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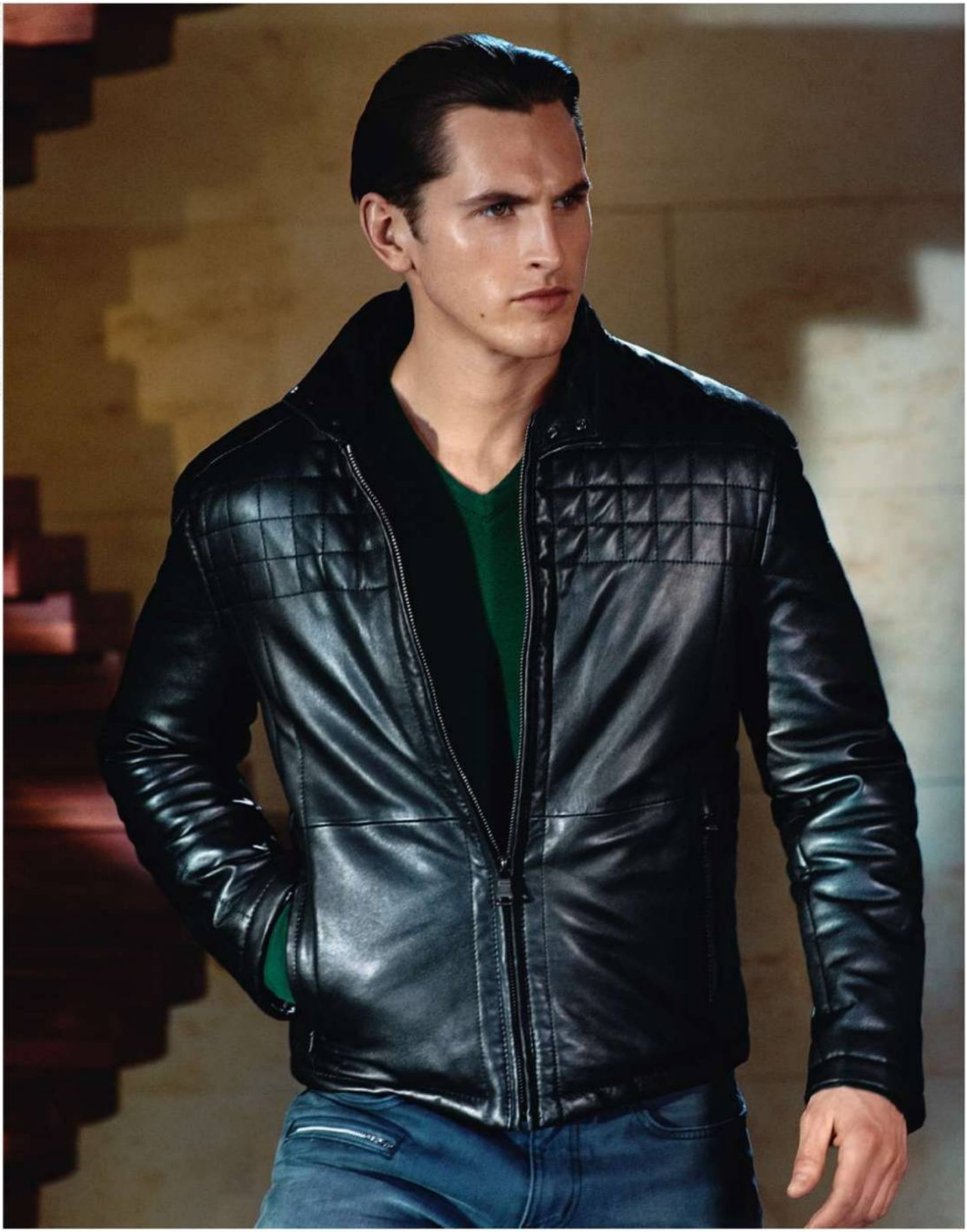

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See how actor/director Noel Clarke got into the shape of his life

T-Shirt Cover Photography **Art Streiber** Additional Photography **Studio 33**

Beach Cover Photography **Steven Lippman**. Additional Photography **Getty**

YOUR GUIDED TOUR...

OUTDOOR PREP
This month's *MH* will ensure you make the most of the summer. To give your vitamin D levels a boost or find a good excuse to eat ice cream, point your sunnies to p57. Then read **Skin Side Out** on p118 to guarantee you're UV-safe. No need to neglect yourself on holiday either – p67 is devoted to **Keeping You Suite**.

FEEDING TIME
The nutrient-hungry should treat this issue as a Michelin-starred fast-food joint. Our **15-Minute Fuel** feature (p106) comprises quick dishes from the UK's top chefs. Meanwhile our **Re:Fuel** section (p83) presents a full depot of muscle fuel, from an energy-boosting salad to a bespoke protein shake.

BEST DRESSED
For the man in the market for a confidence pick-me-up flip this mag over for our **Guide To Style**. In **Coming Up Trumps** (s39), we've found a suiting solution for every occasion. Move on to **Finishing School** (s27) where you'll graduate in the Fine Art of Accessories, then polish the look with **100 Instant Style Tips** on s11.

MORE TIME, LESS HASTE
Speed can boost you as well as break you, so for those close to melt-down, turn to p61 and lift **The 9-5 Escape Hatch**. You'll find smart ways to get more done in less time, without blowing a gasket. Then lend an ear to Will Self, who espouses the merits of life in the slow lane in **Agenda** on p129. As a chocolate-touting rabbit once said, take it easy.

SUMMER OF LOVE
God bless the summer. Heat means flesh and flesh means hormones and, well, you know where they lead. If time's precious take her on a **Fast Track To Ecstasy** on p64. If your lady has lost her spark on the other hand, it's time to **Reset Your Relationship** on p14.

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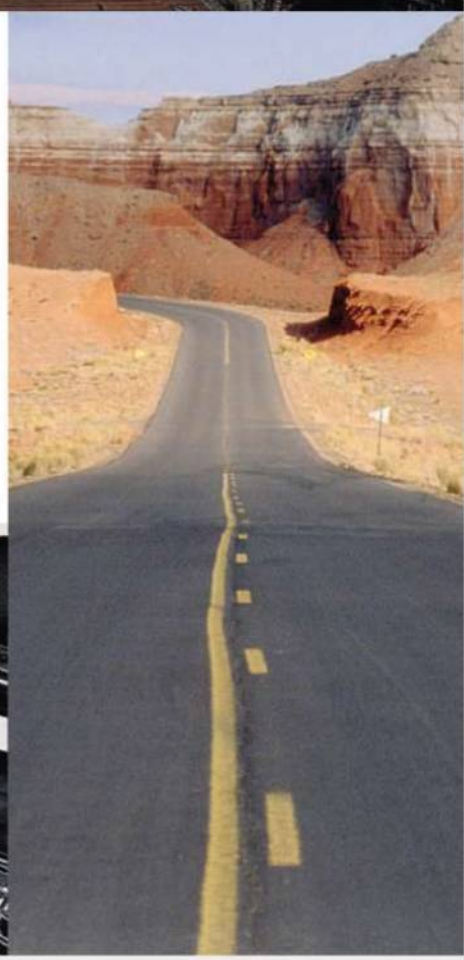

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STARTER'S ORDERS

This issue will equip yourself with tools, tips and tricks to change your life in 15 minutes. Don't waste a second

15-MINUTE ISSUE

What is a quarter of an hour to you? A cup of coffee snatched away from your day's work; the margin of error you leave for a train journey; the queue for half-time refreshments; or just your allotted quota of foreplay? We prefer to see it as something different: an opportunity to make some positive life changes. So we dedicate this issue to the underrated quarter, bringing you the best workouts (p106), delicious body fuel (p112) and even a fast-track female orgasm (p64), all tasks (if such is the word) you can achieve in 15 minutes.

Elsewhere we have plenty more tips and tricks to help you with your health and training goals, and for a little inspiration, we've hung out with two British lads making their way in Hollywood: action-movie A-lister Jason Statham and up-and-coming auteur Noel Clarke. Find out how Jason has got to crack heads with Sly, Arnie and Jet Li on p49, and how we got Noel into shape for the next stage in his career on p122.

And for our next 15-minute task? An effective half-time motivational speech for Fabio Capello. There's three weeks till the Euro qualifiers start, we better get cracking.

Morgan Rees
Editor

PHOTOGRAPHY JAMIE BAKER. STYLING REEMÉ IDRIS (REEMEIDRIS.COM). HAIR AND MAKE-UP SUSANA MOTA AT ARTISTIC LICENCE. MODEL LARISSA HUBER AT PREMIER. SWIMSUIT BY AMERICAN APPAREL (AMERICANAPPAREL.NET) NECKLACE BY AKONG LONDON (AKONGLONDON.COM)

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

Relationships · Travel · Time saving · Weight loss · Work/life balance · Money · Career · Mind

Style · Stress · Knowledge · Upgrade · Health · Muscle · Nutrition · Fitness

Rascals in the sand...
...fall into the sea, orgasmically. Get the riff on a summer of heady sex on p98

3 ways to use this magazine

1 JUST READ IT
This issue contains 622 tips from 212 experts in the fields of health, fitness, finance and well-being. **It's like one of your five-a-day.**

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

3 DO THE MATHS
Put all the tips together and **tailor this magazine to your specific needs**. See Personal Upgrades (p169) to find out how.

Introducing the new Giulietta from Alfa Romeo. Designed with Pre-Fill braking system and Alfa DNA, Developed to deliver lower CO_2 emissions* with superior fuel economy. Evolved Euro NCAP 5-star

WITHOUT HEART WE WOULD BE MERE

Official fuel consumption figures for the Alfa Giulietta range: Urban 26.2 – 51.4 mpg (10.8 – 5.5 l/100km); Extra Urban 48.7 – 76.4 mpg (5.8 – 3.7 l/100km); Combined 37.2 – 64.2 mpg (7.6 – 4.4 l/100km). CO_2 emissions 177 – 114 g/km.

*When compared to the Alfa 147 range.

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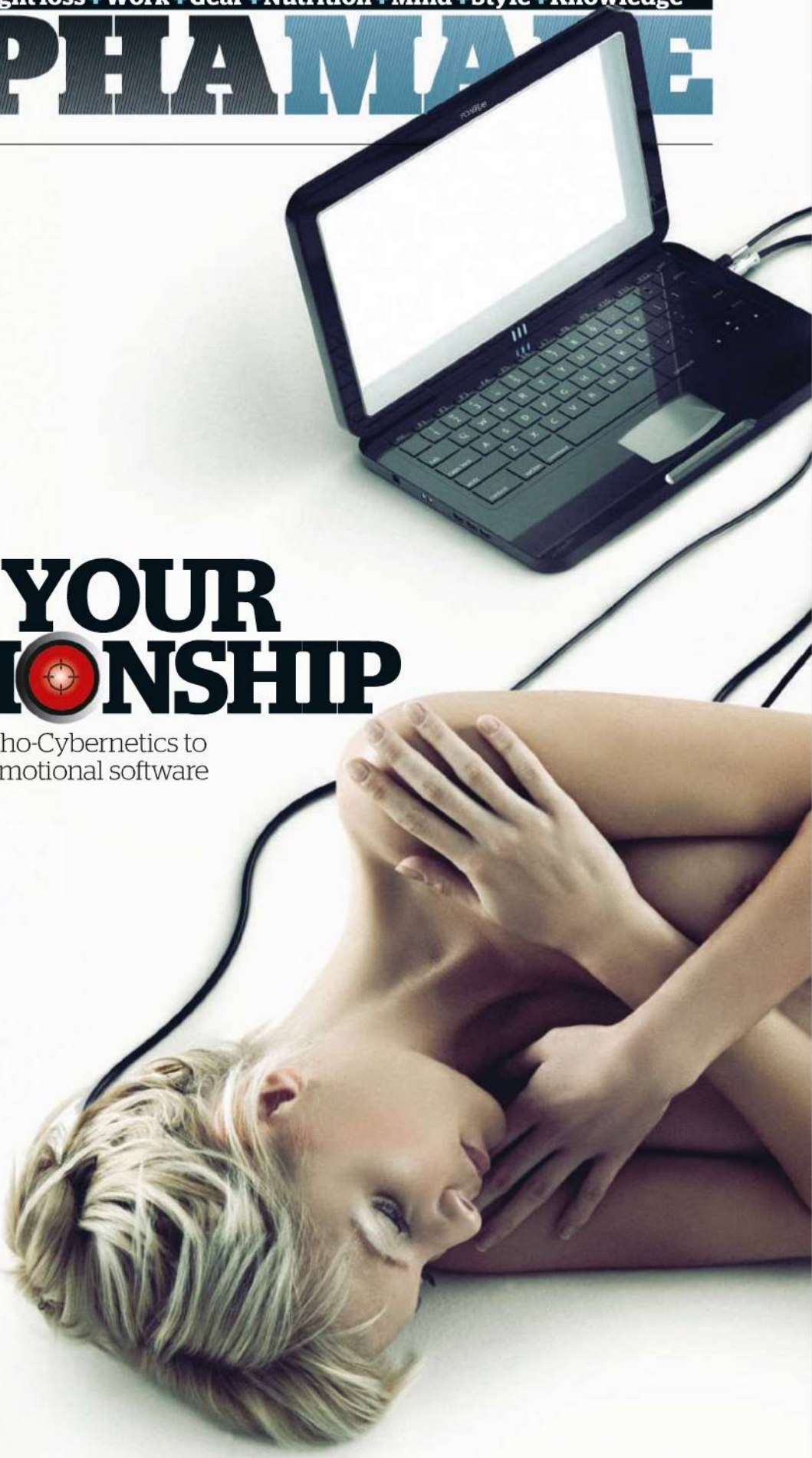
ALPHA MALE

Edited by Jonathan Thompson

RESET YOUR RELATIONSHIP

Embrace the science of Psycho-Cybernetics to reprogram your girlfriend's emotional software



1 DELETE JEALOUSY

SHE'S THINKING "HE'S FLIRTING WITH HOT YOUNGER WOMEN, I KNOW IT"

Reprogram her hard drive Jealousy, like any bad habit, is an ever-worsening cycle. But you can beat it by applying the theory of Psycho-Cybernetics, espoused by legendary American thinker Dr Maxwell Maltz. All you need to do is bombard her brain with different perspectives, opening new neural pathways. According to a recent AOL Living survey, 53% of women admitted they were secretly checking their partners' emails and texts regularly. "It's your silence that scares her, so practise the 'over-exposure' technique," advises relationship coach and Psycho-Cybernetics expert Matthew Hussey. "Start talking about the other women in your life more often. Imagine you're talking to her as you would to a male friend. Keep your tone cool, disconnected and non-sexual." Repeating this strategy teaches her subconscious that while your attitude to other women is purely platonic, she's the only one you desire sexually.

2 SYNC WITH YOUR FRIENDS

SHE'S THINKING "HIS MATES ARE A BAD INFLUENCE"

Reprogram her hard drive "It's not your friends she dislikes: it's the mystery surrounding what you really do when you disappear *en masse*," says Mark Vernon, author of *The Meaning of Friendship* (Palgrave Macmillan). "She is jealous that you've been out having fun without her." So show her mobile pictures of your nights out, with a stream of anecdotes. "Being exposed to this behaviour through photos will make her draw back from it," says Vernon. She'll value the nurturing side of the alpha male that you display with her. Exposing her to male bonding displays a conflicting side she doesn't like, and will withdraw from instinctively. "By removing the mystery of your antics, you take away her desire to be involved," explains Vernon. By default, she'll convince herself it's *her* idea to leave you to it in the future. Soon your Friday nights will be wide open.

3 BEAT THE SEX FIREWALL

SHE'S THINKING "I'M FURIOUS AND I KNOW JUST HOW TO PUNISH HIM"

Reprogram her hard drive When a woman learns the power of withholding sex, using it as a weapon can easily become a habit. The good news is you can use Psycho-Cybernetics to re-train her brain, and re-boot your sex life for good. "She's playing the adult punishing a child – so the key here is not to throw a tantrum," says Hussey. "A punishment that has no effect has no power.

"Instead, teach *her* a lesson by running your fingers through the back of her hair and touching behind her knees." While stimulating her scalp triggers feel-good anger-suppressing endorphins, the skin on the back of her knees is thin and packed full of nerve endings. You'll stir – but not satisfy – her libido and leave her wanting you more. "We're programmed to desire what we can't have," says Hussey. "By reminding her of what she's missing and withholding it, you'll frustrate her and create some real sexual tension." Give it about three days before that firewall is torn down – and don't worry you'll soon get your access rights back." ►

"By reminding her of what she's missing, you'll create some real sexual tension"

Have you tried turning her off, then on again?

You'll get a rebootylicious outcome

4 DEAL WITH THE FAULT REPORTS

SHE'S THINKING "IF I HAVE TO ASK HIM ONE MORE TIME..."

Reprogram her hard drive MRI scans at the Indiana University School of Medicine showed that, while women use both sides of their brain to listen, men only apply their left temporal lobe. Bottom line: she's a good listener – and she expects you to be, too. "Women's more developed emotional side gives them an in-built need to be listened to," says sexual and relationship psychologist Paula Hall. "Nagging is symptomatic of her feeling this need is being ignored." So ditch your avoidance strategy and hardwire a more positive response in her. "When women listen they raise their eyebrows, lean forward and nod their head to show openness," says Hall. "Replicate these signals, then tell her straight whether you will or won't meet her request." Even if the answer is no, by showing attentiveness, you give her what she *really* needs: your attention.

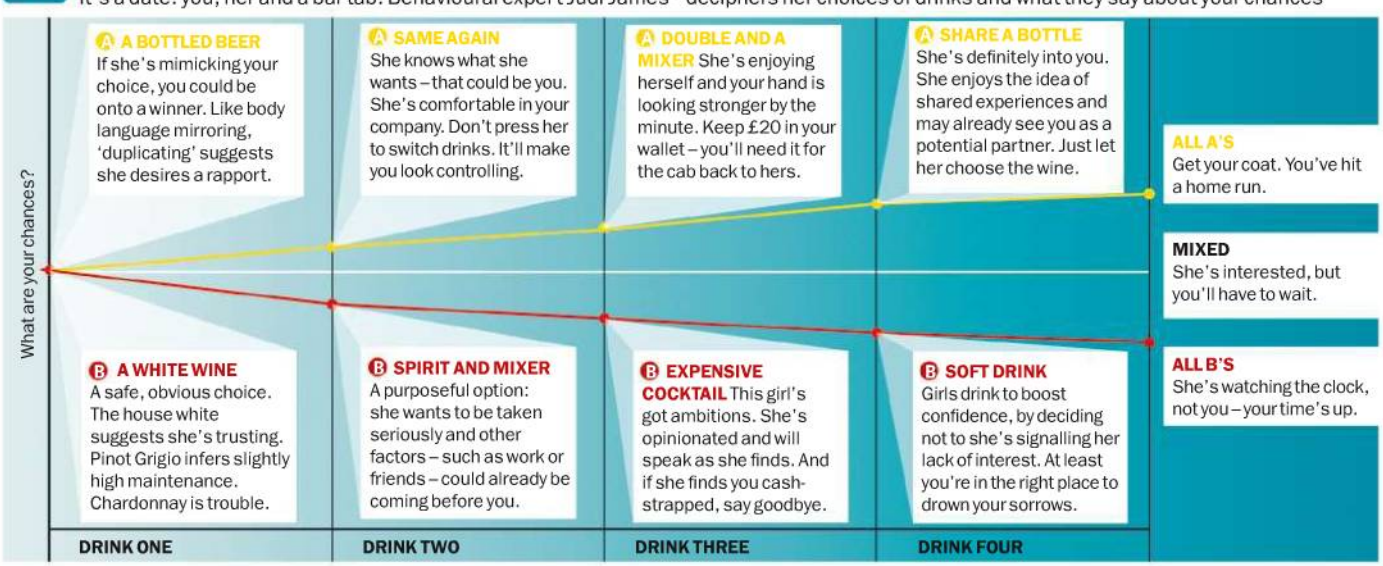
5 OVERRIDE THE OVER-NEEDY

SHE'S THINKING "WHERE IS HE? WHAT IS HE DOING? AND WHY DOES HE ONLY EVER CALL ME ONCE A DAY?"

Reprogram her hard drive Clinginess appears on just about every man's blacklist. "Kick her over-dependence habit with classic reverse psychology," says Richard La Ruina, author of *The Natural Art of Seduction* (Pennant). "Flatter her on the characteristic you want her to have and she'll act on it without even realising." So tell her about a friend's needy girlfriend then compliment her on her own easy-going nature. "Humans instinctively seek validation – and never more so than in relationships. She'll warm to your flattery and act out this independent behaviour. Think of it as replacing her clingy wardrobe with an entirely new outfit." Yes, this is the solitary occasion where, on her, clingy 'clothes' can be considered bad. MH

RATE HER SPIRIT

It's a date: you, her and a bar tab. Behavioural expert Judi James* deciphers her choices of drinks and what they say about your chances



TWO-SECOND TIP 52% OF WOMEN ON MYSINGLEFRIEND.COM SAID THE PERFECT FIRST DATE SHOULD LAST ABOUT TWO HOURS. ONLY 0.6% WOULD OFFER THEIR BEDS

WORDS BELLA BLISSETT. ANDY JONES. ILLUSTRATION JUSTIN METZ AT DEBUT ART. ADDITIONAL IMAGERY GETTY. * JUDI JAMES IS AUTHOR OF *THE YOU CODE* (VERMILLION)

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Sep '10

The latest news from around the world

+ Eat watermelon, protect your skin
+ Smash calories with volleyball
+ Soak up rays for a hearty disposition
+ Get outside for a sharper mind

Summer Bulletin

You'll be green with energy

Let nature power your ideas

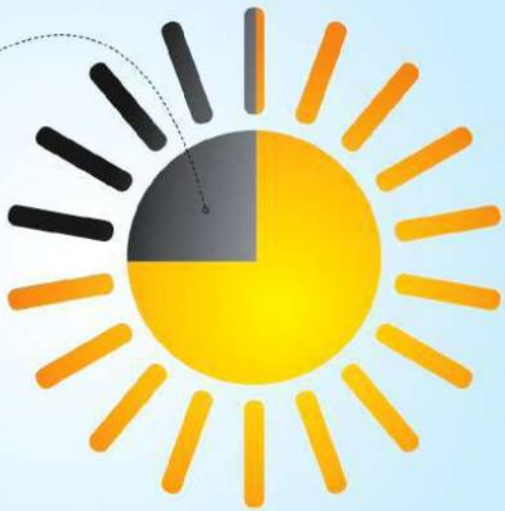
Need a boost? Nature is the new Red Bull. Scientists have found that spending just 20 minutes outdoors is the best way to stimulate your brain, helping to keep you focused all day.

It's not just fresh air that provides the benefits; researchers at the University of Rochester in New York state believe socialisation can be hugely stimulating for humans.

Don't have time for a leisurely stroll around the park at lunchtime? Just open up the blinds to get your quick outdoorsy fix: simply looking at nature can have a positive effect on your mind.

26

Percentage by which your risk of death from heart disease is reduced, if you spend a little time in the sun. A daily dose of 10-15 minutes exposure will do the trick, according to scientists at Johns Hopkins University in the US.



195 **The crime**
Number of calories in a Wall's Cornetto

45 **The punishment**
Number of minutes playing volleyball needed to burn it off

Melons beat melanoma

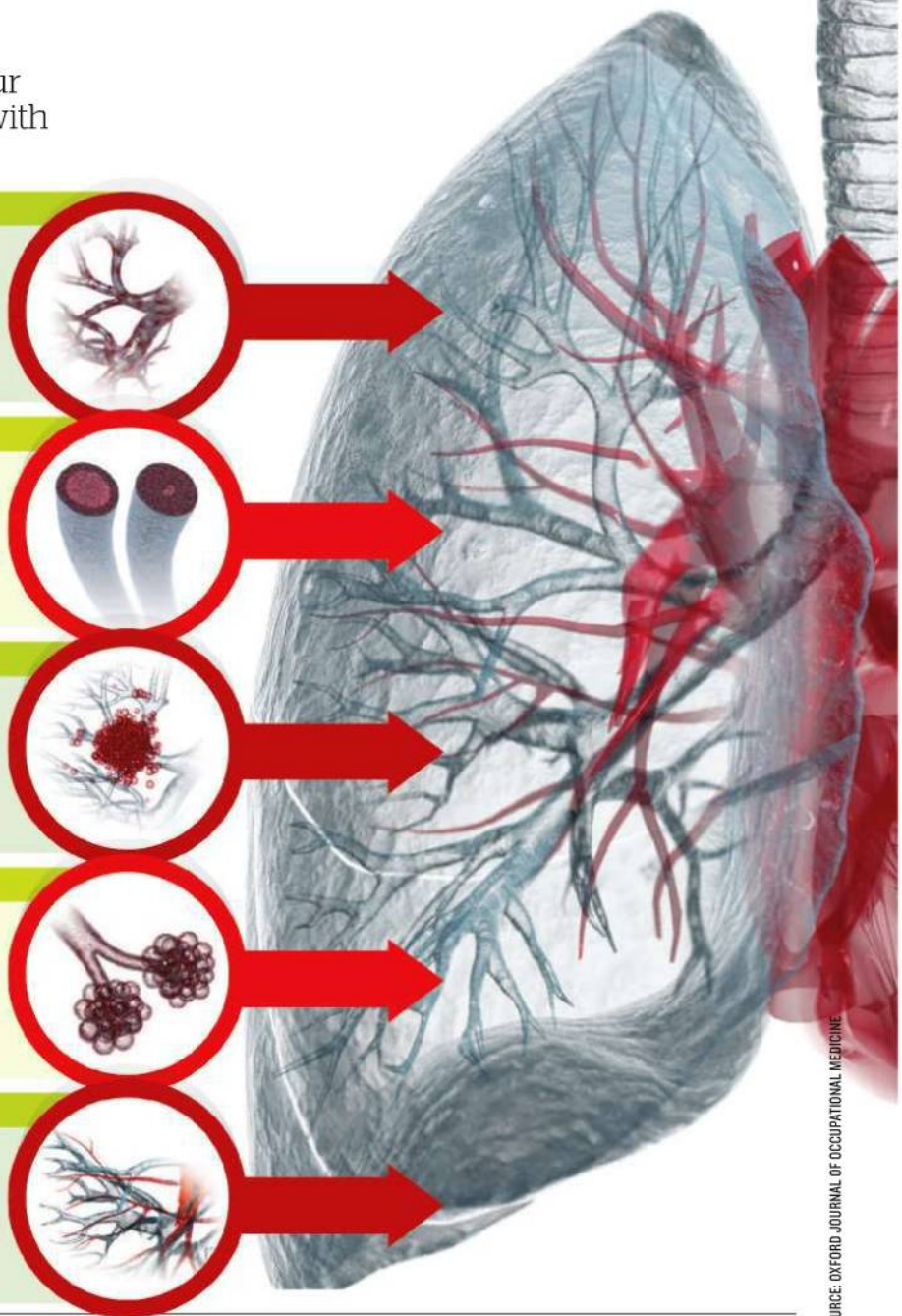
Grab some watermelons this summer to leave skin cancer in the shade

It's time to start enjoying the best of the British weather and swap your bests for vests. Before you do, a study in the *Asian Pacific Journal of Cancer Prevention* recommends you protect yourself from the sun's rays by eating a slice of watermelon. It's rich in lycopene, which shields your skin from UV rays that cause melanoma. One portion contains up to 10mg, as much as four tomatoes. Needless to say, this is intended for consumption, not skin application, unless you enjoy sticking to the sand.

WORDS ALEX HARRIS. OLIVER FRANKLIN. ILLUSTRATION OLIVER BURSTON AT DEBUT ART. PHOTOGRAPHY GETTY

HEAR YOUR BELLOWS

Fresh air is free, but the health of your lungs is priceless. Save *your* breath with our guide to airbag protection



ASTHMA

What? Inflamed bronchi causing breathing problems
Signs Usually surfaces 10 minutes into exercise with difficult breathing and a tightness of the chest.
Strikeback A US study found sufferers of exercise-induced asthma could boost lung function by 64% with fish oil supplements (Pure Cod Liver Oil, £5 tesco.com).

BRONCHITIS

What? An infection of bronchial tubes causing mucus
Signs Hacking up green-coloured phlegm, tightness of the chest, a sore throat and wheezing.
Strikeback Invest in a humidifier to loosen mucus, and take 20-minute home steaming sessions (in the shower) to help clear your bronchial tubes.

LUNG CANCER

What? Uncontrolled cell growth in your lung tissue
Signs Loss of weight, permanent fatigue, a persistent cough and blood-flecked phlegm.
Strikeback Sip white wine. A recent study by the University at Buffalo in the US found one-glass-a-day drinkers were 13% less likely to develop lung cancer.

PNEUMONIA

What? A bacterial infection of the alveoli
Signs A dry cough, which then contains large amounts of rust-coloured phlegm. Night sweats are another sign.
Strikeback Lose weight. Harvard researchers found men who put on more than 40lbs post twenties were twice as likely to suffer, due to pressure on the lungs.

PULMONARY HYPERTENSION

What? The pipelines between heart and lungs swelling
Signs Shortness of breath during everyday activity, followed by dizziness, plus swollen ankles or bluish lips.
Strikeback A potassium supplement can replace lost nutrients and a diuretic like vitamin B6 will help clear the swelling, according to the University of Maryland.

ACT YOUR AGE

SHOULDERS OF FORTUNE *Strengthen your shoulders to improve posture and overall health at any age*

20s If your chin moves forward three inches, as it does at a PC, your shoulders support 38% more weight. Scottish and Canadian researchers found the healthiest sitting position was leaning back 35 degrees.

30s Sore shoulders plague 46% of workers according to the *European Spine Journal*. "Take a break every 40mins, even if it's only a toilet break," says Tim Hutchful of the British Chiropractic Association.

40s 'Frozen shoulder' usually occurs in your forties. Beat it with regular stretches. "Place one arm across your body, under your chin. Using your other hand, press it towards you," says Hutchful.

TWO-SECOND TIP DRINK CRANBERRY JUICE TO AVOID KIDNEY STONES: A US STUDY FOUND ITS OXALATE AND VITAMIN C COMBINATION MAKES YOU 45% LESS LIKELY TO DEVELOP STONES

WORDS ANDY JONES/ROB KEMP. ILLUSTRATIONS BRYAN CHRISTIE. *SOURCE: OXFORD JOURNAL OF OCCUPATIONAL MEDICINE

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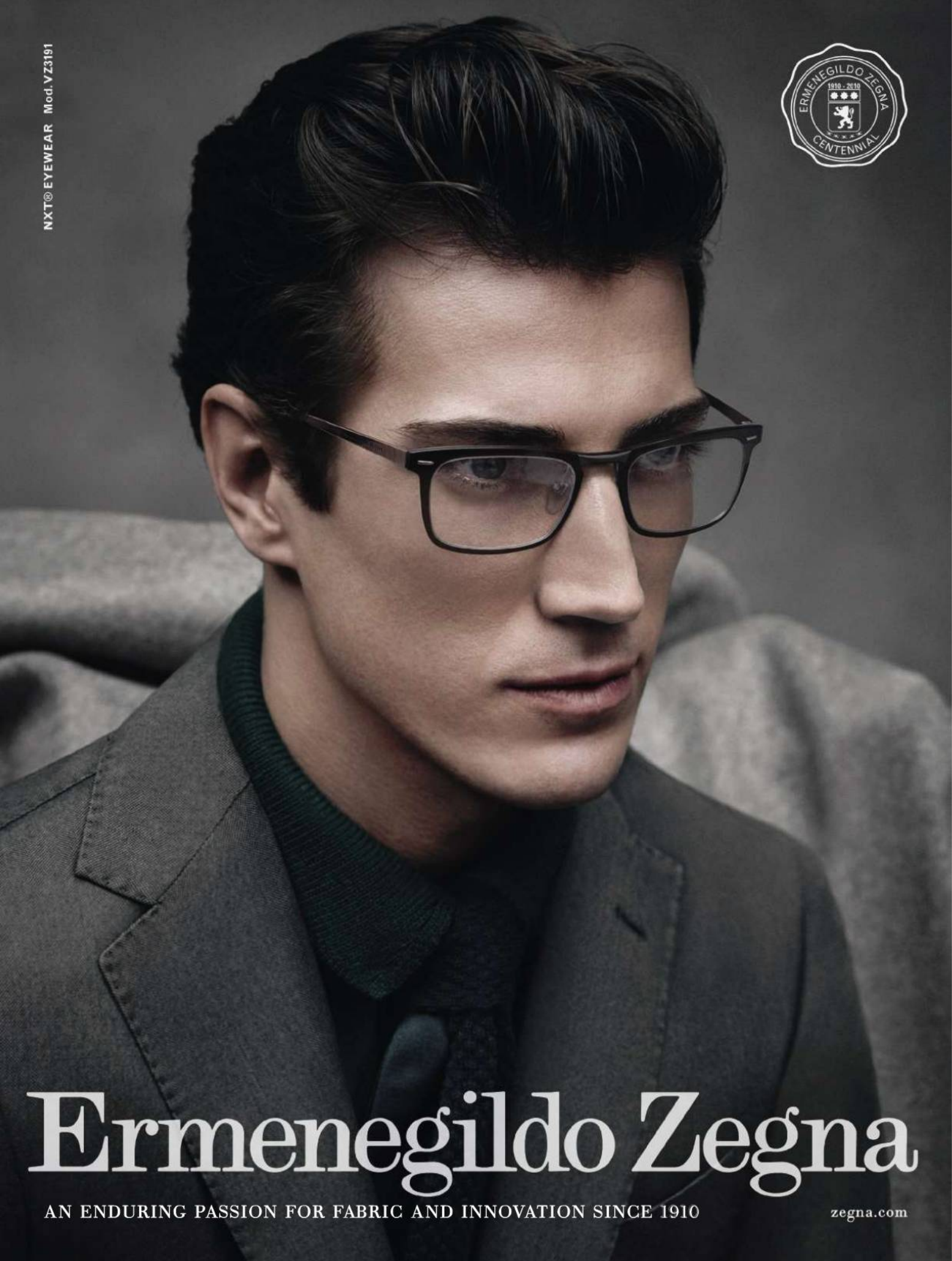
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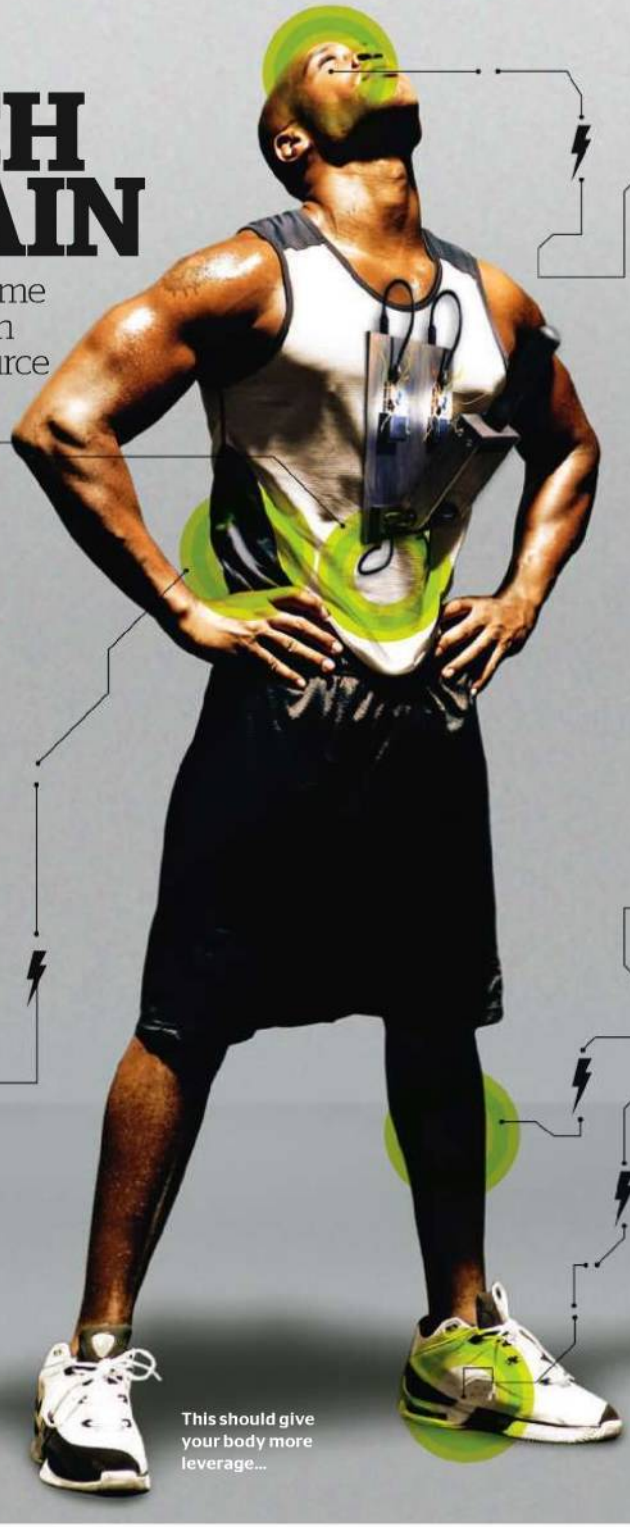
SWITCH OFF PAIN

Rewire your fitness regime and turn these common sporting pains off at source



THE PAIN WINDING
SWITCH OFF LISTEN TO THE TOUCHLINE TAUNTS

HOW? "Winding causes the diaphragm to spasm, making it difficult for your lungs to bellow," says physiotherapist Emma Deakin of the English Institute of Sport. Switch your focus to your surroundings – studies from the Oxford Centre for Functional MRI of the Brain show you can deflect pain by focusing on your environment. "Take slow breaths, concentrating on the details around you until the spasms subside," says Deakin.

THE PAIN STITCH
SWITCH OFF MATCH BREATHING TO YOUR PACE

HOW? "Exhale forcefully as the foot opposite your stitch side hits the ground," says Ed Eyestone, US Olympic marathon runner. "If that fails, stop and raise your right arm, bend your trunk to the left, hold for 30 seconds, then stretch the other side." Stitches are often caused by trapped gas pockets from a full stomach – this should shift it.

THE PAIN HEAD SHOT
SWITCH OFF BRIEFLY APPLY 'BLACK EYE' PEAS

HOW? Whether it's a squash ball or boxing glove, a shot to the head hurts like hell. Hold towel-wrapped ice on the bone above or below your injury for 10 minutes. "On a body part with little protective fat, the quicker you apply ice the better," says BUPA sports injury specialist Kate Moorby. "Ice reduces the pain and inflammation."

THE PAIN LEG CRAMP
SWITCH OFF STRETCH YOUR RUNNING TIME

HOW? "Bend your toes back, towards your knee," says Dr Ronald Lawrence of the American Medical Athletic Association. "Dehydrated muscles contract, causing cramp," says Deakin. "The contraction pulls your foot into an awkward position, hence the toe bend to rectify."

THE PAIN ARCH ACHE
SWITCH OFF FLATLINE YOUR RUNNING

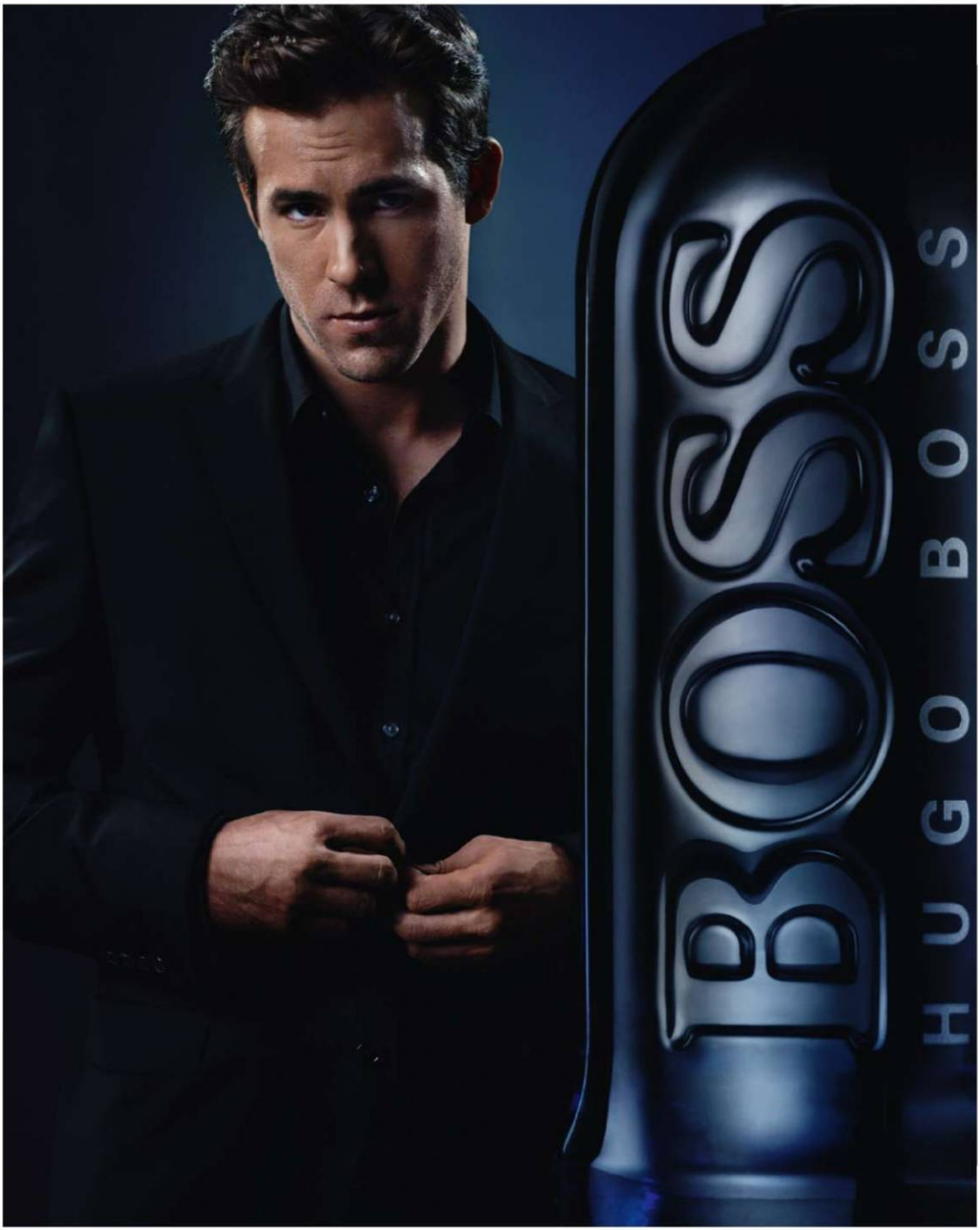
HOW? Switch the treadmill to flat, or divert your route away from hills. "Running uphill strains your plantar fascia," says rheumatologist Dr Ross Duff. Arch inflammation is a common runner's complaint. Dr Duff's prescription: "Take 400mg of ibuprofen and roll each foot over a tennis ball for 10 minutes to loosen your tendons."

KNOW YOUR OPPOSITION FOOTBALL'S COMMON INJURIES AND HOW TO DEFEAT THEM

"Footballers work on one foot, so muscular strain is a common injury", says Spurs fitness coach Sam Erith. "To reduce your risk of the injuries listed here, balance out your muscularity and flexibility by incorporating some single-leg squats into your normal workouts."

TWO-SECOND TIP APPLY TOWEL-PACKED ICE, NOT HEAT SPRAY, TO POST-MATCH MUSCLES: ICE WILL PREVENT DELAYED SORENESS, HEAT MAKES THEM ACHE FOR DAYS

WORDS ROB KEMP/JON AXWORTHY. PHOTOGRAPHY GETTY, CORBIS, DIGITAL IMAGING PREMEDIA



BOSS BOTTLED. NIGHT. THE NEW FRAGRANCE FOR MEN
FEATURING RYAN REYNOLDS

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Sep '10

The latest news from around the world

+ Stroll to the pub to avoid a stroke
+ Prevent a hangover with a cactus
+ Eat honey for a stronger skeleton
+ Beat heart disease with a toothbrush
+ Cure headaches with pepper

Health Bulletin

MORE FUN LESS PAIN

Over 500,000 of us regularly turn up to work with a hangover, according to a study by Drinkaware. Never suffer a raging boss again for under £30.

Cactus capsules

Taking a capsule of cactus extract *before* you embark on a night of drinking will significantly reduce symptoms such as nausea, dry mouth and lack of appetite the next morning, according to a study published in the journal *Archives of Internal Medicine* (£8.28, healthmonthly.co.uk).

Cayenne pepper capsules

Shake off the war inside your cranium with one of these capsules in the morning. The pepper reduces levels of the substance P, a nerve chemical responsible for pain transmission that causes headaches, according to a study in the journal, *Pain*. (£9.99, hollandandbarrett.com)

Umeboshi plums

These are full of organic compounds, which work to break down excess acids, including lactic and pyruvic. Having them the morning after your big night out will help your body fight sickness and fatigue – both of which you are likely to be suffering from – according to a study in the *European Archives of Oto-Rhino-Laryngology* (£8.49, goodnessdirect.com). Though none of the above can retract any admissions of love made to Camilla from marketing.

HEAD TO YOUR LOCAL TO AVOID A STROKE

We've told you a regular tipple can cut your risk of stroke, but now scientists have discovered that the walk to and from the pub decreases your chances of having a stroke by a further 30%. The study by the American Heart Association found two or more hours a week of recreational walking hugely improves your chances of avoiding the ailment. The relaxation and exercise keeps your body safe. So why not combine the two? Walk to your local, have a drink and save yourself the taxi fare with a short stumble home; you might just burn off some of that beer, too.

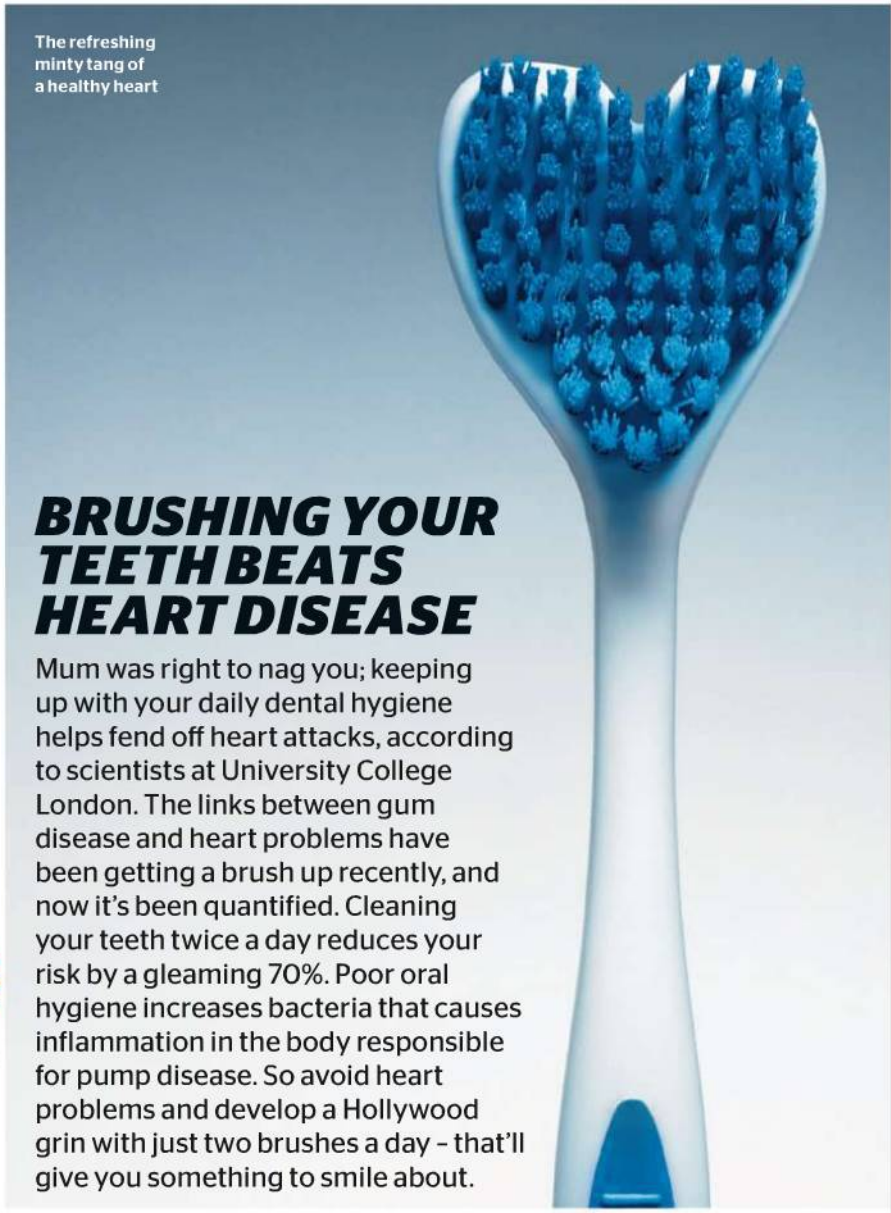
Ministry of the Bleedin' Obvious

DUH!

This month's least surprising research

Exercise prevents weight gain

Journal of the American Medical Association



The refreshing minty tang of a healthy heart

BRUSHING YOUR TEETH BEATS HEART DISEASE

Mum was right to nag you; keeping up with your daily dental hygiene helps fend off heart attacks, according to scientists at University College London. The links between gum disease and heart problems have been getting a brush up recently, and now it's been quantified. Cleaning your teeth twice a day reduces your risk by a gleaming 70%. Poor oral hygiene increases bacteria that causes inflammation in the body responsible for pump disease. So avoid heart problems and develop a Hollywood grin with just two brushes a day – that'll give you something to smile about.

VITAMIN BEE Add honey to your diet for a skeleton of steel

For a stronger frame, capable of withstanding any challenge you can throw at it, add some honey to your food, say scientists at Purdue University, Indiana. The amino acids found in the sweet nectar help the body to absorb calcium more effectively, optimising your intake of this vital nutrient from your foods and preventing you from developing brittle bones. An easy way to increase your absorption of calcium, is to add a spoonful (or two) of honey to fruit, cereals (with milk) or yoghurts. Try Gale's Pure Honey, £1.69 at Tesco, and add it to these calcium-rich snacks to really boost your benefits.

DRIED APRICOTS
Nutrient-rich and boasting high levels of calcium in their regular form, these properties are boosted when they're dried. Add to fruit salad with honey for a bone-healthy dessert. Tesco, £1.27 (tesco.com)

NATURAL YOGHURT
Loaded with calcium, yoghurt is the perfect snack to avoid brittle bones. A daily indulgence reduces your risk of bacterial infections and diseases, too. Onken, £1, (tesco.com)

PORRIDGE
Oats are the perfect energy boost in the morning and the milk will fortify your bones, while two large spoonfuls of the sweet stuff will maximise the effects. Quaker's ,£1.63, (tesco.com)

WORDS ALEX HARRIS. DIGITAL IMAGING PRE MEDIA. ILLUSTRATION JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK. GRAEME SAPSED

Ed Hardy®

FRAGRANCE

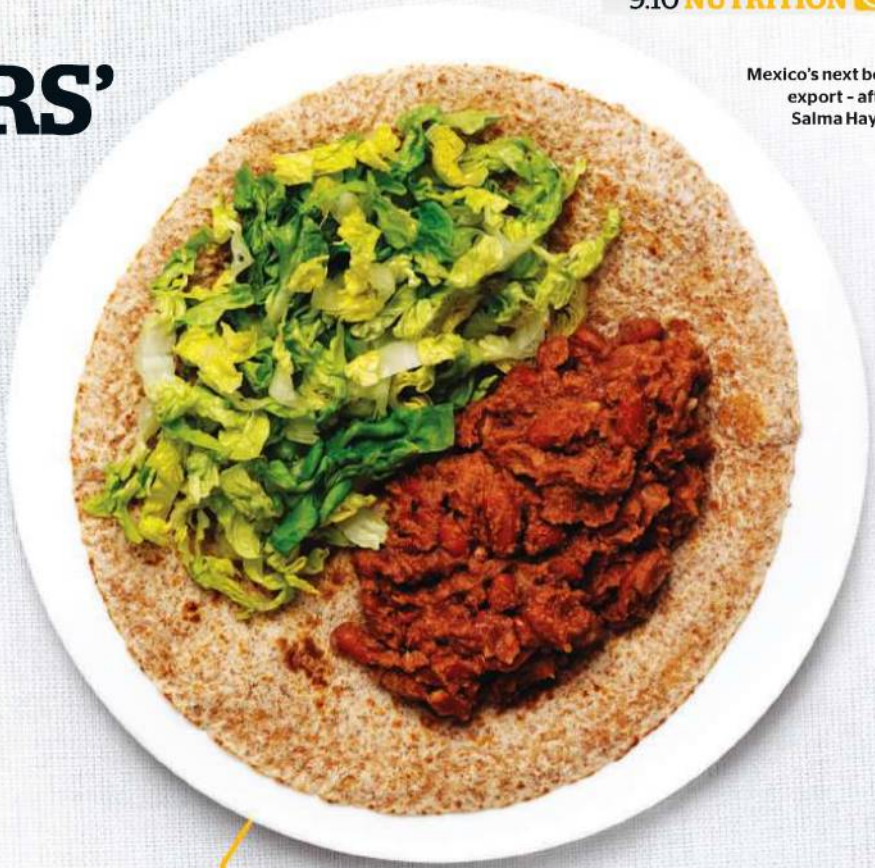
NEW

Hearts & Daggers

for Him

WRAPPERS' DELIGHT

One simple burrito recipe, a quartet of specific twists to fuel your daily requirements



Mexico's next best export - after Salma Hayek

START HERE

- 4 x 12in whole wheat tortillas
- 1 can refried beans
- 120g Little Gem lettuce (30g for each burrito), shredded

Method "Heat both sides of your flour tortilla in a dry frying pan until soft. Spread your beans over it, followed by the lettuce," says Sage Conran, owner of London's El Camino restaurants. That's your base upon which to make the following four dishes.

1 ENERGY BOOSTER

- 150g roast chicken breast, chopped
- 2tbsp of kidney beans in chilli sauce
- 4-5 pickled jalapeños
- 4 cherry tomatoes, halved
- A squeeze of lime
- 4 coriander sprigs, leaves only

Method Tip the beans into a bowl, cover and microwave. Lay chicken over your base of lettuce and refried beans, followed by the tomatoes, beans, jalapeños, coriander and a squeeze of lime.

Why? "The beans balance your blood sugar levels, while chicken is a source of niacin and vitamin B6, which support energy levels," says Dora Walsh, head nutritionist at nutriheal.net.

2 BRAIN BUILDER

- 150g roast salmon fillet, chopped
- 1 hard-boiled egg, sliced
- 3 spring onions, chopped
- ½tsp capers
- Pinch of cayenne pepper
- Freshly ground black pepper

Method Lay the slices of egg on the lettuce, then the salmon. Sprinkle on spring onions, capers and cayenne. Roll up.

Why? "The omega-3 fats in the salmon boost brain function," says Walsh. The eggs are rich in choline, which plays a vital role in memory and the spring onions dish up a dose of folate, which cuts your brain age by five years, according to a study in *The Lancet*.

3 LIBIDO LIFTER

- A dash of olive oil
- 1 red pepper, in strips
- 6-8 ready-cooked prawns
- 1 small avocado, sliced
- A few spots of Tabasco
- A squeeze of lime

Method Stir-fry the pepper strips for 2mins. Layer on the lettuce, followed by the prawns and avocado. Add the Tabasco and lime. Tuck, roll and halve.

Why? "Prawns are full of zinc for healthy sperm," says Walsh. "Tabasco will stimulate endorphins and blood flow to all your extremities." And don't forget avocado, which injects the libido-launching dream team of vitamins E and B6.

4 HANGOVER CRUSHER

- 1 sweet potato, cut into 2cm cubes
- 4 coriander sprigs, leaves only
- 50g feta cheese, crumbled
- 8 cherry tomatoes, chopped
- 1tbsp chopped red onion
- A squeeze of lime

Method Roast the potato for 25mins. Mix tomatoes, red onion and lime. Lay the potato on the lettuce. Spread the tomato mix over the top, then the feta and coriander.

Why? "The betacarotene plus the vitamin A in the cheese slows the destructive force of alcohol," says Walsh. "The vitamin C in the tomatoes and potassium from the limes cleanse your liver."

TWO-SECOND TIP STUDIES SHOW OUT-OF-SEASON VEG IS LOWER IN NUTRIENTS THAN SEASONAL VEG. GO TO EATTHESEASONS.CO.UK FOR THE MOST POTENT YEAR-ROUND MENU

WORDS ANNA LONGMORE. PHOTOGRAPHY ROB WHITE. FOOD STYLIST CARA HOBDAY

RETURN TO SLENDER

Post-vacation blues cause 88% of us to gain weight. Prepare to return to reality with *MH*'s guide to side-stepping the holiday come-down

Keep that holiday vibe going with *MH*'s high tea

1 On the plane home

To fight jetlag and avoid your metabolism spinning out of control, give a wide berth to in-flight meals. Harvard scientists found that fasting during flights primes your "feeding clock", which tracks meal times, not time zones. Always eat as soon as you land, and your body will instantly be reset.

2 Landing+1min

Pop a peppermint. Studies at Texas A&M University discovered that the smell of peppermint instantly lifts both mood and motivation, offering maximum protection against the depression of Heathrow arrivals. And the duty-free snacking it inspires.

3 Landing+4 hours

Put the kettle on for a cup of Rooibos tea. The African brew stokes your metabolism and enhances your mood according to research from the University of Stellenbosch in South Africa. It's also sweeter than most herbals, avoiding the need for any calorie-smuggling sugar.

FIRST CLASS 2010

Men'sHealth

SEPTIO

A Scammer Darkly

Tourist scams cost British tourists £3.5 billion annually. Get travel smart against these common hustles to ensure peace of mind and harmony of pocket

MEN'S HEALTH - PLEASE RETAIN THIS ESSENTIAL INFORMATION

EXCHANGE RAKE *(New York, USA)*

Special relationship? Sure, like the one you have with your ex-girlfriend's father. After a meal, your bill comes in pounds sterling – at a rapacious exchange rate. "They make money twice," says Rochelle Turner of *Which? Holiday*. "From a high conversion rate, and a conversion fee." Insist on dollars every time.

SPIKE EASY *(Rio De Janeiro, Brazil)*

Just feeling the carnival atmosphere, or about to sink into a narcotic slump and get done over? "There are plenty of spiked drink stories in places like this," says Tom Hall, author of *Lonely Planet's Best Ever Travel Tips*. "Keep an eye on your glass at all times and be wary of accepting drinks."

SCAT ATTACK *(Barcelona, Spain)*

Splat! You appear to have been hit by a loose-bowelled bird, and within seconds a stranger is helpfully sponging you down – while surreptitiously relieving you of your valuables. "Always politely refuse any unexpected physical contact," says Hall. With obvious female exceptions.

COP CON *(Moscow, Russia)*

You're driving your hire car when the 'police' flag you down. They say your visa is invalid, but will let it go for £50 cash. "Never pay them," says Hall. "Stand your ground, and demand to go to the station." Try "Pozvonite v militsiju!" at volume: the 'officers' will disappear faster than the hammer and sickle.

FUNNY MONEY *(Yangon, Myanmar)*

Bazaars are a minefield: there's nowhere to exchange your dough for official Kyat currency. "Since the rise of the ATM, this is rare," says Hall. "But Myanmar is an exception. Touts use sleight of hand and give you old devalued notes." Treat your money like holiday sex; deal with it behind closed doors, preferably in a hotel.

SLUM DUMP *(Beijing, China)*

Getting dropped in a crummy part of town, only to be 'rescued' by a passing cab charging double, is a well-known con. "It's cunning and frequent," says Hall. Don't approach the rank with a map like a gawping tourist: check for a proper taxi booth and pay upfront. Licensed cabs have to carry a meter and an ID card.

WORDS JONATHAN AXWORTHY, ED CHIPPERFIELD. JOE SVETLIK. ILLUSTRATION KEREM

TWO-SECOND TIP PLANNING YOUR NEXT GETAWAY? BEFORE YOU LEAVE FOR THE AIRPORT, BOOK YOURSELF SOME OFF-SITE PARKING. THIS WILL SAVE YOU UP TO 60%

4 Landing+6.21 hours

The exact time the post holiday blues hit with a vengeance, according to a recent Virgin Atlantic study. Beat them by sticking to your holiday routines. "If you've been enjoying a pre-dinner beer, keep doing it," says sociologist Frank Furedi of Kent University. "This will make you feel more in control of your mood, and less stressed. As a result, your body's production of the hormone cortisol – linked to mid-section weight gain – will be limited."

5 First evening

Researchers at Manchester Metropolitan University found the most effective way to minimise the pain of return is to unpack immediately. "A half-unpacked suitcase is a constant reminder your holiday is over," says study author Dr David Holmes. "And if you're down about anything, like a return to reality, you leave yourself prone to comfort eating and excessive portions in your first few meals back."

6 First weekend

Have a final blow out, eating the cuisine of the country you just returned from. "This taps directly into your store of happy memories," says Furedi. And a 2009 study published in the *European Journal of Clinical Nutrition* found that eating three large meals per day resulted in no snacking and the loss of 5% body weight over eight weeks.

POWER RANGER

James Holland, editor of electricpig.co.uk, picks the best lightweight travel chargers

SCOSCHE FLIPSYNC

Compatibility iPod
Power up Forgotten your iPod cable? That'll never be a problem again with this ingenious keyring, which has one built-in. Now all you have to do is concentrate on not losing your keys.
£20 scosche.com
***MH*PowerRating 4/5**

DURACELL POCKET CHARGER

Compatibility All phones with a USB port
Power up This gives your phone 15 hours of extra battery. Plus it's small enough to slip into your pocket without so much as troubling the line of your trousers.
£26 duracell.com
***MH*PowerRating 3/5**

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Compatibility Virtually everything
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£40 firebox.com
***MH*PowerRating 5/5**

MILIPOWER ANGEL

Compatibility iPhone, iPod
Power up This'll give you an extra 36 hours of audio playback on the move. Or if you want to watch a video or slideshow, a handy kickstand on the back props it up at the perfect angle.
£35 amazon.co.uk
***MH*PowerRating 4/5**

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SAMSUNG

TURN ON TOMORROW

Sep '10

The latest news from around the world

+ Drink beer for stronger bones
+ Turn crumble into medicine
+ Pick older veg to beat colds
+ Spice up your cancer defences

Nutrition Bulletin

BEER BUILDS BONES

Things can only get bitter. Turns out beer is full of silicon, a bone-building nutrient. But levels vary depending on the brew, found the University of California. Here's how your regular scores (in mg per litre). You need 20-30mg per day to start reaping the benefits.

41

INDIA PALE ALE
Such as Scottish favourite Deuchars

33

ALE
Such as Pride of Yorkshire Black Sheep

24

REGULAR LAGER
Such as The ever-popular Stella

19

WHEAT BEER
Such as Posh Belgian Hoegaarden

STEALTH HEALTH FOOD

CRUMBLE

Pack the right fruit and a dollop of ice cream to turn the crusty treat into medicine

Apple

Apples are packed with good bacteria found to reduce your risk of bowel and colon cancer, according to a study in the journal *BMC Microbiology*. Put some slices on top of your crumble with skin on to maximise the benefits.

Rhubarb

Low in calories, but high in fibre, vitamin C and vitamin K. The pink stuff will reduce your risk of contracting cancer, found Sheffield Hallam University. And cooking rhubarb actually *increases* its antioxidant levels.

Gooseberry

Full of vitamins A and C, plus loaded with bone-boosting calcium and iron. Covering in sugar and crumble mix won't undo the good either.

Vanilla

A recent study in the *European Journal of Pharmaceutical Science* found vanilla chock full of essential antioxidants that reduce inflammation.

Eschewing fresh gets the green light

ARTIFICIAL LIGHT MAKES VEGETABLES HEALTHIER

Fresh isn't always best. Cut your chances of coming down with a bug by choosing greens that have been chilling in the supermarket aisle for a few days, says a study in the *Journal of Agricultural and Food Chemistry*. Spinach exposed to fluorescent light (used in supermarkets) for 3-8 days had higher levels of disease-fighting vitamins C and E, and folate. The light encourages photosynthesis, leading to nutrient production, says study author Dr Gene Lester of the US Department of Agriculture. So to protect your health, any veg found in the shade should be left there.

MAKE YOUR MEAT TOO SPICY FOR CANCER

Here's the secret marinade that will give cancer the boot. Just blend these spices together with some olive oil and glaze your meat before cooking and you'll reduce your risk by a whopping 71%. They work by neutralising malondialdehyde - a byproduct of cooking meat - which a study in the *American Journal of Clinical Nutrition* found plays a significant role in the development of cancer.

WORDS ALEX HARRIS. PHOTOGRAPHY GETTY. DIGITAL IMAGING PRE MEDIA. ADDITIONAL PHOTOGRAPHY MARTA SZYMCZYK

"I SACKED THE FAT TO SCORE MY DREAM WOMAN"

Accountant Adam Hall, 22, from Croydon, traded in a lardy life for a stunning new girlfriend

Then

Age	21
Weight	23st 1lb (146kg)
Waist	44in (110cm)
Vices	Fried chicken, beer, sweets

Mind

"I was in a rut, lacking motivation or any kind of template to salvage myself. I thought being overweight was fine because I played American Football, but I was kidding myself. I was picking up regular injuries due to my lack of fitness, and felt incredibly low."

Workout

"When you're 23st, running isn't easy. Gridiron was the only cardio I did, but it's a stop-start game and I never elevated my heart rate or broke a sweat. I couldn't run for five minutes on a treadmill."

Body

"The only weights I did were infrequent bench presses and pec flys to work my chest for American Football. I had no idea I could be making huge inroads into my weight by working the correct muscles."

Nutrition

"I lived off the worst types of carbs. I'd get energy bursts from things like crisps, but once they faded I ate more to keep myself going. In the evenings, I ate sugary comfort food."

Now

Age	22
Weight	16st 10lb (105kg)
Waist	34in (85cm)
Victories	New girlfriend, more confidence, running medals

MIND

"I'm fitter, faster and happier. I watch a lot of Ronnie Coleman (eight-times Mr Olympia) films for inspiration. Seeing someone who is that committed to perfection rubs off on you."

Tip "Surround yourself with aspirational images (eg on screen savers)," says Dr John Briffa, author of *Waist Disposal* (HayHouse).

WORKOUT

"I have three cardio sessions a week where I get my heart rate into a challenging zone. Keeping the fat off and my fitness up. My 40-yard dash is down to 5.3 seconds – among the fastest on my team."

Tip "Intense cardio is best for fat burning – go at your highest intensity for as long as you can," says John Foy, of The Gym Group.

BODY

"I learnt that legs 'eat' calories, as they're your largest muscles. So I factored in leg presses and curls to build them – and their appetite – up."

Tip "Training your legs with barbell squats creates a surge in growth hormones which help boost muscle mass," says Foy.

NUTRITION

"I eat my big meals early, starting with a fibre and protein-based breakfast, which stops me feeling hungry later. I've also discovered crab meat: it's low calorie and high protein."

Tip Food Standards Agency data shows crab meat is a great lean protein alternative to tuna, with a significantly lower mercury content.

RESULT

I have a wonderful new girlfriend. She knew me before I went to university as the big, quiet one. But when I saw her out after I'd dropped all the weight, I was more confident, and we got talking. I also recently completed the BUPA London 10K for Diabetes UK in 52 minutes – not bad for someone who couldn't run for five minutes a year ago...

Could you be *MH*'s weight-loss star of the month?

Write to Weight Loss, *Men's Health*, 33 Broadwick Street, London W1F ODQ, enclosing before and after photos. Winners will receive a personal fitting for top-of-the-range New Balance trainers. This includes both indoor and outdoor styles and a complete set of accompanying New Balance clothing (newbalance.co.uk).

RESULT

WIN!

WORDS ROB KEMP. PHOTOGRAPHY STUDIO 33. NIKE SUPER SPEED BOOTS AMERICANSPORTSUK.CO.UK

TWO-SECOND TIP 'FAST' FOR 10 HOURS EVERY NIGHT (EIGHT ASLEEP AND TWO BEFOREHAND) YOUR EMPTY STOMACH AT NIGHT WILL SOON BE A FLAT ONE ALL DAY LONG

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UP YOUR GAME

MH tests the latest football kit to see if it really can raise your performance

Meet the first five names on the team sheet...

	1 THE STEADIEST SOLES	2 THE GLOVES THAT CATCH EVERY BALL	3 THE BOOTS FOR ALL SEASONS	4 THE ENERGY GIVING SHINPADS	5 THE BALL THAT FLIES FASTER
ITEM	**Puma Powercat 1.10 Synth trainers, £125 puma.com**	**Mitre ANZA AFP Pro gloves, £50 mitre.com**	**Nike Mercurial Superfly II boots, £275 nike.com**	**Adidas F50 adiZero Techfit shinpads, £25 adidas.com/football**	**Mitre Tensile football, £75 mitre.com**
THE CLAIM	A 'TPU-injected (thermoplastic polyurethane) external heel counter' provides improved support and control on AstroTurf.	'Adaptable finger spines' increase flexibility and enhance your grip on the ball. Making you more Buffon than buffoon between the sticks.	The studs can be elongated when wet and shortened when dry, for optimum grip and propulsion across the turf.	These shinpads have a compression sleeve, which provides much-needed support for your leg muscles and helps limit fatigue.	The first football with just 10 panels, the Tensile has 30% less stitching than its nearest rivals, minimising drag through the air.
THE VERDICT	**"The heel *is* more flexible for AstroTurf, and the short studs are ideal for hard ground," says Martin Strangwood, head of the Sports Materials research group at Birmingham University.** ★★★★☆	**"These gloves are less rigid, providing flexibility and making them more comfortable – but they are also less protected," says Strangwood. So you might save more penalties, but it'll hurt.** ★★★☆☆	**"Pros may notice a cumulative effect over 90 minutes, but I doubt a Sunday leaguer would," says Dr Mark Lake, reader in sports footwear biomechanics at Liverpool John Moores University.** ★★★☆☆	**"Compressing your muscles makes energy conversion more efficient, helping you go for longer," says Strangwood. It could be the difference between a mishit and that 91st-minute winner.** ★★★★★	**"The limited stitching means this does fly faster – but that doesn't make it more controllable," says Strangwood. So you *could* be bending it like Beckham – or knocking more doors asking for your Tensile back.** ★★★☆☆
THE ALTERNATIVE	**Adidas Copa Mundial** "Very comfortable and the injection-moulded studs are great for soft ground," says Strangwood. *£75 adidas.com*	**Uhlsport Cerberus Supersoft Bionik** "Padded without sacrificing grip," says Strangwood. Robert Green take note. *£38 uhlsport.com*	**Umbro GT Pro** "Good value and lets you replace the lining for an amazingly snug fit," says Lake. *£85 umbro.com*	**Mitre Flex IP Pro** "These are segmented, allowing more movement than traditional, rigid designs," says Strangwood. *£18 mitre.com*	**Umbro NeoPro ball** "A treated surface for better grip, so it's easier to control at slow speeds," says Strangwood. *£50 umbro.com*

TWO-SECOND TIP FIND THE NAME OF THE PERSON WHO HAS REGISTERED A WEBSITE'S DOMAIN NAME SO YOU CAN AVOID SCAMS – ENTER THE URL INTO WHOIS.COM

WORDS JOE SVETLIK. PHOTOGRAPHY STUDIO 33. STYLING ABENA OFEI. TARGET GOAL POSTS SAMBASPORTS.CO.UK. GREENGROCER GRASS DZD.CO.UK

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INTERNATIONAL COVER-MODEL MUSCLE

THE MAN FROM THE DAM

The Dutch cover star tells us how he got big in the Lowlands

VITAL STATS

FRANK VAN DE VELDE

Age 25

From Amsterdam, Holland

Height 6ft 2in (186cm)

Weight 12st 9lb (80.5kg)

1 Sweet dreams Before bed I eat quark (lactic cheese) with pineapple, which helps repair my muscles and pump me with nutrients. Pineapple helps burn fat too.

2 Supplement Yourself Get your vitamins from food, not pills. It's all there if you look for it. For manganese, which strengthens bones and repairs muscle, I eat macadamia nuts.

3 Set Seven In Stone Train for seven hours a week. Do core training for one and a half hours twice a week, three one-hour cardio sessions and heavy weights for an hour.

4 The Egg Didn't Come First Get protein into your system first thing, so you can work out at any time. I eat chicken for breakfast, with lettuce and four slices of brown bread.

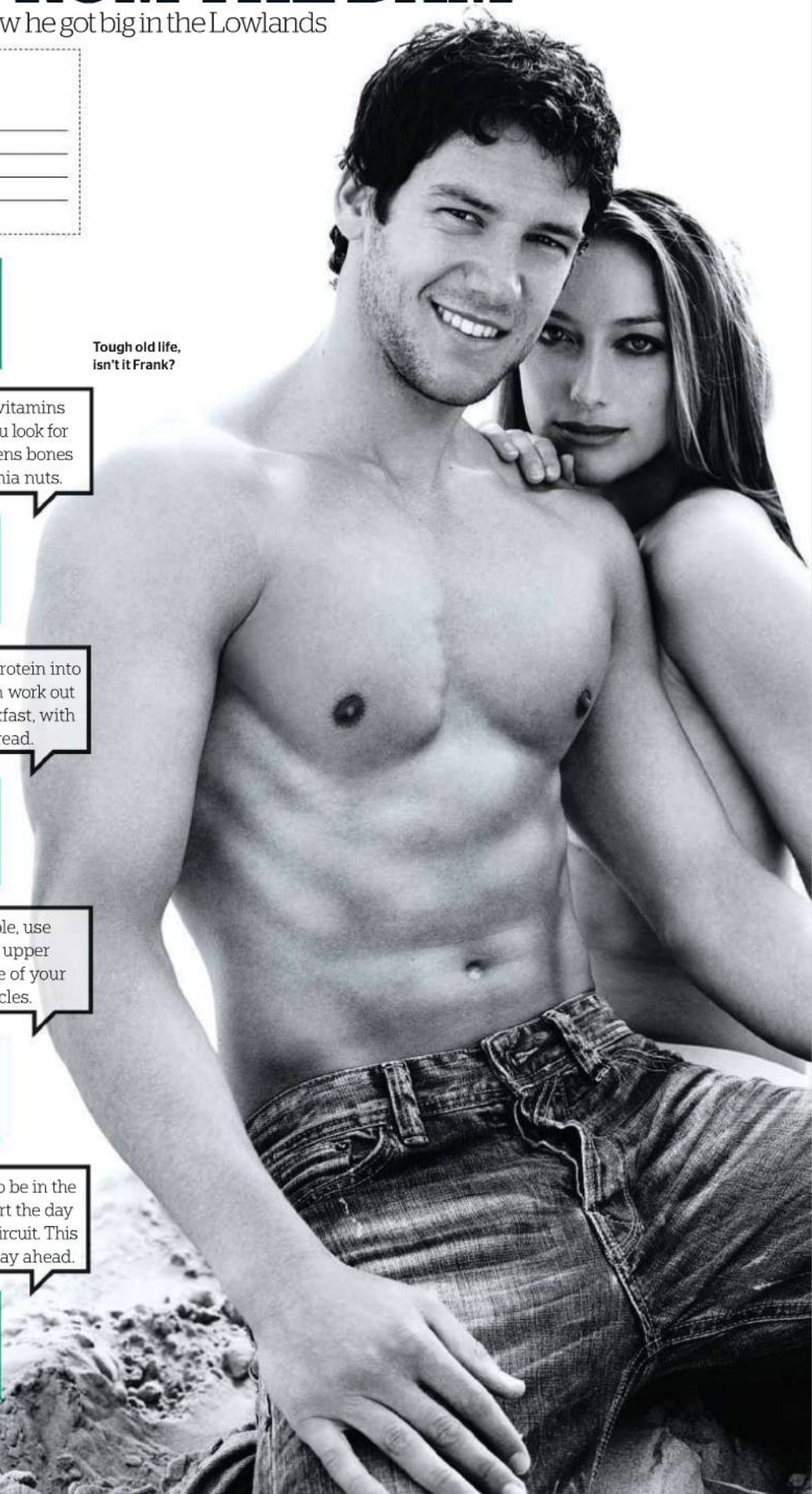
5 Press Your Chest Back flys are great for your chest and back. But keep your range of motion short, and never bring your arms all the way in, to really focus on your back muscles.

6 Ring Changes Whenever possible, use dumb-bells instead of barbells for upper body drills. This will activate more of your stabilisers – the deeper-lying muscles.

7 Soak Yourself Your upper body gets a great workout from wake-boarding. If you don't live near the coast, try a body-weight system (like TRX straps) to mirror the pulling motion.

8 Reach for a Dutch Body I used to be in the Dutch Royal Marines, and I still start the day the same way: with a body-weight circuit. This fires up your metabolism for the day ahead.

9 Bench Your Best Work your core harder by lying *across* a bench for drills like dumb-bell pullovers. You should have just your shoulders resting on it with your legs bent.



Tough old life, isn't it Frank?

INTERVIEW ROB KEMP. PHOTOGRAPHY JEROEN HOFMAN

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AFTER: Gillette Series Energising Moisturiser with a triple formula of hydrators, conditioners and vitamins, re-fuels your skin with moisture after shaving.

*vs. previous Gillette Series shave gels and based on volume.

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10 THINGS BETTER NOW THAN EVER...

1 SITCOMS

The inspired misanthropy of *Peep Show*, the foul-mouthed opera of *The Thick Of It*, the lo-fi surrealism of *The Mighty Boosh* and the complete disappearance of *The Vicar of Dibley*. If life has got tougher, at least it's got funnier.

2 FOOTBALL

No, not the Premiership's stultifying chess game for fourth place. Just below the Championship is now a goal-crazy romp with real drama at the end and sensible transfer fees. Not the most beautiful girl at the party, but definitely the most exciting.

Yesterday's junk food is today's flame-grilled treasure

3 HAMBURGERS

Consciences can be salved by a new generation of reassuringly expensive burger joints. The meat's from pampered cows on named farms and actually *tastes* of real food.

4 BIKES

They were never actually that bad (apart from those BMXs favoured by simian youth). But, the flawed beauty of a 12-speed racer aside, they were dull but reliable friends. Now just look at them: veritable T-1000s, with all the Shimano trimmings. It's as if your local's barmaid turned into Jessica Biel.

5 OUR KNOWLEDGE OF ECONOMICS

A year ago we thought gilts were things suffered by lapsed catholics. Now get us with our 'forecasting' and credit ratings. Has turbulence concentrated the mind, or is it the fruity purr of BBC economics queen Stephanie Flanders?

6 RADIO STATIONS

Thanks to the internet, the tiny islands of quality tuneage represented by the late, great John Peel have turned into continents. Listen to 6 Music, it's like N-Dubz never happened.

7 THE INTERNET

You can go home tonight, order a slap-up meal and divert yourself with some, er, gentleman's arthouse cinema, and even do some banking (sic).

8 OUR HEALTH

Retire at 65? Our generation are going to have to keep working to afford to take our mistresses on skiing holidays when we're in our seventies.

9 ACTION MOVIES

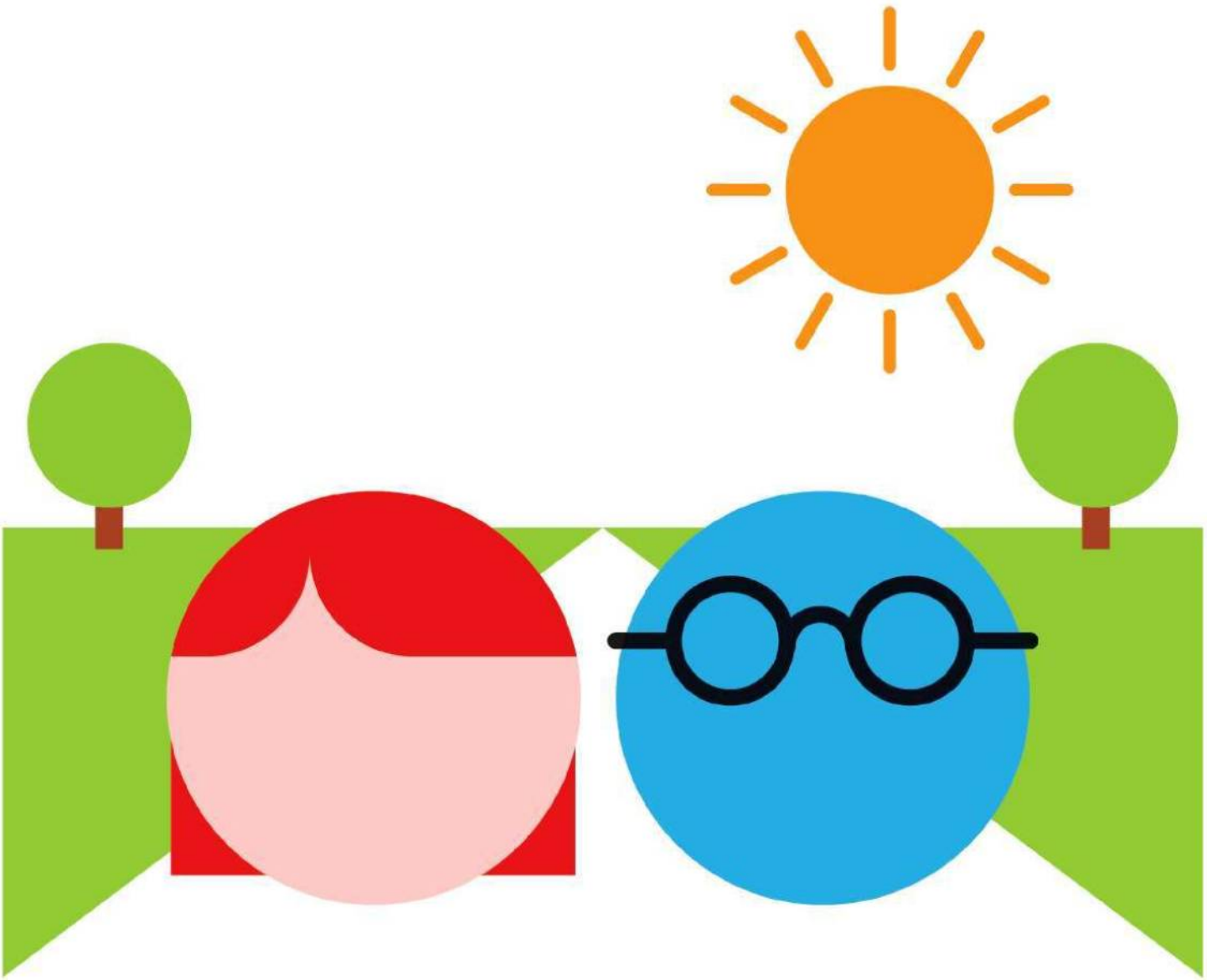
Bruce Willis dressed up like a man who's just defied a domestic violence injunction, versus the imperious bone-snapping froideur of Bourne? There's really no contest.

10 WOMEN

So impressive was their skimpiness last summer, we doubted they'd hit the same sexy heights. But, aided by a hot-pants revival, they've surpassed themselves yet again. Ladies, we'd salute you... if we hadn't just walked into a lamp-post.

WORDS MIKE SHALLCROSS, MATT BARR. PHOTOGRAPHY GETTY

TWO-SECOND TIP WHEN CHANGING MONEY, ALWAYS GET LOW-DENOMINATION NOTES. THEY'RE LESS LIKELY TO BE FORGED AS COUNTERFEITERS DON'T BOTHER WITH THEM



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ASK MH

Whether you're a fell-runner or a property seller: if you're looking to reach the peak, *MH*'s experts are here to help you

Q I'm fell-running in a month. Should I try altitude training?

A hypoxic chamber gives you a space-age edge

A If you can, yes. It means working out at 2,500m (8,000ft) above sea level – a plane not easy to find in the UK, but there is a high-tech solution. "It works based on the differences in atmospheric pressure and these can be replicated in a hypoxic chamber," says Gareth Cole, a conditioning coach at The Third Space, London. By reducing the oxygen in the air, it forces your cardio-respiratory systems to work harder to deliver oxygen to your muscles. Your body also produces more haemoglobin, the oxygen-carrying protein found in red blood cells." You'll leave mere sea-level mortals trailing in your wake.

Q I want to sell my house this spring. What are the best add-ons and tweaks to increase value?

A "Adding space is the best way to add value as it's cheaper to build than buy," says Jo Eccles, founder of Sourcing Property (sourcingproperty.co.uk). "Extensions or loft conversions are relatively cheap ways of increasing space and obtaining planning permission tends to be straightforward. Research suggests an extra bathroom can add 5% to the value of your property, while a bedroom can add 10%. Ensure the property is well presented. If re-painting, stay neutral. Minor details such as clean windows make a difference. And don't forget to put the toilet seat down!"

Q I always seem to get cramps in my legs after exercise. What's causing this and how do I get rid of them?

A Cramps afflict 39% of marathon runners, 79% of triathletes, and 60% of cyclists according to research at the University of Cape Town. But they're still a bit of a medical enigma, as scientists opinions are divided about their cause. The most common reasons for cramp *after* exercise are: 1. Dehydration 2. Not taking in enough electrolytes, or 3. An imbalance between the nerve signals that create and inhibit muscle movement. Eliminate all three causes by drinking more fluids, taking a sodium and potassium supplement and stretching before and after exercise.

RAPID FIRE

Improve your life with a handful of syllables

What should you do to eliminate runner's knee pain?
Hip exercises

What precious metal has been shown to halt cell damage caused by alcohol?
Silver

How can you improve muscle endurance while at your desk?
Respiratory exercises

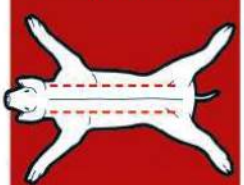
What drink has been found to kill leukaemia cells?
Green tea

What should you regularly monitor to increase life expectancy?
LDL cholesterol

ESSENTIAL MAN SKILLS

HOW DO I SPIT-ROAST A PIG?

A single porker feeds up to 200 people, so for a big barbie go the whole hog. "Get a 50kg animal," says Ray Smith (raythemeatguru.com). "You need an iron barbecue or spit similar to a rotisserie, so you can alter the height at which the pig is cooking." (get one at bentleybrown.co.uk)

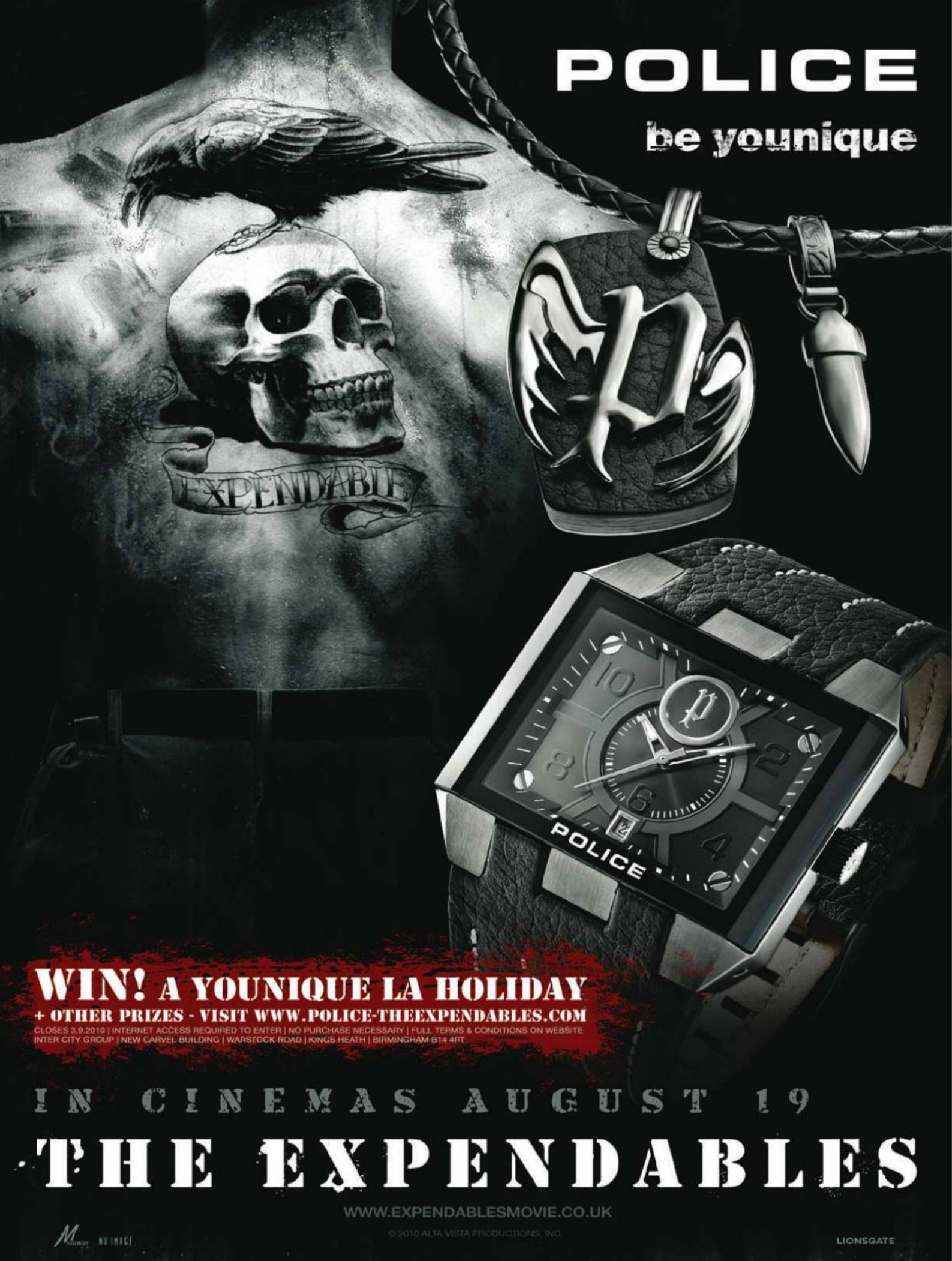


To ensure the pig can be cooked through, spatchcock it: Saw either side of the spine from the neck to the hind legs, so the pig can be flattened before putting it on the spit.

Score the skin all over using a Stanley knife, and rub in fine salt and olive oil. Start to roast the pig back-side down and at the highest setting above the heat source.

Keep rotating the pig, lowering it over the course of about six hours. Finish back-side down. Test the thigh with a meat thermometer. It should read 78-80°C. Take a bow.

WORDS RYAN THOMPSON. PHOTOGRAPHY GETTY. ILLUSTRATION JASON PICKERSGILL ACUTEGRAPHICS.CO.UK. *SOURCES FOR RAPID FIRE: INDIANA UNIVERSITY-PURDUE UNIVERSITY, US. UNIVERSITY OF BARCELONA, SPAIN. UNIVERSITY AT BUFFALO, US. AMERICAN SOCIETY OF CLINICAL ONCOLOGY. UNIVERSITY OF MINNESOTA, US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LIONSGATE

Sep '10

One small step to maximise results

+ Drink an icy beverage before you run to keep going 10 minutes longer than the competition

The Best Tip By Far, So Far

"Can I get some endurance, to go?"

A pit stop at your local coffee shop could transform your 10k. Glugging down an icy drink such as a Frappuccino before you race will increase endurance and keep exhaustion on ice, so you stay ahead of the pack in hot weather. In a study recently published in the journal *Medicine & Science in Sports & Exercise* participants consumed frozen drinks or water. Those on the cooler stuff maintained a lower core temperature, leaving them able to run for an average of 10 minutes longer before their body temperature started to rise, causing fatigue. Go homemade by blending a quarter of a bottle of Lucozade with half a cup of ice 10 minutes before your run to melt your 10k time down to size. Side effects may include envy from fellow runners and brain freeze.

WORDS ALEX HARRIS. LABEL ILLUSTRATION BY KEREM SHEFIK

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VOLVO

Fuel consumption figures for the Volvo C30 DRIVe with Start/Stop in mpg (l/100km): Urban 61.4 (4.6), *Combined 74.3 (3.8), Extra Urban 85.6 (3.3), C02 Emissions 99g/km. +Quoted monthly for a 20% taxpayer 2010/2011.

INSTANTINDEX1

Short on time? Use this page as a quick-fix knowledge dispenser of everything Alpha Male

Exhale

to beat a stitch, mid-run. Breathe out forcefully every time the foot opposite your pain strikes the ground. [p25]

20%

The amount of asthma sufferers who develop the disease after the age of 34. Reduce your odds of joining them with a fish oil supplement. [p20]

13%

The drop in your lung cancer risk if you drink a glass of red wine daily. [p20]

ONE

The number of minutes you should wait after stepping off your plane home from holiday before popping a peppermint. It's smell lifts mood, preserving your holiday high. [p28]

CRAB

A lean protein alternative to tuna – minus the high mercury levels. [p32]

36%

The proportion of all footballing injuries related to muscle strain. Beat the odds by doing single-leg squats, to get stronger and less injury prone. [p25]

ROOIBOS

This tea stokes your metabolism *and* enhances your mood, according to research from South Africa's University of Stellenbosch. So if you want to shed pounds and feel happier, get that kettle on. [p28]

The increase in average calories burned when you head for the treadmill rather than the bike. [p32]

ILLUSTRATION ANDREW SUMNER

Official fuel consumption figures in mpg (l/100km) for Ford S-MAX Titanium: urban 25.0-39.2 (11.3-7.2), extra urban 44.1-57.7 (6.4-4.9), combined

34.5-49.6 (8.2-5.7). Official CO_2 emission 152-189g/km. Model shown features optional Titanium X Pack.

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*Image simulated. Reaction is not.

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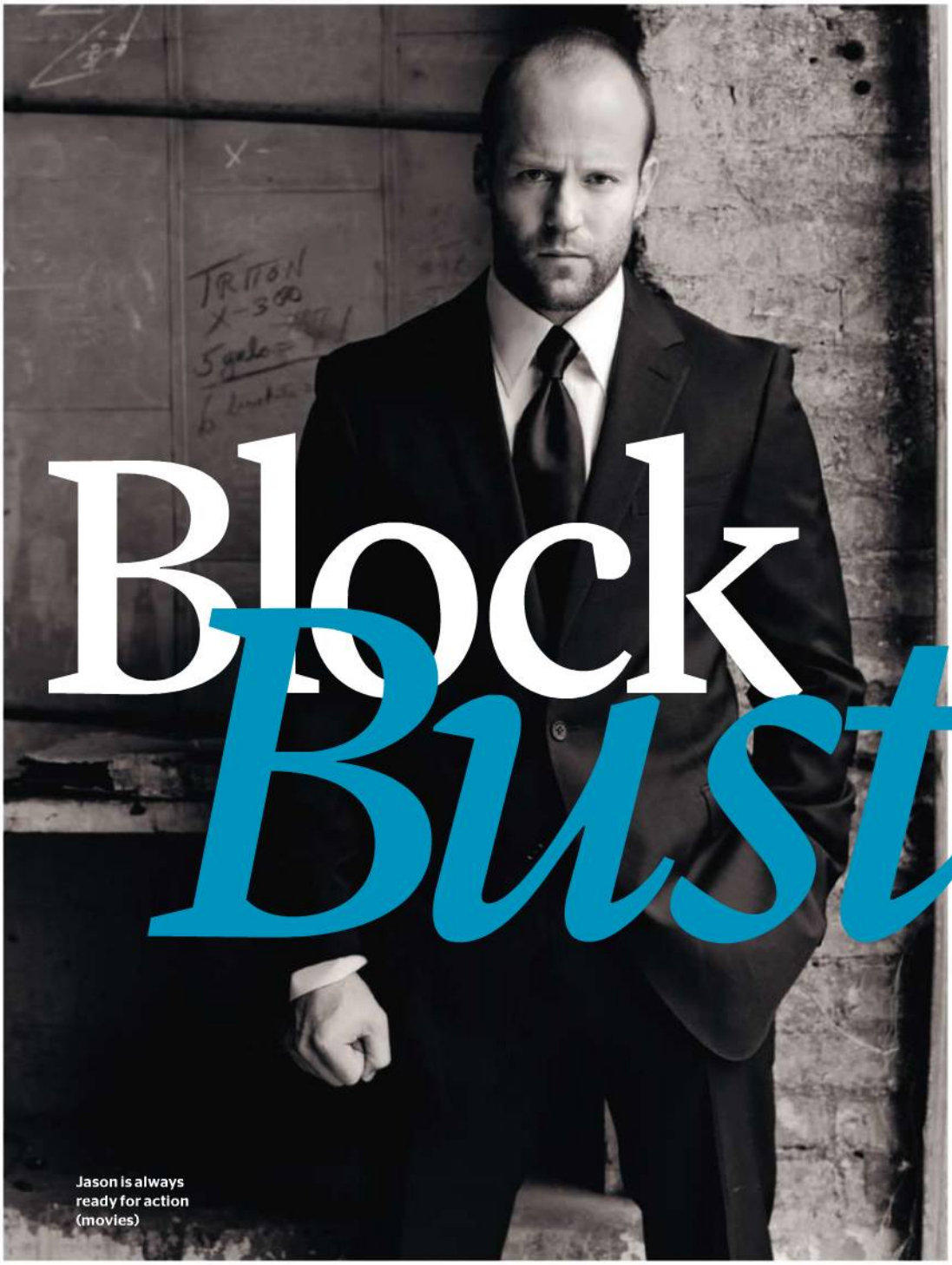
AQUOS

Freeview HD



Jason is always ready for action (movies)

Block Buster

Since last appearing in *MH*, Jason Statham has rocketed from big-screen prospect to A-list action star. Now, *The Expendables* star reveals how his regime can give you the strength and explosive reflexes of a Hollywood hero

It would be very easy to feel jealous of Jason Statham. Why him? Why not me? How has a 37-year old Brit, who used to sell dodgy perfume on the streets of north London, managed to take the high road to Hollywood, the low road on ladies like the supermodel Rosie Huntington-Whiteley, and build a physique that steals the scenes in what is possibly the biggest action film of... well... all time?

For this is Statham's lot. This month *The Expendables* is released. You could call it a blockbuster, but that would be the undersell of the century. It is an all-star, all-muscle action romp, ripe with machismo, testosterone and old-school one-liners. An unashamed throwback to the action genre's '80s heyday. Big guns. Huge biceps. And a soundtrack featuring a lot (a lot) of hair metal.

Most action films have a single hard-as-nails lead. Statham knows, because he's led his fair share. But *The Expendables* is a pantheon for silver-screen beefcake. It brings together a team of the biggest, brawniest, ▶

◄ toughest action stars of all time. Arnold Schwarzenegger. Sylvester Stallone. Mickey Rourke. Dolph Lundgren. Jet Li.

Jason Statham is firmly to the fore. And what's more, he doesn't look an inch out of place. His tough-guy workouts have cemented his reputation as the last great action hero. And, while they're hard work, if you're prepared to knuckle down you can hone a physique tough enough to outgun the biggest names of action-hero history.

FIT TO EXPLODE

The genesis of Statham's stardom isn't something he talks about in detail, but the surely apocryphal story goes that he was hawking fragrances out of a suitcase in Wembley and a passing Guy Ritchie liked his shtick. Still, it can't be far off the truth. It was certainly a case of ordinary bloke, right place, right time. Ritchie cast Statham in *Lock, Stock and Two Smoking Barrels*. It was a ribald success. Statham leapfrogged from there. It's a legend we want to believe in.

Except 'leapfrogged from there' does the man a disservice. Not everyone in *Lock, Stock* made it big. Not everyone had the will and the dedication. Statham has catapulted from cult Brit-flick hero into Stallone-standard action man thanks to a whole lot of focus, and even more hard work in the gym.

He has built his body through brutal intensity and a perpetually changing workout regimen. He focuses on practical skills, not mirror muscles.

"Musclemen grow on trees," he says. "They can tense their muscles and look good in a mirror. So what? I'm interested in practical strength that's going to help me run, jump, twist, punch."

True to that, Statham follows a simple rule: if you're going to train, train hard. And train with a purpose. It all stems from an uncompromising mental approach.

"I'm a firm believer in attitude," he says. "Some people just don't have that desire, and they need a good kick up the arse. Look, you've come to train... let's fucking train! Your body is like a piece of dynamite. You can tap it with a pencil all day, but you'll never make it explode. You hit it once with a hammer: Bang! Get serious. Do 40 hard minutes, not an hour and half of nonsense. It's so much more rewarding."

When the role calls, Statham learns the advanced applicable skills. Wushu stickfighting, jiu jitsu or knife throwing, say. But the basics of his athleticism are simple bodyweight exercises

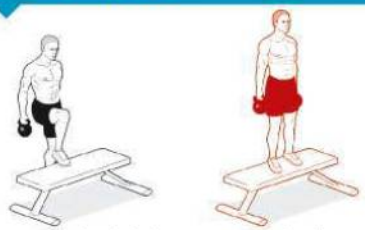
LUNDGREN
"Bodybuilding makes you more disciplined than other sports. You will use the same discipline in you professional life as second nature to your training"

STALLONE
"When you're scared... when life is hurting you, then you're really going to see what you're made of and then you're going to get the only kind of respect in the world that matters: self-respect"

STATHAM'S KEY MOVES

FOR LEAN, FUNCTIONAL MUSCLE

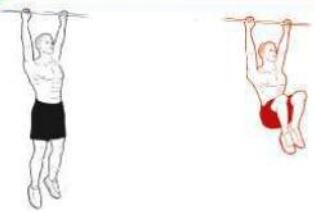
Weighted step-ups



How? *Hold a kettle-bell or dumb-bell in each hand. Step up onto a bench. Step back down. Do 20 reps.*

Why? *Works glutes and quads for bigger upper legs and greater running speed. Action heroes don't have chicken-legs.*

Hanging knee raises



How? *Hang from a pull-up bar. Bend your legs. Curl your knees towards your chest. Lower them. Do 20 reps.*

Why? *Hones your lower abs and builds big forearms. Movie stars need tight six-packs to bar-fight with bad guys.*

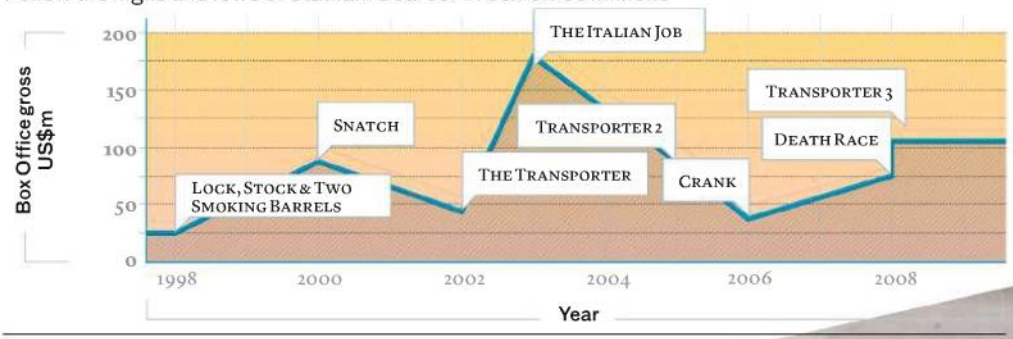
Snappers

How? *Attach 25 feet of heavy rope to something secure. With both hands, 'crack' it. Like a lion tamer. Do 20 reps.*

Why? *Builds shoulder strength and core stability. Looks cool. A-listers need to show off when they work out.*

THE STAT MAN

Follow the highs and lows of Statham's career in box-office millions



and plyometrics. He keeps his metabolism high and his famed agility up to scratch with fast, hard circuits that require almost no equipment.

"I'll jump rope, then do squat thrusts, burpees, [squat thrusts in which you thrust your legs out, back to your chest, then leap in the air], star jumps, push-ups, tuck jumps [jump up, lift your knees to your chest, and straighten to land], and step-ups," he says. The technique of each is as intense as the circuit itself: "If I'm doing a push-up, I go down slowly and then *Bang!* push back up as explosively as I can."

PERPETUAL MOTION

Bang! That's quite an apt expression. As in *The Expendables*, everything in Statham's fit-to-burst world happens explosively. Without a break. Usually with a subtext of ultraviolence. His workout is always changing but the intensity level never drops below full pelt.

"I'll jump rope, then do squat thrusts, star jumps, push-ups, tuck jumps and step-ups"

"Every single day has a different combination of exercises," he says. "It always changes, and that's what keeps things interesting."

Even if he has no equipment and barely any time, Statham manages to stay in motion. A mixed-martial-arts fanatic, he learned one routine from his friend Bas Rutten, the former MMA champ.

"He uses punching combinations," says Statham. "He'll call out 'one' – a left. Then 'one-two' – a left-right. Or 'three' – a left-right-left hook. You can do that in a hotel room, anywhere." (*MH* advises putting the 'do not disturb' sign up first. You'll avoid flooring the minibar guy.)

Give him a bit more equipment, and Statham tears up trees. He hammers the muscles in his arms and back – key action star assets. When he trains at the Spartan stuntman gyms known to LA insiders, Statham climbs ropes: 25-foot climbs aiming to reach the top in five reps, using only his arms. He slams medicine balls: raising a 10kg ball ►

JET LI
"I believe love is more powerful over fighting. Just love is most powerful. There is something cooler than action. What is cooler than martial arts is love"

STEVE AUSTIN
"I think I did things my own way and I never tried to model my wrestling career after anybody, but forged my own path, and certainly made my own share of mistakes, and learned from them"

A long hard look: could you match up to Statham?

◄ above his head, and smashing it 20 times into the floor. He does painful, thigh-cramping crab walks: racing on just his feet and hands, face-down across the length of a sports-hall and back, three times.

When he needs to 'cut down' and show muscle definition as well as size, Statham couples his brutal strongman regimes with a rigid approach to his nutrition. He sets himself a limit of 2,000 calories a day and trains hard on a small calorie deficit. He burns fat at a sizzling rate and in the past has managed to cut 8.5kg in six weeks.

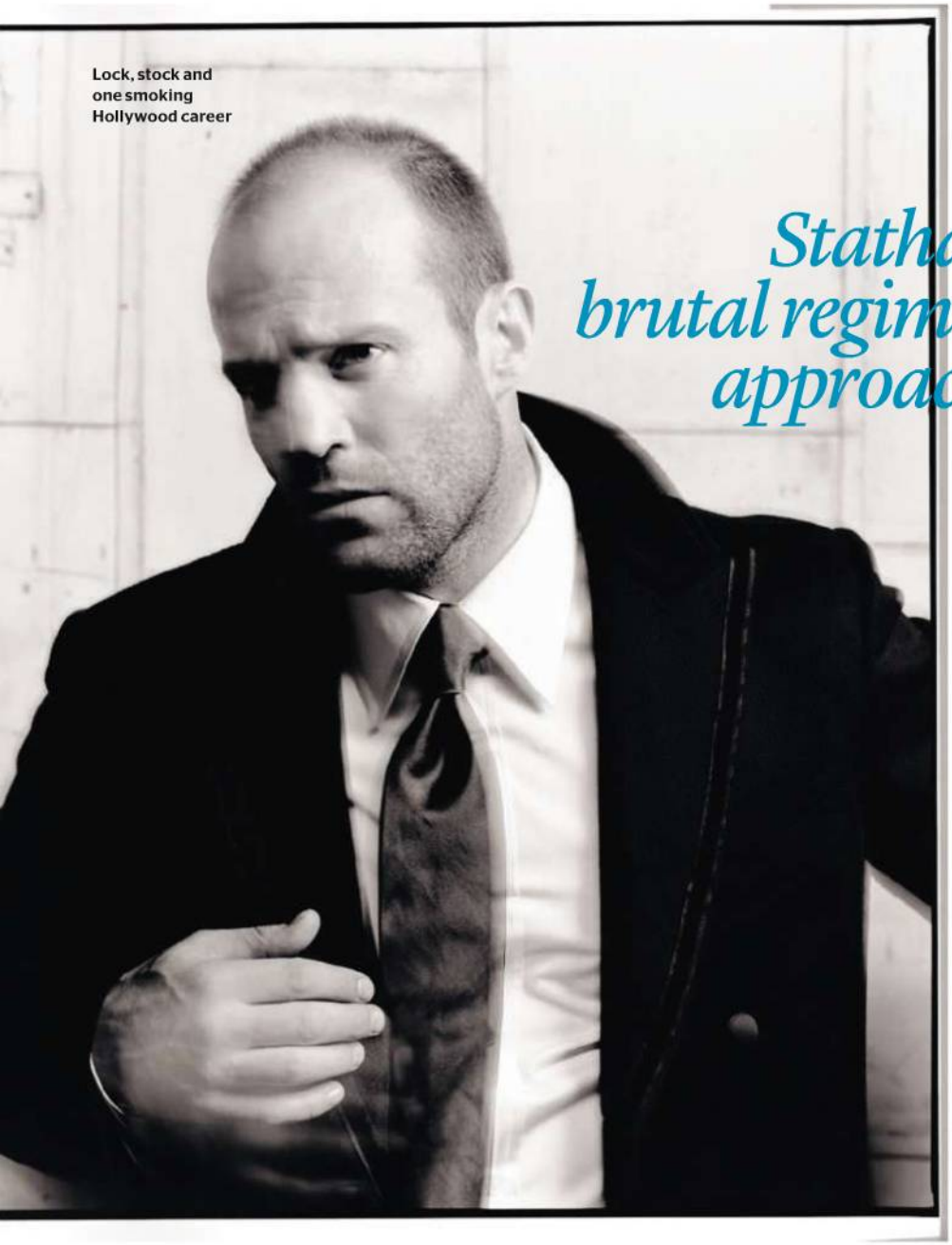
He sticks to the six-small-meals-a-day rule, but adds discipline by writing down everything he eats in a black book. He calls it 'the Bible'. When he is training hard, Statham writes down everything he swallows. That includes the 5.5 litres of water he drinks every day to keep himself feeling full. "Writing everything down makes it impossible for you to muck it up," he says.

ARNIE
"For me life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer"

THE WINNING WAY

So what's the payoff? Well, in a genre in which your physique is your calling-card, Statham has barged his way to the top. He shines in *The Expendables*, a colossus among the many muscle-clad Titans on the morning register. He is as believable a hard-nosed mercenary as you're likely to find standing next to Sly Stallone in a South American jungle.

Of all the cast, he looks the most authentically hard-bitten. He looks battle-scarred, rather than sculpted by the plastic surgeon's knife. The cast performed many of their own stunts, in what must have been an extraordinary bout of one-upmanship, and it's a skill Statham has always prided himself on. He has said that he considers the adrenaline boost of putting himself in harm's way for a film as 'a great reward'.



Lock, stock and one smoking Hollywood career

Statham couples his brutal regimes with a rigid approach to nutrition

And of course, there's the relationship with 22-year old Rosie Huntington-Whiteley – 15 years his junior and perhaps the finest example of lithe womanhood gracing God's earth today. Not bad for a market trader.

Alas, there is only one Jason Statham. *Men's Health* cannot guarantee that, even if you put into practice every one of his metabolism-blasting fitness tips, you will find yourself squiring a Victoria's Secret model, firing off macho non sequiturs in Hollywood blockbusters and rubbing deltoids with the Governator.

But we can guarantee one thing. If you follow Statham's lead, adopt his no-prisoners attitude towards training hard, eating with discipline and never slacking off, you'll find yourself fitter, leaner, more muscular and more agile. Faster. More energetic. A legend of your own devising. And then you'll be anything but expendable. MH

THE EXPENDABLES *is released in cinemas nationwide on August 20*

WORDS DAN JONES. PHOTOGRAPHY RICHARD PHIBBS. REX. MOVIE STORE COLLECTION. ILLUSTRATION JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

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61 Work
Working too hard for too long? Use these tips to redress the balance

64 Sex
Bring her to climax in record time and leave her begging for more

67 Muscle
Get beach-ready in your hotel room with our five-star, no-gym workout

70 Nutrition
Build lean muscle and cook up a storm with an *MH* BBQ masterclass

73 Health
Extend your shelf life: Target your weaknesses to build a body that lasts

76 Index
If you're short on time, digest the Core section's tips at high speed here

MH CORE

Edited by Ian Taylor

GENTLEMEN, WE CAN IMPROVE YOU

Solar, so good - it's a sky full of medicine

SQUEEZE THE BEST FROM SUMMER

Beer gardens aren't the only good thing about warm weather – juice sunshine for all it's worth with this guide to every aspect of its health-giving benefits

To paraphrase George Gershwin, it's the summertime and healthy living is easy. In fact it's a piece of cake. Research from Winthrop University Hospital in New York suggests that the overall health of a nation improves by 60% in the summer months thanks to the benefits of increased vitamin D from sunlight and extra exercise.

The journal *Heart* reported that you're 19% less likely to have a heart attack at this time of year. And according to fair-weather scientists at the University of Michigan, just 30 minutes in warm, sunny conditions is enough to vastly increase your happiness. So put a smile on and get ready to maximise your summer health – this is the real season to be jolly.

FLIP OVER TO THE SUNNY SIDE

HEATHLY IN THE SUN

Cut your risk of cancer and heart disease by catching some rays

Happy pills on the sunny side of the law

Sunshine halves your risk of prostate cancer*, so get out in the midday sun for 10 minutes, three times a week

Soak it up The World Health Organisation found your body achieves maximum vitamin D production just by exposing your face and forearms to midday sunlight. Also try to escape the big city for at least two days every month. "Localised air pollution can cut the amount of UV light passing through the atmosphere and reaching your skin," says Graham Bentham, an environmental scientist at the University of East Anglia.

Vitamin D reduces the risk of a heart attack by 50%, says the Harvard Medical School, so grab some tuna

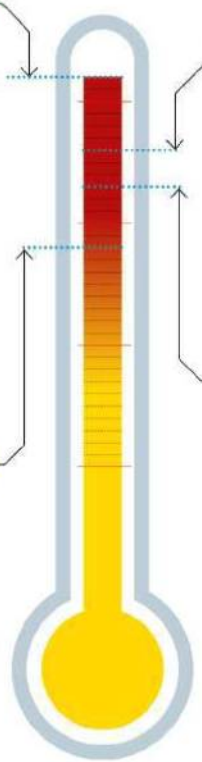
Soak it up In the UK, we are exposed to a third less vitamin D-generating radiation than countries nearer the equator, according to the Institute for Cancer Research in Oslo. Make up for the bad geographic hand by having a tuna sandwich at lunch. "An 85g tin of tuna contains 5mcg of the vitamin," says nutritionist Anita Bean, the exact daily deficit of our unfortunate global positioning.

The University of Cambridge found maximising time in the sun reduces your risk of being in a road accident and saves 5% on your energy bills, so get up just after dawn

Soak it up The Cambridge study, which advocates adding an hour to British Summer Time, says that keeping the same hours as the sun increases your amount of free time in the sunshine by 55 minutes. It also cuts your need for lights and heating, and lowers the chance you'll be on the road in the dark.

MAKE YOUR EXERCISE COUNT IN ANY HEAT

Just five minutes' exercise outdoors increases your life expectancy, but heat can make it hard. Here's how to perform when the mercury rises



32°C

It may be rare on these shores, but heat cramps and exhaustion become possible above this heat, so restrict heavy exercise to air-conditioned gyms.

Your move Take lighter daily exercise with a walk on the beach. *The Journal of Experimental Biology* found that walking on sand for 8 minutes uses 2.7 times more energy than regular walking and builds calf strength.

26°C

Endurance events are often cancelled at this heat. There's little difference in temperature on your skin and the air, making it difficult to cool down.

Your move Inflate your lungs in watery 'comfort' at the lido. Gradually work up to 60 laps (1,500m) – US research found this level of swimming not only increases your lung volume but also lowers your blood pressure.

23°C

It may not be blistering, but dehydration becomes an issue as temperatures approach 25°C. This can lead you to overheat or even collapse.

Your move Whatever exercise you're doing, keep the water in your body (aim for 1-2 litres an hour) by having a bag of crisps an hour before you start. The *British Journal of Sports Medicine* found that taking in salt before exercise helps you retain water.

18°C

Exercise in mildly warm conditions increases your blood volume, making exercise feel less demanding for up to an hour. So push yourself harder.

Your move High-intensity interval training, which increases your body's ability to oxidise fat according to the *Journal of Applied Physiology*. It might not be sweltering, but don't expect to stay dry with this one.

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More sex, increased fitness and improved mood – come and get it

Summer bonus	Why it happens	How to claim yours
WOMEN BECOME PREOCCUPIED WITH SEX	The heat and extra sunlight that the summer (hopefully) brings raise the levels of testosterone and dopamine in her body. It's like a pulley system for the sex drive.	Your sex hormones increase naturally too, but supplement the rise with squats or deadlifts. Research shows they raise your testosterone by 45%.
YOU'RE 30% FASTER	Increased exposure to sun regulates your body clock, improving sleep and athletic performance, according to research at Stanford University.	Get on the tennis court by 8.30am. This is when your body is most responsive to sunlight, says Jim Horne of the Loughborough Sleep Centre.
SAVE £500 BUYING A CAR	Since the government scrappage scheme ended, used car dealerships have had an influx of new stock, driving prices down, says Garry Hobson at motors.co.uk.	Since a new car loses around 50% of its value in the first two years after purchase, buy a 2008 model and you'll get reliability at half the cost, says Matthew Pinter of Haynes Publishing.
LOWER STRESS AND INCREASE SUMMER CHEER	All those mowed lawns release chemicals that make you feel happy and relaxed. Research from the University of Queensland, Brisbane, found the smell even improves memory.	Plot your walk to work or lunch-time stroll around as much green space as possible. If you're trapped in the urban jungle, spray your home or office with a synthetic version from serenascent.com.

WORDS: JONATHAN AXWORTHY. PHOTOGRAPHY: PHOTOGRAPHY: DAVID NEWTON. GLASS: JUICER COOKINGMARVELLOUS.CO.UK. TWIN-HEADED CONE: THANKS TO GRECOBROTHERS.CO.UK. SOPHIE CONRAN WHITE JUICER CONRANSHOP.CO.UK. *ACCORDING TO A STUDY PUBLISHED IN THE JOURNAL CANCER RESEARCH

Ice-cream has a similar effect on your mood to winning a bet

The sun packs twin scoops of health and happiness

SURPRISING SUMMER SUPERFOODS

Keep it sunny side up with seasonal fuel wherever you are

Cider

Need an excuse for that extra trip to the bar? Look no further. Cider is packed full of phenolics, an antioxidant that promotes artery health by cancelling the effects of bad cholesterol, according to research at Glasgow University. Pick a lightly carbonated cider such as Aspall Dry Premier Cru. These were found to contain high levels of phenolics by the Glasgow University study. How do you like them apples?

Ice cream

Don't sweat that Magnum. The Institute of Psychiatry found that ice-cream has an almost immediate impact on your mood in the same way that winning a bet or listening to your favourite tune does. Make that mid-afternoon mood-enhancer calorie neutral with 26 minutes of Frisbee or an hour of cricket on the sand. A great excuse to engage in some friendly competition in the sunshine, moderate intensity exercise also increases your body's glutamine levels and strengthens your immune system.

Iced coffee

Pick up a Frappuccino on the morning of your summer workout or long run to get the most out of your early start. New research in the *Journal of Applied Physiology* shows that athletes who drink caffeine have 66% more glycogen in their muscles, making it easier to train for longer. The effect is most pronounced when caffeine is ingested before carbs. So a cappuccino before breakfast could go a long way to improving your workout. Ask for your coffee "affogato", where the shot of espresso is on top rather than blended into the drink. And you'll leave a good impression on the underappreciated barista, too. MH

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[1] Intel® Turbo Boost Technology requires a PC with a processor with Intel Turbo Boost Technology capability. Intel Turbo Boost Technology performance varies depending on hardware, software and overall system configuration. Check with your PC manufacturer on whether your system delivers Intel Turbo Boost Technology. For more information, see http://www.intel.com/technology/turboboost.

Climb the career ladder and the escape rope simultaneously

THE 9-5 ESCAPE HATCH

You can always get home on time with these simple rules for smarter, more efficient working

It's official: you work too much. According to the government's Labour Force Survey, work-related anxiety led to 11.4 million lost working days in 2008/2009, with six million people grafting more than 45 hours a week. Sound familiar? It doesn't have to be that way. "Staying late doesn't improve morale or productivity and isn't sustainable in the long run," says Dr David Spencer, senior lecturer in economics at Leeds University. A study at Harvard Business School found employees who left the office on time increased their productivity. They communicated more effectively, planned ahead and streamlined their workloads. The lesson for us: work less, accomplish more.

A great theory, but to make it work you need to farm out menial tasks, unclog your email and create windows for unseen emergencies. Use the following tactics to ensure that when it's time to go, you're not chained to your desk, looking forward to another dinner date with your computer screen.

GET POWER FROM A GRID

"Break up your time into four grids," says Neil Shah of the Stress Management Society. Box one is for important and urgent tasks, box two for urgent but not important ones, three for important but not urgent tasks, and the last box for non-urgent and unimportant jobs. "The only time you start working on box two is when all of box one is done." If a call comes in, slot it into its rightful box rather than letting it take over. After all, your mum's chat about holiday destinations can wait.

HAVE A DAILY EMAIL HOUR

"Deal with email when you're not that fresh, because a lot of it doesn't take too much thinking," says David Allen, author of *Getting Things Done* (Piatkus Books). He recommends doing this for an hour at 3pm, as your energy levels dip and you start to think about heading out of the door. The aim is to use this time to keep your email fully updated. "That way you stay focused on the critical stuff you need to get done instead of letting yourself get distracted by the latest and loudest messages." ▶

Want a more productive working life? We can dig it

Set yourself shorter deadlines to complete your tasks faster

USE A DIGITAL CONCIERGE

Outsourcing isn't just for banks. Asksunday.com gives you access to a personal assistant 24/7, who deals with boring, time-sucking tasks so that you can concentrate on the projects more likely to win you favour with your seniors. It offers a 90-day service for 90 requests which costs £99. Instruct your PA to make dinner reservations, set up client meetings and book flights. Each request will be worked on for 30 minutes, saving you 45 hours over the 90 day period, or three and three quarter hours a week.

"It's easy to justify the cost," says Spencer, who suggests that doing such jobs yourself dilutes your earning power because you work unpaid overtime to get them done. Don't use the service for complicated jobs that will take time to explain. "You have to understand that the people who are working for you aren't based in London, they're in India," says Asksunday founder Avi Samudrala. So make the most of the service by outsourcing big, simple jobs like transcriptions or report research.

THE WEEKEND REVIEW

Blocking out time to go through your calendar and to-do list ensures you leave when you're supposed to in the following week. "Do it towards the end of your work week, ideally Friday between 2pm and 4pm," says Allen. "Look at new projects and make decisions about forthcoming issues so they don't blow up in your face." The easiest way to do this is to make a list of everything you need to do during the next week. Also use the time to look at what's gone wrong in the past week. The notes you make will stop the same thing happening the next time you tackle a similar job. The two-hour review saves up to an hour a day, ensuring that when it's time to clock off, you're slinging your bag over your decidedly-more-relaxed shoulder.

KEEP YOUR DEADLINES SHORT

Parkinson's Law, taken from a 1955 essay in *The Economist* by Cyril Parkinson says that, "Work expands so as to fill the time available for its completion." You can apply this adage to your own working life by setting yourself shorter deadlines. "If you only give yourself a certain number of hours to do the work, you're automatically more strategic in completing it," says Allen. Short of asking your boss if you can file a report early, enforce your tighter deadlines by breaking projects into clear stages or chapters, says time management consultant Claire Tompkins. Ask a colleague to proof-read your progress at a specific time or promise your client a detailed update on a given day. This will ensure that just because you are doing things more quickly, quality doesn't slip.

KICK THE CRACKBERRY

"Don't use your BlackBerry for processing email," says Allen, instantly giving a legion of addicts the shivers. Software firm Neverfail found that 94% of people use smartphones to check email after work or over the weekend. You can stop this by turning off your phone's push email setting on your way out of the door. "Unless it's from abroad, it's highly unlikely that an email will come in that you have to deal with there and then," says Evans. Checking email out of the office is actually counterproductive. If you are unable to deal with the issue there and then you may well forget about it come Monday morning, meaning you'll waste, rather than save time. Deactivate the 'push' and pull off a happier, more productive life. MH

ESCAPE THE NET

The internet can be huge time-waster. Rescuetime.com will monitor usage to up your productivity. Here's how it works

1 Once you register Rescue Time tracks website usage giving you weekly graphs showing you where all those lost minutes went.

2 Next, you can ask Rescue Time to block sites that are derailing your productivity. You determine how long your access is cut so that you can work to a deadline without distraction.

3 Finally, you can set up reminders that give you helpful nudges you along the road to completing your current project.

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FAST-TRACK TO ECSTASY

Gaining yourself a sexual reputation for the ages doesn't have to involve six hours of Tantric foreplay. Bring your lady to the boil quicker than a pan of pasta and leave her gasping for more with our step-by-step guide to giving her an orgasm in 15-minutes

Gentlemen, start her engine. Your challenge is to master the art of the 15-minute orgasm, turning the pre-work fumble or half-time quickie into an explosion that she's still shuddering from two hours later. It can be done. Sexologists at the Kinsey Institute in the US found that the average woman can orgasm after 10-20 minutes of sex. And aside from the instant spike in your approval ratings, there's more sex in it for you. Research in the *Journal of Sex and Marital Therapy* found – somewhat unsurprisingly – that women with an increased likelihood of orgasm demanded more time between the sheets.

Work in a day of subconscious foreplay to speed your girl to the finish line. Technically, this is cheating, but if there's no touching it doesn't count. Take her to live comedy or meet up on a day she has a spinning or yoga class. This preps her core-gasm because ab exercises stimulate the vagus nerve running through her pelvis. As the countdown draws closer, have some quiet drinks back at your flat. University of Florence research found that women who drink a glass or two of red wine are more aroused. When the bottle is empty, you can set the stop watch.

OH!-MINUS 15 MINUTES
Mouth to mouth

Invest at least three minutes of your total 15 in kissing. Studies by Lafayette College in the US found that kissing reduces levels of the stress hormone cortisol, quickening the time it takes to turn you both on. As you pay lip service, tilt your head to the right – scientists in Germany found this makes you seem more caring, flooding her system with the 'connection' chemical oxytocin, building trust and encouraging her to come quickly.

Don't just kiss her mouth, though. William Cane, author of *The Art of Kissing* (St Martin's Griffin), surveyed 50,000 women and 96% picked a peck on the neck as the perfect warm up. But don't overdo it, Cane says. "Slide off the lips to her neck occasionally so that her neck doesn't become desensitised."

Now you need to get co-ordinated. Each time you kiss her neck, remove another item of her clothes. Not only is this an important time-saver in your 15-minute window, but it lets you combat any body-confidence issues. A study by the University of Cincinnati revealed that if your girl feels good when she's naked, she'll come sooner. "Compliment your partner on each part of her body as you undress it," says psychotherapist Christine Webber. "Your approval will dramatically reduce her self-consciousness." And in just 180 seconds, you'll have an animal on your hands.

OH!-MINUS 12 MINUTES
Tease maid

She's almost naked now but keep her underwear on for another minute or so. "Stroke and caress her through the fabric rather than going for gold," says sex therapist Paula Hall. "Focus on building anticipation rather than going straight for direct stimulation." Feeling that time is short prevents a woman from reaching orgasm, adds Webber. Act like you've got forever, but

WORDS KATE TAYLOR. PHOTOGRAPHY PHOTOGRAPHY ALEX YOUNG. STYLING REEMÉ IDRIS (REEMEIDRIS.COM). STYLING ASSISTANT KARENA SEDGEWICK. HAIR AND MAKE-UP SUSANA MOTA AT ARTISTIC LICENCE. MODEL LARISSA HUBER AT PREMIER. BLACK LINGERIE BRA SET / LA PERLA STUDIO – MALIZIA (LAPERLA.COM)

then peel off her underwear and use Durex's new strawberry-scented Intimate Lube (£4, durex.com). This will get her excited, and make her more sensitive. Research at the US Association for Chemical Reception Sciences found the scent of strawberries alerts the senses. Move your fingers in slow, circular motions just inside her vagina. "Many women need attention focused on the outer third of the vaginal canal, where the G-spot, the clitoris, and the PS-spot (opposite the G-spot) can be reached," says Emma Taylor of the sex blog emandlo.com. Women love a man who's good with his hands...

oooooooooooooh!

OH!-MINUS 10 MINUTES

Flex your other love muscle

According to sexologists at the Masters & Johnson Institute, cunnilingus is the most reliable route to orgasm for 80% of women. Lou Paget, author of *The Big O* (Piatkus), recommends the Kivin Method as the fastest way of getting there. "With one hand, pull up her clitoral hood," he says. "Then lick from side to side across its base, just above her clitoris." Place one finger of the other hand on her perineum (the area directly below the opening of her vagina). When you can feel her pre-orgasmic contractions, you'll know you're in the right place.

oooooooooooooh!

OH!-MINUS 7 MINUTES

Entrance exam

Orgasms are not all about foreplay. A recent study in the *Journal of Sexual Medicine* found that the consistency of orgasms is more about the length of intercourse than the length of foreplay. And another study in the same journal clocked her average climax seven minutes after penetration. That makes now the ideal time to climb politely aboard and start the final leg of her leg trembler.

But what position? "Avoid deep, thrusting, and instead try the Coital Alignment Technique," says Taylor. To do it, start in the classic missionary then pull back so the base of your penis rests on her clitoris. Brace your feet against the foot of the bed and rock backwards and forwards rather than thrusting. Your penis gently massages her clitoris, which is great for her but also gives you slow, pulsating sensations that you control.

An alternative technique is sensory overload. "Simultaneous G-spot and clitoral stimulation is far and away the fastest route to orgasm," says Hall. Having her from behind is the best position for this because while you work the former, you can call up sex-toy reinforcements to take care of the latter. "My recommendation would be one from the discreet but powerful Philips Sensual range." (£60, boots.com)

oooooooooooooh!

OH!-MINUS 1 MINUTE

Keep up the good work

By now, your girl should be clawing at the sheets, but don't be mistaken in thinking you need one final trick to clinch the result.

"Women hate too much chopping and changing of techniques," says Dr Joni Frater, co-author of *Love Her Right* (Booksurge). "It distracts us, and takes our arousal back to the starting blocks." You don't really want to start over just before you reach the finish, do you?

"When you start doing something that causes a positive response, keep doing it, at *exactly* the same speed and pressure." Save your new technique for next time. Since you've just orchestrated a 15-minute orgasm with shuttle-launch precision, that's something she'll be demanding very soon. So grab a breather and prepare for take-off... again. MH

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It's never too late to get that beach body. Use this five-star circuit in your hotel room and you'll be ready for the sun and sand in just 15 minutes

MH Hotel

Think 'rest and relaxation' and cardio work is unlikely to shuttle-run to the forefront of your mind. But, a quick lung-buster in your hotel room is like holiday insurance for your muscles. A study in the journal *Sports Medicine* found that despite initial wheezing, this short, sharp burst of exercise prevents fatigue and gives you a last-minute trim before you step into the sun. Devised by trainer Stuart Amory (inkilterfitness.co.uk), this 15-minute circuit gets your holiday off to the best possible start.

1 JUMP ON THE BED

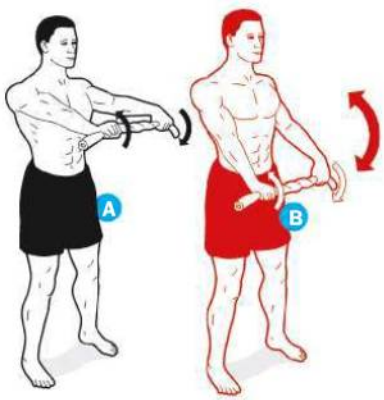
BEACH BENEFIT Expel jet lag and any remnants of last night's San Miguel with a warm-up that works your core and gets the oxygen tanks going.

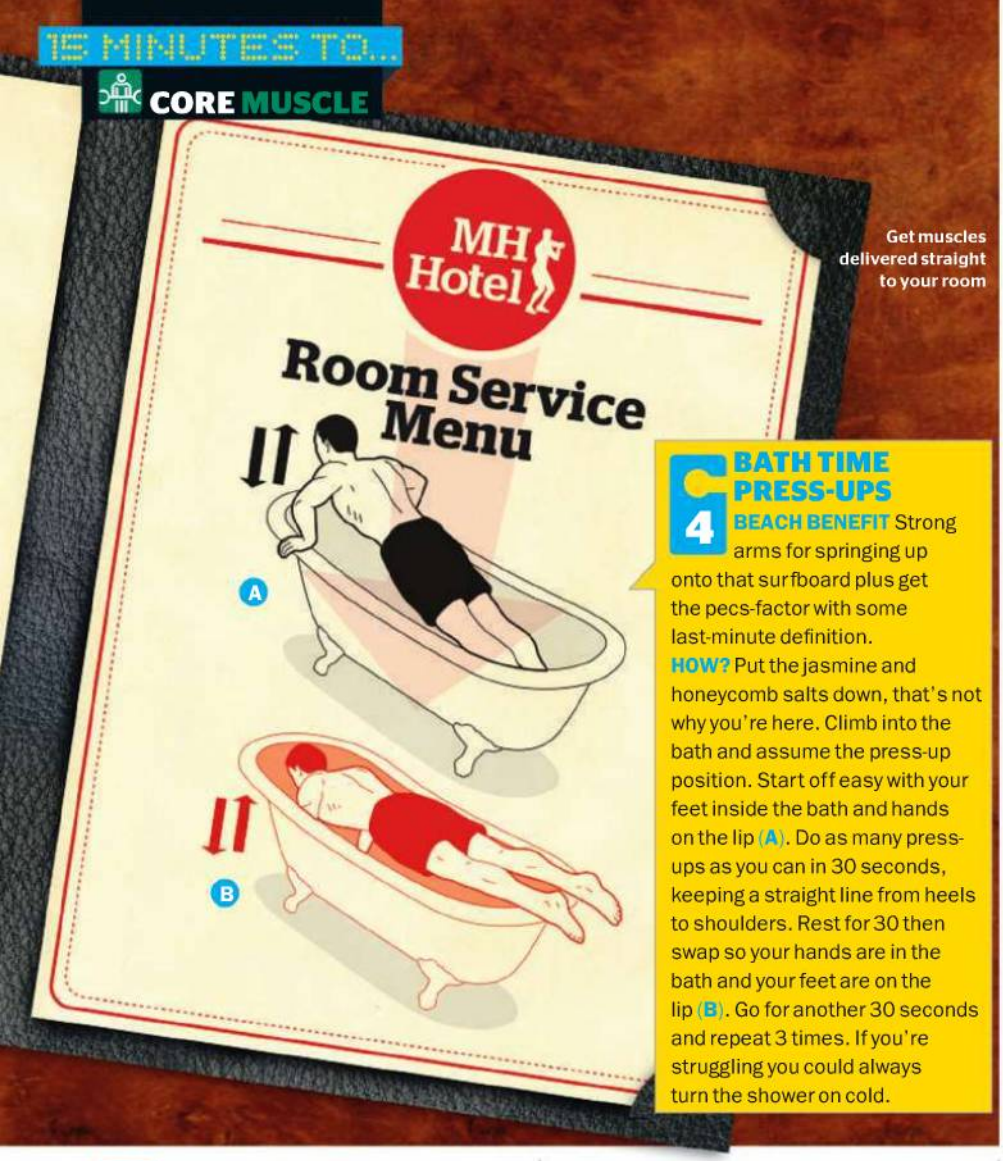
HOW? Hop onto the bed and jog on the spot for 30 seconds. Start lightly; if you've ever done sprints over crash mats, you'll know this is harder than it sounds. Your fug will burn off faster than the mist over the sea. After the warm-up, rest for 30 seconds, then sprint as hard as you can for 10. Rest for another 10 seconds and repeat 6 times. Lift your knees as high as possible, pump your arms for maximum exertion and aim for 2 whole minutes. Just make sure she's out of bed before you start.

2 WRING THE TOWEL OUT

BEACH BENEFIT Broader shoulders and a firmer grip on a nicely chilled pint later.

HOW? Soak a towel under the tap, then hold it out so your arms are parallel to the ground. Only moving your wrists, squeeze all the water out by twisting your hands in opposite directions (A). This targets your grip muscles but your shoulders will also feel the burn – ideal if there's a child (or girlfriend) wanting to sit up top in the pool. To make it harder, lift your arms slowly as you twist so they're above your head, then lower to waist level (B). Wring the towel out twice – it should be dry enough to take to the beach. ▶





Get muscles delivered straight to your room

4 BATH TIME PRESS-UPS

BEACH BENEFIT Strong arms for springing up onto that surfboard plus get the pecs-factor with some last-minute definition.

HOW? Put the jasmine and honeycomb salts down, that's not why you're here. Climb into the bath and assume the press-up position. Start off easy with your feet inside the bath and hands on the lip (A). Do as many press-ups as you can in 30 seconds, keeping a straight line from heels to shoulders. Rest for 30 then swap so your hands are in the bath and your feet are on the lip (B). Go for another 30 seconds and repeat 3 times. If you're struggling you could always turn the shower on cold.

6 TOILET TRICEP DIPS

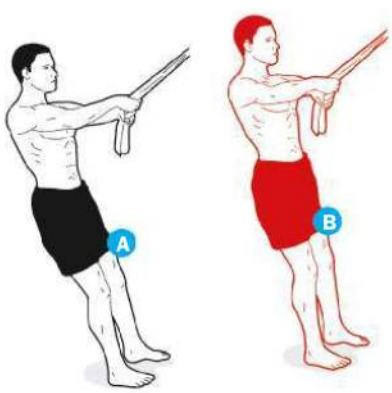
BEACH BENEFIT Fill out your T-shirt sleeves by targeting the biggest arm-muscle group. You'll soon be throwing Frisbees with Oddjob-like menace.

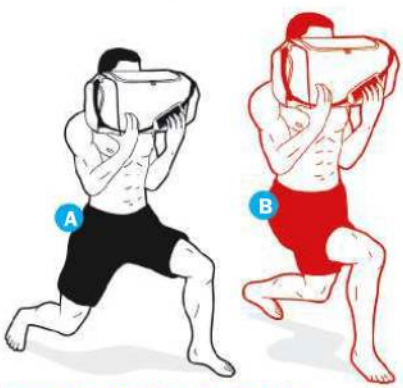
HOW? To target your triceps, use the toilet for a different sort of deep reflexion. Start the move with your palms (and the toilet seat) down, fingers pointing towards your body. Your legs should be straight out ahead of you and your bum in front of the toilet (A). Dip so that your arms are bent to at least 90 degrees (B), then return. Do as many as you can in 30 seconds then rest for 30 and repeat. Try not to grunt through this one or she'll wonder what you're doing in there.

3 TOWEL ROW

BEACH BENEFIT Works the 'windsurfer muscles' in your upper back that keep you upright when the sea gets choppy.

HOW? Find your biggest beach towel and tie a knot at one end. Place the knot on the other side of a door and shut it so that the towel is jammed. Hold it with both hands, place your feet near the door, then lean back (A). Squeezing your shoulder blades together, pull yourself towards the door (B). Do as many as you can in 2 minutes, or 3 sets of 10 reps with breaks. Target extra muscles by bringing your hands to your core, or chest.





5 THE BEACH BAG LUNGE JUMP

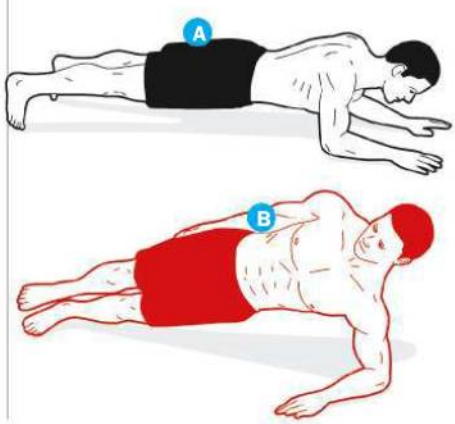
BEACH BENEFIT Work your core *and* quads, so you'll be scoring on and off the volleyball court.

HOW? With your beach bag packed, get your legs stacked by using it as a weight. Lunge forward so your thigh is parallel to the ground (A). Spring up and switch your legs during the jump so you land with the opposite leg forward (B). Hold the bag up to your chest throughout and keep your posture by imagining balancing a tray of shots on your head. Keep going until you can't take any more, rest for 2 minutes and repeat. Leave the bag by the door – you'll be on your way soon.

7 THE BALCONY PLANK

BEACH BENEFIT Flatten last night's tapas and ready your midriff for the beach with an easy abs and obliques session.

HOW? You've done well and, since you're on holiday, finish up with a lie down on the balcony. Assume the plank position and hold for 30 seconds keeping your body in a straight line (A) and your eye on those sun loungers below. After the 30, turn onto your side, resting on one elbow (B). Hold this position for 15 seconds before turning round and completing the set on the other side. The sun's out and so is your six-pack, so get out and enjoy your holiday. MH



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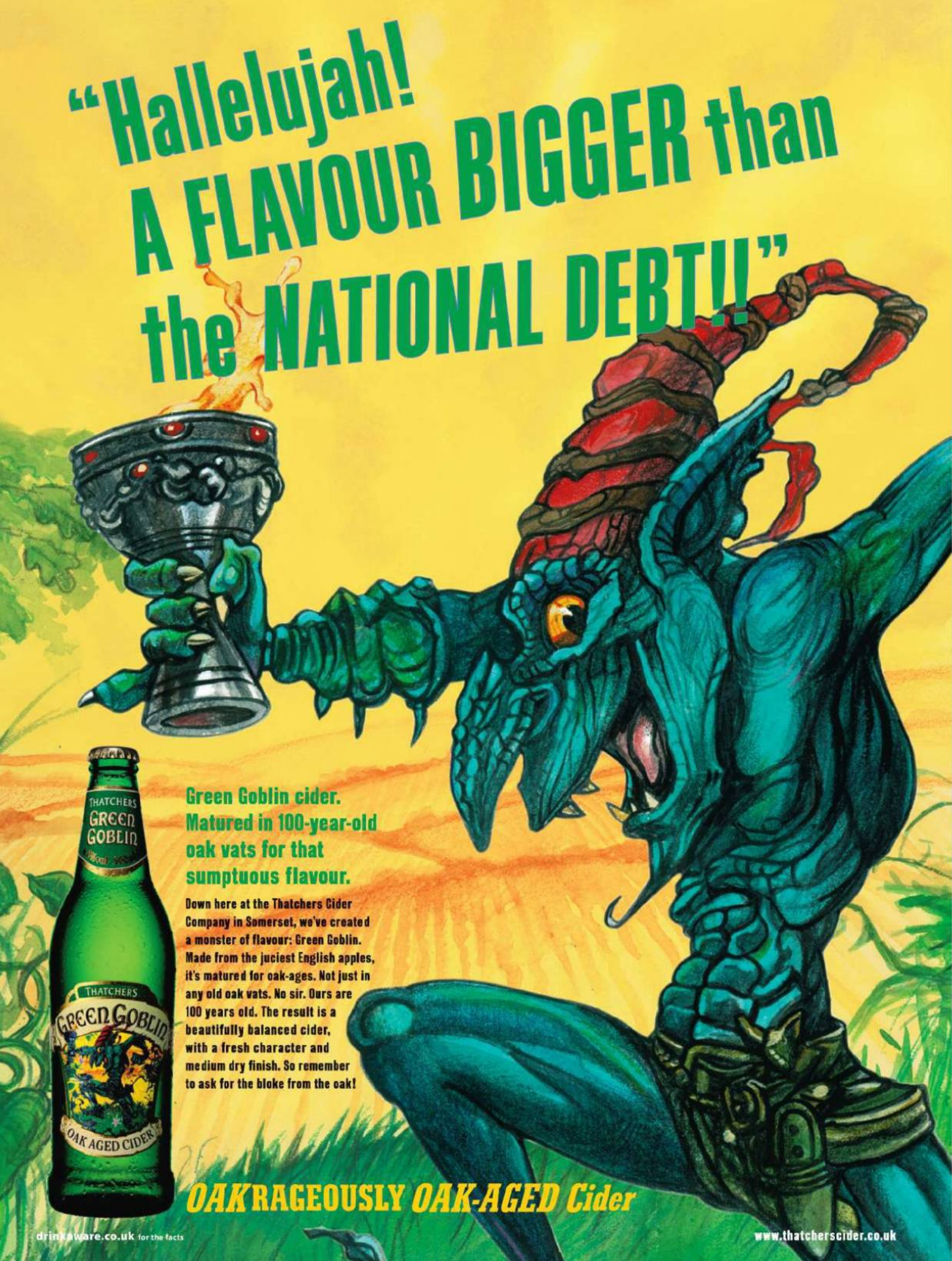
"Hallelujah! A FLAVOUR BIGGER than the NATIONAL DEBT!!"



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Beginner Intermediate Expert

1 TOOL UP

The essential kit for your own chargrilled nirvana

COAL SCORER

Gas is great for an impromptu cookout but charcoal wins the battle of the tastebuds, says Steven Raichlen, author of *Planet Barbecue* (Workman Publishing). "Charcoal burns hotter and drier, so you get better caramelisation of muscle proteins, which is critical for a great flavour." Want a quick start to your party? Get lump wood charcoal rather than briquettes – it goes up in flames faster.

LONG-TERM GRILL-FRIEND

Heat control is the key to perfectly grilled food. Raichlen recommends using a charcoal grill like the Sportsman's Grill from Lodge Logic (£135 stylecookshop.co.uk). As well as adjustable grill heights and a draft door to regulate the roast, you're paying for a quality cast-iron build. Pick up a flat-plate griddle (£59 stylecookshop.co.uk) and you can cook a wider range of food, including pizza... just like mamma never used to make.

SEARING HEAT

Avoid undercooked meat by knowing the exact moment to start grilling. First assess the situation by eye: look for when when the coals are glowing orange but coated with ash. Then get hands-on and feel the burn. "Hold your hand over the coals and start counting. If it hurts at the count of three you're ready to sear your meat," says Raichlen.

2 MEAT TO GREET

Know what you should grill to stoke your metabolism and maximise your muscle growth

SOMETHING FISHY

A 100g of sardines supplies 69% of your RDA for selenium, a mineral that will reduce your risk of prostate cancer and keep sperm healthy. British barbecue champion Andy Annat suggests putting oil directly onto the griddle when you're cooking fish, to prevent the skin from sticking. Finally, add good a squeeze of lemon for flavour – for that extra shot of vitamin C.

THE FAT-CUTTING BURGER

Oh yes, it can be done. Rub lean mincemeat with salt, brown sugar and, crucially, cayenne pepper, which increases the rate at which you metabolise fat by 20%, according to scientists at Oxford Brookes University. "The pepper contains high levels of zinc, which helps maintain testosterone levels and in turn supports muscle growth," says nutritionist Emma Wells (smartnutrition.co.uk). Hot stuff.

SLIM CHICKENS

Avoid piling on the pounds by shunning those sticky wings and drumsticks. "Chicken skin contains high levels of cholesterol-inducing sat fats, so you should opt for leaner breast meat," says Wells. A 100g breast portion provides 30g of muscle-building protein for just 1g saturated fat. Keep it moist and spicy by marinating it in olive oil, chilli, lemongrass and ginger before you start grilling.

BISON BULK

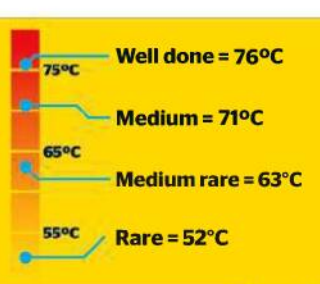
Be proud to barbecue bare-chested by bulking up with buffalo burgers. "Minced beef tends to be fatty but buffalo is an extremely low-fat source of protein," says Wells. Every 100g of buffalo meat contains 28g protein at the cost of just 2.4g fat, compared to around 18g fat in minced beef. And you don't need to stalk the Great Plains to find it – you can buy quality buffalo burgers and sausages at laverstokepark.co.uk.

BOOMING BANGERS

Pile on extra muscle and lose the flab by swapping pork sausages for venison. Two (100g) offer an impressive 20g protein and just 3g fat, compared to around 12g fat in pork sausages. And, as if that wasn't enough, the venison version packs 60% of your RDA of vitamin B12. High levels of B12 lowers your risk of Alzheimer's Disease, according to scientists at the Karolinska Institute in Sweden.

PLAYING WITH FIRE

For flame-grilled perfection, you need to know the exact temperature of your meat. Use a Kitchen Craft Fork Thermometer (£9.95, kitchen2go.co.uk) to keep an eye on the heat and aim for these temperatures to serve your meat just the way you like it.



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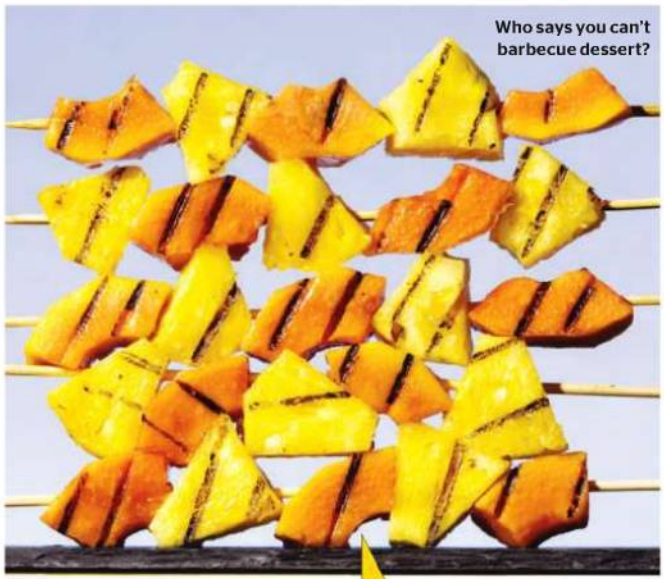
Fish for your best ever barbecue compliments

3 SIDE BENEFITS

Don't overlook the delicious extras, packed with bone-strengthening, immune-boosting vitamins



Who says you can't barbecue dessert?

SUCCULENT SERVICE

Baste the meat with fruit juice. "Spray pork or beef with apple juice while it's cooking," says British barbecue champion Andy Annat. "The natural sugars caramelise the meat, which gives a mouth-watering flavour and avoids charring." And never stab your steaks: "Piercing the meat releases the all-important juices you want to retain."

SPEAR PRESSURE

Head off heart disease with a very British treat, asparagus. Skewer the stalks and grill on a medium heat. "Asparagus is full of folate, which boosts circulation and guards against cardiovascular problems," says nutritionist Emma Wells. Just 10 stalks supplies your entire RDA of vitamin K, key to maintaining healthy bones.

SOMETHING SHARP

Keep the big C at bay with a tasty marinade. "The burning of muscle proteins in meat produces heterocyclic amines (HCAs), which studies have linked to bowel and bladder cancers," says nutritionist Anita Bean. "Minimise your risk with lemon juice or balsamic vinegar, which reduces the formation of HCAs on the meat by 50%."

FRUITY FINISH

For a barbecued dessert that helps build muscle, artfully construct some papaya and pineapple kebabs. "Papaya contains papain and pineapple has bromelain, both of which are proteases that help your body break down all the protein you've just consumed," says Wells. "It's a great way to finish off a meat feast barbecue."

BEER BONUS

Protect your heart and curb your gut-gain by stocking up on Marston's Resolution, a premium ale that's double fermented to turn all of its sugar into alcohol. A 275ml bottle of Resolution contains just 85 calories, a third of those found in a can of Stella. Dutch scientists found that moderate consumption of beer increases levels of vitamin B6, which protects against heart disease.

PEP TALK

Give yourself an antioxidant hit with lightly grilled red peppers. Not only do they pack in more immunity-boosting vitamin C than oranges but just one pepper supplies your entire RDA of vitamin A, which also gives some fire to your immune system. MH

www.citroen.co.uk

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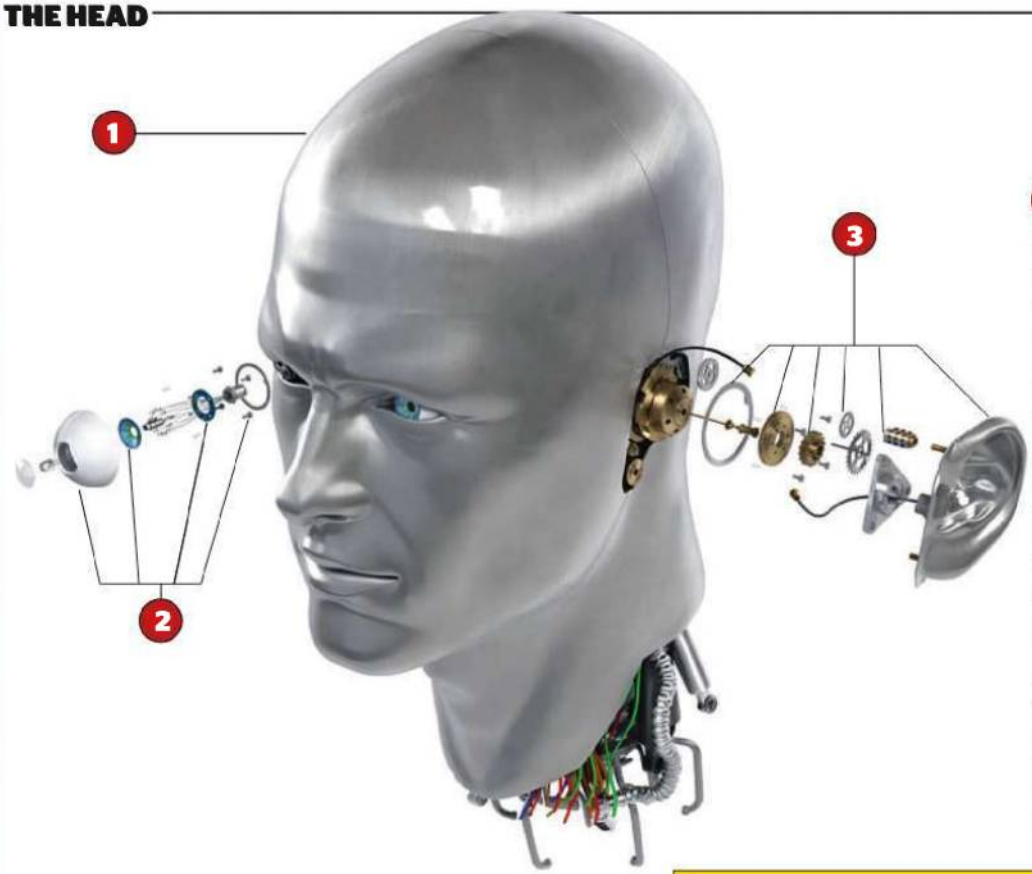
MH BODY WORKS

MAKE: HUMAN
MODEL: MALE

Men's Health

Build a body that will pass even the toughest MOT as you clock up the miles. These seven simple modifications will extend your warranty right into your vintage years

THE HEAD



1 DENT-PROOF YOUR BODYWORK

Skincare doesn't just help you *look* young. Take care of your body's largest organ and it will take care of you. "Your skin plays a vital role as your body's first line of defence against infection," says Nisith Sheth, consultant dermatologist at the Cadogan Clinic in London.

EXTEND YOUR WARRANTY

Keep your bodywork clear of unwanted dinks by giving it the right fuel. The American Academy of Dermatology found that increasing your intake of vitamin C – think red peppers, sweet potato, leafy greens – protects collagen and elastin, which keep your skin looking youthful. Then, when the mid-afternoon munchies arrive, have a couple of handfuls of Brazil nuts. They pack a skin-full of selenium, which reduces wrinkles and lowers your chance of skin cancer, according to a University of Queensland study. And Down Under they know about these things.

2 FLICK ON 20:20 HEAD LAMPS

Not just windows to your soul, but to a host of underlying health issues. "Regular eye tests can pick up on symptoms of everything from diabetes to Alzheimer's," says Iain Anderson of the Eyecare Trust.

EXTEND YOUR WARRANTY

It's all about releasing pressure in your eyes, which can damage your sight and cause glaucoma. First, loosen your tie. Research from the New York Eye and Ear Infirmary shows bloodflow restriction around your neck can damage your retina. Then focus on cardio. "Aerobic exercise increases oxygen supply to the optic nerve and lowers pressure," says Anderson. Three 30-minute sessions a week will reduce pressure by 20%, making the benefits plain to see.

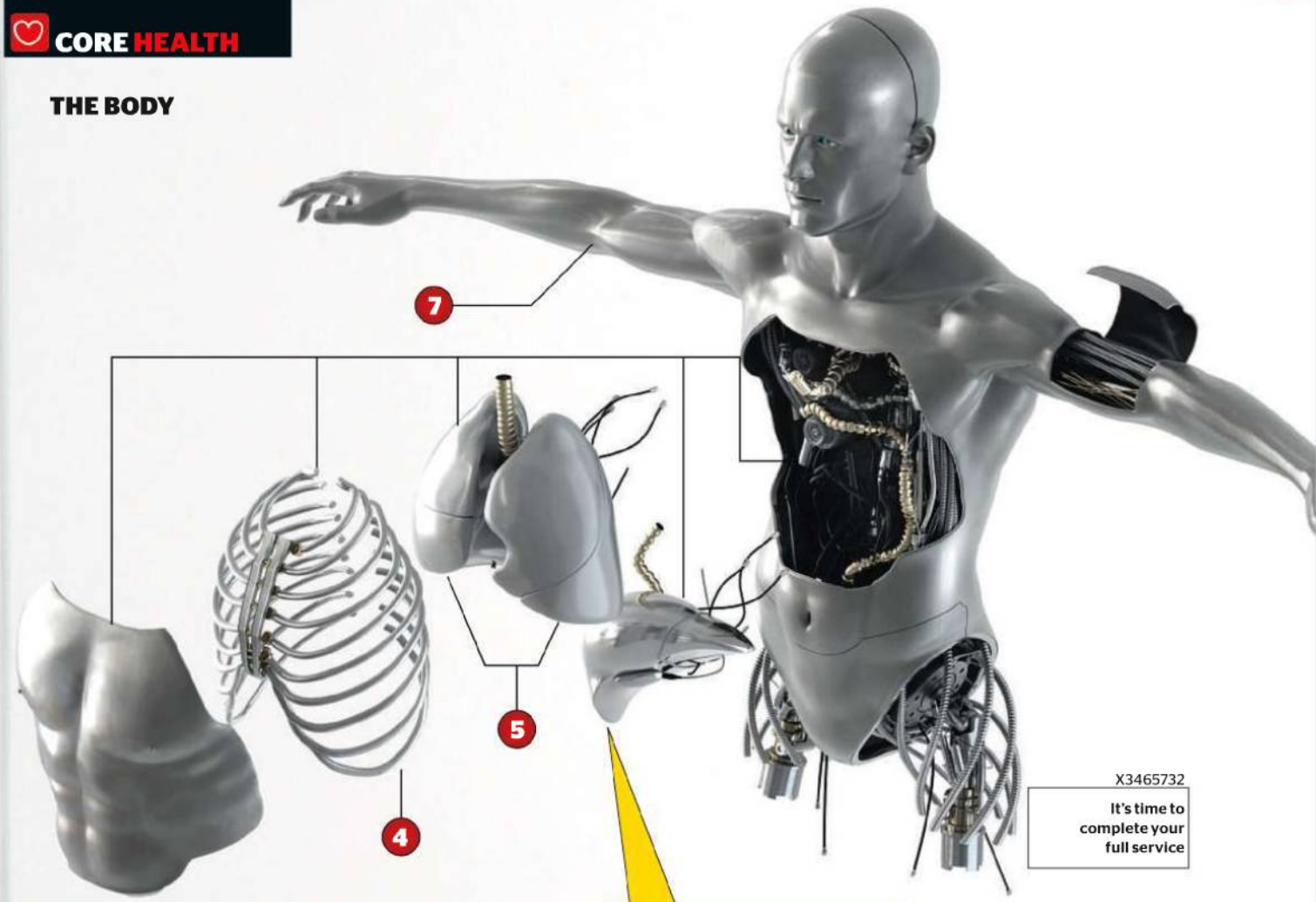
3 SILENCE THE NOISE POLLUTION

Drown out the decibels created by loud music and traffic and you'll avoid noise-induced hearing loss and enjoy aural pleasure for longer.

EXTEND YOUR WARRANTY

To avoid life in mute, you can do more than splashing out on £200 noise-cancelling headphones. Trials at the University of Michigan found taking a cocktail of vitamins including A, C, E and magnesium (Wellman Fizz Multivitamins, £6.95) cuts hearing impairment by 80%. So take it before a gig. It protects sensitive hair cells inside your ear from noise damage. Also give those cells a chance to recuperate by only listening to one album at a time on your iPod. Research from Ghent University in Belgium found an hour's listening followed by two-hour's rest reduces noise damage, while a 16-hour rest is best after louder exposure such as a gig or a particularly nasty verbal from the boss. ▶

THE BODY



X3465732

It's time to complete your full service

4 INSTALL STEEL IMPACT BARS

Looking after your skeleton gets you through more than the odd shin-to-shin tackle. Research from Tufts University found increasing your bone density helps to avoid diseases like osteoporosis.

EXTEND YOUR WARRANTY

Playing five-a-side once a week has a greater effect on bone density than weight training. "High-impact, multi-directional activities result in greater gains in bone strength," says Pam Hinton, professor of physiology at the University of Missouri. Martial arts or racquet sports will also work and try to exercise outdoors. "You need vitamin D for your body to absorb calcium – the best source is sunlight," says Sarah Leyland, senior nurse at the National Osteoporosis Society Sounds like a water-tight medical reason to get down the park…

5 INFLATE THE AIR BAGS

Bigger lungs will do more than just get you through five sets of tennis this summer. Cut your lung cancer risk by up to 50%, according to research in the *Journal of the American Medical Association*.

EXTEND YOUR WARRANTY

"Strengthening the muscles around your rib cage and diaphragm helps to ventilate the lungs," says respiratory consultant Dr John Harvey. Chest flys do the trick but to really pump the lungs, try yoga …with kettlebells. Researchers at Khon Kaen University found three 20-minute yoga sessions a week increase your chest-wall expansion. And introducing cannonballs to yoga moves – try a side plank holding a kettlebell straight up – only serves to magnify the benefits.

6 CLEAN YOUR EXHAUST

Your liver may soon be your most valuable organ. Not on the black market, but because government figures predict liver disease will overtake cardiovascular disease as the UK's biggest killer. Keep it in good nick to liver whole lot longer.

EXTEND YOUR WARRANTY

"To boost liver function avoid alcohol 3-4 nights a week to let it recover," says Mark Wright, hepatologist at Southampton University Hospital. Bolster your liver's comeback by dropping some E. Saint Louis University reports 43% of people taking vitamin E daily improved their liver health – you'll get the biggest kick from asparagus. Or opt for a curry. A report in the journal *Gut* shows that curcumin, found in turmeric, delays liver damage.

7 INCREASE YOUR HORSEPOWER

As you clock up the miles, your muscles start to grind down. Men lose 10% of muscle mass between the ages of 25-50, then a further 45%. But research in *The Journal of Applied Physiology* shows how resistance training reverses this.

EXTEND YOUR WARRANTY

The key to becoming a muscle shark now *and* later is swimming non-stop. Endurance laps, where you breathe after every eighth stroke improve oxygen delivery to your muscles, according to research at the University of the Pacific. Not a water baby? "A short callisthenic workout of bodyweight exercises maintains muscle mass," says Scott Mendelson, a PT and world bench-press record holder. Not someone to argue with. MH

X3465732

LUNG VOLUME	HEART RATE	BONE MINERAL DENSITY
6L	60-200 BPM	T-SCORE 5.3 (AGE 50-64)

Service instructions		16kg kettlebell	Callisthenics	3 x 60 minutes per week

WORDS ROB KEMP. ILLUSTRATION JUSTIN METZ AT DEBUT ART. PHOTOGRAPHY GETTY

RIGHT GUARD

Xtreme Protection

Xtreme Freshness

Anti-perspirant with anti-bacterial silver molecules, fights body odour at its source for 48 hours.

Shower gel, washes away odour causing bacteria.

START YOUR DAY RIGHT!

INSTANT INDEX 2

The departure lounge for this month's Core section. Enjoy these tips then jet off for your healthiest summer ever

Strawberries

Introduce these into the bedroom. Research shows the scent makes her more sensitive to your touch. [p64]

One HOUR

How long you should play football for each week to get joey-barton-proof shin bones. The beautiful game enhances your bone mineral density. [p73]

The exact temperature your grilled steak should be if you like it medium rare. Try a cooking thermometer. [p70]

8 minutes

The time you need to spend walking on the sand this summer to build calf strength and increase your fat-burning potential. You'll use 2.7 times more energy than on a regular stroll. [p57]

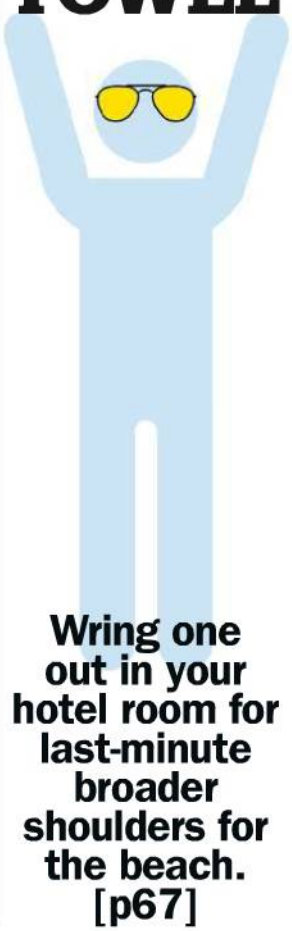
3pm

The best time for an inbox purge. It's not mentally challenging, making it the ideal job as your energy dips. [p61]

100g SARDINES

Throw a few of these swimmers on the barbecue to protect your own. They'll give you 69% of your RDA of selenium, which reduces your risk of prostate cancer. [p70]

TOWEL



Wring one out in your hotel room for last-minute broader shoulders for the beach. [p67]

80%

That's how much you'll muffle ear damage at a gig or nightclub if you take vitamins A, C, E and magnesium before entering the din. [p73]

ILLUSTRATION ANDREW SUMNER

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NISSAN

SHIFT_ the way you move

Model shown is QASHQAI Acenta 1.6 petrol 2WD manual priced at £17,295 on the road plus optional metallic paint at £440 inc VAT. Refer to dealer for exact specification. Models subject to availability. Nissan Motor (GB) Ltd, The Rivers Office Park, Denham Way, Rickmansworth, Hertfordshire. WD3 9YS.

Fuel consumption figures for Nissan QASHQAI Range: CO_2 130-191g/km – URBAN 26.6-50.4mpg/10.6-5.6L/100km – EXTRA URBAN 43.5-62.8mpg/6.5-4.5L/100km – COMBINED 35.3-57.6mpg/8-4.9L/100km

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*Actual model shown is 1.6L Acenta with optional Sport pack priced at £14,095. Nissan Motor (GB) Ltd, The Rivers Office Park, Denham Way, Rickmansworth, Hertfordshire WD3 9YS.
Pre-production fuel consumption figures for Juke range are: URBAN 44.8-27.7mpg/6.3-10.2L/100km. EXTRA 134-175g/km. Correct at time of print. Official figures available at www.nissan.co.uk from August 2010.

NISSAN

SHIFT_the way you move

010868B

URBAN 64.1-47.0mpg/4.4-6.0L/100km. COMBINED 55.3-37.2mpg/5.1-7.6L/100km. CO_2 emissions are:

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SHAKER MAKER

MH reconstructs your protein shake for a bigger nutritional hit

Whether you're looking to bulk up, lose weight or rediscover your six-pack we've got a combination of real foods and proteins which will provide the perfect nutrient-packed accompaniment to your workouts. If you need your protein hit to go the extra mile, take a look at the five super-shakes below. You'll see how, with a few simple additions, you can build a nutritionally complete drink, tailored specifically to your needs. So to get more from your muscles this summer, get mixing.

Stacking begins with solid protein foundations

MUSCLE BUILDER

WHAT? 40g protein blend (Total Milk and Whey £24.95 for 2.5kg, myprotein.co.uk), 3tbsp of oats, banana, 2tsp of peanut butter.

WHY? Protein, fat and carbohydrate are all important for muscle growth. The oats are a slow-burning carb source and the banana and peanut butter provide quality calories from nutrient-dense sources.

HOW? Blend ingredients together with 400ml of milk or water and consume slowly between meals.

PRE-TRAINING SHAKE

WHAT? 40g whey protein or protein blend, 50g maltodextrin (£9.96 for 2.25kg, phd-fitness.co.uk), blueberries

WHY? Research shows a pre-training shake is twice as effective as post-training, when it comes to muscle building.

HOW? Blend with 500ml of water, have one third 20mins before training, one during and one after.

SIX-PACK SAVIOUR

WHAT? 40g casein protein, 2tbsp flaxseed powder (£2.89 for 100g, myprotein.co.uk)

WHY? Flax powder has omega-3 fats which help fat-loss, and lignans, which are antioxidants – important if you're reducing food intake or doing lots of cardio.

HOW? Blend with 500ml of water. Drink between meals or to replace one carb-heavy meal.

MEAL REPLACER

WHAT? 40g protein blend, 2tsp almond butter, 3tbsp yoghurt, 1tsp Barley Grass Powder (£5.49 for 100g, myprotein.co.uk), 2tsp flaxseed powder

WHY? Real meals are the best way to get nutrients, so use as many 'real' foods as you can in your more convenient shake.

HOW? Blend with 500ml of water and consume between meals.

LEAN MACHINE

WHAT? 40g protein blend, 1tbsp flaxseed oil (£9.99 for 473ml, hollandandbarrett.com), 3tbsp oats, strawberries

WHY? Flaxseed oil is a source of omega-3 fats, while the oats provide low-GI carbohydrates for keeping energy levels steady, and fibre which supports gut health.

HOW? Blend the mixture together in 400ml of water or milk.

WORDS DREW PRICE. PHOTOGRAPHY JOHANNA PARKIN. JCB CONSTRUCTION SET ARGOS.CO.UK

BALLOON PREVENTION

Want to lose weight but don't want to eat less? Nutritionist Dr Carrie Ruxton tells you how

There are only two ways to lose fat: by burning off more calories or by eating less. And no one likes to be told they have to eat less. Fortunately, controlling your weight may be a case of mind over matter. "The presence of food in the mouth, stomach and digestive tract creates signals which travel between the brain and gut," says Dr Tim Finnigan, head of innovation at Marlow Foods (creators of the Quorn range). "Foods which affect these signals can help us eat less or burn off more calories." But long-term fat loss needs more than a few dietary nips and tucks. These fat-loss foods give you one half of the equation. You'll find the other half in the playground of heavy objects.

5LB
THE AMOUNT OF EXTRA WEIGHT YOU'LL LOSE PER MONTH IF YOU ADD 1/4TSP OF CHILLI PEPPER TO EVERY MAIN MEAL

ACID FOR FAT BURNING

Grilled lamb is back on the menu. Scientists have discovered that CLA, a type of fatty acid normally found in lamb, beef and dairy foods, has blubber-shedding effects. In the *British Journal of Nutrition*, people given concentrated CLA for 6 months saw a 4% reduction in body fat, mainly from the legs. Not baa'd going.

PEAS FOR FULLNESS

Peas and beans are rich in soluble fibres, which either fill you up or give you wind – or both – depending on your constitution. A Spanish study reported an average weight loss of 5kg when 200 overweight people ate a high soluble fibre diet for 4 months. That's a lot of weight loss for a tiny vegetable.

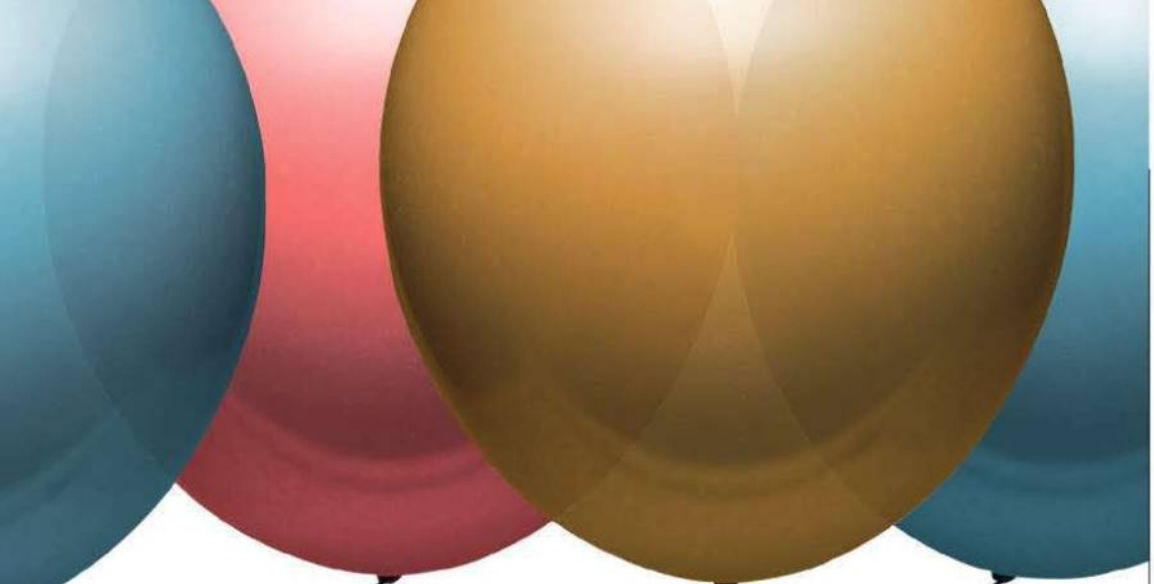
HOT CHILLIES FOR HUNGER SUPPRESSION

Dousing your tongue with a fiery chilli sauce to curb your appetite might sound like a crude tactic, but it has a solid scientific basis. In the journal *Clinical Nutrition*, brave Danish subjects experienced less desire to eat when given a shot of capsaicin. Now where's the Tabasco?

EGGS FOR SATIETY

Ditch the croissants and go for poached eggs in the morning. That's the message from a US study in the *Nutrition Research* journal, which compared the effects of eating different breakfasts. Quite apart from the fat content, the pastries pushed up blood glucose levels, causing men to eat more. In contrast, eating eggs reduced men's overall daily calorie intake due to their large quantity of high quality proteins, which make you feel fuller for longer.

WORDS WESLEY DOYLE. PHOTOGRAPHY GETTY, REX, MEDIABLITZ



75%
THE AMOUNT THAT EATING SEAWEED CAN CUT THE BODY'S FAT RETENTION BY, SAYS NEWCASTLE UNIVERSITY

5%
THE AMOUNT OF ABDOMINAL FAT JAPANESE SUBJECTS LOST OVER 12 WEEKS TAKING PROBIOTICS

SEAWEED FOR CALORIE LOSS

Supplement your soups with kombu (£4.39 goodnessdirect.com). Researchers from Sheffield Hallam University found that calorie intake fell by 7% when subjects added seaweed to their normal diet for a week. It makes food travel more slowly through the digestive system – and the slower it moves, the less you eat.

PASTA FOR MUSCLE MAINTENANCE

One of the downsides of fat loss is muscle wastage. Luckily, a study in *Diabetes, Obesity and Metabolism* found eating low-GI foods (the ones that don't send your blood sugar soaring) boosts weight loss while maintaining muscle. So, fill up on *al dente* pasta, root vegetables, oats and high-fibre bread to keep your muscles in prime condition.

PROBIOTICS FOR FRIENDLY BACTERIA

German scientists have discovered that fat people have an imbalance in their gut bacteria which makes them super-economical at using calories. Slim people's bacteria, in contrast, waste calories so they don't absorb as much. If you're in the former camp, take a daily probiotic to sort out the balance.

AT YOUR CONVENIENCE

Readymade foods made even healthier. This month, **Total yoghurt** takes its place at the table (£0.89 170g, ocado.com)

ON THE PACKET

Total 0% Greek yoghurt has just two key ingredients – remarkably few for such a protein-packed breakfast favourite. The label reads simply, pasteurised skimmed cow's milk and live active yoghurt culture.

FROM THE EXPERTS

Building brawn starts with breakfast. "Ideally you want to be taking on board 10-20g of protein every 2-3 hours," says Gareth Nicholas, lead sport scientist at Lucozade Sport. "This is particularly important after waking, when you've effectively been fasting for 8 hours."

Don't worry, we're not going to suggest you to start adding egg-whites to your Coco Pops (as if you eat Coco Pops…). A far more palatable way of getting your early morning muscle grub is with Total 0% Greek yoghurt. With 9g of protein per 100g, and 0% fat, a single 170g tub will hit your protein target as well as keep you feeling fuller for longer.

"If you're training, add a spoonful of granola to give you the carbohydrates you need to get through your workout," says Nicholas. To give your muscles the start to the day they need, it pays to go Greek. MH

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GREEN GIANTS

If you're in the market for lean muscle, this is your star buy

The salad bar has just become your brother in arms. "The key to muscle-building is the right balance of protein and carbs," says nutritionist Alan Aragon. "Fats also support testosterone production, while keeping you satisfied so you don't overeat." The ideal muscle-building meal should contain at least 30g of each. Top US chef Tom Douglas has created the ultimate beefed-up salad: it contains 49g of protein, 32g of carbs, and 35g of fat – perfect post-workout food. The steak can be substituted for prawns or salmon, with the same brawn-building results. Best thing is, it can be rustled up in under 15 minutes, put in a Tupperware box and eaten anywhere.

ROMAINE LETTUCE LEAVES
2 good handfuls
Lettuce provides folic acid, which enhances your circulation. The perfect aid to muscle repair.

BACON
1 rasher, cooked and chopped
The saturated fat in bacon contains triglycerides, which are good for your heart, plus the B-vitamin choline, which boosts your brain.

CHERRY TOMATOES
halved
Rich in lycopene which protects muscles from oxidative stress – aches and pains to you and me.

EGG
soft-boiled and halved
Egg protein has the greatest muscle-building potential of any food. The yolk also contains vitamin B12 which aids fat breakdown.

¼ AVOCADO
sliced
Yes, avocados are high in fat, but it's the heart-healthy monounsaturated kind that keep your ticker in good shape long into your dotage.

NEWMAN'S DRESSING
1tbsp
More good, heart-healthy fats to drizzle over your salad. And flavour, lip-smacking flavour.

STEAK
100g, grilled and thinly sliced
The creatine in beef supplies energy to your muscles while the protein, iron and zinc promote growth.

BLUE CHEESE
1tbsp, crumbled
Full of probiotics which boost your immune system, keeping you strong enough for regular training.

SUGAR SNAP PEAS
handful, steamed and sliced
These power-pods contain fibre to fill you up and control blood sugar, so you aren't tempted into a cheeky trip to the vending machine.

PHOTOGRAPHY CHARLES MASTERS. FOOD STYLING JAMIE KIMM AT APOSTROPHE

ADD UP THE BENEFITS

All the ingredients you'll need to knock together the meals in Re:Fuel, plus where you can buy them at the cheapest price. Prices are correct at the time of going to press. (In conjunction with mysupermarket.co.uk)

Tesco Skimmed Milk (500ml)	£0.44
Tesco Porridge Oats (500g)	£0.42
Bananas (Tesco)	£1.29
Tesco Wholenut Peanut Butter (340g)	£1.16
Tesco Flaked Almonds (100g)	£0.89
Tesco Low Fat Yoghurt (150g)	£0.35
Organic Barley Grass Powder (100g Tesco)	£5.49
Tesco Lamb Breast (900g)	£3.75
Peas (900g Tesco)	£0.76
Very Hot Chilli Sauce (115g Tesco)	£0.95
Tesco Value Eggs (6)	£0.90
Seaweed Snack (13.5g goodnessdirect.co.uk)	£2.89
Tesco Value Wholemeal Bread	£0.50
Tesco Wholewheat Pasta (500g)	£0.69
Tesco Value Probiotic Yoghurt (400g)	£0.65
Tesco Romaine Lettuce	£0.99
Tesco Unsmoked Bacon (275g)	£0.99
Tesco Cherry Tomatoes (800g)	£0.80
Tesco Organic Avocados (4)	£1.09
Newman's Own Ranch Dressing (250 ml Tesco)	£1.38
Tesco Fresh Beef Steak (422g)	£3.50
Tesco Danish Blue Cheese (150g)	£0.99
Tesco Sugar Snap Peas (180g)	£1.50
Total Milk and Whey (2.5kg myprotein.co.uk)	£24.95
Peak Body Maltodextrin (2.25kg phd-fitness.co.uk)	£9.96
Organic Barley Grass Powder (100g myprotein.co.uk)	£5.49
Flaxseed powder (100g myprotein.co.uk)	£2.89
Flaxseed oil (473ml hollandandbarrett.com)	£9.99
Total:	**28 items, £85.65**

For more top dishes see menshealth.co.uk/lipsmackingrecipes

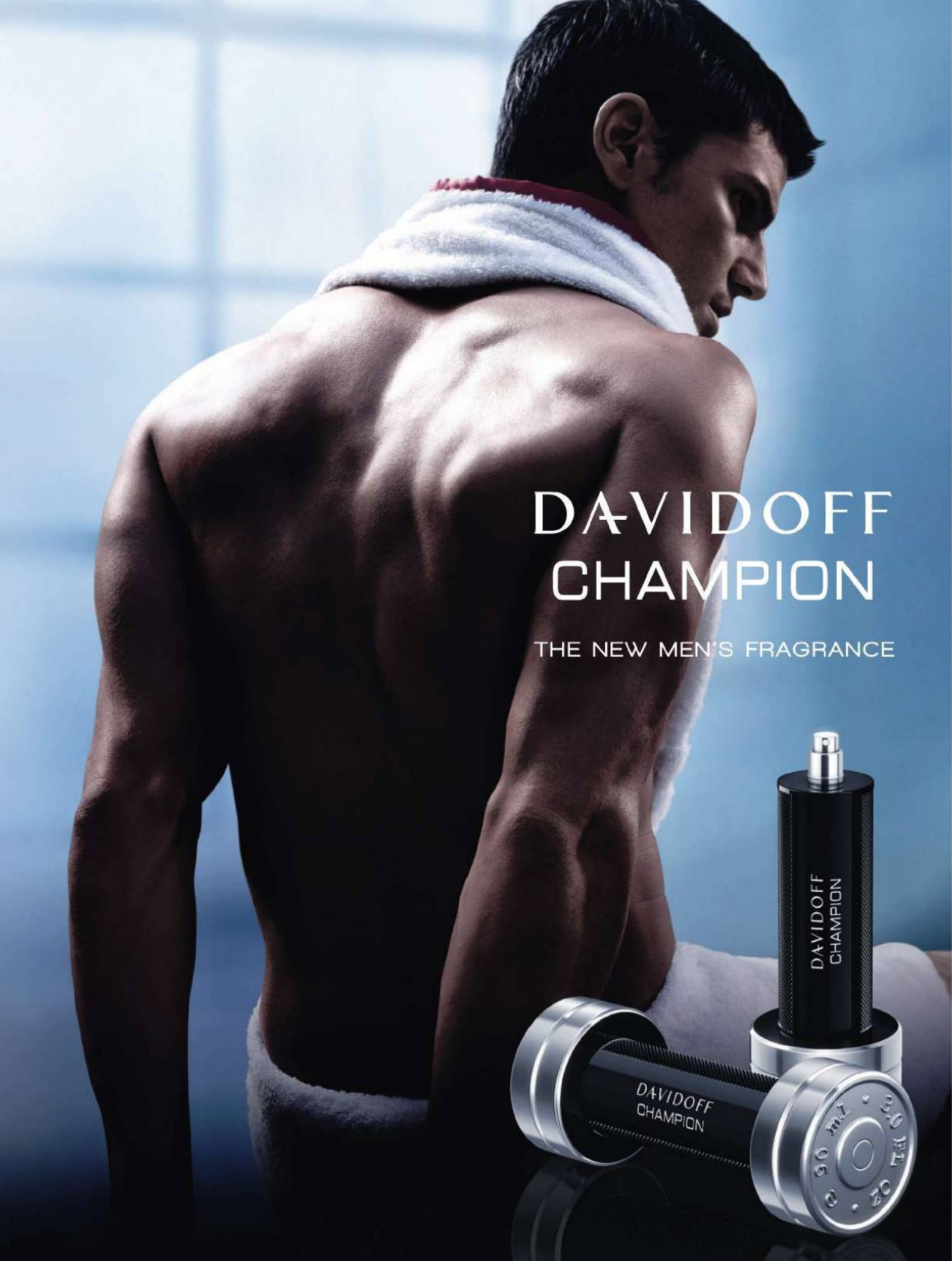
THE NEW RENAULT MEGANE COUPE CABRIOLET WITH ALL-GLASS ROOF

renault.co.uk and Renault TV Sky Guide 883

DRIVE THE CHANGE

RENAULT

The official fuel consumption figures in mpg (l/100km) for the New Mégane Coupé-Cabriolet Dynamique TomTom range are Urban 25.9–46.3 (10.6–6.1); Extra Urban 44.8–64.2 (6.3–4.4); Combined 35.3–56.5 (8.0–5.0). The official CO_2 emissions range from 164 to 130 g/km.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HOW MANY PRESS-UPS CAN YOU DO?

Reveal your inner champion and win great prizes with our nationwide competition

If you're reading this magazine you're probably no stranger to training. You might go to the gym, play a team sport, or just enjoy a long run at the weekend. But, whatever form your training takes, when was the last time you set yourself a challenge that really pushed you to your physical limits?

Davidoff fragrances and *Men's Health* are giving you the opportunity to prove yourself. To celebrate the launch of Davidoff's iconic new fragrance – Davidoff Champion – created for men who want to excel in every aspect of their lives, we've put together a challenge that will pit you against readers nationwide to find out who is the UK's Davidoff Champion. To take part in the challenge visit **menshealth.co.uk/davidoffchampion** and enter your results for the four disciplines being tested (see box, below). You can test yourself as many times as you want during the challenge and update your results. Each week the best competitors will win Davidoff Champion products. The top 20 on the leaderboard, at the end of the challenge in October, will be invited to a top London venue later that month for the *MH*/Davidoff Champion Challenge Grand Final which will be filmed and shown on **menshealth.co.uk**.

Register today to discover your inner champion. **Davidoff Champion, the new fragrance for men, is available nationwide from 28 July 2010.**

Will you rise to the Challenge?

You'll be tested over four disciplines, each one recognised as a benchmark of fitness:

- The number of press-ups in one minute
- The number of chin-ups to failure
- Fastest 5km run (on a running machine at one degree incline)
- Fastest 2km row (on a rowing machine at the hardest setting)

£1000's of prizes to be won

The perfect press-up

What many people think of as a press-up is often not the real deal. To be a champion you want to make sure that you're doing it correctly so when you assume the position make sure your hands are shoulder-width apart and flat on the floor. Your back must be straight and should remain so throughout. Keep looking up as you lower yourself down and keep going until your chest is fist-height from the floor. Ignore those who steam through endless 'half' press-ups – technique is more important than bragging rights.

Test yourself and challenge your mates at

menshealth.co.uk/davidoffchampion

Competition starts 5 August

The New Pills that will change your life

We are on the cusp of a pharmaceutical revolution. MH has the inside story on the new remedies about to flood the market. In the future the important things in your life could be entirely made of pills...

WORDS STEPHEN ARMSTRONG
PHOTOGRAPHY PETER CROWTHER ASSOCIATES

Now **Nytol**

"Between 60-65% of people who visit GP's surgeries have a sleep disorder," says Dr Neil Stanley, who runs clinical sleep research at Norwich University Hospital. Your life could be improved by more kip. Enter Nytol. It stops your brain making neurotransmitter acetylcholine, which keeps you awake. "It's the only over-the-counter drug with solid evidence and a proven safety record," says Michael Sharp, director of psychological medicine research at the University of Edinburgh. Sweet dreams.

- **ACTION** *Accelerates ability to sleep*
- **DOSE** *50mg (1 pill)*
- **PRICE** *£3.49 for 16*
- **AVAILABILITY** *Over-the-counter or nytol.co.uk*

Coming Soon **Sleep Enhancers**

The future of sleep is in quality, not quantity. "We know we should have six to eight hours or may risk reducing our lifespans," says Professor Donald Singer at the British Pharmacological Society. "But modern life barely allows people that. New pills [based on orexins – hormones involved in the sleep/wake system] will deliver eight hours worth of benefit from a rushed five." Drug company Merck&Co hope to bring these to the market by 2012. Start planning some big nights out.

- **ACTION** *Improves sleep*
- **ACTIVE INGREDIENT** *Orexin hormones*
- **AVAILABILITY** *Expected 2012*
- **MORE** *merck.com*

The cardio of the future could be powered by pills

£59

Average amount spent by a UK adult per year on over-the-counter medicines
(Mintel)

Get lean without the treadmill

Now **Orlistat (Alli)**

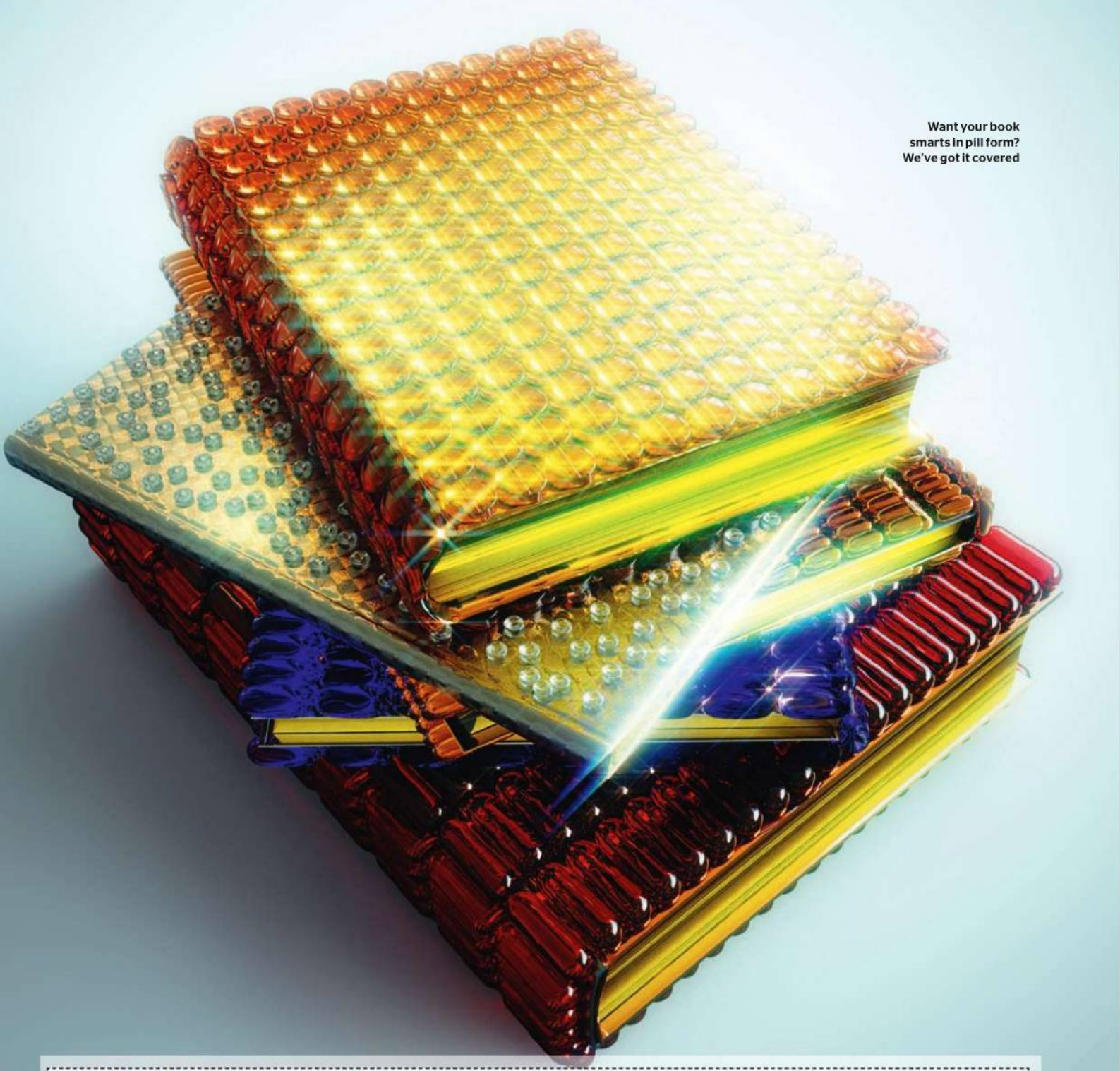
Dr David Haslam, chairman of the National Obesity Forum, believes there's a solid case for Orlistat – available without prescription as Alli. It blocks fat-digesting enzymes, stopping 30% of the fat you eat being absorbed and the National Institute for Health and Clinical Excellence cites 16 clinical trials showing significant weight-loss. Beware though, last year *Men's Health* trialled Alli and found the side-effects unsavoury. Undigested fat comes out with your stools, producing some rather alarming toilet visits.

- **ACTION** *Blocks fat*
- **DOSE** *3x60mg pills per day*
- **PRICE** *£33 for 42x60mg*
- **AVAILABILITY** *Over-the-counter, alli.co.uk*

Coming Soon **Appetite Controllers**

Things would be a lot simpler if we could just stop ourselves from eating that extra piece of cake. Professor Moïse Bendayan at the University of Montreal has started testing appetite suppressant pills, which work using the natural hormone leptin. "Leptin regulates appetite," says Bendayan. "In pill form it would provide the sensation of being full." But with clinical trials just starting, you'll be waiting a while before you can switch off your burger urge. ▶

- **ACTION** *Curbs appetite*
- **ACTIVE INGREDIENT** *Leptin*
- **AVAILABILITY** *2016*
- **MORE** *umontreal.ca/english*



Want your book smarts in pill form? We've got it covered

Instant Einstein

Now **Pro Plus**

Currently the only legal, proven, concentration-enhancing pills are made from caffeine. The tea-break staple speeds neuron activity in your brain. Researchers at the Medical University Innsbruck found it boosts short-term memory. There's a 'but', though. "The body adapts to caffeine quickly," says Dr Neil Stanley, sleep expert at Norwich and Norfolk University Hospital. He advises using caffeine pills sparingly to preserve their function, so only resort to them once a month at the most.

- **ACTION** *Speeds up your brain activity*
- **DOSE** *8 (400mg) per day*
- **PRICE** *16 x 50mg £2.29*
- **AVAILABILITY** *Over-the-counter or proplus.co.uk*

Coming Soon **Memory Enhancers**

University of Manchester bioethics specialist, Professor John Harris argues Adderall and Ritalin, which have mental-enhancement qualities, should be made freely available – both are currently class B without prescription. But the future of pharma-smarts lies with Ampakines (chemicals that mimic OEA, a compound in fatty foods) found by University of California research to trigger a process that consolidates memory. Which explains why you remember just how good that pizza tasted.

- **ACTION** *Aids memory*
- **ACTIVE INGREDIENT** *Ampakines*
- **AVAILABILITY** *Expected by 2018*
- **MORE** *ampakines.org*

A bullet-proof heart...

Now Zocor Heart Pro

The success of Lady Gaga attests that there's no justice in the world. Still, though, we're shocked that you can never smoke or drink, eat well, exercise and *still* have heart-attack-level cholesterol thanks to your genes. Thankfully statins are effective at reducing bad (LDL) cholesterol. University of Glasgow research found statin-takers reduced their risk of a fatal heart attack by 25%, even up to 10 years later. Zocor is available over-the-counter, and packs a long-term punch.

- **ACTION** *Lowers cholesterol*
- **DOSE** *10mg (1 pill) per day*
- **PRICE** *£7.99 for 28*
- **AVAILABILITY** *Over-the-counter, Pharmacy2u.co.uk or merck.com*

Coming Soon Cholesterol Clearers

Expected to hit the market in 5-10 years CER-001, from Franco-American company Cerenis Therapeutics, could be the ultimate insurance for your most vital organ. CER-001 mimics the body's own LDL (bad) cholesterol remover. In May, Cerenis reported that an early trial showed no ill effects and up to 2mg of LDL cholesterol on the move for every kilogram of the patient's bodyweight. Unfortunately, there's no sign of a pill to permanently remove Lady Gaga from the nation's airwaves. ▶

- **ACTION** *Synthesised LDL cholesterol remover*
- **ACTIVE INGREDIENT** *CER-001*
- **AVAILABILITY** *Expected 2015*
- **MORE** *cerenis.com*

£13 billion

Total value of prescription drug sales in the UK last year

(Association of the British Pharmaceutical Industry)

Save your heart with protective capsules

Are you ready for the chemical lap dance?

£120 million
spent on herbal remedies in the UK last year
(Mintel)

The quickest sex-life booster

Now **Viagra**

The little blue pill is easier to get your hands on since Boots rolled out their 'without prescription trial' nationwide last year. "At selected shops we have pharmacists licensed to sell the pill – although they'll interview first," says Boots pharmacist Angela Chalmers. "We chose Viagra because it has the longest safety record." University of Florence research suggests 25mg could also reduce recovery time between ejaculations. So if you're a man who likes second helpings it's worth a place in your thoughts. And your bedside drawer.

- **ACTION** Improves bloodflow to the penis
- **DOSE** 100mg per day
- **PRICE** £55 for first 4
- **AVAILABILITY** Over-the-counter, viagra.com

Coming Soon **Pleasure Boosters**

In 2009 US company Rexahn Pharmaceuticals announced new drug Zoraxel. Unlike Viagra, Zoraxel works on the central nervous system and during clinical trials men experienced heightened sexual arousal, stronger erections and improved orgasms. It should be on the market in three years time. Researchers are also optimistic that a safe, effective method of male contraception, which tricks the brain into shutting off sperm production, will be a reality by 2015. Trials in Manchester and Newcastle show good results. And no, they didn't involve drinking nine pints of Stella. MH

- **ACTION** Boosts serotonin and dopamine
- **MORE** rexahn.com
- **ACTIVE INGREDIENT** Clavulanic acid
- **AVAILABILITY** 2013

Clinically tested to make your immune system

FEEL LIKE IT'S WEARING A SUIT OF ARMOUR

Immune Life contains Lactoferrin, otherwise known as nature's miracle ingredient. This antibacterial and antiviral wonder stuff is like giving your immune system a suit of armour.

And because Immune Life is from BioRemedies, you get a full clinical measure, giving your body the best possible chance of fighting off all those nasty bugs out there.

Available at rowlands pharmacy

Release your inner **OOMPH**

www.bioremedies.eu

SEX ENCYCLOPAEDIA VOL. III: J-O

Love letters...

It's amazing what a spring tide can wash up on the shore line

J is for...

Just in time. Not for summer, but because research at the University of Helsinki says women are 16% more beautiful than they used to be. Tap into this glut of sirens by following our advice to the letter... ▶

WORDS JON AXWORTHY **PHOTOGRAPHY** JAMIE BAKER

J cont'd...

JOHANSSON, Scarlett

IN A STUDY AT THE University of St Andrews, curvaceous women were rated by male test subjects as more attractive than thinner women. At 5ft 4in (163cm) and a 34C, Miss Johansson is the voluptuous picture of health. Researchers at the University of Gdansk discovered that a woman is deemed to be most attractive to men when her waist is 76% of her bust size and 70% of her hips. Another hit for Scarlett at 34-25-36.

JESSICA RABBIT, vibrating

The UK's best selling sex toy according to the books of online retailer lovehoney.co.uk. A paper published in the *The Journal of Sexual Medicine* reveals that vibrators make an impact on both partners' sexual enjoyment. Men who brought the buzz reported improved erectile and orgasmic function, and sexual satisfaction.

JEALOUSY, hers and his

If one partner sees green, it can flip your sex life from 'red hot' to 'blue balls'. "Jealously can have a huge impact on sexual intimacy" says Wendy Troxel, assistant professor of psychiatry at the University of Pittsburgh. Take the test and rate your relationship's level of DEFCON jealousy readiness. Then act to neutralise the threat, fast.

Relationship status
- a) Living apart ☐
- b) Living together ☐
- c) Married ☐

How often do you have sex? (Yes, with her.)
- a) >3 times a week ☐
- b) <3 times a week ☐
- c) Once a month ☐

How much shared commitment is there?
- a) None ☐
- b) Children ☐
- c) Children and a home ☐

When you're talking to another woman is she?
- a) Unconcerned ☐
- b) Distracted ☐
- c) All over you ☐

How long does she spend on Facebook?
- a) 15 minutes ☐
- b) Half an hour a day ☐
- c) An hour a day ☐

Scoring
A = 1 points
B = 3 points
C = 5 point

Scores

5-10

Jealousy DEFCON 5 (peacetime military readiness)
Zero pangs and perhaps your relationship is not worth worrying about but, done right, a twinge or two in the right place will actually improve your sex-life. "Fleeting jealousy can promote commitment, as long as you're honest about it," says Troxel. "Admitting to a rare occasion when you felt jealous will actually make her realise how much you value her." Don't push the negotiations too far, mind, or you'll be reaching for the red phone before you know it.

11-19

Jealousy DEFCON 3 (increase in force readiness, heightened security)
Your actions are being monitored, so avoid making any promises you'll find difficult to keep – such as saying you'll always be contactable. "Watch out for behaviours that exclude your partner, like mentioning a female colleague at work just a little too often for her liking or spending time with women at a social event at the expense of her," says sexual and relationship psychotherapist Paula Hall.

20-25

Jealousy DEFCON 1 (maximum readiness – attack imminent)
The vast amount of information that one partner can get about the other online can cause a jealousy overload, according to the University of Guelph, Canada. We all know someone whose girlfriend has gone nuts after seeing those pictures from the stag night. "The problem with social networking information is that it lacks context," says study leader Amy Muise. So tell her who you've 'poked' and why and keep your profile pictures to ones she's seen before. Not you and Natalie from accounts.

JEWELLERY, bribe her with

Presenting her with a well-targeted object of desire will unleash a flood of 'gratitude'. The key to the cookie jar is knowing what present to buy, and when best to present it

WHAT? Dream-catcher earrings
WHEN? Birthdays
WHY? According to onepoll.com, 60% of women want 'personal' gifts. "Earrings are an investment of time and effort," says relationship psychotherapist Paula Hall.
TRY Nikita gold-plated earrings, £100 Isharya (net-a-porter.com).

WHAT? Charm bracelet
WHEN? First anniversary
WHY? "Include one charm that alludes to the anniversary," says stylist Gayle Rinkoff. "It suggests that you've got plans for further additions," adds Hall.
TRY Tapestry Curio £68 Hannah Zakari (hannahzakari.co.uk).

WHAT? Cocktail ring
WHEN? Before a night out
WHY? Big, faux-stoned rings are reassuring but inexpensive. "They prove an emotional outlay in making her look good," says Hall. Reap the benefits later in the evening.
TRY Over-sized rhinestone cocktail ring £18 asos.com.

STYLIST REEMÉ IDRIS REEMEIDRIS.COM. STYLING ASSISTANT KARENA SEDGEWICK. HAIR AND MAKEUP SUSANA MOTA ARTISTIC LICENCE. MODELS LARISSA HUBER PREMIER; LAUREN DODD MOT. CELEBRITY HEAD SHOT DROP INS GETTY STICKMAN ILLOS JASON PICKERSGILL ACUTEGRAPHICS.CO.UK. PREVIOUS PAGE: SWIMSUIT AMERICAN APPAREL AMERICANAPPAREL.NET/INTL/UK; NECKLACE AKONG LONDON AKONGLONDON.COM

K is for...

Time for a little practice. Remember deep breaths

KISSING, the art of good

Regardless of whether you're sealing a new deal or on familiar ground, a study at Lafayette College in Pennsylvania found she's 53% more likely to sleep with you if your kissing is 'above average'. Unsurprising, considering her lips have one of the highest concentrations of sensory neurons. "More than a third of the brain is active during kissing," says biological anthropologist Dr Helen Fisher. "The somatosensory cortex – which interprets stimuli into pleasure – is sent into overdrive." That's the science, this is the method.

1) Get it right Women tilt their head right twice as often as left. "It exposes the left cheek, controlled by the right, more emotional half of the brain," says Fisher.

2) Top marks Albright College, US, found the most positive female response came from guys who kissed their partner's upper lip.

3) Mix it up State University of New York found a bad kiss was 'static'. Women prefered a variation in 'speed' and 'intensity'.What are you waiting for?

KEGELS, better than...

Improving your sexual stamina used to be groin-squeezingly inconvenient. Blow off the idea of a Kegel workout and learn how controlling your breathing can stop you from exploding too soon

THE THEORY

"The shallow breathing associated with excitement is a prime mover in triggering quick orgasms," says Jacquie Noelle Greaux author of *Better Sex Through Yoga* (Broadway). "Instead you need to learn to inhale deeply and imagine the air filling your pelvis and oxygenating your orgasm-controlling pelvic floor muscles."

THE PRACTICAL

Lie down with a pencil on your belly button and inhale deeply, but focus on moving the pencil *not* your chest. Research from the Kinsey Institute showed that using this breathing technique during sex delayed orgasm in 67% of male subjects. Which, if we're not mistaken, means it's more reliable than struggling with the 17 times-table. ▶

BIKINI ACCESSORIZE ACCESSORIZE.COM

L is for...

No really, after you...

LADIES FIRST, staying power means

New Kinsey Institute research reveals that men suffering from premature ejaculation, who did not try to distract themselves during sex, enjoy a 90% success rate in delaying orgasm. "Control over rapid ejaculation is about becoming more tuned into the process, not less," says Paula Hall. "Note how you feel as you near climax. Then stop, breathe deeply and continue." Repeat several times and you can train yourself to slow the whole process down. After you, my dear...

OR TRY THIS...

Feel the squeeze Just before reaching the point of no return, place a thumb on the ridge at the base of your penis and squeeze tightly for five seconds. "Three per session gives a stronger orgasm," says Hall.

Go cowgirl! Lie back and focus on your arousal. Rate it from zero (what launch?) to 10 (lift-off). When you reach five, have her hold still for 30 seconds. Research found this added seven minutes to the show.

LEGS

The body part that 80% of women polled said they wished their partner would touch more during sex. Let's start seeing about that then, shall we?

(Source: The Kinsey Institute)

LOHAN, Lindsay

Research in *The Journal of Sexual Medicine* shows that women who like a drink (or two) have higher sex drives. The study found two glasses of wine a day increased female sexual activity and enjoyment. That's *two* glasses...

THIS PAGE: BIKINI MELISSA ODABASH ODABASH.COM; CUFF DARKHORSE JEWELLERY DARKHORSEORNAMENT.CO.UK.
PREVIOUS PAGE: BIKINI MELISSA ODABASH ODABASH.COM; BANGLE STACK FREEDOM AT TOPSHOP TOPSHOP.COM

M is for...

...Magnum, the white one. So what are you waiting for?

LUBRICATION (1) Before the bedroom

Scientists at the University of St Andrews found the optimal amount of alcohol to drink before sex is 4 units. This is when the 'beer goggles' effect peaks – with both sexes finding one another 25% more attractive – and it's the maximum you can drink before booze starts to impair sexual performance. Here's what those drinks could look like...

HIS		HERS	
2 bottles	Heineken	**2 flutes**	champagne
1 ½ pints	Magners	**3**	gin & tonics
4 shots	Jameson whiskey	**3**	small glasses of wine

(2) In the bedroom

David Cameron is testament to the fact that the slipperier you are, the more likely you are to succeed. In an Indiana University study of 2,453 women, 70% said that lubricant contributed to more satisfying sessions. Opt for one that's water-based and you'll slip past the tacky, medical and uniquely unsexy texture of silicone.

LESBIANS, learn from

Somewhere in a man's head – between a bed bath from Kate Beckinsale and a holiday in the Pirelli calendar – is watching several women engage in sapphic passion. So look *and* learn. In an MSNBC survey of women who have had a lesbian experience, the most popular remark was that female lovers understood that their arousal cycle runs longer – around 20 minutes. Put it away and give her an erotic massage, courtesy of Maya Silverman, author of the *Erotic Massage Guide* (erotic-massage-guide.com)

1) Focus on nipples, breasts, neck, insides of arms and thighs, hollow of back, soles and palms. Everywhere but there, essentially.

2) Aim for the lightest possible touch and use both hands. "Keep things regular with one hand while sending the other out on surprise sorties," says Silverman.

3) "A sensual massage ensures that her nerve endings can't predict what's coming next, so use different strokes," adds Silverman. No, not the Gary Coleman sitcom.

4) Keep the gentle petting going for a full 20 minutes – your hard work will pay off.

5) Reap what you've sown.

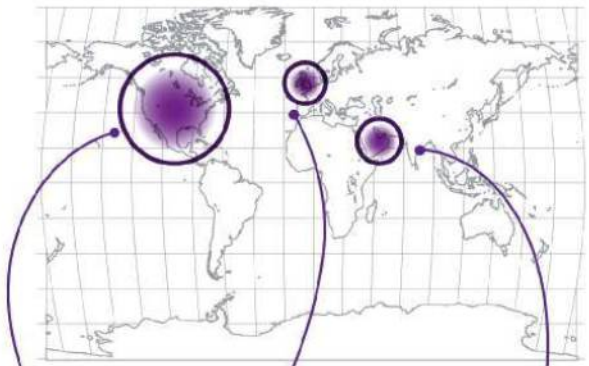
MILF

ALESSANDRA AMBROSIO

According to findings by scientists at Stanford University, California, chasing younger women contributes to the longevity of the human race by promoting the survival of the strongest genes. Enter a certain Brazilian, 29-year old mother of one (and professional see-through clothes horse).

MILE HIGH SEX, the law on

It's impractical and unhygienic. So why is getting down to it at 30,000ft such a popular fantasy? "Air travel brings us closer to the possibility of death," says Alain de Botton author of *A Week At The Airport* (Profile Books). "We feel more free towards sex than usual." But hat won't wash with the authorities. "The law depends on the destination and departure point," says Professor Gary Slapper at The Open University's Centre for Law.



US
Public lewdness is an offence in all US states and equals a fine or time in jail. Worse still, in some cases, you can even be registered as a sex offender. Or be labelled a terrorist under the Patriot Act. Yank alone, maybe.

UK
The Sexual Offences Act (2003) allows it, as long as the persons in question have a reasonable expectation of privacy. Whether turning the toilet lock to *occupied* constitutes this is down to the horrified cabin assistant.

Dubai
Just don't. In a country where a public peck on the cheek can land you in a world of trouble, impromptu toilet sex is more than likely to be frowned upon. Be ready for a hefty fine and/or a prison sentence. ▶

N is for...

NYMPHOS, nation of

With an average of 20.4 sexual partners each in a lifetime, New Zealand has the most promiscuous women in the world.
London Heathrow to Auckland, £709, cheapflights.co.uk

NONE, getting

ARE YOU JUST a habit and a bad haircut away from becoming a fully-fledged monk? Fear not, brother, for ending thine drought is a simple case of lowering the *Cadfael* box set, your razor and your voice.

A onepoll.com study found two days worth of facial stubble is women's biggest psychological fancy. Unshaven men are a turn-on for a huge 41% of women. Far more than 'investigating another murder in the Abbey', apparently. With daily shaving and suspect monastery analogies duly dropped, take your voice down an octave too. University of Nottingham's behavioural ecology research group found that women perceive men with deep voices as more attractive, stronger and taller than high-pitched squeakers. You could ask James Earl Jones, but he's probably busy.

Say hello to your post-workout treat

NAKED, how to look good

MIRROR MUSCLES are one thing but you should be able to back up your biceps when you drop your trousers. "An explosive kettlebell circuit emphasises those muscles just below the waist but also works the major muscles of the upper body too," says British Kettlebell Lifting Federation instructor Paul Fallows (renegadestrength.com). Do not perform naked. This isn't *Die Hard 2*.

Complete in a continuous circuit, then rest for 2 minutes before repeating. Start with 1 circuit and build up to 3 as you improve.

TWO-ARM SWINGS

Hold the bell in both hands at knee level, palms facing you. With your feet wider than your shoulders, swing the weight to horizontal, then let it swing back between your legs and repeat. Make sure you hinge at the hips during the movement. Do 20 reps.

ONE-ARM SNATCH

Hold in one hand with your palm facing you. Swing the weight to horizontal, then bend your arm as it approaches the chest and straighten it overhead. Twist the kettlebell from the front of your hand to the back. Swing between your legs and repeat. Do 10 reps on each arm.

DEADLIFT

Start with your feet wider than shoulder-width apart and grab the kettlebell with both hands, palms facing towards you. With arms straight lift the weight by driving forward with your hips. Power up explosively then lower it with a controlled movement. Do 20 reps.

NIGHT, stag

Even though you say you won't end up in one, you *always* do. Here's how many strip clubs you'll find per UK city*

1	London	37	6	Huddersfield	4
2	Leeds	7	7	Doncaster	3
3	Bristol	6	8	Leicester	3
4	Birmingham	5	9	Southampton	3
5	Watford	4	10	Plymouth	2

*SOURCE: STRIP-MAGAZINE.COM

O is for...

ONE NIGHT STAND, negotiate a

Q *"Your place or mine?"*
A HERS
Always her place. Never insist on taking her back to your house. "Personal safety is going to be paramount for her and she's going to be more relaxed at her own home," says sexual and relationship psychotherapist Paula Hall. Not having your own toothbrush to hand is a small price to pay.

Q *"Do you want to sit down?"*
A NO, ACTUALLY
A study by the University of Illinois in Chicago found that women showed greater arousal responses – measured by recording the number of nonverbal cues – while being kissed standing up, rather than laying or sitting down.

Q *"Do you think I do this all the time?"*
A GOD NO, OF COURSE NOT!
The final barrier is a psychological one. "They want you to understand that they aren't like this normally," says Professor Anne Campbell from Durham University, specialist in the psychological impact of one-nighters. "They need the guy to know they are doing this for him on this night as a particular event."

Q *"Am I going to see you again?"*
A YES/NO (DELETE AS APPLICABLE)
Ensure you've got all of your belongings. That's 100% of the things that belong to you – keys, phone, wallet, any clothing you want to keep. The only thing you should leave behind is your number, if you do actually plan on seeing her again. MH

She's like *The Wire* – well worth a second viewing

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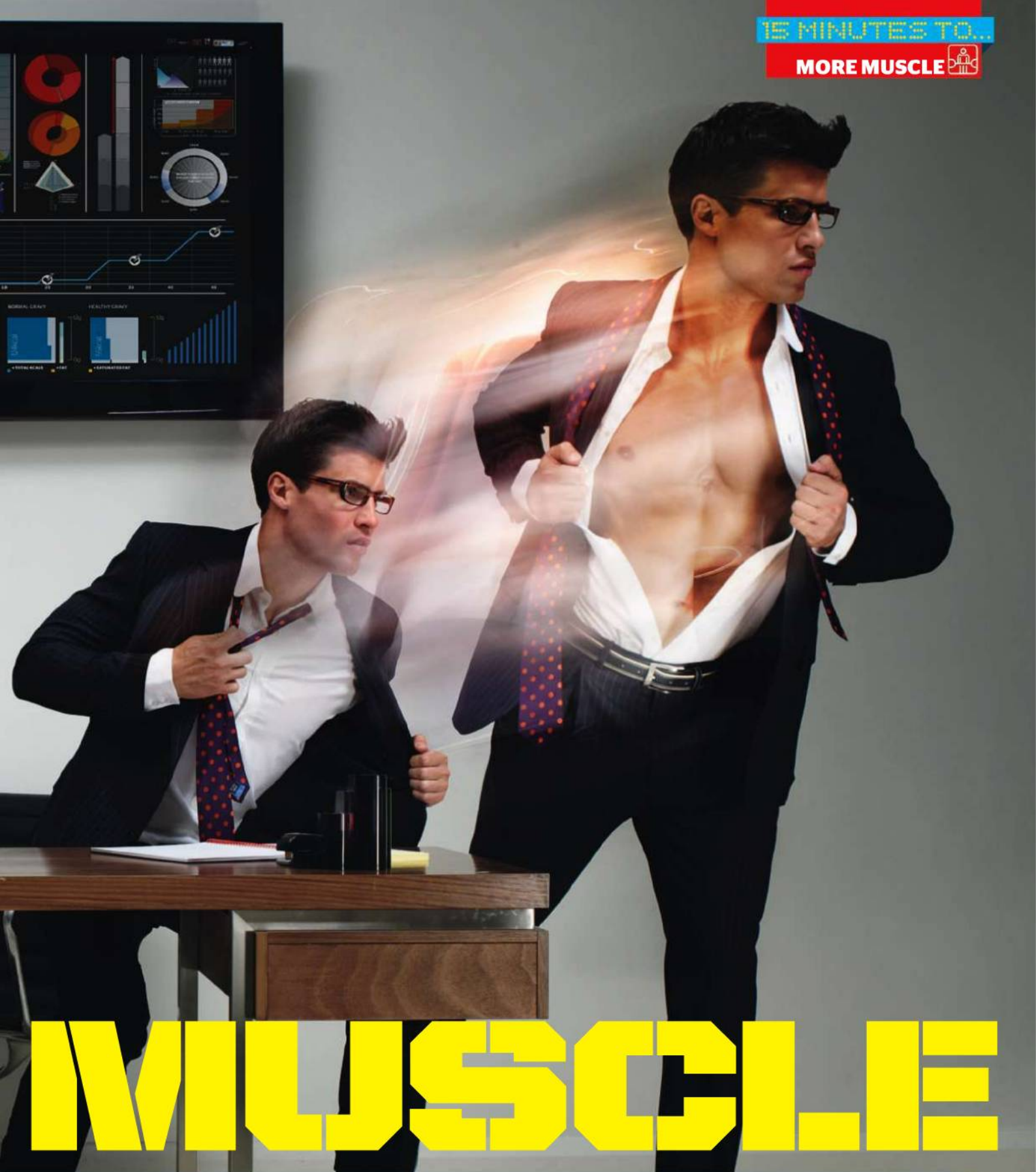
In and out of the gym with Clark Kent pace

15 MINUTE

Don't let getting into shape slow you down. Pack on muscle and burn fat every day without encroaching on your work or your play time. Build the body you really want in 15 minutes flat. Ready? Go

PHOTOGRAPHY GLEN BURROWS



MUSCLE

YOUR GOALS ARE JUST A PAGE AWAY...

1. Full-body muscle
2. High-speed weight loss
3. The express six-pack

Getting a cover-model physique is not a test of your physical strength. Nor is it a matter of unbending gym-floor discipline. It is a question of time. *MH* has taken those long weights sessions and endless minutes on the treadmill and squeezed them into three, quarter-of-an-hour sessions – giving you the workouts you need, without training your life away. Whatever your goal, 15 minutes a day is all you need to achieve it. The clock starts now...

GO!

1 FULL BODY MUSCLE

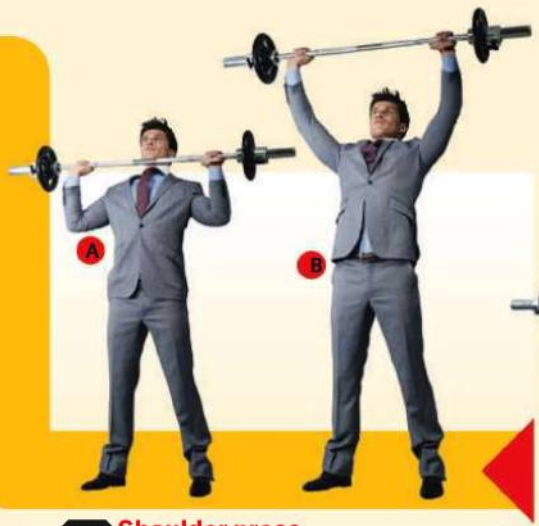
ONE-BAR, TOTAL-BODY STRENGTH CIRCUIT

This quarter-of-an-hour, 6-step, 1-bar circuit, designed by Angus Morison, head physical trainer at Equilibrium Verbier health retreat (equilibriumverbier.co.uk), hits every muscle and is quick enough to do in your lunch hour. By the time you've whipped your suit off, it'll be time to start putting it back on again. Complete a whole circuit, treat yourself to 30 seconds rest, then repeat for a total of 4 circuits.

START

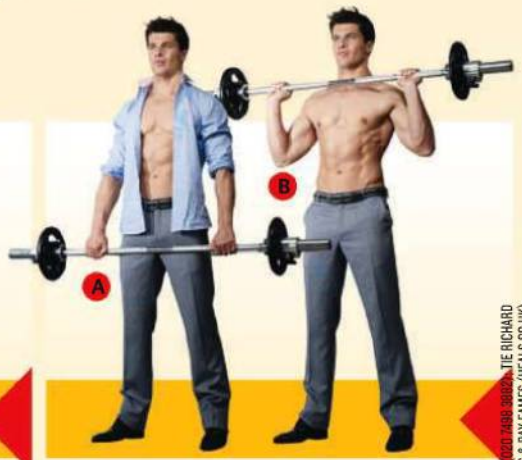
WARM UP

- **Squat and reach – 20 seconds**
  Squat down then stand on your toes, reaching up with your arms. Think YMCA. But different.
- **Back slaps – 20 seconds**
  Start standing with your arms out to your sides. Swing them across your chest, slap yourself on the back then open up. Repeat vigorously.
- **Spinal rotations – 20 seconds**
  Lie on your back, knees up. Drop knees to one side then the other without twisting your body.



6 Shoulder press
30 seconds.

Your final lift, this time to the front of your shoulders. Hold the barbell at chin-height **(A)** then, press to the ceiling **(B)**. This targets your upper traps and deltoids.



5 Reverse curls
30 seconds

A normal bicep bar-bell curl, but with a 'motorcycle grip'. Hold the bar, knuckles facing away from you **(A)**, raise **(B)** and lower. Hits your triceps and strengthens your forearms.

END

- **Warm down**
  You're done with 30 seconds to spare – spend them stretching and your muscles won't be playing a painful game of catch-up for days to come.
- **Deltoids** (5 seconds each arm)
  Hold your arm across your chest, pulling it in with the other to feel the stretch.
- **Forward stretch** (10 seconds)
  Stand with your feet wider than your shoulders then reach down and touch the floor.
- **Quads** (5 seconds each leg) Bring one foot up behind you to touch your buttocks and hold it with both hands.

OPENING PAGES: OPTICALS TOM FORD (TOMFORD.COM); PINSTRIPE SUIT GIEVES AND HAWKES (020 7434 2001 GIEVESANDHAWKES.COM); SHIRT THOMAS PINK (020 7498 9882); TIE RICHARD JAMES (020 7434 0605); WATCH RAYMOND WEIL (01428 656 822); SHOES GIORGIO ARMANI (020 7235 6232); DESK DWELL.CO.UK; VITRA ARMCHAIR BY CHARLES & RAY EAMES (HEALS.CO.UK).

2 HIGH-SPEED WEIGHT LOSS

THE LUNCHTIME FAT-SEARING TRIATHLON

1 Run

"A full-impact activity that requires the most energy expenditure," says personal trainer Dax Moy (daxmoy-pts.co.uk). Simply put, if you do your running last, you compromise your fat-burning potential. Because you'll probably fall over. "Increasing intervals tax your anaerobic pathways, depleting glycogen stores of quick-release energy and raising your metabolism," says Moy.

THE RUN INTERVALS

TIME	EFFORT
30s	50%
30s	**70%**
30s	50%
30s	**80%**
30s	50%
30s	**90%**
30s	50%
30s	**95%**
30s	50%
30s	**95%**

START

2 Cycle

"The specific muscle focus makes cycling an extreme lactic-acid producing activity," says Moy. Which means your legs are going to feel like they're spinning around the seventh circle of hell. It's worth taking the hit though: "Doubling up on those massive leg muscles after the run promotes an even bigger spike in the metabolism-boosting growth hormone that will burn body fat for the rest of the day."

THE CIRCUIT
Each movement should be performed consecutively with no rest between. A busy man has no time to hang around.

1 Bicep curls
30 seconds

The classic summer T-shirt sleeve-filler. Hold the barbell at waist-level **(A)**, then raise to shoulders **(B)**. The first set will feel like a walk in the park. The last, like having sand kicked in your face.

2 Lunges
30 seconds

Rest a bar across your shoulders **(A)** and take a stride forward. Lower **(B)**, then push up, bringing your back foot in line with the front. Switch lead legs and repeat.

4 Bent-over rows
30 seconds

Hit your upper back and shoulders. Bend at the waist **(A)** then, keeping your back still, use your arms to row the bar from a straight arm position to your waist **(B)**, not your chest.

3 Squat jumps
30 seconds

Get that bar back on your shoulders and lower into a standard squat **(A)**. Now push explosively up so your feet leave the floor **(B)**, then land bending your knees and sinking straight into the next rep.

Challenging yourself across three disciplines doesn't have to take 7hrs 50mins 27secs*. Five minutes of interval training on the runner, bike and rower is the short course to Olympic calorie-burning and will spike your metabolism for a full day of elite fat loss. Use this tailored session from personal trainer Dax Moy

THE CYCLE INTERVALS

TIME	RESISTANCE	SPEED	CADENCE
30s	High	Low	30-40rpm
30s	**Low**	**High**	**60-90rpm**
30s	Low	Low	30rpm
30s	**High**	**Low**	**30-40rpm**
30s	Low	High	60-90rpm
30s	**Low**	**Low**	**30rpm**
30s	High	Low	30-40rpm
30s	**Low**	**High**	**60-90rpm**
30s	Low	Low	30rpm
30s	**High**	**Low**	**30-40rpm**

3 Row

Your legs need a sit down, so your arms have to pick up the slack. "By rowing last you can keep work-rate high, ensuring greater fitness and fat burning," says Moy. "By this stage you'll have depleted your glycogen stores." So when you're back at your desk those fat stores will be emptying to replenish your muscles' glycogen stores. ►

THE ROW INTERVALS
Simply alternate between the following time splits of intensity for the full 5 minutes.

TIME	EFFORT
10s	Easy pace
20s	**Full effort**
10s	Easy pace
20s	**Full effort**

END

*CURRENT IRONMAN WORLD RECORD TIME SET BY LUC VAN VIERDE OF BELGIUM IN 1996. WORKOUT IDOPTICALS TOM FORD: SUIT RICHARD JAMES: SHIRT AND TIE BOTH HACKETT (020 7939 6865) WATCH SEIKO (01628 770988): SHOES GIORGIO ARMANI: VEST TOPMAN.(TOPMAN.COM) SHORTS ASICS (ASICS.CO.UK): TRAINERS NIKE (NIKE.COM). WORKOUT 2: SUIT RICHARD JAMES: SHIRT CANALI (020 7499 9005) TIE POLO RALPH LAUREN (020 7535 4600): LOAFERS GIORGIO ARMANI: TRACK PANTS D&G (020 7495 9250) TRAINERS NIKE: KHAKI VEST D&G

3 EXPRESS SIX-PACK

YOUR EVERYDAY EXPRESS ABS SESSION

Hitting your abs from every angle is the fastest route to being chairman of the washboard without putting the squeeze on the rest of your day. These exercises are set up in 'tri-sets'. "Complete each exercise in its group of three and repeat for the allocated number of sets before resting and moving onto the next group," says personal trainer Matt Roberts (mattroberts.co.uk).

START

GROUP A

1 Suitcase deadlift

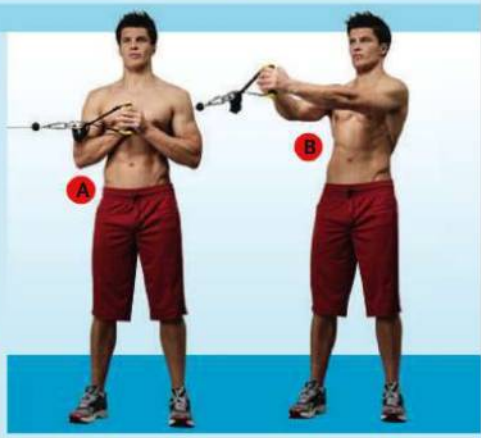
3 sets x 10 reps each side

Stand with your arms by your sides and a dumb-bell in one hand. Push your hips back and bend your knees, go down as far as you can without rounding your lower back **(A)**, and then stand up again **(B)**. The idea is to remain symmetrical in spite of a destabilising weight. Like finding the right England formation to accommodate Emile Heskey.

3 Side plank

3 sets x 30 seconds on each side

Lie on your side with your elbow bent and your forearm on the floor so your torso is propped up **(A)**. Legs should be straight and your feet on top of each other. Brace your core tightly and lift your hips until your body forms a straight line **(B)**. Rest for 60 seconds and repeat.

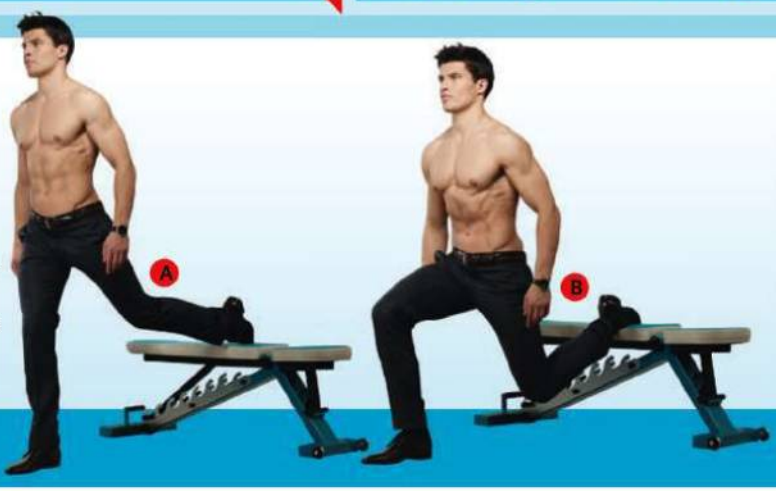


GROUP C

1 Split-squat isometric hold

2 sets x 30 seconds each side

Place one foot on a bench or chair a metre behind you **(A)**. Bend at the knee of the forward leg and lower yourself down until your bottom leg is just short of the floor **(B)**. Keep your torso upright and shoulders back. Hold for the allotted time with your weight through the mid-foot of the forward leg. Focus on the glutes and hamstrings doing the work.



SLOW DOWN (FOR 900 SECONDS)

These yoga positions will take you seconds to master and will help to keep your muscles injury free even

BEST FOR... BACK PAIN

The cat

"Releases tension in the spine, relieving pain and improving posture," says yoga teacher David Olton (thethirdspace.com).

1) Kneel on your hands and knees.

2) Exhale slowly and curl your buttocks, rounding the spine. Bring your chin to your chest.

3) Inhale, flex your spine in the opposite direction, move your chest down, and your chin up. Repeat 10 times.

BEST FOR... DE-STRESSING

Breathing exercise

Or MediationLite™. "Focus on 'smooth' breaths both in and out," says Olton. 'Ommms' not included.

1) Lie on your back, knees bent. Keep your feet on the floor and your chin in line with your chest.

2) Inhale. Think about filling up your abdomen, ribs, chest and lungs. Retain the breath for a count of four.

3) Exhale, feeling the abdomen soften into the spine. Remain without breath for four counts. Repeat 10 times.

2 Gym ball roll-out
3 sets x 10 reps

Kneel down in front of a gym ball with your hands on it **(A)**. Tighten up your abs and slowly roll the ball away from you **(B)**. Just before your back starts to sag, squeeze your abs to return to the start. You can make this exercise harder by using an Olympic bar instead of a ball. You know you want to.

3 Plank
3 sets x 30 seconds

Lie on the floor with your forearms under your chest **(A)**. Keep your elbows at 90 degrees and stable under your shoulders, brace your core and keep your hips level with your torso to create a 'flat' line from head to toe **(B)**. Then grit your teeth, hold the position and sneak sideways glances at any ladies yoga-ing on adjacent mats. 60 seconds rest.

GROUP B

2 Pallof press
3 sets x 10 reps on each side

Start side-on to the cable column, with a D-handle just below your shoulder and hold it to your chest in both hands **(A)**. Take a wide stance. Brace your core and extend your arms away from your chest **(B)**. Pause briefly at full extension and then return. That's one rep.

1 Cable pull-through
3 sets x 10 reps

Stand with your back to a cable column, with the rope attachment set to the lowest position. Reach between your legs to grasp it **(A)**. When your upper body is just short of parallel, push through your heels and use your glutes and back (not your arms) to return to standing **(B)**.

2 Cable woodchop
3 sets x 10 reps

Stand side-on to a cable column, a D-handle in both hands at chest height, arms extended and torso towards the column **(A)**. Keep your knees and hips slightly bent. Brace your core and pivot at your hips and shoulders to swing your arms like a bat at chest level **(B)**. Return under control to the starting position.

3 Reverse crunch
3 sets x 12 reps

Lie on your back, knees bent **(A)**. Contract your abs and pull your knees towards your chest **(B)**. The only movement should be a tilt of the pelvis. You can hold onto a medicine ball on the floor above your head to make it easier.

END

after the most vigorous of workouts (lycra-clad lady instructor not included – sorry)

BEST FOR... FLEXIBILITY

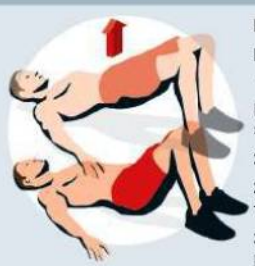
Yawning wide

If you're after power and speed don't turn your back on flexibility. But remember to draw the curtains...

1) "This stretch opens the pelvis and groin, commonly a 'tight' group of muscles for men," says Olton.

2) Lie down near a wall and shuffle up so your buttocks are pressed against the wall, then extend your legs up.

3) Open your legs until you feel a stretch. Hold for one minute. Extend the stretch but don't force it if it hurts.



BEST FOR... SEXUAL PERFORMANCE

Pelvic Tilts

"Sexual athleticism is improved by flexibility in the pelvis and spine," says Olton. "You are more able to sustain the powerful movements you need."

1) Lie on your back, feet on the floor, knees up.

2) Tuck your tailbone in, then raise your hips off the floor by rolling gently through your spine.

3) Lower yourself back down through the spine. Repeat 10 times and warn your better half. Or don't. NH

MODEL LEE PHILLIPS AT ANDI PETERS MODELS. STYLIST ABENA OFEI. GROOMING MIRANDA RIGG AT JOY GOODMAN. SPECIAL THANKS TO LIFESMART AT THE ALBANY (LIFESMART.CO.UK 0203 214 5038). DIGITAL IMAGING PRE MEDIA. ILLUSTRATIONS JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK. SUIT DAKS (0800 288 188); SHIRT THOMAS PINK (0207498 3882); TIE AND BELT BOTH CANALI; WATCH BOSS WATCHES (BOSSWATCHES.CO.UK); SHOES GIBSON LONDON (020 8532 1150); T-SHIRT AND SHORTS BOTH D&G; TRAINERS ASICS

15-MINUTE FUEL

It's possible to feed your body well without eating into your schedule. We've got six meals that take no more than 15-minutes to prepare and provide every nutritional benefit an *MH* man needs in an average day. Fast food is back on the menu

WORDS DAVID MORTON PHOTOGRAPHY PATRICE DE VILLIERS

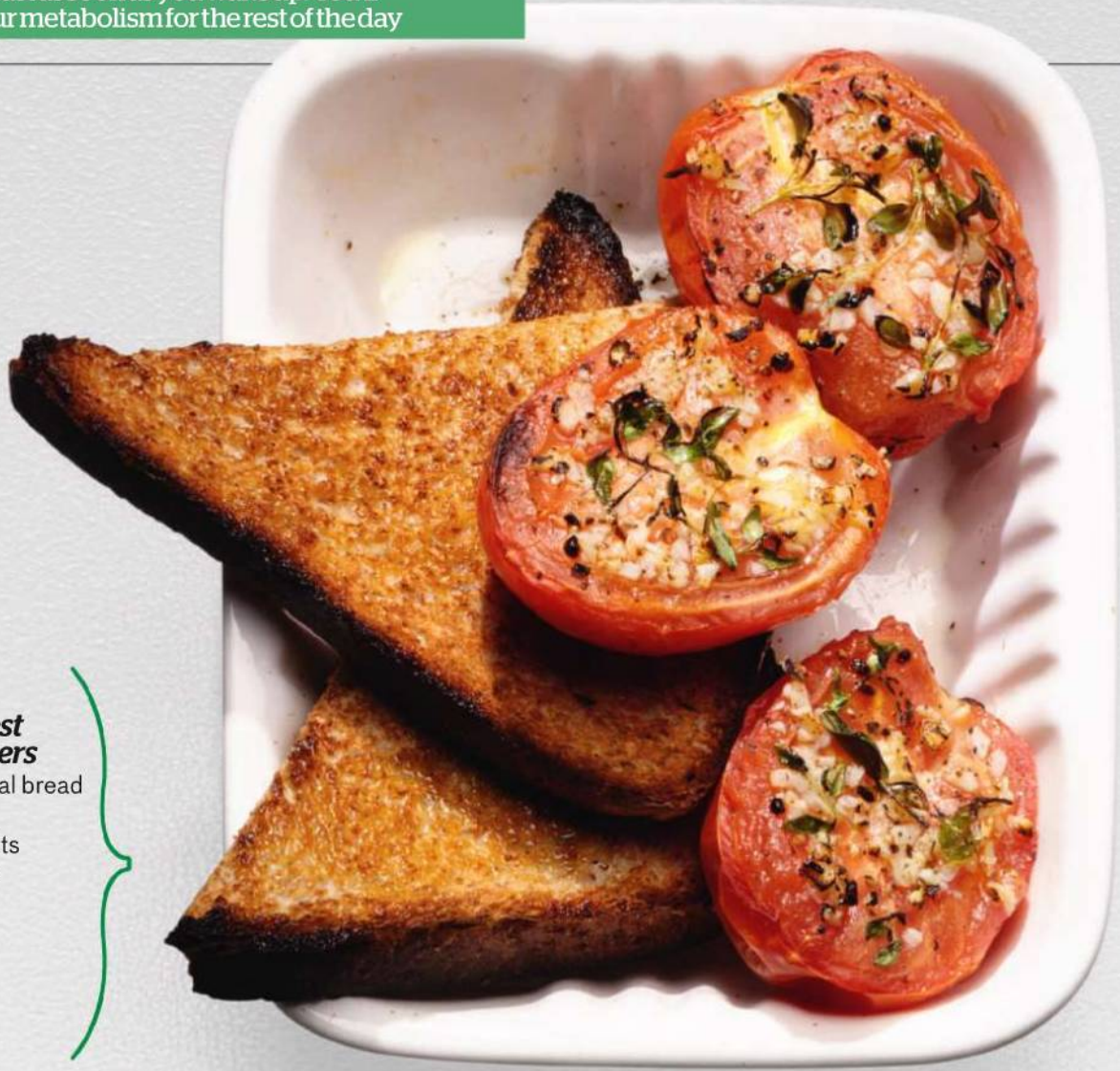
The rock-solid tenets of sports nutrition will keep you energised, powerful and strong. But, if we're completely honest, they don't always taste that great.

Bad food just won't do and fast food certainly doesn't cut it in the health stakes. You need good food... only faster than usual. You need to trim off the negatives, save the positives and stick them in a blender. Not sure where to start? Don't worry, *Men's Health* has done all the preparation for you. Because your body deserves only the healthiest fuel it can get, we asked expert sports nutritionist Trevor Bedding to give you a shopping list for a bespoke day of nutritional benefits. Then we asked six of the country's best chefs to construct fine-dining dishes out of these ingredients.

Best of all, each meal takes no longer than 15 minutes to make. No crème brûlée blowtorches or probe thermometers; no blanching, sautéing or liquid nitrogen; no hours slaving over a hot stove. Just straightforward food packed with all the nutrition you need.

Your new day of exquisite-tasting, quick-fix, power fuel is just a matter of minutes away.

07:05 Getting up +5Mins
Eat breakfast as soon as you wake up. You'll fire up your metabolism for the rest of the day



The Finest Fat Burners
- Wholemeal bread
- Oats
- Citrus fruits
- Tomatoes
- Apples
- Eggs
- Dairy
- Water
- Garlic

Metabolism-Boosting Breakfast

Start your morning the leaner way, with a simple, nutritionally-engineered meal that will kick your metabolism into action for an entire day of fat-burning. Tuck in, wake up, lose weight and still make it to work on time

ROAST TOMATOES ON TOAST

by Cass Titcombe, head chef of Canteen and author of *Great British Food* (Ebury Press, £16.99)

INGREDIENTS

- **1 garlic clove**
- **3 plum tomatoes**
- **A few sprigs of fresh thyme**
- **Salt and black pepper**
- **20ml olive oil**
- **1 slice thick wholemeal bread**
- **Olive oil to drizzle**
- **¼ lemon or lime**

Your body's benefit

"Wholemeal bread is low GI, so it releases carbs into your system for the rest of the morning. The vitamin C shot in the citrus fires up your metabolism," says Bedding. The tomatoes contain citric malic-oxalic acid, prompting the kidneys to filter out fat. Just don't overdo the olive oil. "Monounsaturated fat reduces LDL (bad cholesterol) but too much, this early, means you're likely to have more than your RDA by the end of the day."

The 15-minute method

0-2mins ➤ Preheat the oven to 175°C. Chop the **garlic** and mix with the olive oil. Yawn. Scratch head.

2-4 mins ➤ Halve the **plum tomatoes** lengthways and add to the bowl with the **thyme**. Season with **black pepper** and mix together.

4-9mins ➤ Fire up the grill and lay the **tomatoes** on a metal tray, cut-side up. Slide under the heat for 5 minutes, until they start to brown and you realise what day it is.

9-14mins ➤ Move them onto the bottom shelf of the oven for another 5 minutes and use the grill to toast the **bread**. Yawn again and notice your T-shirt is on inside out.

14-15mins ➤ Place the tomato halves on the toast, sprinkle with **salt** and drizzle **olive oil** over the top. Serve with a glass of water flavoured with a squeeze of **lime**. ►

11:00 Workout -2 Hours

An hour between your snack and workout will give you more energy for your session

Mid-Morning Muscle Fuel

Ready your body for a lunchtime gym session with a one-you-made-earlier muesli mix

Pre-workout power

- Brown rice
- Brown pasta
- Dried fruit
- Chicken/turkey
- Natural yoghurt
- Banana
- Apple with skin
- Green beans
- Celery

DRIED FRUIT MUESLI

by Robin Gill, head chef at Sauterelle, London

YOUR BODY'S BENEFIT

"The banana is full of slow-release carbs to fuel your workout. The rest of the fruit and oats make this high fibre as well as low GI, which combine for a steady supply of energy rather than a spike and crash," says Bedding. Which means you won't bottom out when you're at full tilt on the treadmill.

INGREDIENTS

- 1 apple
- 1 banana
- 1 lemon
- 1tbsp pine nuts or hazel nuts
- 1tbsp dried parsnip
- 1tbsp dried banana
- 1tbsp dried apple
- 1tsp sunflower seeds
- 3tbsp oats
- Skimmed milk
- Natural yoghurt
- Drizzle of honey

THE 15-MINUTE METHOD

1-4mins ➤ Core and slice the **apple**, then peel and slice the **banana**.

4-5mins ➤ Squeeze over some **lemon** juice. The juice will keep the fruit fresh rather than withering like your legs after 'Squats Tuesday'.

5-13mins ➤ Stick the **dry ingredients** in a bowl and mix. Sprinkle on the nuts. This mixture can be stored in an airtight container for up to a week, so mix some more and you'll be set for a week's worth of spoon reps.

13-15mins ➤ Splash over the **milk**. Add more if you're after quicker-wolfing wetness, less if you want some bite before crunch time at the gym. Finally, add the **yoghurt** and drizzle with **honey**.

14:30 Workout +45 Mins

Any high-protein meal after exercise should be within 45 minutes of the end of your session

Muscle-Building Bagel

Quick to make and speeds protein to your muscles

Strongest post-gym builders

- Egg whites
- Chicken/turkey
- Oily fish
- White rice
- White bread
- Pasta
- Cheese
- Rice cakes
- Yoghurt

GRILLED ASPARAGUS AND SPRING ONION BAGEL

by Jeremy Lee, head chef, Blueprint Café

INGREDIENTS

- 1 bagel
- 2 sardines
- Clove of garlic
- Extra virgin olive oil
- 5 spears of asparagus
- 3 spring onions
- 1 lemon

YOUR BODY'S BENEFIT

"Fish provide protein without the fat of red meat but *with* essential fatty acids, which have a positive effect on muscle metabolism," says Bedding. Asparagus is low in calories but high in fibre, helping you get the most out of the other nutritional benefits on offer. "White or wholemeal bagels are best after your workout," says Bedding. "High-GI carbs play an important role in transporting protein to your muscles."

THE 15-MINUTE METHOD

1-3mins ➤ Warm a griddle pan over a medium heat. Boil the **asparagus** and **spring onions**. Remove and lay out on the pan.

3-5mins ➤ Up the heat and add some olive oil. Let a minute go by, then turn. Remove to a chopping board.

6-10mins ➤ Lightly oil the **fish** fillets, lower the heat under the grill and lay them skin-side down. Once they're done put them on a plate. Don't pick at them, mind.

10-13mins ➤ Halve the **bagel** and stick on the grill. While it toasts, chop the **spring onions**. Turn the **bagel** and when slightly crusted, rub with a clove of garlic.

13-15mins ➤ Dress the **bagel** with olive oil and place the **spring onion** on top, then the **asparagus** and the **sardines**. Add a squeeze of **lemon** and give your muscles what they want.

16:00 Lunch +2-3 Hours
To stop blood sugar levels crashing, eat your snack no later than 3 hours after lunch

Afternoon Energy Boost

A clock-friendly salad you can prepare in advance to avoid an afternoon slump

Energy givers
- Nuts
- Seeds
- Peanut butter
- Olive oil
- Blueberries
- Broccoli
- Natural wholegrains
- Potatoes
- Cheese
- Hummus
- Avocado
- Rice cakes

BROCCOLI AND AVOCADO SPICY SEED SALAD

by Anna Hansen, head chef at The Modern Pantry

INGREDIENTS

For the salad
- Broccoli
- 90g quinoa
- 2 avocados
- Rocket
- 1 lemon
- Extra virgin olive oil

For the seeds
- 1tbsp olive oil
- 1 handful fresh curry leaves
- 2tsp fennel seeds
- 2tsp poppy seeds
- 1tsp mustard seeds
- 1tsp caraway seeds
- 150g sunflower seeds
- 150g pumpkin seeds

YOUR BODY'S BENEFIT

"Quinoa is a complete protein source – giving you a boost when you're beginning to flag," says Bedding. The avocado contains fat, your body's preferred energy source for a quicker effect, but it's monounsaturated, which is far, far better than saturated fat. Avocado also contains plenty of vitamins (A, B and C) which can be depleted by a hard training session. Recovery is still important and the green goddess of nutrition is there to help.

THE 15-MINUTE METHOD

1-3mins ➤ The **quinoa** will take 15 minutes to cook, so get it going first. Cook as you would rice, then drain. Set the **broccoli** to steam and heat a frying pan over a moderate heat with a bit of **olive oil**.

3-7mins ➤ Add the **curry leaves** to the pan and fry until aromatic then throw in the **fennel, poppy seeds, mustard and caraway seeds**. Reduce the heat, shaking the pan until the seeds begin to pop. Add the **pumpkin** and **sunflower seeds**.

7-13mins ➤ Keep tossing the seeds in the pan until they are golden, then remove from the heat, add some sea salt and leave to cool.

13-15mins ➤ Put the broccoli, quinoa and **rocket** together in a bowl with a squeeze of **lemon**, a drizzle of **extra virgin olive oil**, salt and pepper. Scatter over plenty of **seeds** and the chunks of **avocado**. Devour. ►

19:00 Snack +2-3 Hours

5.30pm to 7pm is best, but it depends on what time you get back from work

Low-cal classics

- Sweet potatoes
- Fish
- Chicken
- Turkey
- Steak
- Wholemeal pasta
- Brown rice
- Butternut squash
- Carrots
- Radish

The better-sleep dinner

This combination of chicken and slow-release carbs will help you sleep. What's more you'll have a stomach full of recovery-boosting nutrients, without a single, unnecessary extra calorie

CHICKEN COOKED WITH BEER AND BROWN RICE

by Tristan Welch, head chef at Launceston Place, London

INGREDIENTS

- **2 chicken breasts**
- **2 bunches small carrots**
- **1 bunch radish**
- **200g brown rice**
- **1 bottle wheat beer**
- **250ml chicken stock**
- **1 bay leaf**
- **Butter**

YOUR BODY'S BENEFIT

"A good dinner should give you carbs, protein and good fats, keeping your blood sugar and muscles well supported. This allows your body to recover from a day of work and exercise," says Bedding. "Chicken and turkey are convenient sources of low-fat lean protein and raise your serotonin levels to promote healthy sleep."

THE 15-MINUTE METHOD

0-2mins➤ Take an ovenproof pan and place on a medium-high heat to melt the butter. Season the **chicken** and brown on all sides.

2-4mins➤ Remove from the pan, fry the **vegetables** for 1 minute, then add the chicken and the cooked **brown rice**.

4-14mins➤ Pour in the **beer**. When it boils, add the **chicken stock**. Place a lid on the pan and cook in an oven at 150°C for 10 minutes.

14-15mins➤ Place the chicken on the brown rice and vegetables. The alcohol will have boiled off, so if you've had a tough day, you may want to crack open another.

Warning Keep in mind that cooking times may vary according to the size and weight of the meat you have chosen. Always check the meat is cooked through before you eat it. Food poisoning is not a recommended weight-loss strategy.

22:00 Sleep-1 Hour
Snacks before bed should not be huge and eaten no less than an hour before sleeping

Immune boosters
- Citrus fruits
- Green and red peppers
- Strawberries
- Oysters
- Liver
- Pumpkin
- Yoghurt
- Carrots
- Spinach
- Seeds
- Grains

Late night, no-cooking immunity

After a night on the town, you need something to satisfy you when you finally stumble home. Avoid a hangover, bolster your defences and impress any 'guests' with this happy nutritional ending to a good night out

OYSTERS WITH APPLE AND CUCUMBER

by Agnar Sverrisson, chef patron of Texture, London

INGREDIENTS

- 4 oysters
- 1 cucumber
- 1 Granny Smith apple
- Dash of Champagne (optional)

YOUR BODY'S BENEFIT

It's fancy enough if she's coming home for 'coffee', and has more post-booze benefits than a Berocca and two ibuprofen. "Cucumber prevents any headaches and neutralises the acid that causes an upset stomach," explains Bedding. "The zinc content of oysters gives a huge boost to your testosterone levels before bed." So with a bit of forward planning you'll be making breakfast for two come the morning...

THE 15-MINUTE METHOD

0-7mins ➤ Okay, so we're giving you extra time to fumble and/or flirt, but make sure you remember to keep an eye on the clock. Dice half the **cucumber** and half the **apple** – minding your fingers if you've had a bit to drink – and put to one side. Dim the lights and hit play on the mood music. Probably best to steer clear of *Them Crooked Vultures* at this point.

7-10mins ➤ Juice the rest of the cucumber and the apple in a blender, and put the mixture in the fridge for approximately 10 minutes to chill. This gives you just enough time to locate and light some candles.

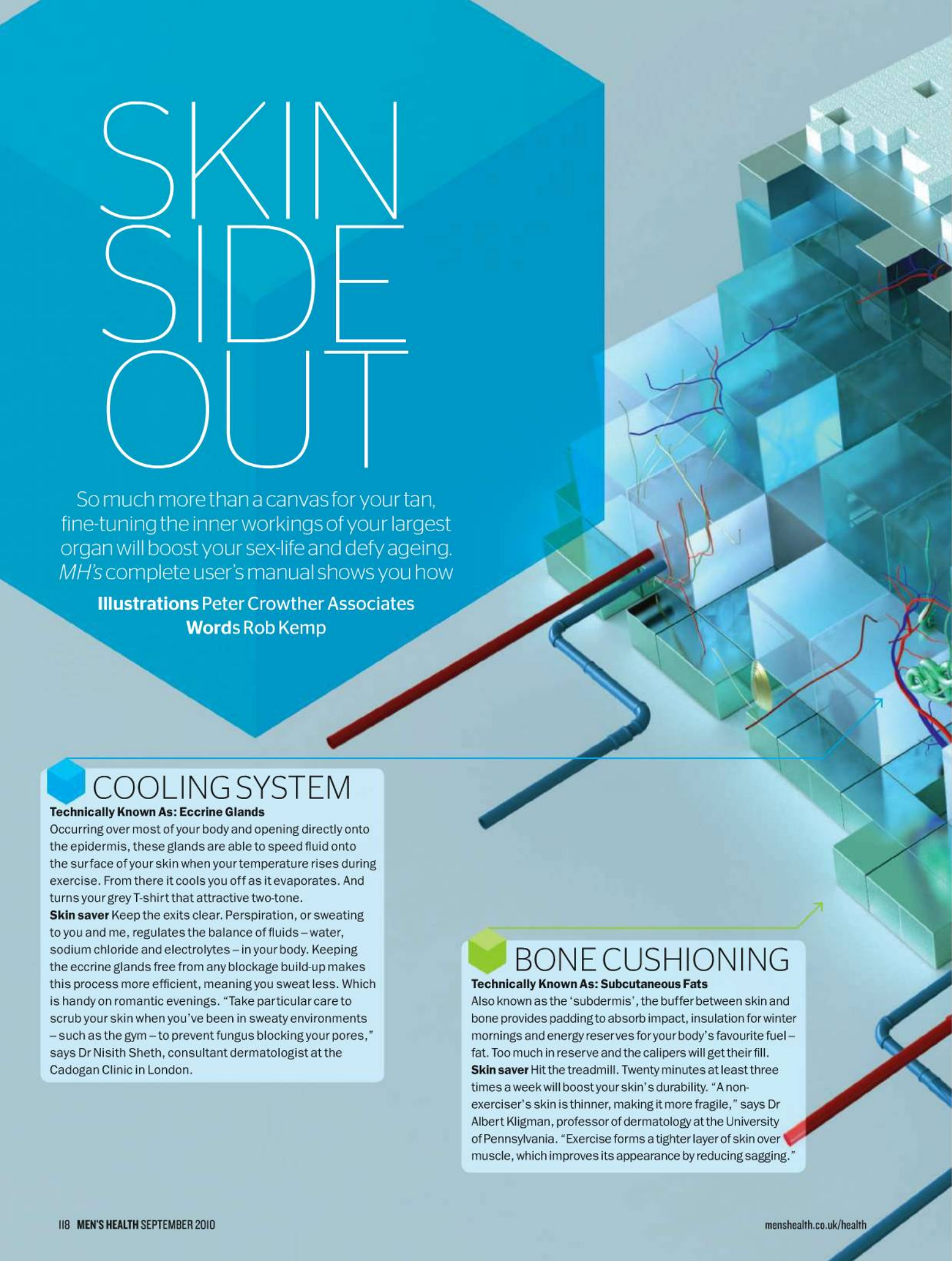
10-15mins ➤ Open the **oysters** with a blunt knife and top with the diced cucumber and apple. Pour the blended mix from the fridge over the top with a dash of **Champagne** – if you're lucky enough to have some lying around. Eat, blow out candles, enjoy. NH

FOOD STYLIST NICOLAS GHIRLANDO AT HERS AGENCY. TAKEAWAY TUB AND CERAMIC BASKET BY SELETTI AT HEALS (HEALS.CO.UK). CEREAL BOWL, SIDE PLATE, DINNER PLATE ALL BY SELETTI AT THE CONRAN SHOP (CONRANSHOP.CO.UK)

SKIN SIDE OUT

So much more than a canvas for your tan, fine-tuning the inner workings of your largest organ will boost your sex-life and defy ageing. *MH's* complete user's manual shows you how

Illustrations Peter Crowther Associates
Words Rob Kemp



COOLING SYSTEM

Technically Known As: Eccrine Glands

Occurring over most of your body and opening directly onto the epidermis, these glands are able to speed fluid onto the surface of your skin when your temperature rises during exercise. From there it cools you off as it evaporates. And turns your grey T-shirt that attractive two-tone.

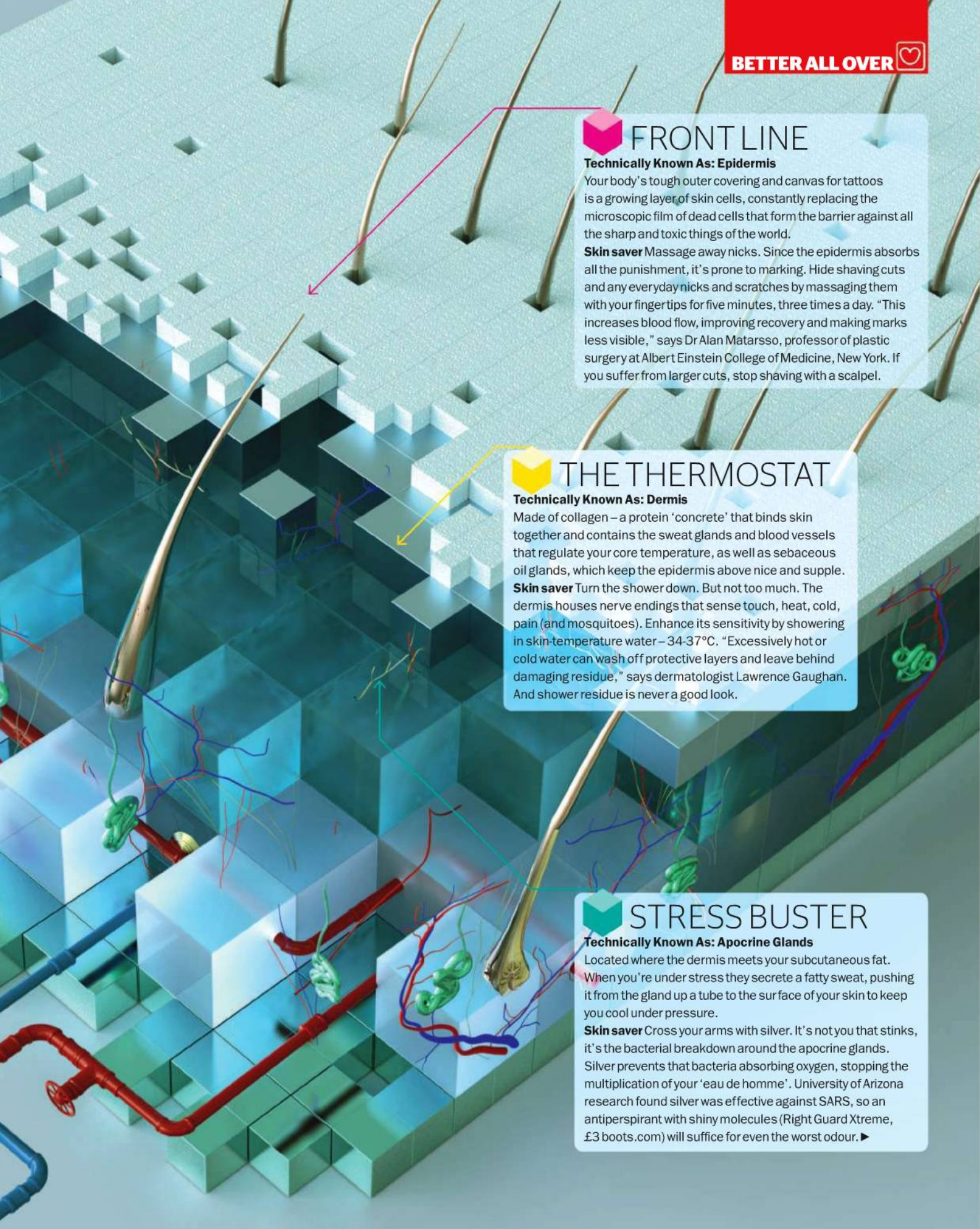
Skin saver Keep the exits clear. Perspiration, or sweating to you and me, regulates the balance of fluids – water, sodium chloride and electrolytes – in your body. Keeping the eccrine glands free from any blockage build-up makes this process more efficient, meaning you sweat less. Which is handy on romantic evenings. "Take particular care to scrub your skin when you've been in sweaty environments – such as the gym – to prevent fungus blocking your pores," says Dr Nisith Sheth, consultant dermatologist at the Cadogan Clinic in London.

BONE CUSHIONING

Technically Known As: Subcutaneous Fats

Also known as the 'subdermis', the buffer between skin and bone provides padding to absorb impact, insulation for winter mornings and energy reserves for your body's favourite fuel – fat. Too much in reserve and the calipers will get their fill.

Skin saver Hit the treadmill. Twenty minutes at least three times a week will boost your skin's durability. "A non-exerciser's skin is thinner, making it more fragile," says Dr Albert Kligman, professor of dermatology at the University of Pennsylvania. "Exercise forms a tighter layer of skin over muscle, which improves its appearance by reducing sagging."



FRONT LINE

Technically Known As: Epidermis

Your body's tough outer covering and canvas for tattoos is a growing layer of skin cells, constantly replacing the microscopic film of dead cells that form the barrier against all the sharp and toxic things of the world.

Skin saver Massage away nicks. Since the epidermis absorbs all the punishment, it's prone to marking. Hide shaving cuts and any everyday nicks and scratches by massaging them with your fingertips for five minutes, three times a day. "This increases blood flow, improving recovery and making marks less visible," says Dr Alan Matarsso, professor of plastic surgery at Albert Einstein College of Medicine, New York. If you suffer from larger cuts, stop shaving with a scalpel.

THE THERMOSTAT

Technically Known As: Dermis

Made of collagen – a protein 'concrete' that binds skin together and contains the sweat glands and blood vessels that regulate your core temperature, as well as sebaceous oil glands, which keep the epidermis above nice and supple.

Skin saver Turn the shower down. But not too much. The dermis houses nerve endings that sense touch, heat, cold, pain (and mosquitoes). Enhance its sensitivity by showering in skin-temperature water – 34-37°C. "Excessively hot or cold water can wash off protective layers and leave behind damaging residue," says dermatologist Lawrence Gaughan. And shower residue is never a good look.

STRESS BUSTER

Technically Known As: Apocrine Glands

Located where the dermis meets your subcutaneous fat. When you're under stress they secrete a fatty sweat, pushing it from the gland up a tube to the surface of your skin to keep you cool under pressure.

Skin saver Cross your arms with silver. It's not you that stinks, it's the bacterial breakdown around the apocrine glands. Silver prevents that bacteria absorbing oxygen, stopping the multiplication of your 'eau de homme'. University of Arizona research found silver was effective against SARS, so an antiperspirant with shiny molecules (Right Guard Xtreme, £3 boots.com) will suffice for even the worst odour. ▶

LAYER CAKES

Moisturise from within with the finest fuels to soup up your skin

PENNE ARRABIATA

Fights... skin cancer

The British Society of Investigative Dermatology found that lycopene neutralizes the bad effects of UV light. It's most potent in cooked tomatoes, with Ragu eaters enjoying 33% more protection than those who don't eat Mama's recipe.

SAUSAGE AND BAKED BEANS

Fights... sun-burn

Hydration is key to support your skin's reparation process. The café classic has the perfect mix of carbs, protein and sodium, allowing you to retain fluids better than those on just water, found studies from St Cloud State University, US.

FISH PIE

Fights... ageing

Scientists in South Korea found that fish oil improves your skin's elasticity by 75%. Nutmeg contains macelignan, which stimulates new cells to 'plump' older skin and get rid of lines. Add it to a fish pie and you'll ramp up the effect.

SEA BASS

Fights... prickly heat

Dining on fish can reduce the inflammations and skin irritations caused by the sun's UV radiation, according to researchers at the University of Manchester. Two 100g servings of sea bass or salmon every week is all you need.

SKIN CASE OF EMERGENCY...

How to protect your skin from day-to-day disasters

Emergency Razor burn strikes before a meeting
Treatment Experts say 'use a post-shave balm': cupboard says 'You're out of it'. Scour your better half's wash bag for any body creams containing aloe vera. "It has analgesic qualities that'll reduce swelling and irritation," says Dr Nisith Sheth, consultant dermatologist at the Cadogan Clinic in London.

Emergency You're whacked in the face at football
Treatment A cold can of Coke
"When a boxer's eye starts swelling up, the corner man uses a small, extremely cold, metal iron," says ophthalmologist Dave Smith. "It controls the immediate haemorrhage so swelling is minimised – use a cold drink can against the eye for 5-10 minutes in every 15.

Emergency You're red as rum but out of aftersun
Treatment Dunk a clean flannel in cold milk and drape it over your face for 5-10 minutes every hour. "The lactic acid and proteins in the milk will ease the inflammation, and the coolness will help short-circuit the swelling," says Dr John Romano, a professor of dermatology at New York Hospital Cornell Medical Center.

Emergency You've cycled your way to chafedom
Treatment Carry a tube of Brave Soldier Friction Zone (£12, bravesoldier.com) anti-chafing, anti-bacterial protection. "It's an effective treatment for 'road rash'," says Rob Spedding, editor of *Cycling Plus*.

Emergency Your skin is oilier than the Gulf of Mexico
Treatment Raid the kitchen cupboard for apple cider vinegar. Not just tasty on salads, "A 5:1 ratio of water and apple cider mixed and dabbed on with cotton wool will tighten the appearance of pores and temporarily mop up that slick," says Tina Richards, a leading skin consultant. Works even better if she has a soft spot for fish and chips.

RAW HIDE?

Beer garden or beach in Bermuda, don't let those rays turn X-rated. "On hot days, even in the UK, unprotected skin burns in just 10 minutes," says Matthew Patey, chief executive of the British Skin Foundation. Here's how to safeguard yourself through a day of rays.

8am-9am
JAVA AND JOG

Your skin is at its coolest and strongest first thing. Bolster it further with a morning combo of caffeine and exercise, which cuts your risk of UVB-induced non-melanoma, according to Rutgers University, US. "It helps your body kill off pre-cancerous cells," says study author Allan Conney.

9am–10am
GO ON THE DEFENSIVE

You've barely downed your cappuccino and UVA rays are already lasering through any cloud cover. "Wear at least SPF 15 sunblock on your face," advises Dr Adnan Nasir, professor of dermatology at the University of North Carolina. Apply it in two layers 30 minutes before you go out for effective protection.

11am-5pm
TEE YOURSELF UP

A standard T-shirt has an SPF of about 5, which means a lot of UV light is filtering through," says Nasir. If you're surfing or swimming between 10am and 4pm wear a rash vest certified to UV 50 (oneillshop.co.uk). Or wash SPF 30 into your clothes with a laundry aid (sunguardsun-protection.com).

6pm-7pm
KEEP COOL

"Store aftersun in your fridge – this cools the burn and prolongs the effective life of the product," says Kate Grant, senior screening nurse at the Mole Clinic (themoleclinic.co.uk). Now take a *cool* shower – very cold water constricts blood vessels, causing even more tissue damage.

8pm–10pm
EASE THE PAIN

If your skin is singed, pop two ibuprofen within six hours and then every four hours after that. "They'll help you sleep by reducing inflammation, redness and possible headaches," says Grant. Ibuprofen lessens sunburn's severity by blocking inflammatory hormones, a University of California study found.

ADDITIONAL PHOTOGRAPHY GETTY

THE PERFECT FINISH

Get flawless skin by spotting these potential problems

Dry time for bed

Forget a quick spritz on your way out of the door. "Bedtime is the best time to apply antiperspirants," says Cadogan Clinic consultant dermatologist Dr Nisith Sheth. Armpit sweating switches off when you lie flat, and the product will be more effective if applied then. "It works by passing into the openings of the sweat glands, causing them to swell up and block, but if sweat is pouring out of the glands it won't be able to get in." The effect lasts 24 hours, even after morning bathing.

Wash this way

"Bacteria (staphylococcus and streptococcus) colonise on the skin in warm weather and can lead to infections," says Dr Sheth. Soap substitutes that contain antiseptics such as benzalkonium chloride, (Dermol 200 Shower Emolient £6.55 wetshave.co.uk), reduce your risk of infection, counter dry skin, and combat BO-causing bacteria.

Fan the flames

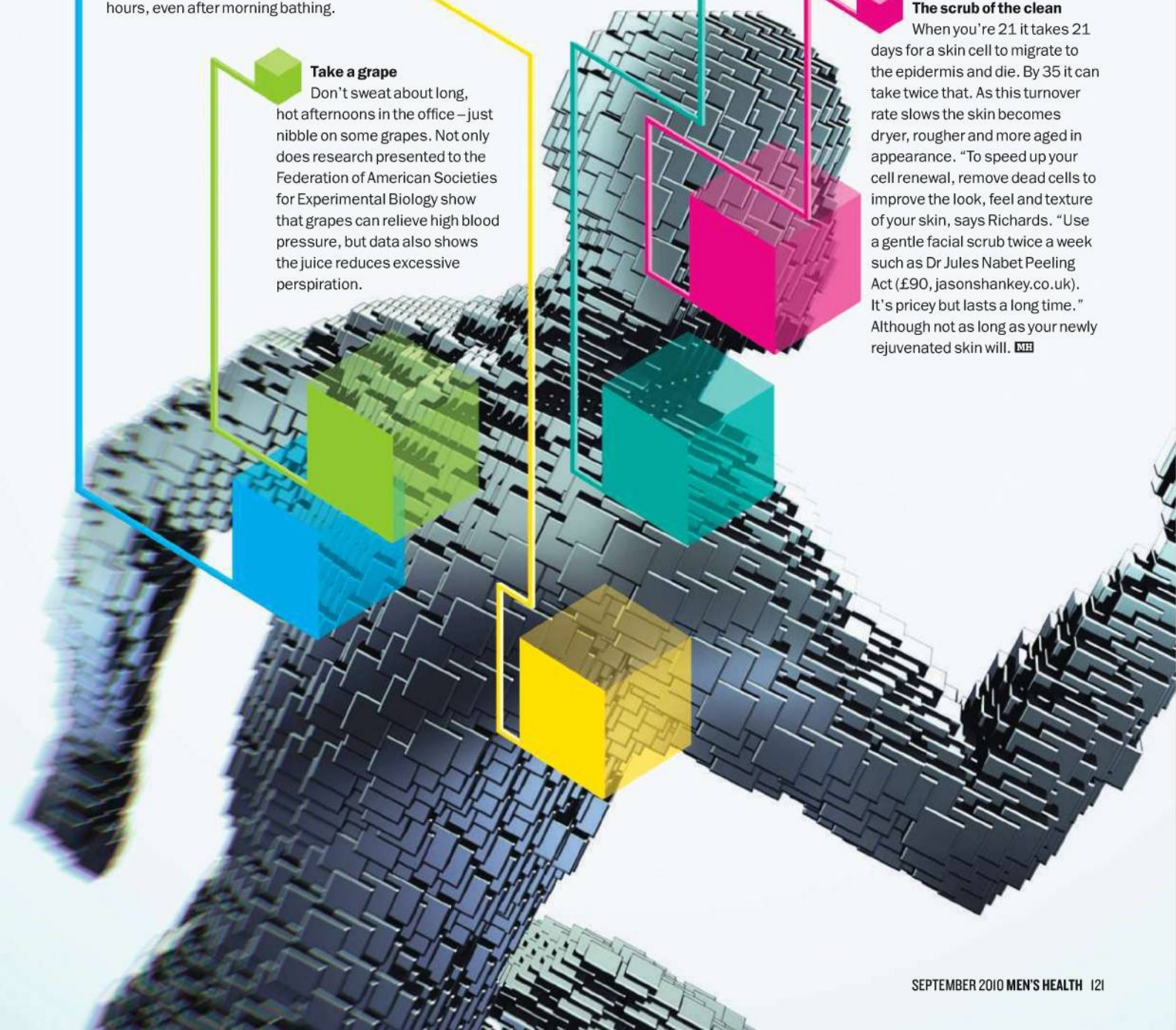
Adult acne can worsen in the summer with holiday photo-ruining consequences. "A rise in temperature sees an overproduction of sebum, which mixes with shed skin cells to clog your follicles and precipitate spots," says Sheth. If your skin tends to be oily, wash your face in the morning with a salicylic acid preparation from your chemist. "It can be drying though, so don't apply to sunburned skin," warns Sheth.

Take a grape

Don't sweat about long, hot afternoons in the office – just nibble on some grapes. Not only does research presented to the Federation of American Societies for Experimental Biology show that grapes can relieve high blood pressure, but data also shows the juice reduces excessive perspiration.

The scrub of the clean

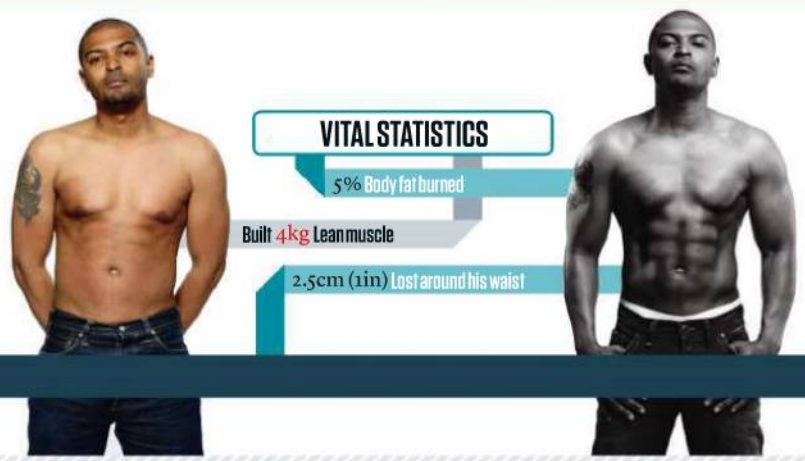
When you're 21 it takes 21 days for a skin cell to migrate to the epidermis and die. By 35 it can take twice that. As this turnover rate slows the skin becomes dryer, rougher and more aged in appearance. "To speed up your cell renewal, remove dead cells to improve the look, feel and texture of your skin, says Richards. "Use a gentle facial scrub twice a week such as Dr Jules Nabet Peeling Act (£90, jasonshankey.co.uk). It's pricey but lasts a long time." Although not as long as your newly rejuvenated skin will. MH



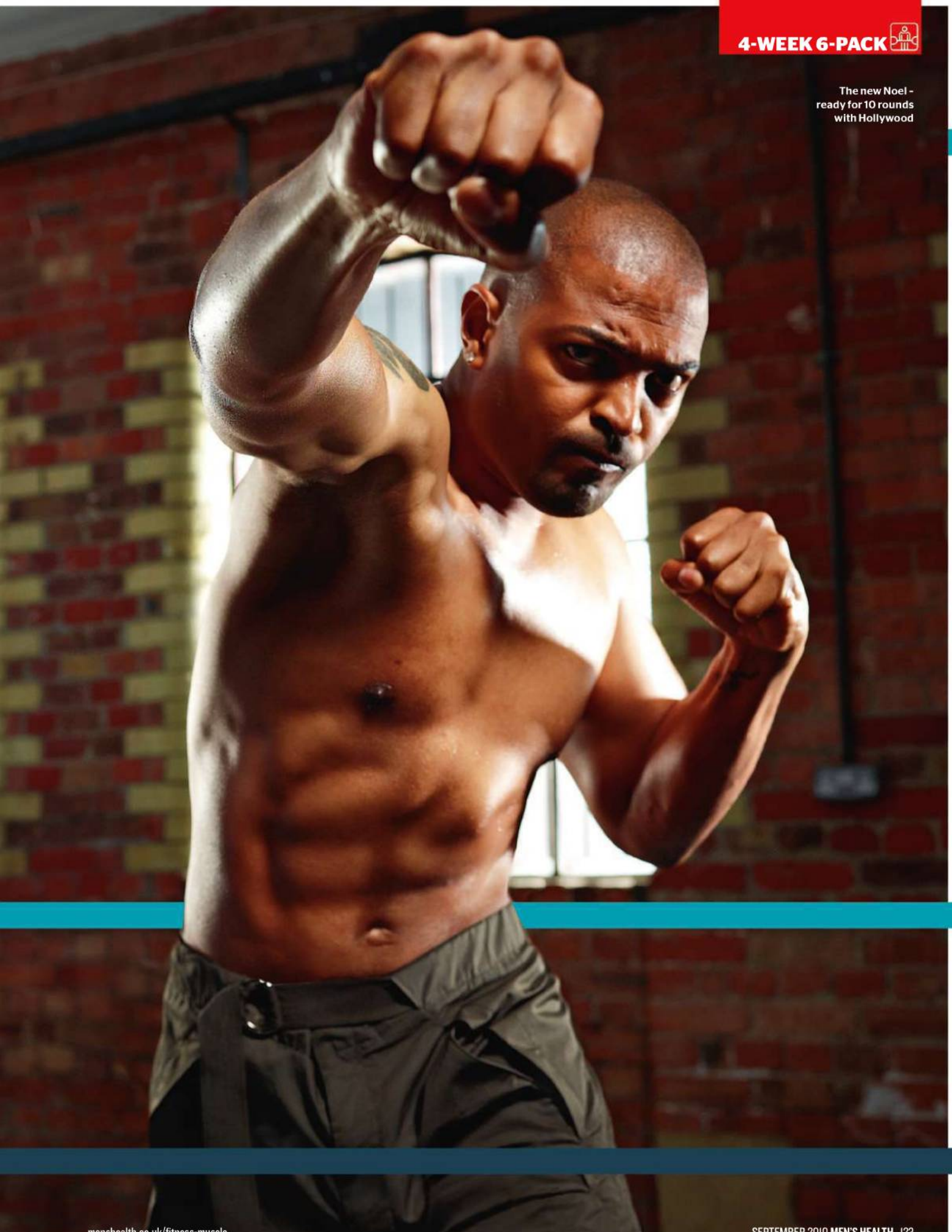
THE DIRECTOR'S CUT

In just one month, Noel Clarke actor, film director and one of the UK's 100 Most Powerful People in Media*, defied a slowing metabolism and a hectic schedule to get stacked for Hollywood. Use the lessons he learned – and the workout plan he followed – to hone your own A-list physique

WORDS DAN JONES PHOTOGRAPHY ADRIAN WEINBRECHT



*SOURCE: MEDIAGUARDIAN100 2010 (GUARDIAN.CO.UK/MEDIA/MEDIAGUARDIAN-100-2010)



The new Noel - ready for 10 rounds with Hollywood

Noel

Clarke sweats the small things. He cares about detail. He doesn't slack off. "I'm a very disciplined person," he says, unapologetically.

It's what lies at the root of his success. Discipline has launched 34-year-old Clarke as one of the UK's leading actors, writers and film directors. From supporting roles in *Auf Wiedersehen, Pet* and *Doctor Who*, to penning and helming the critically acclaimed *Kidulthood* and *Adulthood*, discipline is what took him to a 2009 BAFTA award. The same discipline helped him drag himself from a pizza-loving 30-something man on the slide, to a metabolism-defying athlete in the best shape of his life.

A few months back, *MH* set Clarke a challenge. Could an ultra-busy man get into cover-model shape without the wheels falling off? Clarke seemed a good acid test. If he could re-model his body in the midst of the madness of his life, so could we. And so can you.

We gave him one month ('Four weeks and four days,' he tells me) to sort himself out. Lose the belly, pack on some lean muscle and drag his cardio fitness back to where it was as a hyperactive 20-something.

We caught him in the busiest four weeks and four days of his year. During training, Clarke was touring Britain tub-thumping the release of his movie, *4.3.2.1*. Not the sort of thing most of us do every day, but the demands of his schedule do translate to ordinary life. He had a work diary that dragged him all over the UK, a two-year-old son demanding his full attention and a penchant for easy meals while on the hoof. Sound familiar?

True to form, Clarke knuckled down. You can see the results for yourselves – a veritable road map of just how far a month's discipline and hard graft can get you.

In the genes

Lots of men step up their summer training with the sensation that their body is fighting them. Whether you're a beanpole who struggles to build biceps, or you struggle to find them beneath a duvet of good living, it can feel like your genes are against you.

Clarke was no different. "I wouldn't say my genetics are bad," he says. "But my dad is stick thin with a pregnant belly. And my mum is thin too. Putting on muscle has never come easy." There were two more obstacles: the effects of ageing and the drain of a career in which he spent more and more time sitting still staring at a screen.

As you'll know if you've hit Clarke's age, you start to feel it. "I'd got to the stage where I didn't want to take my top off to go swimming," he says, with reflected surprise. "And that's not me. I've never been really self-conscious. But my metabolism was slowing. I could eat *anything*, until I was 26 or 27. Then I'd eat a doughnut and my arse would be shaking for a week!"

Working in the movie business exacerbated the process. Like anything sedentary, it lent itself to physical decay. "I spent hours in an editing room, just sitting," says Clarke. "You come out having put on a stone. You order in pizzas, burgers – you don't notice the odd day, but suddenly you've been doing it for eight weeks."

Neglecting his nutrition and fitness began to take effect, leaving a man who used to pride himself on his leanness feeling out of shape. Not in a grotesque, 'I see Jabba has let himself go' kind of way – just disconcertingly past his peak.

"The old definition was gone," Clarke says. "I had fat around my midriff: stuff I'd stored over the years that was accumulating as my metabolism slowed." When the call came from *MH*, Clarke knew it was time to turn his eye for detail on the small – or not-so small aspects of his physique.

Short and sharp

To get Clarke back to his best, *MH* asked fitness trainer Jamie Sawyer (jamiesawyer.co.uk) to devise a month-long plan that would work around his career and home life. You can put it into action today by checking it out overleaf.

Jamie's plan is designed to work for anyone who is time-poor and has a lot to juggle. It's no plod around the park. "Noel showed huge discipline, motivation and focus," says Sawyer.

NOEL IT ALL

Clarke's directorial CV maybe be short, but it is certainly sweet and his films are garnering both critical and public plaudits. Next stop, Los Angeles...

Adulthood (2008)
Having written and starred in the successful 2006 urban snapshot Kidulthood, Clarke sat in the director's chair for the sequel, while reprising his role as street thug protagonist Sam. Taking 1.2 million on its opening weekend (more than Sex and the City), it won him the '09 Rising Star BAFTA.

4.3.2.1 (2010)
Clarke again directs and co-stars, this time in a transatlantic crime thriller that takes him and his characters out of their native London, dropping them in the middle of a diamond heist in NYC. The name apparently stems from the plot – four girls, three days, two cities, one chance.

The Rules

Follow Jamie Sawyer's rules for fast muscle gain and even faster fat loss and double your gains

Weigh the carbs

Eat no more than 50g of starchy carbs (pasta, rice, bread etc) a day, and only have that on weight training days: 25g for breakfast and 25g after training. Replace it with leafy carbs – eat big salads with tons of raw veg – for breakfast as well as for lunch and dinner.

Drink from the mountain

Drink three litres of water throughout the day. Add a small pinch of Himalayan rock salt (detoxyourworld.com) to each 1.5l bottle. This contains minerals and electrolytes in a mixture very similar to that of your blood – meaning maximum hydration. Just don't think about the air miles.

Set your alarm clock

Get your eight hours of sleep between 10pm and 6am. Sleep taken before midnight is worth twice as much as shut-eye after 12 because more growth hormone is released during those earlier hours.

PHOTOGRAPHY ADRIAN WEINBRECHT. BEFORE SHOT STUDIO 33. STYLIST ABENA OFEI. GROOMING MIRANDA RIGG. JOY GOODMAN. REPORTAGE SHOTS SPECIAL THANKS TO CLUBKENSINGTON.COM 0207 937 5386. FILM STILL REX. CLOTHING: PREVIOUS PAGE (AFTER SHOT): JEANS BOSS ORANGE 020 7554 5700. UNDERWEAR CALVIN KLEIN UNDERWEAR 020 3100 2800 CKU.COM. MAIN SHOT: TROUSERS LOUIS VUITTON 020 7399 4000 LOUISVUITTON.CO.UK.

He had limited time, so training was short and sharp. "The weights session took an hour," says Clarke. "But the cardio took eight minutes. People jump on the treadmill for like 45 minutes, you don't need to."

Rather than slogging it out for long, boring spells, Clarke worked Tabata sprints – intervals of intense sprints which sent his metabolism through the roof without compromising muscle-building. The first session was a shock. "I was laid out, gasping," says Clarke. "I thought I was fit – people who are half-fit always think they're really fit. I hadn't realised how out of shape I'd got." But if the learning curve was steep, it was surmountable. "By the last session I was doing the sprints at maximum speed."

Clarke's weights sessions maximised his ability to grow lean muscle quickly. "Reps, sets and tempo were manipulated to increase growth hormone production," says Sawyer. "It was explosive stuff," says Clarke. "I smashed the weight out, then took four or five seconds to bring it back." With the drive of a man determined to turn himself around, Clarke hammered his muscles into submission.

Fitness on a plate

To cope with the 'Christ, my leg is in spasm' soreness that every weight-trainer knows, Clarke followed an eating plan that optimised protein intake to build muscle, but kept his metabolism up to melt fat. "Lots of meals were veg-based, and starchy carbs were limited to weight-training days," says Sawyer.

Part of his challenge was finding a nutritionally balanced meal and a protein shake in a canteen in Glasgow. "Preparing food the night before helped," he says. "That's where self-discipline kicked in. At the beginning of the week I worked out where I would be each mealtime, and what my options were. It was worth it."

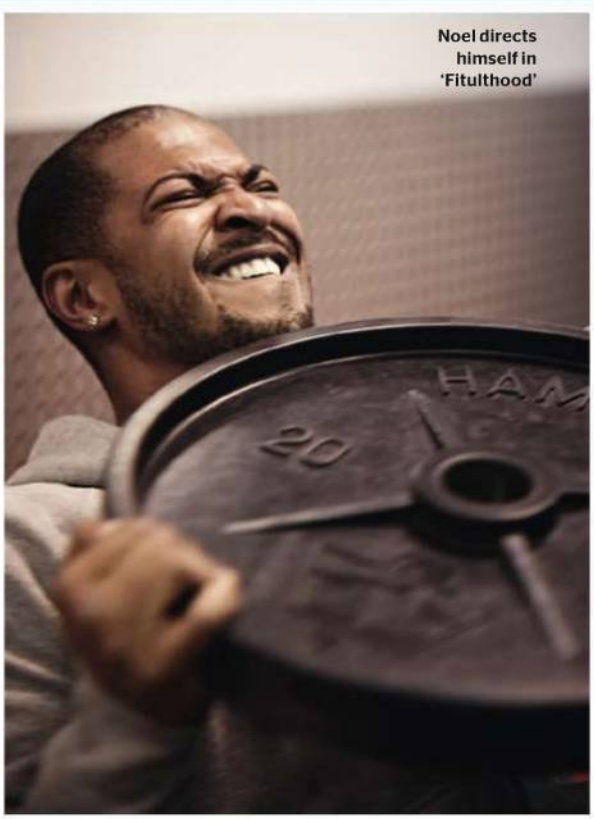
The results? You can see them in these pictures. Clarke lost 5% body fat, dropped 2cm from his waist and added 4kgs of lean muscle. All in just 32 of the busiest days of his life. "I still had time to spend with my family," he says. "I trained, picked my kid up from nursery and still did what I had to do. I think that's the most important thing to take away from this – it is feasible. Anyone can do it." That means you.

The minute Clarke steps out of the *MH* photoshoot, he heads to Heathrow – off to LA. He reflects on his new, California-friendly physique. "I might walk down Santa Monica pier with my top off for the first time," he laughs. There's the pay-off for a month's hard graft. The man is on his way to the stars. ▶

Noel's got the X factor

"I hadn't realised how out of shape I'd got. But by the end I was doing sprints at maximum speed"

Don't worry, it'll be worth the weight



Noel directs himself in 'Fitulthood'

The toughest screen test yet

YOUR FOUR-WEEK WORKOUT PLAN

Instructions Do your weights on Mondays, Wednesdays and Fridays, with your sprints on Tuesdays, Thursdays and Saturdays. Alternate between the two weights sessions. And don't cry if it hurts – this is for your own good

SESSION ONE

A1

Ischaemic dumb-bell bench press
Hold a dumb-bell in each hand. With one arm extended, bring the other weight to your chest very slowly, then 'explode' back to the starting position. Repeat on the other arm. Do eight reps on each arm.

A2

Pull up
Grab the bar, arms shoulder-width apart and fully extended. Pull yourself up until your chin is level with the bar, then lower as slowly as possible back to the starting position. Do six reps.

B1

Ischaemic dumb-bell decline press
Lie on a decline bench, with a dumb-bell in each hand. With one arm extended, bring the other slowly to your chest, then 'explode' back to the start. Repeat on the other arm. Do eight reps on each arm.

B2

One-arm row
Hold a dumb-bell in each hand with both arms extended towards the ground. Pull one arm up until the dumb-bell touches your chest. Return very slowly to the start. Do eight reps with each arm.

C1

Barbell biceps curl
Hold a barbell in both hands, with your palms facing upwards. With your arms straight, explosively curl the barbell up until it touches your chest. Lower slowly to the starting position. Do eight reps.

C2

Incline ischaemic dumb-bell curls
Sit on an incline bench, with your arms straight by your side and palms facing up. Explosively curl one arm until the dumb-bell is by your shoulder, then lower. Do eight reps with each arm.

INSTRUCTIONS

Perform the pairs of exercises as supersets, back-to-back with minimal rest between them. Unless otherwise stated, do four supersets of each exercise, with 90 seconds rest between each superset.

FINISHER

Cable ab curl
Stand with your back to a cable machine. Hold a rope handle behind your head. Slowly bend forward at the waist until you reach about 60 degrees, then slowly return to start position. Do three sets of 15 reps with 60 seconds rest between sets.

Muscle fuel

Follow this eating plan for lightning-fast muscle rebuilding

Here are two sample eating plans – one with carbs to help you train hard, the other for non-weights days to aid recovery and fat-burning. Eat meal A two hours before training, and meal B soon afterwards. Eat the rest at regular intervals throughout the day. All veg must be lightly steamed, and all meat cooked under the grill or in the oven. When cooking omelettes use extra virgin coconut oil (available from any good health food store). Avoid alcohol, fizzy drinks, fruit juices, smoothies, cordials. Not much fun, but only for four weeks. And four days…

DAY ONE
WEIGHTS DAY

Meal A
25g porridge oats with water (sprinkle milled flaxseed, small amount organic honey, dust with cinnamon or all spice)
Protein shake (see supplementation box)
Green tea

Meal B
1 lean turkey breast
1 small sweet potato
200g Mixed veg
(swedes, carrots, broccoli, asparagus)

Meal C
Snack – 1 handful mixed unsalted nuts

Meal D
1 lean trimmed steak
200g spinach with sautéed garlic
2 carrots
Drizzle oil

Meal E
1 grilled salmon fillet
1 avocado
75g mixed peppers
Mixed salad leaves
Drizzle olive oil

DAY TWO
RECOVERY DAY

Meal A
Greek salad (olives, salad leaves, tomatoes, avocado, goats' milk cheese or feta, red pepper, cucumber)
Protein shake
Green tea

Meal B
Mixed salad leaves
1 avocado
1 tablespoon sundried tomatoes
1 grilled chicken breast

Meal C
Snack – 1 handful mixed nuts
Green tea

Meal D
1 handful spinach
75g shredded carrots
1 sliced turkey breast

Meal E
1 sea bass fillet
150g broccoli
2 boiled parsnips
75g peas
75g asparagus
Drizzle olive oil

PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL KIRTIS FRANK NEXT MODELS. MANY THANKS TO VIRGINACTIVE.CO.UK. CLOTHING: SHORTS AND TRAINERS ASICS.CO.UK. * BIOTEST HOT-ROX EXTREME MONSTERSUPPLEMENTS.COM. ALL OTHER PRODUCTS AVAILABLE AT MYPROTEIN.CO.UK

SESSION TWO

A1

Ischaemic dumb-bell shoulder press
Extend your arms upwards. Lower one arm until the dumb-bell is level with your ear, then explosively push it up and back to the start position. Do eight reps on each arm.

A2

Lateral raise
With your feet slightly wider than shoulder-width apart, explosively raise both arms outwards until they're parallel with the ground. Very slowly lower to starting position. Do eight reps.

B1

Military press
Raise a barbell to your shoulders, with your palms facing outwards. Explosively push the barbell up until both arms are extended. Very slowly lower to the start position. Do eight reps.

B2

Front raise
Hold a dumb-bell in each hand with your palms facing you. Keeping your arms straight, explosively raise your left arm in front of you until it's level with your nose, then slowly lower position. Do eight reps on each arm.

C1

California press
With your arms bent and the barbell by your chest, tip your elbows up and back and bring the barbell to your forehead, return to your first position then push the barbell explosively up. Do eight reps.

C2

Incline ischaemic tricep extension
Sit on an incline bench, with your arms above you. Lower your right hand until it's past your ear, then explosively straighten. Do eight reps on each arm. Switch the starting arm with each set.

INSTRUCTIONS

Perform the pairs of exercises as supersets, back-to-back with minimal rest between them. Unless otherwise stated, do four supersets of each exercise, with 90 seconds rest between each superset.

FINISHER

Russian Twist
Sit on the floor, knees bent and feet flat on the ground. Bend 45 degrees backwards at the waist. Hold a medicine ball or weight-plate in front of you at chest level. Slowly twist at the waist as far round to the right as you can; then twist all the way back to the left. That's one rep. Do three sets of 12 with 60 seconds rest between sets.

Sprint session

Perform between weights sessions to keep metabolism high and your body burning fat

i) Set a treadmill to your fastest sprint speed
ii) Sprint for 20 seconds
iii) Jump onto the railings either side of the belt for 10 secs
iv) Repeat 8 times
v) Walk for 3 mins
vi) Repeat the cycle

Supplementary benefits

Use these products to support your training and recovery*

12g omega 3 a day take any time
9g CLA take any time
Recovery xs take during and immediately after training
True whey protein take 30g per serving
Creatine take 5g after training
L-Glutamine take 5g after training
L-Leucine take with 3 meals, including the last meal of the day
BCAA one dose 30 minutes before training
Biotest Hot-Rox Extreme take two, twice a day on an empty stomach MH

Line-Control

Don't let fine lines ruin *your* face value – smooth out the appearance of wrinkles with these anti-ageing essentials from ClarinsMen

A craggy face might look good on a Rolling Stone but it's not so great on the rest of us. Now wrinkles don't have to be an inevitability. By incorporating the three Line-Control products from the ClarinsMen Age-Control range into your daily grooming routine you *can* make a difference – whatever your age.

Especially formulated for men's skin (which is 20% thicker than women's), each product is designed to tackle the signs of premature ageing. The Line-Control Eye Balm is the perfect way to minimise the appearance of crow's feet, dark circles and eye bags, while the Line-Control Balm (or Cream if your skin's particularly dry) is the ideal way to smooth, firm and re-energize tired skin.

So if you're worried about wrinkles take control of the ageing process - with the help of ClarinsMen.

Pick up your free ClarinsMen sample at Clarins counters nationwide. For stockists call 0800 036 3558 or buy online at www.clarins.co.uk

Turn the tide on the ageing process with ClarinsMen

WIN! **For your chance to bag one of five ClarinsMen grooming kits worth over £100 each go to menshealth.co.uk/clarinsmen**

AGE CONTROL TIPS

- **Ditch the sugar** The sweet stuff weakens collagen - one of your skin's most important strengtheners.
- **Slip on some shades** The less you squint the fewer crow's feet you get.
- **Look after your pearlies** When you lose teeth your face starts to sag and wrinkles become more prominent.

AGENDA

SLOW LIFE

By Will Self author, psychogeographer

Poll idle

Our resident slow coach eulogises an age when policy makers ruminated first and pressed the panic button second...

A fiscal Ice Age will put fast life on the back burner

IN THE TENSE weeks leading up to the general election there was much media blether about the constitutional conundrum presented by the possibility of a hung parliament. It seemed that so short was the institutional memory of the state, no one in Whitehall had the least idea of what to do, were it the case that no single party gained an absolute majority.

Yet I recalled perfectly well the mid-'70s when the Lib-Lab pact was formed, and I am but a callow 48! Politics in this country is conducted at a breakneck speed, and by necessity this means there can be no looking back. No looking back and, it would seem, not much looking forward. In the days following the election, as preening Lib Dems – looking like teenage girls who've been asked to the school disco by *everyone* – trotted in and out of negotiations with Labour and the Tories, the adage that a week was a long time in politics had never seemed so recherché. Now an *hour* is a long time.

"A week used to be a long time in politics. Now it's an hour"

People blame the rolling news revolution of the '80s for the acceleration of political life. Reading Gibbon's *Decline and Fall of the Roman Empire,* it often struck me that if a telephone exchange with six lines had been put in, linking the provinces with Rome, it would all have been over in a matter of months rather than centuries.

Still, there is an even more insistent beat than the daa-da-da daa-da-da! of the BBC News Channel, and that's the peep-peep-peep! of the dealing rooms as traders short sterling. Even the most pig-ignorant knew fine well that without a deal post-haste, the pound in your pocket would be worthless. Yes, it's the sickening rapidity with which money circulates our little dirt ball that makes everything go so fast. And the only way we're ever going to put on the brakes is if we accept a little reduction in the luxury of instant gratification.

In traditional societies political deliberation was understood to be, of its essence, protracted. If it wasn't, how else could the necessary points of view – both godly and mortal – be accommodated? The Tanzanian constitution used to insist on "the old men arguing until they agree," wile on the Outer Hebridean island of St Kilda the mini-parliament would often while away the day talking about what needed to be done, rather than doing it.

Today's notion of slow politics remains enshrined in the filibuster, a manoeuvre whereby a politician speaks for so long on a motion, it gets too late for a vote. Even when not filibustering, 19th century British parliamentarians would speak for hours – Gladstone's budget speeches often lasted over eight hours, and were laced with Latin and Ancient Greek epigrams. Such leisurely rhetoric was viewed as the very acme of statesmanship, but just imagine how the current crop of new MPs would feel if subjected to an eight-hour speech by Cameron. There wouldn't just be a run on the pound. We'd be invaded by the French, resolved on humanitarian grounds to deliver us from such a tyranny of verbiage.

Walking to Hollywood (Bloomsbury) is out now

PHOTOGRAPHY GETTY. ILLUSTRATION ANTONY HARE. DIGITAL IMAGING PRE MEDIA

When Zebra suggested going for a healthy ride, this wasn't what he had in mind.

The lighter side of life

Getting healthy needn't be all hard graft. There are some pleasures along the way. Take Total yoghurt for instance, it has an amazingly rich and creamy taste. And if you're feeling a bit more adventurous you can enjoy it with fresh fruit and cereals. It's pure and natural, which means it has no added sugars*, sweeteners or any artificial additives. And it's low in fat too. So when it comes to keeping fit you can really go to town with Total.

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SHOESTRING MICHELIN

By Stuart Gillies, chef patron of Boxwood Café and the Savoy Grill

Saucy birds

Cheap, tasty, and yet criminally underused, Stuart Gillies brings the diminutive quail to the table with a *bois boudrin* sauce and Jersey Royals

THE VERY NAME of this dish suggests Gallic class and sophistication, not to mention numerous fiddly hours in the kitchen. While the former is merited, the latter is a misnomer: this is perhaps the consummate Shoestring Michelin recipe and a firm favourite of mine. While it can be easily done on the barbecue, with most prep completed ahead (thus giving you more time for drinking or training – in whichever order you prefer) this is something that would fit the carte at the Savoy Grill equally well.

Until recently the bulk of quail came from France, but your butcher should be able to order some in no problem. And it's good value – around £3 per bird. Most importantly, don't let the thought of quail intimidate you. Small game birds can be tricky to cook without drying out, but my version is hazard-free.

To prep, first remove the legs by following the natural separation along the side of the breasts with a large cook's knife and cutting straight through the joint. Next, turn the bird onto its back. Face the cavity towards you and using the point of your knife cut the whole way through either side of the spine. Remove the backbone and turn the bird over onto its breast. This time cut straight along the either side of the breast bone and through, splitting the breast into two fillets still attached to the wing. This will keep the delicate meat moist during cooking.

The rest is child's play. Incidentally, that *bois boudrin* sauce that sounds like an elaborate concoction is no more complicated than throwing all the ingredients in a bowl and mixing well. Made with Tabasco, herbs, shallots and, yes, ketchup, it's an easy yet piquant accompaniment to roast chicken and steak, so save your leftovers. In fact, the most difficult thing about this dish is perfecting the pronunciation (that's *bwa boo-dra*).

So good, your guests will expect silver service

"The most difficult thing about this dish is the pronunciation"

YOU WILL NEED
(Serves 4)

- *4 British quail*
- *500g Jersey Royal potatoes*
- *2 lemons*
- *1 large shallot, chopped*
- *3tbsp tomato ketchup*
- *2tbsp Worcestershire sauce*
- *1tbsp Dijon mustard*
- *A good splash of Tabasco*
- *Large handful of chopped chives, tarragon and basil*
- *Maldon sea salt and black pepper*
- *Good olive oil*

1. Take four oven-ready quails, preferably British. Detach the legs using a sharp knife then remove the breasts from each side of the carcasses, keeping the wing bone on using the method above. Reserve the bones for soup or stock.

2. Season the legs and breast with salt and pepper then rub olive oil into the flesh. Place directly onto a hot barbecue grill or griddle pan, skin-side first, and leave for two minutes so they achieve a nice, char-grilled colour. Turn and cook the other sides for another two minutes.

3. Meanwhile make your bois boudrin by mixing the shallot, ketchup, Worcestershire sauce, mustard, Tabasco, chives and tarragon in a bowl, loosening with some good olive oil to your preferred consistency. Once the quail is cooked, remove straight from the grill and immerse in the bowl to marinate.

4. Boil your Jerseys in salted water for 6-8 minutes, or until tender. Drain in a colander then dress with juice from the lemons, plus some zest, a good lug of olive oil, salt, pepper and basil. Plate up the quail with plenty of sauce and potato salad on the side.

PHOTOGRAPHY JOHANNA PARKIN. FOOD STYLIST CAROL TENNANT. PLATE AND CUTLERY BY DAVIDMELLORDESIGN.COM

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THE MONEY SAVER
By Dan Plant, web editor, moneysavingexpert.com

Credit where credit's due

When the wheel of society is greased by debt, it pays to have a healthy credit rating. Here's how to polish your economic CV

Unlock the banks' secrets for a golden credit rating

WHEN, IN THE OPENING credits of cult psycho-thriller series, *The Prisoner*, Patrick McGoohan made the anguished cry, "I am not a number, I am a free man," he was famously displaying existential strength over the forces of malevolent bureaucracy. He was also wrong. Alas, while Number Six's militance may have had some sway over starry-eyed '60s counterculturalists, it wouldn't wash with many banks today. To them, an entire identity can be boiled down to a three-digit rating.

To understand – and manipulate – your credit rating, you need to understand how these invisible forces work. First, there is no universal credit blacklist. Lenders choose to give credit based on how much they want you as a customer, and that ain't all about how risky you are. Far more important is profit. They may reject applicants who always repay their card in full, or cleverly use 0% interest deals. A bank's job is to make money. Don't hold it against them, just make sure you are armed to fight for yourself.

"It's your statutory right to be able to see your file to make sure all is correct"

The key is to check they have the facts straight. When applying for a loan, mortgage or card, banks will assess your application form, any history you have with them, plus data held with their famously mysterious consorts: the credit scoring agencies. The complex methodology these agencies use is hidden from public view, and they vary to fit each bank's requirements, too. However, it's your statutory right to be able to see your file to make sure they aren't using dud data. In the UK there are three credit scoring agencies – Experian, Equifax and Callcredit – and extracting your files from them, while slow, will cost you just £2 for each one. (Go to moneysavingexpert.com/loans/credit-rating-credit-score to download the relevant letters.)

But this won't stop agencies trying to peddle their own specialist services along the way. Experian.co.uk and Equifax.co.uk both tout expensive 'credit monitoring' for around £70 per year, cynically designed to stoke our worst blacklist fears. Play them at their own game by signing up for their free trials whenever you want to see your credit file online and then immediately cancel your subscription. There is nothing they can do about this; they merely hope you'll forget.

In the meantime, it's down to you to be wilier and brainier than the banks (not difficult looking at their recent track records). Follow these smart tips and become a credit to yourself.

7 GOLDEN RULES TO BECOME CREDITWORTHY

1 MAKE SURE YOU'RE ON THE ELECTORAL ROLL
It doesn't matter what you think about first-past-the-post: credit scorers use this to see if you're settled.

2 DON'T DITCH THE LANDLINE
Yes, iPhones can make anything that's plugged in at the wall seem obsolete, but lenders love the stability this shows, so it's worth including on applications.

3 TIME YOUR APPLICATIONS
If you know you're about to change address or facing an overhaul of household finances, apply for any credit you need beforehand and get the jump on the bank.

4 DON'T MISS PAYMENTS
The agencies store and recite this data, Gradgrind-style, to the banks. Be particularly fastidious with all utility bills in the months preceding your application for credit.

5 AVOID THE REJECTION SPIRAL
Applications are refused for myriad reasons, including errors. And yet a rejection on file can be used as a reason to reject you the next time, too. If this happens, STOP, check your file, and wait a few months before trying again.

6 ENSURE ADDRESSES MATCH UP
Sometimes with multiple accounts, credit cards and phone contracts, you can forget to update all of your personal details on file. Banks, however, like consistent data. Plus, you never know who moved into your old flat – they could be impinging on your squeaky clean record.

7 CANCEL OLD CARDS
If you've got access to credit, banks can see this and assume you will use it. If you won't need to, cut it up into little pieces and start again.

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THE EVERYDAY ECONOMIST

By Tim Harford, member of *The Financial Times* editorial board

An economist's guide to...

Boosting erotic capital

Women have been using it to their advantage for millennia. Now it seems that men, too, can get a good rate of exchange on their looks

Chiselled features? Then you can spend it like Beckham

IT'S FUNNY HOW a bit of jargonics can dignify an erstwhile base exercise. Once upon a time, using your looks to advance your cause was called prostituting oneself. Now it's known as 'possessing erotic capital'.

The sociologist Dr Catherine Hakim defines EC as a combination of, "sex appeal, charm and social skills, physical fitness and liveliness," among other seductive qualities. Of course, everyone knows that comeliness and charisma are an asset; the difference now is that economists are quantifying them as a *financial* asset, and not just for the obvious cases such as call girls, newsreaders and Cheryl Cole. Study after study concludes that beauty is worth money.

"Just 10 minutes improving your appearance each day will boost your salary by an average of 6%"

Look at politicians. Economists have found evidence that voters in the UK, the US, Finland and Germany prefer a pretty face. More determinedly, a careful study in Australia confirmed that the effect wasn't simply racism or ageism in disguise. Instead, researchers found that pretty forty-something white politicians out-polled ugly forty-something white politicians. The effect has even been measured in elections for President of the American Economic Association, which surely involves the most rational electorate on the planet.

A lovely mug isn't just useful in politics. The economist Daniel Hamermesh has found that beautiful people earn more in fields as varied as advertising to law. It's not clear quite why erotic capital is worth money outside a few obvious, ahem, professions. Perhaps we discriminate against ugly people? Perhaps good-looking kids attract more attention from teachers and prosper at school? Another possibility is that better-looking people are more confident, and that confidence is the secret of success in life.

Whatever the reason, women, have long been acutely aware of all this, which is of course why they spend so much time getting ready for parties. One study – Hamermesh again – found spending money on clothes and make-up is a good way for women to boost their earnings. But what about men? Lipstick is out – Eddie Izzard notwithstanding – so does that mean we're stuck as God made us?

MH readers know better than that. Time spent in the gym, the hairdressers or in front of the mirror isn't simply a matter of sexual inveiglement. It's worth real capital. In fact, research shows that just reading *Men's Health* stands you in good stead for a raise. Two economists, Jayoti Das and Stephen DeLoach, found that spending time on personal grooming is a winning financial investment for men. Just 10 minutes a day will raise your salary by an average of 6%, they claim. Women, on the other hand would have to spend several hours to enjoy the same boost.

Yes, we know: sometimes they do.

Tim Harford's latest book, Dear Undercover Economist (Little, Brown), is now out in paperback

THE BOOK THAT CHANGED MY LIFE

By Jonathan Lethem, author of *The Fortress of Solitude* and *Chronic City* (Faber)

Lewis Carroll's

Alice's Adventures In Wonderland

The Brooklyn-born novelist explains why a trip down the rabbit hole informed his whole life

Both ...*Wonderland* and *Through The Looking Glass* had an incredibly transformative effect on me. They are children's books that are stealth adult books. The personalities that Alice encounters all have adult agendas and moods. Humpty Dumpty, for example, has an irritating, egocentric personality and reminds me of how children feel when meeting older relatives. It's this extra layer of emotional information that becomes an entrance into novels. It certainly gave me an appetite for the feeling of allegory without the obviousness of allegory. Everything seems charged and meaningful, but you can't translate it into simple symbols. This revelation shaped the way I write.

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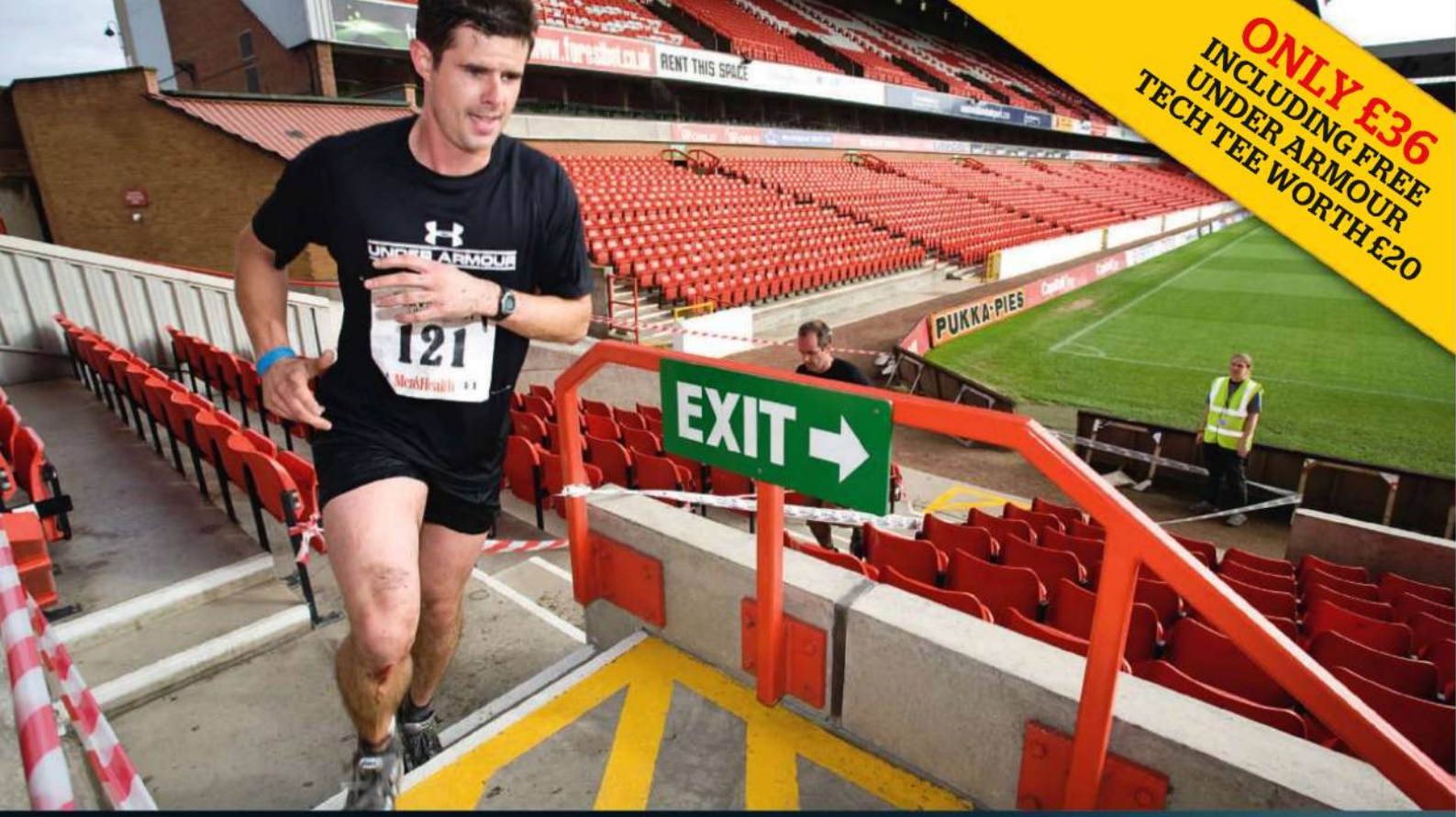

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Personal Trainer

Edited by Wesley Doyle

BECAUSE FIT IS THE NEW RICH

144 Never let go

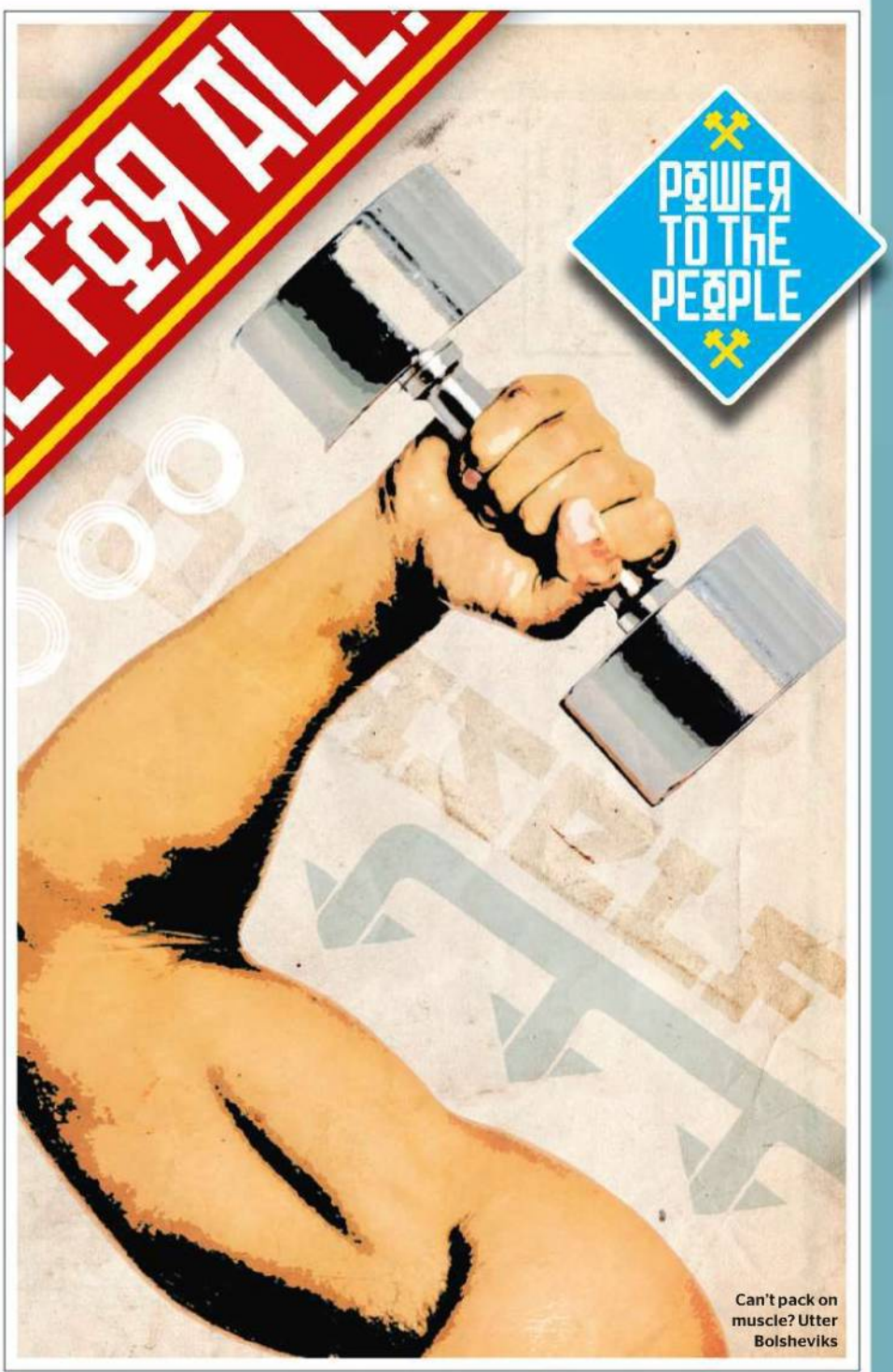
This barbell regime is all you need to chisel out your beach body this summer. It has one very simple rule: don't let go of the bar.

149 Step up to the plate

Incorporate a PowerPlate into your workout to create tension and growth in virtually every muscle in your body.

156 Elemental training

Come rain or shine, we have developed two full-body circuits to take your physique and your fitness to the next level



Can't pack on muscle? Utter Bolsheviks

153 The muscle revolution

Taking a leaf out of our communist cousins' muscle manual, we have used five key, total-body exercises and turned them into a quick but challenging workout for all levels. You'll build an Iron Curtain of lean muscle with no fractions or breakaway states.

KEY Knowledge | Weight loss | Nutrition | Fitness | Muscle | Health | Time saving | Mind

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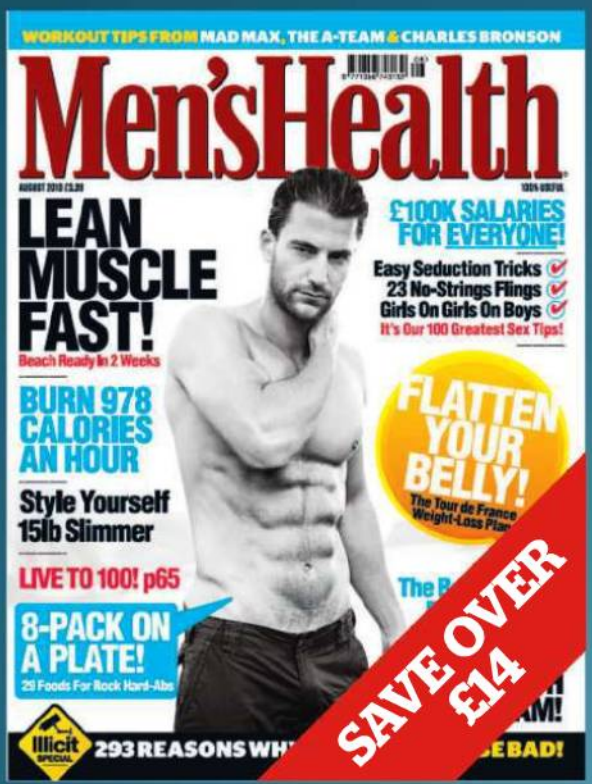

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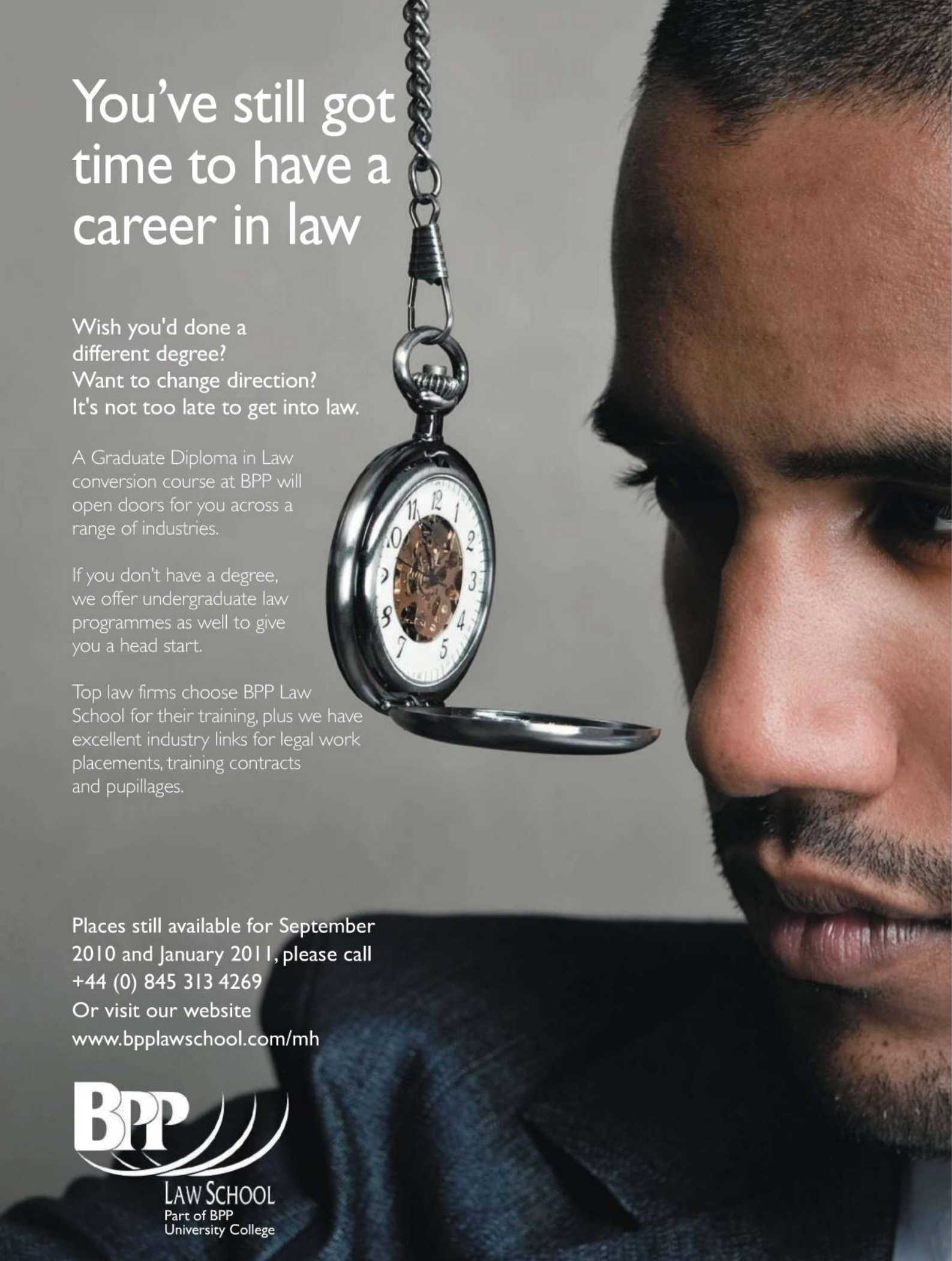
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FROM THE GYM FLOOR

MH advisor Ray Klerck explains why training one body part a day will limit your results

Like all good teams, your muscles work best together. So it stands to reason that you should train them together. It may seem like a good idea to work different body parts on separate days. But if you're anything like the average gym-goer, then chest and arm days usually go to plan, while back and leg days often turn into lunch-with-old-work-mates days.

It happens to the best of us. Even if you favour the light bulb look, training like this is an open invitation for injury. Plus (and this could be the deciding factor) regular full-body workouts allow you to build more muscle – up to 2.27kg more per month than individual body-part training – a considerable benefit when you consider that this adds up to over 27kg over 12 months. This is because rather than doing 4 moves for your chest in one workout, you'll spread out the stimulus of those same 4 exercises over 4-5 days. This gives you more recovery time. Your pecs will be growing all week instead of just the day after your chest session.

And the same goes for your legs. So when life throws up a business meeting or that all-important pub lunch and you have to put your workout on hold, no muscle need feel neglected. You'll simply train your whole body 3 days a week instead of 4 days, continuing to grow in perfect proportion while keeping injury-free.

So for a better physique, stop trying to separate your muscles – physiologically this is an impossible feat anyway. They're a team that performs best when all of its players graft together.

Group therapy

Discover which physiological camp you're in to shift weight faster

Men's body shapes fall into two general categories, says health expert Dr Marie Savard. Let's call them 'punch bags' and 'speed bags'. To work out which team you're on, divide your waist size (at your belly button) by your hip size. Anything greater than 0.85, you're a punch bag, anything less and you're a speed bag. See the boxes below to find out the characteristics and how they affect your weight-loss efforts. Armed with this information you can maximise your time in the gym and get back to your fighting weight, fast.

PERFECT THE...

LAT PULLDOWN

Make a good exercise great

Front lat pull-downs are better at working your chest and back than behind the neck-pulldowns, say Brazilian researchers. This quick guide ranks how well different exercises target your V-shape (1 being most effective).

THE EXERCISES
- Front pull-down
- Behind-the-neck pull-down
- V-bar pull-down

INCREASE YOUR PERFORMANCE TODAY BY...

Talking up your game

In a Florida State University study, winning teams talked strategy twice as much as losing teams did, and the teammates vocally encouraged each other nearly three times as frequently. Discuss strategy and express encouragement often. It's the chat of champs.

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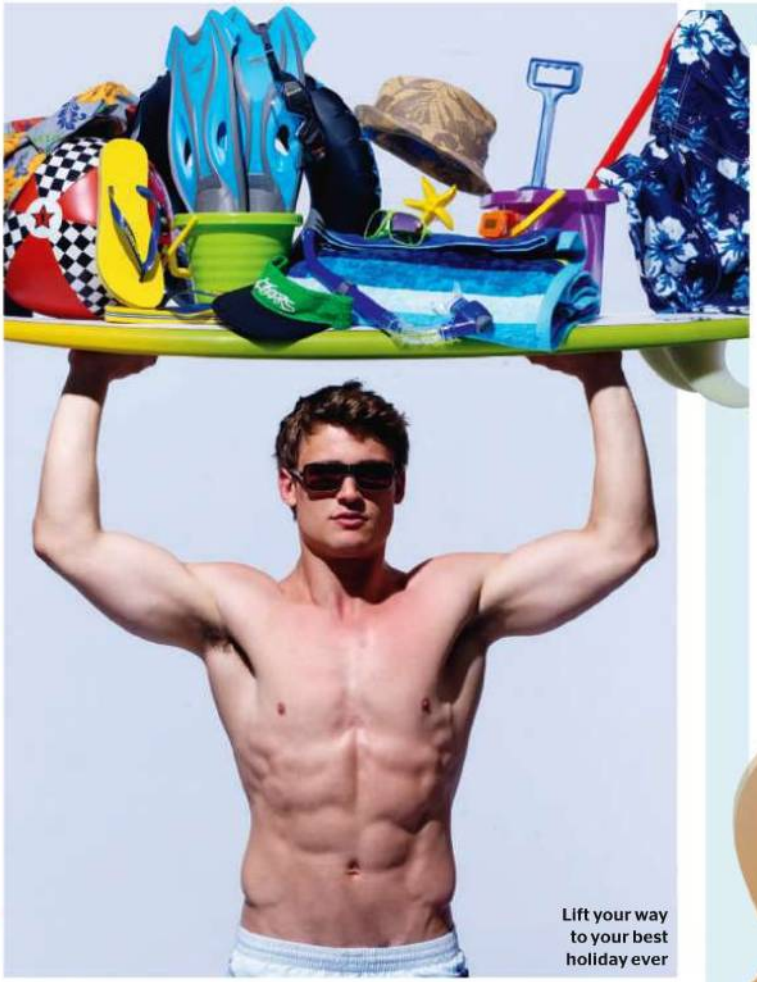


Lift your way to your best holiday ever

Beach-ready

This summer plan has you tearing through circuits without ever needing to change weights

If you want to shine this summer, the quickest way to peak condition is through barbell complex training. "You do this by keeping a barbell in your hands until you've completed all the exercises in each circuit," says fat-loss coach Neil McTeggart. "Gripping the same weight for the entire set creates a fluid form of resistance that forces muscle growth and destroys calories."

WHAT TO DO

For the fastest possible results do each workout twice a week, resting a day between each one. "Remember to keep the weight in your hands at all times," says McTeggart. Once you've completed each circuit, rest for 2 minutes. Repeat each circuit 5 times. After each workout complete as many circuits of our Fat Blaster (overleaf) as you can in 8 minutes. Then gorge on protein.

Days	1	2	3	4	5	6	7
Workout 1 10 reps, 5 sets, 2 mins rest between sets	✓				✓		
Workout 2 10 reps, 5 sets, 2 mins rest between sets			✓				✓
Fat-Burning Workout 10 reps, as many sets as you can do in 8mins	✓		✓		✓		✓

1 THE FULL BODY BUILDER

THE MOVE POWER CLEAN
THE MUSCLES LOWER BACK, SHOULDERS, TRAPS, HAMSTRINGS, BICEPS

A Stand with your feet shoulder-width apart and your toes beneath a barbell.

B Grab the bar with an overhand grip by bending your hips and knees. Stand up and pull the bar towards your shoulders.

C Pull with your arms and keep the bar close to your body. When the bar is just below your chin, dip underneath it and rotate your elbows around the bar so your palms are facing away from you. Pause, then reverse the move.

6 THE CHEST INFLATOR

THE MOVE BARBELL PRESS-UP
THE MUSCLES CHEST, ABS, TRICEPS

A Support your body with the balls of your feet and position your hands slightly wider than shoulder-width apart on the bar with an overhand grip. Keep your arms straight but not locked.

B With a straight back, bend your elbows to lower yourself to the floor. Just before your chest touches the bar straighten your elbows to push back up to the start position. Holding a bar instead of resting your hands on the floor is kinder to your wrists so you'll be able to do more reps than without. That's it, you're done for today.

OPENING PHOTOGRAPHY STUDIO 33. STYLING ABENA OFEI. MODEL: ALEXANDER AT ANDIPETERSMODELS.COM. SHORTS BY JACAMO (JACAMO.CO.UK). SUNGLASSES BY ADIDAS ORIGINALS (ADIDAS.COM/EYEWEAR). SURFBOARD BY RIP CURL. ON SURFBOARD: SHIRT BY DEBENHAMS.COM. BEACH TOYS DUNCANSTOYCHEST.CO.UK. FLIP FLOPS BY HAVAIANAS (HOUSEOFFRASER.CO.UK). SNORKELLING EQUIPMENT SPEEDO.CO.UK. SUNGLASSES BY FOOTASYLUM.COM. WATCH BY YUKKA.CO.UK. VISOR BY ALPINESTARS.COM. TOWEL HAT AND SHORTS BY HOUSEOFFRASER.CO.UK. SAND IMAGE GETTY

2 THE V-SHAPER

THE MOVE PUSH PRESS
THE MUSCLES SHOULDERS, TRICEPS, QUADS, HAMSTRING, GLUTES

A Stand with your feet hip-width apart and hold the barbell across the front of your shoulders.

B Bend at the hips and knees to descend about 6 inches, then quickly rise back up and explosively push the weight over your head.

C From the overhead position, lower the weight to the start for powerful looking legs and shoulders that will impress from top to toe.

3 THE ABS REVEALER

THE MOVE FRONT SQUAT
THE MUSCLES QUADS, HAMSTRINGS, ABS, GLUTES

A Put your fat-loss on the front burner by resting a barbell on the front part of your shoulders.

B Keeping your back straight and eyes forward, slowly bend at the knees and hips to squat down until your thighs are parallel to the floor. Straighten your legs to rise back up to the start position but don't completely lock your knees. By now your lungs should be burning but at least your forearms have had a decent break. That's all about to change.

Workout 1: The barbell blitz

Perform 10 reps of each of these exercises to drop 4kg of fat in a month

5 THE CALORIE BLITZER

THE MOVE DEADLIFT
THE MUSCLE LOWER BACK, ABS GLUTES, HAMSTRINGS, QUADS

A Resist the temptation to set the weight down, instead set your feet shoulder-width apart and maintain the overhand grip you had for the rows. Bend your back and knees to lower the bar to the ground. Look forwards, not down.

B Keep your back flat then use your thighs to raise it so your legs become fully extended. Keep your back straight throughout the movement. As you feel your legs burn, visualise the calories you're shifting – it'll help you deal with the pain.

4 THE POSTURE IMPROVER

THE MOVE BENT OVER ROW
THE MUSCLES UPPER BACK, BICEPS, ABS

A There'll be no gently-down-the-stream with this row. Hold the barbell with an overhand grip. Keeping your back flat, bend forward at the hips until your back is 45 degrees to the floor. You should have a slight bend in your knees with your straight arms beneath your shoulders.

B Bend your elbows to bring the bar to a point that's just below your chest. Hold it there for a second then lower it to the start for an injury-proof back.

Turn the page for more moves

1 THE GUN LOADER

THE MOVE BARBELL CURLS
THE MUSCLES BICEPS, FOREARMS

A Pick a weight for this circuit that you can comfortably manage 12 curls with – it may start off easy but that all changes by the end. Stand with your feet shoulder-width apart holding a barbell with an underhand grip.

B Keeping your upper arms tucked against your sides, and your shoulder blades pulled together, curl the weight up until the weight reaches your shoulders. Flex your biceps, then reverse the motion and slowly return to the start. No bicep kissing – you need to keep your hands on the bar.

2 THE T-SHIRT FILLER

THE MOVE TRICEP EXTENSIONS
THE MUSCLES TRICEPS, SHOULDERS

A Adjust your grip to an overhand shoulder-width set-up as shown.

B Extend your arms directly above you then lower your forearms behind your head by bending your elbows. Keep your elbows tucked close to your ears.

C Raise your arms up along the same path you lowered them. Want a long throw-in that would impress Rory Delap? This is the move to give you that power.

Workout 2: The shore thing

More pain, more gain, but a beach-ready body is 4 weeks away

6 THE BODY SHREDDER

THE MOVE CLEAN AND JERK
THE MUSCLES LOWER BACK, GLUTES, QUADS, HAMSTRINGS, SHOULDERS, ARMS

A Now for the *pièce de résistance* of fat burning. Stand with your feet hip-width apart over the barbell.

B Bend your knees and hips to squat down and grip the bar with an overhand grip. Pull the bar up off the floor to your chest, then rotate your elbows and hands to catch the bar on your shoulders.

C Now lower your body into a front squat. Explosively straighten your knees and drive the barbell above your head. Reverse the path to the start. Another four circuits and you're ready for the beach.

5 THE LEG STRENGTHENER

THE MOVE BARBELL SQUATS
THE MUSCLES QUADS, BACK, GLUTES, ABS

A Now's not the time to lose your concentration or your thinking cap might suffer. Stand with your feet shoulder-width apart and hold the barbell above your head.

B Bend your hips and knees to lower your glutes as close to the floor as you can. Keep your back straight, abs tensed and look forward. Rise to the start position along the same path but keep your knees slightly bent at the top. A muscular set of legs and abdominals will now be yours.

3 THE STOMACH OBLITERATOR

THE MOVE BARBELL LUNGES
THE MUSCLES QUADS, HAMSTRINGS, ABS, GLUTES, CALVES

A Give your hands a welcome break by setting the barbell across the back of your shoulders, as you would for a squat.

B Take a giant step forward with your left foot and bend your left knee until your left thigh is parallel to the floor. Your back should remain straight throughout the exercise. Reverse the motion, stepping back into the starting position. Repeat the lunge with your right leg. We'll say it again: leg exercises equal fat loss.

4 THE GUT DEFLATOR

THE MOVE GOOD MORNINGS
THE MUSCLES LOWER BACK, HAMSTRINGS, ABS, GLUTES

A Take three deep breaths then plough straight ahead. With the same barbell across the back of your shoulders bend your knees slightly and with control.

B Start to bend forward, maintaining the curve in your lower back. Keep looking straight ahead. This will help keep your back in its proper position. Lower your torso until it is parallel to the floor and then reverse the direction to raise your torso to the starting position. A strong lower back will help you stand up straight, which will lengthen your abs and instantly deflate your gut.

EXERCISE PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT. THANKS TO VIRGINACTIVE.CO.UK. SHORTS ASICS.CO.UK. TRAINERS ADIDAS.COM/UK

Finishing fat blaster

Repeat this circuit as many times as you can in 8 minutes with a kettlebell, power bag or medicine ball

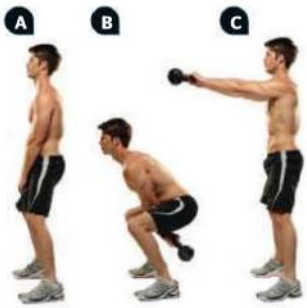
1 THE MOVE SWING

THE MUSCLES LOWER BACK, TRAPS, ADDUCTORS, HAMSTRINGS, GLUTES, ABS

A Stand with a 3ft-wide stance while holding a weight. Use your hips to swing the weight away from your body.

B When they start to fall back between your legs let your hips absorb the weight.

C Drive your hips forward and up to raise the weight in front of you. Keep the speed up and focus on driving from your hips.



2 THE MOVE SIT-UP PRESSES

THE MUSCLES ABS, SHOULDERS

A Sit with your back at 45° to the floor. Bend your knees in front of you and keep your feet on the floor. Hold a weight to your chest.

B Lower your torso to the floor then rise to the start and press the weight overhead. Lower the weight to your chest and repeat. Keep up the pace – quick reps use 8% more muscle fibres in your abs, found a study in the *Journal of Physiology*.

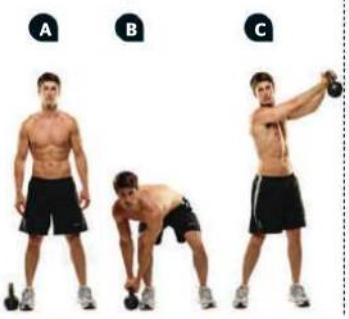
3 THE MOVE WOOD CHOPS

THE MUSCLES CORE

A You're on the final stretch. Stand with your feet shoulder-width apart. Place a weight on the outside of your right foot.

B Grasp it with two hands and pull it up and across your body in an arc towards your left shoulder. It should end up just above shoulder height. And still in your hands.

C Repeat to the other side. Make the movement explosive as you rotate upwards and control the weight as you return to the start. You're nearly done, just one more exercise to go.



4 THE MOVE JUMP SQUATS

THE MUSCLES QUADS, GLUTES, CORE

A The final move – think how good you'll look and feel when this is over. With your feet shoulder-width apart and your back straight, squat until your thighs touch your calves.

B Quickly straighten your knees and explode upwards so your feet leave the ground. Land with bent knees to absorb the impact. If you're too tired to talk, you've trained at the right intensity.

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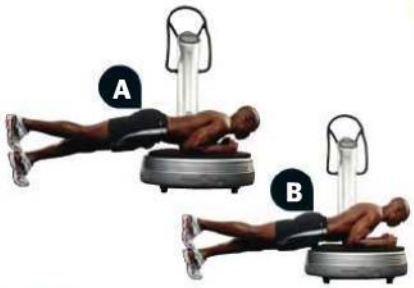
1 POWER PRESS-UPS

CHEST, TRICEPS, SHOULDERS, ABS

Assume a press-up position with your hands shoulder-width apart on the plate **(A)**. Now do a press-up **(B)**.

Do 4 sets of 8 reps. This will make your chest and its supporting muscles contract 25-50 times a second. "Your chest will work harder and get noticeably bigger," says Nick Hudson, Virgin Active's National Fitness Manager.



2 PLANK LEG-LIFTS PLUS

ABDOMINALS

With your forearms on the plate, lift your right foot and place it on top of your left **(A)**. Raise your body slightly **(B)**.

Hold for 30 seconds and repeat 5 times on each side. The University of Antwerp found people who used the plate and ate a low-calorie diet, lost 47.8cm^2 of belly fat in 6 months. So unwrap those abs from their soft furnishings.

3 SUPER SQUATS

QUADS, HAMSTRINGS, CALVES, ABS, GLUTES

Stand with your feet apart on the plate **(A)**. Bend your knees to drop into a squat **(B)**.

Do 4 sets of 10 reps. A study in the *Clinical Physiology & Functional Imaging* journal showed men holding a squat position on the plate fatigued 2½ minutes before those on the ground, meaning you get results in double-quick time.

4 SIX-PACK SHAPER

ABDOMINALS

Sit side on. Straighten your legs and raise them so they're at 45 degrees to the floor. Lower your back towards the ground **(A)** then raise your torso back to the start position **(B)**.

Do 3 sets of 10 reps. This magnifies the tension in your abs, according to a study by NASA who tested the machine on their astronauts. So, just a few sit-ups on the Power Plate will craft you a six-pack that is out of this world.

7 KILLER CALF RAISES

CALVES, ABS

With your feet on the edge of the plate **(A)**, rise onto your toes **(B)**, then lower.

Do 5 sets of 15 reps. "Calves can be a notoriously stubborn muscle to build, but vibration training will slave drive them into working harder and growing bigger than if you trained them normally," says Hudson.

6 VIBE SHOULDER PRESSES

SHOULDERS, ABS

Start with dumb-bells either side of your head **(A)**. Then press the weights up **(B)**.

Do 4 sets of 8 reps. Research in the *British Journal of Sports Medicine* found that vibration training is more effective than normal exercise for strengthening your bones. "Overhead exercises like this strengthen your spine," says Hudson.

5 UNSTABLE SPLIT SQUATS

QUADS, GLUTES, HAMSTRINGS, ABS

With your right foot on the plate and your left foot behind in a lunge **(A)**, bend your right knee to lower **(B)**, then rise up.

Do 3 sets of 12 reps on each leg.The *Physical Therapy* journal found lower body exercises on the plate make ankles and calves 13% stronger. Making you quicker off the mark in every sport.

WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL KIRTIS FRANK AT STORM. THANKS TO VIRGINACTIVE.CO.UK. SHORTS AND TRAINERS BY ASICS.CO.UK

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NOT YOUR NORMAL NINE TO FIVE

Back on track

If you feel a lumbar twinge use this chart to find the likely culprit and cure the ache

Do you also have shooting pain down the back of your leg?

Yes

No

Is the pain only on one side of your back?

N

Does your back feel tired or stiff?

Y

UNDERDEVELOPMENT OF BACK MUSCLES

Weak back

Consult a doctor or sports therapist before doing any sport. Try to improve posture. Back mobility and strengthening exercises will help.

N

Is it painful to lift your chest off the floor when lying on your back?

Y

Did the pain come on suddenly, making it hard to bend backwards?

N

Did the pain come on suddenly, making it hard to bend forwards?

Y

N

INFLAMMATION BETWEEN VERTEBRAE

Acute facet dysfunction

Caused by a sudden jar. Stop playing sport until at least 70% recovered. Ibuprofen will reduce inflammation. Apply ice 3-4 times daily, visiting a doctor if things don't improve in 10 days.

Did the pain come on slowly, as a chronic ache that makes it hard to bend backwards?

Y

N

DAMAGED OR TORN MUSCLE FIBRES

Muscle strain

Caused by endurance sport or lifting. Try stretching and massage. Contrast hydrotherapy – alternate cold and hot baths – can help. Don't play sport until symptoms are 95% better.

LONG-TERM INFLAMMATION

Chronic facet joint dysfunction

Inflammation in the twisting joints of the spine. Needs treatment from an osteopath. Cut sport to a minimum, sticking to gentle cross-training. You may need orthotic inserts in your shoes.

Is the pain radiating down the back of your leg to your ankle or foot?

N

Y

Is your back tight and stiff with specific tender spots?

Y

N

DAMAGE BETWEEN PELVIS AND SPINE

Sacroiliac joint dysfunction

Your back cartilage is getting worn. Taping, icing and wearing a back support may help. Cut out sports; avoid bending or twisting. Like *piriformis* syndrome can mimic disc injury – consult a sports therapist if in doubt.

COMPRESSION OF SCIATIC NERVE

Piriformis syndrome

Can be caused by too much cycling or running. Taping and applying a heat pack may help. Cut out sport until 60% better. A light run may then release remaining tension. Has similar symptoms to more serious injuries to the discs found in between vertebrae.

IRRITATION CAUSED BY REPEATED MOVEMENT

Myofascial trigger points

Can mimic disc injury (see *piriformis* syndrome, right). Ice three times daily; ibuprofen will reduce inflammation. Cut down on sport, gently cross-train if possible.

Is the pain centred over one of the two 'knobbly' bones at the base of the spine, 3-5cm (1-2in) either side of your spinal column?

N

Y

WORDS RUTH EMMETT. PHOTOGRAPHY GETTY. VISIT RUNNINGINJURYORACLE.COM FOR MORE SELF-DIAGNOSIS TOOLS. NB: THIS CHART IS A GUIDE ONLY AND NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. IF YOU GET ANY NUMBNESS OR TINGLING IN THE LEGS OR BUTTOCKS, OR PAIN ON URINATING, SEE A DOCTOR IMMEDIATELY

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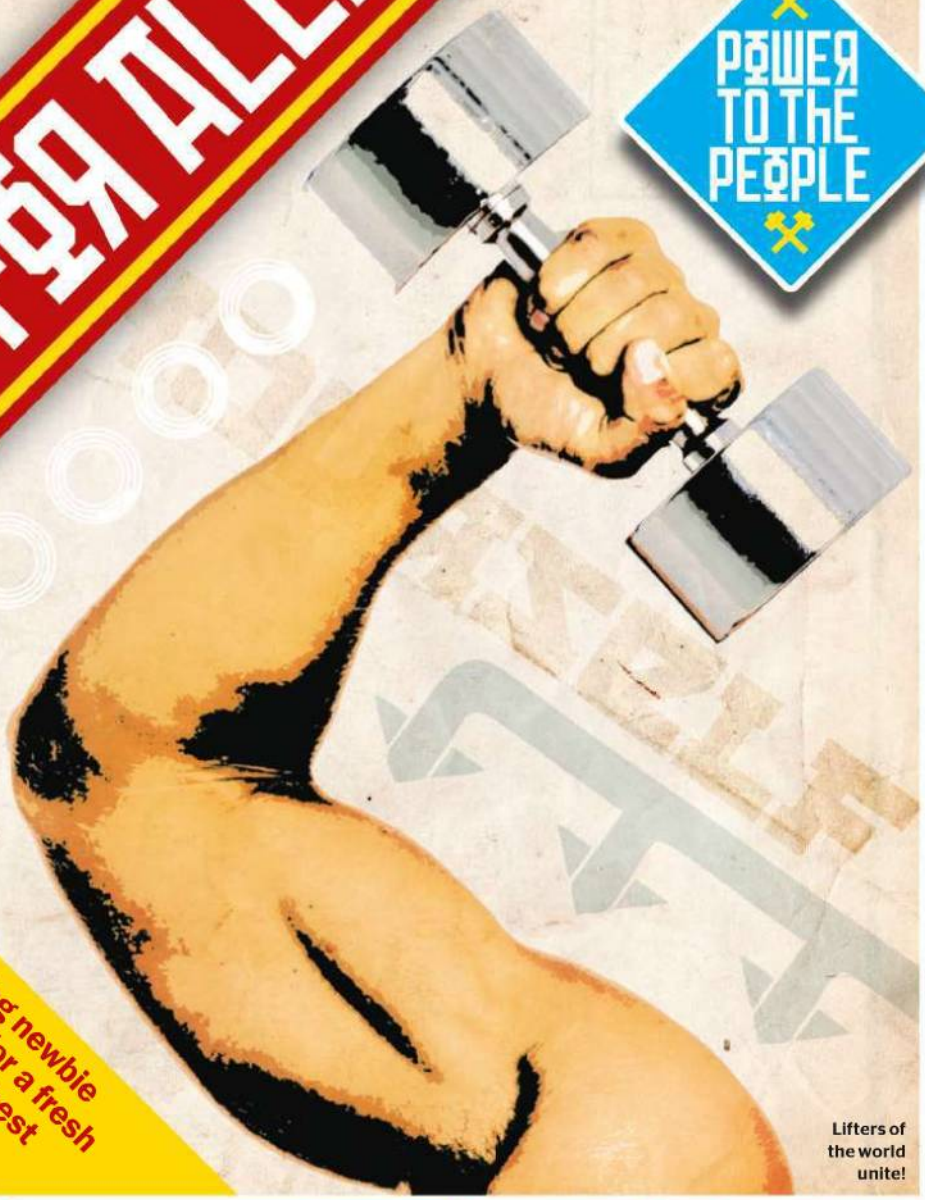


POWER TO THE PEOPLE

Whether you're a training newbie or a gym veteran looking for a fresh challenge, we have the five best muscle-building moves for you

REVOLUTION!

Lifters of the world unite!

1. SQUAT

What better place to start our run-down of the top five exercises for beginners *or* experts than the squat? It's one of the greatest moves for total muscle definition – no matter what your training age or experience. The squat is the best exercise for growing and conditioning your quads, hamstrings, glutes, abdominals and calves, according to a study in the *Journal of Physics*. Plus, it helps you to burn fat. Master it at your chosen level, then turn the page for more moves that will push you to your limits and build muscle in record time.

BEGINNER

BAND-ASSISTED SQUAT

Put a stretchable band around a pull-up bar and stand just behind the bar. Hold the band with both hands as you squat until your thighs are parallel to the floor. Stand back up.

Why it works "The band lends stability as you squat and assists your legs as you press back up to the start position," says top US personal trainer Todd Durkin (todddurkin.com).

ADVANCED

BOX SQUAT

Stand in front of a knee-high bench. With a barbell loaded onto your upper back, squat and sit on the bench. Keeping your heels pressed into the ground, stand back up.

Why it works "When you sit, you kill the weight's momentum. To rise again, you need to use your lower-body muscles more. That teaches your body to move explosively." ▶

REVOLUTION!

2. PULL-UP

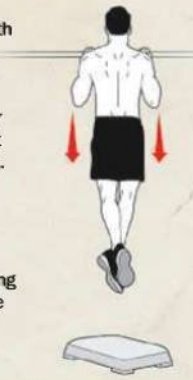
The pull-up is an old-school marker of fitness, with good reason. To this day a mastery of the bar is a physical requirement for the army, navy, fire-fighters and marines. And research in the *Journal of Medical and Biological Engineering* found it to be the best exercise for building your lats, biceps and forearms. That's your V-shape sorted then.

BEGINNER

NEGATIVE PULL-UP

Stand on a box beneath a pull-up bar. Jump up, pulling your chest to the bar. Then take 6-10 seconds to lower yourself until your feet touch the box. Repeat.

Why it works "Slowly lowering your body can help to build your upper-body muscles and increase the pulling power you need for the full range of motion pull-ups."

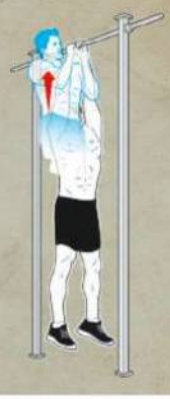


ADVANCED

COMMANDO PULL-UP

Stand looking down the length of the bar. Grab it with one hand in front of the other, your palms facing inwards. Now pull up and lean to the right, so your left shoulder touches the bar. Repeat on the left.

Why it works "This kind of pull-up causes an imbalance of weight, forcing you to work your back and arms more as you pull your body up on each side."



3. PLANK

The plank may not work your abs the hardest but it does offer the most benefits when compared to the time spent assuming the position. Research in the *Journal of Electromyography and Kinesiology* found people who performed the plank were able to cure their lower back pain while still working all the muscles in their core – a feat no other ab exercise could achieve. The best part? You can do it anywhere anytime.

KNEELING PLANK

Assume the press-up position but rest on your forearms and knees. Your body should form a straight line from shoulders to knees. Brace your core and hold for as long as you can.

Why it works "Bending your knees reduces the weight your core has to support. Also, if you tend to feel back pain when you do regular planks, doing them this way will ease the tension."

PLANK WITH OPPOSITE ARM AND LEG LIFTED

Start in a plank position. Then lift your left foot and right arm off the floor and extend, holding it for 5-10 seconds. Now switch sides and repeat with the opposite arm and leg.

Why it works "By adding movement and instability to this normally static exercise, you force your body to work harder to keep your core tight and the rest of your body stable."

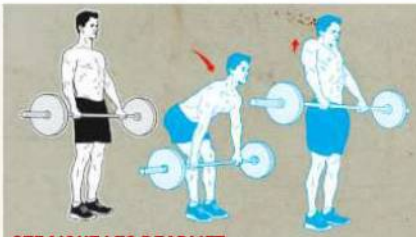
4. DEADLIFT

Strengthen your back and hamstrings and you will quickly ward off posterior pain, improve your stability and increase your stopping speed – always useful in the event of a double-decker bus crossing your running route. The deadlift is the exercise you need to add to your workouts to achieve this. It strengthens these muscles better than any other exercise according to research in *The Journal of Strength and Conditioning Research*. So don't muck around with the rest, deadlifts are best.

ELEVATED STRAIGHT-LEG DEADLIFT

Stand between two 15cm-30cm high boxes with your knees slightly bent, holding a barbell with an overhand grip. Bend at your hips and lower your torso until the barbell touches the boxes. Pause and return to an upright position.

Why it works "The box limits your range of motion, helping you master the deadlift," says Durkin.



STRAIGHT-LEG DEADLIFT

Hold a barbell in an overhand grip. Bend at your hips and lower your torso until almost parallel to the floor. Pause, then come back up and shrug your shoulders.

Why it works "In this exercise you're emphasising your hamstrings, glutes and lower back which are typically weaker than your quads."

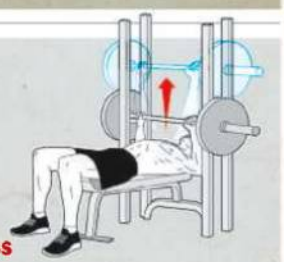
5. BARBELL BENCH PRESS

"Waddayabench?" Want to be able to answer with confidence when posed with the most commonly asked gym question? The barbell bench press, which you'll see being performed in every gym from here to Timbuktu, is your solution. Research in *The Journal of Strength & Conditioning Research* found that it roped in many more muscle fibres than any other chest move, which may go some way to explaining its popularity.

NEGATIVE PRESS-UP

This isn't a bench press but it does give you the same benefits. Do a press-up, taking 6-10 seconds to lower your body. When you're an inch above the ground, push up explosively.

Why it works "When you lower your body slowly you activate more muscle fibres, increasing your chest, back and tricep strength and helping to build more muscle."



CAGE BENCH PRESS

Lie on a bench inside a power rack with the barbell resting on safety bars 8-15cm above your chest. Press the bar off the rack until your arms are straight. Then lower it.

Why it works "You're starting from your weakest position, with no momentum to help. This forces your chest to work harder and means you'll be able to bench more weight." MH

WORDS WESLEY DOYLE. PHOTOGRAPHY STUDIO 33. MODEL DAVID PETERS AT SAMANTHA BOND MANAGEMENT. DUMB-BELL POWERHOUSE-FITNESS.CO.UK. ILLUSTRATION KAGAN MCLEOD

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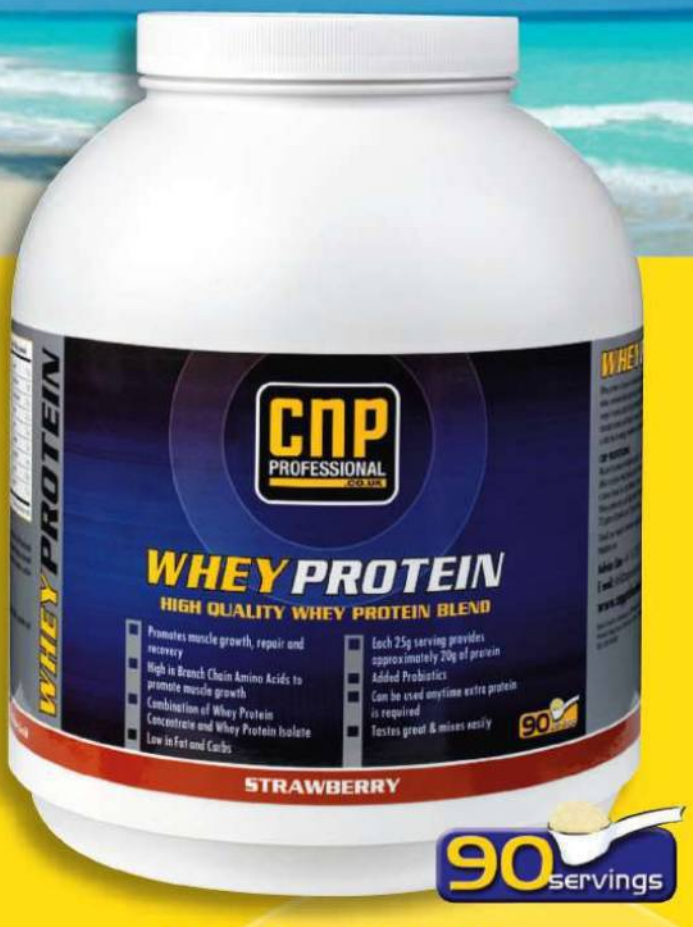

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OUTSIDE PERFORM EACH EXERCISE FOR 40 SECONDS, REST FOR 20 SECONDS AND THEN MOVE TO THE NEXT ONE. DOING ALL 5 EXERCISES SHOULD TAKE 5 MINUTES. REST FOR 1 MINUTE AND THEN REPEAT THE ENTIRE SEQUENCE.

1 SUMO DEADLIFT

Here's the move to blitz those love handles. Stand with your feet about twice shoulder-width apart and your toes pointed out. Grab a dumb-bell and hold it in front of your thighs. Bend at your hips and knees, without allowing your back to round, until the dumb-bell touches the floor. Explode back up to cut up quicker than a sushi chef.

2 DUMB-BELL PUSH PRESS

Big shoulders equal a narrow-looking waist and this is the exercise to build them up. Hold a pair of dumb-bells next to your shoulders with your elbows bent. Dip your knees and explosively push up with your legs as you press the dumb-bells over your head. Return to the starting position. Better-fitting T-shirts are less than a month away.

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CARDIO

SKIPPING ROPE

Jump rope for 30 seconds as fast as you can, then rest for 30 seconds. Repeat 4 more times for a total of 5 minutes and you'll drop 1% of body fat each week.

INSIDE DO 10 REPS OF EACH EXERCISE WITH NO REST BETWEEN SETS. REST FOR 1 MINUTE AND REPEAT THE SEQUENCE TWICE MORE.

1 JUMP LUNGE

This one will test the strength of the seams in your training shorts, so make sure you're wearing a robust pair. Step forward with your right foot into a lunge position, hold it and then jump and land in a lunge position with your left foot forward. That's one rep. Nine more sucker.

2 JUDO PRESS-UP

Get into a press-up position, move your feet forward and raise your hips. Bend your elbows to lower your chin almost to the floor and then lower your hips as you raise your head and shoulders up. Hold, and reverse the move. It's a tough one to master but it will reward you with huge upper-body strength.

3 MOUNTAIN CLIMBER

Assume a press-up position with your arms straight; bring your right knee in to your chest. Return to the start position and repeat with your left knee to get more ripped than Sir Edmund Hillary after scaling the big one.

PHOTOGRAPHY ANDREW TINGLE. STICKMEN ILLUSTRATIONS KAGAN MCLEOD. WEATHER ILLUSTRATIONS KEREM SHEFIK. GETTY

3 BENT-OVER ALTERNATING DUMB-BELL ROW

Bow down to the bent-over row. This exercise works one of your biggest muscle groups, your lats. Hold a pair of dumb-bells with your palms facing behind you. Bend at your hips until your torso is nearly parallel to the floor. Lift one dumb-bell to your side, lower, and repeat with your other arm. That's one rep. Big lats will complement those shoulders for a flattering V-shape.

CARDIO

STAIRS OR STEP MACHINE

Run the steps as fast as you can for 30 seconds – make sure it's a full-effort sprint. Then slow down and move at a walking pace for 90 seconds. Never stop moving. Repeat the sequence 4 more times, for a total of 10 minutes. This type of anaerobic exercise will build muscle while stripping fat – the best of both worlds. It's the last exercise so give it 110%.

"Intense bursts of indoor or outdoor exercise are the fastest way to increase aerobic fitness," says Robert dos Remedios, author of *Cardio Strength Training* (Rodale). Perform one of these routines, before or after your workout to get a beach-ready body in just 4 weeks.

4 JUMP SQUAT

Make like Van Halen and jump. First interlock your fingers behind your head, then jump as high as you can, and squat immediately when you land. Calorie culling doesn't get simpler than this.

5 INVERTED ROW

For a chest that'll help you pull at any bar, hang off a fence or low branch with your body forming a straight line from head to ankles. Pull your chest to the bar, pause, and lower your body down. It's a simple exercise but, as part of this circuit, it completes a full-body workout that will give you fat-free fitness for the summer.

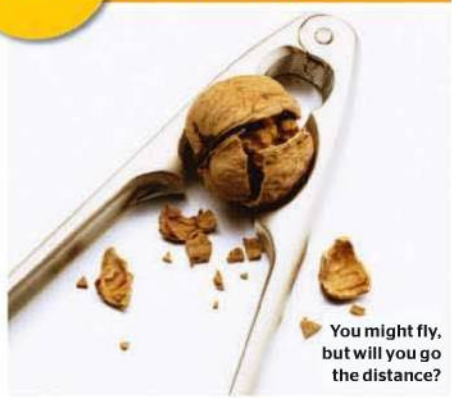
Get your mind over matter

Train your brain

Beef up your willpower and you'll get more out of the gym

A tough day at work can lead to a poor workout. In a study by McMaster University, Canada, people who took a difficult test that taxed their self-control exercised at a lower intensity than those who were given an easy test. "We all have a limited amount of willpower," says study author Dr Kathleen Martin Ginis. "If you're rigorous about sticking to a deadline at work, you may not have enough willpower left to exercise." But don't skip the session. The study suggests that willpower is like a muscle: the more you use it, the stronger it becomes. So if you keep going you'll train better in future *and* hit all of those deadlines.

THE MYTH CYCLING IS BAD FOR YOUR MANHOOD



You might fly, but will you go the distance?

THE TRUTH... Cyclists using conventional seats showed no reductions in urine flow and no effects on prostrate-specific antigen levels (the bad stuff for your prostate) after a 6-hour ride, according to a study in the *Journal of Urology*. However, previous studies revealed numbness and some erectile dysfunction. If you have these problems, try a noseless saddle (ECD Sports Lycra gel saddle, bikeradar.com) so you can stay fit without going floppy. MH

The Under Armour All-Weather Zone

Upper body strength comes to the fore on our bespoke assault course

The final hurdle: the unforgiving, 8ft *Men's Health* Wall of Fame

THE GRAND NATIONAL

October sees the *Men's Health* Survival of the Fittest series storm back onto the streets of Cardiff, Nottingham and Edinburgh. 10 km; 10,000 places up for grabs and above all, 10 fiendish obstacles to overcome. What are you waiting for?

SEPARATE THE WHEAT FROM THE CHAFF

In each of our three host cities, runners will face the mayhem of the hay bale scramble within moments of the start line. It's all about balance, big strides and explosive power to successfully wrestle past our very own giant haystacks and force yourself into a strong position at the front of your wave.

TALL ORDERS

Showcasing a legendary landmark from our cities, the For Goodness Shakes Climbs are, for many, the pinnacle of each race. From the gradient of the gruelling Jacob's Ladder in Edinburgh to the terraces of the legendary City Ground in Nottingham to Cardiff's awe-inspiring Millennium Stadium, it's all about strong calves, deep breaths and stunning views.

DOWN AND DIRTY

Running Survival of the Fittest is a bit like watching a film starring Sasha Grey. Before you start, you need to accept that it's going to get really dirty. And never more so than on our army assault course. Across rope swings, under cargo nets and through mud crawls; it's all about grit – in every sense of the word.

SLIPPERY WHEN WET

After the assault course you're going to need a wash – and we're happy to oblige. Each course has a 'wet' obstacle, from the roped river crossing in Nottingham to the enormous waterslide in Edinburgh and the 'hose-down' in Cardiff, where local firemen treat you like a sizeable industrial blaze, and you try to avoid running backwards.

HIT THE WALL

The final obstacle in every race – just a whisker from the finish line and the wonderful free recovery zone – is the toughest of them all: the fiendish *MH* Wall of Fame. An 8ft sheer barrier, it's like the big boss you have to beat at the end of the level to win the videogame. (And we still haven't found a way to master it without looking like a toddler trying to mount a Harley Davidson.)

THERE'S A STING IN THE TALE

As if these obstacles weren't demanding enough, the biggest gauntlet of 2010 is yet to be thrown. Our partners Land Rover are keeping their cards close to their chest, but are promising a particularly special challenge at each of our three events. Like the rest of *Survival*, you'll need balance, co-ordination and upper body strength for this extra tough challenge.

SIGN UP NOW!

With thousands of places already gone, you'll need to sign up fast to make sure you secure your place. Get on over to **mhsurvival.co.uk**; we'll see you on the course.

CARDIFF

Sunday 3 October 2010

THE WET ONE!

NOTTINGHAM

Saturday 9 October 2010

THE MUDDY ONE!

EDINBURGH

Sunday 17 October 2010

THE HILLY ONE!

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Raced Cardiff in 1 hour: 29minutes: 22 seconds
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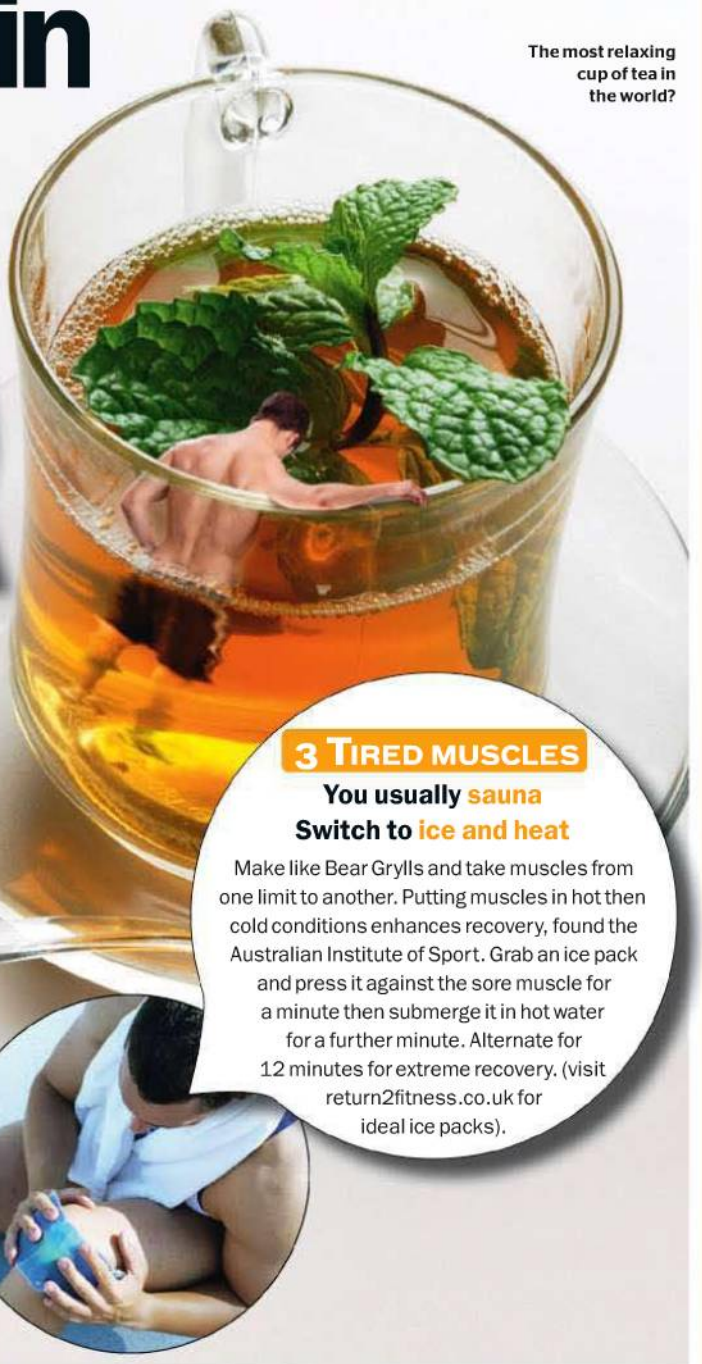
Gain, no pain

If you're aching after a tough workout there's no need for desperate measures. Get yourself fixed up, naturally



The most relaxing cup of tea in the world?

1 Pain relief

You usually take ibuprofen
Switch to Brazilian tea

If you're feeling a bit tender, don't reach for the pills, just put the kettle on. Newcastle University researchers have found Brazilian tea reduces pain and swelling, like ibuprofen. Drink 2-3 cups the day before or after a gruelling workout to hit your refresh button and get pain-free faster (get yours at brazilian products.co.uk).

2 Joint ache

You usually take chondroitin
Switch to turmeric extract

While chondroitin – a natural component of cartilage – helps the repair damaged joints, turmeric stops cartilage from breaking down in the first place. What's more, according to University of Arizona research, it also reduces pain and inflammation. If you don't want to eat curry every day 2-3 tumeric tablets will satisfy your daily knees (visit revital.co.uk).

3 Tired muscles

You usually sauna
Switch to ice and heat

Make like Bear Grylls and take muscles from one limit to another. Putting muscles in hot then cold conditions enhances recovery, found the Australian Institute of Sport. Grab an ice pack and press it against the sore muscle for a minute then submerge it in hot water for a further minute. Alternate for 12 minutes for extreme recovery. (visit return2fitness.co.uk for ideal ice packs).

Absence makes the muscles grow stronger

The AWOL effect

As far as they gym goes you can go Absent Without Loss of strength for 3 months

Don't worry about your fitness while you're on holiday. You can take weeks off from the gym without losing strength, according to new Japanese research. In the study, people followed an exercise programme for 3 months, then took a 3 month break. At the end of their hiatus, they were just as strong as they were before taking the time off. Of course a long leave of absence isn't recommended. Even if you don't get weaker, your gut will almost certainly get bigger. So enjoy your fortnight in the sun but be sure to get back to training as soon as you can.

WORDS RAY KLERCK. WESLEY DOYLE. PHOTOGRAPHY GETTY. STUDIO 33. DUMB-BELLS BY POWERHOUSE-FITNESS.CO.UK

THE POWER OF THE HURRICANE

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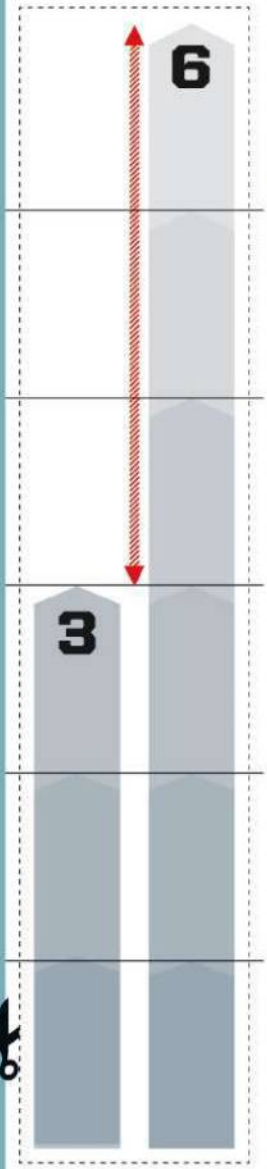
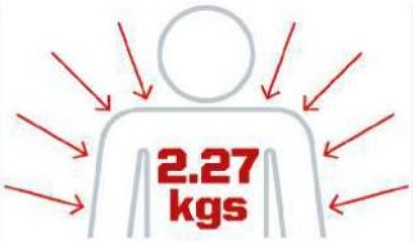
INSTANTINDEX3

Give your workout a kickstart with these quick training upgrades. It's like a page of protein shake for your mind



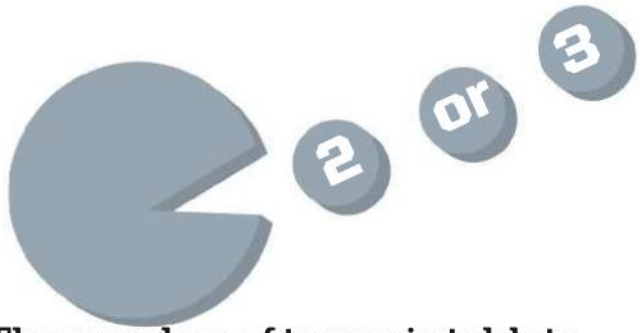
The range of distance, in inches from your chest, between which you should move a barbell during a warm-up bench press. This forces your chest to work harder, as it's the weakest point in the press. Add a few of these to the start of your session for bigger gains. [p153]



The amount of extra muscle you'll build with regular full-body workouts as opposed to body-part training. Training in this way will also ensure your muscles grow in proportion and stay injury free. [p143]

11%

The amount of extra calories burned when doing fast reps as opposed to normal speed reps with the same sized weight. You'll burn 5% more calories afterwards, too. [p144]



The number of tumeric tablets you should pop per day to alleviate aching joints. [p160]

Barbell complex training

Get lean faster by hanging onto a barbell for the duration of a circuit. Stick with the same barbell to create a fluid form of resistance that forces muscle growth and shifts fat. Give it a try with your usual routine or add it to our workout on p144.

The maximum amount of time it's possible to take a break from training without losing strength. Now you can fully relax on your holidays. [p160]

13%

The strength increase gained by men who trained their ankles and calves on a vibration plate. Not just for fat housewives then. [p149]

ILLUSTRATION ANDREW SUMNER

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It's time to get in shape for the beach, and the Beach Body Stack from Myprotein® can help you do just that. Designed to build lean muscle without adding body fat, it offers a one-stop nutrition plan to support your training routine. As with all Myprotein® products, you are guaranteed the highest quality ingredients at the lowest possible prices, so you can hit the beach with absolute confidence.

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ADVISORY BOARD

Meet this month's *MH* experts. Use their specialist knowledge and insight to help you make the most of your summer

EM AND LO*
Sex and relationship authors
Fast Track To Ecstasy (p64)
In addition to the six books they've written on love and sex, Emma Taylor and her partner in crime Lorelei Sharkey have contributed to some of the most prestigious publications to be found on either side of the Atlantic, not to mention their Channel 5 TV series *Sex: How To Do Everything*. This month they offer their collective hand to guide *yours* through bringing her to orgasm in 15 minutes.

WILL SELF
Author, reviewer and columnist
Slow Life (p129)
The *enfant terrible* of english literature is best known for works such as *Great Apes* and *The Book of Dave*. A prolific and multi-award-winning writer, Self has featured in *The Telegraph*, *The Times* and *The Guardian*. Now, he graces the pages of *Men's Health* where this month he muses on the changing pace of British politics.

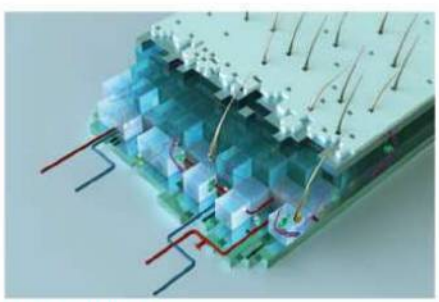
PROF STEPHEN SPIRO
Chest physician and lecturer at UCL
Save Your Breath (p20)
Professor Spiro retired from the NHS in 2008, leaving as his prime achievement the London Lung Cancer Group, which has run clinical trials now for over 30 years. He continues to lecture, research, and do work for the British Lung Foundation. There are few more qualified to optimise your bronchi.

STUART ARMORY
Personal trainer (inkilterfitness.co.uk)
Keeping You Suite (p67)
With a background in the RAF and ties with the Royal Marines and SAS, this PT has all the right tools in his armoury. With advanced diplomas in pretty much every aspect of physical conditioning, Stuart is the best of the best when it comes to designing a military boot camp in your hotel room.

DR DAVID SPENCER
Senior lecturer in economics, University of Leeds
The 9-5 Escape Hatch (p61)
A leading expert on the economics of work, Dr Spencer is currently involved in a research project investigating the changing nature of job quality in the UK, here he tells us how to ensure you're bringing home the bread, instead of more homework.

ADRIAN WEINBRECHT
Photographer
The Director's Cut (p122)
On his way to becoming a lawyer in 1996, Adrian swapped courtroom for studio, a decision we're glad he made. He's the perfect mix of relaxed and meticulous, making him the best man for the job of capturing actor/director Noel Clarke's transformation.

TOM HALL
Travel editor at *Lonely Planet* (lonelyplanet.com)
A Scammer Darkly (p28)
Besides from his usual spots on Lonely Planet and the *Observer*'s travel section, Tom is a regular commentator on travel news for the BBC and Sky. Now, he helps you ensure a hussle-proof holiday this summer.



DR NISITH SHETH
Consultant dermatologist at London's Cadogan Clinic (cadoganclinic.com)
Skin Side Out (p118)
A specialist in acne, eczema, psoriasis and skin cancer, Dr Nisith Sheth is one of the few British surgeons who is trained in the specialist Mohs surgery to remove cancerous moles. This issue, he gives us a skinful of advice on your body's outermost system of defence.

PATRICE DE VILLIERS
Photographer
15-Minute Fuel (p112)
In her first job as a photographer's assistant, Patrice found herself making more tea than taking pictures. Fast-forward a few years of hard graft and she's one of the top names in food photography. With clients from Selfridges to *The Sunday Times*, she's now using her expertise to raise awareness for Teenage Cancer Trust shooting portraits of musicians with their favourite food for Love Music, Love Food (lovemusiclovefood.org).

DAVID ALLEN
Author, lecturer, consultant and founder of the David Allen company (davidco.com)
The 9-5 Escape Hatch (p61)
It's no coincidence that David Allen's bestselling book is called *Getting Things Done* (Penguin), because that's exactly what this man does, having gleaned a ton of life experience by having over 35 jobs before the age of 35. David is recognised as the world's leading authority on personal and organisational productivity. This month he ensures your home time doesn't become over time.

STEVEN RAICHLEN
Celebrity Chef (barbecuebible.com)
Premier Grill (p70)
Award-winning chef Steven Raichlen has written 28 books that have filled shelves in over 50 countries. He prefers caveman cuisine over *à la carte* and has even founded his own University of the BBQ. It's time you earned your summer diploma.

DR JOHN BRIFFA
GP, weight-loss expert
Fat Burner (p32)
Dr Briffa is a leading authority on health, diet and weight loss, and author of a number of books on the subject including *Waist Disposal* (Hayhouse). This issue he analyses the regime of our weight-loss star, and offers advice on how you can achieve the same.

WORDS ALEX HARRIS. WILL SELF IMAGE BY GETTY. *NOT PICTURED

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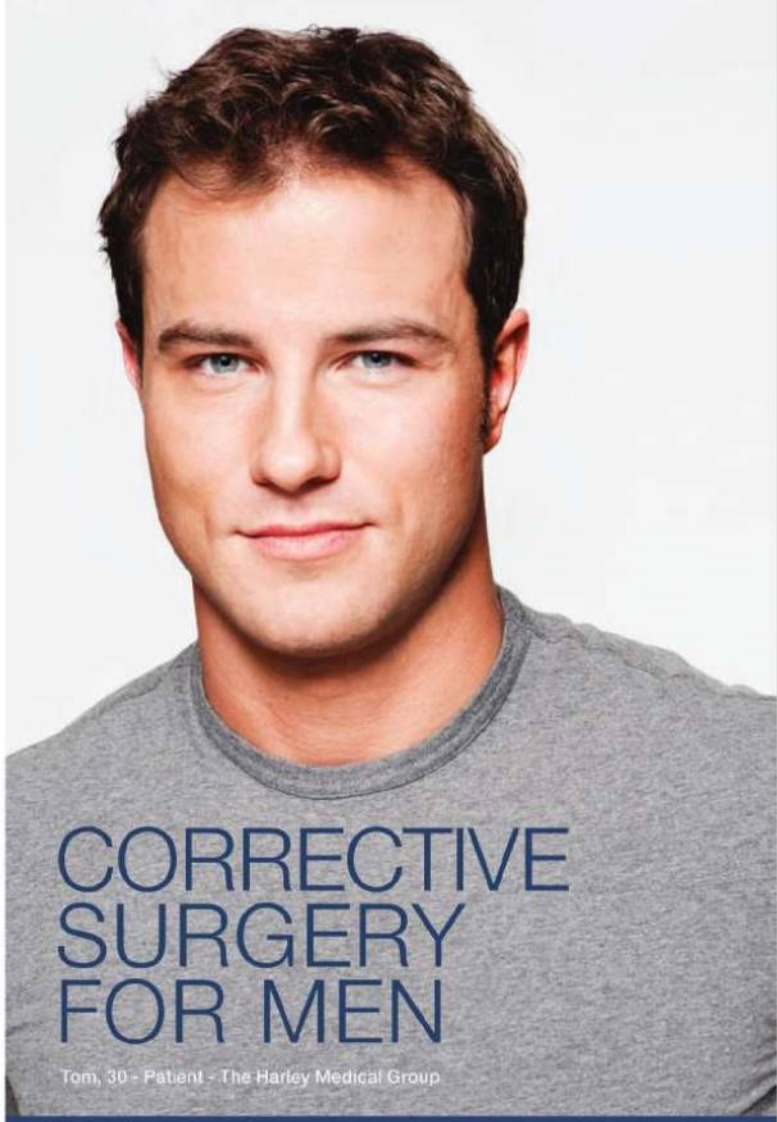

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Lord of the Rings

Mixed martial arts will take your fitness to an extreme new level and give you the physical explosiveness to get into ultimate fighter shape. Urban Kings gets you in the cage and gives you a warrior physique, only without the bruises

Hitting your physique with a new challenge is the only way to pick your fitness up off the canvas. When you want to go man-to-man with your physical goals, nothing hits harder than mixed martial arts (MMA). Combining Muay Thai and kick boxing with a shot of wrestling and the submission grappling art of Brazlian jiu jitsu, MMA is the fastest growing combat sport in the world.

Urban Kings takes all the hard work of martial arts and slams it straight into a stylish and supremely equipped facility in Central London. Whether you need to get fit to fight or fight to be fit, their unique system of MMA-based training will give you all the weapons you need to be a supreme athlete: functional strength; knock-out power; precision agility and an iron-clad core.

For those wanting to ring the bell for real, Urban Kings offers fighter intense workouts and one-on-one sessions with expert coaches to take your skills to an elite level. If your only opponent is your physical limitations then the range of up-to-date cardio and resistance machines, kettle bells, free-weights and punch bags will hammer your body into prizefighter shape. It's the training that punishes you that punishes your opponent, whether he's the man in the cage or the one in the mirror.

SPECIAL OFFER FOR *MH* READERS

Urban Kings are offering the first 20 new members, who mention *Men's Health* when signing up, a free training kit including training bag, boxing gloves, two pairs of handwraps and a baseball cap – worth over £100. Want to test your mettle before locking the cage? They also offer three-month rolling contracts and pay-as-you-go plans from only £12 per session. Don't get beaten to the punch.

Call 020 7837 7774 or check out urbankingsgym.com for more info. What are you waiting for? Seconds out...

PERSONAL UPGRADES

The time-poor man can enrich every area of his life in mere minutes – all he needs is a little help from this magazine. Here we've made the 15-minute issue even more concise. We do spoil you

Q How can I make my next holiday the best ever?

PACK MUSCLE
Page 156

Get beach-ready, come rain or shine. Our four-week workout can be done inside or out for 50% more muscle and 100% less of an excuse not to be in the finest of fettle.

LIFT OFF
Page 98

The third part of our encyclopaedia of sex licks, strokes and shudders through the letters J to O. Slip on your most studious face and become the personification of erotic erudition.

FEEL THE BURN
Page 70

One of the major electives in the University of Life's Man Skills degree is barbecuing. These pass notes will guarantee you're top of your class in *al fresco* cooking.

GOOD TIMES
Page 28

Use our plan for the post blue-sky blues. Start enjoying real life again as soon as you reach arrivals, and avoid the 88% chance of weight-gain after your holiday.

THE RESULT

A beach-ready body + the ability to flame-grill like a pro = a sense of unparalleled smugness

Q What can I do to improve my life in just one hour?

FUEL UP (15MINS)
Page 112

Eating well is easy. Just cook up one of our six Michelin-starred meals, in just 15 minutes. It's the best nutrition around and doesn't sacrifice any of the taste.

DRESS DOWN (30MINS)
Page S11

Follow the 100 tips of the country's smartest style experts to refine your look in seconds. From shoes to sunglasses and everything in between.

WORK OUT (45MINS)
Page 106

Stop the clock on gym sessions. Decide what body you want and then find the perfect 15-minute workout to get a *Men's Health* cover-model six-pack.

GET IN (60MINS)
Page 64

Take her from 0 to sexy in 900 seconds. Use our guide to give her a time-bending orgasm every time. Then make time for your 'reward'.

THE RESULT

360 degrees of life-improvement in the time it takes for an hour hand to go round once

Q How can I make big changes with very little effort?

LESS IS MORE
Page 61

Employees that leave the office on time *increase* their work productivity and quality. Use our second-saving guide to invest in more home-time and 100% less over-time.

TOP GEAR
Page 35

Meet 10 new pieces of technologically enhanced football kit that will turn your Sunday league game from messy to Messi. Sporting excellence is just a credit card away...

DRUGS TEST
Page 92

Becoming a genius, a Lothario or reducing your risk of a heart attack by 25% could be a pill away. Look into the *MH* crystal ball for the future wonder drugs and which ones to take today.

UNSUNG HEROES
Page S27

It's the little things that count. Take our test to find out which of style's timeless accessories best suit you, so you can make a big impression.

THE RESULT

More time on your hands to dedicate to looking and feeling the top of your game

THE MEN'S HEALTH

GUIDE *to* STYLE

Autumn & Winter 2010

100 Styling Tips + 49 Life-Enhancing Accessories + 7 Essential Suits

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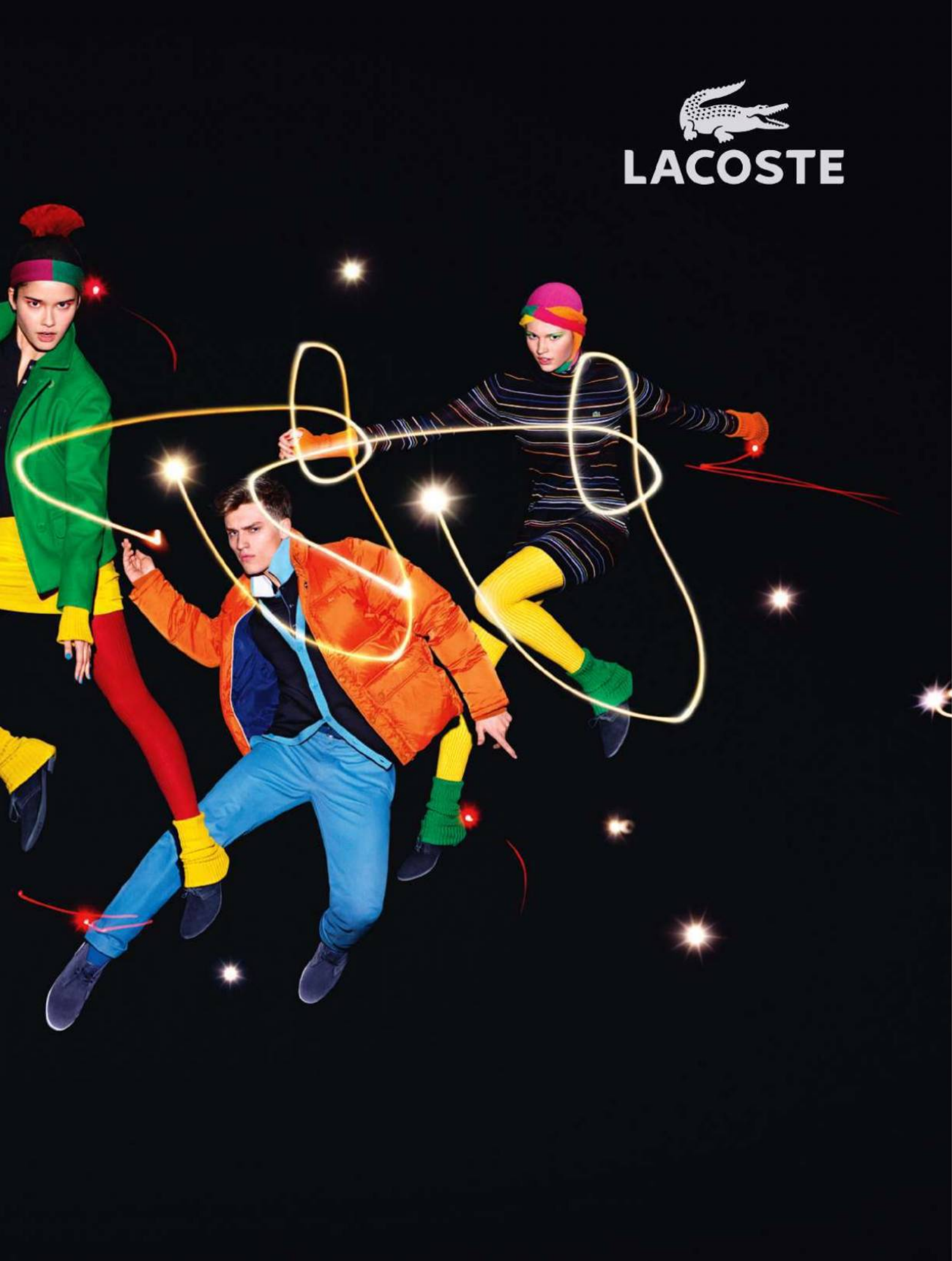
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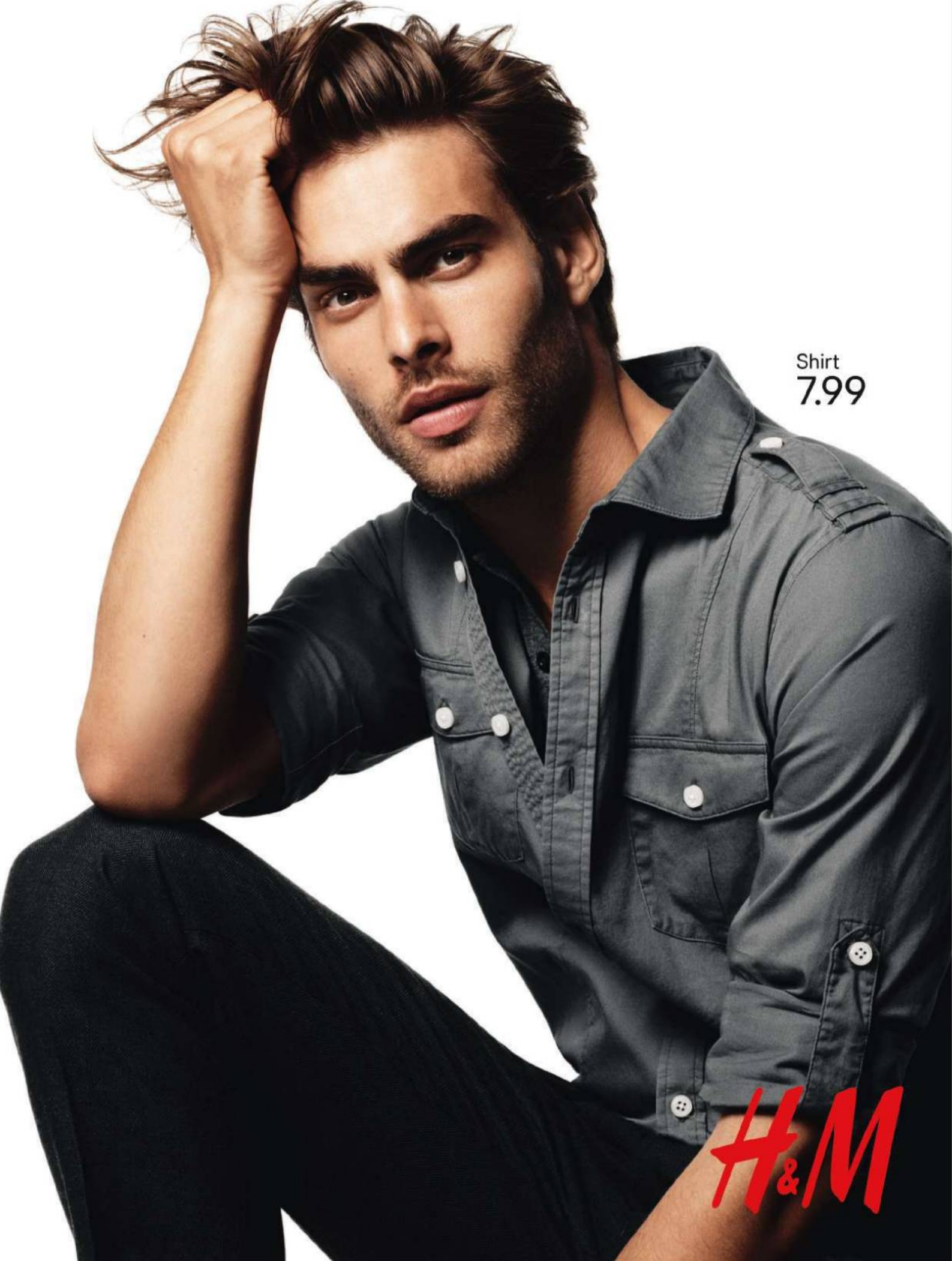
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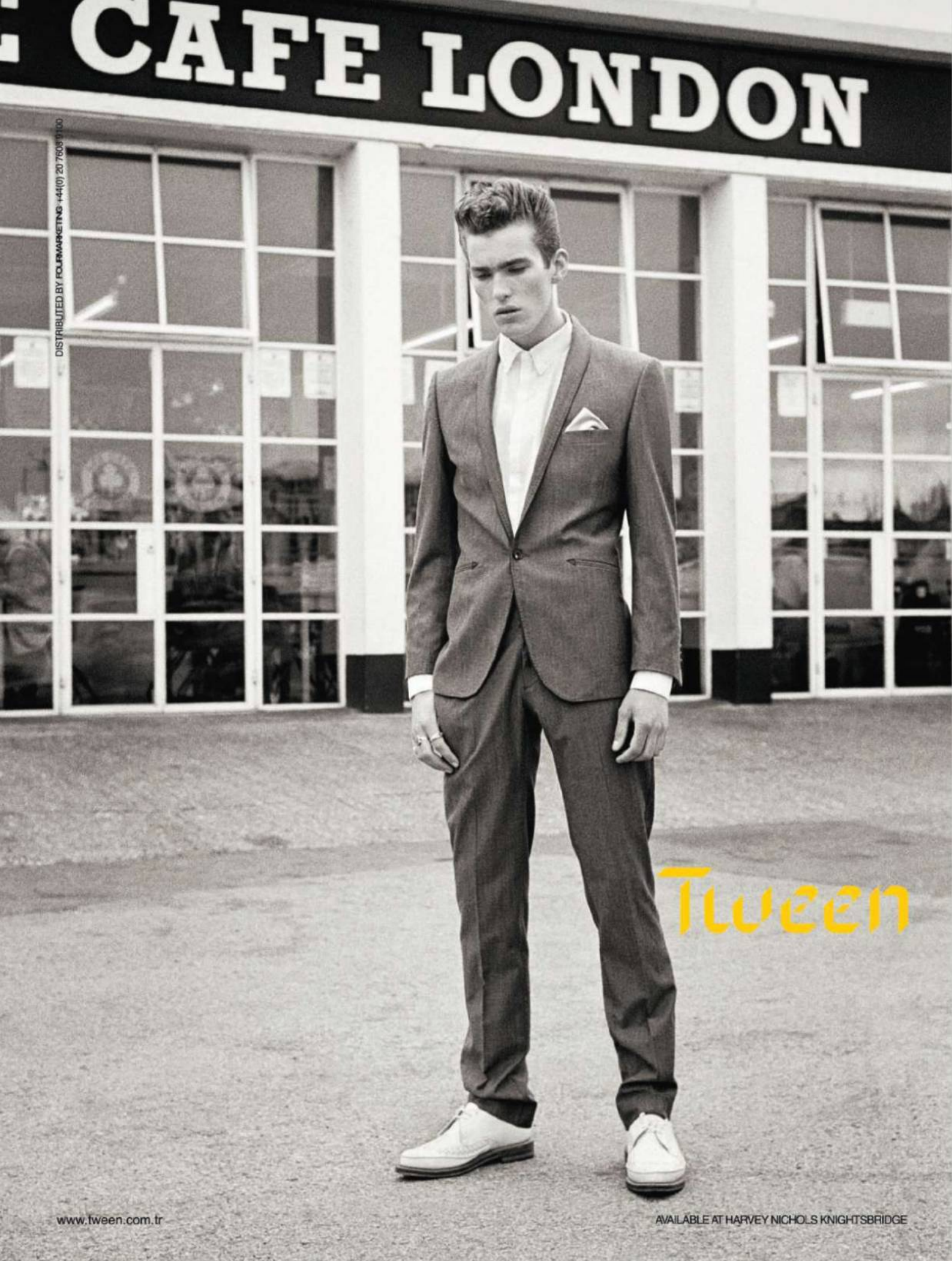
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Contents

Style, despite its slippery refusal to be defined, is not innate but learned. Our guide will educate and emancipate your wardrobe, for every occasion. Sit back and prepare for a better looking life

S11 ***100 Ways To Smarter Casual***
Our panel of style experts have compiled a century of confidence-boosting tips to ensure you always step out looking your very best

S27 ***Finishing School***
Take our test to find your style type and discover the most suitable accessories with which to embellish your look. Whatever your style, the devil is in the detail

S39 ***Coming Up Trumps***
Like their owners, not all suits are created equally. With expert help, we have shortlisted the perfect suiting options for whenever you need to up your game

Men's Health's Style Advisory Board

Our *100 Ways to Smarter Casual* was compiled with the help of a panel of fashion industry experts. From buyers to designers (and the odd excruciatingly well-dressed man about town) these fashion authorities have the final word on all things stylish, simply read and apply.

Jeremy Langmead is the editor of *Esquire* (esquire.co.uk) and was formerly editor-in-chief of *Wallpaper**

Anna Laub is the European editor of WGSN and creative director of PRISM (prismlondon.com)

David Walker-Smith is the director of menswear at Selfridges (selfridges.com)

Gino Da'Prato is the managing director of fashion firm Four Marketing (fourmarketing.com)

James Massey is head of the luxury division at PR firm The Massey Partnership (massey.co.uk)

Jo Jones is fashion editor of the *Observer* (observer.co.uk)

Nathan Brown is the founder of Lodger Footwear (lodgerfootwear.com)

Peter Howarth is the former editor of *Esquire*, *Arena* and the founder of Show Media (showmedia.net)

Sophie Lopez is a stylist who has worked with rock bands Muse and The Klaxons (sophielopez.co.uk)

William Gilchrist is a freelance stylist and men's fashion director for O: by Tank magazine

Bruce Montgomery is a design consultant, and professor at Northumbria University

COVER PHOTOGRAPHY STUDIO 33. STYLING ERIC DOWN

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G0025
GOOSE-DOWN PADDED WAISTCOAT IN ULTRA LIGHT MATTE SEMI-TRANSPARENT NYLON. TWO DIAGONAL POCKETS WITH ZIP FASTENING EDGED WITH NYLON TAPE. DRAWSTRING BOTTOM HEM. HOOD MAY BE FOLDED AWAY IN THE RAISED COLLAR, FASTENED WITH NYLON BANDS WITH VELCRO®. ZIP AND SNAP FASTENING ON NYLON TAPE.

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The 3 tenets of EVERYDAY STYLE PART I

100 ways to smarter casual

From tricks for dressing slimmer to advice on finding the most versatile shoes, we asked the UK's top style experts (see our panel on the previous page) for their top tips to staying one step ahead of the crowd

WORDS DAVID WATERS PHOTOGRAPHY TOBY HUDSON

1. Retain your shirt's shape by using wooden hangers. They prevent the unwanted bumps and stress to fabrics that wire hangers cause.
2. Plain dark jeans suit men over 30. Leave overly distressed and torn styles to teenagers.
3. Upgrade your everyday look by investing in desert boots. They're as comfortable as trainers but look smarter.
4. Accessorise appropriately. Cufflinks work only with business or formal dressing, never with casual gear.
5. Make a stocky torso appear narrower by wearing a three-button suit jacket. The high lapel draws the eye from your waist.
6. Quickly smarten your look with versatile black shoes. They work with all suit colours except brown. With a brown suit only brown shoes will look right.
7. Wear a pinstriped suit to look sharp and lean. It only needs a crisp white shirt and plain dark brogues to look its best.
8. Smarten up your blue jeans with tan shoes. Most jeans have tan stitching which is picked up in the colour of these shoes, making you look sharp.

9

A short stone-coloured trench coat is compact enough to pack into a briefcase making it handy enough for instant rain protection

THIS PAGE, LEFT TO RIGHT

- Trench coat £495 **Mackintosh**
- Rollneck top £108 **CK Calvin Klein**
- Jeans £135 **Blue Bell Wrangler**
- Brogues £168 **Grenson**

- Cape £260 **Juicy Couture**
- Jumper £45 **COS**
- Leggings £22 **Mango**
- Lace up boots £30 **H&M**

- Trench coat £455 **Rag & Bone**
- Denim shirt £30 **Burton**
- Jeans £180 **7 For all Mankind**
- Brogues £165 **Russell & Bromley**

11. Make your body appear longer by wearing a dark-coloured knit over a lighter coloured layer.

12. For the smoothest shave use a facial scrub before using your razor. It helps lift the hairs on your face while softening them.

13. Look smart on your business trips by folding your shirts around copies of magazines in your overnight bag.

14. Save time and effort by drip-drying your shirts on a wooden hanger. No ironing and you still look smart.

15. Keep warm as well as comfortable in cashmere. Invest in a dark-coloured V-neck or cardigan; worn under a suit jacket you won't need a heavy coat.

16. Look both casual and smart in a plain white shirt. After jeans and a black suit, it's the most important and versatile item you should have in your wardrobe.

17. Sale shopping can be a false economy. Rushed buys often need altering which can cost more than the initial saving.

18. Keep your patent shoes glossy. Give them a rub with a baby wipe before you step out for the night.

19. Smell good throughout the day by rubbing your favourite cologne into your hair – it's a natural diffuser of aroma.

10

Don't wear button-down collars with a tie – you're not American. But do wear them open to add a preppy touch to smart clothing

THIS PAGE, LEFT TO RIGHT
- Trench coat £250 **Baracuta**
- Shirt £25 **Albam**
- Jeans £120 **Calvin Klein Jeans**
- Brogues £250 **YMC**

- Mac £600 **Aquascutum**
- Top £95 **YMC**
- Jeans £289 **Hudson**
- Boots £440 **Robert Clergerie**

LEFT TO RIGHT

- Parka £595 **Aquascutum**
- Leotard £36 **Forrest and Bob at mywardrobe.com**
- Skirt £115 **Zadig & Voltaire**
- Tights £13 **Falke**
- Heels £250 **Diane Von Furstenberg**
- Sunglasses £245 **Prism**

- Parka £135 **Firetrap**
- Polo shirt £65 **Original Penguin**
- Jeans £75 **Won Hundred**
- Brogues £80 **Dr. Martens**
- Sunglasses £195 **Dior Homme**

32

A fine-gauge knitted polo shirt is more comfortable than the softest cotton shirt and is smart enough to wear under a suit to the office

20. Maintain optimum control over your hair with light, mouldable wax. Wet-look gels will make your hair look fake and feel unpleasant when you touch it.

21. Complement a round face with rectangular or square sunglasses.

22. Invest in a slim, neat leather belt. It's the first thing you see when you unbutton your jacket and will last you a lifetime.

23. When managing your wardrobe, think long term. Splurge on items you know will reap rewards such as suits, shoes and coats and spend less on up-to-the-minute casual gear.

24. Always buy the right jeans by taking the shoes and belt you're most likely to wear with them when you go shopping

25. Save money by mixing high street bargains with pricier accessories. Premium quality shoes, watch and bag will improve the look of less expensive clothes.

26. Keep favourite jeans in better shape for longer by washing them less. Keep them clean by spraying them with an antibacterial cleaner and airing outside.

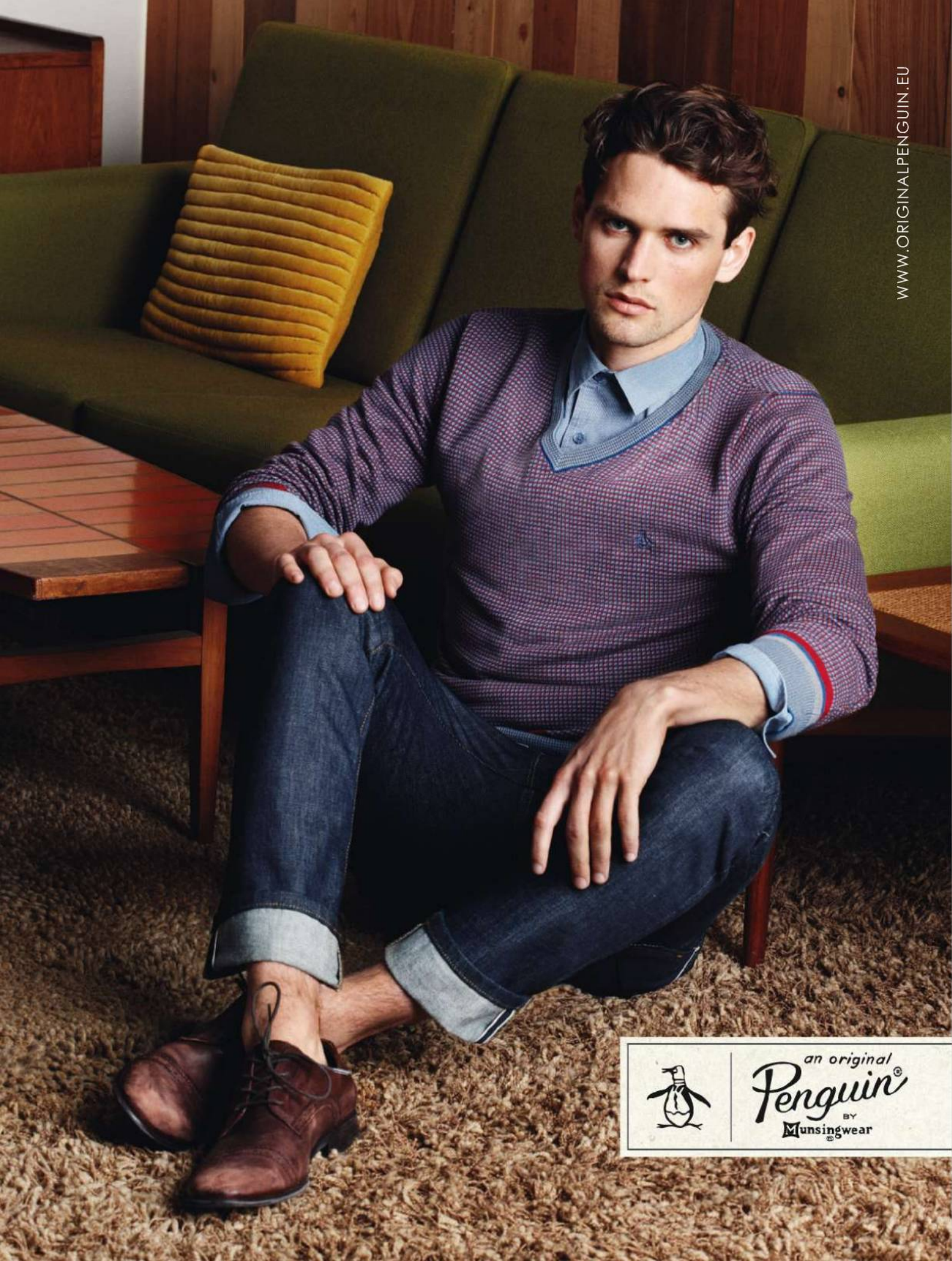
27. Always dress in proportion. Full width trousers need chunky shoes, tapered trousers need slim shoes.

28. Keep your head cool with a flat cap. This classic style suits any face, shape and age.

29. Stay fresh footed by using wooden shoetrees – they absorb excessive moisture and help retain shape.

30. Gain a V-shape torso by choosing a jacket with a 'waisted' cut.

31. Being over dressed is never as awkward as being too casual. Whatever the interview, you won't go worng with a dark suit.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LEFT TO RIGHT
- Suit £120 **Topman**
- Shirt £281 **Marni**
- Tie £85 **Alexander Boyd**
- Boots £80 **Grenson**
- Case £410 **Globe-trotter**
- Belt £50 **Fred Perry**

- Suit £450 **HUGO**
- Jumper £35 **COS**
- Brogues £165 **Russell & Bromley**
- Case £475 **Globe-trotter**

41

Black is slimming and smart: every man needs to own a well-fitted black suit. It's the most versatile and flattering item in his wardrobe

33. Avoid creasing your shirt collar at the back when putting on your tie by folding it down before you make the knot.

34. Buy a fully canvassed suit (a layer of canvas between the fabric and the lining). This allows the fabric to breathe, so keeping you more comfortable.

35. A 7cm wide silk tie (measured at its widest part) is the most versatile width and will transcend fads. You'll get wear out of it for years.

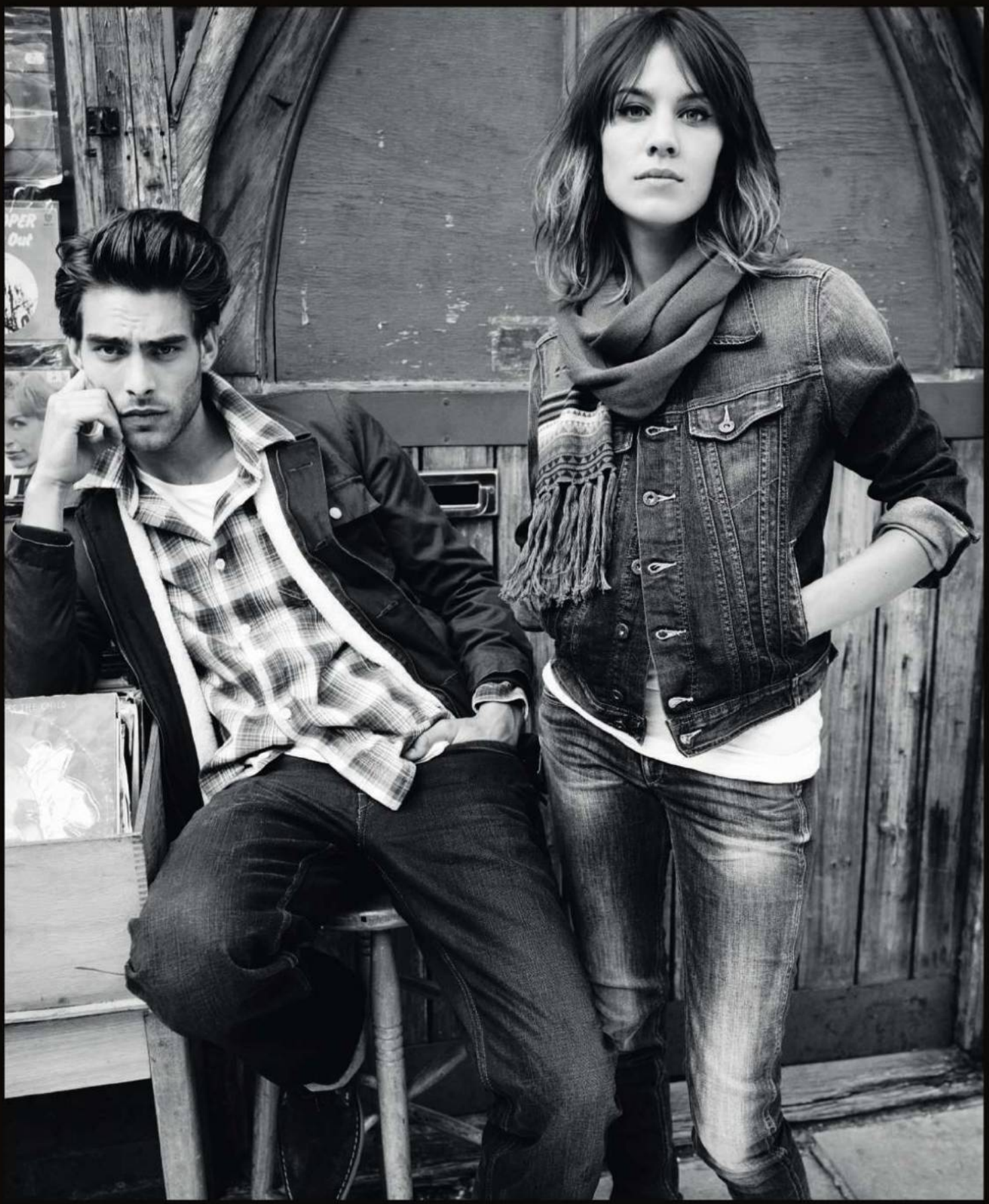
36. Keep you waistline slim with neat, lean belts, and donate any big-buckled belts to your local charity shop – they only make you look chunky.

37. Avoid creases with a suit containing 30% mohair to 70% wool. It keeps its shape even after a long-haul flight.

38. Spruce up a boring grey suit with chocolate brown or black ankle boots.

39. Roll up rather than fold smart trousers in your suitcase to keep the crease sharp and pressed.

40. Pack underwear and socks into your shoes. It stops your footwear from getting crushed and leaves valuable space to pack more clothes in.



Alexa Chung with Jon K
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LEFT TO RIGHT

- Dress £295 **Hoss Intropia**
- Boots £855 **Sergio Rossi**
- Waistcoat £125 **Tween**
- Top £20 **Uniqlo**
- Trousers £144 **Tween**
- Shoes £235 **Russell & Bromley**

42. Keep your underarms stain-free by using an alcohol-free deodorant.

43. A classic pair of Oxfords will last you longest. Use your clothes to be daring not your shoes – they should be in your wardrobe for years if you look after them.

44. Good quality leather shoes can make even your least expensive gear look great.

45. Keep your hair under control by applying product to damp hair. It is easier to use and leaves your hair to dry in a neat shape.

46. Dark brown shoes set off a navy suit. Save light tan shoes for wearing with a beige summer suit.

47. Make your clothes last longer by turning down the heat. Few things need to be washed above 30 degrees with today's detergents.

48. Keep your underwear hidden by wearing boxer trunks. They're the hardest style to detect under even slim-fitting trousers.

49. Lengthen the life of your shoes with a shoehorn. This also helps avoid the back strain of pulling them on with your hands.

50

Burgundy, mustard and soft green are shades that look good throughout the winter months and work well with more sombre colours

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LEFT TO RIGHT

- Jacket with hood £70 **Topman**
- Shirt £95 **Tween**
- Trousers £55 **Farah**
- Brogues £ £80 **Dr Martens**

- Jacket £945 **PRPS**
- Top £790 **Betty Jackson**
- Jeans £180 **Paige at Harvey Nichols**
- Boots £189 **Reiss**

- Overcoat £920 **Canali**
- Jumper £85 **Nike**
- T-shirt £16 **Topman**
- Jeans £155 **Stone Island**
- Boots £100 **Aldo**

51 **Look slimmer by wearing dark jeans. Deep-coloured denim is more flattering than paler blues**

52. Keep your winter coat in great condition by having it cleaned at the end of the season then sealed inside a garment bag to keep the moths and dust out.

53. Add on inches by pushing your fringe back. Swept back hair makes your face appear leaner and longer too.

54. Keep crease-free by hanging up your suit trousers from the bottom. The weight of the waist pulls the kinks out.

55. Be prepared for any situation with a selection of T-shirts in neutral colours. They are an extra layer for warmth, work well on their own and double as workout gear.

56. Women notice shoes first. Clean, cheap classic shoes will impress her more than an expensive pair of grubby ones.

57. Keep your shoes their original shade by using a slightly lighter shoe cream.

58. Wear a colour on top that matches your eyes, it will make them stand out.

59. Slough off your office image by slipping on a gold or silver tie clip before going out. You'll instantly turn into a smooth night operator.

60. Make a style statement with your casual gear. A short-sleeved T-shirt over a long-sleeved style looks cool and feels warm.

61. Keep your dark denim pristine by washing it with fabric conditioner only.

62. An indigo denim jacket is versatile and looks great with smart or casual clothes.

63. Give breakouts the finger by trimming your nose and ear hair. Plucking increases the chance of infection.

64. Lengthen your legs by having a tailor angle the hem of your trousers so they drop at the back over your shoe heels.

STYLING OLIE ARNOLD. HAIR AND MAKEUP EMMA WHITE TURLE. PHOTOGRAPHY ASSISTANT DANIEL LILLEY. STYLE ASSISTANT GEORGIA BOAL-RUSSELL. MODELS TRISTAN PIGGOTT AT MODELS 1; AUSTIN HARDMAN FM MODELS BO, JOSH GRAY AND PHOEBE GRIFFITHS ALL SELECT MODELS

LEFT TO RIGHT

- Jacket £480 **True Religion**
- Leotard £36 **Forrest and Bob at mywardrobe.com**
- Jeans £135 **Lee**
- Boots £55 **Converse**

- Jacket £80 **Ben Sherman**
- Jumper £200 **Lacoste**
- Denim shirt £195 **Stone Island Shadow Project**
- Chinos with braces £115 **Lee**
- Trainers £55 **Aldo**
- Glasses £115 **Ray-Ban**

77

Bold, square frames turn your everyday glasses into a key player. There is nothing discreet about what you choose to wear on your face

65. The darker your hair and skin the better you'll look in bright colours. Even acid brights can look good, if you're dark enough.

66. Glasses that fit properly don't hide your eyebrows. Styles that do are covering up too much of your face.

67. Prolong the life of your suit by investing in two pairs of trousers. Trousers always wear out quicker than jackets.

68. Wake up looking fresh-faced. Put on moisturiser at night as your skin loses more water then than during the day.

69. Add interest to a neutral outfit by adding bright colour and pattern between your shoes and trousers. Let your socks do all your style talking.

70. The smartest look is for your socks to match your trousers, not your shoes.

71. Don't be scared to asking for a discount. Most stores can knock a few percent off, so be confident (and polite) and get a better deal.

72. Remove chewing gum by placing clothes in the freezer overnight. By morning it will have simply dropped off.

73. Save on packing – wear hybrids or leather pumps which have the smartness of casual shoes and the comfort of trainers.

74. Wear a cotton long-sleeved shirt against your body to stop synthetic wool or cotton making you itch.

75. Get the perfect length suit jacket by placing your arms by your side. If the bottom of the jacket sits in the cup of your hand, it's spot on.

76. Keep your feet cool by wearing smart lace-ups without socks. A squirt of antibacterial foot spray will keep any aromas at bay.

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For a complete list of the FiFi award winners and more information, visit **www.fragrancefoundation.org.uk**

78. Stand out from the dinner suit crowd with a self-tied bow tie (for instructions log on to totieatie.com). Once learnt you'll never lose the knack and always look dapper.

79. Another test for the perfect suit sleeve: bend your elbows, the right length sleeve will touch your wrist bone.

80. Keep your shoes extra shiny by rubbing them with sparkling wine. The wine's acidity removes the extra fat of your polish and enhances colour transparencies.

81. Ensure you're always business-meeting ready. Store a pair of classic leather shoes near your desk for an instant image upgrade.

82. For the best shoeshine, leave polish on your shoes over night. Then buff them in the morning; it's like moisturiser for the leather.

83. Keep crease-free with a suit that has vents at the back – they give space for your rear and keep you looking smart even when you're seated.

84. Dry-clean sparingly since the chemicals can damage fabric. To refresh a suit, hang it in the bathroom while you shower and leave it to air overnight in a ventilated room.

85. You *can* mix blue with black, but darker blues such as navy look best.

86. Stand out with a signature scent, but opt for less obvious brands like Acqua Di Parma or Penhaligon's.

87. Stop swimming pool chlorine from damaging your hair by wetting your hair first in the shower. This prevents excess chlorine being absorbed.

88

If your plain tie matches your equally plain suit you can pretty much wear any shirt colour or pattern under the sun to add some personality

- Jacket £910 **Viktor & Rolf Monsieur**
- Shirt £55 **Ben Sherman**
- Bow tie £45 **Gieves & Hawkes**
- Jeans £210 **We Are Replay**
- Brogues £80 **Dr. Martens**

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89. Avoid flapping trouser hems. Wide-cut trousers look best cut long over your shoes.

90. Use patterns to make your personal style statement. Stand out from the crowd by wearing a checked shirt over a striped T-shirt.

91. Slim jeans or trousers work best with a slightly shorter hem showing some sock and the whole of your shoes.

92. Turn up smart wherever you're headed. The best travel suits are made from worsted – a crease-resistant cloth.

93. Avoid oily skin by wearing a light, water-based moisturiser.

94. A chunky sports watch is more versatile than a slim dress one. It looks as good on a French-cuffed sleeve as on a tanned T-shirted arm.

95. Look as casual as you do smart by wearing a slim-fit navy suit jacket over your jeans. Just add a white cotton shirt and brogues.

96. If you're wearing a tailored jacket on a flight, avoid creases by asking a steward to hang it up. You'll arrive as neat as when you set off.

97. Re-vamp an old tailored jacket with a colourful silk pocket square. It's a cheap, effective and instant image booster.

98. Stay warm (and stylish) in a shearling jacket. It's warmer than triple-ply cashmere and has shrugged off its second hand car salesman image.

99. When choosing a suit, think about its lifespan. Avoid too extreme a lapel or built-up shoulder which will look dated in years to come.

100

Make your jeans hang better by buying them slightly longer and turning up the excess fabric. The extra weight improves the hang

LEFT TO RIGHT

- Shirt £225 **PRPS**
- Dress £159 **Reiss**
- Heels £250 **Diane Von Furstenberg**
- Denim shirt £30 **Burton**
- Red check shirt £55 **Ben Sherman**
- Trousers £90 **Levis**
- Shoes £130 **Timberland**
- Jacket £217 **Flippa K**
- Shirt £81 **Universal Works**
- Trousers £155 **B Store**
- Shoes £168 **Grenson**
- Watch £3,720 **Omega**
- Socks £11 **Falke**
- Jacket £290 **Oliver Spencer**
- Shirt £120 **YMC**
- Boots £150 **Loake for Burton**
- Jeans £104 **Desigual**
- Bikers jacket £299 **Jofama**
- Vest £6 **H&M**
- Jeans £75 **Won Hundred**
- Boots £460 **Kenzo**

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The 3 tenets of EVERYDAY STYLE PART II

FINISHING SCHOOL

Go with the flow to reveal your style type, then buy yourself an impeccable look

WHAT IS YOUR STYLE TYPE?

Would you say you had your own trademark style?
- NO → Is the way you dress influenced by popular culture, film, or music?
  - NO → When you walk into a room, does your outfit speak before you do?
    - YES → Are you always looking to impress with your style?
      - NO → Do you consider dressing formally (black tie) a chore?
        - NEVER → How many times do the soles of your shoes see the hands of a cobbler in a year?
          - 2+ → Do you care more about the look or the feel?
            - LOOK → **YOU ARE... *The flag flyer***
            - FEEL → **YOU ARE... *A material guy***
        - YES → Do you consider dressing formally (black tie) a chore?
          - NO → Would you ever consider travelling abroad just to access new styles and brands?
            - NO → Do you care more about the look or the feel?
              - LOOK → **YOU ARE... *A stealth dandy***
              - FEEL → **YOU ARE... *A material guy***
            - YES → **YOU ARE... *Style's envoy***
      - YES → **YOU ARE... *Mr Impeccable***
    - YES → How many times do the soles of your shoes see the hands of a cobbler in a year?
      - 2+ → Do you care more about the look or the feel?
        - LOOK → **YOU ARE... *A stealth dandy***
        - FEEL → **YOU ARE... *A material guy***
      - NEVER → **YOU ARE... *The expressionist***
  - YES → How many Savile Row tailors can you name off the top of your head?
    - <3 → Do you keep abreast of fashion news and the latest collections?
      - NO → Are you always looking to impress with your style?
        - NO → Do you consider dressing formally (black tie) a chore?
          - NEVER → How many times do the soles of your shoes see the hands of a cobbler in a year?
          - 2+ → Do you care more about the look or the feel?
            - LOOK → **YOU ARE... *A stealth dandy***
            - FEEL → **YOU ARE... *A material guy***
        - YES → **YOU ARE... *Mr Impeccable***
      - YES → Would you ever consider travelling abroad just to access new styles and brands?
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          - NEVER → How many times do the soles of your shoes see the hands of a cobbler in a year?
          - 2+ → Do you care more about the look or the feel?
            - LOOK → **YOU ARE... *A stealth dandy***
            - FEEL → **YOU ARE... *A material guy***
        - YES → **YOU ARE... *Style's envoy***
    - >3 → Do you buy clothes and accessories with the intention of keeping them for life?
      - YES → **YOU ARE... *The flag flyer***
      - NO → Would you ever consider travelling abroad just to access new styles and brands?
        - NO → Do you consider dressing formally (black tie) a chore?
          - NEVER → How many times do the soles of your shoes see the hands of a cobbler in a year?
          - 2+ → Do you care more about the look or the feel?
            - LOOK → **YOU ARE... *A stealth dandy***
            - FEEL → **YOU ARE... *A material guy***
        - YES → **YOU ARE... *Style's envoy***

YOU ARE...
The flag flyer

A classic gentleman, you think British is best. When it comes to style, you have an old-school aesthetic influenced by quality of materials, heritage and craftsmanship, and you shun the disposable in favour of the enduring qualities that come with personal British brands.
Turn to page S28

YOU ARE...
Style's envoy

Blazing a global trail means looking your sharpest before, during and after travel. Your style reflects a cosmopolitan attitude to life. You live fast, but are never rushed, preferring to savour the finer things the world's myriad cultures have to offer.
Turn to page S29

YOU ARE...
A stealth dandy

Your muted style speaks volumes about your professional attitude. You demand quality brands but don't want them to shout. You approach life, as in style, with confidence, ambition, and a business-like manner, but prefer to let your results speak for themselves.
Turn to page S30

YOU ARE...
A material guy

You are drawn to interesting and unique uses of new technological fabrics, while still demanding the perfect cut in your tailoring. You straddle the realms of classic style and breakthrough design, demanding functionality as well as form from your purchases.
Turn to page S31

YOU ARE...
The expressionist

Individuality is king. To be pigeonholed is your worst nightmare so you reinterpret styles in your own unique way. Your cultural interests are eclectic and esoteric. You're always on the look out for one-offs, but when you buy high street, you style it out in a way no one else does.
Turn to page S32

YOU ARE...
Mr Impeccable

You hold a spy glass over details and demand the very best craftsmanship from your accessories. You like your style to convey an image of quiet wealth and erudition. You spare no expense in your search for quality since it reinforces your sense of exclusivity.
Turn to page S34

● **Glasses £205 Prism**
Solid Blighty construction and subtly hornrimmed for a bookish look that ladies love

● **Wallet £130 Mulberry**
A soft leather billfold wallet has a zip-fastened holder for your change. The slim profile makes it barely visible in a trouser pocket

● **Watch £3,395 Bremont**
The Swiss might still make much better chocolate than us, but this British watch is the equal of their timepieces. The metallic blue face offers great versatility with both formal and casual outfits

● **Tie £50 Jaeger**
A navy blue tie is a solid, conservative option for everyday wear, but this Jaeger tie incorporates a paisley pattern for a little added spice

● **Cufflinks £85 Links of London**
These links add contrast and a flash of metallic to your *de rigeur* blue work shirts

1 YOU ARE *The flag flyer*

The Brits are a fastidious tribe. We like to hang our cultural hats on the pegs of eccentricity, heritage and craftsmanship, so when we step out in our finest garb, we appear both the sum of the nation, and the parts of a confident individual. These home-grown talents have the qualities to outlive any trend.

● **Bag £195 Fred Perry**
Made from virtually indestructible Harris Tweed, you know your iPad is safe in Fred Perry's bag. Best worn with a duffel coat and Mod attitude

● **Scarf £105 Drakes; desert boots £250 Lodger; hat £35 Oliver Spencer**
Three irrefutable proofs that outerwear is a very British strength. Worn together, these items will neatly coordinate your look, while the combination of textures hints at a quirky personality beneath

These home-grown talents have the qualities to outlive any trend

YOU ARE 2 *Style's envoy*

From the worn-in leather of Etro's Italian holdall to the all-American Brooks Brothers braces, these are international accessories of global repute, best suited to the man who lives astride multiple time zones. The eclectic nationalities show a keen sense of adventure and will fit into the highest echelons of any culture. Even if you're not travelling business, you'll look it.

● **Sunglasses £135 Calvin Klein**
Without them you're just someone at an airport. With them you're Don Draper ordering high-altitude G&Ts

● **Holdall £600 Etro**
The distressed leather makes you appear a well-seasoned globetrotter. The sanguine colour is the perfect antidote to business black, too. It's hold-size, so perfect for a weekend break or overnight stay

● **Braces £65 Brooks Brothers**
Straight from the pit on Wall Street, a well-matched tie with braces conveys individuality among a sea of indistinguishable suits

● **Belt £180 Canali**
The brushed suede belt, so popular among Italians, is a great way to add contrast and colour to smart casual

● **Tie £54 DKNY**
No matter how long you've been travelling, and how shattered you feel, slip on a bold, patterned tie to look fresh and business-like

These are products of global repute, suited to the man who lives astride time zones

● **Watch £130 Toy Watch**
You don't want to be transporting serious wrist wealth all the time. Meet the Toy Watch: fun, stylish and not a major disaster if you leave it at the hotel

● **Socks £10 Falke; shoes £130 Pedro Garcia**
German socks cosy up to Spanish shoes in a repeat of the World Cup semi-final. Both are winners here. The deep mahogany of the shoes will smarten up some indigo jeans while a flash of purple sock is an interesting quirk that won't go unnoticed in the business lounge ▶

● **Watch £5,010 Omega**
Omega's flagship chronograph is best worn with a crisp white cuff, either casual of formal. Baulking at the 5Gs? You shouldn't – this will keep perfect time for the rest of your life

● **Flat cap £120 Irwin & Jordan**
While the fedora is exhibitionist, the cap urbanist, and the boater just ridiculous, this muted flat cap is the humblest of headwear and will add a unique flourish to virtually any outfit

● **Mid tops £45 Penguin**
The secret to casual is the feel of comfort with the look of luxury. Wear these soft leather mid tops with some neutral cords and you've cracked it

YOU ARE 3 *A stealth dandy*

The most assured confidence is often the quietest since it does not need to advertise. The subtle weave of Full Circle's cable knit scarf or the pale grey brushed leather of Penguin's mid tops whisper volumes about self-possessed understatement, while the man who chooses Omega's Speedmaster ahead of any other timepiece knows that form and function trumps flashiness any day, minute and second of the week.

● **Sunglasses £117 Mosley Tribes**
The soft tint on these frames means you can still make reassuring eye contact when in conversation. The shape suits strong, angular faces

● **Belt £180 Canali; tie £39 Reiss; scarf £50 Full Circle**
Like the spine of a football team, these three elements need to work in harmony to get a good result. Choose variations in shade and texture from a monochrome palette for a muted but authoritative effect

The most assured confidence is most often the quietest

● **Bag £470 Hogan**
Every man should own a weekend bag – modern, transitory life breaks down without one. This Hogan number mixes the smart leather of business with the brushed cotton of pleasure for an all-round multitasker with understated panache

● **Wallet £65 NDC**
NDC's strapline is 'Made by hand' and it shows – the detailing on this billfold wallet is exquisite and the leather will only look better and become softer with age

● **Glasses £227 Oliver Peoples**
The bold acetate bar on these half rims by Oliver Peoples denotes a powerful brain behind the brow

Experiment with different textiles and textures in a monochrome palette

● **Holdall £399 Jaeger**
While plain black leather holdalls can look like Vader's overnight bag, the ash-grey twill on this turns it into a versatile bag to carry from work to play

● **Loafers £135 Vivienne Westwood**
If you want to turn heads, wear these PVC loafers with no socks and a black suit. Otherwise, they look great with dark jeans turned up

● **Watch £1,850 Rado**
Rado's space-age chronograph is made almost entirely of high-tech ceramics (the stuff they line space shuttle wings with). It's the perfect addition to a dinner suit

YOU ARE 4 *A material guy*

You like experimenting with different textiles and textures, but it pays to have an austere palette or you can look like you're in costume. Which is why we've gone monochrome with our tactile collection of accessories. PVC loafers by Vivienne Westwood (trust us, you'll look the business) stride out with Rado's ceramic watch and all manner of small leather life-enhancers.

● **iPod holder £100 Canali**
Forget those infantile spongy protective covers. Modern sophistication is an embossed leather iPod holder from Canali

● **Gloves £75 Jaeger**
Made from 50% sheepskin, 25% wool and 25% cashmere, these are as close as you can legally get to wearing puppy dogs' ears

● **Belt £75 Aspinal of London**
Suede is the perfect smart-casual fabric, but don't overdo it. In a belt it looks refined yet unassuming, the mantra of any self-respecting sartorialist ▶

Gloves £20, scarf £15 Ben Sherman
Protect yourself from cold snaps with a lightweight scarf and some woollen gloves. Match shades of red for a look of conviction

Beanie £30 Energie
You might think a beanie is a casual hat – and you're right – but wear this cable-knit version with a suit and scarf (right) and you've got a truly cosmopolitan look

Wash bag £110 Aspinal of London
Made from English bridle leather and a wipeable silk lining, this is more about 'her' finding than you owning

YOU ARE 5 *An expressionist*

Dressing creatively doesn't have to mean dressing flamboyantly, or like a nutter. Individuality is the spark that fires this wardrobe, which means you need unique accessories that combine some interesting detailing with creative use of fabrics. You'll find each of these requirements in Paul Smith's woven leather wallet, or in the bow tie of Savile Row's E Tautz. Show off your flare with the accessories here and you'll create the confident image of an inimitably stylish individual.

High tops £65 Nike
The real magic of these high tops is their versatility. Sure, they look great with jeans, but if you're really adventurous, you'll mix them up with tailored shorts and a pastel shirt in summer

Wallet £195 Paul Smith
The artisanal look of this wallet is perfect for the creatively inclined. It shows a playfulness with money, a euphemism for 'live fast, spend hard', a mantra that trips off most artistic lips

Belt £67 Fins
Your father had one, so did your grandfather, and now you should own a woven belt. Lightweight and comfortable, go for a bold colour to make a statement. This red herringbone number will contrast well with virtually any trousers or shorts ▶

Bow tie £85 E Tautz
For those days when the creative spark is found wanting, sling on your favourite blazer, any old shirt, some cotton trousers, and this bow tie. It's a little knot of magic style dust that will brighten up any outfit

Individuality is the expressionist's spark to life

Tie £69 Brooks Brothers
Let the pattern and texture of this tie realise its potential by wearing it with a crisp white shirt and grey suit

ALES
Photographer: Gavin Watson
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● **Boots £745 Louis Vuitton**
Leave the black Chelsea boots to ageing rocker types – rich ochre is where it's at. These Vuitton shoes are made from exceptional leather, but treat them well. Resole regularly, and they'll last you decades

● **Holdall £820 Gucci**
This deep tan weekender features embossed leather for a textured effect. Carry it while wearing shades of brown and beige and you'll be tripping over women wherever you go

YOU ARE 6 *Mr Impeccable*

Giorgio Armani once said, "The only difference between fashion and style is quality." Never a truer phrase spoken, and one which Mr Impeccable rules his purchases by. Because to step into Louis Vuitton's leather Chelsea boots or slip on your wrist Longines' classic chronograph is to disavow fleeting fashions and sign up to timeless style. Yes, it makes your wallet smart, but if a lifetime's worth of elegance was cheap, life would be very dull indeed.

● **Belt £77 Armand Basi; tie £79 Sand**
This matte leather belt contrasts well with a light pair of trousers, while the jacquard tie will similarly benefit from a neutral shade of shirt. Accessories this good need top billing

● **Sunglasses £244 Tod's**
Better known for its leather goods, Italian brand Tod's has turned its hand to a very special pair of tortoiseshell shades. Accessorise with a golden tan, naturally

If a lifetime's elegance was cheap, life would be very dull

● **Watch £3,460 Longines**
From the '20s-style numerals and hands to the gold case and alligator strap, this chronograph is dripping with class and gentility. Let it peak out beneath a folded-back white cuff for jaw-dropping impact

● **Wallet £145 Paul Smith**
Exotic animal skin is the height of exclusivity but with a price tag to suit. Modern printing methods mean you can turn normal leather into mock-croc, as perfectly shown by this Paul Smith note carrier MH

WORDS RYAN THOMPSON. PHOTOGRAPHY STUDIO 33. STYLING ERIC DOWN. STYLE ASSISTANT DANIEL HIGGINS

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The 3 tenets of EVERYDAY STYLE PART III

Ace your new suit and you're certain to win hearts

Coming Up Trumps

MH cuts the deck and deals you the best suits of the new season – whether you're a Jack the lad or a King-pin, here's how to look flush when you need to be on top of your game ▶

Words Dan Jones Photography Luke Kirwan Styling Olie Arnold

GREY THREE-PIECE SUIT FROM £1895 THOM SWEENEY. FOR FULL CLOTHES CREDITS SEE FOLLOWING PAGE

THE PERFECT PERFORMER

Those who travel for business and need to look impeccable before and after take-off, should look no further than this double-breasted suit. Ermenegildo Zegna is arguably the world's finest purveyor of fabric and suiting, and to celebrate its 100th anniversary the fashion house has revisited its archive to recreate the Fabric Number 1 suit, the first suit with a specifically woven fabric. "It has extremely high-quality fabrics, which deliver a suit that stays fresh," says Eric Musgrave, the author of *Sharp Suits* (Pavilion). Zegna has almost halved the weight of the original fabric so greater comfort is guaranteed. "The perfect suit to wear for breakfast in Milan, lunch in London and dinner in Frankfurt."

- Suit £1,000 Ermenegildo Zegna
- Sweater £122 John Smedley
- Shoes £412 Dolce & Gabbana
- Neck tie £88 Rake at Matches
- Black Socks £9 Falke

THIS PAGE: WATCH £4,500 TAG HEUER: CUFFLINKS £85 LINKS: WALLET £195 PAUL SMITH: CAMERA £495 LEICA. FACING PAGE: GLASSES £180 PAUL SMITH AT DAVID CLULOW: LETTER OPENER £250 CARTIER: CUFFLINKS £110 LINKS OF LONDON

That once-in-a-lifetime look will put you top of the deck

The Ace Face

Savile Row is the spiritual home of perfect first impressions. When investing in a bespoke suit, it should be your first port of call. The highest craftsmanship and quality comes as standard, however it can also be conservative and you might end up having a house style imposed on you. Enter Thom Sweeney, a tailoring duo situated elsewhere in Mayfair, but schooled by the finest cutters on the Row. They draw inspiration from icons like Robert Redford and Frank Sinatra to deliver a stylish and elegant suit without skimping on the service. It won't come cheap, but you can guarantee you'll leave with the suit you've always wanted. And despite the significant initial investment, cost-to-wear ratio will soon see you quids-in. These are built to last forever. ▶

- Three-piece suit from £1,895 Thom Sweeney
- Knitted tie £75 Thom Sweeney
- Black socks £9 Falke
- White shirt £85 Daks
- Loafers £495 Bally

The High Roller

If you're out brokering big deals you need to convey your boldness and sound judgement. Enter this Dunhill suit. The check has been designed exclusively for the brand and is based on a jacket owned by our most stylish monarch Edward VIII. Made from Super 120 wool, it's soft and lightweight, so you won't overheat when the pressure is on. "A patterned suit is right for someone with plenty of charisma," says Musgrave. "It's the ideal suit for discussing promotions – and pay rises."

- Suit from £750 Dunhill.
- Collarless shirt £150 Spencer Hart
- Brogues £450 Prada
- Watch £6,700 Chaumet
- Cufflinks £1,000 Chaumet

THIS PAGE: WATCH £6,700 CHAUMET; CUFFLINKS £1,000 CHAUMET. FACING PAGE.: SHOES £495 CHRISTIAN LOUBOUTIN; KEYRING £165 CARTIER; BRA AND KNICKERS £59 PLEASURE STATE; BELT £188 DOLCE & GABBANA

Double-breasted will catch her eye in all the best clubs

THE TALK OF THE ROOM

If you're looking to catch someone's eye, there's no better cut than a double-breasted, waisted suit with a figure-of-eight silhouette. The fitted shape conveys broad, physical power that won't fail to turn heads. "This Dolce & Gabbana suit is a look-at-me number for when you're in the best bar in town," says Musgrave. A few style notes to consider before you hit the shops: "The double-breasted fastening always looks better on a taller man," says Musgrave. If you're vertically penurious, stick to single-breasted, single-button varieties. "And the jacket should always be kept buttoned, so check how it feels when you sit down in it." Can you can hear the popping of buttons? Upsize, my man... upsize. ▶

♣ Suit £1,073 Dolce & Gabbana

♣ Tie £94 Dolce & Gabbana

♣ Boots £168 Grenson

♣ Shirt £225 Prada

Leader of the Pack

If you want to be the alpha guy calling all the shots, you need to look and feel authoritative. For reasons not entirely fathomable, a pinstripe suit is the best way to achieve this. This navy chalk stripe from Hugo Boss is the right side of city suave (think Gordon Gekko, not Fred the Shred) and will tighten up the lines of your everyday work suit. "It's best for the guy who wants to sharpen the edges of his office uniform," says Musgrave. It's also durable enough to stand up to regular wear – 100% virgin wool, makes it hard-wearing enough to withstand hours of shouting down the phone at excruciatingly doltish minions without putting your elbow through your sleeve in frustration. ▶

- ♠ Suit £850 BOSS Selection
- ♠ Shirt £90 Hackett
- ♠ Tie £65 Hackett
- ♠ Shoes £1,090 Berlutti
- ♠ Glasses £190 Dolce & Gabbana at David Clulow

Boss by name, Boss by tailoring

LAPTOP £999 APPLE; PHONE £180 SAMSUNG AT CARPHONEWAREHOUSE.COM; HEADPHONES £29 NIXON AT SELFRIDGES

ADDISON 1000 MILE BOOT

wolverine.com/us/1000mile
08448 110 535

WOLVERINE

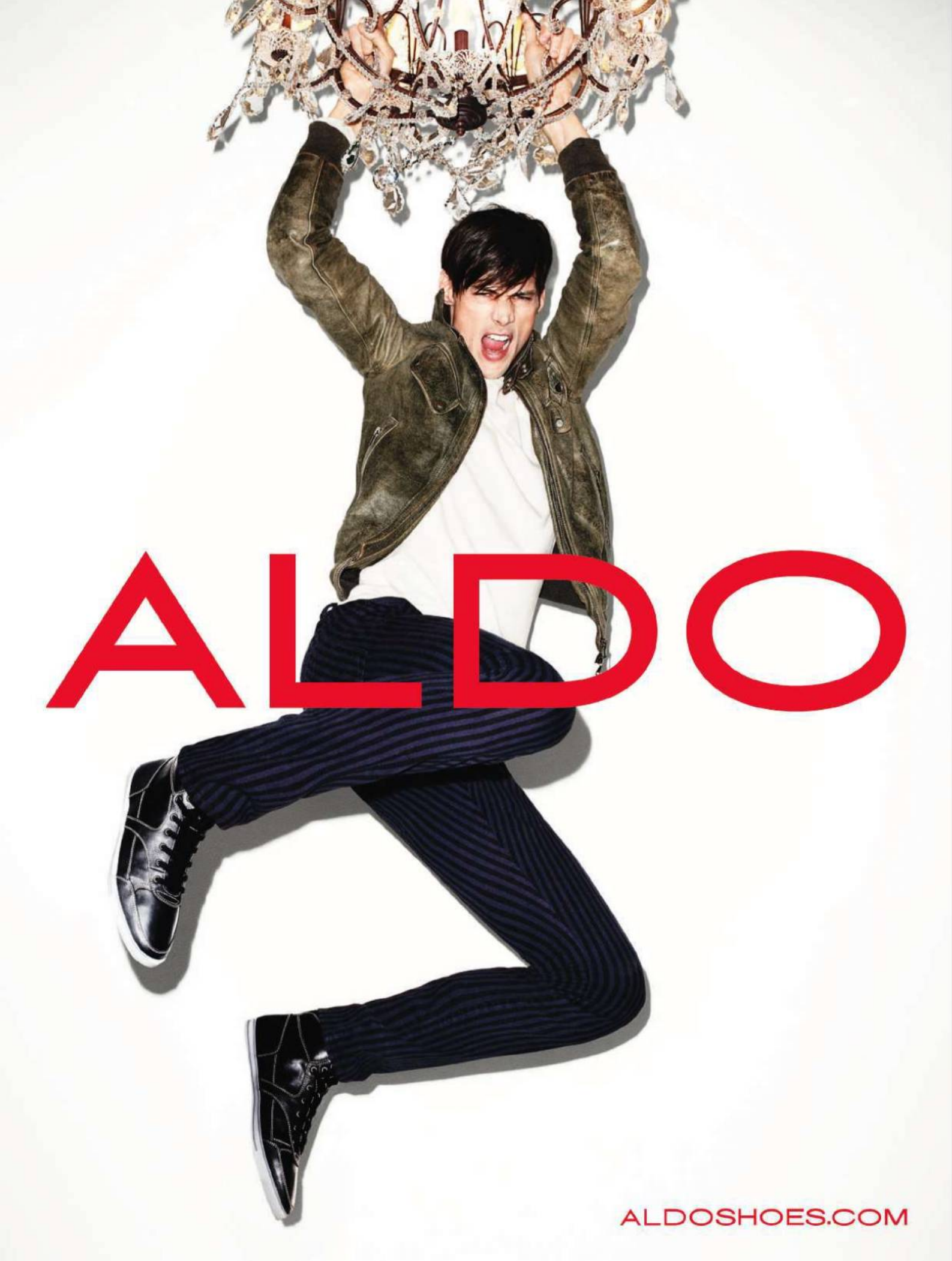
THE RAFFISH PROSPECT

The fast climbers exude chippy confidence and a subtle sense of entitlement, which needs to be reflected in their suits. Life on the middle rungs means bespoke is too pricey, but off-the-peg is not individual enough. Enter a made-to-measure suit. Reiss' service comes in considerably cheaper than a (vaguely) comparable experience on Savile Row. "You get your suit altered before you buy it, and can specify the little extras," says Musgrave. "This is a cool-looking suit, thanks to its slim and contemporary cut, that's just right to wear when making that pitch to the new client – then heading to the Champagne bar to celebrate closing the deal." ▶

- Suit £450 Reiss
- V-neck £110 J Lindeberg
- Shirt £45 Cos
- Tie £60 J Lindeberg
- Shoes from £360 Versace

Stars of tomorrow look the part today

TIE £100 GUCCI; WATCH £2500 ZENITH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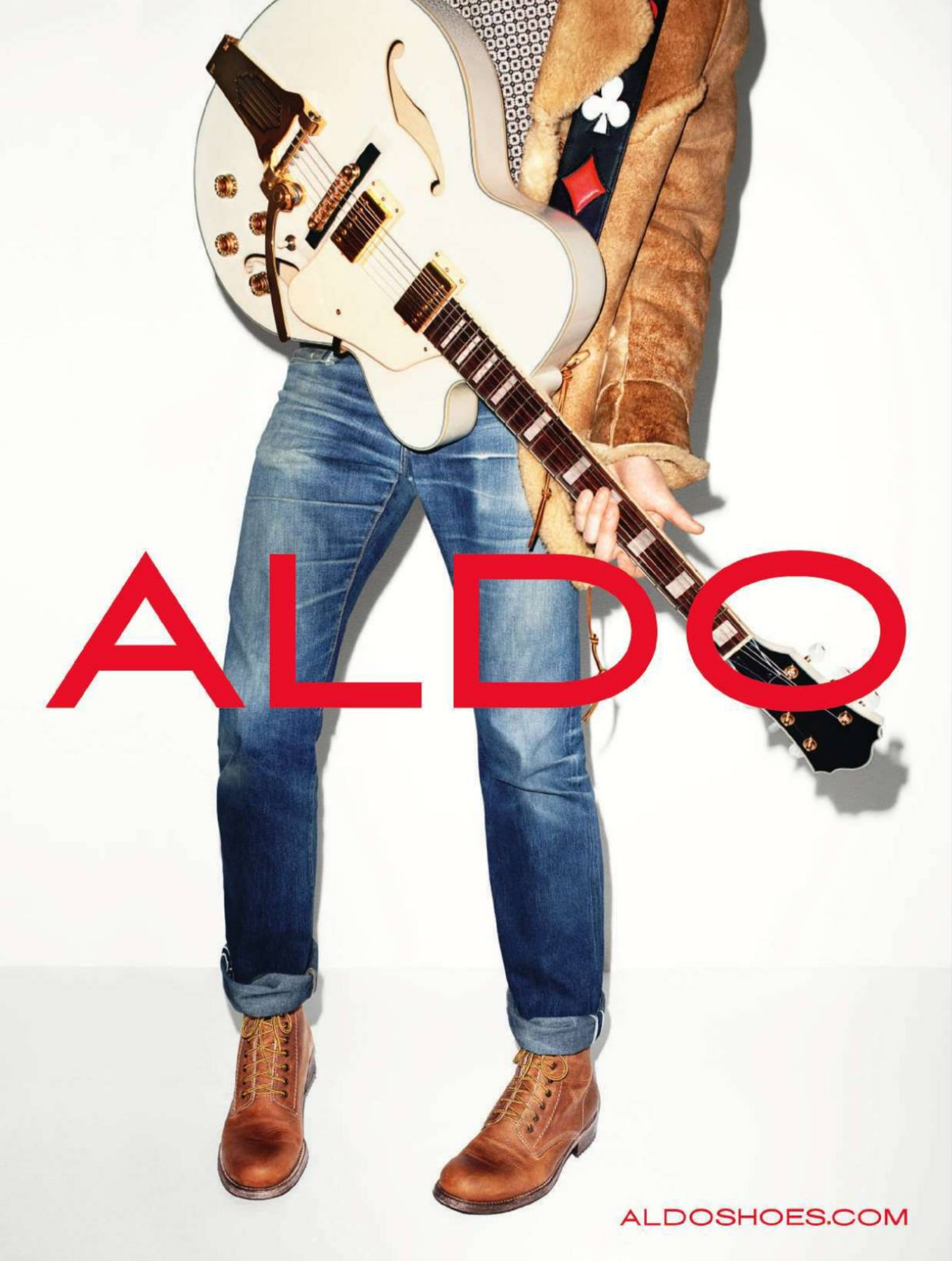
When the office closes let the real work begin

After-Hours Dealmaker

The city never sleeps. Deals are always there to be brokered, raised and sealed, and all the better if they're wrapped up over Champagne and a Michelin-starred menu. To make the transition from office to bar or restaurant requires one simple addition to your ensemble: a waistcoat. Once upon a time, even coal miners wore a waistcoat. Now it's the mark of a serious professional. "A three-piece suit is the best choice for the businessman who is always businesslike," says Musgrave. "This Hackett number is a forgiving style for most body shapes and can be dressed up or down by changing either your shirt, tie or cufflinks." Lose the jacket and roll up your sleeves for a look better suited to ordering post-work Martinis – or pretending you're in *Mad Men*. MH

- ♠ Suit £800 Hackett
- ♠ Shirt £89 Thomas Pink
- ♠ Tie £88 Rake at Matches
- ♠ Shoes £412 Dolce & Gabbana

PROP STYLIST LINNEA APELQVIST. MODEL MATT BENSTEAD MODELS 1. PHOTOGRAPHY ASSISTANT AMY CURRELL. STYLING ASSISTANT GEORGIA BOAL-RUSSELL. PROP ASSISTANT LORA AVEDIAN. THIS PAGE: ATTACHÉ CASE £2,000 WILLIAM & SON; DIARY £145 SMYTHSON; FOUNTAIN PEN £370 MONT BLANC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