

**0800 600 500**

**Bupa** 



21ST  
CENTURY  
ADDICTIONS  
#2ARE YOU ADDICTED TO...  
**SEX?**

Once you put your hand  
in the cookie jar, can  
you take it out again?

Quantity has bragging rights but quality always wins out – control your insatiable intercourse appetite for great sex that doesn't get in the way of work and relationships

**M**ichael Douglas, David Duchovny, Russell Brand and most recently Tiger Woods. Read the chronicles of the world's infamous sex addicts and it's tempting to think that if *that's* sex addiction, let me at it: queues of women, a life of experimentation and indulgence, and precious few consequences to boot. You get as much sex as you could want. And if your wife, fans (or multimillion dollar sponsors) find out, well, 'addiction' is a handy phrase to bandy about.

If celebrity sex addicts make you sceptical, think about what it means for anybody without an A-list shield. If you become addicted to sex, it's not just the obvious risk to your relationship status. You spend thousands on online porn, chatlines and prostitutes. Professional ambition and social commitments get sidelined in the pursuit of flesh. And as well as an increased risk of STDs, research at the Karolinska Institute in Sweden found that promiscuity also increases your chance of prostate cancer in later life.

But here's the real kicker: you *hate* sex. "For sex addicts, ejaculation usually triggers a terrible sense of remorse," explains leading sex addiction therapist Dr Thaddeus Birchard (sexual-addiction.co.uk). "When that fades it's replaced by an anxiety that can only be medicated by sexual fulfilment. It's not fun."

If it sounds alien, the roots of sex addiction will be all too familiar – meaning everyone is potentially at risk. For most of us, the mere suggestion of sex is a beguiling distraction, ►



◀ blinking you from work, conversations, that eBay bidding war or even, occasionally, your girlfriend or wife. Researchers from the University of Leuven in Belgium found that just the sight of an attractive woman is enough to derail a man's decision-making processes. But then, you're hardwired to feel that way.

The high that everybody gets from sexual arousal is caused by a surge of chemicals in the body, chiefly testosterone and dopamine. Problems start, says Martin Smith, addiction treatment director at the Priory, when that chemical eruption opens neural pathways in your brain. "Even when you stop the behaviour, your brain is still waiting for those buttons to be pushed," Smith says. "You crave the release of your sexual preference above all else."

In that sense, it's similar to other addictions. Like alcohol or even cocaine, it takes more sex (or more extreme sex) to get your hit. And because it feels good, addicts often use their release to block out other anxieties. "It's usually an anaesthetic for something else that's going on," says Birchard.

If you suspect you rely too heavily on sex to lighten your mood, Birchard says your first step

## Sex addiction's usually an anaesthetic for other pain

is to prove to yourself that you *can* stop. Have a Friday night with Kirsty Wark rather than a standard one-night stand. If online porn is your thing, unplug the wi-fi for a night or hook up with fully-clothed Facebook friends when you feel the urge for something bare. This crucial self-test will tell you whether you need to act further.

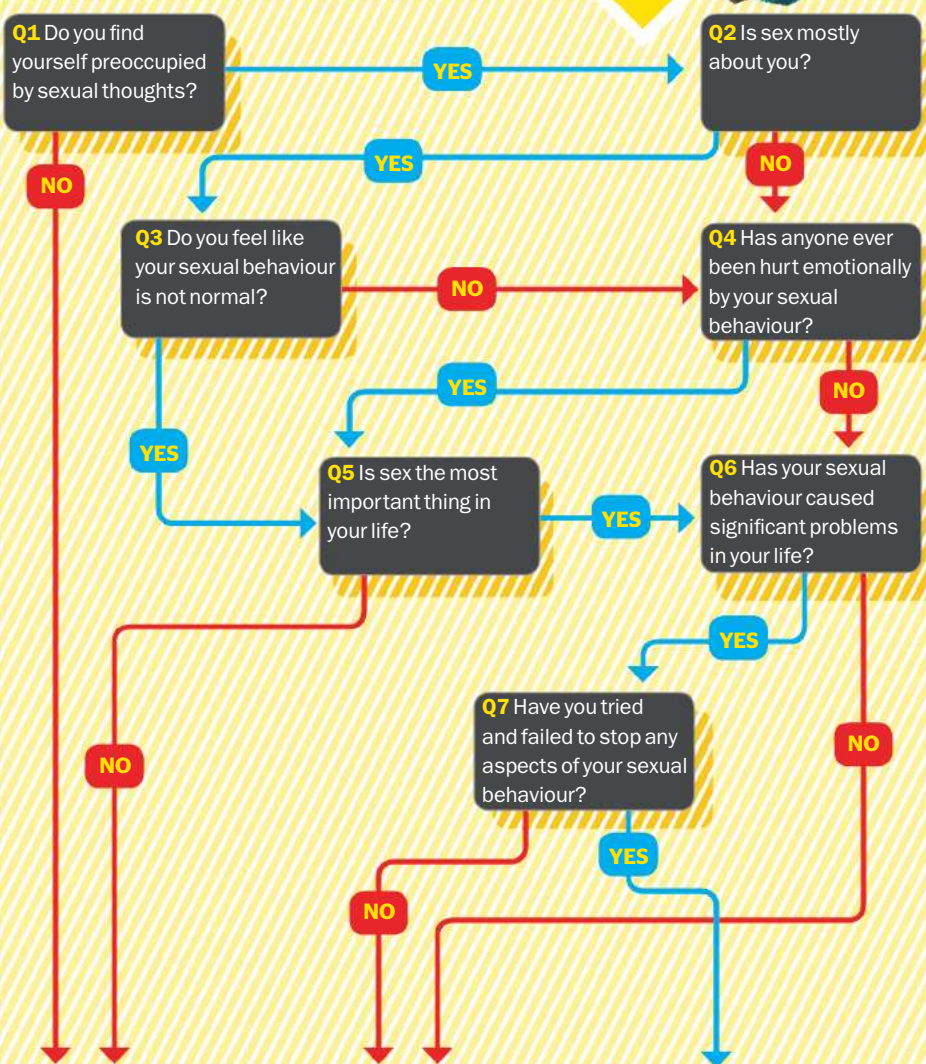
If you do, start by looking at the problem from the inside out. Scientists compare sex addiction to obsessive compulsive disorder, which is characterised by lower levels of the feel-good hormone serotonin. And like people with OCD, sex addicts benefit from an artificial top-up. Research in the *Journal of Clinical Psychopharmacology* found that OCD symptoms are reduced by 60% when levels of serotonin are increased.

Outside of the bedroom, exercise is one of the surest ways to do this – but only the right sort of sweating will do. Resistance training is your worst possible move because it causes a spike in your testosterone, further fuelling a blind impulse for sex.

Instead, a study in the journal *Hormone Research in Paediatrics* suggests that, cycling is the best activity to supplement a switch from your single-track mind. It found ▶

### SEX ON THE BRAIN?

Find out if you've had a little too much carnal charlie then take back control of every aspect of your life



#### NOT ADDICTED

You're not compulsive about it, but it pays to know the warning signals so that when it comes to your sex life, you're always on top. Or rather, on top of it.

"Do you consider yourself preoccupied with sex?" Birchard asks. "If you've cancelled plans with friends purely to chase sex or use pornography, that could be a sign that it plays a bigger, more demanding role in your life than you might think. Or if you intend to use online pornography for just 15 minutes, but find yourself still glued to the screen [excuse the pun] two hours later, there may be a problem." Your girlfriend walking in on you will be the very least of your worries.

#### POTENTIAL PROBLEM

Be wary. The more frequently you get the high the more often you want it. Acting out addictions is often related to other problems such as low self-esteem and stress, so keep a diary of triggers and behaviour. When you know your triggers, you can identify any psychological issues driving your behaviour. Then top up your natural levels of serotonin with alternative aerobic exercise such as 10 laps of the pool before work or a regular weekend bike ride. You won't have to push too hard, either. A study by researchers at the University of Liverpool found that the effect is greatest when people exercise at a level they're comfortable with.

#### ADDICTED

If you can't stop or it's damaging other areas of your life, you need help. Find meetings run by Sex and Love Addicts Anonymous (slaauk.org) or contact a sex therapist through basrt.org.uk. Disclose everything and attempt abstinence again. You should limit exposure to sexual stimuli so install the Safe Eyes software (internetsafety.com) onto your computer. This will let you block porn or even notify a third party when you attempt to access it. Look at the rest of your life for changes you can make. Research at Buenos Aires University found irregular hours or having a stressful job may be contributing to your problem. Could it be time for a change?



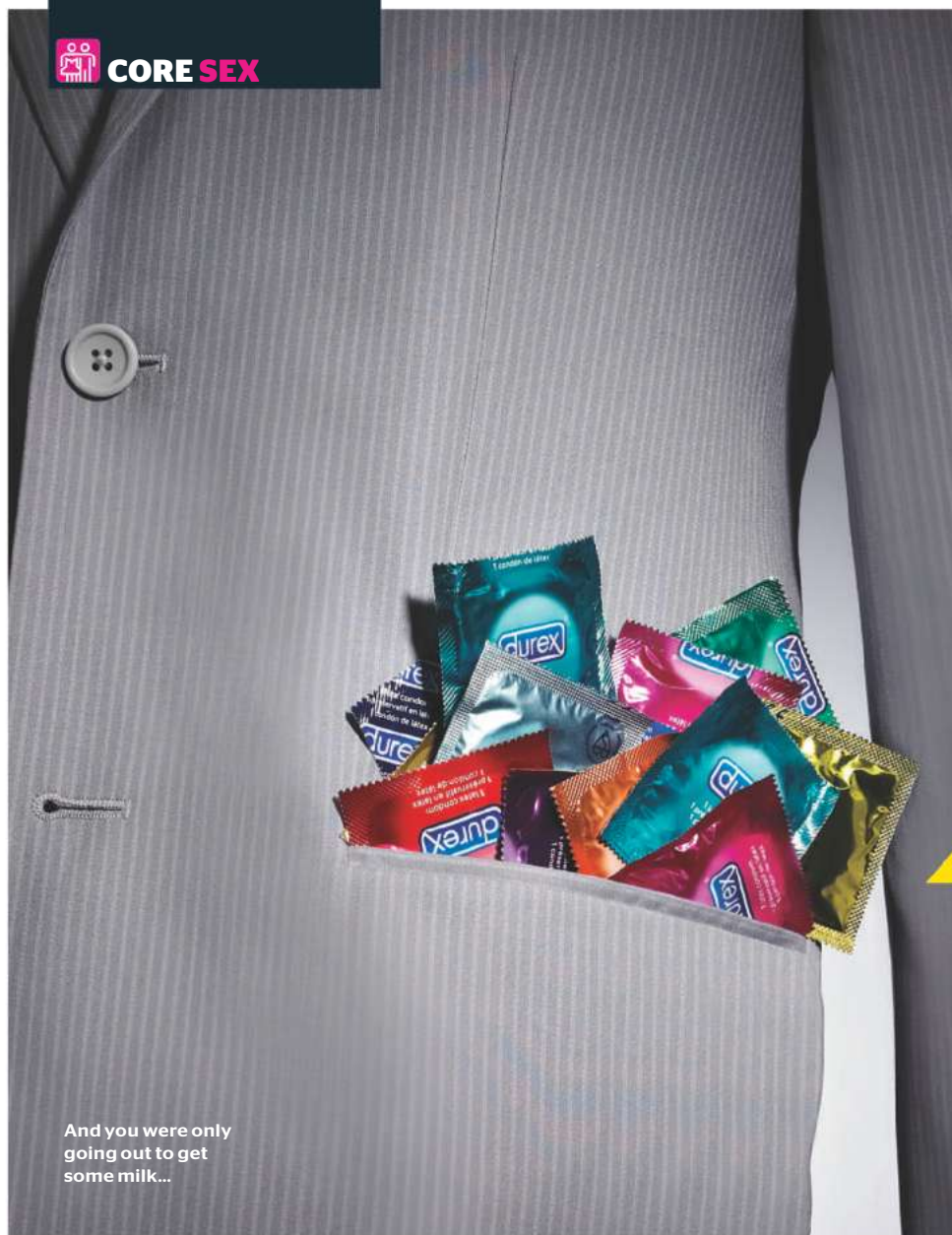


## Discover the ultimate night out.



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And thanks to an amazing 18,000 Apps and the freedom of the Android operating system, the Samsung Galaxy Portal will help you get the most out of your world.



## Resistance training is the worst possible move because it spikes your testosterone

◀ that heavy pedalling dramatically reduces your testosterone levels while still topping up your serotonin. Training for a race will also give your brain something else to become preoccupied with.

Although it won't replace sex, the right meal can also help to douse your hormonal wildfire. Seek out a different kind of bird altogether – a study at the University of Utah, US, found that a roast turkey dinner is the best feel-good meal you can cook. The meat contains high levels of tryptophan, a building block for serotonin, while vitamin C in the potatoes and broccoli helps to convert it into the mood-enhancer. You can also keep tryptophan in your diet by stocking up on eggs, chocolate, cod and protein-rich meats like chicken and beef.

Next, tackle the surplus testosterone coursing through your veins by having late nights of the right sort. University of Chicago researchers found that anything less than seven hours a night will deplete your levels of the raging hormone. Rein your shut-eye in by an average of an hour a night by catching late cinema screenings (not the kind Travis Bickle would go to) or indulging in a late-nighter on the Xbox.

Ultimately, however, if you are a sex addict, addressing your hormone imbalance will only get you so far. Your main priority is changing your relationship with sex. So one of the first things you should do is confide in someone you trust. Explain your worries and tell them what you want to change about the sex you have, whether it's

### THE DIRTY DEFICIT

Sex addiction is pocket money to celebrities but it adds up for the rest of us. A British man in full-time employment earns an average of £21,320. If he owns an average UK property, he is worth an additional £234,837 as of March 2010. But this is the dent that sex addiction leaves over the course of a year:

|                |                                                                  |
|----------------|------------------------------------------------------------------|
| <b>£63</b>     | Subscription to online pornographers<br>brazzersnetwork.com      |
| <b>£204</b>    | Subscription to Playboy TV, the Adult Channel and Television X   |
| <b>£1,548</b>  | Gold Membership with<br>illicitencounters.com                    |
| <b>£2,880</b>  | Two hours per month on<br>adultphone.co.uk sex lines             |
| <b>£7,200</b>  | Three hours, once a month, with an escort charging £200-per hour |
| <b>£17,205</b> | Your half of the average cost of a divorce in the UK             |
| <b>£29,100</b> | <b>TOTAL COST OF SEX ADDICTION</b>                               |

to do it less or with fewer people. Behavioural scientists have shown that the humiliation of failing to keep a resolution that other people know about is a powerful motivator.

Your brain also needs something else to lock onto. If it's not a fitness regime, take on a meaty project at work or start some volunteer work. "It's important to create new connections with the world," Birchard says. You should also aim to spend more time with female members of the family or purely platonic friends. This will go some way to helping you change your automatic setting around women.

Then, when you next have sex, work in 10 minutes more foreplay than usual and use positions that let you look at your partner face-to-face. "For sex addicts, the other person is often not relevant," Smith explains. These steps make the sex about more than animalistic need-fulfilment because they boost the 'love hormone' oxytocin. Afterwards, stay in bed and offer her a massage. Liverpool University research has shown that this will maintain the flow of oxytocin for both of you, increasing your chance of a second round.

More sex might sound like the last prescription to offer a sex addict, but doing it this way makes a vital difference. "It's about good sex that makes you feel good, not good sex that makes you feel bad," Birchard says. In other words, you're doing it because you *want* to, not because you *have* to. **ME**

**Think you're on the unhealthy side of infatuated? Go to [menshealth.co.uk/sexaddiction](http://menshealth.co.uk/sexaddiction)**



# Ready      Steady      *GO!*



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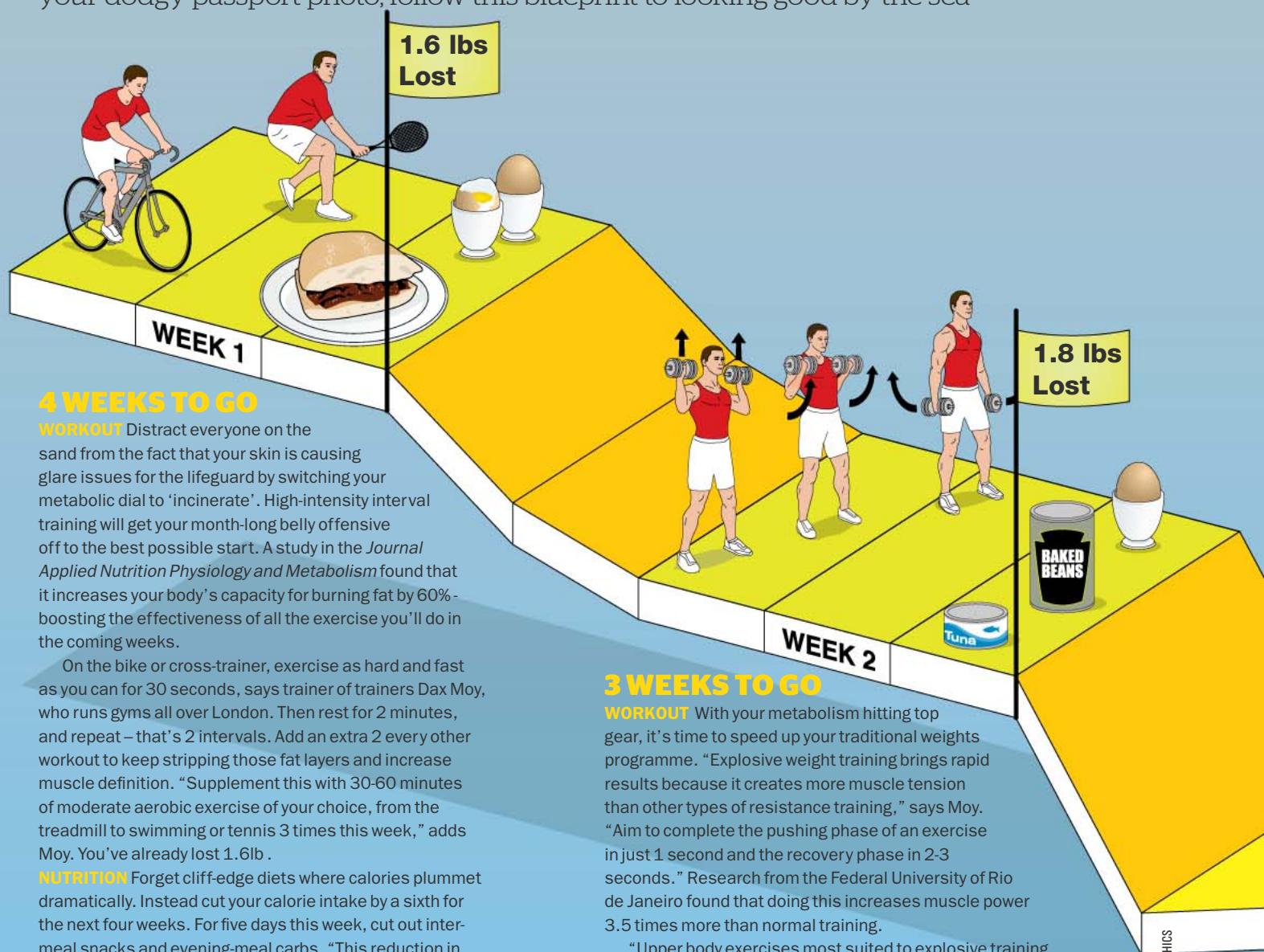
\*Charge time is dependent on cell capacity and charging conditions.

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# 4 WEEKS TO... A BEACH BODY

NEW SERIES!  
COUNTDOWN  
#2

The holiday is booked. For muscle and weight-loss gains as guaranteed as your dodgy passport photo, follow this blueprint to looking good by the sea



## 4 WEEKS TO GO

**WORKOUT** Distract everyone on the sand from the fact that your skin is causing glare issues for the lifeguard by switching your metabolic dial to 'incinerate'. High-intensity interval training will get your month-long belly offensive off to the best possible start. A study in the *Journal Applied Nutrition Physiology and Metabolism* found that it increases your body's capacity for burning fat by 60% - boosting the effectiveness of all the exercise you'll do in the coming weeks.

On the bike or cross-trainer, exercise as hard and fast as you can for 30 seconds, says trainer of trainers Dax Moy, who runs gyms all over London. Then rest for 2 minutes, and repeat - that's 2 intervals. Add an extra 2 every other workout to keep stripping those fat layers and increase muscle definition. "Supplement this with 30-60 minutes of moderate aerobic exercise of your choice, from the treadmill to swimming or tennis 3 times this week," adds Moy. You've already lost 1.6lb.

**NUTRITION** Forget cliff-edge diets where calories plummet dramatically. Instead cut your calorie intake by a sixth for the next four weeks. For five days this week, cut out inter-meal snacks and evening-meal carbs. "This reduction in calories avoids the metabolic slowdown that comes from dramatic dieting," says nutritionist Anita Bean. "Your body will react to a smaller deficit by oxidising more fat."

Top up your levels of zinc this week - research in the *American Journal of Clinical Nutrition* found this optimises your physical performance. Twice a week, tuck in to a lean 200g steak sandwich, which not only keeps you in zinc but laces your muscles with protein. You're going to need it.

**ONE MORE THING** Get out in the sun *before* the holiday. University of Minnesota research found that people with high levels of vitamin D (boosted by exposure to sunlight) lost more weight than those with low levels. If the sun is still refused entry to the UK, boil two eggs for breakfast - you'll crack open almost half of your vitamin D RDA with your soldiers.

## 3 WEEKS TO GO

**WORKOUT** With your metabolism hitting top gear, it's time to speed up your traditional weights programme. "Explosive weight training brings rapid results because it creates more muscle tension than other types of resistance training," says Moy. "Aim to complete the pushing phase of an exercise in just 1 second and the recovery phase in 2-3 seconds." Research from the Federal University of Rio de Janeiro found that doing this increases muscle power 3.5 times more than normal training.

"Upper body exercises most suited to explosive training involve dumb-bell routines such as bicep curls, shoulder presses and lateral raises." Failing that, try to lift her suitcase of shoes from the top of the wardrobe.

**NUTRITION** Match your work rate in the gym by giving your muscles an extended fuel-stop. Increase your weekly protein intake by a fifth from now on, says Bean. "Somewhere in your daily diet add the equivalent of a tin of beans, a boiled egg, and a can of tuna," she says.

**ONE MORE THING** Have a dip - according to research at the University of Buffalo, US, getting in the pool will increase your respiratory endurance by 38%, making your increased weights programme easier to handle. Sprint 2 lengths of the pool, 6-10 times with a short rest between each to emerge from the sea like Daniel Craig, rather than a whale that's no good with directions.



## 2 WEEKS TO GO

**WORKOUT** Your out-of-office email is perfected and you've been breaking in your new snorkel in the bath. After shocking your muscles into action last week, you need to *really* test them if you want to turn heads for something other than your lobster-like complexion. Add a 15-minute kettlebell workout to your regular weights routine.

Unsurprisingly, a cannonball on a stick gets results – fast. Do a 15-minute workout made up of two-arm kettlebell swings, snatches and cleans, squat and presses. Aim for 16-24kg with 60 seconds between each exercise, three times a week, says British Kettlebell Lifting Federation trainer Paul Fallows (renegadestrength.com). “This workout targets *all* your major muscle groups.” And your weightloss will max out with 2lb shed this week alone.

**NUTRITION** With a fortnight to go, curb the carbs; this is one of the most reliable strategies for short-term weight loss. Dutch researchers found that eating 1 carb-free meal a day over a 2-week period increases your metabolic rate by 81 calories per day when 1 meal a day contains zero carbs and 70% protein for 2 weeks. Try 3 slices of lean roast pork with steamed green vegetables or a large salad with a 150g can of tuna. On arrival, you'll have less to declare around your middle.

**ONE MORE THING** You need to be extra-disciplined with your diet from here on, so go to sleep. A study at Chicago University found that people ate 24% fewer snacks after eight and a half hours' kip. Drop off quicker with a bedside read that gets your neurons going. Research from the University of Pittsburgh Medical Centre found that using your brain gets your head down sooner. Try some genuine lateral thinking with *Outside the Box* by Paul Sloane (£3, amazon.co.uk) and get inside the zzzzone.

# Forget cliff-edge diets – reduce your calorie intake by a sixth for best results

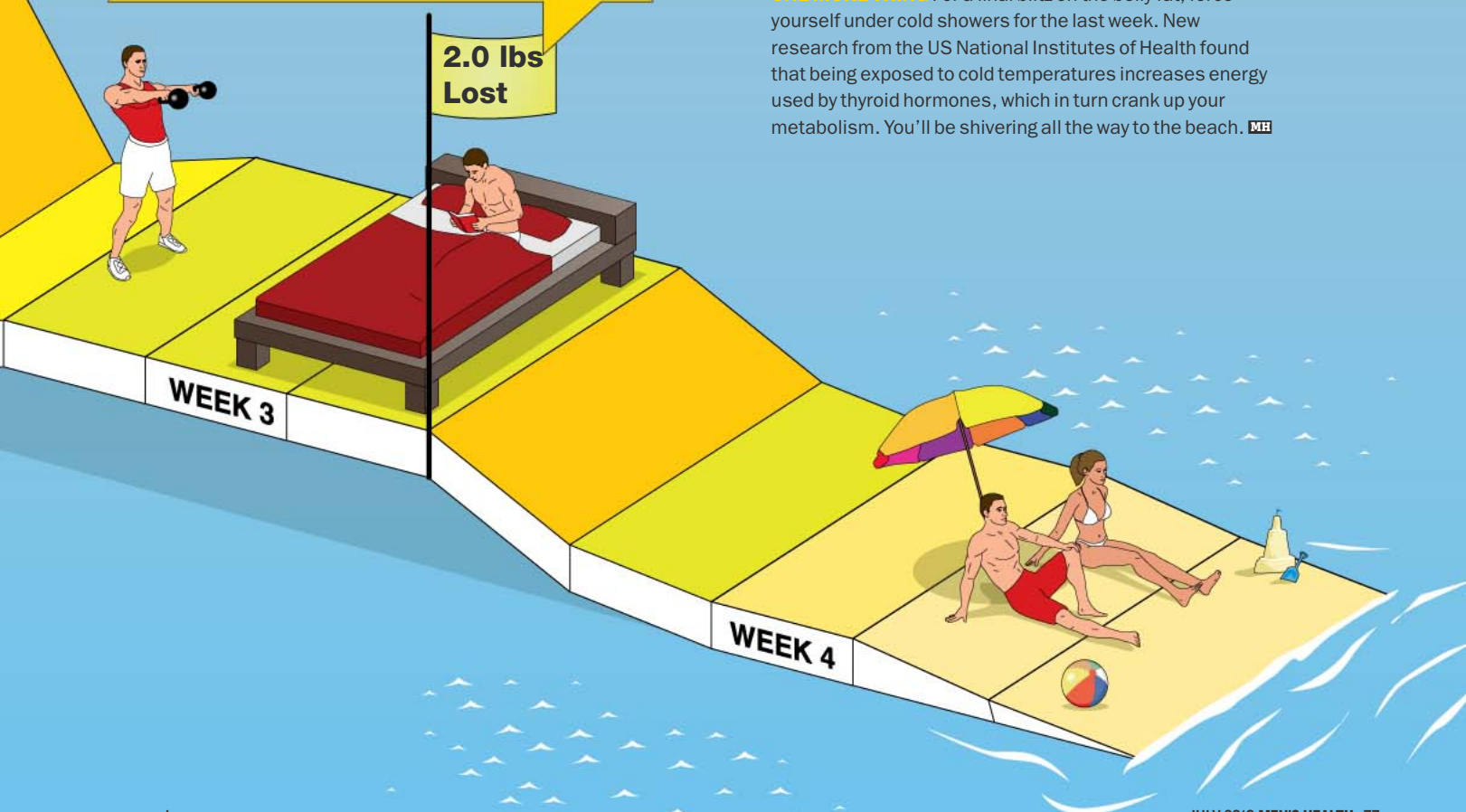
## 1 WEEK TO GO

**WORKOUT** Like a marathon runner, you've put in the hard work and now you can only think of one thing. It's time to take things comparatively easy. Concentrate on aerobic workouts for the last week. Research published in the journal *Metabolism – Clinical and Experimental* found that people who jogged at 50% pace, took a short rest, then ran to exhaustion maximised fat loss. Double-tap your work on the treadmill and vaporise the last of your midriff before Benidorm beckons.

**NUTRITION** Fancy a final fish supper before you leave Blighty? A 2009 study from the University of Iceland in Reykjavik found that a regime including 150g of cod or salmon, three times a week, promoted weight loss compared to a diet minus marine life.

But forget the portion of chips – the last thing you want to do now is undo all your hard work by eating foodstuffs that conceal your hard-won abs. “Banish the following foodstuffs from your diet completely,” advises Bean. “French fries, onion rings, nachos with everything, fizzy pop, doughnuts, ice cream, chocolate and alcohol.” Plus any meal that's delivered through the window of your car.

**ONE MORE THING** For a final blitz on the belly fat, force yourself under cold showers for the last week. New research from the US National Institutes of Health found that being exposed to cold temperatures increases energy used by thyroid hormones, which in turn crank up your metabolism. You'll be shivering all the way to the beach. **MB**





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YOUR COMFORT ZONE**

**TAKE A SNACK ON THE WILD SIDE WITH EXTREME FLAVOURS FROM PRINGLES, LIKE EXPLODING CHEESE & CHILLI AND FLAMIN' CHILLI SAUCE. CAN YOU HANDLE THE TASTE?**



# THE SHOD DELUSION

Could going barefoot really be a running revolution? *MH* leaves its shoes at the door

**M**an did not evolve with a pair of Nike Air Zooms on his feet. Our ancestors did not lace up before sprinting over the plains in search of a square meal. Yet for the last half century, conventional running science has told us to cushion our feet with the latest running shoes before we even think of heading to the common. The question is, do we really need them?

There are those who argue no, scorn these cushion comforts and tread the dust shoeless. In the 1960 Rome Olympics, Abebe Bikila, accepted as the greatest marathon runner of all time, won gold in a record-breaking time of 2:15:16, and did it without trainers. You probably won't leave Bikila's time biting the dust, but losing your running shoes may just see you run further and with greater efficiency than ever before. More running won't do your health any harm either; studies have shown its benefits range from reduced risk of cancer to an improvement in your social life.

Even science has gone barefoot recently. New research from evolutionary biologists at Harvard University outlined the difference between those shod and those not. Study author Professor Daniel Lieberman explains, "By landing on the middle or front of the foot, barefoot runners have almost no impact collision, much less than shod runners get when they heel-strike." ►

# MEN'S SKINCARE

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◀ When most people run, the heel of their foot hits the floor first. This collision is the equivalent of someone hitting your heel with a sledgehammer with up to three times your body weight, Lieberman says. Scientists believe that reducing your heel-striking by going bare leaves you less prone to everyday runners' ailments, such as shin splints or joint pain.

An earlier study by the American Academy of Physical Medicine and Rehabilitation found those running in trainers have 36% more knee twisting and 54% more hip twisting than those sans shoes. Even women in the loftiest high heels had only 20-26% twisting. Study author Dr Casey Kerrigan found that these dangers are caused in large part by an elevated heel in running trainers, and increased material under the medial aspect, the arch between the heel and the ball of your foot. The suggestion is shocking: could all that technology laced to your feet actually increase your injury risk?

Not quite. Lieberman's team stress that running trainers do, in fact, offer some protection. "They don't eliminate the impact [on your feet], but spread the exchange of the momentum, making it more gradual and slightly less in magnitude." Roughly translated, they cushion some of that sledgehammer blow. A 2008 study published in the *Clinical Journal*

of Sport Medicine found that custom-fitted trainers reduce your risk of injury, the tailored cushioning doing more for the individual shape of your feet than a pair straight off the shelf.

So the question remains; shoe free, or not shoe free? It's not the nudity itself that reduces damage, but the difference in technique and

## Barefoot leaves you less prone to shin splints

body mechanics this instigates. In a trainer the impact is absorbed. Shoeless there is almost no collision because when your feet hit the ground, your heel (and subsequently your leg) are still in motion, not instantly jarred by the impact.

Running trainers are not to blame in themselves, as a pair custom-fitted to your individual arch will ensure the only Hammer Time you'll get will be from the more embarrassing corners of your iPod, courtesy of said MC. But if you don't want to go bespoke, then the time may have come to loosen your bows, sling your kicks and run in your birthday suit. ►

### I KNOW YOU GOT SOLE

Years of cushioned shoes means you should make a steady transition to barefoot running. PT and sports scientist Gemma James shows you how

#### 1. BUILD BULL-LIKE CALVES

##### Double leg calf raise

It's time to step up, literally. Stand with both feet on the end of a step, then lower your heel to the floor until you feel a stretch in your calf muscles. Exhale and rise to tiptoes, hold for a second at the top and slowly lower to the start position. When you run, this will help you power more efficiently over any surface. Do 3 sets of 12-15 with 1 minute rests.



#### 2. CREATE CONCRETE ANKLES

##### Wobble board workout

Stand on a wobble board with your naked feet shoulder-width apart. Now rock the board forwards and backwards, then side-to-side. Do this for 2-3 minutes. Then try balancing on one leg at a time for as long as possible. Be warned: it's trickier than it sounds. But your newly flexible joints will thank you when they avoid twists on the track.



#### 3. TAILOR YOUR TENDONS

##### Standing soleus

Adopt a stride stance in front of a wall, both knees bent, your two hands pressed against it at shoulder height and one leg in front of the other. Keep your head upright, looking forward, and use your arms to push your back leg's heel towards the floor. Repeat with the other leg. This gives your Achilles more spring, so all it need fear is poisonous arrows.



# THE SKINNERS TAKE IT ALL

You know about the health benefits of barefoot running, now master the technique before your leap of faith

## BARE NAKED TRAINING

Streaking is a sensitive topic in any sport, but master the shoeless running technique and you'll turn those delicate tootsies of yours into foundations of steel, even if you stay shod.

**1** "Start by walking around barefoot," says Harvard physiologist Daniel Lieberman. "In your first week, run no more than a quarter of a mile to one mile every other day. Then increase your distance by no more than 10% per week."

**2** "Try wearing a cap, and watching the bill of it while running," says the godfather of barefoot running Ken Bob (barefootkenbob.com). "Make mental notes of how much, or how little, it is bouncing up and down or side-to-side. The goal is just to move forward."

**3** "When running, keep a vertical torso, bent knees, relaxed ankles, and land with your foot under your body," says Lieberman. "If you land with your foot in front of your body, you are hitting the brakes and bashing your knees. The body should be moving in front of the foot when it strike the ground"

**4** "Gently bend your toes up—this stretches the skin on the sole of the foot before landing," says Ken Bob. "Think of a ball landing. It touches at one point, and as it compresses, the ball covers a wider and wider surface area."

**5** "It is best form to land with your ankle slightly extended, so that you land on the ball of the foot under the fourth and fifth metatarsal heads [under your 'pinky' and the next toe in basically]," says Lieberman. "Then let your heel down gently." This is the most forgiving dynamic and will reduce the amount of shock travelling through your body.



## STREETS GIVING YOU THE NEEDLE?

Barefoot in the back garden is all well and good, but what about the detritus of the urban jungle? Avoid hypodermic intrusion from the city streets with footwear designed to mimic the freedom of no shoes

**1 NIKE FREE RUN 5.0**  
Deep cuts (known as 'sipes') in the outsole of the Free Run 5.0 enable greater flexibility and movement of the foot than a traditional running shoe design. "These are great for moving on from regular trainers," says Bath University sports scientist Chloe Shattock. "They offer the same range of motion as barefoot running, but with added protection." £65, [nikestore.com](http://nikestore.com)

**2 VIVOBAREFOOT EVO**  
With a 4mm outsole and no midsole, these 226g shoes offer minimal support and feel just like running nude. "The Evos have an excellent puncture-resistant sole to protect your feet but don't sacrifice the experience, and still feel as natural as having nothing on your feet," says barefoot running coach Lee Saxby, who is also a keen barefoot marathon runner. £100, [terraplana.com](http://terraplana.com)

**3 VIBRAM FIVEFINGERS**  
Ideal footwear for a ninja-lizard crossbreed, these foot gloves weigh a mere 170 grams, have a slim but durable 4mm outsole, and no midsole. "They replicate the barefoot experience more closely than any other running shoes we've come across," says Kerry McCarthy, Gear Editor at *Runner's World*. Wear them with five-finger socks for added comfort. £77-£128, [vibramfivefingers.com](http://vibramfivefingers.com)

WORDS ALEX HARRIS. PHOTOGRAPHY GLEN BURROWS. MODEL JAMIE CHO AT SPORTS PROMOTIONS. GROOMING EMMA WHITE TUNLEY. DIGITAL IMAGING PRE MEDIA. ILLUSTRATIONS BRINDEAU MEXTER





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# INSTANT INDEX 2

7/10

Study this quick exit poll of the benefits in July's Core section - then turn back for a happy coalition of health and fitness

How long the pushing phase of an exercise should last, followed by 2-3 seconds of recovery. Doing this increases your muscle power 3.5 times compared to standard up-down lifting. [p68]

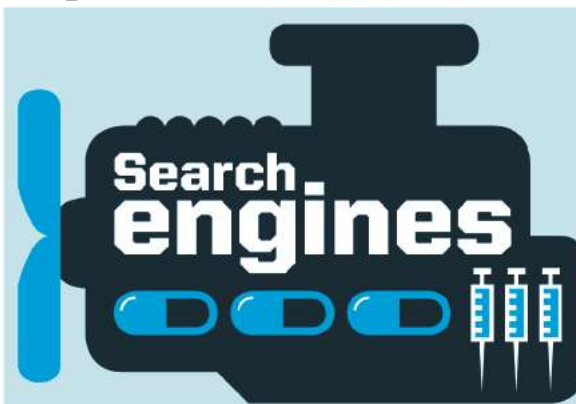


Sprint-swim this distance 6-10 times to increase your respiratory endurance by 38%. Research says that a bigger splash will make muscle-building workouts much easier to handle. Tumble-turn over to p68 for more.



Tanked up on eggs? Crack these open and send your soldiers in to secure your RDA of vitamin D, shown to aid weight loss [p68]

How much less your knees will twist if you train yourself to run *au naturel*. Master the barefoot technique (we call it sole power) on p79



Click away from Google, Ask Jeeves et al to avoid scary (and, more often than not, incorrect) medical diagnoses. Double-click your way to healthy living and reliable advice on p63



Prolong foreplay by this much to avoid becoming a Tiger Woods-style sex addict. The arousing extra eye contact and intimacy increases your oxytocin levels - and takes sex to a realm where animal passion can't go. [p72]

3 miles



How far you should walk each week to reduce your risk of a hemorrhagic stroke by 68%. Stroll on over to p63 for more brisk health protection tips



Best Hot Hatch

"Pure unadulterated joy."

**AUTOCAR**

"Best hot hatch on sale today."

**car**

**TOPGEAR  
MAGAZINE  
AWARDS  
2009**  
Manufacturer of the Year  
**Renaultsport**

Journalists in complete agreement shocker. The award-winning Renaultsport range. It's true. Three cars, lots of awards and an embarrassing amount of praise. TopGear Magazine even said, "For services to hot hatches, we salute you". To find out what all the fuss is about for yourself (and dare we suggest, read even more quotes) visit [renaultsport.co.uk](http://renaultsport.co.uk) or tune in to Renault TV on Sky Guide 883.



The official fuel consumption figures in mpg (l/100km) for the Clio Renaultsport 200 Cup are: Urban 25.0 (11.3), Extra Urban 44.1 (6.4), Combined 34.4 (8.2). The official CO<sub>2</sub> emission figure is 195g/km. And for the Twingo Renaultsport 133 Cup: Urban 32.1 (8.8), Extra Urban 50.4 (5.6), Combined 41.5 (6.8). The official CO<sub>2</sub> emission figure is 160g/km. And for the Mégane Renaultsport 250 Cup: Urban 24.6 (11.5), Extra Urban 42.2 (6.7), Combined 33.6 (8.4). The official CO<sub>2</sub> emission figure is 195g/km.

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# INSIGHT

Edited by David Morton Photography David Newton

BUY YOUR WAY TO BETTER HEALTH

## Four steps to increasing your sex appeal



### 1 HEAVEN SCENT

The smell of sex is a sweet one. Research at the Monell Chemical Sense Centre in the US found that a woman's ability to detect and distinguish between scents is 1,000 times better than yours. So a candle with a bespoke aroma can do more than just mask Monday's gym bag. According to the study, her smell and emotions are both located in the same neural network in her brain – the limbic system. **Scent is the most important physical and social factor in her attraction to you.** Quite which fragrance you need to capture her interest depends on her tastes. Research shows that the most effective smells evoke scents from her childhood memories or favourite foods. Select a sweet-scented candle to match her most desired flavours from a range by Parisian macaroon experts Ladurée, as many of their scents are food-based, so it's easy to find one you know she'll love. With brioche, wild strawberry and orange chocolate to choose from, you'll be increasing your chances of scoring a direct scent-ual hit.

**Net cost** Ladurée brioche candle, £32.90, [laduree.fr](http://laduree.fr)

**Net result** Make her 1,000 times more aroused with the scent of tiny, little cakes ►

This French tail has a whiff of the unexpected

## 2 WINE HER UP

It might be one of the oldest tricks in the book, but a glass or two of red wine is now *officially* the way to ensure an amorous *amore*. Women who drink between one and two glasses of plonk a day have a higher sex drive than those who drink less. A study of 800 women aged 18-50 by the University of Florence compared the results to the Female Sexual Function Index, an extensive survey of sexual arousal and satisfaction in women. They found that red wine drinkers scored 27.3 out of a maximum of 36, compared to 25.9 for less-frequent cork poppers and a chaste 24.4 for teetotalers. Despite age being generally associated with a decline in female libido, the research found that drinking to the health of her sex drive was just as effective in older women. Which makes a well-aired bottle a long-term strategy, not just a short-term tactic.

**Netcost** Riedel 'Vitis' Pinot Noir glass, £20, [heals.co.uk](http://heals.co.uk)

**Netresult** A lady with a sex-drive that is 10% higher just by 'taking the edge off' every day



Here's to putting  
the saucy devil  
in the D'Avola



### 3 SPEAKER EASY

Pushing her buttons means appealing to all her senses in the optimum way.

Tests by McGill University in Montreal found her brain reacts to music in a similar way to the exhilaration of winning a big bet or jumping out of a plane. These catalyse physiological responses such as increased heart rate and 'shivers down the spine'. Sound familiar? To be arousing your song choice should have a "single lead voice and involve romantic or sexual lyrics," the research found. A study at Goldsmiths University, London, found it's the lyrics, not the tempo of the tune that's paramount. Try conducting the sounds of love through a wall-mounted stereo to leave you more floor space to get creative on. Plus, make them Artcoustic speakers and then you can customise them with sexy images to turn the heat up even further.

**Netcost** Two Artcoustic Diablo speakers, £1,195, [artcoustic.co.uk](http://artcoustic.co.uk)

**Netresult** 100% less R'n'B and you'll be top of her sex chart ►



The right music  
can make your  
speakers sexy



menshea



### 4 THE RIGHT EYEFUL

Having the right literary material on your coffee table will increase your chance of having her on it. According to work at the Northwestern University, US, **she is visually titillated by the exact same sights as you are.** Which is science's way of saying she will also enjoy some 'light' reading in the lounge. Just make sure it's high-brow haute erotica and not *Razzle* or any of its top-shelf associates. The researchers showed female subjects erotic images featuring just men, then just women and finally both men and women, measuring the peaks and troughs in their psychological and physiological response. Heterosexual women were just as physically and mentally excited by all-female erotica, displaying a bisexual pattern of psychological as well as genital arousal, even though they prefer sex with men over women. So, with at least twice as many images to arouse her, there's the potential to double the number of times you have sex each week.

**Netcost** *The Big Book Of Breasts* (Taschen), £35, [taschen.com](http://taschen.com)

**Netresult** Her arousal doubled for 100% more sex for both of you. **MH**



The right book  
is a high-class  
hook for her



# YOU'RE FORGIVEN

FOR ALL THE STUPID THINGS YOU'VE DONE TO YOUR KNEES, ANKLES, HIPS AND LOWER BACK (IN THE NAME OF SPORT, WE SUSPECT) OUR NEW **HYKER** CAN OFFER YOU SOME INSTANT AMNESTY



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# THE A TO Z OF SEX

PART I

In the first instalment of *MH*'s compendium of all things amorous, we provide the latest psychological, physiological, sociological and just plain logical know-how on how to get the most from your relationship with womankind. This month we romp from A-H ...and yes, breasts are included

WORDS JON AXWORTHY PHOTOGRAPHY ALEX YOUNG

**W**hen it comes to matters of sex, there's more theory out there than ever before. The Kinsey Institute at Indiana University in the US reports a massive 517 studies on the subject were published across the globe last year, the highest number for four decades. What's more, modern men *are* keen to get the latest sex-science know-how, a fact illustrated by the Google trend spike in the last 12 months for the

term 'sex advice', which had 4.8 times more traffic than in the previous year. Trouble is, we're not getting what we need: 54% of us are dissatisfied with their sex lives, according to the 2010 Stella sex poll – a rise from 38% when the Durex Sexual Wellbeing Survey asked the same question in 2008. Enter *MH* to sift through the mass of carnal knowledge for pearls of sexual wisdom, edited, alphabetised, and ready to put directly into practice.





“The highest ever  
number of studies on  
sex were conducted  
last year”



# → A IS FOR...

## AAs

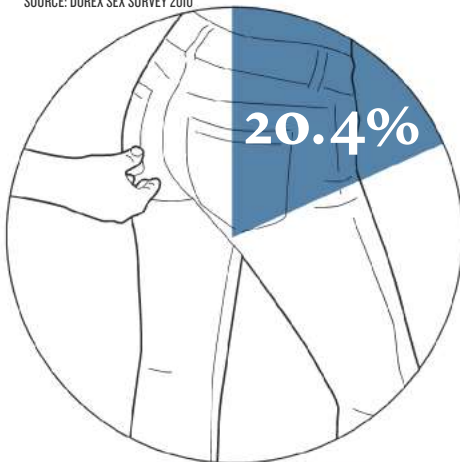
Fancy some battery-powered action? No town in England spends more on sex toys than Upminster in north-east London – forking out 7.9 times the national average.

SOURCE: LOVEHONEY

## ARSE, Pinching another woman's

According to a new poll, 20.4% of British women believe this constitutes cheating on them. Be good, or be very, very careful.

SOURCE: DUREX SEX SURVEY 2010



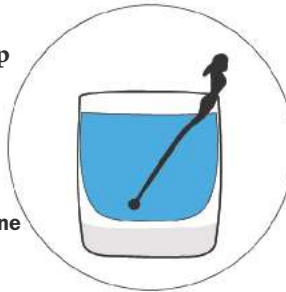
## Alcohol

Raise a glass to raise the bar in the bedroom with these scientifically structured libido-boosters, blended to perfection by legendary mixologist Salvatore 'The Maestro' Calabrese (who has sold over 1.5 million cocktail recipe books since 1997).

### FOR YOU...

#### Le Grande Flip

- 1 free-range whole egg
- 30ml apple brandy
- 15ml Benedictine
- 15ml orange juice
- 1 spoon sugar



"Egg-based cocktails are a connoisseurs' choice," says Calabrese. Impress her with your drinks savvy, then with your libido, which gets a boost from the egg. "Egg yolks deliver the building blocks of libido-enhancing testosterone," says nutritionist Anita Bean. "Plus anything up to four units of alcohol in the bloodstream will relax you without inhibiting sexual desire." Plenty of time for another, then.

### FOR HER...

#### Lychee Martini

- 35ml gin
- 15ml lychee liqueur
- 7ml fresh lemon juice
- 35ml lychee purée
- 1 fresh lychee, peeled



"This martini twist brings out a woman's inner temptress, thanks to its fruity ingredient," says Calabrese. "The lemon juice provides B-complex vitamins like thiamin and niacin which fuel a healthy sex drive," says Bean. And lychees are loaded with magnesium, which increases circulation to female sex organs and stimulates stronger orgasms, researchers at Sichuan University in China found. Taxi!

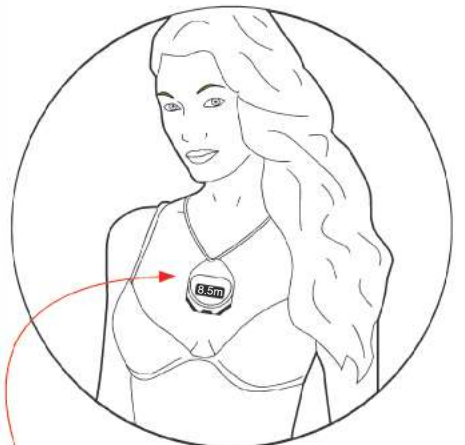
“Upminster spends 7.9 times the national average on sex toys”

## ANGELINA (Jolie)



## AWAY, Playing

Seven times a year, the Indonesian holiday 'Pon' encourages its people to make a pilgrimage to a sacred mountain – Kemukus – on Java to get jiggy with a person other than their spouse. They believe having extramarital sex seven times makes their wishes come true. Like having extramarital sex seven times, perhaps. Get festival dates at [indonesia.go.id](http://indonesia.go.id), and get there with flights daily from Heathrow with Garuda Indonesia ([garudaindonesia.co.uk](http://garudaindonesia.co.uk)).



## ALARM, Set your

Want to know if you're going beyond the average man between the sheets? Intercourse lasts, on average, eight and a half minutes. SOURCE: UNIVERSITY OF SOUTHERN CA

CUT OUT SWIMSUIT: MATTHEW WILLIAMSON; BRACELET: MIMCO; GOLD AND TURQUOISE RING: JADE JAGGER; SHOES: CHRISTIAN DIOR





## Breast man; Bum man

A two-part masterclass in how to go about exciting your favourite female attributes

### Breast move #1

To get her breasts at their most responsive, caress slowly, edging gradually closer to the nipple. "Arousal happens quicker if the area surrounding the nipples is manipulated first," says Dr Petra Boynton, sex educator at University College, London.

### Breast move #2

"There's an ultra-sensitive 'zone' radiating outward from the nipple, beginning where her breast meets her chest," reveals Dr Simon Connolly of the British Association of Cosmetic Doctors. Spiral inwards from this point. Trace your tongue over the nipples, and suck lightly once they're erect and she's turned on. You'll know this because, according to Connolly, "breasts swell by as much as 25% when aroused".

### Breast move #3

Blow lightly on the now moist nipple, "or take a swig of the bottle of wine you opened earlier and lick a point in the zone", says Boynton. "The alcohol evaporating will intensify her pleasure." And a good Barolo will enhance the experience.

### Bum note #1

Her booty, according to Dr Connolly, "is pretty sparse in nerve endings, although intensive massage will cause stimulation".

### Bum note #2

"Stroke in circular motions around the cheeks, alternating between your fingertips and palm," says holistic and lymphatic massage therapist Calvin Finn. This increases the sensory experience and ensures the area doesn't go numb.

### Bum note #3

To take the encounter to the next level, "circle your finger around her anus a couple of times", says sex therapist Paula Hall. "It's a highly sensitive area and once she realises you're not attempting to enter it, she will really feel uninhibited – which should make the accompanying sex even more mind-blowing."



“Breasts can swell by 25% when aroused”

## BED, Breakfast in

Push the cardboard-tasting muesli to one side and harness the sex-enhancing power of scrambled eggs to make your morning-after trysts even better than the night before



### Smoked salmon and scrambled eggs (and Champagne)

**Why?** "Salmon prolongs arousal as it's high in arginine, the amino acid the body uses to create nitric oxide," says the British Nutrition Foundation's Dr Sarah Schenker. "The more NO in the body, the firmer the male organ becomes and the more lubricated the woman's organs. Alcohol can increase the release of dopamine, which is essential for sexual pleasure." And the scramblers, says Schenker, "are low in saturated fat, which can prevent blood from reaching the genitals".

### How?

- 1 "Whisk 6 free-range eggs with salt and pepper and put them in a pan with 30g of melted butter," says Henry Harris, chef-patron of French restaurant Racine in Knightsbridge, London.
- 2 "Stir until little pieces of cooked egg are surrounded by softer, runnier eggs."
- 3 "Add 2 tbsp of crème fraîche, then serve on toast with smoked salmon over the top, accompanied by a glass of libido-boosting champagne."

## BLANKS, Don't shoot

For more firepower, get plenty of shooting practice. "If you hold sperm in, it begins to degrade," says fertility specialist Dr Sammy Lee. And to maintain your strike rate, establish physical contact quickly. The University of Wisconsin found that women were more likely to sleep with men who made body contact within an hour of meeting. "Ask about her jewellery and you'll be able to hold her hand or touch her neck," says Sarah Collings at the British Association for Sexual and Relationship Therapy. If all you see is a nose ring, get out of the Union bar. →

# CIS FOR...

## CONTRACEPTION

"Where is the male pill?"



More overdue than a decent Coldplay album, "the brightest hope for the 'pill' is actually an injection", says John Guillebaud, Professor of Family Planning and Reproductive Health at University College, London. The injection contains hormones which trick your brain into shutting off sperm production. "Men only need two injections every two months," says Guillebaud. Scientists at the University of Edinburgh, where the injection is being trialled, say it's still five years away. By then, you could be on the school run.

## "CAN YOU FEEL IT?"

In a word. "If there were enough nerve endings for her to feel you coming inside her then childbirth would be so painful she would die from it," says fertility expert Dr Sammy Lee. Practice your poker face...

## CINDY (Crawford)



## CORSETS, Getting her into

Research by Agent Provocateur found corsets boost women's sexual confidence. Corset maker Alison Campbell (crikeyaphrodite.com) reckons it's all about the boning. "A corset should be made from steel bones, not plastic which have a tendency to misshape quickly." Next, you need your lady's waist measurement. "Corset waist size should be 3-4 inches smaller than her natural size," she adds.

## CORSETS, Getting her out of

"Untie the laces, gradually loosening them before working on the busk - the hook and loop strip which is fastened at the front," says Campbell. No matter how desperate you are to get her out of it, don't try to unhook the busk first. "This could be really uncomfortable for her and will totally ruin the moment. You'll find there's much more of a tease in slowly loosening laces than bursting open a busk."

## COUGAR, How to tame a

Here's to you, Mrs Robinson

Every once in a while something crosses the pond that can brighten our sexual landscape. The term for mature ladies with more on their minds than knitting was coined over there, but they're increasingly prowling over here. According to research from King's College, London, 77% of women now claim their sex drive peaks post-40. "This is the period when kids begin to look after themselves and stress levels drop, which leads to a spike in testosterone," says Sarah Collings at the British Association for Sexual and Relationship Therapy.

A cougar might just offer you the holy grail of sex without the emotional demands, too. "Dipping levels of the hormone oxytocin post-40 mean she's more able to disassociate sex from love and protection," says Dr Petra Boynton. Which translates to coital without the cuddling. But are you man enough? "The arousal cycle for women of around 40 clocks in at 40 minutes," says Collings. So if you want to play with the big cats, work on your long game. Go to her erogenous zones first



(see E), then kiss her and look in her eyes. If her pupils are dilated, proceed to the next level: tell her you want to sit somewhere that'll seriously limit your conversation, like down below. "She can then gyrate and control the position of your tongue," says Collings.

Ready? Log onto [cougardate.co.uk](http://cougardate.co.uk), or book your flights to Vegas for the annual cougar convention scheduled for late 2010 ([cougarconvention.com](http://cougarconvention.com)). When you arrive don't try and bridge the age gap by pretending you're older than you are. Erectile dysfunction increases markedly in men over 40 so it's likely she's had her disappointments with older guys. "Just act your age," says Collings. "She wants youth and vitality. She knows that anything else can lead to let-downs in the bedroom."

**“Cougars offer experience, minus commitment”**



LIGHT GREY BRA SET DAMARIS; FLOWER RING MIMCO; SHOES CHRISTIAN DIOR





## D IS FOR...

### DITA (von Teese)



### DD

If you're a fan of the amply cup-sized, emigrate Down Under. Over 40% of Aussie women now buy bras with a DD cup size or bigger.

SOURCE: LINGERIE A SOCIÀ



### DUTCH, Red hot

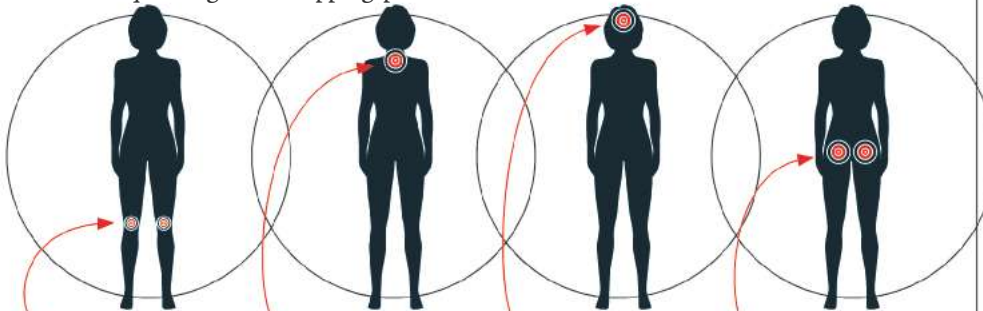
Couples who regularly watch 'erotic material' have the most sex.

SOURCE: UNIVERSITY OF NORTH CA

## E IS FOR...

### EROGENOUS

Hit her body's hot spots with the benefit of sexual psychotherapist Paula Hall, whose new and unique 'erogenous mapping' puts a TomTom to shame.



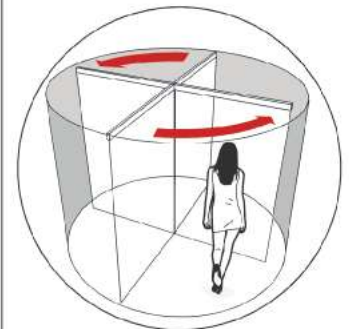
**1. Knees** "One of the most overlooked hotspots. The skin behind her knees is so thin that any pressure will stimulate the popliteal artery," says Hall. Bend her leg, and slip your fingers round her knee to the hamstring. Run your hand up and down. "Because you can actually do this during sex it enhances her pleasure," says Hall.

**2. Her neck** "Run a fingertip up the back of her neck to her hairline and you'll stimulate the ultra sensitive dermal nerve endings just underneath the skin," reveals Hall. "It's an instant turn-on for her." You can do it in public without breaking any decency laws, so you can ramp up her desire levels and guarantee she fancies heading home.

**3. Her scalp** "A sensory hotbed covered in nerve endings," says Hall. Rub your fingers gently through it, or even offer to brush it. "Just pulling her hair gently will stimulate the area," adds Hall. "This is a great way to increase her pleasure when taking her from behind, which is good news as your favourite position is always game-on."

**4. Her hips** "Her inner hip bone, where it curves into her stomach, is a neglected region," says Hall. Kiss and lick the hollows, "which will have a physical impact and a psychological one, as you will tease her into thinking you're going down further," says Hall. "The teasing will add to the strength of her orgasm and boost the sensations you feel."

### EX, Sex with your



"Don't combine sex with dating activities, which create an environment for old emotional feelings to re-surface," says Boynton. "This blurs the lines between sex and rekindling the relationship."

On no account grab lunch afterwards, accept an invitation to a family do, or anything between. "Turn it into appointment sex, on neutral territory such as a hotel room, or after hours in your office," continues Boynton. "This sets clear boundaries and reinforces the fact that there's no emotional attachment. It's just a need. It also adds to the forbidden thrill, which makes the sex even better."

Just make sure you're in it for the right reasons. "It should only be a physical release rather than an emotional crutch," says Boynton. Ask these questions before you make the call; "If you answer 'no' to any of them," says Boynton, "you're in it for the wrong reasons and it'll end in tears."

- 1) Was it an amicable split?
- 2) Have you slept with anyone else since?
- 3) Did you break up with her? →

### EXIT, Quick

The average speed of ejaculate is 28mph.

SOURCE: KINSEY INSTITUTE

### EGGS, Her

"Essential fats found in fish like sardines and mackerel are essential for female fertility," says clinical nutritionist Elise Schlosberg. "They allow cells to function efficiently during menstruation."

### ELBOW, Is that your?

The world record for orgy participants is 500, set in Japan in 2006. SOURCE: GUINNESS

### EVA (Green)



# F IS FOR...

## FAKE

The average cost of a boob job is now £4,300.

SOURCE: BRITISH ASSOCIATION OF COSMETIC DOCTORS



## FAST, Not so

Shut-eye? Nope. Women want eye contact and five minutes of post-coital consciousness.

SOURCE: THE KINSEY INSTITUTE

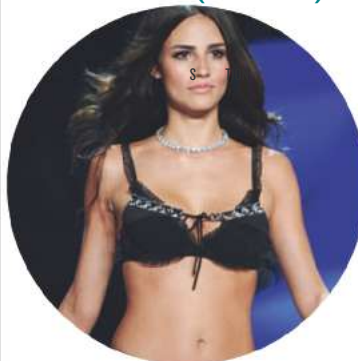
## FAKING IT?

Five sure-fire signs that her bedroom big finish is the real deal

- 1. Her brain takes a holiday** Not to be confused with an Ibiza club night, transient global amnesia occurs in the female brain in the build-up to orgasm. These memory lapses can prompt strange questions or odd outbursts as, according to the Kinsey Institute's Erick Janssen, "her neural activity is redirected away from the brain's centre of social control".
- 2. Her pelvis contracts** "You should feel the ring of muscle in her vaginal opening contracting in up to 15 spasms," reveals Janssen.

- 3. She's in the pink** Her genitals take on a purple hue, her vulva turns claret. "The adrenaline rush increases blood flow, swelling tissues," says Janssen.
- 4. She flashes the rash** Thanks to dilated blood vessels, "75% of women develop a rash on their stomach and chest during orgasm," says Janssen.
- 5. She keeps quiet** If she's screaming your name, she's faking as it's nearly impossible for a woman to exhale and climax. "It's an intense implosion," says Janssen.

## FERNANDA (Tavares)



## FORTY WINKS, Your excuse for getting

"Male hormones dip 75% after ejaculation," says Dr Petra Boynton. Your body's sending you to sleep to regain strength.

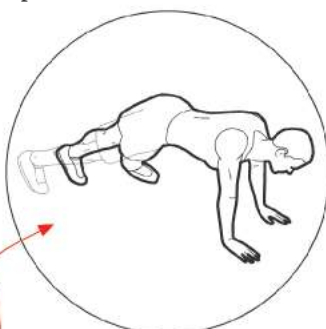
## FIT, F@\*king

"To become a better sexual athlete, you need a conditioning programme to improve flexibility, strength and stamina," says personal trainer Dax Moy. "Sex utilises body weight movements in multiple directions at a variety of speeds and that's what this

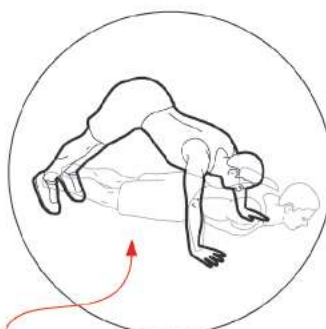
workout mimics," he says. "The exercises take you through more extreme versions of movements you'll indulge in during sex." Perform the following 5-10 reps of each exercise in a circuit with no rest in between. Recover for 1 minute and repeat for a total of 5 sets.



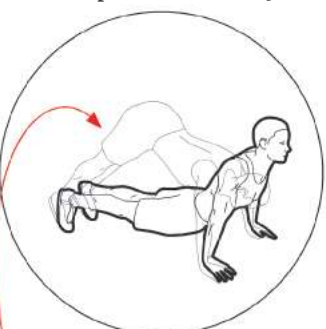
**Quad press** Kneel in the prayer position, hands slightly wider than shoulder-width. Push through with your hands and feet until your bottom is raised.



**Swoop** Start from a crunched press-up position. Take your right leg and bring under your left leg, then back to the centre. Alternate on the other side and repeat.



**Ellipse** Begin a normal press-up, then at the top, push forward on your toes so shoulders are beyond your hands. Lower and push back so your rear-end is in the air.

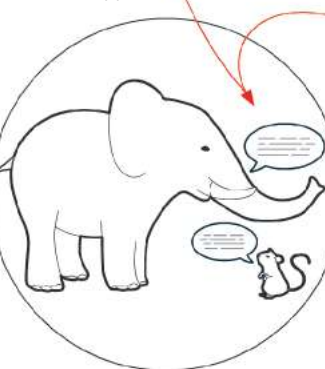


**Divebomber press-up** Start in a press-up position. Walk hands towards your feet until your bum is raised. Dip between your hands and finish with your chest up.

# G IS FOR...

## GSOH

See GAG (1)



## GAG (1) The hilarious aphrodisiac

**The gag** An elephant and a mouse are talking philosophy. "Why is it," says the elephant, "that although we're both God's creatures, with souls of equal worth, I am so huge and strong, yet you are so tiny and grey?" "Well," says the mouse, "I've been ill, haven't I?"

**The theory** "Women go for cerebral jokes because, from an evolutionary viewpoint, it's a sign of intelligence," says psychologist Kristofor McCarty from Northumbria University. "This is funny without being crude." Borrow some comic genius from *Jerry Seinfeld: I'm Telling You For The Last Time* (£13, amazon.co.uk) or *Woody Allen, Stand Up Comic 1964-1968* (£10, amazon.co.uk)

## GAG (2) Make sure she doesn't

"Some women's reluctance to perform oral stems from the fact that many men thrust as they would during penetrative sex," says Catherine Townsend, author of *Sleeping Around: Secrets of a Sexual Adventuress* (John Murray). "Have her lie with her head sideways along your thigh, so you're thrusting into her cheek, not her throat."

STYLIST REEME IDRIS. HAIR AND MAKE-UP SUSANA MOTA AT ARTISTIC LICENCE AGENCY. MODELS ANNA C AT PREMIER, LAUREN AT ZONE GOLD SWIMSUIT MELISSA ODBASH; NECKLACE & DROPEARRINGS 'LEBIAS' SHOES BLACK GARDENIA (BARRATT'S). ILLUSTRATIONS JASON PICKERSGILL AT ACUTE GRAPHICS. CELEB HEAD SHOTS GETTY





# HIS FOR...

## HEALTH, Your sexual

Syphilis is on the rise, especially in London, Bristol and the North-East

If you're a modern day libertine, be careful, because syphilis is the greatest threat to your manhood. After almost two decades of consistent decline, 'the pox' is on the rise with the latest annual figures showing 3,588 cases diagnosed in sexual health clinics across the UK.

"The highest rates of syphilis are currently in women aged 20-24 and men aged 25-34," says Dr Ian Fairley, consultant in genito-urinary medicine at Leeds General. "Bristol, London and, more recently, the North-East have all seen massive increases in the disease."

And if you're a Facebooker, watch who you poke. The social networking phenomenon has been linked to the STD spike. Cases have increased fourfold in Sunderland, Durham and Teesside, the areas of Britain where Facebook is most popular. "Social networking sites are making it easier for



people to meet up for casual sex," said Professor Peter Kelly, director of public health in Teesside. The unwelcome return of syphilis has also coincided with evidence that unprotected sex is on the rise in the UK.

A study in *The European Journal of Contraception & Reproductive Health Care* found that 53% of UK men admitted to having unprotected sex without being aware of their partners' full sexual history. In the words of Tim Westwood, "Wrap it up before you slap it up!"

## HANGOVER

That skinful last night makes sex even better than a bacon sarnie. "The alcohol still in your blood acts as a vasodilator and keeps blood flowing to the penis" says Janssen. "But have sex before breakfast as any fructose in your morning OJ will increase alcohol metabolism by 80%, decreasing the effects of your 'hornover'. Just check she's awake too.



## HORN, The

"The hormone androgen – the driving force of her sexual desire – peaks between days 10 and 14 of her menstruation cycle," says fertility expert Dr Sammy Lee. Don't miss out – track her cycle using the iPhone application Period Tracker Deluxe (£1.19). **EX**

**“Have sex as soon as you wake up. Just make sure she's awake too”**

# FIBRE CLASS

It's the body tissue you can't get enough of. Here's how understanding the inner workings of your muscles means more strength, power and speed - and an Adonis in the mirror

Words Rob Kemp

Illustration Peter Crowther Associates

## TYPE II (aka 'fast-twitch')

"Larger, generate more force and contract faster," says Howatson. They don't have the oxygen-fuelled energy cells – mitochondria – which power your Type I's, or the red hue of an oxygen-carrying blood supply, hence they're also called 'white' muscle fibres. Though faster than Type I, they can only work in short bursts.

## 1 GROWTH INDUSTRY

From a 90kg bench-press to the blink of an eye, muscles control your every move through three types of fibre. Here's how to build more strength in every one

### TYPE I (aka 'slow-twitch')

Endurance powerhouses, red with oxygen-supplying blood vessels.

"These fibres can function for long periods by burning fats and carbs with oxygen," says Dr Glyn Howatson, Northumbria University exercise physiologist and UK Strength and Conditioning Association coach. "But they generate less force than other types and contract slower."

**Upgrade** "Resistance training targets specific muscle fibres. To build Type I, you need higher reps, shorter rest periods and higher volume, as they take longer to fatigue."

## 2 NATURAL BRAWN FILLERS

Your perfect muscle-building menu for maximum growth

**7am 2 boiled eggs, protein shake, peanut butter on rye toast, green tea**

Starved of protein while you kip, your muscles need a fast fix. In liquid form, whey fast-tracks through your digestive system. The amino acid

boost triggers protein synthesis. This delivers the perfect quantity of protein: 30g. A *Journal of the American Dietetic Association* study found this yielded as much muscle-building power as 90g.

**10am Espresso**

Research in the *Journal of Sports Medicine* shows 50mg of caffeine one hour before a workout creates higher muscle tension with lower stimulation. So you lift less, grow more.

**11am Sardines on oatcakes**

"Sardines are rich in calcium (for muscle contraction), omega-3s (for muscle repair) and protein (for muscle-building)," says leading sports nutritionist Matt Lovell.



## 3 EXPRESS TRAIN

The greatest one-move, full-body, muscle-builder of all time

"The clean and jerk is about the most effective, all-encompassing lift you can perform," says Dave Pearson, exercise physiologist at Ball State University, USA. Studies published in the *Journal of Strength Conditioning Research* show this Olympic lift engages all major muscle groups to increase strength, size and endurance.

### FAST-TWITCH TYPE IIa

Sitting between the extremes of your slow-twitch Type I and fast-twitch Type IIx, you use these for short-to-moderate duration, moderate-to-high intensity exercise and prolonged anaerobic activities, like running 400m.

**Upgrade** "Type II stimulation relies on fast contraction speeds," says Howatson. "So plyometric training or short sprints build strength and size."

### FAST-TWITCH TYPE IIx

"These power very explosive activity, like that 90kg bench press," says Howatson.

**Upgrade** To maximise your X factor, train with low (4-8) reps, heavy weights, resting for periods of 1-2 minutes.



**1** Squat and grasp a bar-bell with an overhand grip. Tuck the balls of your feet under the bar, just beyond hip-width apart. Position your shoulders over the bar, back slightly arched, and your arms straight. Deep breath...



**2** Extend your hips and knees to lift the bar. As it reaches your knees, forcefully raise your shoulders, keeping the bar close to your thighs.



**3** When the bar passes mid-thigh, jump up, shrug your shoulders and pull the bar up with your arms. Let your elbows flex out to the sides.



**4** Pull your body under the bar, rotate your elbows then catch it on your shoulders. Drop into the squat, then stand up.



**5** Adjust your grip if necessary, inhale and, keeping pressure on your heels, dip your body by bending slightly at the knees and ankles.

**6** Explosively drive up with your legs, pushing the bar off your shoulders. Drop down, split one foot forward (flat on the floor, shin vertical) and the other back (resting on toes) as fast as possible, while extending your arms overhead. The bar should be directly above your ears.

**7** Push up with both legs and bring your feet together.

**1pm Workout**  
**2.05pm Protein, carbs and creatine shake**  
The University of Melbourne found men consuming this mix over 10 weeks packed on 68% more muscle than those on only protein and carbs.

**2.15pm Fruit salad**  
Tuck into a post-workout fruit salad of pineapple, papaya, kiwi and mango. These contain bromelain and papain which help break down nutrients and get them to your body quicker.

**2.25pm Almonds**  
A major source of vitamin E. "The potent antioxidant limits the free-radical damage you suffer after workouts," says University of Connecticut exercise scientist Jeff Volek. This accelerates

your muscles' post-workout recovery and gets them growing. A couple of handfuls within 30 minutes of your workout delivers an optimum 150mg of the best E you can safely drop at your desk.

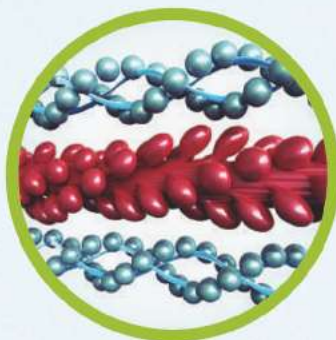
**7pm 100g chicken breast**  
An 18g serving of protein plus leucine which, data from the *European Journal of Applied Physiology* reveals, helps your body digest 80% of the protein in fowl.

**10pm Cottage cheese 'toastie'**  
Cottage cheese on rye toast before bed means sweet dreams of bigger biceps. The cheese packs slow-digesting casein protein to drip-feed your muscles through the night shift. ▶



# 4 INSIDE JOB

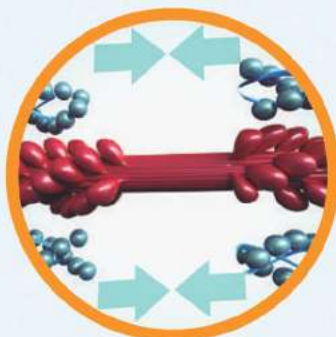
Insider information to keep your star tissue working at full throttle



## MIND OVER MUSCLE

Muscles are instructed to move by nerve impulses transmitted to fibres. These can be voluntary (brain tells arm to raise dumb-bell) or involuntary (stomach muscles automatically churn that burger).

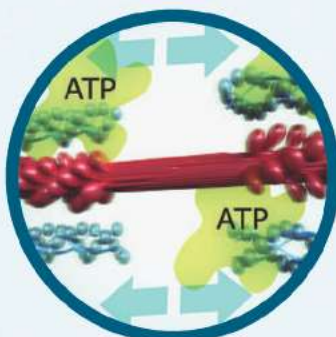
**Service upgrade** "Salt is vital for proper nerve impulse transmission," says Edward Winter, professor of exercise physiology at Sheffield Hallam University. If you're lacking sodium or potassium, you're cramping your muscles' style.



## CONTRACT KILLING

Once the nerve impulse instruction to 'lift dumb-bell' is received, adenosine triphosphate (ATP) rushes onto the scene to power your muscle filaments – actin and myosin – to attach, causing muscle contractions.

**Service upgrade** Ensure a ready supply of ATP to your muscles by taking 3-5g of the amino acid L-arginine in a whey protein shake (such as Maximuscle ProMax) 30-60 minutes before strenuous exercise.



## POWER POWDER

As your muscles work explosively, your limited ATP stores are used up and you start to fatigue. Feel the burn?

**Service upgrade** Creatine means more ATP, so raise your levels (and those weights) with a supplement. "This allows you to work harder for longer," says Volek. Take 5g of creatine with 20g of protein and 20-40g of slow-digesting carbohydrates.



## PUMP IT UP

Muscles working aerobically need extra oxygen to keep moving. Blood vessels in the muscles widen to deliver more oxygen-loaded claret.

**Service upgrade** Getting more oxygen to your muscles means you can go faster, for longer. And the key to that is upping your VO2 max. "For a VO2 max boost, warm up then work for 4 minutes with your heart rate at 160bpm, then 3 minutes at 120bpm and repeat," says Gareth Cole, conditioning coach at The Third Space, London.



## DROP ACID

When exercise gets more intense, you struggle to supply enough oxygen to your muscles so they start using fuel without it. This is known in the trade as working anaerobically. It creates lactic acid, which builds up and causes soreness.

**Service upgrade** The key to keeping going is raising your lactate threshold. University of Maryland research found 3-set circuits of 10 exercises, three times per week raised lactate threshold by 12%.



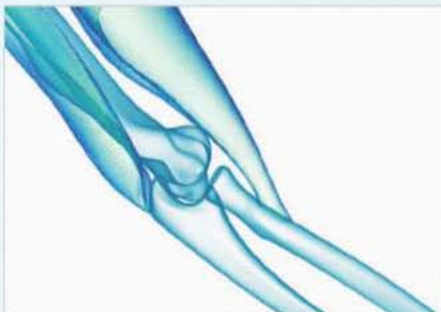




# 5 MEET YOUR MUSCLES

The three forms of muscle that keep you moving, and how to keep *them* moving

## SKELETAL

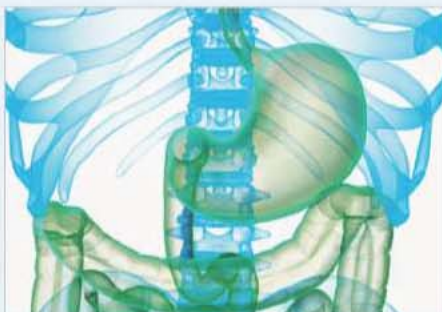


**Attached to bones, when these contract they make your body move.**

You control them both consciously and unconsciously.

**Get glutamine** This amino acid delivers nitrogen to feed and protect skeletal muscles. Two grams is the ideal amount to give your body before exercise, the *American Journal of Clinical Nutrition* reports. Found in beans, poultry and fish, you can also get a direct hit from a supplement (£2.89 [bulkpowders.co.uk](http://bulkpowders.co.uk))

## VISCERAL

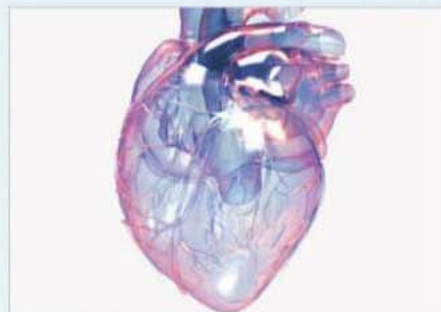


**Smooth muscle lining the walls of your organs particularly the digestive system.**

Controlled involuntarily.

**Water it down** Kidney stones will send your visceral muscles into spasm. Not good. So hit the water cooler, as research from the Mayo Clinic found drinking 2.5 litres of water a day prevents stones. Plus, you may earwig some invaluable intelligence concerning which bar the girls from marketing are going to for cocktails.

## CARDIAC



**Unique to the heart, they continuously contract to pump blood through your system.**

They're involuntary, so don't need constant instruction from your nervous system. Lucky, or trying to fathom *Lost* could be fatal.

**Go bananas** High blood pressure damages cardiac muscle, but two bananas a day will boost blood-pressure lowering potassium, according to US research at Johns Hopkins University. And remember to dispose of the skins in a safe and adult manner.

# 6 PREPARE FOR ACTION

You wouldn't run your car without oil, just as you shouldn't train without fully warming up. Here's how to get more from your engine

"Warming up increases blood flow to boost oxygen and fuel supply to your muscles," says Reebok Instructors Alliance personal trainer Daniel Newman. "It also releases hormones that drive bodily processes, and lubricating synovial fluid into your joints. Dynamic stretches are the best way to prime muscles pre-exercise, according to the *Journal of Strength and Conditioning Research*. "And dynamic stretching is most effective when it's sport-specific," says US running team coach Terrence Mahon. "You need exercises that activate the joints and connective tissue needed for the task ahead." Here's your perfect primer.



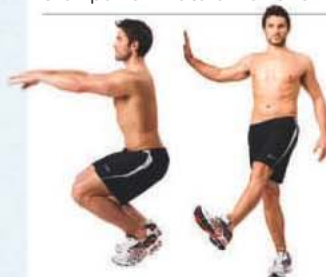
**1 Up to your neck** "Begin flexing and extending your neck for 6-10 reps, tucking your chin into your chest then lifting it up and back," says Newman. Rotate your chin from left shoulder to right 10 times, then perform lateral flexions.



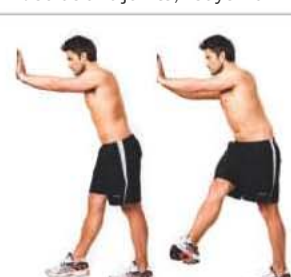
**2 Magic circles** Next perform shoulder circles, right then left. Then move onto swinging both arms to an overhead position, then forward, down, and backwards for 6 to 10 reps. "These light movements ready stabilising muscles and joints," says Newman.



**3 Greatest hips** Warm up your trunk and hips by bending smoothly to one side, then the other. "Move onto circling your hips – 10-12 reps, both directions – then twist by extending your arms out to your sides and twisting your torso.



**4 Squat and swing** "Prepare hamstrings, glutes and calves with squats and leg swings," says Newman. For swings, stand on one leg, your opposite hand on a wall for balance. Swing your leg forward and backward for 6-10 reps.



**5 Groin and bear it** Lean forward with both hands on a wall, weight on your left leg. Swing your right leg to the left in front of your body, then swing back to the right as far as comfortable, again pointing your toes at the top. Perform 6-10 reps on each leg.



**6 Lunge scene** Keep your back straight and lunge forward with your right leg, so your thigh is parallel with the ground and lower leg vertical. Spring back to the start position. Switch to your left leg and do 6-10 reps each. ►



7

# KEEP YOUR FIBRES FIRING

Diagnose, recover and protect yourself from every muscle malfunction

## MUSCLE STRAIN

"Tears in fibres occur when muscles over-stretch under tension," says Howatson. "The more torn fibres, the worse the strain," says Graham Anderson, physiotherapist to Team GB.

**Diagnosis** First- and second-degree strains produce similar symptoms – swelling, pain at rest, pain in use and/or weakness of the muscle.

**Treatment** "Control pain and swelling with ice," says Jonathan Lewis, physiotherapist with Balance Physiotherapy. Apply ice for 20 minutes every hour, always through a towel. "Once pain and swelling are controlled, focus on regaining 'extensibility'."

**Prevention** "Warm up with targeted dynamic stretches before exercise," says Lewis.

## MUSCLE TEAR

Third-degree strains are a complete tear or rupture of the muscle.

**Diagnosis** "Complete loss of function," says Lewis.

**Treatment** "As with tears, rest, ice and elevate to control pain and swelling, use painkillers on your GP's advice, then work on extensibility," says Lewis. "Progressively gauge recovery by gently stretching, building back up to your regular range of motion."

**Prevention** Focus strength training on 'weak' muscles, and warm up thoroughly. Studies in the *American Journal of Sports Medicine* showed regular stretching and warm ups reduce injury.

## CRAMPS

"Muscle shortenings and involuntary contractions brought on by dehydration, or calcium imbalances," says Howatson.

**Diagnosis** Tension and lack of flexibility, often accompanied by a 'burn' sensation.

**Treatment** "Flexing or contracting the affected muscle can ease cramps, as can gentle massage along with fluid and electrolyte replacement," says Lewis

**Prevention** "Drink more electrolytes," says Lewis. "We

recommend 'Nuun' (nuun.com) electrolyte tablets to our endurance athletes." Or restore your electrolyte levels by adding a pinch of salt to water and drinking slowly to get sodium into your system.

## STITCH

"Thought to stem from a variety of causes such as the movement of internal organs or muscular weakness," says Howatson.

**Diagnosis** "Most commonly a sharp pain in the side," says Lewis.

**Treatment** "Changing your breathing can relieve the pain," says Lewis. "Coordinate your exhalations with the impact of the foot on the same side."

**Prevention** Avoid overloading your liver by not eating for at least an hour prior to exercise, and strengthen your abdominal muscles with crunches and hanging leg raises.

CLEAN & JERK STICKMEN: PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL DANIEL MARTIN AT FLAIR TALENT. THANKS TO VIRGINACTIVE.CO.UK. EQUIPMENT: TECHNOGYM.COM. PREPARE FOR ACTION STICKMEN PHOTOGRAPHY DAVID HARRISON. MODEL DAVID SHEATH AT FLAIR TALENT. TRAINERS AND SHORTS ASICS.CO.UK. THANKS TO VIRGINACTIVE.CO.UK





## DOMS

Delayed Onset Muscle Soreness occurs in the days following activity, caused by microscopic muscle tears. "Lowering weights under tension is the common culprit and you'll suffer reduced muscle function and soreness for several days," says Howatson.

**Diagnosis** "DOMS occurs 24-48 hours following intense exercise," says Anderson. "The sensation can range from mild discomfort to strong pain."

**Treatment** "Move!" says Lewis. "Although it can initially feel sore, mobilising the affected muscle really helps. If it's an arm or shoulder, simple rotations and swings will aid recovery."

**Prevention** Anecdotal evidence suggests post-workout massage may reduce DOMS, and studies in the *Clinical Journal of Sports Medicine* found taking ibuprofen four hours before weight lifting meant 40%-50% less soreness.

## 8 HEALING TIME

Follow this perfect post-exercise routine to get you back in action quicker and stronger than before

|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>+<br/>2 MINUTES</b>  | <b>GO SLOW</b><br>Slow down, don't stop. Studies in <i>Medicine &amp; Science in Sports and Exercise</i> found that active recovery after exercise encourages repair. "Simply walk slowly around the gym" says Janet Hamilton, author of <i>Running Strong &amp; Injury Free</i> .                                                                                                                                                                                  |
| <b>+<br/>10 MINUTES</b> | <b>RUN HOT AND COLD</b><br>In your post-exercise shower, alternate two minutes hot with 30 seconds cold. Australian research reported in <i>SportsMed News</i> found this hot-cold contrast hydrotherapy boosted muscle recovery and mental freshness.                                                                                                                                                                                                              |
| <b>+<br/>15 MINUTES</b> | <b>SHAKE DOWN</b><br>Take in carbs as well as protein in your post-workout shake. "Lack of carbs leaves you at risk of muscle damage, and they trigger an insulin spike which speeds nutrients into your muscle tissue," says sports nutritionist Karen Reid (performancefood.co.uk). "Mix a post-workout shake of three parts carbs and one part protein," says John Ivy, author of <i>Nutrient Timing</i> .                                                       |
| <b>+<br/>90 MINUTES</b> | <b>PLATE EXPECTATIONS</b><br>"Eat a meal packed with carbohydrates to restock the glycogen that you've just burned off," says Ivy. 'White' carbs like rice or bread will work fastest.                                                                                                                                                                                                                                                                              |
| <b>+<br/>6 HOURS</b>    | <b>JOG OFF</b><br>You get a surge of human growth hormones (HGH) an hour after going to sleep, according to University of Texas research. But poor sleep quality limits HGH secretion. If you've exercised earlier in the day, upgrade your snoozing with a light early evening jog. University of Sao Paulo research found moderate aerobic exercise in the evenings makes you fall asleep quicker, wake less, and increases total sleep time.                     |
| <b>+<br/>24 HOURS</b>   | <b>LIGHTEN UP</b><br>Australian researchers found that men who lifted light weights the day after a hard workout reported a 40% decrease in muscle soreness compared with those who didn't exercise. By increasing bloodflow to damaged muscle tissue, light exercise speeds recovery. If you can't make the gym, do two sets of 20 press-ups the day after bench-presses, or bodyweight squats following an intense leg session. OK, now you can put your feet up. |

## 9 HIT OR MYTH?

Separating muscle fact from fiction to deliver more fibre power



### MUSCLES WITHER WHEN I STOP LIFTING

"False!" insists Mike Mejia, strength and conditioning coach and author of *The Men's Health Gym Bible*. "Studies of recreational weight lifters found six weeks of inactivity resulted in only a slight decrease in power and virtually no drop-off in size or strength." Take the day off...



### MORE PROTEIN MEANS MORE MUSCLE

"More than 0.9g-1.25g per half kilo of bodyweight is a waste," says Ivy. "Excess is excreted or converted into carbs. More important is the right balance of carbs and protein. Make your post-workout shake three parts carbs/one part protein, then reverse that ratio in your snack after another few hours," says Ivy. "This sustains protein synthesis."



### YOU CAN BURN MORE CALORIES IN LESS TIME

Get out of the gym quicker by lifting explosively. US scientists at Salisbury University recently confirmed this burns more calories than pumping iron slowly by targeting your energy-greedy fast-twitch muscle fibres. Take two seconds to lower, then lift as quickly as possible, so you can spend more time on lunch. **ME**



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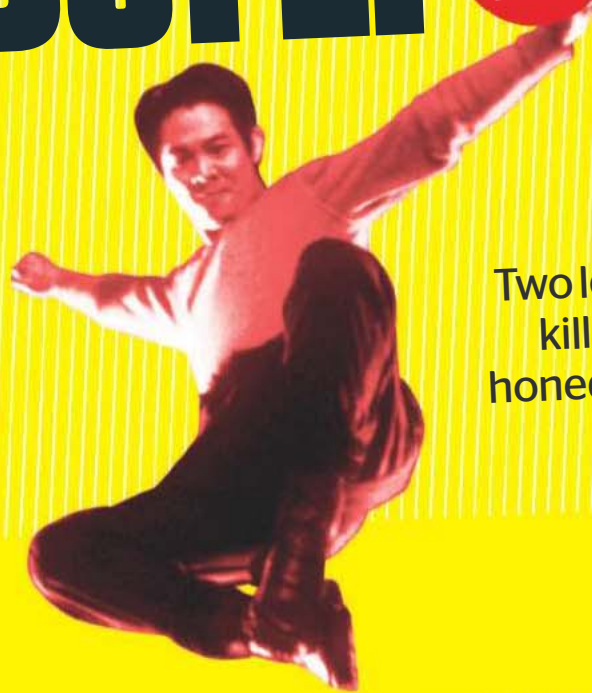


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Let loose your ferocious urge to achieve a higher, harder, unbreakable state of being. You bring the will, we'll bring the fight

# Jet Li vs Tony Jaa



Two legends, each with his own killer combination of finely honed ferocity and unparalleled power. So, will it be Li? Or does Jaa rule?



## **Men's Health** **UFC**

Blood, sweat, and fears - our man got into the shape of his life to see if he could cut it as a cage fighter. Do you have what it takes to go toe-to-toe?





# THE KNOCKOUT EFFECT

MH writer David Morton went from keyboard to cage in three months. Find out how living the life of an ultimate fighter will make you stronger, faster, fitter and more focused than ever before

Photography Adrian Weinbrecht

*There is a cameraman crouching in front of me. The producer has his palm out to hold us where we stand at the end of the walkway and behind him I can see the video of myself being played back on a big screen above the cage. My corner-man and coach stand behind me, a hand resting on my shoulder. I've never felt this strong. In the last three months I have become fitter and more powerful than I've ever been. Mentally, I feel like a fighter. I'm ready to fight. More than that, I'm ready to win. My name is announced. My music starts...*



## BEFORE

The desk jockey

- Weight: 92kg (14st 7lb)
- Body fat: 23%
- Fight record: 0, 0, 0

When it actually comes down to it, it's all a bit much, really. The music, the lights, the cameras and crowd. The gloves on your hands, your coach's voice still clear through the din, even the familiar gumshield that now catches oddly in your mouth. Despite all the days of training and the sleepless nights of mental rehearsal for every single possibility, there is one thing for which you cannot prepare. However much you visualise that perfect, cinematic split-second of visceral triumph, there remains a single possibility which you can't train for – losing.

Three months earlier I had never been in a fight. I had once taken a beating from two guys for sitting on their motorbike and making 'brum-brum' noises but that's the extent of my fisticuffs CV. Three months later, I was about to walk through







**CAGE-FIGHTING** 

Twelve weeks ago,  
this man was mistaken  
for Alan Carr





a crowd of 2,000 paying spectators into a metal cage, 30ft (9.1m) in diameter, set in an old cinema in the East End of London. Before, I was a 92kg (14st 7lb) journalist with big glasses, once described as the sort of guy who “used to be in good shape but has let himself go”. Now I’m having my body checked for anything sharp by the ref while my corner man, Dan, rubs Vaseline onto my eyebrows. Now, I am, as the predictably razzmatazz MC announces, “in the blue corner, weighing in at 83.5kg [13st 2lb], fighting out of Semtex Gym and making his mixed martial arts debut”.

## MIXED APPEAL

Mixed martial arts (MMA) is the professional sport formerly known as cage-fighting. Its name is entirely literal. MMA allows you use the muay thai weapons of your fists, feet, elbows and knees as well as the body holds and throws of wrestling. MMA practitioners are well-versed in the grappling and submission skills of the ground fighting art of Brazilian jiu jitsu (BJJ), with which even the smallest of fighters can use speed, agility and cunning to best a bigger, stronger man. BJJ is incredibly skillful, with advanced techniques used in applying everything from choke holds to intricate joint manipulation, all of which aim to place your opponent in an increasingly vivid world of agony and forcing them to cede defeat and ‘tap out’. It’s rough down there.

Despite that pain, or because of it, the sport is immensely popular. The UK’s leading promotion company, Ultimate Challenge MMA (UCMMA) sells out its venues 11 times a year, with tickets starting at £20 and going up to £150 for a cage-side seat. “It’s like an addiction,” says Dave O’Donnell, UCMMA founder. “I believe men have a combative nature – and this sport is the ultimate test. There are so many ways a fight can end, so it’s more exciting than boxing, more real.” MMA, it seems, is the new way to hit each other.

**-01:00** *The lock scrapes shut. The crowd and the cameras are now very much outside. Afakasi ‘Gus’ Sione, with an MMA record of 0 fights, 0 wins and 0 losses, slams his back into the cage to psych himself up. His stare never falters. We are called to the centre and given our final instructions. Gus, although shorter than me, is powerfully built and looks monumentally keen to prove it. As we step back to our corners and the hooter for the first round sounds, he gets his chance...*

**“I BELIEVE MEN HAVE A COMBATIVE NATURE. THIS IS THE ULTIMATE TEST”**

There is a simple reason for going from one of the many men who watch to one of the few who fight. It will sound familiar. It is to prove yourself. I wanted to be able to say I once had a fight against another man, still the most acutely definitive form of male competition, and won. And, if I’m honest, get into amazing shape while I did so.

## HIT ALL THE BASES

The men who make it their lives to do so are supreme athletes. Not Friday night psychos hell-bent on beating seven shades of Stella out of one another, but focused, dedicated men who train hard to fight easy. In order to answer every question asked of you by MMA you must be physically strong but agile and laser quick. You require the physics-flouting power-to-weight ratio of a sprinter but must remain capable of executing highly skilled martial arts moves. The impressive physicality of even amateur fighters isn’t due to hours in the mirror or isolating their muscles ahead of the summer holidays. It is the result of years of honing their bodies to arm themselves to the most devastating effect possible against another man who has been doing exactly the same. They have to be in amazing physical shape. Their careers depend on it.

**00:15** *My career in the cage starts quickly. We touch gloves and almost immediately Gus launches an attack. His first strike, a left jab, misses. The straight right connects and rocks me slightly. The kick that follows connects with my guarding hand and the back of my head at the same time. His next salvo, which comes after not even a breath, finishes with a vicious kick to my right leg. Thankfully, I hardly feel it through the adrenaline. I am very aware of the barely harnessed intensity of his attacks. His raw aggression. It scares me...*

But that’s what you train for. For three months I spent up to four hours, five times a week at Semtex Fight Centre. I was under the expert tutelage of gym-owner Steve Gladstone and former promoter and MMA coach Andy Geer. Steve is a fifth-degree black-belt in karate, a pioneer of full-contact kickboxing in his homeland of South Africa and a muay thai expert with a professional fight record of 67 fights, 60 wins and 7 losses. ‘The Boss’ is clearly hard of both body and mind. But he is softly spoken and, above all else, a teacher.



**START** AFTER LOCKED STARES, THE FIGHT BEGINS AT A PACE – GUS IMMEDIATELY DEPLOYS HIS STRATEGY, LAUNCHING INTO A SERIES OF KICKS TO THE HEAD AND LEGS.







## THE ART OF WAR

### 1 Ground and pound

The most common way for an MMA fight to finish is by referee stoppage due to strikes on the ground. The 'full mount' allows you to control your opponent with your bodyweight, leaving your hands free to punch.

### 2 All thai'd out

Straight from muay thai and into the Octagon. Knees to the ribcage or sternum will wind your man and take a painful chunk out of his stamina, making them an invaluable tool in close-range fighting.

3

### 3 By elbow hook...

The elbow is another muay thai weapon that makes the 'stand up' game of MMA more dangerous than boxing. Can be thrown 'short', so are ideal for inflicting damage while grappling.

### 4 ...or crook

Meet the rear naked choke: sounds horrible, feels worse. It involves circling your opponent's neck with one arm and grasping your other bicep. By squeezing your elbows together and expanding your chest you put pressure on his carotid arteries.

5

### 5 Overhand might

Thrown from behind you and brought down onto the opponent's head, the overhand punch is very effective against a taller man. With a looping circular trajectory, it is an effective way to set up an attempt to take your man to the ground.

"Each combination of kicks and punches is like a sentence," The Boss tells me during my first session of muay thai, three months before fight night. "No matter how many words you use, end with a full stop. That full stop is the leg kick."

The leg kick and I become well acquainted. While I'm starting to get better at throwing it, avoiding it is an entirely different proposition. During one Saturday sparring session, my consistent failure to block or 'check' kicks by bending at the knee and raising the endangered limb leaves me with a useless lump of tenderised meat where my left quadricep used to sit. Slumped on the bus an hour later I can neither bend nor straighten my left leg, and each step on the walk home prompts a pulse of pain that seems to radiate outwards from the very marrow. By Monday my outer thigh is still so sore that rubbing it makes me nauseous. Wednesday is my first day in the office without a limp. On Saturday I spar again. Repeat.

My physical progress makes all the beatings worth it. I'm quickly down to 87kg (13st 10lb), so only need to shift another couple of kilos to make the middleweight limit of 85kg (13st 5lb). Setting yourself a target is vital to staying motivated in your pursuit of your physical goals. If your target is a Samoan-born MMA fighter aching to knock you out, then skipping sessions does not occur to you. On one occasion I send Andy an apologetic text and decide to head home when public transport conspires against me on the way to training. An hour and a half, two tubes, one bus and a train later I walk into the gym and begin wrapping my hands.

A month out from my debut at the UCMMA 'Adrenaline Rush' event and I'm in the finest physical condition of my life. My old colleague alcohol has been given a sabbatical and with Saturday mornings free from the death-grip of a hangover, I instead get to grips with an hour of sparring, one hour of MMA strength and conditioning and three hours of BJJ. In the evenings I rest my aching muscles and smother myself in arnica. At night I lie awake for an hour thinking about my strategy and then sleep, deeply.

**00:47** *The strategy is simple. Andy expects him to be superior with his hands and feet but for me to have the upper hand on the ground. So he will come out all guns blazing and I'll take him down to the floor at the first opportunity. He's clearly sticking to the script. I should too. I wait for him to stop hitting me, fake a jab and tackle him around the legs. He doesn't go down. He stumbles backwards towards the cage and, in a flash, his left arm is around my neck. I feel him clasp one hand with the other beneath my chin and begin to squeeze. I reach up with my right hand to tap out...* ▶

DAVE COUNTERS THE ATTACK BY TAKING THE FIGHT TO THE GROUND, LOOKING TO MANOEUVRE INTO A POSITION FROM WHICH TO STRIKE OR SUBMIT GUS.





## FIGHTING FOR AIR

The closest I came to passing out was unlike anything I've ever experienced. On the Semtex training mats one Tuesday night I am caught by pro fighter and Semtex team-mate Colin French (2 fights, 2 wins, 0 losses) in a 'triangle choke', the same acrobatic and immensely suffocating technique that I watch him win with in the first round of his welterweight fight at the UCMMA event a month before mine. It involves hooking your legs around the opponent's head, trapping his arm under his chin and then forcefully choking him on it. It is, quite frankly, awful. Firstly, there is the sense of impending doom as the choke is applied. Then, as it tightens, you have a second or two of final effort, which feels desperate but decisive. Then the oxygen is turned off and your world collapses into darkness. When the hold is removed, which is always reliably quickly, the world floods back through tiny pin-points in the centre of your vision. For a few moments it is not the same world. It is quiet and distant. Then, slowly, the noise begins again.

**01:58** *I don't tap. Gus relaxes his grip slightly, hoping to secure a better position with which to choke me. As half a mouthful of air floods back in, I am suddenly conscious of my coach's voice. We have landed next to my corner and I can hear Andy shouting: "Put your left arm across his face and push away." I do, and I am granted more air. I reach up with my right hand and force his elbow down over my skull. My head pops out and I am on top of my opponent, exactly where I want him...*

Once in a good position on the floor the plan was to use my superior fitness to wear him down. The ground game is as intensely tiring as the knockout fireworks of being on two feet and the grappling and wrestling that constitutes BJJ adds up to a hugely effective workout. BJJ burns up to 800 calories per hour. On the practice mats, that's 1kg (2lb) of body fat burned for every nine hours you roll around on them. In the cage, dripping in adrenaline and the fear of losing, it can be you that burns out. Which is bad.

For the last six weeks of my preparation I perform lunchtime circuit sessions and three, six-minute rounds of sparring, three times a week. The sparring is designed to simulate a fight and then push your fitness even further. I am asked to do six-minute rounds instead of five and have 45 seconds' rest rather than a glorious minute. Every two minutes my sparring partner is swapped for a fresh one, so I'm constantly battling against rested lungs and limbs. You find yourself in positions that are so excruciating you'll do anything you can to get out of them. When you do, you



## THE DOWNFALL

**1** The same overhand punch that Dave drilled over and over again in the practice cage (see "Art Of War", picture 5, on the previous page) comes to life on fight night. Gus feels its full force while trying to counter with a left hook. Seconds later, Gus is launching his own

(final) assault of strikes on the other side of the cage – a combination of jabs and overhand rights. What Gus gives away in height is actually an advantage when launching overhand punches – his lower centre of gravity affords him powerful leverage while maintaining balance.

**2** The sheer number of strikes Dave absorbs begins to take its toll. Back against the cage and repeatedly rocked by heavy punches getting through his guard, his arms start to drop, giving Gus's right hand all the opportunity it needs to finish the fight for good.

WITH THE CHOKE BROKEN, THE FIGHTERS RETURN TO THEIR FEET, WHERE GUS IS DOMINANT. HE MOVES FORWARD, THROWING A VOLLEY OF HOOKS, JABS






**3**

**3** The MMA aftermath: bruised and beaten, but relatively unbowed, Dave poses for the camera moments after leaving the cage, over a stone lighter, a lot stronger than when he started, but with his first loss officially recorded in the books.

only find yourself in yet more painful places, but now without the luxury of air. Oddly, I liked it.

## SECONDS OUT

Two weeks out from fight night and I am beginning to relish the sparring sessions that once made me want to cry quietly. While I get schooled by quicker, more skilled fighters, I'm certainly not struggling to breathe, or 'gassing out' as the fighters call it. At the end of a round I'm tired, but the 45 seconds now feel like plenty. My cardio fitness is superb and will, by all accounts, be superior to his on the night.

In the run-up to a fight a lot of thought goes into making the most of your opponent's weaknesses. My man is not as fit as me. So I am training to take him down, keep him down until he's exhausted, then hit him in the head until he's out.

"When you get him where you want him, you must not hesitate," I am told by Neil 'Goliath' Grove (10 fights, 8 wins, 2 losses), current UCMMA heavyweight champion and fellow Semtex fighter. "You must not stop hitting until he's out. You're a nice guy Dave, too nice. When you have him where you want him you must be an animal."

**02:15** *The moment I wrestle my head free from the grip of his tattoo I hear the crowd surge in support. I know exactly what I'm supposed to do and cock my right hand high to make it so, but I'm disorientated from the time without proper breath and I hesitate. My strike is weak and ineffectual. Gus heaves me off and we're back on our feet. Where he wants me...*

On the 10.22pm train home from training I regularly sit with my protein shake, sore but still fuelled by the taste of the fight. In the mornings I clock guys on the tube looking at the marks and scratches on my face and I hold their eye until they look away. While I would never dream of using my new strength and skills on the Victoria Line, I admit that I imagine doing so. I'm also not ashamed to say that I enjoyed knowing that if I had to, I probably could.

**02:29** *He unleashes a flurry of overhand punches. I am rocked by a right and stagger back towards the cage. I'm not aware of it hurting. Gus moves in again, faking with his left. As I counter thin-air, a big overhand right separates me from my senses. I wake the instant I hit the floor and see the referee kneeling between me and Gus, who is turning away and raising his arms.*

**"WHEN YOU HAVE HIM WHERE YOU WANT HIM, BE AN ANIMAL"**

*I try to get up. Not to fight - I know the fight is over - but to show everyone that I'm OK. The paramedics push me back to the ground. I answer their questions and Dave O'Donnell appears over me. "All right. Can we let him up? He's all right," he says, ever cheerful.*

I'm pretty damn far from all right. I get up and walk over to embrace Gus to congratulate him. I've just lost by knockout after 2 minutes and 36 seconds of the first round.

I'm now Dave Morton, with a pro MMA record of 1 fight, 0 wins and 1 loss.

## THE CAGE UNLOCKED

Backstage my girlfriend tells me how well I did and that she is proud of me, but I'm not ready to believe her. For three months I fixated on nothing else but winning an MMA fight. All the nights of training after work; all the weekends spent sparring and nursing my injuries; the countless hours my coaches and team-mates had devoted to me. It's their commitment that makes losing so hard to take.

The following morning I get a text from Andy. "Don't worry about last night, mate. You got in there and did it. We'd love you to come back and train and fight for the gym again."

I haven't been back. Not yet, anyway. When I do it will probably be to train, not to fight. Although for those three months I had aimed squarely at winning the fight, it was the training that was the most rewarding. At the moment I began my slow walk through the crowd I was the fittest I've ever been. More than that, I was more focused on one thing than I thought possible.

Despite all that focus and dedication, there still existed a massive distance between Gus and me. He was fighting for his life; I was living the life of a fighter. Inside the cage we were worlds apart. I did not submit, and for that reason the three months of training, bruising and dieting had been worth it. My fight had been a success. I lost, but I am proud. ▶



## AFTER

The cage fighter

■ Weight: 83.5kg (13st 11lb)

■ Bodyfat: 12%

■ Fight record: 1,0,1

**Special thanks to** Steve Gladstone, Andy Geer and all the fighters at Semtex, Dave O'Donnell and the UCMMA crew, and of course, Afakasi 'Gus' Sione.

AND THE DECISIVE OVERHAND RIGHT, WHICH CATCHES DAVE SQUARE ON THE CHIN AND SOUNDS THE FIGHT'S END. BRUISED, DISCONSOLATE, BUT BY NO MEANS OUT.



# 1. STRENGTH & POWER

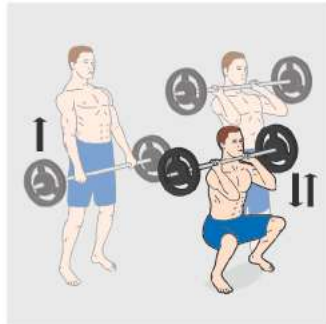
## TO SURVIVE IN THE RING YOU NEED TO READ OUR THREE-PART GUIDE TO FIGHTING FITNESS

*Build a body packed with the explosive muscle and power you need to excel in every area of MMA with this programme by Neil 'Goliath' Grove, current UCMMA heavyweight champion and registered strength and conditioning trainer.*

"An MMA physique should be based on functional muscle, not dead weight," says Grove. "This increases your power-to-weight ratio, making you more athletic and dynamic so you're stronger and quicker, whether you're a fighter or just want to bulk up the right way."

Use a weight that allows you to complete 5-6 reps as explosively as possible. Do not sacrifice form for a higher load."

### SESSION ONE



#### POWER CLEANS

**For?** Total power

**Why?** Strengthening your posterior chain means a ton more power.

**How?** Grasp the bar with an overhand grip. Squat down and pull the bar from the floor by extending your hips and knees. Hop up to extend your body and flex elbows out, pulling your body under to catch it on your shoulders as you drop into a squat. Stand up. Grimace.

**Sets?** 5 x 5 reps with 3 mins rest



#### DIPS

**For?** Punching and pushing

**Why?** Your triceps are responsible for 70% of your arms' overall size.

**How?** Attach the weight belt around your waist and hang the weight plate between your legs. Mount the dip bar with your shoulders above your hands and hips straight. Bend your elbows to lower your body until you feel a stretch through your shoulders. Press back up.

**Sets?** 5 x 5 reps with 3 mins rest



#### DEADLIFTS

**For?** Core strength

**Why?** Stresses your core for stability and balance, while also strengthening your lower back.

**How?** Squat down to grab the bar with a shoulder-width mixed grip – one hand over, one hand under. Lift the weight by fully extending your hips and knees, not with your arms. Pull your shoulders back at the top, lower and repeat.

**Sets?** 5 x 5 reps with 3 mins rest

### SESSION TWO



#### SQUATS

**For?** Takedowns

**Why?** Power for driving into and picking up your opponent. Squats will also improve your speed off the mark.

**How?** Hold the bar across the back of your shoulders and grip it to the sides. Place feet parallel at shoulder width. Bend at the knees until your thighs are just beyond parallel with the floor. Extend your hips and legs till straight.

**Sets?** 5 x 5 reps with 3 mins rest



#### WEIGHTED CHIN-UPS

**For?** Pulling and holding

**Why?** Will build your biceps and your lats, giving you the strength to hold an opponent into you and avoid strikes.

**How?** Put on a weight belt and attach the plate. Take hold of the chin-up bar and pull your body up until your elbows are to your sides. Lower slowly (to prevent swinging) until your arms are fully extended.

**Sets?** 5 x 5 reps with 3 mins rest



#### BENCH PRESSES

**For?** Manipulating body weight

**Why?** A bigger chest will improve your posture and will give you the upper body strength you need to grapple.

**How?** Lie on a flat bench and grasp the bar with an overhand grip, slightly wider than shoulder width. Take the bar from the rack and lower the weight to your chest, then press with your arms until fully extended.

**Sets?** 5 x 5 reps with 3 mins rest



#### STATIC HOLDS

**For?** Chokes

**Why?** Grip strength is vital for submissions and will also let you lift more weight for longer on bar moves.

**How?** Take four 10kg weight plates and stand them up next to one another on the floor in pairs to your sides. Grasp two in each hand, squeezing them together as you pick them up. Hold still for 1 minute. Rest and repeat.

**Sets?** 3 x 1 min with 1 min rest

### ABDOMINAL CIRCUIT

Groundwork requires dynamic core strength. Perform 3 sets of 30 reps in succession with 2 minutes rest in-between



**1 Screws** Lie flat on the floor with legs straight and arms down beside you. Bend at the knees until you're in a tuck. Then, shoot your legs up and screw your legs as far around to the left as you can without shifting your upper body. Lower and repeat to the right. That's two reps.



**2 BJJ crunch** Set up as before. Bring your legs up and twist to your left, crunching down with your upper body so you are in a tuck on your side. Now push off with your left foot to slide yourself backwards onto your back. Do exactly the same to your right. That is also two reps.



**3 ViPR wipers** Lie back and hold a light bar-bell at arm's length above your chest. Lift your legs off the floor straight up in the air, then lower them to the left until they are close to the ground. 'Wipe' across to the right, keeping them straight. That, again, is two reps.



## 2. CARDIO-BUILDING FITNESS

If cardiovascular fitness is 90% of a fight, then yours needs to be at maximum capacity. This circuit by martial arts and boxing trainer Cathy Brown ([thethirdspace.com](http://thethirdspace.com)) replicates explosive extremes of movement as well as the durations and rest periods of a competitive bout – plus a little bit extra so you always have the upper hand. Perform twice a week on days off from other training. Enjoy.

### THE EQUIPMENT



#### ROWER

Go all out for 30 seconds. You should be aiming to do 150m in that time but ensure you're pulling as hard as you can and worry about the distance as you improve.

#### TREADMILL

Set a treadmill to a 7% incline, 16kmh. Let it get up to speed standing with your feet to the sides, then hop on. Decrease the speed, NOT the incline, if it's too fast.

#### VIPR

A new piece of equipment, a bit like a heavy tube with small hand grips. Perfect for throwing around to replicate the awkward weight of an opponent (go to [vipr-fit.com](http://vipr-fit.com)).

#### MEDICINE BALL

Any weight but try to use one of the larger old-school styles. You're going to slam them down so you need a couple of stretching mats to absorb the impact.

### Round One

**ROW 150m 30secs**  
**VIPR Squat & press 30secs**

Hold the weight on your right shoulder, squat down and then launch back up, swinging it over the top of your head and catching it on your left shoulder. Sink back down instantly. This is just the beginning.

**RUN 7% incline, 16kmh 30secs**  
**VIPR Press-up 30secs**

Place the weight on the floor and perform press-ups on top of it. Simple. It's unstable so improves core stability and challenges the smaller muscles in your arms and chest. Not so simple.

**ROW 150m 30secs**  
**VIPR Sprawl & stand 30secs**

Stand with the weight in both hands and resting on your thighs. Jump to the ground, shooting your legs behind you slightly splayed. Your upper body should lead the movement. Stand back up straight.

**REST – 1 MINUTE**

### Round Two

**RUN 7% incline, 16kmh 30secs**  
**VIPR Dead, clean & press 30secs**

Take the weight from the floor in front of you and, using as much of your lower body as possible, power it upwards, catching it across the front of your shoulders. Now press hard overhead. Vomit.

**ROW 150m 30secs**  
**VIPR Squat jump 30secs**

Grab the weight and hug it into your chest like you love it. Now squat as low as possible before exploding upwards so your feet leave the ground. Land straight back into the next squat. Don't pause after each.

**RUN 7% incline, 16kmh 30secs**  
**VIPR Press-up, tuck 30secs**

Perform as in Round One, but after each rep bring both your legs up to touch your chest and then shoot them straight back out into the normal press-up position. Now do another press-up and repeat. Just one more round to go.

**REST – 1 MINUTE**

### Round Three

**ROW 150m 30secs**  
**VIPR Alternate leg thrusts 30secs**

Support your upper body on the weight with your right leg back and your left tucked to your chest. Now quickly alternate between right and left, looking for as many reps as possible. Think *Superstars*.

**RUN 7% incline, 16kmh 30secs**  
**VIPR Squat and press 30secs**

This time, hold the weight across the front of your chest, perform the squat and then use your lower body to generate as much power as possible into pressing the weight straight up over your head. Don't slack off now, chump.

**ROW 150m 30secs**  
**MED BALL Slams 30secs**

Take the ball in both hands and swing it high above your head. Slam it as hard as you can into the mat, then catch it as it bounces back up. This is you scoring a knockout victory in the last minute. Boom.

## 3. FOOD

If you're training hard for the fight of your life or working out to live life to its fullest, you need to get the right fuel at the right time. This will ensure you have enough energy to stay powerful throughout your sessions and get more muscular growth from every day.



### 0800 Poached eggs on brown toast with Tabasco

Protein first thing is essential for the growth and repair of muscle tissue after a night's sleep and eggs are the protein gold standard with all essential amino acids. "Poached are best as they include the yolk, which contains the good fats that lower LDL cholesterol levels," says sports nutritionist Trevor Bedding.



### 1000 Handful of cashews and a banana

"Cashew nuts provide slow-release energy and protein, and although they have a high fat content, it is mainly monounsaturated." The potassium in the banana is an essential electrolyte that ensures that the fluids in the body remain balanced.



### 1200 Protein shake + creatine

"Whey protein (True Whey, £27 for 2kg, [myprotein.co.uk](http://myprotein.co.uk)) will digest quicker and if taken before training will prevent the body breaking down muscle for fuel. Creatine will enable your muscles to work harder for longer."

### 1300 Gym

### 1400 Protein shake + creatine

"Another dose of protein within 45 minutes after training will ensure that growth and repair can take place as soon as you've finished." The second dose of creatine will re-stock muscles.



### 1430 Wholemeal pasta with salmon and green salad

"Salmon is a good source of protein but an excellent source of essential fatty acids, which allow a better delivery of oxygen and nutrients." The wholemeal pasta contains slow-release carbs, high fibre and an abundance of vitamins and minerals.



### 1630 Tuna or chicken sandwich on brown bread

Both chicken and tuna contain high levels of protein, with little or no fat. Brown bread is a great source of slow-release carbs. Also a good way to get in the fibre you need for healthy digestion.



### 1800 Two slices of malt loaf and a protein shake

"The cake is 'energy-dense', supplying a big shot of carbs and natural sugars when you need to top up your levels ahead of an evening training session." The shake, as before, will arm your muscles to grow and recover quicker.

### 1900 Training

### 2100 Protein shake and a banana

"Balancing protein intake throughout the day ensures maximum muscle growth. The night-time banana is a low-GI food, that will continue to keep blood sugar topped up during the night so you don't get hungry before bed." **MB**

**FIGHTING**  
SPECIAL

Plus more high kicks  
and fast muscle with  
Tony Jaa on p122

# Round I

# Jet Li

Intense mental focus, strength of spirit, superhuman speed and grace, devotion to his art – and a fine turn in a rooster suit – make Jet Li the martial artist we can learn the most from.

**Words John Naughton**

**T**he man leaned down to the boy, shook his hand, ruffled his hair and said, “Young man, your kung fu is very impressive! How about being our bodyguard when you grow up?” But then, through the translator, came a reply in an unfamiliar tone. “No,” said the boy. “I don’t want to protect any individual. When I grow up, I want to defend my one billion Chinese countrymen.” It’s 1974 and we’re on White House lawn. The man is US President Richard Nixon, the boy is Li Lian-Jie, an 11-year-old wushu prodigy who will grow up to become Jet Li. And silences don’t get much more uncomfortable than this.

The incident was picked up by news services around the world. To US media it smacked of indoctrination. To the Chinese, it was props for the boy who spoke his patriotic mind. Looking back from a distance of over 35 years, it’s curiously revealing about Jet Li today.

The patriotism is a given and a theme that would run through his life and work, even after leaving China. So too, the feeling that he could protect and defend those in need, a trait that has found full expression since his experience in the tsunami of 2004 and his establishment of the One foundation. There’s also a seriousness there, an inability to see the lighter side of life, unsurprising perhaps, given his background to that point.

The latter characteristic remains to this day and ensured he wouldn’t travel the same comic path as his contemporary, and fellow legend of martial arts and movies, Jackie Chan. While success has softened his austere edge, there remains a core of serious intent about Li. He’s here to get the job done.

It’s an approach which has led to him being seen today as the natural heir to Bruce Lee. His involvement in this month’s action-fest *The Expendables* confirms his position in the front rank of Hollywood’s hard-hitting stars, but he’s got there on his own terms. Whatever the merits of the films he has been involved in, Li has broadly stayed true to his roots throughout. Playing a wide variety of Chinese folk heroes or, he has sought to maintain a spiritual dimension to his work

– in keeping with his Buddhist beliefs and echoing Bruce Lee’s philosophy – rather than simply kicking ass. (And OK, nobody’s perfect. We can forgive that rooster suit in *Last Hero In China*.)

Detail about Jet Li’s early life is sparse. The death of his father when Li was only two, the ensuing poverty, his mother selling bus tickets to keep the family of five children together: these form the outline of a childhood that was truly tough. When Li was eight he was, quite arbitrarily, selected to train at China’s national sport, wushu. Here, he began a regime that crossed the border from gruelling to sadistic. Awake at six, ►

## **LESSON #1** **HUMILITY IS YOUR** **GREATEST DEFENCE**

“You make enemies with your ego. I’m not a hero, I just spent a lot of time learning martial arts. I try to show you what I can do, but a lot of people can do it. I’m not anything special.”





**LESSON #2**  
**BALANCE BEATS**  
**POWER**

"I feel sad because I've only shown that martial arts hurt people. I haven't had the opportunity to show that the important thing is not the fighting. You must know the yin-and-yang balance. Then maybe you will grow up."

**Aged nine, Jet Li broke his ankle while training – but didn't tell his coach for two days**

**LESSON #3**  
**YOU'LL FIND THE KEY**  
**TO HAPPINESS IN**  
**A QUIET ROOM, ALONE**

"All your problems are on the inside, in your heart. So you need to study who you are. Who's 100 per cent you? If you understand your inside, then you know not to be afraid any more."

**LESSON #4**  
**WHAT OTHERS SAY**  
**ABOUT YOU IS JUST**  
**A SONG ON THE RADIO**

"If you don't let others bother you, they become just a song. 'You're great!' dum-da-dum; 'You suck!' da-dum-da-da-dum. If you care more about the outside than the inside, you have a problem."

◀ training for eight hours outside in the bitter Beijing winters, no excuse was ever acceptable. Aged nine, Li broke his ankle, but carried on without informing his fearsome coach, Wu Bin, for two days. Only the chance visit of another trainer led to the injury being discovered. Li developed a relationship with pain that only the most hardened of elite athletes can understand. At a championship, aged 12, he gashed his head with a broadsword, but completed his routine. Three days later he won the National Games, defeating men twice his age. He got his chops the hard way: blood, sweat and no tears.

From 1974-79, Li won 15 gold medals at the All-China Games (in essence, the wushu world championship) and his reputation as a master of the art was sealed. With this success came the nickname "Jet", a reflection of his lightning speed, which reinforced Li's primary belief in speed over size. Fully grown, he is a shade over 5ft 6in, and a powerfully built 10st 5lb, but his signature moves have always been characterised by a superhuman combination of speed and grace, not to mention movement through the air normally only witnessed in the animal kingdom. Martial arts experts marvel over his ability to hold his body in poses that show reserves of latent power and a final delivery of brutality that brooks no argument.

Thanks to CGI and wire work, mainstream actors can now appear to "know" kung fu. Jet Li, however, is one of the few who looks better without tricks. Hardcore fans gave him grief when he used them in *Romeo Must Die*, prompting a back-to-basics attitude in subsequent outings. It's also true that Jet Li has been integral to Western audiences becoming familiar with kung fu.

It wasn't always thus. Li's first film, *Shaolin Temple* (1982), belongs to the era when only the most fanatical Westerners could track it down. After the privations of his early life, Li reached maturity when China's cultural outlook was softening, allowing cameras to film at the Shaolin Temple and catching Li in irresistible form. It proved a catalyst for his career and the genre.

Not that success came easily. The setbacks in his early career are legendary. His first six films saw him break his leg twice, along with his ankle, wrist and nose, as well as suffering a severely sprained neck and back. To make matters worse, his contract with production company Golden Harvest saw him earn a comparative pittance for films when he was already an established star. Moreover, the malign influence of crime syndicates has also hampered him, not least when his manager, Jim Choi, was shot dead in Kowloon in 1992, allegedly because of his refusal to release Li to work on a Triad-backed movie.

With characteristic modesty, Jet Li declared that *Fearless* (2006) would be his last true martial arts picture, accepting that, aged 43, he was reaching the final point at which he could faithfully portray his craft on the big screen. This was not a retirement from movies, but an acknowledgement that what followed would not be pure wushu. Nevertheless, to manage three decades at the top only emphasises a self-discipline worthy of any Shaolin monk – and an ability to master pain inculcated into him on those icy mornings long ago.

And what's more, he's still nobody's bodyguard. **ME**

#### LESSON #5 DEATH GIVES YOU LIFE

"I'm prepared to die. If you understand that no one knows when this will happen, maybe today, maybe tomorrow, then you cherish right now. Then if tomorrow you die, it's OK. I've already cared about every moment."

Made in China,  
imitated all over  
the world

#### WARRIOR WISDOM FROM THE WUSHU

Jet Li has the moves – but when you're a master of martial arts, the mind is the primary weapon

##### Self-defence secret #1

###### Keep it simple

Too many guys worry about fighting style, says Li. He fell into the same trap. "As I grew up, I tried to create my own style. But now I try to have no style. If you think about style first, you still have much to learn. Just be natural. If I'm thirsty, I just pick up a glass and drink. Same thing in martial arts."

##### Self-defence secret #2

###### Watch the Discovery Channel

To develop a heart that's strong enough to deter an attack, Li learns from wildlife documentaries. "Tigers are scariest before they catch their prey," says Li. "You already have the power. People are afraid of you; you can feel it. That is completely from your energy inside."

##### Self-defence secret #3

###### Change gear

Battling a heavier, stronger adversary, a smaller man should play to his strengths – and make speed beat size. "You need training in speed, between the slow and the fast," says Li. "I know I can't move the big people. But if you go slow first... then POW, very fast! Then, thanks to surprise, you win."





## LI'S MARTIAL LORE

Train your body, train your mind, find perfect peace – step by step

### Level one

Learn the forms and repeat them endlessly. "To use your body as a weapon, you need to use that weapon very well, so you concentrate on skill," says Li.

### Level two

Physical technique is now innate, so psychological tools now come in. "I don't need to fight if I can scare you, or use my heart to convince you," he says.

### Level three

You gain a mastery of inner peace, so you no longer need to raise a hand. "I'm not scared of aggression," Li says. "It's close to religion. They beat me up, fine. But slowly they understand, and they drop their weapons. They don't want to fight anymore."

## FIGHTS OF FANCY

Li has starred in over 40 movies – these are the combat connoisseur's choice

### THE SHAOLIN TEMPLE (1982)

Li and his fellow wushu masters were only recruited after Japanese backers despaired of the lack of authentic action after a year's shooting and sacked the original cast. Hear that, *Hollyoaks*?

### ONCE UPON A TIME IN CHINA (1991)

The acclaimed trilogy saw Li cast as Wong Fei-Hung, a folk hero and master of the southern Chinese martial art Hung Ga. The original is best known for a warehouse fight in which Li takes on his foe while balancing on multiple ladders.



### FIST OF LEGEND (1994)

A remake of Bruce Lee's *Fist Of Fury*, which tones down the anti-Japanese sentiment without sacrificing any action. It features a scene where Li fights blindfolded and, like a '70s father, uses his belt to great effect.

### HERO (2002)

After turning down the lead in *Crouching Tiger, Hidden Dragon*, Li didn't miss out on the next major kung fu hit, a traditional wuxia (swordplay) film told in flashback.

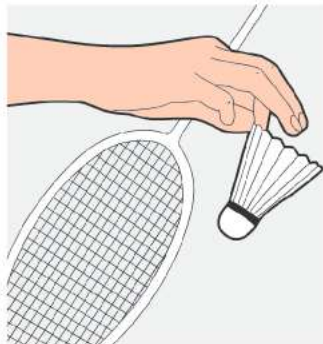
### FEARLESS (2006)

A portrayal (left) of martial arts legend Huo Yuanjia, who realises that the future lies in sportsmanship not brutality – but not before kicking the posteriors of the British, Spanish, Belgians and Japanese.

All films are available on DVD at [amazon.co.uk](http://amazon.co.uk)

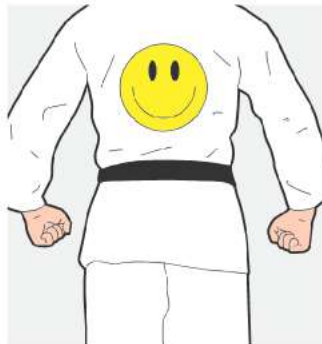
## JET-PROPELLED

Training secrets straight from the man whose strength and flexibility has kept him one of the world's supreme athletes for three decades



### Training secret #1 'Shuttle' runs

For CV fitness, Li runs and cycles. But to maintain the speed and explosiveness for which he is so renowned? "Badminton," Li reveals. Smacking the shuttlecock around for an hour, three times a week is enough to keep his muscles poised. You could also try tennis or squash, which won't hurt your hand-eye coordination, either.



### Training secret #2 Train happy

Much has been made of exercise as a stress reliever, but Li believes your workout is much more beneficial if you've taken care of the stress *before* breaking sweat in the gym. "During training you need to think about happy things," he says. "If you're angry, I guarantee the bad energy inside will keep bothering you."



### Training secret #3 Stretch your mind

Li's favourite conditioning technique is meditation, and he practises for an hour a day. He says this mental relaxation directly affects his body, which he needs to stretch for only 15 minutes afterwards. "After you meditate, the inside is already limber," says Li. Try five minutes to begin – empty your thoughts and focus on your breath.

## THE LI WAY

Key moves from Li's wushu fighting system, courtesy of Daphne Curtis, co-founder of the US Wushu Union



### Front punch

Strike with a closed fist, rotating your forearm as you extend. This allows the arm to direct the maximum force. The most destructive area of the fist is on the knuckles of the index and middle fingers.

**The secret** Relax the muscles in your arm until impact to increase fist speed. Put your body behind the punch for maximum force.



### Front spring kick

Raise your leg with a bent knee towards the target, then snap the lower leg out to strike with the front part of your foot. Practise low and high kicks, from the target's ankle up to his face.

**The secret** Strength, speed and flexibility will produce a fast, high kick. Use squats and forward lunges to build the leg strength you need.



### Palm block

You can use the palm of your hand to redirect an attack. This block can be used upward, downward, or to either side.

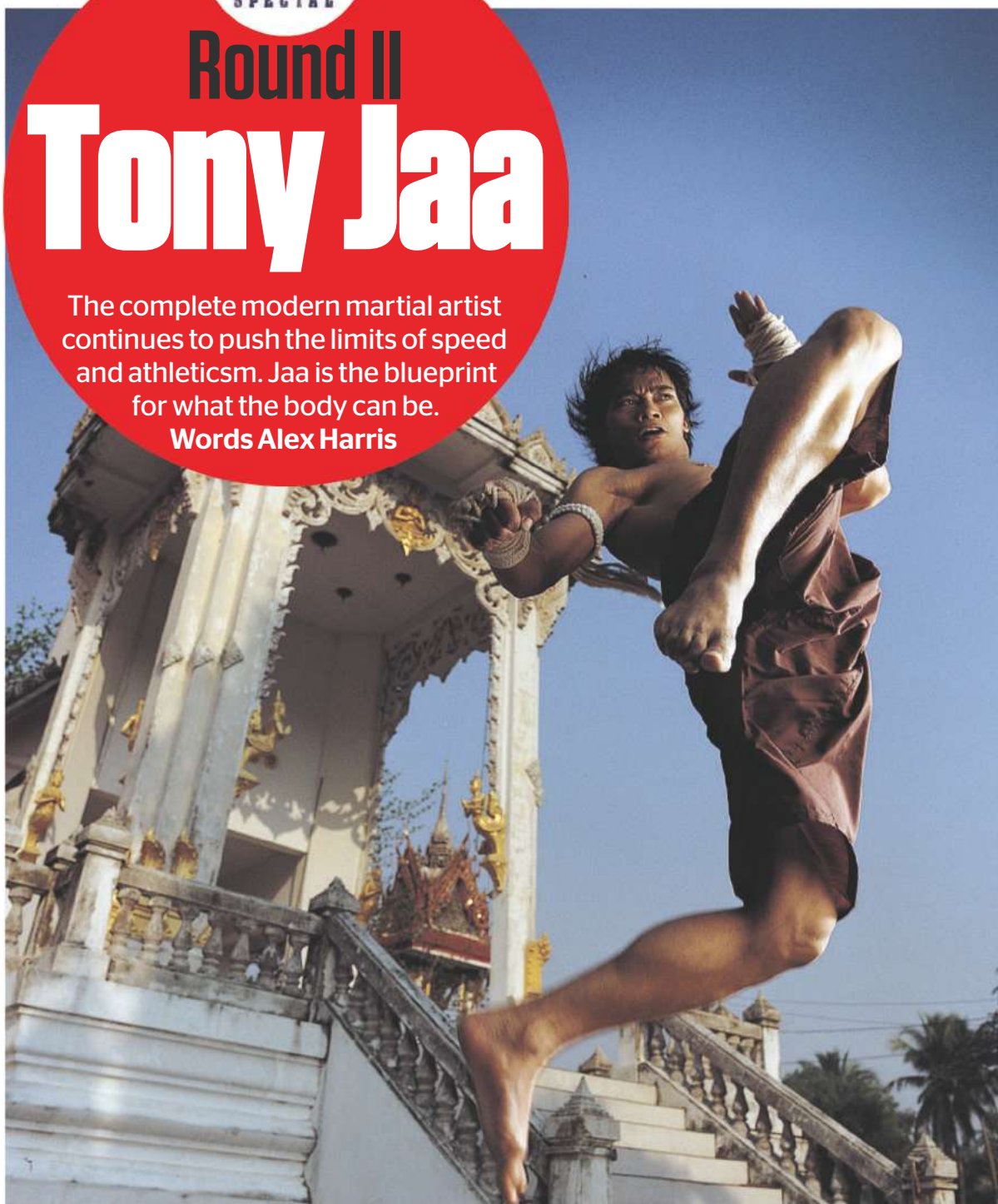
**The secret** Instead of stopping the punch or kick dead, move it just off to the side as it comes toward you. Surprisingly, this requires very little force to execute and leave's your opponent open to a counter-strike.

FIGHTING  
SPECIAL

# Round II Tony Jaa

The complete modern martial artist continues to push the limits of speed and athleticism. Jaa is the blueprint for what the body can be.

Words Alex Harris



In the '80s, a boy called Panom Yeerum from the Surin province of Thailand threatened to commit suicide if his father didn't allow him to study muay thai. Three decades on, Jackie Chan describes that boy as "the most well-rounded of all action stars". Yeerum is known today as Tony Jaa – he's a martial arts phenomenon and has turned his body into a lethal weapon. And you too can grasp his power, strength, skill and grace in your own shaking fist.

"He's an unbelievable athlete," says Michael Dicks, British, European and intercontinental welterweight muay thai champion. "Jaa is very well respected by professional Thai boxers. He uses a traditional form of muay thai. You can tell he is the real deal." An utterly extreme athlete, from his teak-hard core to the tips of his lightning-fast feet,

Jaa is a totally different breed of martial artist and film star hybrid. Now in his thirties, he stands at a far from intimidating 5ft 6in, and weighs in at 9st 10lb (62kg). But if you are currently employed by a slick-haired Triad leader, with only Tony between you and your big boss's big plans, don't be fooled. Jaa has more than just acting accolades tucked under his black belt. After Tony's father realised his son's passion for the way of muay thai, he became his first instructor, using his own experience as a previous patron of Thailand's national sport. And Jaa soon became a master himself, training for every hour of every day.

The fighting style has a long history in the country, and a modern variation is currently used by Thailand's military. Also known as 'The Science of Eight Limbs', muay thai uses more than just fists to engage opponents, and its ►



TONY JAA PHOTOGRAPHY ALL STAR. RED, SILVER AND GOLD SATIN THAI BOXING SHORTS. RED AND WHITE MUAY THAI PRAJOUJ BOTH BY DUO GEAR AVAILABLE AT DUOGEAR.CO.UK. BLUE WITH RED FLAME SATIN THAI BOXING SHORTS BY HANUTHAI AVAILABLE AT WWW.ALSGTM.CO.UK. BLUE AND YELLOW SHORTS AND MUAY THAI PRAJOUJ BY DUO GEAR AVAILABLE AT DUOGEAR.CO.UK





# The Moves I

## THE JUMPING KNEE (GRA-DODE KAO)

In the final showdown of muay thai movie *Ong-Bak*, Jaa unleashes a lethal jumping knee to devastating effect. This is where your new-found plyometric strength comes into its own

### STEP #1

"Standing on your tiptoes, bend your knees slightly," says Richard Smith, chief instructor at Bad Company gym. "This dip in your quads is where the kinetic force comes from." Line up your target, you're ready to pounce. "And don't squat too much, or he'll see it coming."

### STEP #3

"Now thrust your hips forward to propel your knee towards your target, and connect," says Smith. Striking a Bruce Lee pose with a shrill "Aiiieeeeeee!" is optional, but mopping the remains of your opponent off the photocopier is considered proper etiquette.

### STEP #2

Using the power of your ancestors – and your thighs – it's time to jump. "Explode forward from the ground using your hips," says Smith. Now ready your weapon of choice: "Bring your knee up to chest level with your foot pointed down and slightly behind to properly extend your knee."

◀ effectiveness is matched only by its brutality. “Your opponent has to worry about your knees and elbows, as well as your feet and fists, making it much more intense than boxing. When you clinch, you don’t get to rest – you get kneed and elbowed,” says Paul Hamilton, president of the UK muay thai Federation ([ukmtf.co.uk](http://ukmtf.co.uk)).

“Scores are given on the effect of each strike, not the quantity of hits landed,” says Kru Shaun Boland, a World Muay Thai Federation qualified chief instructor and founder of the Chao Phraya Muay Thai academies ([chaophrayamuaythai.com](http://chaophrayamuaythai.com)). “The judges gauge who is stronger in each exchange. If the defender is unflappable and puts the attacker off balance, he’s awarded the point.”

Jaa managed to come away from all his training camp fights undefeated, and is in pretty good shape because of it. “Muay thai is a full body workout and requires incredible core strength. The nature of utilising eight attack options, and defending from the same, means that the whole of your body is engaged when you train and fight,” says Hamilton.

All of which makes muay thai an extensive way to build and condition your body, whether you intend to prove your point on-screen, in the ring or on any sports field. Jaa is an accomplished sportsman, with gold medals in sword fighting, gymnastics, track, long jump and high jump. The core strength that defines the discipline will up your game however you choose to test yourself.

“A skilled muay thai fighter has superb plyometric strength [the power that’ll set you off at incredible speed]” says Kru Richard Smith, chief instructor at Bad Company gym ([badcompany.co.uk](http://badcompany.co.uk)) which has produced the strongest stable of fighters in the UK and is seen by many to be the country’s best school for the sport. “You need to generate a lot of power from where you are standing.”

You only have to spend five minutes on YouTube to see that Tony Jaa has these credentials, and realise exactly what this strength can give you. His abilities are jaw-dropping and many of his signature moves defy physics. On-screen, he uses no CGI. The man even laughs in the face of the assistance of wires, preferring to push his fine-tuned physique to the challenge of lifting himself to extreme heights, at outlandish speeds and with acrobatic landings. It’s no wonder the YouTube clip ‘Best of Tony Jaa’ has over a million hits. Which more than triples ‘Best of Steven Seagal’, by the way. **MH**

## CRITIC’S CHOICE

Learn the secrets of combat from the comfort of your sofa by following Jaa on these epic journeys of honour



### ONG-BAK (2003)

“In pursuit of a stolen golden buddha (*above*), Jaa brings his spin to the martial arts movie, all without wires or computer effects,” says Mark Pollard of [kungfucinema.com](http://kungfucinema.com).

### WARRIOR KING (2005)

“The action sequences are ambitious as Jaa tackles, and despatches, legions of bad ‘uns on Rollerblades, bikes, boats – and even a helicopter,” says Pollard.

### ONG-BAK 2: THE BEGINNING (2008)

Fancy a bloody revenge drama? “This film established Jaa as the master,” says Pollard. “He developed his own fighting style – Natayuth – combining eight distinct martial arts styles, including Chinese kung fu, and the Japanese arts of ninjitsu, aikido and judo. He also leaps across the backs of a herd of elephants in full stride with no wires.” *All films are available on DVD at [amazon.co.uk](http://amazon.co.uk)*

## The Moves II

### THE JUMPING ELBOW (GRA-DODE SAWK)

One of Jaa’s showpiece moves has proved the messy end of many a foolish have-a-go henchman

#### STEP #1

“First you should ‘teep’,” says 12th Khan, World Muay Thai Federation chief instructor Shaun Boland. “This is a strong front kick to the midsection that throws your opponent off balance. The trick is to land the teep with your leg in front, rather than bringing it back to behind your lead leg, so you’re ready for the next step.”



PURPLE SATIN THAI BOXING SHORTS BY HANUTHAI AVAILABLE AT [WWW.ALSGYM.CO.UK](http://WWW.ALSGYM.CO.UK); RED AND WHITE MUAY THAI PRAJOUUD BY DUO GEAR AVAILABLE AT [DUOGEAR.CO.UK](http://DUOGEAR.CO.UK); YELLOW SATIN 'RED BULL' THAI BOXING SHORTS BY HANUTHAI AVAILABLE AT [ALSGYM.CO.UK](http://ALSGYM.CO.UK); BLUE AND YELLOW SHORTS AND MUAY THAI PRAJOUUD BY DUO GEAR AVAILABLE AT [DUOGEAR.CO.UK](http://DUOGEAR.CO.UK); ONG-BAK MOVIE STILL: HEX.





**STEP #2**

"In one movement, lift yourself from the leg you first kicked with – say your right – starting from your foot, ankle and then leg to spring yourself from the floor," says Boland. "Your right leg should now be in front, and your right hand should be guarding your face."

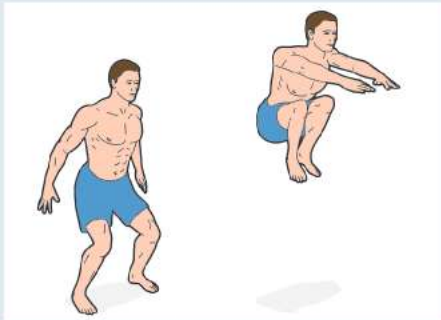
**STEP #3**

It's time to make him shorter. "Bring your right hand behind your head – imagine you're Blade lifting your sword from behind your back. Next swing your elbow in an overhead movement and slam it down on top of your opponent's head," says Boland. Justice served.



## THE MIGHTY JAA

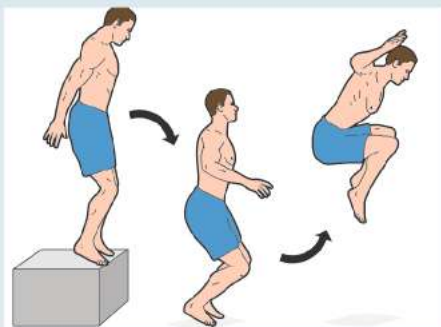
Kru Shaun Boland reveals the plyometric moves that will push your body to supreme levels of fitness



### Tuck jumps

**1** Stand in a stable position, feet shoulder-width apart, hands by your side. Lower your upper body by pushing your hips backwards, arching your back and keeping your head and shoulders up. Keep your weight back so your knees do not go in front of your feet.

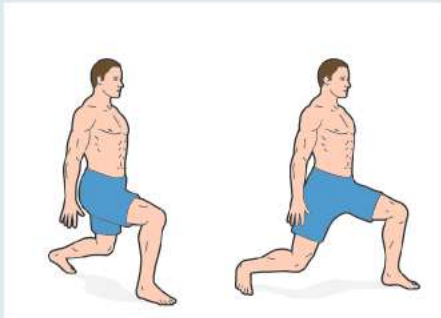
**2** Now explode upwards and tuck your knees into your chest as you descend to the ground. Allow your knees to bend as your body prepares for the next jump. This motion should be carried out in a controlled, continuous manner. Repeat for 3-5 sets of 10-20 reps.



### Box jumps

**1** Step off a box or other suitable elevated platform, landing simultaneously on both feet.

**2** Explode upwards and forwards, extending your arms outwards. Repeat for 3-5 sets of 10-20 reps.



### Switch lunges

**1** This makes for powerhouse quads and glutes. Stand with your feet shoulder-width apart, hands on hips. With your right foot first, perform a forward lunge, making sure your knee doesn't extend over your foot.

**2** After going into the lunge, instantly switch legs by shooting your right leg back and your left leg forward into the lunge position – and feel the burn. Do 3-5 sets of a controlled, continuous 10-20 reps.

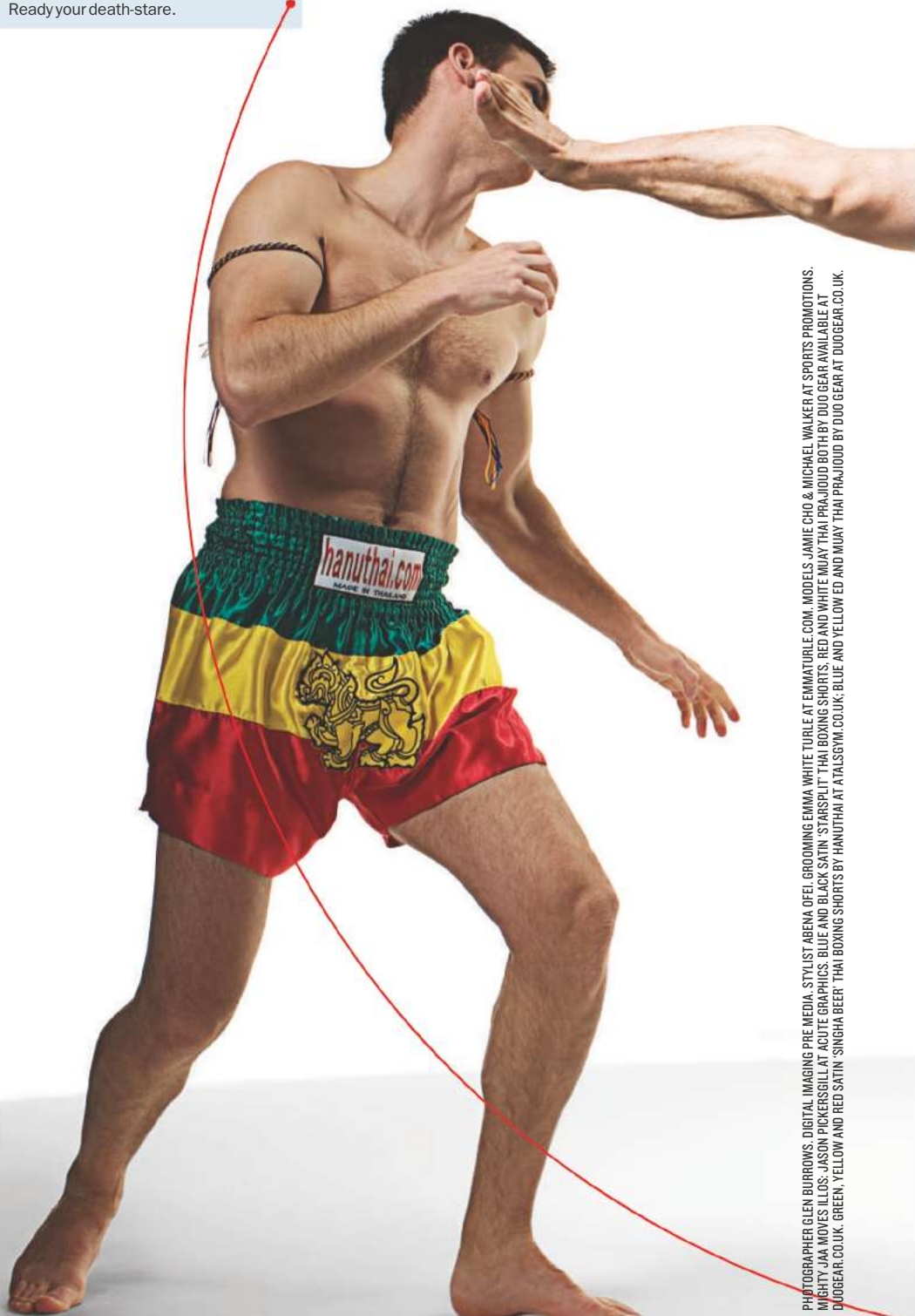
## The Moves III

## REVERSE SPINNING ROUNDHOUSE KICK (JARAKE FAD HANG)

This translates as 'crocodile whips its tail'. Jaa ups this kick, taking to the air to deliver pain from above

### STEP #1

"Start with a slight bend in your knees," says Kru Henderson Greenidge, chief instructor at London's Dynamite Fighting Systems. "Keep your hands to your face in a regular guard to protect yourself. You want to be on the balls of your feet before you make the jump." Ready your death-stare.



PHOTOGRAPHER GLEN BURROWS. DIGITAL IMAGING PRE MEDIA. STYLIST ABENA OFEI. GROOMING EMMA WHITE TURTLE AT EMMAWHITE.COM. MODELS JAMIE CHO & MICHAEL WALKER AT SPORTS PROMOTIONS. MIGHTY JAA MOVES ILLUSTRATIONS: JASON PICKERSGILL AT ACUTE GRAPHICS. BLUE AND BLACK SATIN 'STARSPILT' THAI BOXING SHORTS. RED AND WHITE MUAY THAI PRAJIOUD BOTH BY DUO GEAR AVAILABLE AT DUOGEAR.CO.UK. GREEN, YELLOW AND RED SATIN 'SINGHA BEER' THAI BOXING SHORTS BY HANUTHAI AT ATALSSYM.CO.UK. BLUE AND YELLOW ED MUAY THAI PRAJIOUD BY DUO GEAR AT DUOGEAR.CO.UK.



Jaa rules - especially when his foot's in your face



#### STEP #2

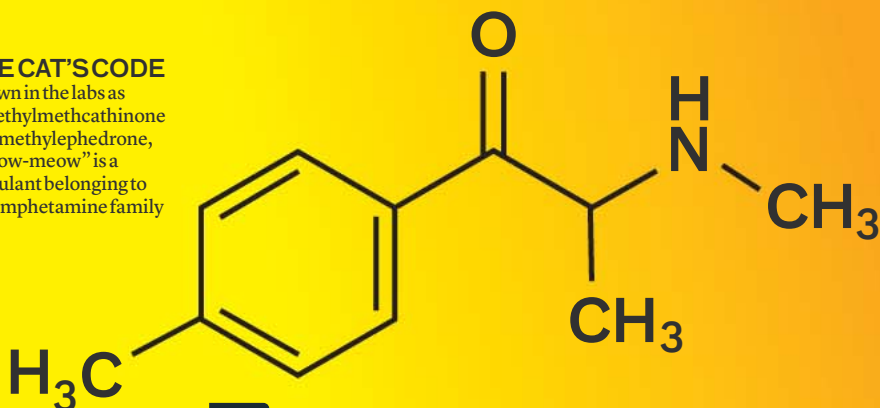
"Line up your target and explode upwards with all the strength in your feet and legs," says Greenidge. You'll need some good airtime for this one. "In the same upwards motion you need to twist your hips to the right. This has to come from the take-off, because once you're in the air, it's too late."

#### STEP #3

"Keep your non-striking leg tucked," says Hamilton. To make sure you don't get a 'dtae wiang' in your 'daihuachai'. "As you begin to spin, fully extend your attacking leg with the momentum to bring your heel into contact with your opponent's head." Gracefully bow, clench your fists, and begin running-man victory dance. **MH**

#### THE CAT'S CODE

Known in the labs as 4-methylmethcathinone or 4-methylephedrone, "meow-meow" is a stimulant belonging to the amphetamine family



# Powder to the people

As the psychoactive dust settles on the mephedrone months, *MH* asks how the period when drugs could be legally purchased on glossy websites rather than shady street corners really affected the health of the nation

**Words** Toby Wiseman **Photography** Luke Kirwan

**It's** not often that Noel Gallagher can be credited with thinking ahead of the curve, but back in 1997 it appeared the monobrow was onto something.

The year that Oasis released *Be Here Now*, an album seemingly produced under the apprehension that the music died with Mott the Hoople, Gallagher made some uncharacteristically prescient comments about drugs in the UK. Speaking on BBC Radio, he dismissed the sensationalised reporting of ecstasy use, claiming, "drugs is [sic] like getting up and having a cup of tea in the morning." The reaction was predictably indignant, but 13 years later it's hard to argue with the truth underlying his droll remark. The only difference now is that buying drugs can be like shopping online at Tesco.

The last time I bought drugs was on 15th March 2010. It was mephedrone – just the one gram, thanks – it cost me £10, and the transaction was entirely legal. I made it from my laptop at the kitchen table, and I can tell you it was at precisely 08:35:35, because that's

what my invoice says. Just next to the order I.D. number and delivery details. My vendor (see how dealers have come up in the world?) was a (now defunct) online company called Head Candy. Based on his website, I have a curious mental image of Mark, its amicable director, as resembling a streetwise Alan Sugar with the happy-go-lucky demeanour of that psychedelic scallywag Bez.

The site's wares were attractively displayed with (I assume) faux chemical diagrams, authoritative reassurances of 99.8% purity, and shopping basket tick-boxes alongside quantities and prices. After selecting, you proceeded to a checkout area with various shipping methods (airmail? Tick!) and payment by all major credit cards. As you admired the sheer professionalism, you'd stumble across Mark's cheery exhortation to, "Stay pokey!" The site was an odd mixture of drop-out vernacular and bourgeois enterprise. Many will remember shifty men with unlikely pseudonyms selling cannabis in pub car parks; Mark offered guaranteed next-day delivery via Royal Mail. ►



**CHEMISTRY LESSON #1**

A lack of scientific analysis of mephedrone is the issue at the heart of the legalisation debate. "We do know 4-Methylmethcathinone is a synthetic stimulant with psychoactive properties," says Gary Sutton, scientific advisor to drugs charity Release ([release.gov.uk](http://release.gov.uk)).

**DO NOT EXCEED  
RECOMMENDED DOSE**  
**3 lines to be  
taken daily**



**Buying drugs  
now can be like  
shopping online  
at Tesco**





## The meow-meow buzz

I'd first heard of mephedrone in January. Writing in *The Times*, Dr Mark Porter told how the drug's arrival in his Cotswolds town had been brought to his attention by his teenage daughters. Using its street name, "meow-meow", he described it as creating an amphetamine-type euphoria, broadly similar to ecstasy; he explained that it could be bought legally online and was marketed as plant food. Porter talked about the teenager who'd allegedly ripped off his scrotum while under the influence, but concluded that, "only time will tell how risky mephedrone abuse really is. Many young people regard today's concern as propaganda [and] the vast majority of young people who try [drugs] will emerge unscathed. And while focusing on drugs we risk looking past the dangers of alcohol. The most dangerous drug of all, in terms of its impact on the nation's health, is both legal and freely available. And unlike meow-meow, is likely to remain so for the foreseeable future."

As a man old enough to recognise responsibility but young enough to remember fun, all this intrigued me. I've studied drug culture in some depth, explored the various causes and effects, and arguments for and against a variety of palliative measures. **In virtually every case, from ecstasy to skunk to LSD, history reveals the major stumbling block in reducing harm and promoting education to be the conflict between politics and science.** Scientists want facts, empiricism and evidence-based action; politicians want to be seen to be 'doing the right thing'.

But this was the first time I'd have the opportunity to witness the unfolding of a drug phenomenon with a critical eye. Even in January it was clear that all the ingredients of a moral panic were present. Sensationalised tales of teenage boys mutilating their manhoods called to mind the boy who cried all the water out of his body, or the girl who threw up her pelvis, both while high on Cake, the fictional drug in Chris Morris's satirical TV show, *Brass Eye*.

It also came hot on the heels of Professor David Nutt's dismissal as chairman of the Advisory Council on the Misuse of Drugs (ACMD). Nutt never flinched from stating uncomfortable truths and stirring moral outrage. But it seems his paper comparing deaths from horse-riding accidents to those resulting from ecstasy – to illustrate our inconsistent approach to harm reduction – was a step too far for Home Secretary Alan Johnson. Nutt's sacking prompted the resignations of more key ACMD members. So, with Nutt's successor named as Professor Les Iversen (presumably appointed by politicians confident he would make the 'right' decisions), what would the new, improved ACMD make of mephedrone – a legal drug with the reported potential to induce self-mutilation? Would it come to a scientific conclusion, or a political one?

## The backlash begins

The same day I bought my mephedrone, two teenagers from Scunthorpe were reported to have died after taking it. The timing was coincidental, but in the preceding month I'd been scanning the web and talking to friends who had encountered meow-meow, which had heightened my curiosity. Facebook communities populated by young adults seemed in thrall to the drug. An old mate – 33, married, father – had been given some on a night out. He thought it fun: painful to snort, quick to act and intense, though the high was short-lived and the hangover regrettable. The most common remark, however, was 'how on earth is this stuff legal?' For a generation that grew up viewing the government's handling of recreational drugs as, at best, draconian in light of their perceived harm, 'legal' is a byword for 'safe'. But clearly, people who had taken meow-meow knew instantly that it was a powerful concoction.

Watching events,  
all the ingredients  
of a moral panic  
were present

## A brief history of mephedrone

The events that led to the government categorising the formerly legal drug as Class B from 16th April

▼ **May 2007** French police send a tablet assumed to be ecstasy to be analysed. Thought to be the first seizure of mephedrone.

▼ **December 2008** An 18-year-old Swedish woman is reported to have died after taking mephedrone along with other drugs. Toxicology reports later show mephedrone not linked to her death.

▼ **2009** Mephedrone becomes the fourth most popular drug in the UK, behind marijuana, cocaine and ecstasy.

Safety fears over online sales of alternatives to class A drugs

▼ **12 March 2009** *The Guardian* reports on the safety fears over online sales of new legal alternatives to Class A drugs, specifically mephedrone.

▼ **Late 2009** UK newspapers begin referring to the drug as meow-meow.

▼ **21 November 2009** Gabrielle Price, 14, dies, allegedly from taking mephedrone. Toxicology tests later show that mephedrone was not linked to her death.

GIRL, 14, DIES  
AFTER TRYING  
DRUG 'MEOW'

MEOW  
MEOW  
KILLS 2  
TEENS

▼ **15 March 2010** Louis Wainwright and Nicholas Smith found dead by police, who report they had taken mephedrone. Further examination shows they had also been drinking and taken the heroin substitute, methadone.

▼ **28 March 2010** Dr Polly Taylor resigns from the Advisory Council on the Misuse of Drugs, in protest of the council's politicisation.

WHY MEOW-MEOW  
MUST BE  
BANNED

▼ **29 March 2010** Alan Johnson announces that mephedrone would be made illegal "within weeks" after the ACMD report.

▼ **2 April 2010** Eric Carlin resigns from the ACMD over the criminalisation of mephedrone.

KILLER DRUG TO  
BE BANNED

▼ **7 April 2010** MPs pass legislation to ban mephedrone.

MEOW-MEOW  
IS BANNED

▼ **16 April 2010** The mephedrone ban comes in to force. The drug is classified as Class B.

MEOW BANNED





## CHEMISTRY LESSON #2

"At present, very little is understood about the pharmacological and toxicological effects of mephedrone, but we can assume it stimulates the central nervous system, releasing dopamine and noradrenaline in a similar way to MDMA," says Sutton.

Campbell put it to him that banning something isn't necessarily a deterrent to people taking it. Brooks disagreed. Campbell then turned to a man clearly more informed than anyone. Tom Lloyd, former chief constable of Cambridgeshire police and now an independent drugs policy advisor, began bluntly. "People will continue to take drugs simply because it makes them feel good. So first, we need to reduce exposure to harmful substances of unknown strengths and purity, which may have played a part here. Second, we need to consider whether the criminal law is appropriate for dealing with this, which is, to my mind, a health, education and social issue. Whenever you make a drug illegal you hand its production, distribution, quality control and sale over to criminals. And they are only interested in making money."

## The iDrugs generation

The knee-jerk reactions of the tabloid media and moral guardians had been true to form – the drug had been identified as a new *bête noire*. With no idea of how many people had taken it, or for how long, pressure was mounting to outlaw meow-meow overnight, with no consideration of the consequences that might have.

The next couple of days saw repeated calls to ban mephedrone from relatives of the deceased and exercised editorials. Another death – a 46-year-old man from Hove – was attributed to mephedrone. Lord Mandelson admitted to being unaware of the drug in the same breath as promising "any action" needed to deal with it. Then the ACMD were asked to bring forward the delivery of advice on "the dangers of mephedrone" to 29th March. While The Home Office again promised "immediate action".

The point concerning me most was the issue of scope. Mephedrone was the first drug to capture national interest in the internet age. Unlike ecstasy in the '80s, mephedrone was being bought, sold, distributed and discussed online. Geography had no bearing on consumption and no one could have any idea how many had indulged. As a colleague commented, "we're talking about an iDrugs generation". Whatever action the government decided to take, they risked criminalising a completely unknown quantity.

On 22nd March I resolved to track down Tom Lloyd. His approach had struck me as impartial and progressive, and as an ex-policeman he'd certainly know about the proliferation of drugs. Was this a unique situation? "Not really," he said. "I almost think it's a mistake to be placing mephedrone in the spotlight. It's a craze, like BZP, GBL or Spice was – we may even have reached saturation point." But surely what makes it exceptional is its potential reach. "Where the situation is unprecedented is that mephedrone is legal and desirable and available at a time when there is a well-embedded drug culture here. And yes, the power of the internet is enormous. But the biggest flaw is to attack the product rather than the consumption. By outlawing a drug such as mephedrone, all you do is close down the method of selling; you don't close down the market."

"These are designer drugs that are easily redesigned: if mephedrone is made illegal, someone will tweak one little element and it becomes a new drug, another legal loophole. Then it will start all over again."

## The comedown

Three days later the *Evening Standard* ran an interview with Professor Nutt. He had formed the Independent Scientific Committee on Drugs (ISCD), an advisory collective set up with the Centre for Crime and Justice Studies. The word 'independent' seemed significant, as the ►



As my package arrived the next morning, the newspapers had started cranking the hysteria. The small print in more considered reports revealed the Scunthorpe boys had also been tanked up on booze and under the influence of the heroin substitute methadone. But mephedrone caught the tabloids' attention. "Meow-meow," proclaimed the *Daily Mail*, "should be accompanied by a picture of a revolver with a single bullet in the chamber – those who [take] it are playing a game of Russian Roulette." A wry editorial from satirical website *The Daily Mash* ran under the headline, "Schools urge government to make drug slightly more expensive and a lot more dangerous" after the National Association of Head Teachers (NAHT) recommended banning the drug. Opening my Royal Mail parcel – formatted invoice, transparent bag containing creamy-white powder, cardboard sleeve – it was difficult to reconcile the ease with which I'd acquired the drug and the furore it was causing. I logged on to Head Candy: "We are still open and trading," read a banner. "Stay pokey!"

Driving into work on 17th March I listened to the Scunthorpe deaths being discussed on Radio 5. Mick Brooks, general secretary of the NAHT, was lamenting the difficulty of a situation where schools are unable to confiscate mephedrone because of its legality. Nicky

"When you make a drug illegal, you hand the business to criminals"

◀ ACMD were being pressurised to deliver a verdict that would enable the Home Office to fulfill its promise of “immediate action”. About mephedrone, he said: “The ACMD could say that one confirmed death is enough evidence to make [it] a controlled drug but [this is not] scientific. If they go down that route then they will have lost scientific credibility.”

For Tom Lloyd the issue had become hopelessly politicised. “There is what I call a ‘received stupidity’ among the hysterical media and politicians, that because drugs cause harm, the best thing to do is simply ban them. **We’ve had three deaths related to mephedrone and in at least two of those it appears alcohol and methadone were involved. Frankly, it doesn’t appear to be that dangerous, but the real problem is no one knows yet.**” For his part, Iversen would only state that, “these drugs [mephedrone and similar] are amphetamines by another name. I think you can deduce my conclusions from that.”

On Sunday 28th March, hours before the ACMD were due to table their report, Dr Polly Taylor, a long-standing member, became the sixth expert to resign from the committee since Nutt’s sacking. Concerns were raised about whether this would effectively invalidate any ACMD recommendation. Home Office lawyers affirmed that a ban could still go ahead.

On 29th March, Richard Garside, director of the Centre for Crime and Justice Studies, wrote a damning response on *The Guardian* website. He argued the ACMD had been placed in an invidious position by the government and its involvement in the classification process would be superfluous. “Waiting to impose a ban on mephedrone until the ACMD reports is not the same as basing a decision on scientific advice,” he declared. “The Home Office had already decided to ban mephedrone. The ACMD’s deliberations were mere window dressing.” Garside explained how the classification process usually works, citing the cannabis review of 2004, which lasted two-and-a-half-years. “These are not normal times,” he railed. “We are in the middle of a mephedrone scare in the run-up to an election.” Later that day, Alan Johnson announced that mephedrone would be banned on 16th April following emergency legislation.

## A fine meph

This meant I was now flirting with criminality by dint of the gram of mephedrone sitting on my mantelpiece. **Its Class B classification meant possession could be punishable by five years in prison and an unlimited fine.** For dealing, Mark at Head Candy might be looking at a distinctly un-pokey 14 years. Garside’s statement that the ban was nothing short of electioneering was still ringing in my ears, so I put it to him that while the government must surely be aware of the logical arguments against banning mephedrone, wasn’t it cynical to cite the impending election as motivation? His response was forthright: “The election is clearly an issue. The Home Secretary has also been vulnerable to the charge that he is responsible for delay following the dismissal of David Nutt. This

action has allowed him to look tough and decisive. It is always easier for a politician to go with the status quo rather than engage in a serious discussion.” I then ran my ‘iDrugs’ theory past him, to see whether he thought that mephedrone’s availability online was an unprecedented danger. “In the past a disincentive for anyone wanting to casually dabble in drugs has been the subculture around its supply,” he said. “Dodgy dealers sold substances of dubious quality in seedy locations. The availability of mephedrone online doesn’t necessarily make it more dangerous. Street drugs that are cut with all sorts of rubbish can be much more dangerous. It is the unregulated supply of mephedrone that any government will now have to take very seriously.”

Later that day I checked Head Candy. The homepage banner stated that Mark was trading over the Easter weekend, with a cheery “Happy Easter!!!”. Head Candy would continue trading until 72 hours before the ban deadline and he apologised for raising prices (now £13 per gram).

I realised that some of the things Garside told me had been ominously absent in virtually all the discussions I’d witnessed thus far. What we should be focusing on, he implied, is not

legalisation or criminalisation, death or depravity, but rather health, wellbeing and education. “We should not be indifferent to our fellow citizens being addicted to drugs,” he said. “It impacts on individuals, families, communities and wider society. Education and access to good-quality information is key.

Smoking has been in decline in the UK over a number of years not because the government has sought to criminalise it, but because no one who takes up smoking these days can be in any doubt that it can be harmful to their health.

**“Ultimately, criminalisation is a blunt and ineffective mechanism. It is a thoroughly inappropriate means by which to protect people from drug harm, or to ensure they have the information to make informed choices.”**

On April 16th the ban inevitably came, but even though the powder on my mantelpiece now made me a criminal, I couldn’t bring myself to flush it. Having immersed myself in the arguments for so long I felt there was only one way to end things. So, I took a few toots.

I really don’t do this sort of thing any more, so I hope it makes sense. I’m writing under the influence of a drug that is now illegal. Class B: I am officially a criminal. It’s 11.45pm on 8th May. The kids are asleep and I’ve missed *Match of the Day*. I feel a little buzzy, but in truth I’ve been in more trouble on a couple of bottles of Malbec. It’s an anti-climax: mephedrone does something, but I’m in no better position to tell you what than any teenager in Salford.

My snorts of mephedrone could be the worst thing I’ve ever done. But no one can tell me if or why that’s the case. I feel regretful, but not for what I’ve done. As I write, we have a hung parliament. The big issues for politicians are electoral reform and the national debt. Fair enough. But with all parties earnestly promising pragmatism and progressive politics, it would be refreshing if they could look sensibly at the most immediate issues affecting the nation’s wellbeing. **ME**

## The ban on mephedrone was nothing short of electioneering

### Freedom for tooting

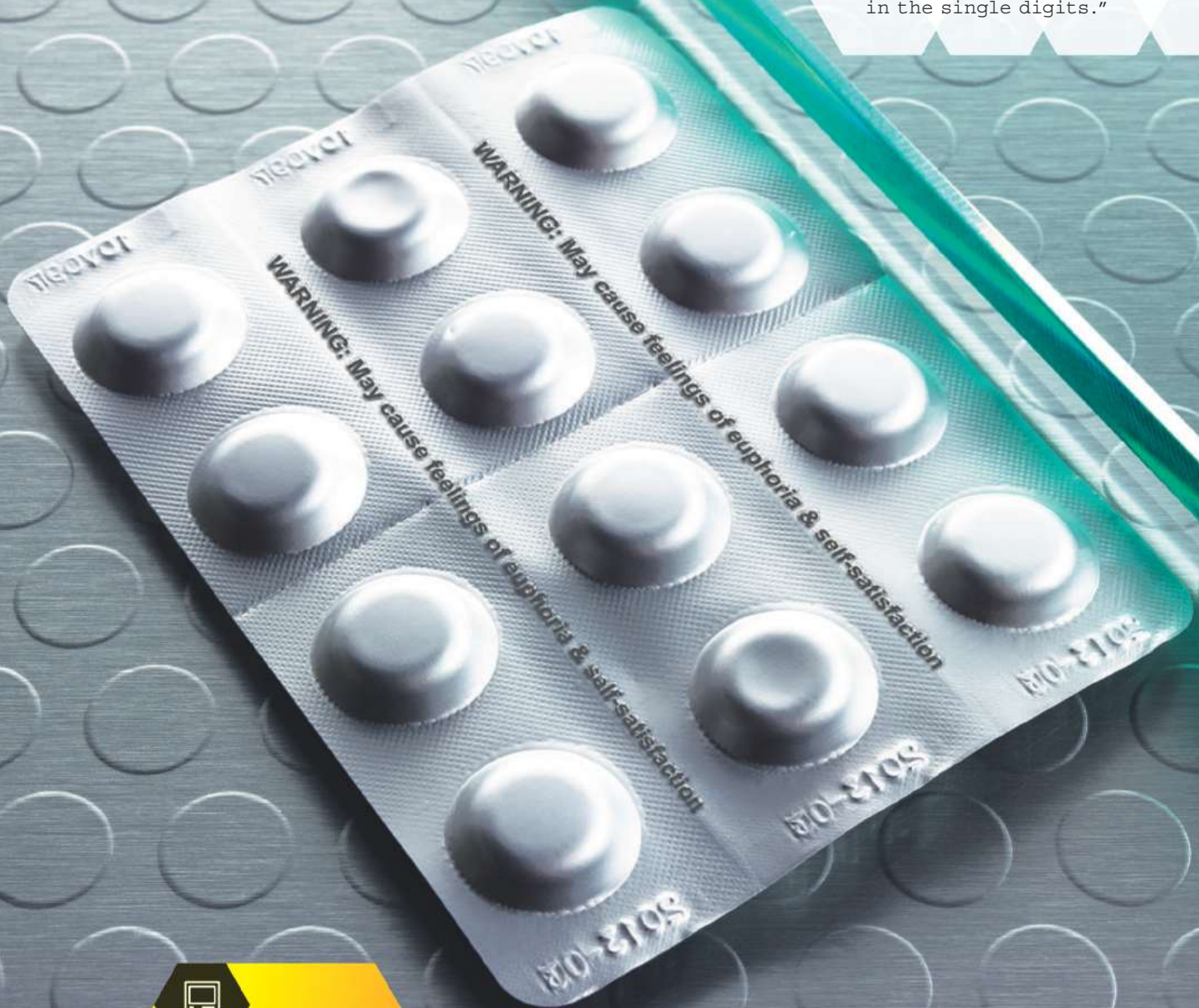
Our Mr Anonymous road-tested mephedrone while it was still legal

| 00:00secs                                                                                                               | +00:30secs                                                                                                                                   | +02:00mins                                                                                                                           | +10:00mins                                                                                                                          | +30:00mins                                                                                                                       | +1:00:00 hour                                                                                                               | +3:00:00 hours                                                                                                                                      | +12:00:00 hours                                                                                                                      | +36:00:00 hours                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Snorting mephedrone, my reaction is, “Ouch! Why did I do that?” There’s an immediate, unpleasant burning in my nostril. | Thankfully, after a few seconds, the burning sensation fades and I begin to feel more alert, with a heightened awareness of my surroundings. | I notice my heart-rate has speeded up considerably. I’m feeling chatty and wide awake. Is this going to be an amphetamine-type rush? | I realise I’ve been talking ‘at’ a friend for five minutes. The effect is similar to cocaine, although my heart is pounding faster. | The effects of that one line are still quite noticeable, although I’m not sure if anyone around me realises I’ve taken anything. | With effects fading, I do another line. The effects are similar, a further heightened feeling, although somewhat amplified. | Five lines in, I’m a lot ‘higher’ than I was after the first. I wouldn’t describe it as ‘euphoria’ but I feel physically charged, happy and chatty. | Next morning I feel irritable, drained and, strangely, have a slight pain in my knees. My heart rate still seems faster than normal. | The next day I feel pretty much back to normal – less chatty than at +2mins, but the feared massive comedown doesn’t materialise. |



### CHEMISTRY LESSON #3

"Mephedrone's chemical ingredients make it closely related to amphetamines," says Harry Shapiro, director of communications for Drug Scope ([drugscope.org.uk](http://drugscope.org.uk)). "However, a major difference lies in its high purity, when compared to your regular street amphetamines, which tend to be in the single digits."



We should be  
focusing on  
health, well-being  
and education





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NUTRITION

LIFESTYLE

EXERCISE

# The 100 Greatest Weight-Loss Tips

You thought you knew them all? We don't think so! *MH*'s digest arms you with the ultra knowledge—so you can finally and forever shred those die-hard inches from your gut

# Nutrition

## Which foods are your natural allies?

001

**Eat vitamin-filled melon followed by protein-rich egg for the perfect fat-fighting breakfast.** The eggs even break down the melon's carbs.

002

**Swap your regular cheese for goat's cheese.** It's 40% lower in calories than cheese made from cow's milk.

003

**Eat chilli con carne once a week.** An enzyme in kidney beans tells the body to break down stored fat instead of carbs for energy, while mince boosts your metabolism.

004

**Choose spinach ahead of other greens.** It packs double the fibre, which helps your body process fats more efficiently.

005

**A daily glass of red wine can stop you putting on fat, especially around your belly.** Resveratrol from the grapes inhibits the development of fat cells around your waist.

006

**Eat more berries to lose weight.** Other fruits contain fructose, which can combine with carbs to add body fat.

007

**Eating a bowl of muesli two hours before training increases fat burning during your session.** Muesli is a slow-digesting carbohydrate and is less likely to be transferred to the body as fat when training – but it still offers a good energy boost.

008

**Eat 'good' fats to burn fat.** Eggs, walnuts, rapeseed oil and the dark meat in chicken are all good for this, and also help cut the risk of heart disease.

009

**Eat camembert after a meal to boost fat fighting.** It contains fat-burning calcium and sleep-inducing tryptophan.

010

**A salad of black beans, peppers, tomatoes, onion and sweetcorn with a homemade olive oil and lemon dressing encourages weight loss.** The combination of fibre, hunger suppressants and fat-burning chemicals will shed the pounds.

011

**Eat avocado.**  
**This will supply oleic acid that aids weight loss and helps to stave off hunger pangs**

012

**Eat two scrambled egg whites and two slices of bacon for breakfast.** The protein will keep hunger at bay for longer.

013

**Drop a few pounds by switching to red cabbage with your lunch each day.** It aids weight loss by increasing your body's production of fat-burning adiponectin and appetite-suppressing leptin.

014

**Want to lose weight but love pork?** Gammon or ham taken from the loin end of the hind leg packs the most protein, with minimal fat marbling.

015

**Drink juice with 'bits' in.** The fibre is processed more quickly, making you feel fuller for longer.

016

**Eat high-fibre, low-starch carbs such as raw nuts, quinoa, barley and oats.** These will regulate your insulin levels and reduce hunger pangs throughout the day.

019

**Swap rice for grated cauliflower to shave your gut.** It's non-starchy, and the Vitamin C hit helps you burn body fat for fuel during physical activity.

020

**Add chilli to your meals.** This fires up your metabolism, to process fats faster.

021

**Add paprika to meals.** Its ground red peppers contain six times the vitamin C of tomatoes, crucial for helping your body to turn fat into energy.

022

**Dilute full-fat milk in your cereal with water.** This reduces the absorption of sugar, and decreases fat intake.

023

**Fish and natural yoghurt will help boost your metabolism.** They are great sources of iodine, which encourages the thyroid gland to burn fat.

024

**Sip green tea.** It contains a compound that reacts with caffeine to boost fat oxidation and resting metabolism by 20%.

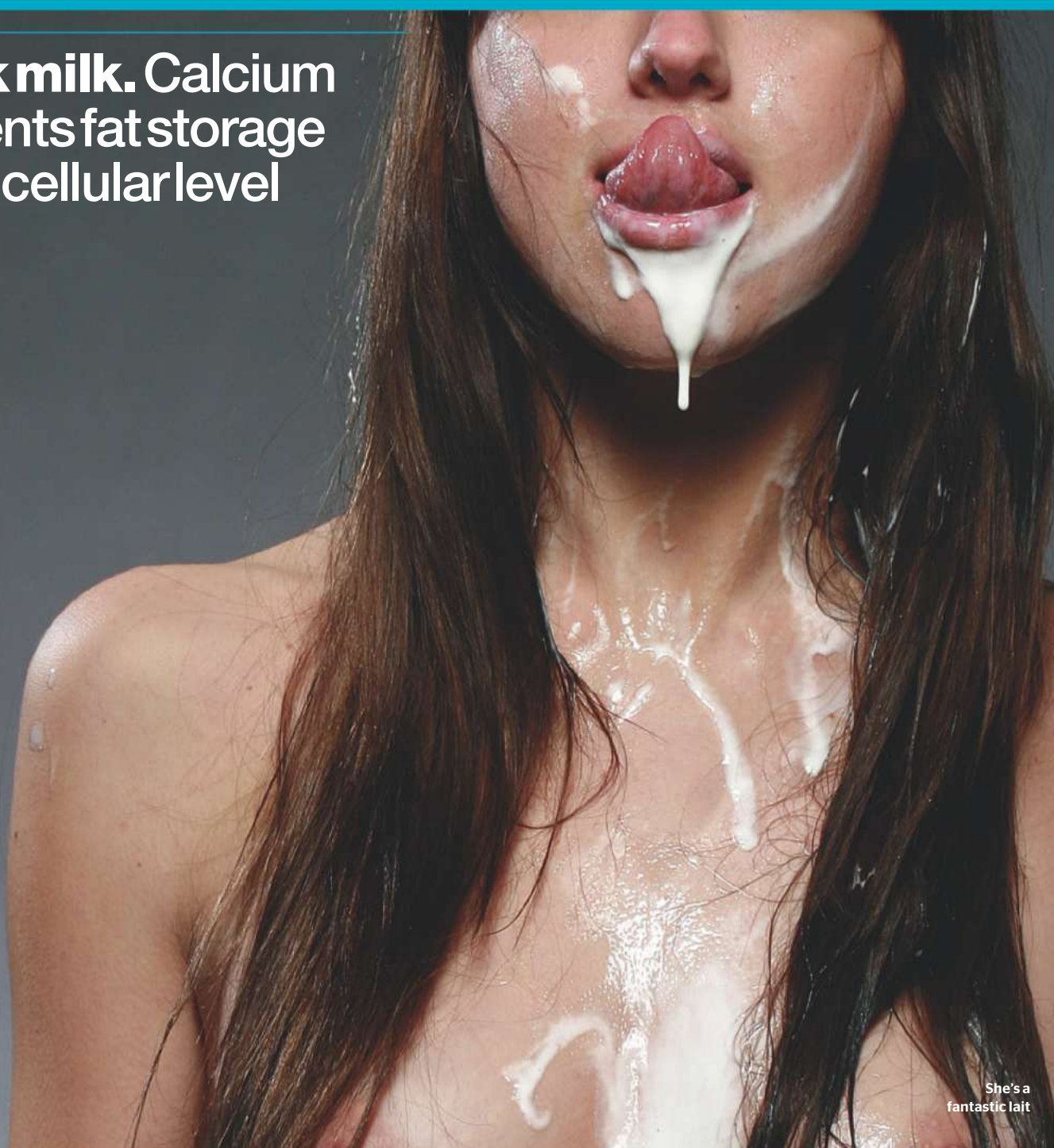
025

**Putting tomatoes in your sandwiches will keep you feeling fuller longer and make you less likely to gorge on post-lunchtime snacks.** The fruit suppresses the hunger hormone ghrelin, responsible for hunger pangs.



026

## Drink milk. Calcium prevents fat storage at the cellular level



She's a  
fantastic lait

027

### Eat blue corn tortilla chips.

They are half the fat of standard crisps and also release sugar more slowly into the bloodstream, which controls insulin levels and slows weight gain.

028

### Red meat can help you lose weight.

It packs a lot of the proteins that help you maintain muscle mass, and muscle burns four times as many calories as fat.

029

**Vinegar-based food dressings contain acetic acid, which speeds up the rate at which your body burns fat.** Add a few glugs of vinaigrette or vinegar daily to salads and sauces.

030

### Drizzle a little olive oil on salads.

Its 'good' fatty acids trigger a protein that tells the body it's full, to help prevent you from overeating.

031

### Swallow conjugated linoleic acid capsules every day.

Taking it will mean you lose 9% more fat over the course of a year (£11.24, [hollandandbarrett.com](http://hollandandbarrett.com))

032

**Eat three 250-calorie protein-rich snacks a day.** Those who do so are 30% more likely to lose weight.

033

**Eat pomegranates.** Their seed oil reduces the body's ability to store fat, and they're so sweet they'll curb your desire for sugary snacks.

034

**Eat red peppers.** They contain capsaicin, the chemical that gives them their taste, and which boosts your resting metabolic rate by up to 25%. ►

035

**Drink oolong tea instead of water. This will burn 12% more body fat**

036

**Take a tablespoon of coconut oil a day.** This will raise your metabolism and reduce body fat.

037

**Go nuts with 70 almonds a day.** You'll lose 8% body fat in six months. Their protein and fibre keep you feeling full.

038

**Eat beans.** People who add them to each meal are 22% less likely to become obese.

039

**Add lentils to each meal to lose over 7kg in 10 weeks.** The pulses are packed with the amino acid leucine, which burns fat fast.

040

**Sink a daily borage seed oil capsule to stay slim** – 80% of people found it helped keep off weight lost through exercise.

041

**Eat an apple 15 minutes before a meal.** You will consume 187 fewer calories if you do.

042

**Can't face breakfast, but want to kick-start your metabolism?** Blend 200g strawberries, 125ml soya milk and 2tsp vanilla extract for a belly-banishing smoothie.

043

**Grab a handful of peanuts a day.** This is to get heart-healthy folates and fibre, plus a higher satiety level than other foods.

044

**Get the right percentage of body fat.** Eat 1.5g of protein per kilo of body weight; only 20-30% of your total calories should come from fat.

045

**Add spring onions to your post-workout meal.** They metabolise carbs for fuel, and are full of fibre, which aids weight loss.

046

**Drink grapefruit juice.** You'll lose 2kg in 12 weeks, thanks to its insulin-lowering enzymes.

047

**Eat eggs for breakfast.** They contain low-calorie protein, perfect for weight-loss, plus they'll keep you full all morning.

048

**Eat a portion of dairy every day.** Doubling calcium intake increases the rate your body metabolises fat by 50%.

049

**Eat bread with lupin seeds.** It will keep you feeling fuller for longer. Grab your loaf (£2.89, goodnessdirect.co.uk).

050

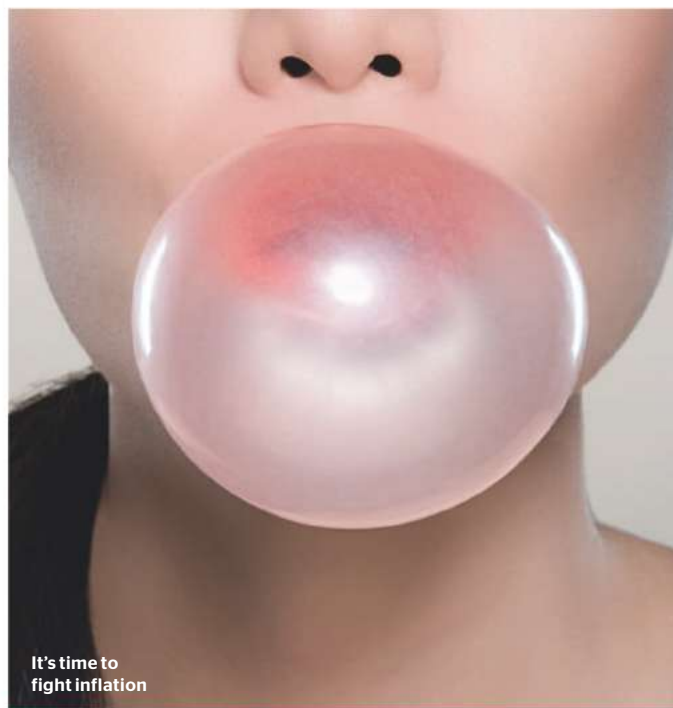
**A glass of carrot juice a day will help you lose 4lbs over 12 weeks, compared to non-juice drinkers.** It's high in fibre and nutrients that help burn blubber.

051

**Drizzle on some soy to shed the pounds.** Research shows soy proteins interact with receptors in our brains that tell us we're full.

# Lifestyle

## Make these a habit



It's time to fight inflation

052

**Chew sugarfree gum. Do it for 15 minutes after eating, and again two hours later, to cut snack cravings**

053

**Eat raw chillies.** They release stress hormones in your body, which boost your metabolism and improve weight loss.

054

**Eat with others.** Research shows people tend to match their food intake to their dining partner. Eating with a lady friend should mean 35% fewer calories.

055

**Take a calcium supplement.** You'll lose 2.6% more fat than those who don't. (£4.09, hollandandbarrett.com).

056

**If it didn't grow, walk or swim, don't eat it.** Processed foods are loaded with unhealthy trans fats and artificial sweeteners.

057

**Have a laugh.** A good, strong laugh for 10-15 minutes a day increases weekly energy consumption by up to 280 calories. *Peep Show* anyone?

058

**Multiply your ideal body weight in pounds by 10 to know how many calories to eat daily.** It keeps your eye on the prize.



059

**Cut out the late night carbs.**

Bigger men are likely to eat 25% of their calories after their dinner.

060

**Slice food into strips and pile it high.** You'll eat less, but feel full.

061

**Order one large meal rather than a mixed platter.** Small dishes encourage you to over-eat.

062

**Tempted by an all-you-can-eat Chinese?** Cut calorie intake by 30% by using chopsticks to slow yourself down.

063

**Slice your food to consume 20% fewer calories.** People rate sliced servings as 27% larger than equal amounts of whole veg.

064

**Take lunch breaks away from your desk.** You'll consume 250 less calories in a day than those who eat and work.

065

**To burn more calories, listen to music that builds in tempo during your workout.** It'll help guard against fatigue.

066

**Make a point with acupuncture.** Do this once a week to lose an extra 4.5kg in three months. Pressure points trigger electrical pulses that suppress appetite.

067

**Banishing carbs will lead to storing more fat in the long run.** So cut your carb intake by 200g a week to stimulate the appetite repressing hormone leptin and kick-start your metabolism.

068

**Wear glasses with blue lenses.** They help weight loss by blocking hunger-stimulating red light.

069

**Tune into Classic FM.** Listening to relaxing music when you eat means you'll eat less.

070

# Turn off your TV while you eat. This will cut 3.5kg of weight gain each year



It makes your eyes square and the rest of you oval

071

**Stress at work is the biggest cause of overeating.** Controlled breathing for two minutes, focusing on your diaphragm, will dampen hunger pangs.

072

**Fire up the BBQ to grill the calories in your meat.**

Alfresco eating is also the slimming man's choice, as barbecuing meat lets extra fat escape while it cooks.

073

**Go to the cinema.** Eating plain popcorn lowers your blood glucose levels, helping to burn fat.

074

**Take a hot bath in the evenings to aid your digestion.** It will also set you up for sleep, which keeps your blood sugar balanced.

075

**Invest in a gravy separator.**

It splits the fat from your gravy, so you're pouring a skimmed version over your Sunday roast. (£7.50, debenhams.com.)

076

**A strategic tippie aids weight loss.** Small amounts of alcohol increase the body's metabolic rate, causing more calories to be burned. That beer after work may not be such a bad idea after all.

077

**Wait before going for seconds.** It takes your brain 20 minutes to tell you that you feel full.

078

**Leave a maximum of three hours between meals.** This ensures your metabolic rate doesn't fluctuate.

079

**Have more sex.** As well as burning 150 calories every 20 minutes, it boosts a hormone that increases your metabolism and lean muscle growth.

080

**Hit the Horlicks before bed, – it's full of sleep-inducing tryptophan.** Lack of sleep causes spikes in cortisol, disturbs blood sugar, and leads to overeating.

081

**Sit down at the table to eat.** You'll consume a third less than when munching on the move.

082

**Eat breakfast.** Those who fail to kickstart their metabolism with a meal in the morning eat 100 more calories a day. ►

# Exercise

## Time to transform your regime

**083**  
**Avoid energy drinks during your workout.** Their high-GI carbs can make you pick up body fat. Drink water instead



Jittery? You will be when you see your waistline

**084**  
**Walk around after exercise to keep your fat-fighting enzymes working.** Sitting for too long deactivates the enzymes that prevent fat storage.

**085**  
**Double your calorie burning.** Alternate between upper- and lower-body moves during your workout.

**086**  
**Hit the treadmill.** The running machine is the best tool in the gym to burn the most calories in the shortest time.

**087**  
**Burn fat faster by skipping.** Ten minutes with the rope will burn the same number of calories as a half-hour jog.

**088**  
**Take creatine after weight training.** It will increase your body's metabolic rate by 6% – so you'll burn more fat.

**089**  
**Do 10 burpees every morning.** 30 seconds of intense exercise each day can speed up your metabolism in two weeks.

**090**  
**Resistance training with low weights builds Type-II muscle fibres.** This is important for increasing metabolism and reducing body fat.

**091**  
**Be quick.** Performing explosive exercises burns 11% more calories than doing them slowly.

**092**  
**Don't exercise alone.** Train with friends and you'll lose 1/3 more weight than if you go on your own.

**093**  
**Work out with your leg muscles rather than your upper body.** Your body uses more energy – and calories – working them

**094**  
**Perform your main cardio exercises at 6pm.** This is when your body temperature peaks, making for flexible muscles and faster reactions.

**095**  
**Pump iron quickly.** Lifting weights faster and more explosively burns more calories.

**096**  
**Take whey protein.** A great muscle builder, it'll also help you lose 6% more body fat compared to those who don't use it.

**097**  
**Exercise in direct sunlight to lose 20% more body fat.** It boosts the appetite killer leptin.

**098**  
**High intensity intervals are the perfect lard-busters.** They burn up to 30% more calories.

**099**  
**Beleary-eyed exercise helps you burn fat faster.** Training first thing will shed a kilo quicker than at any other time.

**100**  
**Play squash for an hour.** You'll burn 1,035 calories – which is more than you would playing any other sport. **MH**



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**MH PROMOTION**

# Best Defence

Working up a sweat comes with unpleasant side effects, but with Right Guard Xtreme Silver you can arm yourself with 48-hour protection against body odour

## SECRET SOURCE OF ODOUR

Sweat gets bad press. It's a dirty word but in reality it's a by-product of hard work, the signature of someone who's performing at their maximum and a sign that you're a busy man and no shirker when it comes to working out. As research from Right Guard shows, it's not even sweat that smells – sweat itself is odourless. The reason why your bustling lifestyle can kick up a bit of stink is because bacteria on your skin digests sweat and creates an unpleasant odour.

***Bacteria, such as staphylococcus, colonises skin in warm weather – mixed with sweat it leads to odour***

## SILVER LINING TO SWEAT EFFECTS

To combat this and to give you the best defence against odour-causing bacteria, Right Guard has launched an innovative new range of deodorants and shower gels. Right Guard Xtreme Silver is the first anti-perspirant deodorant with anti-bacterial silver molecules, which tackle body odour for 48 hours. Along with the new Xtreme Fresh deodorising shower gels, you'll be left confident in the knowledge that even though you're working up a sweat, you're not turning up any noses.

## TAKE XTREME ACTION

Sweat acts as the body's temperature regulator – cooling us down when triggered by stress or exercise. But once it reaches the top layer of skin, the epidermis, it mixes with bacteria on the skin to cause odour. Right Guard Xtreme Silver is specially formulated to fight odour at its source.





# Dispatches

7/10

Edited by Toby Wiseman

Opinion that matters, thought that counts



NEW  
SECTION!

● SLOW LIFE ● THE EVERYDAY ECONOMIST ● MODERN MALE MYTHS ● SHOESTRING MICHELIN ● MONEY-SAVING EXPERT  
● SPEAKERS' CORNER ● THE BOOK THAT CHANGED MY LIFE ● THE SELFISH PHILANTHROPIST

## SLOW LIFE

By Will Self  
author, psychogeographer



## Think or swim

If you want to think big then you need to think slow. When it comes to travel, it's a case of the tortoise trumping the hare-brained

Whereas the hare failed all his GCSEs



**THE PHILOSOPHER** Jean-Jacques Rousseau observed that we think at walking pace. Of course, in the 18th century, when Jacky-boy was writing, there weren't too many other ways of getting around. Now, however, we have a plethora, and people will seize any opportunity that's going to take the weight off their dogs, with the unavoidable consequence that they stop thinking as well.

Yes, yes, of course I understand that people do think when they're being driven; or sitting on buses and trains; or even shooting through the sky in a titanium tube full of refried farts. But I don't believe they think in the manner that Rousseau meant: deeply, meditatively, and in such a way – eventually – to completely relax.

Of all the ways we speed up the pace of life, mechanised travel seems to me the most destructive of inner calm and well-being. At a stroke we stop using our bodies, cease defining the world by our own physical capabilities, and ignore entire swathes of what passes us by. I do appreciate that there are some journeys that cannot but be taken using planes, trains and automobiles – but there's a vast number of others where such methods are not only unnecessary, but also damaging.

People often ask me why – unlike most of my peers in their late forties – I'm not wearing the whole-body fat suit of male middle age. The answer is simple: I don't have a car. I walk to take public

transport, and I sometimes walk very long distances indeed. It's true, the nature of my occupation means that thinking time is economically productive for me, but often when I walk I don't think about anything specific – I just let things unspool inside me. Strangely, the answers to a lot of what's bugging me then simply pop up out of the blue – or grey.

All sorts of journeys can be undertaken on foot if we make the simple effort of will to do it. Actually, my experience of being car-less for the last three years has taught me what I always suspected: car driving comes with as many hidden 'time costs' as other goods and services do with financial ones: parking, jams, loitering around waiting for the clamp to be taken off, fulminating at other drivers, etc. People say they *have* to use their cars because of time pressure, but often it strikes me that they're really willing to endure considerable time pressures purely in order to win that period alone in their little shed on wheels.

And what do they want to do in their shed on wheels? Why, think, of course. Time after time drivers are asked what it is they most enjoy about the motorised commute and the answer comes back: it's time to be alone and think. Well, I can be alone and think anytime I choose, without paying road tax or insurance, and without squirting carbon monoxide into the atmosphere. Result, surely?

**“Mechanised travel is destructive of inner calm and well-being”**

Walking to Hollywood will be published by Bloomsbury in September





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## SPEAKERS' CORNER

By Murdoc, bass player, Gorillaz

# MPs? They're a load of balls

I may be a rent-a-gob, Satanist, cartoon popstar floating on garbage, but I still care more than all those arse-wipe politicians. How about you?

**SO WE'VE** had an election. Big news, huh? Vote for change, they said. Well, really? I've long since had enough of all this. It's always the same. How can you believe in a government system that only listens when they need your vote?

It's one of the reasons I left for Plastic Beach, the floating mass of garbage I live on. Here, I am my own subject and ruler. And of course, being a non-dom means I don't pay taxes. So none of my dough gets ploughed into funding a pointless, unjustified punch-up in Mesopotamia.

Admittedly, that probably means I don't really have the right to judge any more. I'm just a sexy old Satanist popstar using the space in this magazine to sell my new album, really. But I will say this: when

**“A smarmy comment posted on a website now satisfies our sense of political duty”**

I was asked to comment on the political landscape by *Men's Health*, that's the real problem right there.

With unlimited magazines, blogs, forums and political columns, it's now easier than ever to sound off without having any real understanding of what you're talking about. I mean, think about what you're reading now: an ill-informed cartoon popstar stood on a soapbox! At

best I suppose it will produce a slight frown, possibly a chuckle. But really it's just another catalyst for apathy.

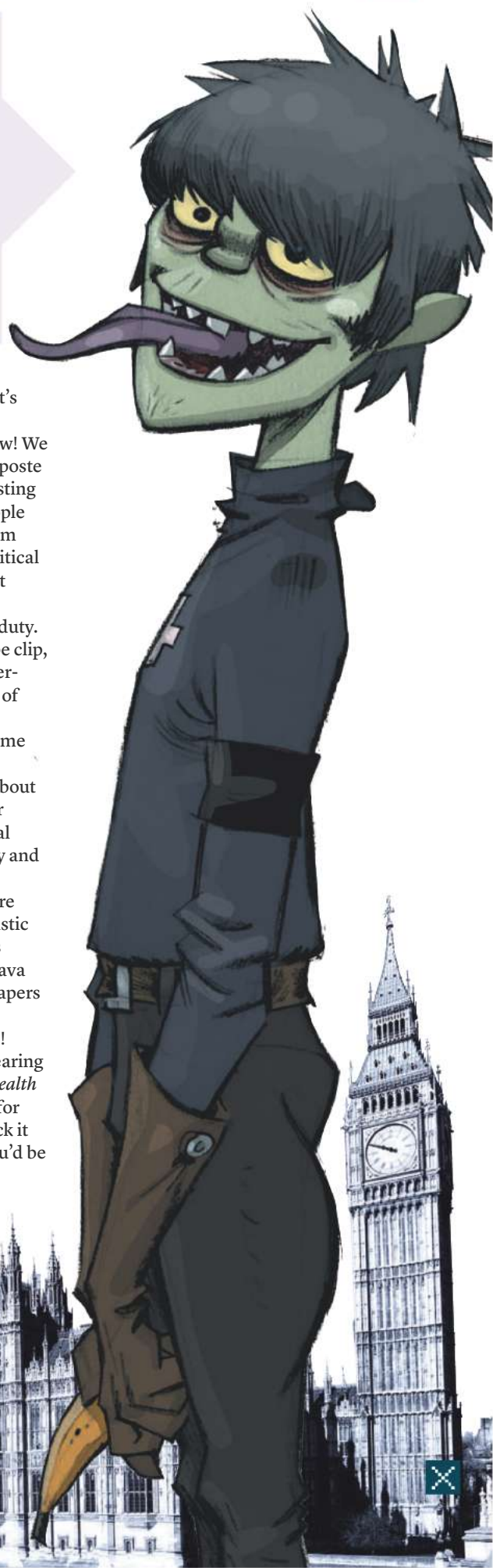
Ooh, I'm getting in to my stride now! We live in a culture where a smart-arse riposte seems to be the pinnacle of our protesting abilities. When I was growing up, people would go brick a coppers' shop, or form a punk band, or a counter-culture political group. Nowadays a smarmy comment posted on a website will satisfy most people's sense of political or cultural duty. You post a quick link to some YouTube clip, follow it up with a 140-word, character-based whinge, and then a warm glow of self-righteous satisfaction kicks in.

It's not good enough! You can't blame the weaselly actions of a self-serving government if all you're going to do about it is post a quick blog on the subject or go vote on *The X Factor*. That's the real issue: the waste of energy on celebrity and vacuous commentary.

And another thing. If I see one more article on that washed-up piece of plastic Katie Price and whichever lump she's knocking off, I'm going postal. Balaclava and sawn-off. Every day these newspapers shove this garbage down the nation's throats. It makes my green blood boil!

Right, my rum and Rohypnol is wearing off, so that's me done. In true *Men's Health* fashion, I'm off to check my testicles for suspicious lumps. If I find one, I'll stick it in a suit and make it run for office. You'd be better off in the long run. Swine! 

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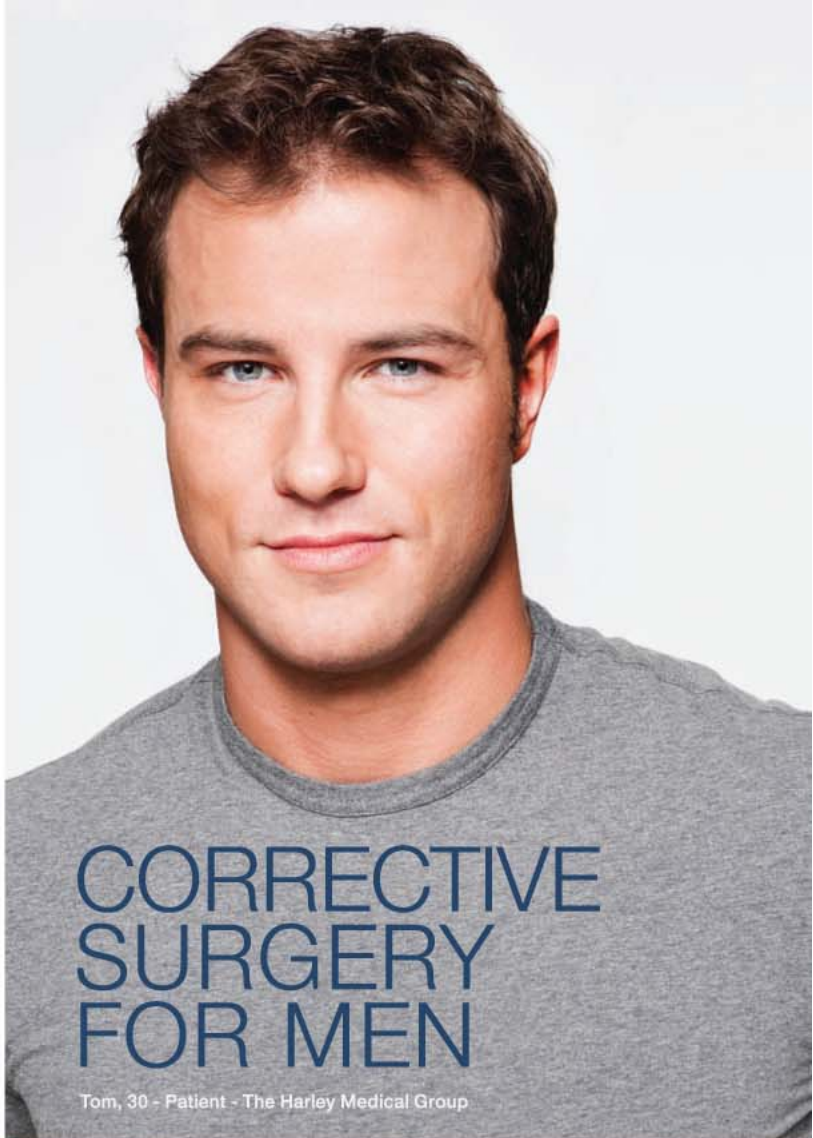
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Tom, 30 - Patient - The Harley Medical Group

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## SHOESTRING MICHELIN

By Stuart Gillies, Chef Patron of the Boxwood Café, London



# Rich pickings

Summer greens are never better – or cheaper – than when you pick them yourself. Stuart Gillies takes time out from relaunching The Savoy Grill to rustle up a pea, broad bean and goat's cheese salad

 **I'VE ALWAYS** been a closet gardener at heart. But without the luxury of my own vegetable patch, the next best thing is to visit a farm to 'pick your own'. Sure, the supermarket is easier, but the advantages of doing this – to your tastebuds and your health – are myriad. Finding a farm close to you that will sell its produce direct is easy, even if you live in a city: go to [pickyourownfarms.org.uk](http://pickyourownfarms.org.uk) and put in your postcode.

The advantage restaurateurs have over people who rely on supermarkets is that their suppliers cut out the middle man, guarantee freshness and exercise quality control. By picking your own you go a step further. Not only do you select exactly what you want in terms of size, shape and taste, you can have it on your plate in a couple of hours – and not even three Michelin stars can match that. And by eliminating the need for refrigeration or preservatives, this ensures you'll get the maximum nutritional benefit.

Needless to say, the cost is a mere fraction of the supermarkets' exorbitant mark-ups on fruit and veg. I tend to go picking three or four times a summer with my family and we always look for the freshest seasonal British ingredients: broad beans, peas, courgette flowers, runner beans, baby carrots, strawberries and raspberries. Invariably, these farms also have small shops selling fresh local cheeses, duck eggs and so on. I defy anyone not to appreciate the vast difference in taste.

Courgette flowers are fantastic filled with soft goat's cheese, mascarpone, lemon zest, pine nuts and soft raisins, then steamed in your bamboo steamer trays like dim sum.

Another favourite is a sumptuous salad using all the greens, rocket leaves, goat's cheese or a young feta, plus lots of fresh mint. I always snip the small tops off the pea and broad bean plants, too, which adds a dramatic flourish as well as an added taste dimension.

Everything goes into a big bowl alongside some sliced, cooked ham off the bone and plenty of crusty bread and unsalted butter. With such fresh, quality ingredients, the result is something as tasty as you'll find in a top restaurant but infinitely more special. (And affordable.)

This recipe is a dish I serve in summer in the restaurants as a light middle course for a tasting menu. Enjoy!



### YOU WILL NEED

- 1kg fresh garden peas in the pod
  - 500g broad beans in the pod
  - 500g runner beans
  - 500g rocket leaves
  - 1 bunch freshly picked mint
  - Small handful pea shoots if available
  - 250g goat's cheese or feta
  - 250ml good olive oil
  - 50ml white wine vinegar
  - Maldon sea salt & fresh pepper
- Serves 6 as a starter

**1** Top and tail the runner beans with a vegetable knife and firmly pull away the stringy seam from the back. Chop the beans on an angle so you're left with diamond shapes about 2cm square. Split open all the broad bean and pea pods with your hands, reserve the young, succulent vegetables inside and discard the pods – the compost heap is the best place for them, if you have one.

**2** Bring a large pan of water to the boil, season with salt, then add the runner beans and cook for 3-4 mins until tender. Transfer the beans to a bowl of ice water. Bring the pan to the boil and repeat the whole process with the broad beans, cooking for 3 mins only, then the peas, this time for 3-4 mins. (Frozen peas will take less time because they will have already been blanched before freezing.)

**3** Broad beans are covered by a pale, bitter-tasting membrane. If possible, once they are cooked, squeeze them out of the skin to reveal the sweet, bright green bean inside. If that sounds too tough a task, just leave them as they are – they're perfectly edible. Toss the runner beans, broad beans, peas and rocket together in a large bowl, then crumble the goat's cheese and mint over the top.

**4** To make the vinaigrette, pour the olive oil into a bowl and then whisk in the white wine vinegar until the mixture emulsifies. Add salt and pepper to taste, and then whisk again.

**MH DRINKS** The lightness of the peas and mint, combined with the buttery beans, spicy rocket and rich cheese, shouts Riesling. **MH** recommends a 2003 Clos Mathis Domaine Ostertag from Berry Bros & Rudd ([bbr.com](http://bbr.com) £12).



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## THE EVERYDAY ECONOMIST

By Tim Harford, member of  
*The Financial Times* editorial board



### An economist's guide to... Creativity

Some men are born geniuses, but to be truly creative you just need to grow up. Good things come to those who wait

**WE TEND** to associate creative brilliance with youth: Orson Welles was just 25 when he made *Citizen Kane*; Picasso's greatest works date from his 20s; Mozart got off to a flyer, too. So what have you done lately?

Don't worry. There's time for all of us to stamp our own artistic mark. According to David Galenson, a US economist who studies creativity, many brilliant innovators slowly fumble their way towards greatness. The architect Frank Lloyd Wright designed his greatest building, Fallingwater, when he was 70. Alfred Hitchcock's most iconic films were made in his late 50s. Cézanne's finest paintings were committed to canvas in the year of his death.

Galenson may study art, film and music, but he's still an economist at heart. This means his methods have a kind of reductive brilliance. Who was the greatest artist of the 20th century? Easy: round up every recent art history textbook and see whose art is reproduced most frequently. Picasso wins by a landslide.

Galenson finds a source of data like this and squeezes every last drop from it. It's a brutal way to look at the creative process, but it has a certain objectivity, too.

**“Many innovators slowly fumble their way to greatness”**

Crucially, it reveals a stark contrast between prodigies and late bloomers. The prodigies – such as the Beatles or Picasso – tend to be ‘conceptual artists’: they know where

they're going and are in a big hurry to get there. They're interested in communicating big ideas.

Meanwhile, the late bloomers are ‘experimental artists’, obsessed with aesthetic considerations. By Galenson's standards, Bob Dylan was a conceptual songwriter, but then never able to match the inspiration of his youth. But Cole Porter was an experimental songwriter, slowly working his way towards mastery.

So what's the lesson here? Put simply, you'll hit the top faster if you go for high-concept stuff. Why bother learning to draw or play the guitar? Your ideas are all that matters! Personally, though, I take inspiration from the slowcoaches. Cézanne had the habit of declaring a portrait a failure – after 80 sittings. With Lloyd Wright and Hitchcock as my lodestars, I won't have to produce any great works until I'm 50. That's the great thing about late bloomers: they give all of us hope.

*Tim Harford's latest book Dear Undercover Economist is now out in paperback*

The physical impossibility  
of death in the mind of  
someone sucking



## THE SELFISH PHILANTHROPIST

By Dan Jones,  
cold-hearted do-gooder



### The Sperm Bank Job

Lucre for your loins, and it isn't dirty cash. Deposit your load for handsome rewards and give life to a good Yank

**IT'S NO SECRET** that the Philanthropist considers himself God's gift to the human gene pool. Yet despite having spent nearly three decades on that same God's hot earth, he has managed just a single act of genetic reproduction. Given Mrs Philanthropist's predisposition to contraception and nightly headaches, the chances of repopulating whole swathes of the world with mini-SPs are sluicing rapidly away. The answer is sperm donation.

But where's the pecuniary kickback? Not in the UK. According to the Human Fertilisation and Embryology Authority, payment in this country is at the same rate as jury service. The real cash lies across the Pond. The going rate for successful donations ranges from about £700 to £10,000, depending – frankly – on how

clever, healthy and good-looking you are. If you see building your genetic army of clones as a career, a company like Fertility Cryobank, LLC, a sperm donation clinic and agency in Los Angeles, offers remuneration of up to £10,500 a year for sperm donors aged between 18-35, with a decent education and career and ability to offer complete knowledge of past family health.

That sounds like the Philanthropist, right there. Ladies of America: here I come!

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## MODERN MEDICAL MYTHS

By Dr Ian Banks, President  
of the Men's Health Forum

# #2: Robin Hood sells drugs to the poor

Just because internet pill-pushers undercut Big Pharma, it doesn't mean they're doing you a favour...

 **THE RISE** in the global trade of counterfeit prescription drugs now rivals the trafficking of illegal drugs, says the United Nations drug control board. Meanwhile, the World Health Organisation recently reported that money generated by online sales of *ersatz* meds will soon surpass the amount spent on heroin.

So what does this have to do with you? Well, when it comes to serious health matters, we know that men gravitate towards any source of help that is immediate, provides anonymity and avoids embarrassment. Paying a visit to the doctor with a problem that lingers below the belt is no one's idea of a walk in the park, so increasingly the web is winning out. "It's hardly surprising that men choose to buy drugs off the internet," says Alan White, Professor of Men's Health at Leeds Metropolitan University, "because the health service generally fails men's needs."

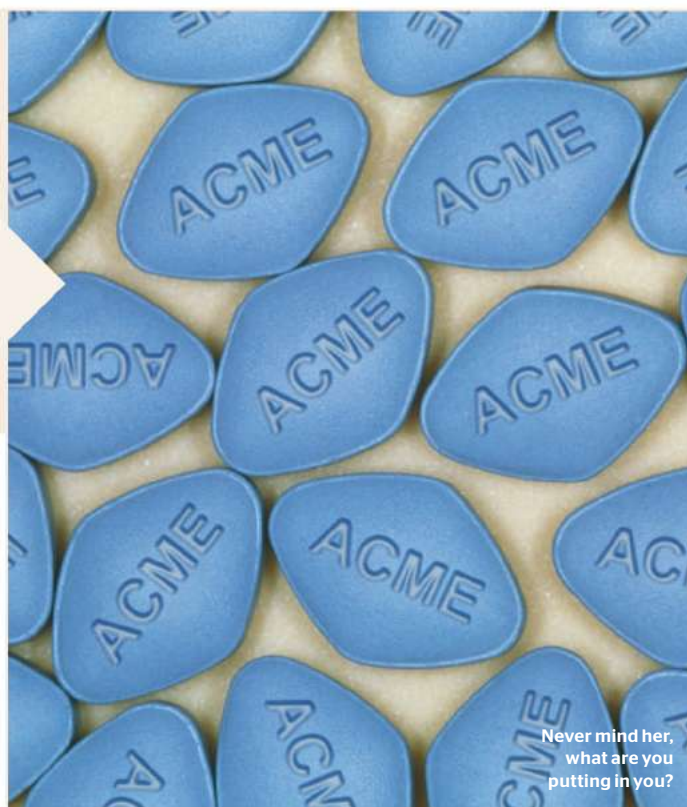
This may well be true, but more disquieting is the warped notion that prescription drug traffickers are acting altruistically in all this. It seems there is a perception among some that these guys are doing us a favour by robbing the rich pharma companies of business and helping out the the poor men who can't afford the extortionate prices they charge for the likes of erectile dysfunction (ED) drugs.

Unfortunately, this is romantic rot. A recent report from the European Alliance for Access to Safe Medicines found that 62% of prescription medicines purchased online were fake or

**“Over 96% of online pharmacies were operating illegally”**

substandard, and that over 96% of online pharmacies researched were operating illegally. When you consider it's thought that just one out of every 10 'Viagra' tablets taken by men is actually made by Pfizer, you're looking at a lot of rubbish passing as medicine out there.

The real issue, however, is not that you might be duped into buying a drug that's made of chalk instead of sourcing the real thing; it's what you might be missing by not seeing your GP in the first place. Some of the major causes of ED, for instance, are diabetes, cardiovascular disease and hypertension. A little blue pill bought on the web isn't going to sort them out, legal or otherwise. 



Never mind her, what are you putting in you?

## THE BOOK THAT CHANGED MY LIFE

By Ian McEwan, author



# William Wordsworth's *The Prelude*

Ian McEwan admires the growth of a poet's mind rendered in the language of conversation

 **AT THE AGE** of about 17, when I was falling in love with English poetry and landscape, I read *The Prelude*. It seemed to me that this was a poetry written almost in the language of conversation. Later I read T.S. Eliot's famous essay on poetry, suggesting that all poetic revolutions are a return to the language of conversations. Literature almost always wants to return to ordinary speech. It can never cut itself off.

That's why I love Saul Bellow. However deep and wide his speech and learning, he can do the language of the streets. In much of the Middle East they don't publish their literature in everyday Arabic and it results in a great strangling. Wordsworth taught me that you must never retreat to arcane or abstruse literary language.

I had no idea I was going to be a writer. That's when I was a reader. I always felt the



lifeblood of the novel was in that language. Whatever you do with the novel, it starts with the demotic and, for that matter, the democratic. It lost that with the early 20th century Modernist movement; since then it has been quite a struggle to recapture the novel from elitism and literary hacks. 

Ian McEwan's latest novel *Solar* (Jonathan Cape) is out now

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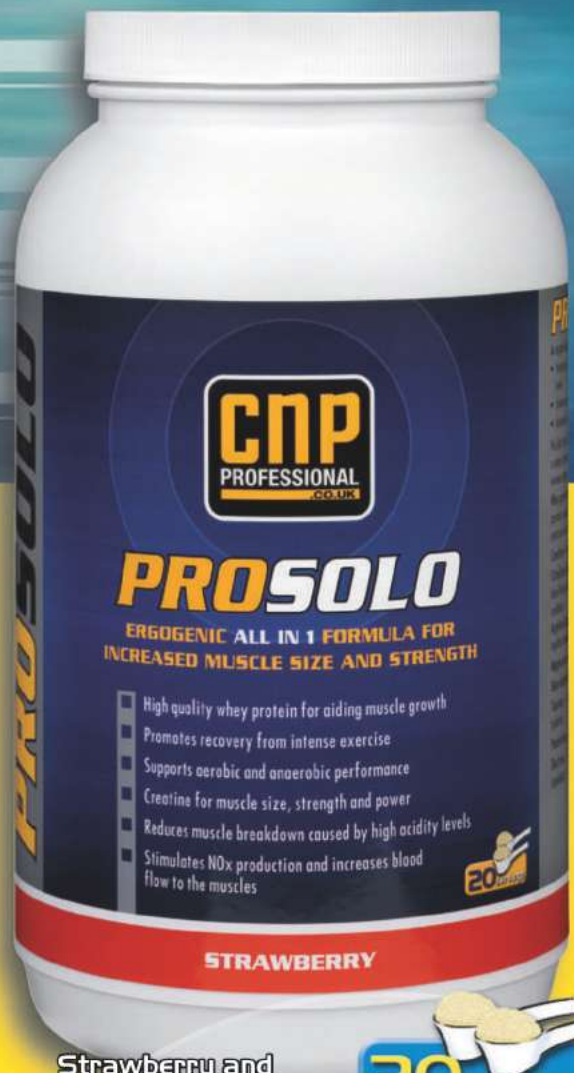
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# Personal Trainer

Edited by Wesley Doyle

BECAUSE FIT IS THE NEW RICH



## 157 Field work

Take the farmer's walk in your stride – all you need is two dumb-bells to reinforce virtually every muscle in your body



## 164 Fast pitch

Turn your local cricket pitch into a three-way circuit to boost pace, power and endurance. Cucumber sandwiches not supplied



## 168 Five alive

Use this revolutionary method to build muscle in just 4 weeks, performing 5 sets of 5 reps. Sound simple? Step up to the plate...



## 158 Ripped for summer

With the summer in full flow, you need to hit the gym floor running to reveal a beach body worth baring. This plan uses the concept of 'wave loading' to maximise your muscle in the shortest time possible, while delivering the cardio benefits so you don't make a fool of yourself with the Frisbee

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*Wayne Gordon*

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## FROM THE GYM FLOOR

Strength coach Ian Mellis on why going back to basics reaps more rewards



Do you exercise or do you train? There is a massive difference between the two and most gym goers know which group they belong in. First, let me make one thing clear—it's OK to just be an exerciser. Activity in general is good and there are a number of benefits to regular exercise which are well documented. However, if you're chasing specific fitness goals, random exercise that's not organised or progressive will not bring long-term results.

Firstly, do you have a programme? This is something you can hold in your hand and is designed for you by someone who knows how to get you results. Saying it's a chest and arms day doesn't cut it. Most of those programmes are written by bodybuilders so are not relevant to the everyday weight

trainer. Anyway, if you want to get stronger/bigger/leaner, you need to train your lower body twice a week at least. So stop your three-weekly bench and arms sessions and start thinking about your body as a whole. Secondly, what's your goal? Decent programmes are divided up in to monthly blocks. Rep ranges and exercises vary from month to month as does the training focus. It may be strength, hypertrophy, conditioning or power, but at the end of the day the training effect has to lead to one thing: a leaner, stronger, bigger you.

Thirdly, master the basics. At the end of the day the big lifts give you the best results. Learn how to do them and not only will your muscles grow but your understanding will, too. And that's your greatest ally.

# Yokel hero

An old country trick to build powerful lateral strength

Strongman exercises aren't just for competitors on TV—they can help you eliminate weaknesses in your physique as well, say scientists at the University of Waterloo, Canada. "Exercises such as squats, deadlifts and power cleans train your muscles in an up-and-down motion and when both feet are on the ground, but they ignore the lateral torso strength needed to maximise athletic performance," says Dr Stuart McGill, the study author. Add the farmer's walk (essentially a walking lunge while holding dumb-bells) to build more balanced strength and be a better, faster runner on every pitch and pavement—especially when you hear the ice-cream van.

## HOW TO DO THE FARMER'S WALK

- 1 Hold a heavy dumb-bell in each hand and stand with the posture that would make a drill sergeant proud.
- 2 Walk 20 metres, making sure you keep your body upright and don't lean forward, backward or to either side. Do this 5 to 8 times. When it becomes easy, hold a heavier weight or increase the distance.



Works your back muscles, shoring up your entire body and spine against injury.

Improves grip strength to give you a crushing handshake.

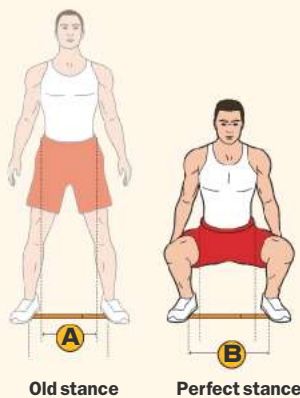
Uniquely builds lateral torso and hip strength, which is critical for speed and strength sports such as rugby and football.

Challenges all the muscles in your lower body, making you stronger and more stable. And because they're your biggest muscles, you'll be burning fat, too.

## THE PERFECT... SQUAT

Make a good exercise great

Watch your step. The muscle you add to your legs depends on the placement of your feet, and if you're too narrow (A), you're losing out, say scientists from Konan University, Japan. To activate the most muscle, use a stance that's one and a half times the width of your hips (B). "If, like most men, you don't bring a ruler to the gym, stand with your feet a little wider than shoulder-width apart and point your toes slightly outward," says strength coach Mike Robertson.



EAT THIS!



## RYE BREAD

In a study comparing breakfasts that were identical except for bread choices, Swedish researchers found that rye eaters were less hungry after 8 hours than their wheat-eating compatriots. The researchers think compounds created when rye's fibre ferments in your colon help you to feel fuller. Look for bread that includes rye grain, which boosts the fibre content (German Style Rye Bread, £2.18 for 800g from ocado.com). For a near perfect start to the day, make 1-2 open-faced rye toast sandwiches with smoked salmon, 1 tomato (sliced) and a poached egg—in that order. You'll never crave a 1am pastry again.

# Size matters

**YEAR-ROUND FITNESS**  
A new workout every month

This month, gain 4kg of muscle and increase your strength by 5% in time for the summer heatwave

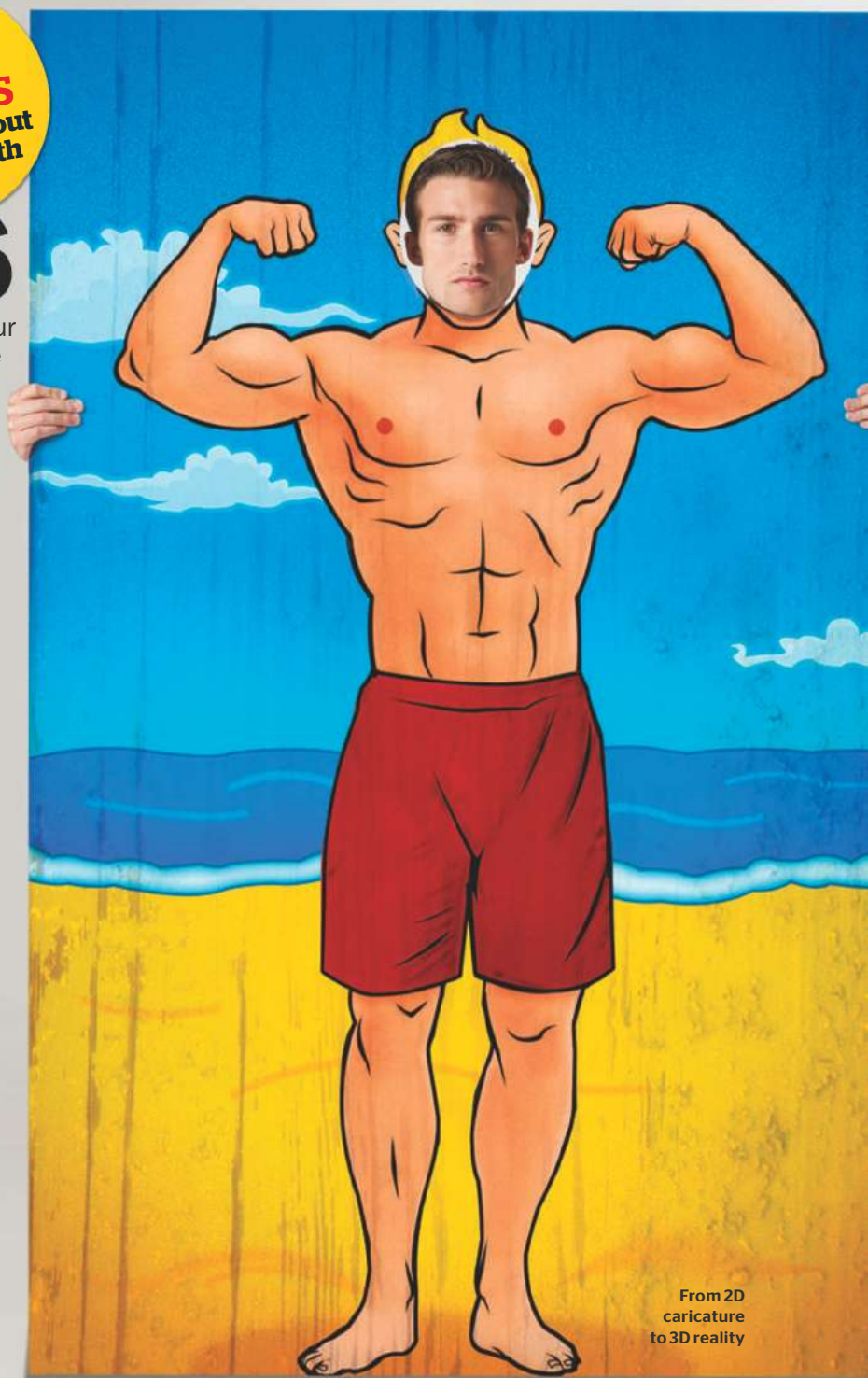
Want notably tighter T-shirts in a month? This size-building regime will make your kit look like you left it too long in the tumble dryer. Dr Ross Sherman, associate professor of movement science at Grand Valley State University, Michigan, US, will help you hit huge size gains using a system called Wave Loading. "It convinces your nervous system to shift more weight for more reps – which means more muscle. You'll divide your sets into mini workouts where you do gradually fewer reps, making you go further and push more weight." The routine will cost you a few new shirts but it's a small price for sleeve-splitting arms.

## WHAT TO DO?

First, the terminology: a 'wave' is a group of 3 sets on a single exercise. After each set you'll increase the weight and decrease the reps. After wave 1, you'll do a second wave on the same move. But as the first wave will have primed you for heavy lifting, you'll be able to pile on the weights. Take 1-2 mins rest between each set and do a 15-rep warm-up set on each exercise. Stick to it for a month and you'll gain muscle worthy of any beach.

## YOUR WEEK OF WORKOUTS

|                  |                           |
|------------------|---------------------------|
| <b>Monday</b>    | Workout 1: Upper body     |
| <b>Tuesday</b>   | Workout 2: Lower body     |
| <b>Wednesday</b> | Cardio workout 1: Running |
| <b>Thursday</b>  | Workout 3: Upper body     |
| <b>Friday</b>    | Workout 4: Lower body     |
| <b>Saturday</b>  | Cardio workout 2: Cycling |
| <b>Sunday</b>    | Rest                      |



From 2D caricature to 3D reality

## Your cardio plan

Unlike the run-for-40-minutes workouts you'll see most people trudging through in the gym's cardio area, these fat-burning sessions cut to the chase. They serve up the twin benefits of burning the fat that covers your muscles – especially important when it comes to your abs – and increases fitness to meet the physical demands of the Wave Loading workout. By alternating between hard work and recovery, they teach your body that each passing minute of exercise will demand more from your muscles. If your body thinks things are going to get tougher, it will react, supplying you with more energy to fast-track you to new muscle.

### CARDIO WORKOUT 1: RUNNING

Run 8 sets of 200m at a pace that's an 8 out of 10 in effort. Jog slowly for 2 minutes to recover.

**Run 6 sets of 400m at a pace that's an 8 out of 10 in effort. Jog slowly for 2 minutes to recover.**

Run 2 sets of 800m at a pace that's an 8 out of 10 in effort. Jog slowly for 4 minutes to recover.

### CARDIO WORKOUT 2: CYCLING

Cycle for 8 sets of 400m at a pace that's an 8 out of 10 in effort. Cycle slowly for 2 minutes to recover.

**Cycle for 6 sets of 600m at a pace that's an 8 out of 10 in effort. Cycle slowly for 2 minutes to recover.**

Cycle for 2 sets of 800m at a pace that's an 8 out of 10 in effort. Cycle slowly for 4 minutes to recover.



## WEIGHTS YOU SHOULD USE

Follow this guide for all the exercises, except the seated and standing calf raises. Do your calculations before you head down to the gym, as you don't want to be struggling with figures when you should be fully concentrating on your training. Calves need more reps in order to develop and grow stronger. As you work your calves all through the day just by walking around, they are used to a big workload.

|        | SETS | REPS | SIZE OF WEIGHTS |
|--------|------|------|-----------------|
| Wave 1 | 1    | 6    | 80% of your 1RM |
|        | 1    | 3    | 91% of your 1RM |
|        | 1    | 2    | 94% of your 1RM |
| Wave 2 | 1    | 6    | 89% of your 1RM |
|        | 1    | 3    | 94% of your 1RM |
|        | 1    | 2    | 97% of your 1RM |

|        | SETS | REPS | SIZE OF WEIGHTS |
|--------|------|------|-----------------|
| Wave 1 | 1    | 15   | 60% of your 1RM |
|        | 1    | 10   | 72% of your 1RM |
|        | 1    | 8    | 77% of your 1RM |
| Wave 2 | 1    | 15   | 67% of your 1RM |
|        | 1    | 10   | 77% of your 1RM |
|        | 1    | 8    | 83% of your 1RM |

## NOW TO PUMP UP YOUR MUSCLE MASS...

### Workout 1: Upper body

#### A1 BARBELL BENT-OVER ROW

**Muscles** lats, abs, biceps

Stand holding a barbell with your feet shoulder-width apart. Keeping your back flat, bend forward until your back is at a 45° angle to the floor (A). Slowly bend your elbows to bring the bar to a point below your chest (B). Pause, then lower the weight to the start position. Although you'll do this move while you're bent over, it'll give you the upper back strength to hold the perfect posture that would make even the army proud.



#### A2 BARBELL INCLINE BENCH PRESS

**Muscles** upper chest, shoulders

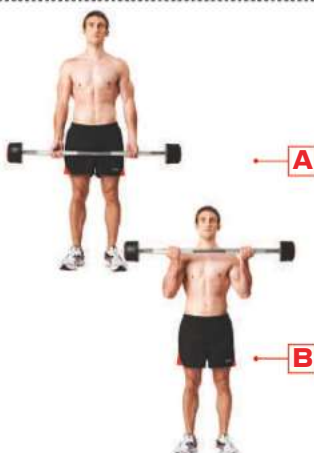
Lie on an incline bench set to 30-45°. Place your feet flat on the floor and hands slightly wider than shoulder-width on the barbell. Lift the barbell then lower it towards your upper chest (A). Keep your head, torso and hips pressed to the bench. Pause, then press the weights up so they finish above your chin (B). When you wear an open-neck shirt, this move gives you the upper chest muscles that invite closer inspection.



#### A3 BARBELL BICEP CURLS

**Muscles** biceps, forearms

Curls aren't just for mirror muscles, they'll help you sprint faster and pull harder on the sports pitch. Stand holding a barbell with an underhand grip (A). Keeping your shoulder blades pulled together, curl the weight up to your shoulders (B). Contract your biceps, then reverse the motion to the starting position. These tactics will help you hold your balance during the bumpiest bus ride – even in the Andes.



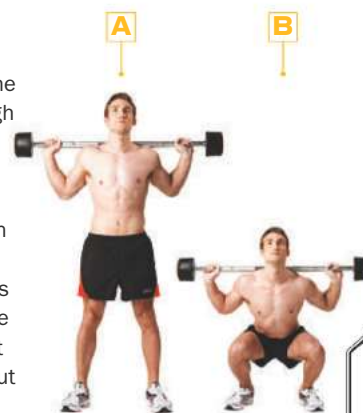
### Workout 2: Lower body

#### B1 BARBELL SQUATS

**Muscles** hamstrings,

glutes, abs, calves, lower back

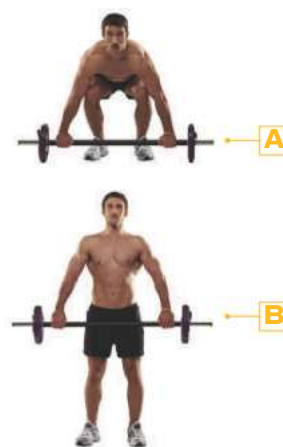
You'll start this workout using the muscles that determine how high you jump, how fast you run and how good you look below the waist. Stand with feet shoulder-width apart and rest a barbell on the back of your shoulders (A). Lower yourself; stop when thighs are parallel to the floor. (B). Rise to the start position. Squats not only build lower-body strength but are also a top fat-burner.



#### B2 BARBELL DEADLIFTS

**Muscles** lower back, abs

You never think about your lower back until it hurts. To injury-proof this area stick a barbell on the ground. Stand with feet shoulder-width apart. Bend at your knees and hips to bring your upper body towards the bar (A). Use your thighs to raise the bar so your legs become fully extended (B) and pull shoulder blades together. Lower to the start position and you'll get the strength to stand up straighter, helping you suck in your abs so your gut looks smaller.



#### B3 SEATED CALF RAISES

**Muscles** calves

Want to move faster and be more agile, even if it's just to catch last orders? Sit on the edge of the seated calf raise machine with the pads above your knees. Place the balls of your feet on the edge of the foot platform. Rise onto your toes so your heels lift off the platform as you lift the weight. Pause then lower the weight as far as you can and repeat. You may be done but don't leap up yet – your legs may need time to recover.



Turn the page for more workouts



## Workout 3: Upper body

### C1 WEIGHTED OVERHAND PULL-UPS

**Muscles** biceps, abs, forearms

Chin up, the workout's only just begun, so you should be feeling strong. Grab the pull-up bar with an overhand grip. Hang at arm's length so your elbows are completely extended (A). Bend your elbows to pull yourself up until your chin crosses the plane of the bar (B). Pause then lower yourself to the starting position. This move will give you that extra snap of power whenever you punch or throw.



### C2 BARBELL FLAT BENCH PRESS

**Muscles** chest, shoulders

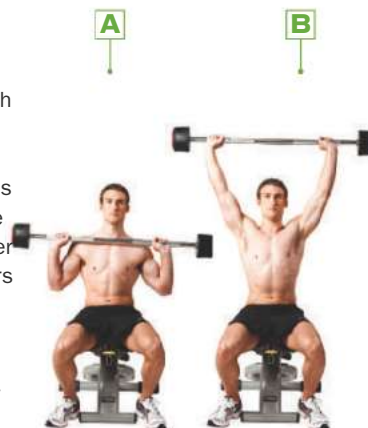
To get your chest to the top of the pecking order, grab a barbell, with your hands shoulder-width apart. Position the bar above your chest with your arms straight (A). Slowly lower the bar to your chest (B). Press the weight back up until your arms are straight but not locked. Still the benchmark of strength, this will give you enough front to fill your baggiest T-shirt.



### C3 SEATED BARBELL SHOULDER PRESS

**Muscles** shoulders

Think of this move as a Mexican wave with weights. Sit on a bench with your feet shoulder-width apart. Rest the barbell on the front of your shoulders (A). Press the weight up until your arms are straight but not locked (B). Lower the weight back to your shoulders along the same path. Don't arch your head forward. Having big shoulders gives the illusion of the elusive V-shape, even if your middle still needs a bit of work.



### C4 CLOSE GRIP BENCH PRESS

**Muscles** triceps, shoulders

Taking up 70% of your upper arm muscles, triceps are a far more convincing sleeve-filler than biceps. Grab the bar and extend your arms (A). Lower the bar by bending your elbows until your shoulders are above your elbows (B). Push up by straightening your elbows until they are nearly straight. Your arms will give you the strength to push to the stage of every summer music festival.

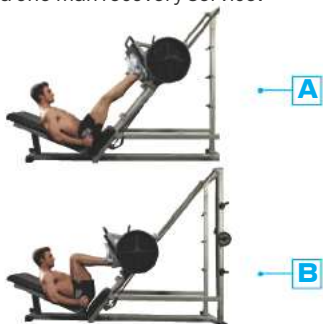


## Workout 4: Lower body

### D1 LEG PRESS

**Muscles** quads, hamstrings, glutes and calves

Position yourself in a leg-press machine so your back and glutes are flat against the pad, with feet on the platform above you. Press the weight up until your legs are straight, but keep knees unlocked (A). Release the support bar and lower the weight until your legs are at 90° (B). Push the weight back until your legs are straight, knees unlocked. Need the power to push-start a car? Within weeks, you'll be a one-man recovery service.



### D2 HAMSTRING CURLS

**Muscles** hamstrings

Lie on a hamstring curl machine. Push your abs onto the bench so your lower back is flat. Keep your knees slightly bent with your Achilles tendons resting on the pads. Bend your knees to curl your feet towards your glutes while tensing your hamstrings in the process (A). Hold for 1 second at the top of the move (B) and slowly lower. Need to come to a sudden halt? Strong hammies will help you pull off a stop that'll make defenders run past you.



### D3 STANDING CALF RAISES

**Muscles** calves

The final leg is the easiest. Stand on the balls of your feet on the edge of a step with a barbell across your shoulders. Two-thirds of both feet should be suspended in mid-air (A). Take 2 seconds to rise onto your toes of both feet (B), then take 1 second to lower yourself (C). Your entire body has been worked from top to toe and by the end of the month you'll be shopping for a new wardrobe.



## The best muscle-boosting supplement

Progain Flapjack  
(£23.99 for 12, [Maximuscle.co.uk](http://Maximuscle.co.uk))



This can be a busy time of year with barbecues, trips to the beach and weekends away. It's what we've all been waiting for, but no one wants to lug around tubs of protein and their shakers. This flapjack fills the gap by coughing up 22g of protein and 45g of carbs, so a fun day out never starves your muscles of their sustenance. Chuck it in your gym bag or picnic basket and you'll be growing all summer long.



# 24/7 MUSCLE STACK

The ground-breaking stack from Myprotein®, designed to support muscle tissue development right around the clock



For several years, elite athletes have stacked their supplements. Designed to achieve synergistic benefits from their nutrition, it's an effective but expensive concept. That is, until now.

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Most proven form of creatine available. Can help boost ATP production as well as help build new muscle tissue.

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Cutting-edge recovery shake. Designed to help promote muscle growth, recovery rate and re-hydration after workouts.

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Blend of zinc and magnesium designed to aid recovery from exercise. Helps support cellular growth and tissue repair.

#### True Whey™

Next generation premium whey protein supplement. Ideal for anyone looking to pack on quality muscle mass.

#### Oats & Whey™

Tasty and nutritious meal replacement bar. Formulated to add quality protein and carbs to your diet, using only the finest ingredients.

## 24/7 Muscle Stack – only £69.95!

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NUTRITION FIT FOR YOU

\*See website for terms and conditions.  
Guarantee and Bulk Discounts are based on our online product page. Offer available only while stocks last.  
Should be used in conjunction with a balanced diet and training programme.

# Lose weight fast

There's more than one way to skin a cat, but under the Animal Welfare Act (2006) this could result in a £20,000 fine and/or six months behind bars. Instead, revel in the fact *MH* has 10 suggestions to drop your waist size

## KEEP YOUR MUSCLES GUESSING

Change is not only as good as rest, it has weight-loss benefits, too. "For the fastest fat-burning results alternate between a week of high reps (12-20) and a week of low reps (6-10)," says Dave Porter, trainer at Ultimate Performance ([upfitness.co.uk](http://upfitness.co.uk)). Sticking to high reps robs your body of a constant challenge. "Muscles can grow content and plateau, and doing low reps burns more calories after the gym." The new challenge will keep you shifting more calories with each workout.

## KEEP YOURSELF interested

Like your weight-loss menu? If you're sick of the same food you'll probably rebel and gorge on something fatty. "Switch eating plans when you get bored," says Dr Michael Dansinger, assistant professor at Tufts University School of Medicine in Boston, US. "You're more likely to be successful if you enjoy the food you're eating." Eating healthily doesn't have to be a chore – our Re:Fuel section gives you plenty to chew on.



## You need to

# eat

*a little of what you fancy*

To lose weight eat what you want – just not all the time. Dropping a few kilos can make you reward yourself with food. That's because a decrease in body fat results in a greater desire to eat. Research in the journal *Appetite* found this desire increases in line with your weight loss. The solution: when you fancy food, eat it, just exercise portion control. A little goes a long way when it's something you really want.

## KEEP chewing

People who chewed gum for an hour a day ate fewer calories at lunch, felt less hungry throughout the day and used 5% more calories because they felt more energetic, found a study at the University of Rhode Island, US. Minty breath just got another upside. Break out the Wrigley's to quell your hunger pangs.

ILLUSTRATION ANDREW SUMNER





# EAT PROTEIN BEFORE TRAINING

You want to show lean muscle, not bones, for all your hard work. "To preserve your muscle, take 6-8g of branched chain amino acids (£4.69 for 100g from myprotein.co.uk) before a hard cardio session, especially when working out early in the morning on an empty stomach," says Porter. They won't bounce in your stomach like an early morning protein shake so you'll feel comfortable enough to go longer and will save your muscle mass.

Thinking about the steps you need to take to improve your performance will lead to an increase in exercise. Bringing to mind the reasons why you should workout, like fitting into your old T-shirt, will not, says the *Journal of Applied Biobehavioral Research*. Write down what you need to do to run faster and you'll do it.

## TURN DOWN

the thermostat to melt fat

"Sleeping in a room that's over 25°C means your body doesn't have to burn as many calories to keep you warm," says Porter. Turn the heater down, or off, to force your body to heat itself up, then maybe you won't have as much blubber to keep you warm. Come on – get to sleep. You've got weight to lose.

## DON'T AVOID DAIRY

Men who add calcium to their diet can lose up to 70% more weight and 64% more fat than blokes who cut calories alone. Aim for 1,000mg of bone builder a day by scoffing cheese and sardines. Or just grab a supplement for the easiest way to keep your bones and abs as hard as Wolverine's.

**You're stuck in a rut**  
**You're stuck in a rut**  
**You're stuck in a rut**  
**You're stuck in a rut**  
**You're stuck in a rut**  
**You're stuck in a rut**

Familiarity breeds contempt and that's definitely true with regards to training. "If you've stopped shedding pounds, change your workout," says Porter. "Your body is adaptable and the number of calories you burn in each workout will peter out as you become fitter." **Change your programme every 6 to 8 weeks, or sooner if you find yourself nodding off on the rower.**

## GET OFF the games console



You think playing Wii Sports is exercise? A study in the *British Medical Journal* found active games burn about 60 calories per hour, which is only 2% more than inactive games you toggle on consoles like the Xbox360. Stop being an Avatar, get out the house and enjoy the real world. **ME**

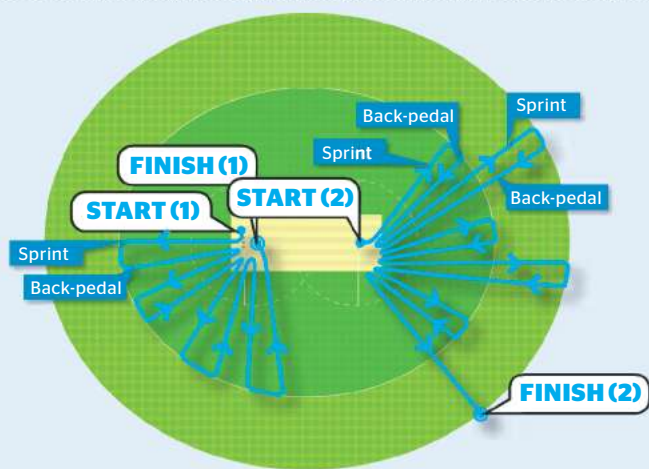
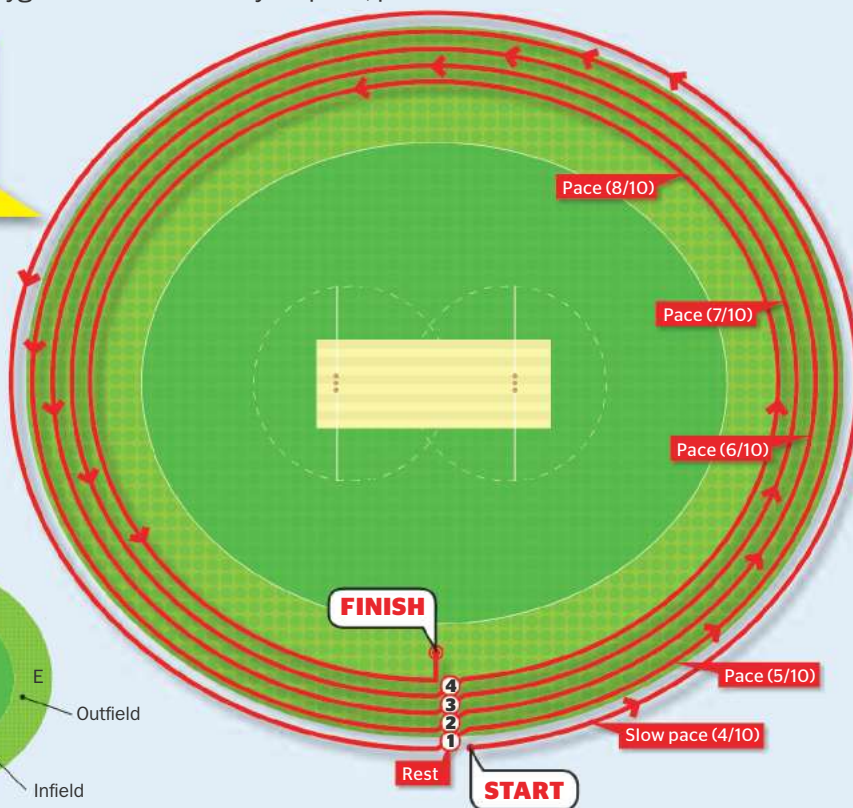
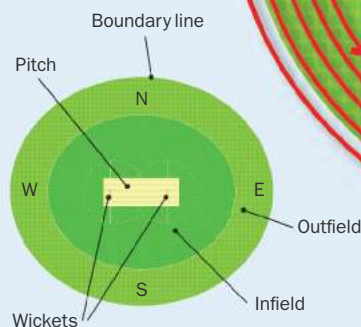
# Batsman begins

This outdoor fitness booster uses the cricketer's playground to accelerate your pace, power and endurance

You don't need to enjoy the sound of leather on willow to get mileage out of your local cricket pitch. It's like a multi-directional running track without the lanes. The following routines from Paul Collins, author of *Strength Training for Men* (Meyer & Meyer), are designed to make you hit your old speed and stamina records out the park. To find your nearest oval visit [play-cricket.com](http://play-cricket.com).

## A BUILD STAMINA

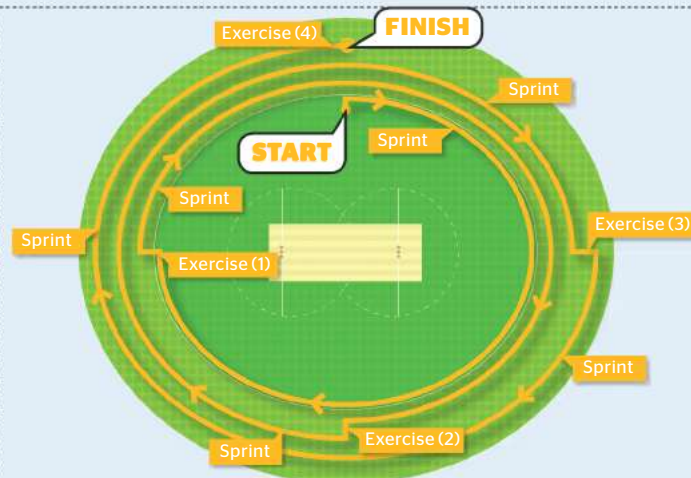
For legs and lungs that won't stop pumping, follow this routine: Stand on the boundary and run 1 lap at a slow pace (effort: 4/10), and record your time. Rest for 40 seconds then run another lap at a slightly faster pace (5/10). Aim to beat your previous time by 5-10 seconds. Repeat this 3 times, increasing speed after each lap. Stop when you run at an effort of 8/10. Rest for 2 minutes then reverse the process to do a total of 5 more laps, increasing the time each lap takes, until you're running at the same slow pace you started out. Do this twice a week and you'll increase your endurance by 10% in 4 weeks.



## B THE PACE BUILDER

Do a thorough warm-up for 5-10 minutes. Interlock your hands behind your head (this forces your legs to work harder) and sprint to the edge of the infield. Back-pedal to the start. That's 1 rep. Do 4 reps then rest for 90 seconds – this is drill 1. Drop your hands to your sides then sprint to the edge

of the infield. Back-pedal to the start. Then sprint to the outfield boundary. That's 1 rep. Do 2-3 reps then rest for 2 minutes – this is drill 2. Alternate between drills for 30 minutes. Do this for 8 weeks and you'll improve your 100m pace by 2-3%. That kind of advantage is just not cricket.



## C BUILD POWER

Stand on the edge of the infield in the Northern position. Sprint as fast as you can in a clockwise direction and stop when you reach the Western edge then do 2 split squat jumps on each leg. Continue sprinting clockwise to the Southern edge and do 3 burpees. Sprint to the Eastern edge of

the infield boundary line and do 4 super fly press-ups. Sprint to the start and do 3 jump squats. That's 1 rep. Do 8-10 reps resting 2 minutes between each bout and your 5% increase in explosive power will soon make you your team's most valuable player – even if you're a team of one.



# Build six-hitting power with these four moves

## 1) SPLIT SQUAT JUMPS

Stand in the lunge position with your right leg forward and your left leg behind you, knees slightly bent. Jump up explosively. While in the air, cross your legs so you land with your left leg forward and your right leg behind you. Bend your knees to absorb the impact. This will improve explosive power while shifting a load of calories.



## 2) BURPEES

Begin in a squat position with your hands on the floor in front of you. Kick your feet behind you so you're in a press-up position. Quickly return your feet to the squat position then leap up as high as possible. Throwing your arms above your head will help you jump higher. Land with slightly bent knees. If you're feeling fit throw in a press-up before doing the squat thrust.



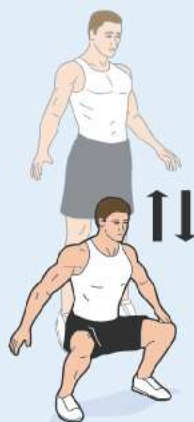
## 3) SUPER FLY PRESS-UPS

Get into the press-up position with your knees slightly bent. Keep your back flat and lower your body until your upper arms are lower than your elbows. Quickly straighten your arms and knees to jolt both your upper and lower body off the ground. Clap your hands together mid-air and land with your body weight on your arms then let your legs touch the ground. This upper-body move impresses as well as builds your back, chest and arms.



## 4) JUMP SQUATS

With your feet shoulder-width apart and your back straight, slowly squat until your thighs are just below parallel to the floor. Quickly straighten your knees and press yourself upwards so your feet leave the ground. Land with your knees slightly bent to absorb the impact. The explosive power you'll build with this move is an advantage in any sport.



## RETHINK THE... SHOULDER PRESS

**OLD WAY**  
"USE THE SHOULDER PRESS MACHINE TO ISOLATE YOUR SHOULDERS"

**NEW WAY**  
"USE DUMBBELLS AND ARNOLD PRESS YOUR WAY TO HUGE GAINS"

The shoulder-press machine is fine if you're rehabilitating after a shoulder injury, but if you want big gains, Arnold's your man. For the Governor's trademark move, take the standard dumb-bell shoulder press but flare your elbows out in the initial upward movement. Not only will your shoulders get a pounding, but also your lats and deltoids.

## THE MYTH

**NECKING A RED BULL WILL GIVE YOU ENOUGH OF A CAFFEINE KICK TO FUEL YOUR WORKOUTS**

**THE TRUTH...** Caffeine is a proven training aid. Still, drinking a Red Bull won't provide enough stimulation to affect your workouts. In a Canadian study, men who drank two cans of the energy drink an hour prior to a sprint workout did not experience a performance boost. It might, however, give you the focus to push on through when the going gets tough.



You might fly, but will you go the distance?

## Crunching the numbers

Help is at hand for this month's divine digits

**16**

The percentage increase in a beginner's bench press maximum when supervised by a trainer.  
Journal of Strength and Conditioning Research

# Heal the Achilles

One of the most painful tendon injuries imaginable is also easily avoidable...

**FIX IT!  
PAIN IS  
NOT YOUR  
FRIEND**

## 1 WHERE EXACTLY DOES IT HURT?

You'll feel a burning and piercing in the tendon above your heel and it can even make a crackling sound when you move it. Any higher up your calf and it's more likely that you've strained or pulled a muscle. Rupturing your Achilles tendon is a uniquely painful experience and you'll know when you've done it. Just ask David Beckham.

## 2 SO WHAT'S EXACTLY HAPPENING IN THERE?

"Your Achilles tendon connects your calf muscles to your heel bone and is made of thousands of individual fibres of collagen," says Gareth Cole, rehabilitation specialist at The Third Space gym in London. "Restricted blood flow to this area slows repair." And pain will worsen if you keep training.

## 3 DON'T WORRY, IT'S NOT GOING TO KILL YOU...

...but you won't be doing long jump any time soon. Think RICE (rest, ice, compression and elevation) and take a break from all weight bearing sport (except swimming and the rehab exercises below) for at least 2 weeks. "You can recover from mild injury in a couple of weeks but a severe strain can take 5 months," says Cole.

## 4

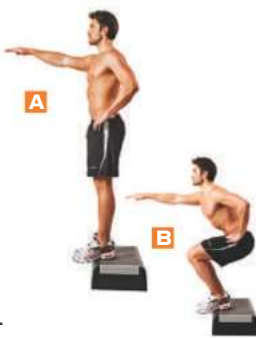
### HOW TO PREVENT IT HAPPENING IN THE FIRST PLACE

"Increase your running, cycling or rowing distance by no more than 5% each week and if your feet pronate (turn inwards) when you run, buy inner soles or orthotics to rectify this," says Cole. Also try running on grass and stretching your calves after workouts to keep them flexible, then add the strength moves, below, to your routine.

## Fix it up Build Achilles strength and flexibility in 3 simple moves

### 1 PREHAB SISSY SQUAT

Stand with your heels on the edge of a block. Lean back, placing one hand on your hip to aid your balance (A). Slowly lower your body, keeping your back flat (B), then push back to the start. Do 3 sets of 12 reps.



### 2 REHAB ECCENTRIC STRAIGHT LEG CALF LOWERING

Stand on a step, then rise onto your toes. Remove the good leg so your weight is on the sore leg (A). Take 5 secs to lower your bad heel (B). Do 3 sets of 15 reps twice a day.



### 3 POST WORKOUT WALL STRETCH

Face a wall at an arm's length away (A). Put one foot on the wall and press with the heel (B). Do not lean towards the wall, but stand straight. Hold for 3 mins on each leg, 3 times a day.







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# Five and direct

This straightforward 5-set, 5-rep regime is a great way to build strength and power. Simple is best, see?

Once you've got a couple of years' worth of training under your belt there's a temptation to overcomplicate things. But there's no need – just look at the 5x5 method. This is 5 sets of 5 reps of 3 simple exercises that give you big results. The man who invented it, former US Olympic Weightlifting champion Bill Starr, used this system to train American football team the Baltimore Colts. The result? They won the Super Bowl, which is no mean feat.

So if you've got a home gym with limited equipment (all you need is a barbell and some weights), or just want to be a little more economical with your gym time, then look no further. Just follow Starr's 3-days-a-week routine for 4-10 weeks and you'll find that adding power and strength with this satisfyingly straightforward technique is as easy as counting your fingers.



## Follow this lifting schedule for more muscle everywhere

### WEEK 1

| MONDAY    | WORKOUT 1: MAXIMUM DAY                                                                                                                                   | SETS | REPS |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|
|           | Barbell squats                                                                                                                                           | 5    | 5    |
|           | Barbell flat bench press                                                                                                                                 | 5    | 5    |
|           | Power cleans                                                                                                                                             | 5    | 5    |
|           | Start off light but increase the weights after each successive set. By the final set you should be using the heaviest weights you can manage for 5 reps. |      |      |
| TUESDAY   | REST DAY                                                                                                                                                 |      |      |
| WEDNESDAY | WORKOUT 2: MINIMUM DAY                                                                                                                                   | SETS | REPS |
|           | Barbell squats                                                                                                                                           | 5    | 5    |
|           | Barbell flat bench press                                                                                                                                 | 5    | 5    |
|           | Power cleans                                                                                                                                             | 5    | 5    |
|           | Use weights that are about 70-80% of the most weight you can do 5 reps with.                                                                             |      |      |
| THURSDAY  | REST DAY                                                                                                                                                 |      |      |
| FRIDAY    | WORKOUT 3: MEDIUM DAY                                                                                                                                    | SETS | REPS |
|           | Barbell squats                                                                                                                                           | 5    | 5    |
|           | Barbell flat bench press                                                                                                                                 | 5    | 5    |
|           | Power cleans                                                                                                                                             | 5    | 5    |
|           | Use weights that are 90% of the heaviest weight you can do 5 reps with.                                                                                  |      |      |
| SAT/SUN   | REST DAY                                                                                                                                                 |      |      |

### WEEK 2

| MONDAY    | WORKOUT 1: MAXIMUM DAY                                                                                                                                          |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | Increase the weights you used in Week 1 by 2% or just slap the smallest weights in your gym on the bar but always increase the weight you lift in this session. |
| TUESDAY   | REST DAY                                                                                                                                                        |
| WEDNESDAY | WORKOUT 2: MINIMUM DAY                                                                                                                                          |
|           | Use weights that are 70-80% of the most weight you pushed in Week 2's maximum day workout.                                                                      |
| THURSDAY  | REST DAY                                                                                                                                                        |
| FRIDAY    | WORKOUT 3: MEDIUM DAY                                                                                                                                           |
|           | Use weights that are 90% of the most weight you pushed in Week 2's maximum day workout.                                                                         |
| SAT/SUN   | REST DAY                                                                                                                                                        |

WORDS: RAY KLERK. PHOTOGRAPHY: ADRIAN WEINBECHT. MODEL: DAVID SHEATH AT FLAIR TALENT. GROOMING: MIRANDA RIGGS AT JOY GOODMAN. SHORTS AND TRAINERS: ASICS.CO.UK. THANKS TO VIRGINACTIVE.CO.UK. EQUIPMENT BY TECHNOGYM.COM. CALENDAR: GETTY





## Week Four



### HOW TO DO IT

Always do a quick warm-up on the treadmill or rower before each workout.

Do the workout as a resting circuit, so pump out a set of squats, rest a minute, then do a set of bench presses, rest a minute, and so on. And note the weights you've used – they'll increase because 5-rep sets are the fastest way to increase strength and power, according to the *Journal of Strength and Conditioning Research*. You don't have to stop after week 4. Increase the weights by a minimum 2% each week and after 2 months you'll be stronger in every other exercise – even the ones you haven't been practising. There's no simpler way to build muscle.

## The exercises:

### BARBELL SQUATS

**Muscles** quads, hamstrings, glutes, lower back

This is the leg exercise that ropes in the most muscle fibres, says the *Journal of Physics*. Stand with your feet shoulder-width apart and rest a barbell on your shoulders (A). Bend hips and knees to lower yourself. Ensure your thighs are parallel

to the floor. Keep your back straight and look forwards (B). Rise to the start by straightening your knees. Don't worry about the lack of abs exercises in this circuit – squats will work your core harder than any number of crunches.

A

B



### POWER CLEAN

**Muscles** lower back, shoulders, hamstrings, biceps

This works just about every muscle group. Stand with feet shoulder-width apart and toes beneath a barbell (A). Grab the bar with an overhand grip by bending your knees and extending your arms. Stand and yank the bar towards your

shoulders. Keep the bar close to your body (B). When it is just below your chin, dip under it and rotate your elbows so your palms face away. Pause at the top of the movement then rotate elbows back and lower the bar to the start.

A

B



### BARBELL BENCH PRESS

**Muscles** chest, triceps, abs, shoulders

A study in *The Journal of Strength & Conditioning Research* found that the humble bench press uses 98% of the muscles in your chest. Not so humble, then. Lie on a flat bench press station. Grab the barbell with a wider than shoulder-

width grip. Lift the barbell off the supports and lower it to the middle of your chest. Keep your head, torso and hips pressed to the bench (A). Pause, then press the weight up (B). Feel that burn? That's what 98% feels like.

A

B



## WEEK 3

### MONDAY WORKOUT 1: MAXIMUM DAY

Increase the weights you used in Week 2's maximum day by 2%. Be sure to keep a record of how much you've improved.

### TUESDAY REST DAY

### WEDNESDAY WORKOUT 2: MINIMUM DAY

Use weights that are 70-80% of the most weight you pushed in Week 3's maximum day workout.

### THURSDAY REST DAY

### FRIDAY WORKOUT 3: MEDIUM DAY

Use weights that are 90% of the most weight you pushed in Week 3's maximum day workout.

### SAT/SUN REST DAY

## WEEK 4

### MONDAY WORKOUT 1: MAXIMUM DAY

Increase the weights you used in Week 3 by 2% or just slap the smallest weights in your gym on the bar.

### TUESDAY REST DAY

### WEDNESDAY WORKOUT 2: LIGHT DAY

Use weights that are 70-80% of the most weight you pushed in Week 4's maximum day workout.

### THURSDAY REST DAY

### FRIDAY WORKOUT 3: MEDIUM DAY

Use weights that are 90% of the most weight you pushed in the previous Monday's workout.

### SAT/SUN REST DAY





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## The long stretch

Choose the right stretch for your hamstrings to boost flexibility

If you run, stretching is key: longer hamstrings can protect your joints and elongate your 5-a-side career. But which method – active or passive stretching – is best? According to a study recently published in the *Journal of Strength and Conditioning Research*, it depends on your goal.

### ACTIVE STRETCHES

These use your body's momentum to boost flexibility and include flexing your foot or pumping your ankle.

### BEST FOR A PRE-ACTIVITY WARM-UP

Each repetition extends your current limit. The increase in blood flow helps your performance early in the activity.



### PASSIVE STRETCHES

These use static resistance – a band, wall, chair or partner – to stretch your muscles.

### BEST FOR BEING ABLE TO TOUCH YOUR TOES FOR THE REST OF YOUR LIFE

You should passive stretch after every workout you do. Eventually, your hamstrings will be better able to maintain their flexibility.



# Juice up

These four natural elixirs will give you the competitive edge, whatever your sport

### Cycling + pomegranate juice = zero inflammation

Studies in *Current Sports Medicine Reports* found that cycling can inflame the prostate. The solution: pomegranate juice. Research in the *Journal of Urology* showed it can significantly reduce inflammation. (POM Wonderful, £2.99, ocado.com).

### Running + echinacea extract = easy breathing

One in 7 runners suffer from a respiratory tract infection. But you can clear your airways with echinacea. Research in *The Southern Medical Journal* found it boosts the immunity of your lungs. Try Dr Stuart's elixirs (£2, healthinajiffy.co.uk).

### Swimming + a cup of tea = bug-proof stomach

A study in the *Journal of Emerging Infectious Diseases* found 1 in 12 public swimming pools contain diarrhoea-causing bacteria. Luckily, recent US research found that a daily cup of tea boosts your gut's immunity to such bugs.

### Gym workout + pineapple and orange juice = no more muscle pain

Fight post-workout muscle soreness with fruit. A study in the *Journal of Ethnopharmacology* found that combining the bromelain in pineapples with the vitamin C in orange juice reduced the lactic ache.

If Wonka did recovery drinks...

## The perfect ice pack

Learn how to properly ice injuries for a speedier recovery



If you regularly push yourself in your chosen discipline, a few aches and pains are inevitable. Ask any coach what to do when injury strikes and they'll tell you to reach for the ice pack. But leave the peas in the freezer – thanks

to research in *The Journal of Strength and Conditioning* we now know that the best ice pack is a mixture of ice and water. When applied to leg muscles for 20 minutes, this combo works better than ice cubes or crushed

ice. The icy water fits well to the muscle, but the real key is that it conducts thermal energy efficiently. Try doubling up with zip-top bags – they're reusable and won't leak. Save the petit pois for the Sunday roast.





# THE MOMENT OF TRUTH

It's been 12 weeks since six *MH* readers took up the Lucozade Sport Challenge to perform like a pro. As you can see, the end results are pretty impressive

**T**welve weeks ago Lucozade Sport teamed up with *Men's Health* and gave six ordinary blokes the opportunity to train at the same high level as athletes such as Steven Gerrard, James Haskell and Harry Aikines-Aryeety. The challenge was split into three – football, rugby and strength – with two readers taking part in each category. The challengers were given a programme by a top coach, had access to a nutritionist and had their labours supported by the full range of Lucozade Sport nutrition products. However, the motivation to improve their performance was all theirs.

We found ourselves back at Bisham Abbey, the UK's top National Sports Centre, on a sunny Saturday morning to put our challengers through their paces. The results speak for themselves: personal bests were smashed, goals had been achieved and jaws were dropped as the challengers blasted through their tests. And as you can see from the photos, the physical transformations were pretty impressive, too.

Football challengers Chris and John were stunned by their test results. "I couldn't believe it," said Chris. "I shaved 8% off my sprint time." John was equally enthused. "This is really going to make a difference to my summer coaching in the US," he said. "It just goes to show what you can do when you have a plan and the right nutrition." Their trainer, Liverpool FC First Team Fitness Coach, Paco De Miguel was equally impressed. "For me, the main attributes of a pro

player are power, speed, and stamina," he said. "Chris and John now have these skills."

The most obvious physical changes came from the rugby challengers Richard and Gavin. "You can see from their appearance they've both been working hard," said their trainer, Rugby World Cup-winning fitness coach Dave Reddin. "Rich has lost a third of his body fat while Gav has added 6kg of solid muscle. Their test results show how such a transformation can improve your performance. I'm very impressed."

"It's been tough," admits Richard, "but I'm going to be starting this season leaner and stronger, which is motivation itself to carry on training." Gavin found the Lucozade Sport products a great help. "It's hard to stick to an eating plan with a job like mine," said the police officer. "But the shakes and bars meant I could get exactly what I needed when proper food wasn't an option."

The strength challengers also did well. "I thought Nigel would do well," said FitPro trainer and all-round athlete Howard Pearson, "but John was a real revelation. He had a lot of barriers in his way and he overcame them all. From his starting point his achievements are all the more impressive."

"I've learnt so much over the last 12 weeks," said Nigel, "plenty to take forward into my training." John felt the same. "It's definitely changed my life," he said. "I'm happier, more confident and actually feel like I've made a real change."



**Menshealth.co.uk/lucozadesport**

The challenge may be over for our six readers but it's only just beginning for you online. You can read about the highs and lows of our readers' 12-week journeys in their blogs and get the full details of their impressive results. In this magazine are a selection of their results which were recorded from tests undertaken at the beginning and the end of the Challenge by professional sports scientists. These give you a flavour of how hard work mixed with a proper nutritional plan can help you achieve great results, too. Online you can also:

- Win Lucozade Sport Prizes
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With only 50 calories per serving new Lucozade Sport Lite is ideal for workouts of less than 60 minutes. It contains electrolytes and B vitamins to keep you hydrated so you train harder for longer. Lucozade Sport Recovery products jump start muscle recovery and make sure you're raring to go for your next session.



**For a special end-of-challenge competition**



## Steven Gerrard's Football Challenge



## THE FOOTBALL CHALLENGE

Liverpool FC First Team Fitness Coach, Paco De Miguel: "They did really well. I'm very proud of the job that they did. The results of their power, speed and strength tests were very good. They followed the routine properly, did the job as we planned and now they look like athletes. They've come a long way in three months and will improve as much again in another three. The main thing is to maintain the level and intensity of their training sessions and not to lose strength as it's one of the most important things. Also, they have to enjoy

the practice and spend time playing football – that is very important.

"This was my first time training non-professionals and the results show it's possible for everybody, so if you want to do it and you're prepared to work hard, you can get very good results."

**Gerrard's thoughts** "The football challengers have done incredibly well. Their results show an increase in power, speed and stamina – the three things that help make a top-notch player."

### John Murphy is 67% Stronger

| Week 1           | Week 12         |
|------------------|-----------------|
| Speed: 5m 1.18s  | Speed: 5m 1.06s |
| Speed: 20m 3.18s | Speed: 20m 3.1s |
| Squat 52kg       | Squat 87kg      |

#### +41 Explosive Power

|         |             |
|---------|-------------|
| Week 1  | Jump 27.8cm |
| Week 12 | Jump 39.2cm |

"I'm really pleased with how I've done and I want to see what I can do over the next three months. I've got a busy summer coming up but even if I'm improvising with push-ups and sit-ups I'm going to stay on it. The improvement in performance for me is the most important thing. I wanted to get faster, fitter and stronger – looking better and losing weight is a bonus."



### Chris Parsons is 8% Faster

| Week 1           | Week 12          |
|------------------|------------------|
| Speed: 5m 1.12s  | Speed: 5m 1.03s  |
| Speed: 20m 3.24s | Speed: 20m 3.05s |
| Squat 52kg       | Squat 67kg       |

#### +38% Explosive Power

|         |             |
|---------|-------------|
| Week 1  | Jump 28.7cm |
| Week 12 | Jump 39.5cm |

"This is the best start I could have possibly had and now I want to see how far my training can go. I'm looking at everything differently. I now know that if I've got a big session coming up I need to fuel and hydrate for it. Afterwards I need to recover so I can go again the next day. Doing it strategically over a few months makes it manageable – you can live like this."



"Recover from training by ensuring you have 20g of protein every couple of hours. Get it from lean meat, poultry, fish, eggs, low-fat dairy or one of the Lucozade Sport protein bars or shakes."

Phil Lucozade Sport sports scientist



Read the full story of our readers' challenges at [menshealth.co.uk/lucozadesport](http://menshealth.co.uk/lucozadesport) so you can perform like a pro, too



## James Haskell's Rugby Challenge



### Gavin Hutt is 15% Fitter

#### Week 1

Pull-up (+40kg) 4  
Endurance test  
5mins - 2.5s

#### Week 12

Pull-up (+40kg) 8  
Endurance test  
4mins - 16.7s



"The past 12 weeks have been tough but I've learnt so much. My ambition was to play in the same rugby team as my son. Armed with the knowledge I have now about training properly and eating smart, I know I can maintain my fitness until he's old enough to join me on the pitch."



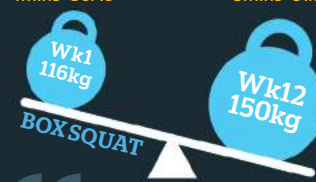
### Richard Whelan is 31% Leaner

#### Week 1

Pull-up (+0kg) 1  
Endurance test  
4mins - 36.4s

#### Week 12

Pull-up (+0kg) 9  
Endurance test  
3mins - 51.8s



"The challenge lived up to its name but I've proven to myself that I can do it. It doesn't matter how busy you are or how many commitments you think you've got - everyone can do an hour of exercise every day. You feel so much better when you do and it gives your whole day a real impetus."



"If you're training to lose weight you don't want to top up your calories after training. Lucozade Sport Lite low-carb content replaces the electrolytes you lose by sweating but without the extra calories."

Gareth Lucozade Sport sports scientist



## THE RUGBY CHALLENGE

Rugby World Cup Winning fitness coach Dave Reddin: "Both challengers have done phenomenally well. At the start Rich was pretty overweight and he's got himself down to 88kg - he looks like a different person. He's also moving better, with his problem knee now a lot more stable. He's a lot more co-ordinated and in a good position to enjoy his rugby for the rest of the season. He had the classic demeanour of somebody with an injury and carried himself in a way that was quite defensive because he didn't feel good about his body. Now he's walking taller, feels more confident and you can hear it in his voice. It's been a big change."

"Gav was very different. The main goal was to improve his endurance so he could be more competitive with the younger guys. He

used to train too much and too hard but now he knows that by training precisely and in a more focused way, he can make big changes."

"Getting all your nutrition from food is pretty impractical, especially for someone like Gav. He needs to eat a high level of protein and it's impossible to carry around six chicken breasts all day when you're a police officer. The Lucozade Sport products mean he can take the right thing at the right time in a really easily digestible form. It's been a massive part of the improvements he's seen."

**Haskell's thoughts** "I'm really pleased for the guys - they've made huge gains and massive changes, and nutrition has been a key part of the process for them."

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# THE STRENGTH CHALLENGE

FitPro trainer and all-round athlete Howard Pearson: "I'm really pleased with the results. Both had challenges to overcome and they handled them well. Nigel was always going to do well – he had the drive and determination you often see in athletes. But he had a career and family life to fit his training around, which takes a lot of planning. John didn't exercise regularly and his diet was frankly awful. Seeing how far he's come over the past 12 weeks has been really heartening. It just goes to show that no matter what your starting point, having drive and determination will get you results."

"Both guys got into good habits on the basics of nutrition and hydration – we know that dehydration can negatively affect your performance. Lucozade Sport Lite is formulated to maintain your hydration, containing electrolytes and B vitamins for energy release. Nail the basics and the results will speak for themselves."

**Harry's thoughts** "I'm really proud of both the challengers – what great gains. And Nigel, I've not forgotten you beat me in the press-up challenge. Let's have a rematch!"

## Harry AA's Strength Challenge



### Nigel Brockman is 36% Leaner

| Week 1             | Week 12          |
|--------------------|------------------|
| Squat 80kg         | Squat 120kg      |
| Bench press 52.5kg | Bench press 80kg |

### 143% Stronger

|         |                   |
|---------|-------------------|
| Week 1  | Pull-up (+0kg) 7  |
| Week 12 | Pull-up (+0kg) 17 |



"I feel fantastic. I feel strong, I feel healthy and I feel energised every day. It may sound corny but despite the fact I'm busy working and training I feel less tired. I used to suffer a lot of back pain driving, but now, because of the core work, that's gone. The last 12 weeks have been amazing, life changing. And they go to show that anyone can do it."



### John Gandy has 23% Less Fat

| Week 1           | Week 12          |
|------------------|------------------|
| Squat 70kg       | Squat 95kg       |
| Bench press 45kg | Bench press 55kg |

### 12x Stronger

|         |                    |
|---------|--------------------|
| Week 1  | Pull-up (+0kg) 0.5 |
| Week 12 | Pull-up (+0kg) 6   |



"I feel really positive and a lot better than I thought I would. My confidence has improved a lot. I find I'm more able to say what I mean and mean what I say. I'm more comfortable in my own skin and I've become a lot more assertive. That's the biggest thing I'll take from this. It's not about the last 12 weeks – it's about the rest of my life."

"The window of opportunity to get the biggest gains from your workout is within the first half hour after training. A recovery bar or drink means you don't miss your chance to make the most of every session."

Hannah Lucozade Sport sports scientist



Follow the 12-week training programmes yourself at [menshealth.co.uk/lucozadesport](http://menshealth.co.uk/lucozadesport)

Inspired by our six challengers? Want to get into the shape of your life? Register your interest for the 2011 challenge by emailing [2011challenge@menshealth.co.uk](mailto:2011challenge@menshealth.co.uk)  
Full details announced later in the year

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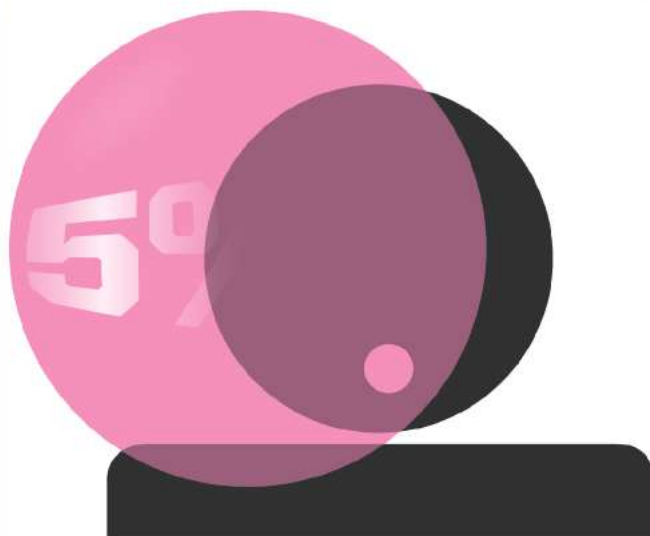
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Make a quick smash and grab of all the PT facts and figures this month, then dive back in later for the bigger picture



The number of reps you need to do per set if you want to increase strength and power. Keep your sets short but make every rep count. [p168]



Amount of extra calories burned by people who chewed gum for an hour a day. This is due to a perceived increase in energy in the gum chewers. Keep a pack at work for the afternoon slump. [p162]

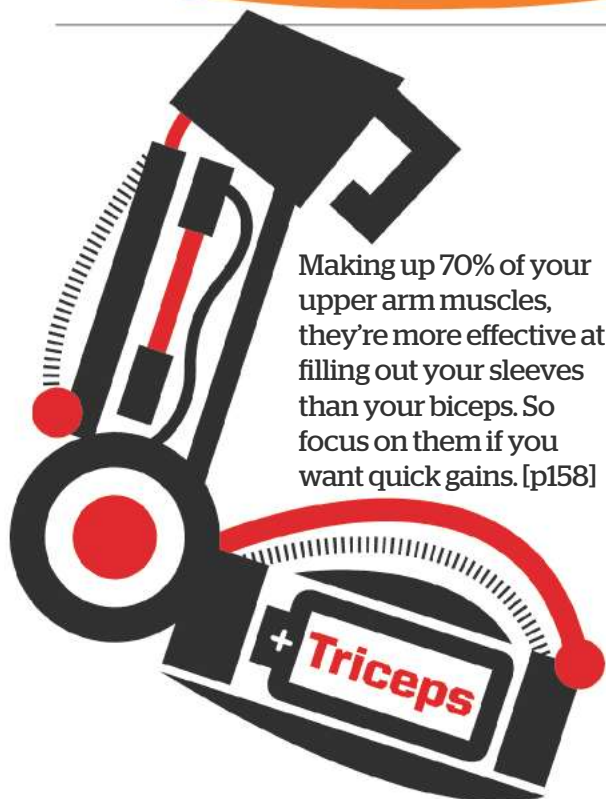


## 8 hours

The length of time rye bread eaters kept hunger at bay compared to those who opted for the wheatier variety. Make it your breakfast bread of choice. [p157]



The percentage increase in beginners' bench press max when supervised by a trainer. If you're starting out, get yourself a PT. [p164]



Making up 70% of your upper arm muscles, they're more effective at filling out your sleeves than your biceps. So focus on them if you want quick gains. [p158]



The amount of extra weight lost by men who add calcium to their diet. They also shift 64% more fat, too. So don't hide from dairy. [p162]



The ideal room temp for sleep - any higher and you won't have to burn as many calories to keep warm. So don't miss out on this sedentary fat-burning time. [p162]





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# Re:FUEL

Edited by Wesley Doyle

FAST FOOD FOR PERFECT PERFORMANCE

**NEW!**  
THE LUNCH  
UPGRADE

## POWER LUNCH

This Moroccan tagine salad is an ideal energy source to fuel your workouts and increase your overall stamina

### BULGAR WHEAT

**How much?** 50g, cooked and cooled

**Why?** "It provides high-quality carbs," says Kate Cook of healthy fast food restaurant Food Secret, "and it's rich in B vitamins, which will boost energy production as well as your metabolism."

### HARISSA

**How much?** 10g

**Why?** The capsaicin, which adds spice to this sauce, aids digestion. This makes the energy in this meal more readily available to your body, so you can train harder. It's an essential component of this lunch.

### BABY SPINACH

**How much?** A handful

**Why?** "The zinc in the spinach raises your levels of muscle-building testosterone," says Food Doctor, Ian Marber. "It also contains niacin which helps convert the calories from protein, fat and carbs into energy."

### BARLEY

**How much?** 50g, cooked and cooled

**Why?** "Barley provides quality fuel for long training sessions," says Cook. Making this great stamina food.

### THE DRESSING

**How much?** 1 tbsp extra virgin olive oil, 1 tbsp lemon juice

**Why?** "The olive oil provides fatty acids to reduce inflammation in your joints," says Cook. And lemon juice is packed with vitamin C to aid recovery.

### THE METHOD

Boil the barley for 30 minutes, and the bulgar wheat and quinoa for 15 minutes. Roughly chop the vegetables and chicken. Mix the cooked grains with the harissa sauce and the coriander. Place in a Tupperware box on a bed of spinach and top with the chicken and broccoli. Pour on the dressing and stick it all in the fridge. Eat the lot about 90 minutes before training.

### BROCCOLI

**How much?** 50g, blanched and refreshed

**Why?** "Broccoli provides antioxidants to combat free radicals," says Cook. "Its magnesium also aids glucose entry," says Marber. Which means you'll have more energy to reach your goals.

### QUINOA

**How much?** 50g, cooked and cooled

**Why?** "It's a grain that contains both proteins and carbs," says Marber. Also its high levels of manganese and magnesium help your body process these fuels quicker. Keeping energy levels optimal.

### FREE-RANGE CHICKEN BREAST

**How much?** 100g, poached and sliced

**Why?** "Combined with the carbohydrates, chicken stimulates an insulin response which increases muscle energy storage," says Cook. "And the larger your energy storage capacity, the longer you will be able to perform."

### CORIANDER LEAVES

**How much?** A handful

**Why?** "It aids digestive function, helping your body to break down your food," says Marber. "It's also packed with vitamin A, an antioxidant that handles the nasty free radicals produced by your body when it's put under stress, as it is during training." Make sure you eat this a good hour before you train, unless you want to create *Treadmill à la Sauce*.





## SNACK OFF

It's the battle of the breakfast titans, but will kippers or bacon pack the more powerful punch in the fight to reach your belly?



### KIPPERS

#### ENERGY

A hundred grams of kippers coughs up 312% of your RDA of vitamin B12, which additionally releases the energy from the toast you snack with it. A study by United States Department of Agriculture found that the absorption of this vitamin begins in the mouth, so listen to mother and chew your food properly.

#### MUSCLE

Kippers may be tiddlers but are big in brawn-building. A fishy 100g has 918mg of sodium compared to bacon's 833mg. "Sodium assists the absorption of amino acids as well as increasing carb storage, making it essential for muscle growth," says Paul Collins, author of *Strength Training for Men* (Meyer & Meyer). Go easy if you have ticker trouble.

#### RECOVERY

Kippers' antioxidant levels take the recovery fishcake. One large fillet offers you 75% of your RDA of selenium, while bacon gives 29%. This powerful antioxidant protects muscles against cellular damage caused by exercise, found a study in *Biological Trace Element Research*. So after a workout, forget the ibuprofen and put kippers on your anytime menu.

### BACON

Bacon puts the kipper's tail firmly between its legs in the energy stakes by yielding a massive 450 calories per 100g (that's a third of a standard pack) while kippers dish out just 217 calories. So if you're looking to pork up, stack those rashers thick but reach for the kippers if you're looking to streamline.

The piggy is going to squeal thanks to its whipping in the sodium punch out. To rub salt in the wounds, kippers give you 25g of protein per fillet – 13g more than bacon. Kippers have more 'good' cholesterol, 82mg compared to bacon's 68mg. The more good cholesterol, the better the muscle gains, found Texas A&M University.

Surprisingly, bacon has 30g of unsaturated fat per 100g while kippers roll in with 9g. "This is the healthy fat you need to boost recovery and keep your muscle building hormones at optimum levels," says sports nutritionist Matt Lovell (sportsnutritionvlog.com). And 100g of kippers offers a whopping 2,365mg of anti-inflammatory omega-3's while bacon offers just 213mg.

#### AND THE WINNER IS...

**KIPPER'S, FOR MORE MUSCLE-BUILDING PROWESS AND RECOVERY-BOOSTING DEXTERITY**

# VOODOO CHILE

Tuck into the magical Mexican dish that turns pork into lean muscle

**P**ork tends to get a bad rap. Just because pigs are gluttons, doesn't mean their flesh will lead us down the path to obesity. Far from it, in fact. Unjustly thought of as a fatty meat, pork tenderloin has as much fat as a lean chicken breast and only 103 calories per 100g, which means it's ideal for low-fat bulking up.

There's nothing wrong with pigging out as long as you're eating the right foods, and pork chile verde – using the potent Mexican salsa verde for a hot pepper nip (composed of onion, garlic, coriander, parsley and hot, green chilli peppers) – will give you the sort of sweat you last experienced on the treadmill.

Making this dish in bulk then freezing it will assist in your quest for a larger frame; ensuring you have a muscle meal ready for when you get back from training reduces the likelihood of you 'rewarding' yourself with something less than ideal. Plus it will save you vital time in the kitchen. So kick back, pig out, and enjoy the fat-stripping muscle gains.

#### WHAT YOU'LL NEED

- 1 tbsp canola oil
- 1kg boneless pork shoulder, cut into 1-inch cubes
- Salt and black pepper to taste
- 500ml chicken stock
- 350g new potatoes
- 4 tbsp Mexican salsa verde
- 1 medium onion, chopped
- 1 large green pepper, chopped into chunks

#### HOW TO MAKE IT

**1** Sombrero on, heat the oil in a large fry pan. Season the pork with salt and pepper (**A**). Working in batches, add the pork cubes and sear. Chuck them into a slow cooker or ovenproof pot.

**2** Add the stock to the frying pan and use a spatula to scrape up crispy bits of pork. Pour the broth over the pork in the pot (**B**) and add the Mexican salsa verde, onion and pepper.

**3** Using a slow cooker, cook for 4 hours on high or 8 hours on low. If you're including potatoes cook them in the final hour. If you're using an ovenproof pot (**C**), cook at 150°C for 2 hours, then add the potatoes.

**4** Serve the pork with steamed vegetables, along with a ladle of the cooking liquid (**D**). Use hot corn tortillas or spoon it on top of a bowl of rice if you want to bulk up fast.



WORDS RAY KLERCK. SNACK OFF ILLUSTRATION BILL MCCONKEY. PORK RECIPE PHOTOGRAPHY GARETH SAMBIDGE AT PROCESS PHOTOGRAPHY. FOOD STYLING CAROL TENNANT. HEAL'S ORBIT DINNER PLATE. INSTRUCTIONAL ILLUSTRATIONS JASON PICKERSGILL AT ACUTE GRAPHICS. ADDITIONAL PHOTOGRAPHY GETTY



 **FOOD FOR THOUGHT**

MH Fitness Advisor Ray Klerck solves your nutritional puzzles

**1 How should I adjust my eating to my workout schedule?**

To stay lean, eat less on the days you don't train. A study in the *American Journal of Clinical Nutrition* found that guys who stopped exercising for a week but didn't cut back on food went from burning an average of 3,000 calories a day to about 2,300.

Since it takes approximately 3,500 extra calories to create a single pound of fat, these guys risked a flab-up of 1kg in a week. Think about that the next time you want to feast on your rest day.

**2 I know hydrogenated oils contain trans fats. Does that mean partially hydrogenated oils are better than the fully hydrogenated ones?**

Partially hydrogenated oils may actually be worse for you because fully hydrogenated oils contain more stearic acid, which doesn't seem to increase LDL ('bad') cholesterol. If hydrogenated oils appear near the start of an ingredient list, avoid that food at all costs. If they're near the end, the amount is probably insignificant so feel free to splurge – but only now and then.

**3 So many diets seem only aimed at women. Do they work for men? I'm desperate.**

Any program that gets you to eat less will work, whether you're male or female. The real issue is how healthy the diet is, how active you are, and how well you stick to it. A report in the *Journal of the American Medical Association* compared joining Weight Watchers to just following a diet plan. In Weight Watchers, you face fellow dieters at a weigh-in. Those who participated in the meetings had the best results, both in losing weight and not regaining it. Try joining a group or pair up with a friend for motivation. To succeed, you need a goal, structure, accountability, and exercise. Oh yeah – and try eating a little less.

**WHAT'S SO GOOD ABOUT IT?**

Each serving gives you 28g of protein, 22g of carbs and a whopping 450 calories. It's a primordial soup of brawn, thanks to pork's high protein and zinc content. Beefing up? Do it with pork.





## SLIM DOWN!

### VITAL STATS (PER SERVING)

- 271 calories
- 11g fat
- 2g saturated fat
- 30g protein
- 16g carbs (serves 4)

## BULK UP!

### VITAL STATS (PER SERVING)

- 672 calories
- 21g fat
- 4g saturated fat
- 49g protein
- 72g carbs (serves 4)



# MARINE WARFARE

Make breakfast a feast for muscles or a fat-stripping wonder, with this tweaked kedgerree

## THINK BIG KEDGEREE

If you want to be a big fish, swim with salmon. "It's a great addition to a weight-gain programme," says Tom Venuto, author of *The Body Fat Solution* (Avery). "Salmon has 262 calories and 15g of healthy fat per 100g."

"It's also packed with muscle-building protein," says nutritionist Anita Bean. "Plus its fatty acids reduce joint stiffness." The garnish isn't there just for flavour either; it also helps build new

muscle. "Fresh coriander contains beta carotene and vitamin C to prevent training-induced cell damage," says Bean. The three eggs round off this ideal muscle meal. Research at Texas A&M University found three eggs a day doubled the amount of lean muscle gains over 12 weeks, compared with eating only two, which also explains why kedgerree was traditionally the colonial breakfast of choice.

## SHRINKING MAN'S KEDGEREE

As it's a dry curry, kedgerree isn't loaded with fatty coconut milk or cream. Add that to the fact that 100g of haddock contains only 137kcal and 1g of fat, and you're looking at a healthy breakfast alternative. Plus the turmeric that gives the dish its yellow hue has been given a weight-loss thumbs up by researchers at Columbia University, New York, with its active ingredient curcumin attributed to a decline in body fat. To bolster

these shrinking benefits we've replaced rice with grated and fried cauliflower. "There's no other vegetable in the low-carb repertoire as versatile as cauliflower," says Karen Barnaby author of *The Low-Carb Gourmet* (HarperCollins). "The 200g of cauliflower in a serving has only 4.2g of carbs and has 600mg of brain-boosting potassium." So you'll be feeding your brain as well as your weight-loss.



## INGREDIENTS ALL YOU NEED TO MAKE YOUR FEAST

### FOR BOTH RECIPES

- 3 eggs
- 1 onion
- 2 cloves garlic
- 2 tsp margarine
- 1 tbsp olive oil
- Pinch of turmeric
- Good pinch of curry powder
- 1 lemon
- 2 spring onions, chopped
- Sea salt and pepper, to taste



- 250g basmati rice
- 500g wild salmon
- 2 cloves garlic
- 1 tbsp smoked paprika
- Jalapeño chillies, to taste
- Splash of soy sauce
- Handful of coriander



**BULK UP!  
EXTRA  
INGREDIENTS**



- 325g smoked haddock
- 2 bay leaves
- 800g cauliflower
- Good handful of fresh parsley

**SLIM DOWN!  
EXTRA  
INGREDIENTS**



## METHOD YOUR FOUR-STEP PLAN TO CURRY FAVOUR WITH FAT-LOSS, OR SPICE UP YOUR LEAN-MUSCLE MASS



### THE PREP

- **BOTH** Preheat oven to 220°C/gas mark 7. Hard-boil the eggs.
- **SLIM DOWN** Fill a roasting tray half way with warm water and add the bay leaves and haddock then cover with foil. Put the tray in the oven for 12 mins, then drain off the water and re-cover with foil to keep it warm while you get on with all the other bits.
- **BULK UP** Crush the paprika, garlic and jalapeños into the soy to make a paste (above). Give the salmon a rinse, pat dry and season with salt and pepper. Line a roasting tin with foil and put the salmon on top. Spread the paste over the fillets, put them in the oven and turn the heat up to 235°C/gas mark 8 for 15 minutes. Just enough time to have a shower.

### CARB-FREE RICE

- **SLIM DOWN** Use the wide teeth on a box grater to grate the whole cauliflower. Remove the leaves first, but you can grate the core as well as the florets. Heat a wok over a high heat, add the oil and margarine, then the chopped onion, and a minute later the garlic. Stir frequently until the onion has softened but not browned: it will cook in about 5 minutes. Add the cauliflower, salt, turmeric and curry powder. It should take between 6-9 minutes for it to cook, it will vary depending on how much moisture is in the cauliflower.

Remember to keep stirring as everything will burn if you don't keep it moving. When done, remove from heat and cover with a lid or tin foil to keep all your prep so far warm as you get on with the finishing touches. It's breakfast so stay off the booze.

### RICE AND EASY

- **BULK UP** Remove excess starch from the rice by running it under a cold tap for a minute. Place the rice and turmeric in a pan with a tight-fitting lid, and add 375ml of water. Put the lid on and bring to the boil over a high heat. Once the water is fully boiling reduce the heat to low and cook for a further 10-15 minutes (keep the lid on). Take the pan off the heat but leave the lid on so it continues to steam for another 10 minutes.

Once cooked, fluff the rice with a fork. Heat the oil and marg in a wok over a high heat, add the onion, then the garlic. Stir until the onion has softened, which should take about 5 minutes. Add the rice, curry powder and salt, and stir until everything is combined. Remove from heat and cover with a lid or tin foil. Take a moment to contemplate just how healthy this breakfast is going to be.

### BRINGING IT ALL TOGETHER

- **BOTH** Shell the hard-boiled eggs and slice them into quarters. Chop the fresh herbs and grate some zest off the lemon then chop it in half. Next, finely chop the green ends of the spring onions. Using two forks, gently pull the fish apart until you have bite-sized chunks – whether you choose to add the fish skin is up to your personal taste but if you do you will get an extra shot of omega-3's.

Now you can gently mix the fish into the curry mixture you have already prepared, do the same with the eggs and all but a tablespoon of the fresh herbs. Squeeze over the lemon and give the whole thing another gentle stir. Sprinkle the remaining herbs, spring onions and then the lemon zest over the top. Legend has it British colonials brought this dish back from India. Now you have a breakfast fit for a Raja. **MF**

# TRI-CHALLENGE

October once again sees the *Men's* Survival of the Fittest series travel to three UK cities, with the English, Scottish and Welsh pitched against each other over Britain's biggest - and toughest - series of urban adventure races

Edinburgh's ancient streets form a picturesque backdrop to Survival's Scottish leg



## **Edinburgh 17 October**

The grand finale of our series begins with a dash down Edinburgh's iconic Royal Mile, before taking in the stunning city centre parks and winding streets of Auld Reekie. By the finish at Princes Street Gardens, you'll have earned a dram or four.

**T**he three-way gauntlet has been thrown: it's a battle of fitness, a battle of wills – and a battle of nations. Welcome to *Men's Health* Survival of the Fittest 2010.

Our annual showpiece – in partnership with Land Rover – is now one of the most eagerly anticipated events on the adventure racing calendar. This year, a record 10,000 places are up for grabs across our three races – Cardiff, Nottingham and Edinburgh – over consecutive weekends in October. National allegiances and times will be carefully noted and cross-referenced to come up with one overall winning nation.

Last year that accolade went to Wales, who won our inaugural tri-nations challenge and will

be determined to hang onto their hard-fought crown. Scotland, meanwhile, will be hoping to upend the form book and avoid retaining the muddiest wooden spoon in competitive sport.

Each of the three races will take place over a specially designed 10 kilometre course through the heart of our host cities, with 10 major obstacles placed en route. From the “take no prisoners” hay bay scramble at each start line to the fiendish *MH* Wall of Fame at the end, you'll genuinely *feel* like you've been involved in a civil war by the time you cross that sweet, sweet finishing line.

Entry to each Survival of the Fittest race costs just £36 – including a free Under Armour

official race T-shirt worth £20, plus official goodie bag bulging with gifts and a post-race recovery zone, courtesy of For Goodness Shakes! For more details, or to enter, visit [mhsurvival.co.uk](http://mhsurvival.co.uk). What are you waiting for? Your country needs you.

## **What's in it for you?**

- A survivor's medal
- A technical Under Armour shirt worth £20
- Post-race recovery zone from For Goodness Shakes!
- A finisher's goody bag
- And a killer workout!





## Nottingham 9 October

The classic course – scene of the inaugural Survival in 2008 – is once again proudly flying the cross of St George on behalf of England. It's the "greenest" of the three races, which means beautiful scenery. And lots of mud.



Competitors get down and dirty on our fiendish army assault course



Survivors salute the gigantic Millennium stadium after conquering its daunting steps



## Cardiff 3 October

The tri-nations challenge kicks off in the Welsh capital on the first weekend of October, with the course starting on the waterfront in the newly-renovated Cardiff Bay area, and taking in landmarks including the city's immense Millennium Stadium.

**Men's Health SURVIVAL of the FITTEST**  
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Men's Health Survival of the Fittest is once again powered by Land Rover, who will be showcasing the powerful new Discovery 4 at each of this year's three events. Tough and robust, versatile and nigh-on unstoppable, the Discovery 4 perfectly captures the spirit of Survival. Now all you need to do is follow its example.



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# STYLE

Edited by Olie Arnold

THE CLOTHES THAT MAKE THE MAN

## EYECONOGRAPHY

The 20th century's most memorable figures - factual and fictional - all had one thing in common: a great pair of sunglasses. Stepping into their shades can make you cooler too

Words Ryan Thompson Photography Max Oppenheim

### THE ICON **TONY MONTANA**

**IN BRIEF** From Cuban export to Florida's chief importer, the foul-mouthed anti-hero completed the drug baron look with a pair of Linda Farrow sunnies.

**THE LOOK** Montana rocked these sunglasses with a '70s summer staple - the khaki short-sleeved shirt. Wear it casually with the top three buttons undone and finish the look with some light-coloured cotton slacks and driving shoes.

**MADE FOR** Oval faces and bad attitudes. "The retro styling creates a cool look, especially with the light, graduated lenses," says Richard Peck, MD of David Clulow Opticians (davidclulow.com). These retro visors tend to come with an age limit though, so best avoided if your idea of a night out is parents' evening.



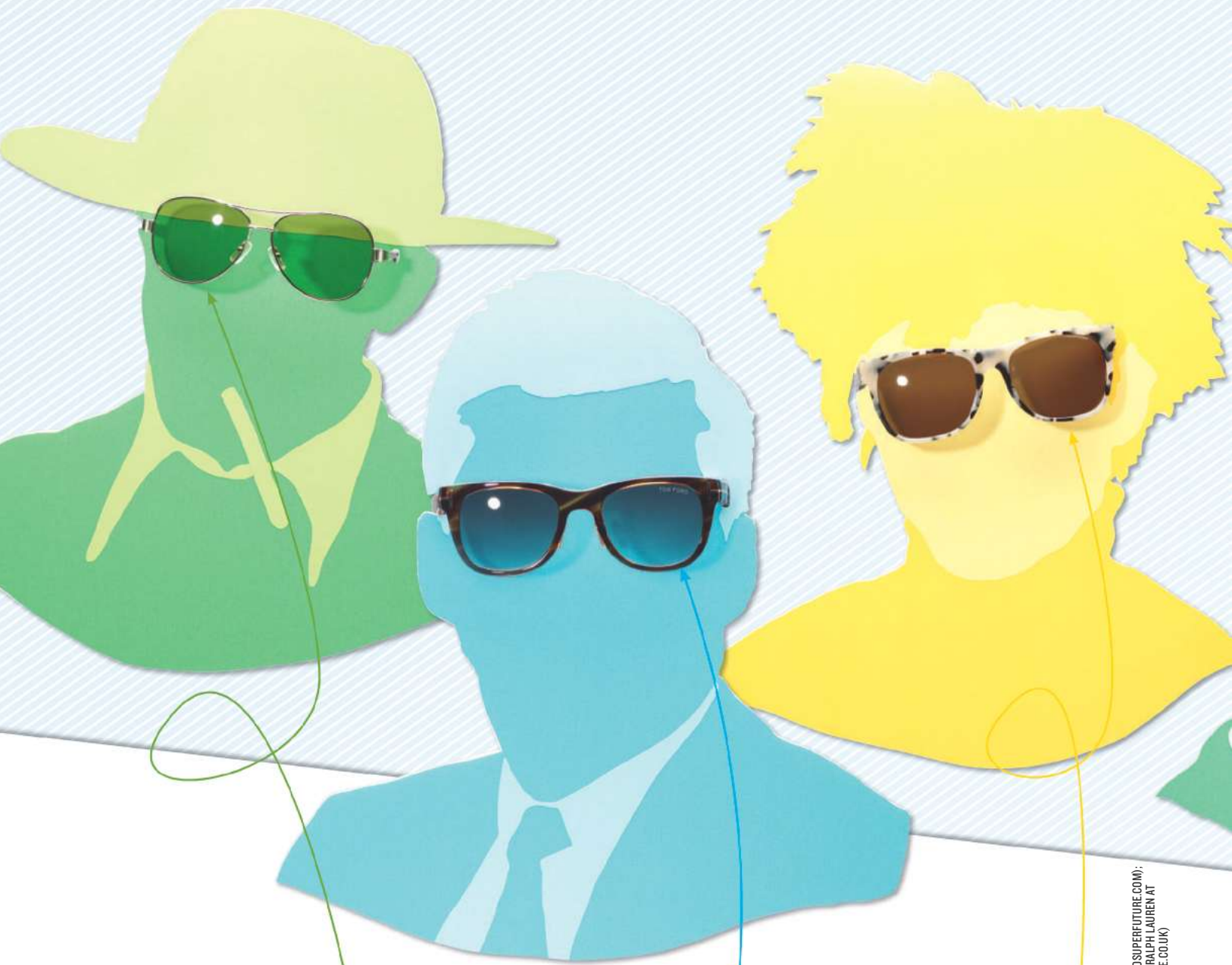
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JULY 2010 MEN'S HEALTH 191



## THE ICON HUNTER S THOMPSON

**IN BRIEF** The sad irony is that gonzo journalist Hunter S Thompson's preferred style of shades were called 'shooters'. They were originally designed for that exact purpose, with orange lenses to improve visibility, but Thompson, a gun freak who ended up shooting himself, wore them everywhere.

**THE LOOK** The orange lenses of this style allow you to be adventurous with colour in your outfit (Thompson was often pictured in Hawaiian shirts). They especially suit shorts, polo shirts and high velocity rifles.

**MADE FOR** "Someone looking to mark themselves out as a free spirit," says Peck.

## THE ICON JOHN F KENNEDY

**IN BRIEF** Whether on his way to Congress or on holiday at Cape Cod, America's 35th president was never without Ray-Ban Wayfarers. They in part made him America's first celebrity president, adding glamour and mystique to his look.

**THE LOOK** The trapezoidal shape make Wayfarers the perfect foil to preppy styles. The bigger the contrast the better, so wear with a pastel polo shirt. Tortoiseshell frames over black any day.

**MADE FOR** The man who wants to appear casually authoritative. "The Wayfarer is a classic shape and looks chic without being too try-hard," says Peck. "The squared shape is a great way to add angles to a rounded face."

## THE ICON ANDY WARHOL

**IN BRIEF** The father of pop art was a dealer in iconography, manipulating well-known images to make us look at them differently. His own image, however, rarely changed, despite the shifting times he lived in. One of the constants in his life was his choice of sunglasses – oversized Wayfarers.

**THE LOOK** Warhol would style up his sunglasses with skinny jeans, a slim-fitting shirt, and – the lynchpin of the look – a cropped jacket. The beauty of oversized frames is that they stand out doubly when your outfit is slim.

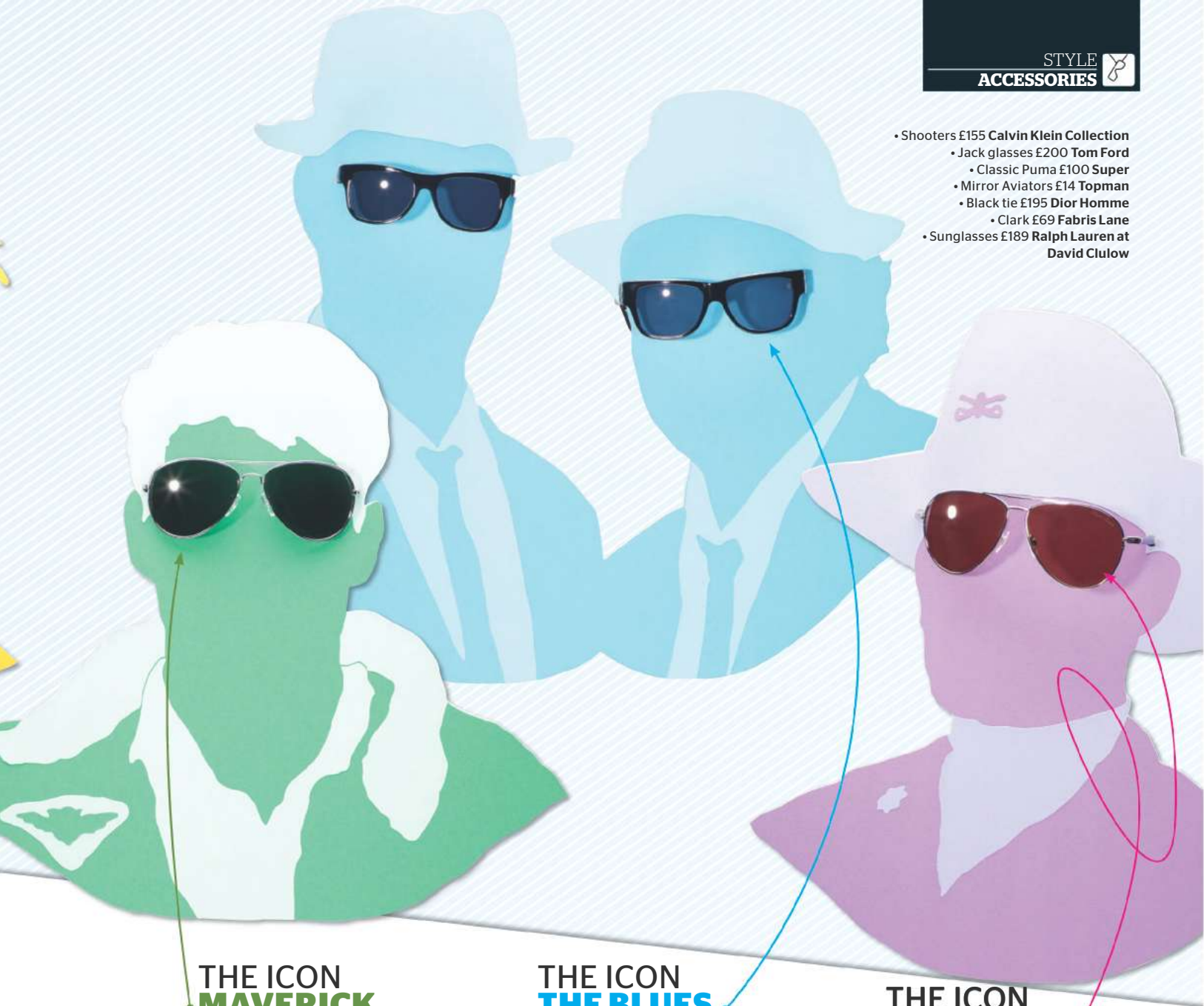
**MADE FOR** Lean guys who want to make a bold statement with their eyewear. "If you are conscious of having a round face then this isn't the frame for you," suggests Peck.

STYLING OLIE ARNOLD; PAPER ENGINEER HELEN FRIEL; STYLING ASSISTANT GEORGIA BOAL-RUSSELL; STOCKISTS: SUPER (RETROSUPERFUTURE.COM); TOM FORD AT HARVEY NICHOLS (020 7235 5000); TOPMAN (TOPMAN.COM); CARRERA (0142 352 0303); DIOR (0142 352 0303); RALPH LAUREN AT DAVID CULLOW (DAVIDCULLOW.COM); CALVIN KLEIN COLLECTION (0800 722 020 CALVINKLEIN.COM); FABRIS LANE (FABRISLANE.CO.UK)





- Shooters £155 Calvin Klein Collection
- Jack glasses £200 Tom Ford
- Classic Puma £100 Super
- Mirror Aviators £14 Topman
- Black tie £195 Dior Homme
- Clark £69 Fabris Lane
- Sunglasses £189 Ralph Lauren at David Clulow



## THE ICON MAVERICK

**IN BRIEF** When *Top Gun*'s favourite son wasn't flipping the bird on MIG-28s, he was donning his Aviators to smash volleyballs in Iceman's face. Without his shades he's a guy named Pete Mitchell; with them he's the last word on the Cold War.

**THE LOOK** Aviators exude confidence, making them the ideal choice for the beach. Don't wear them with a suit – the look's too affected. All you need here is beach shorts and a loose linen shirt.

**MADE FOR** The guy who wants to show some attitude. "Classic aviators are a great look for most faces, as long as you go for the right size," says Peck. "If in doubt, go large, as if they fit too narrow, or dig into your cheekbones, they can be less than flattering."

## THE ICON THE BLUES BROTHERS

**IN BRIEF** When one thinks of sunglasses and suits, loveable rogues Jake and Elwood Blues (John Belushi and Dan Aykroyd) always spring to mind. That's because the Wayfarer style they wore works so naturally with a dark suit that it's difficult to understand how one wasn't invented without the other.

**THE LOOK** The Blues Brothers, being of a rotund persuasion, accessorise with a black fedora hat – there's something about the angles of the frames and the hat which is very complementary.

**MADE FOR** Sealing the deal: "Black Wayfarers, when worn with a sharp suit, give a real business-like impression that won't fail to impress," says Peck.

## THE ICON LIEUTENANT COLONEL KILGORE

**IN BRIEF** Robert Duvall's gung-ho character in *Apocalypse Now* relished the smell of napalm from behind the frames of a pair of army-issue Aviators made by Randolph Engineering. They are still US Air Force standard issue.

**THE LOOK** The gold frames strike an accord with Kilgore's field uniform, so we suggest wearing them with a safari shirt and tailored shorts for clipped, military smartness.

**MADE FOR** Adding an extra element of authority to smart daywear. "For a more casual effect, opt for rose coloured lenses," says Peck. **MR**



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# JUL 10 | THE BRIEF

A shirt to impress + the world's most comfortable tailoring + top-quality denim for a song



## 1 Baga design classic

If you don't wear a suit to work but still want to exude individual flair, a new collaboration between Margaret Howell and Kenneth Grange has to be on your radar. The latter has designed pens for Parker, the InterCity 125 train and the TX1 London taxi. Now he's turned his talents to a shirt. Collarless, roomy and in slate grey, it's perfect for those who want understatement to speak volumes. It's not cheap, but the quality and limited run make this a collector's item. £225 [margarethowell.co.uk](http://margarethowell.co.uk)

### + 3 OTHER ... INDUSTRIAL DESIGN COLLABORATIONS

A



#### BOOK WORM

This curly number was designed by Ron Arad for Heals (£365 [heals.co.uk](http://heals.co.uk))

B



#### LIGHTEN UP

Kenneth Grange adds his twist to the classic Anglepoise (£150 [heals.co.uk](http://heals.co.uk))

C



#### TOP TABLES

Konstantin Grcic's Bauhaus-inspired tables for SCP (£230 each [scp.co.uk](http://scp.co.uk))



- A Shirt £175
- B Jeans £150
- C Bag £395
- D Shoes, £165

## 2 A Brit special

If you demand more than high street but less than high fashion, Burberry's new Brit collection is for you. The entire range is casual but tailored, ideal for showing off all that gym work, even with your clothes on. Polo shirts come in a range of bold colours; jeans have an immediate lived-in look and knitwear is light and fine, perfect for layering all year. The nylon field jacket is a great solution to summer showers and has a cut cagoules can only dream of. London is rumoured to be getting a dedicated Brit store this year. Until then visit [burberry.com](http://burberry.com).

## 3 Jeanetic modification

The Japanese are renowned for their quality denim, taking what was once an American workwear fabric into the realm of high fashion, and unfortunately, high finance. However, high-street hero Uniqlo has just launched its UJ range, which brings premium at a price where we can really fill our boots. There are four price tiers, the highest being just £50-£60. And if you splash out on a pair in this bracket you'll get strides made from premium Japanese cotton, with rugged and hand-finished detailing, ensuring no two pairs are the same. Jeans this good usually cost four times as much. So, it means you can be right on the money without being right out of pocket. UJ range, from £15 to £60, [uniqlo.co.uk](http://uniqlo.co.uk)



## 4 When hot, get decked

When it comes to summer footwear, our European cousins trump us every time, not least with the smart, but everyday deck shoe. Its versatility for all daytime appointments makes it a must-have. The finest example we have seen this season is Sebago's reworking of its 'Manitou Deck Shoe' for Kurt Geiger. They are ideal to wear with pastel strides, polo shirt and a cashmere cardigan slung over the top. They combine soft leather and brushed suede in three limited-edition colour schemes (brown, blue and mint green). So whether you're sea-bound or landlocked this summer, these shoes will create waves of admiration wherever they tread. £130, [kurtgeiger.com](http://kurtgeiger.com)



# PERSONAL TRAINER

Trainers don't have to be scruffy - pick one of these style leaders to cover every base, from slick suiting to weekend slouching

Words Dan Jones Photography Luke Kirwan

Like jeans and facial hair, trainers are acceptable work-wear these days – and not just for gym rats and internet moguls. According to Gary Warnett, editor of online trainer retailer crookedtongues.com, if they're boxfresh and smelling sweet, you can get away with a surprisingly casual style in the workplace. "It's important to carry some resemblance of the sportier side, otherwise you may as well just buy brogues," says Warnett. "The best crossover doesn't even try to be formal – Converse All Stars and Jack Purcells are incredibly versatile."

Buy very dark colours, keep them pristine, and wear with a sharply tailored suit with either a T-shirt or an open-necked shirt underneath.

## Slim pickings

If you're embracing the continuing trend for slim-fit jeans, which can make even the slimmest pair of trainers resemble double-berth canoes, there are two ways to go, says Warnett. "The sensible solution is to wear a shoe that skinny denim will show off, and which bigger denim would engulf," he says. Warnett recommends classics like the deck shoe Vans Authentics and Eras, '70s canvas basketball-influenced models such as the Adidas Nizza, and early '80s Nike runners like the Pegasus 83 – all have really good slimline shapes which will go with a thinner ankle on your trousers.

## LOW TOPS

### 1 RED SUEDE £55 CONVERSE CHUCK TAYLOR

A spot of colour refreshes a classic pair of check shorts.

### 2 MATTE LEATHER £330 DIOR HOMME

Old school with a luxury twist. Opt for a crisp white shirt for easy style.

### 3 GOLD STRIPES £99 GEOX

The sartorial stealth bomber, slip on under smart trousers.

### 4 TRI-COLOUR SUEDE £185 RUSSELL & BROMLEY

The coloured panels multiply your outfit options, making these the most versatile of the pack.

### 5 GREY PUMP £70 ADIDAS AT CROOKEDTONGUES.COM

Reissue of the 70s classic. Great with shades of grey and neutrals.

### 6 RED WITH WHITE LACES £75 NEW BALANCE

These classics will look as good on the treadmill as the high street.

### 7 MONOCHROME £130 LEWIS LEATHERS AT DOVER STREET MARKET

Limited edition for the trainer connoisseur, jet black will stay looking boxfresh for longer.





## Higher purchase

The other option requires a little more chutzpah. "You can go all out and sport slim denim with hi-tops," Warnett suggests. Just keep the ratio between tightness of jean and vastness of hi-top reasonably tight, and avoid chunky basketball styles unless you have plans to model your entire look on the dress code from Kanye West's next video.



## HIGH TOPS

### 1 PATENT PRINT £225 OLIVER SWEENEY

Mock croc – all the style with none of the environmental guilt.

### 2 MONOCHROME £69 FREDDY

The slim design means your feet won't look like barges when worn with skinny jeans.

### 3 PERFORATED £70 NIKE AT CROOKEDTONGUES.COM

Retro classics reworked in versatile khaki – head turners.

### 4 CREAM £200 ALEXANDER MCQUEEN PUMA

A sure collector's item and guaranteed conversation starter.

### 5 NAVY WAFFLE £50 LACOSTE

Burn the rule book and wear with black jeans and a denim shirt.

### 6 LEATHER TOE £195 D&G

These understated high tops add a touch of class to the most casual of outfits, but will also style down more formal slacks.

### 7 CHECK HIGH TOP £50 POINTER

The check shirt is ubiquitous; you can probably count twenty from where you're sitting. But check high tops? Congratulations sir, on your individuality and good taste. **MH**

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# MAKING SCENTS

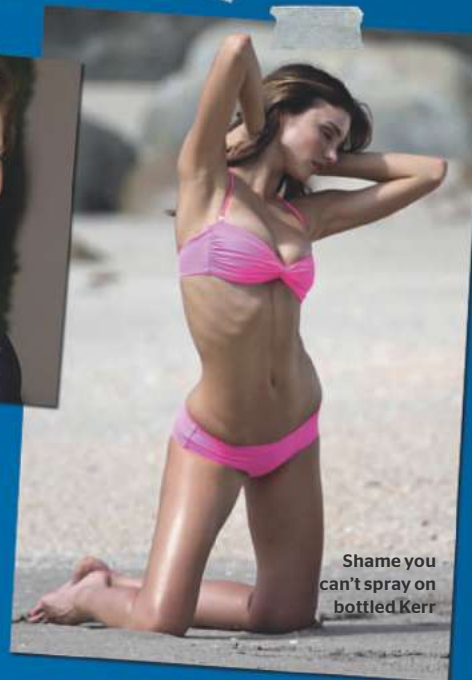
FRAGRANCE  
SPECIAL

Stuck in a fragrance rut? Our personality test will make sure your locker is stocked with scents to match your lifestyle

Words Eric Down Photography Johanna Parkin



If there was  
Eva the perfect  
figure...



Shame you  
can't spray on  
bottled Kerr

Do you feel you've been institutionalised by your choice of fragrance? This is your aroma year zero. Break the hegemony of high-street scents and find the type of fragrance that suits you best – take a pen, tackle these questions, then turn the page...

## 1 Your ideal pin-up is...

- A A sexpot like Eva Mendes ☐
- B Surfer girl Miranda Kerr ☐
- C Leading lady Amy Adams ☐
- D Eva Green, for more than a meeting of minds ☐

## 2 Your style is best defined as...

- A Velvet dinner jacket with jeans and an open-necked shirt ☐
- B Technical sportswear, jeans and low-top trainers ☐
- C Preppy cardigans with polo-shirts, chinos and a pair of deck shoes ☐
- D Smart individual pieces, cashmere polo neck, tailored blazer, and trousers ☐

## 3 Your eye coverage of choice is a pair of...

- A Gucci aviators ☐
- B Oakley wraparounds ☐
- C Ray-Ban Wayfarers ☐
- D Ralph Lauren classics ☐

## 4 It's DVD night and you are watching...

- A Something saucy and suggestive like *Secretary* ☐
- B Edge-of-the-seat thrillers such as *The Hurt Locker* ☐
- C A saccharine-free romance of *Lost In Translation* ilk ☐
- D Challenging foreign cinema such as *The Lives Of Others* ☐

## 5 You are having an intimate dinner for two. You order...

- A Oysters as an aphrodisiac ☐
- B Steak – you need the protein ☐
- C A sharing platter ☐
- D Fish, as you prefer a more refined taste ☐

## 6 It's post-dinner drinks and to impress you choose...

- A Champagne cocktails. Rat. ☐
- B Drainpipe. Up ☐
- C Vintage single-malt scotch, the older the better ☐

- C Rosé Champagne – she'll love the romance of it ☐
- D Sauvignon Blanc, preferably a Pouilly-Fumé ☐

## 7 Your favourite sexual position is...

- A In front of the mirror, just the right side of kinky ☐
- B Standing up carrying her, because it blasts calories ☐
- C Spooning, the closer the better ☐
- D Tantric, sex is in the mind ☐

## 8 At the gym you hit...

- A Cardio and high-rep light weights ☐
- B Bodyweight exercises for upper body strength ☐
- C Nothing – you much prefer team sports ☐
- D Long-distance running and yoga ☐

## 9 You are reading...

- A *Little Birds* by Anaïs Nin ☐
- B *The Road* by Cormac McCarthy ☐
- C *Brooklyn* by Colm Tóibín ☐
- D *The Pregnant Widow* by Martin Amis ☐

## 10 You are most likely to find which of the following in your fantasy living room?

- A Lobby Chair by Charles and Ray Eames ☐
- B Wiggle Chair by Frank Gehry ☐
- C Wall hanging by Paul Smith ☐
- D Lamp by Anglepoise ☐

## 11 It's her birthday. You send...

- A Two dozen Baccara roses ☐
- B Natural fresh flowers ☐
- C Scented garden roses ☐
- D English lilac – hard to find but worth it for the scent ☐

Turn the page for  
perfect scents



MOSTLY A  
**You are the Lothario**

Part rock-star, part Dorian Gray minus the rotting portrait, you are the original playboy. Hobbies include canoodling with model-esque sex kittens over a bottle of Saint-Émilion as a prelude to activities involving silk masks and ice cubes. "This man is sophisticated, worldly and so secure with women that he likes his scents to be opulent and daring. He is not afraid of floral hints or intense scents, choosing animal notes such as musk, castoreum and civet, which are sexually charged," says Terence Pearce, head perfume archivist at fragrance specialists Avery (averylondon.com). "Highly masculine base notes such as cedar appeal to the Seducer. A man like this is attracted to enigmatic scents that are seductive and powerful," says Françoise Donche, fragrance expert and olfactologist at Givenchy (parfumsgivenchy.com).

**Jo Malone Dark Amber & Ginger Lily** £64 for 100ml, jomalone.co.uk

The kyara wood incense combined with rose and leather make for a heady charm offensive.

**Hermès Voyage d'Hermès** £75.50 for 100ml, harrods.com

Just don't mention that it's a unisex fragrance. But she'll work that out the morning after...

**Dior Eau Sauvage Extrême** £64 for 100ml, johnlewis.com

The Sicilian citrus with lavender and a cedar base is catnip to women in the summer.

**Maison Francis Kurkdjian Lumière Noire Pour Homme** £85 for 70ml, liberty.co.uk

New to the UK, this will make you smell irresistibly well-heeled.

**Tom Ford Private Blend Bois Marocain** £110 for 50ml, 0870 034 2566

The bergamot and nutmeg in Bois Marocain makes for a very seductive evening scent.

MOSTLY B  
**You are the Action Man**

You make James Bond look lethargic. You work hard and play even harder, so you prefer technical sports brands such as Prada Sport and Victorinox. Your ideal woman shares your passion for life. Athletic bombshells Alessandra Ambrosio and Bar Rafaeli get your engine purring. "This man is competitive and sees himself as a bit of a warrior. Clean green and citrus notes appeal as they have a natural freshness that remind him of the outdoors," says Pearce. "He likes scents that give an immediate sensation of freshness and energy. He wants fragrances that invigorate but do not overwhelm, that are light-hearted and long-lasting, so he should look for fresh, aromatic scents with hints of mint, citrus and aquatic notes," says Donche.

**Aramis Cool Blend** £45 for 110ml, 0870 034 2566

Lemon and lime zest get the blood pumping, ensuring you perform at your peak.

**Davidoff Cool Water Ice Fresh** £29 for 125ml, davidoff.com/fragrance

Limited-edition, with lemon and grapefruit – splash on in the morning for a wake-up call.

**Burberry Sport** £27 for 30ml, uk.burberry.com

The top notes of frozen ginger and grapefruit will stimulate your senses to keep you focused all day.

**Cartier Roadster Sport** £41 for 50ml, 020 3147 4850

The hints of black pepper and patchouli give off an energetic kick that keeps kicking.

**Costume National Homme** £58 for 50ml, Selfridges, 0800 123 400

"Sophisticated and masculine," says Pearce. The wild card of the pack.



MOSTLY C  
**You are the  
Amorous  
Idealist**

Ah, l'amour! Spontaneous, idealistic and energetic, yours is the heart of a poet. No soggy petrol station carnations for your lady. You'll sweep her off for balloon rides at dusk, and weekends at Le Manoir Aux Quat' Saisons (manoir.com), Raymond Blanc's two-Michelin-starred gastro hotel in dreamy Oxfordshire. "The Romantic favours scents tied to memory, spiritual notes such as incense, smells that remind him of an idealised countryside, like green leaves, grass and hay, exotic scents like figs, and flowers like iris and lavender," says Pearce. "Romantics also like fragrances that convey a distinguished and sexy masculinity, so opt for woody orientals with natural ingredients such as patchouli, and soft and warm aromas like amarys wood and sandalwood." says Donche.

**Paul Smith Sunshine Edition** £25 for 100ml, 0844 800 3752

A magical meld of coriander leaves, moss and incense will appeal to the romantic.

**DKNY Love From New York** £29 for 48ml, 0870 034 2566

With floral elements of iris and water lily are light yet mark you out as being distinguished and independent.

**Nez À Nez Figues et Garçons Eau de Parfum** £98 for 100ml, 020 7629 9161

Cedar, sandalwood and musk will bring out the animal in her.

**Calvin Klein Eternity Aqua** £36 for 50ml, 0800 083 6310

Drenched green leaves feature heavily – perfect for a seductive champagne picnic.

**Byredo Baudelaire** £115 for 100ml, lessenteurs.com

"Inspired by the French romantic poet, Baudelaire has lots of lady-killing incense," says Pearce.

MOSTLY D  
**You are the Deep  
Thinker**

The thinking woman's crumpet. You enjoy the kind of convoluted foreign cinema that gives most subtitle-loathing mortals an aneurism. Your inner activist ponders political questions and global climate change over a long distance run, as you enjoy the challenge of mind over matter. A food and wine connoisseur, your ideal date involves a fiery debate over a bottle of Sancerre at The Fat Duck, Heston Blumenthal's gastronomic laboratory. An art lover, you appreciate intelligent beauties such as Eva Green, Angelina Jolie or Scarlett Johansson. "Choose refined scents that are rare and distinguished, based on vetivers, which are the most masculine scents found in fine perfumery and are timeless classics. It remains a distinctive and elitist masculine signature scent," says Donche. **ME**

**Boadicea The Victorious Intense** £225 for 100ml, Selfridges, 0800 123400

Lily, jasmine and vanilla; for the smart set willing to pay to smell unique.

**Givenchy Play Summer Vibrations** £38 for 100ml, Selfridges, 0800 123400

Citrus top notes will lighten chess matches with IBM Deep Blue.

**True Religion Original Man** £34 for 50ml, theperfumeshop.com

Get to grips with string theory amid the fragrance of citrus, herb and woody patchouli

**Prada Infusion de Vetiver** £38.50 for 50ml, 020 7494 6220

Woody and masculine with tarragon and Madagascan pepper for a whiff of world culture

**DSquared² He Wood Ocean Wet Wood** £40 for 50ml, 01273 408800

Do the maths with patchouli, cedar and light ocean notes.

HOW TO BUY  
THE VERY  
BEST BASICS  
**#4**

# KNIGHTS OF KNEE

Whether you're hard at work or play, keep your cool with a sophisticated pair of tailored shorts

Postman. Venture scout. German hiker. All of these pernicious groups have given 'smart' shorts a bad name. Do not be discouraged: if you buy and style them with care, a pair of tailored shorts will link up with everything in your summer wardrobe. "The best tailored shorts are made with the same principles and techniques as suiting," says designer Oliver Spencer. The key to quality, says Spencer, lies in the stitching. "Ordinary shorts are made with a twin needle, like jeans. A good tailored short is stitched with a single needle – like suit trousers." Spencer recommends asking the assistant for shorts with a 'French seam'. Ask it in a French accent and see if he laughs. (He won't.)



## 1 WHICH SHORTS TO BUY

Unless you're a footballer or Australian zookeeper, your shorts will stand out from your ordinary work trousers and Bermudas. To assert their formality, buy an upmarket fabric. "Avoid the cotton drill material from which most shorts are made," says Spencer. "Buy cotton herringbone, chambrays or seersucker, cut above the knee. It's more stylish and formal." Spencer also recommends straight-cut pockets with a flap on them, like you'd get on a suit jacket.



## 2 WEAR THEM WITH...

Your legs may be getting an airing, but on no account afford your upper arms the same luxury. Vests. Are. Out. Spencer recommends keeping the lines of your shorts going above the waist with a tailored shirt or a slim-cut polo shirt. "Avoid boxy, loose-cut shirts," he says. They'll billow out from your waist and you'll look fat. Spencer suggests a tucked-in shirt, deck shoes with socks worn on the ankles, and a well-fitted unstructured jacket – it's a winning outfit for the office and the bar.

## 4 HOW TO CARE FOR THEM

Avoid creases down the front – this fashion died out with Victorian explorers. Spencer recommends a medium wash, using powder but not fabric conditioner. "Cloth should feel dry and textured," he says. "Fabric softener will give it an unnatural feel." Avoid tumble-drying – Spencer says it will destroy the shape of your shorts, leaving them twisted and badly fitting. And don't iron them: "Keep your shorts unpressed for an eye-catching mixture between the formal and informal look," he says. Slightly crumpled fabric does that job better than a dirty great Pimm's stain. **ME**



## 3 WHERE TO WEAR...

Tailored shorts are chameleonic. "You can wear them anywhere you'd wear smart trousers," says Spencer. If you're going to an informal summer party, Spencer recommends keeping the look preppy with washed-out blue tailored shorts, a lightweight navy jacket and a polo shirt. "You can even wear a tailored T-shirt and stay on the right side of smart-casual," he says. Just make sure it has sleeves and doesn't have a heavy metal logo all over it. We're grown-ups, now...



# Wrinkle Warriors

For the ultimate defence against fine lines, wrinkles and the signs of fatigue arm yourself with the revolutionary Age-Control range from ClarinsMen



Women have always reckoned men are thick-skinned and guess what? They're right! But men's skin isn't just thicker than women's, it ages differently too. The good news is that it takes longer for us to show those telltale signs of ageing like fine lines and wrinkles. The bad news is that when we do, they look deeper and more pronounced. The solution? The ClarinsMen Age-Control range. Created especially for men's skin, it fights the ageing process on two fronts – addressing signs of fatigue and helping to tackle fine lines and deeper-set wrinkles too. With five power-packed products harnessing the revitalizing and skin-firming properties of goji berries and paracress there's no better way to turn back the hands of time.

For your chance to win one of five ClarinsMen grooming kits worth over £100 each go to [menshealth.co.uk/clarinsmen](http://menshealth.co.uk/clarinsmen)

Pick up your free ClarinsMen sample at any Clarins counter nationwide. For stockists call 0800 036 3558 or buy online at [www.clarins.co.uk](http://www.clarins.co.uk)

# ON THE BUTTON

The current Formula 1 world champion, Jenson Button, divulges his style secrets for living life in the fast lane

## CURRICULUM VITAE

**Date of birth** 19th Jan 1980

**Early days** Having a successful rally driver for a father, Button was destined for a life in motor sport. At eight years old he started racing karts and by 11 he had become the British Kart Champion. This kick-started an early career that saw him dominate most of the racing categories he entered.

**Relevant experience** He arrived on the Formula 1 scene at the age of 20 and in 2009, while racing for Brawn, Button claimed his first World Championship title. At the time of going to press, Button was at the top of the driver standings with his new team, McLaren.

**Other interests** Living the life of an F1 driver comes with incredible pressure and requires immense discipline. Even so, Button still finds the time to train for triathlons, another sport he excels at. Residing in Monaco, Button is a keen waterman who enjoys jet-skiing and scuba-diving, despite an acute fear of sharks.



### 1 Time trials

I love watches and I'm lucky enough to own a big collection. Mostly it's about their precision, but they're also beautiful objects. My favourite is the TAG Heuer 1887 Calibre Carrera (£2,600 tagheuer.com), as I really like the styling. It's more streamlined than a lot of big watches, and I've always liked their involvement and history in motor sport, especially in the *Le Mans* movie, my all time favourite film.

### 2 Winning wear

I'm a pretty casual dresser; T-shirt (£50 Boss Orange), jeans and trainers, but I like dressing up when I get the opportunity (shirt £109, tie £59 both by Boss Black). I like putting on a tailored suit, especially ones by Hugo Boss, as the fit is fantastic.



### 5 Two wheels good

I really got into triathlons three years ago when racing wasn't going well as I could go out and it was all down to me whether I win or not. What you do away from the circuit is just as important as what you do on it. My bike (Transition £6,000 by Specialized.com), ensures I'm focused and relaxed when I compete. This year I have a few goals; one is to do the Olympic distance triathlon in two hours, an Iron man in 10 hours and a marathon in three hours.



### 4 Driving music

I have a Meridian sound system (meridian-audio.com) and love listening to Kings of Leon and Rage Against the Machine. I also listen to them in the cockpit to get me amped up before a race.



### 3 iRace cars

I live on my iPhone; I've got a triathlon calculation app (tricalc £1.19 itunes) and the new F1 app (£19.99 itunes), is amazing. It plots the cars going round the circuit in a race - although in fairness it doesn't make any difference to me!





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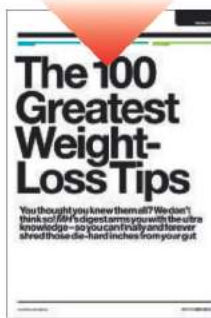
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## Q What can I do to have more success with women?

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Use the first volume of the MHA-Z of Sex to instantly raise your bedroom intellect. Angelina, breasts and cougars - an all-encompassing guide for sexual success.



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Get smarter, smoother and infinitely more stylish, then leave them wanting more.

# The Men's Health Psychology Test

## Sir Stirling Moss OBE

'Mr Motor Racing' is regarded by many as the greatest all-round racing driver in history. His 1961 victory in the Monaco Grand Prix, racing a Lotus against the more beastly Ferraris, is still considered one of the best Formula 1 races ever. Now, Moss has put the handbrake on to tell you how finding a good wife and embracing boys' toys will see you reaching a pole position of your own.



### 1) YOU'RE CELEBRATING WINNING THE GRAND PRIX, WE'RE BUYING THE DRINKS, WHAT'LL IT BE?

When I was racing I didn't drink, so a bitter lemon will do.

### 2) WHICH DO YOU MOST ENJOY?



☒ Gadgets ☐ Cooking ☐ Football ☐ Beer

I've never liked beer. It's gadgets, I love them. If you arrive at my front door and turn the key, it won't open for you, but it will open for me, just like the top-of-the-range cars.

### 3) WHO IS YOUR HERO?

Juan Manuel Fangio, one of the greatest racing drivers in history, winning the world championship three times.

### 4) WHAT COULDN'T YOU LIVE WITHOUT?



☐ Formula 1 ☐ Sleep ☐ Travel ☒ Women

I obviously enjoy Formula 1, but I also travel a lot. I love to visit Australia and Asia, my favourite place is Bangkok. That said, women are definitely the most important.

### 5) WHAT IS YOUR MOST DEPLORABLE TRAIT?

I'm quite impetuous. It's not so good for those around me.

### 6) WHO WOULD BE YOUR IDEAL RACING PARTNER?



☐ Lewis Hamilton ☐ Dick Dastardly ☐ Jensen Button ☒ Your wife

I would certainly choose my wife. She's great company, that's why I married her. I've known her for 50 years.

### 7) HOW DO YOU DEFINE BEING A MAN?

I think you should be strong in yourself, but flexible enough to listen to another person's point of view.

### 8) WHICH WAS YOUR GREATEST MOMENT?



☒ Your wedding ☐ Birth of first child ☐ 1961 Monaco Grand Prix ☐ Being knighted

Being knighted was an incredible honour, and Monaco was great. I'm not very good with kids though. I much prefer them when you can reason with them. It has to be my wedding day.

### 9) WHAT SINGLE THING WOULD IMPROVE YOUR LIFE THE MOST?

Just more longevity in my marriage; it's what has improved my life the most.

### 10) WHAT'S YOUR SECRET TO GOOD HEALTH?

Enjoy what you do, I mean, *really* enjoy what you do.

## The MH Diagnosis

Psychologist Dr Rachel Andrew interprets the answers

Stirling is a man who enjoys taking risks, but knows what really matters most in life. If you are as impulsive as Moss, enjoy travelling the world and are partial to women, you should take a leaf from his skill book in risk versus consequence analysis. A man who loves vibrant, bustling

cities and a cultured lifestyle can find firm grounding and equilibrium in a loyal wife and a good home environment. Being driven to success by self-motivation is admirable, but Moss's answers show how you need to watch out for the potential pitfalls that often line the road to stardom.

Pursue personal fulfilment in order to maintain your relationships as well as he has. This self-drive and determination can stem from the belief that winning always leads to happiness, and Moss has had this, but he knows that true fulfilment comes from elsewhere.





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