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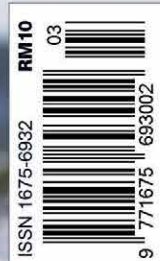
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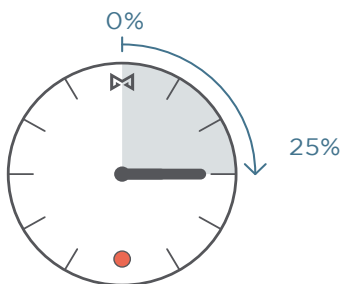
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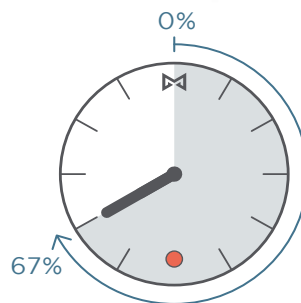
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Workout, eat and live like the fitness director of *Men's Health USA*, and you too could become a cover guy.

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These six combos are even better eaten together.



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PHOTOGRAPH
DAVID YELLEN

The reporting in *Men's Health* is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A doctor can best guide you.



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FROM THE EDITOR



Sharing is Caring

Gather 'round, kiddos, because Uncle Eugene is gonna tell you a story from the Dark Ages!

Dun dun *dunnnnnnn*...

When I (and the personal computer) was growing up, video game developers promoted their products via "shareware" – a small portion of the game that you could play for free. All you had to do was acquire the shareware on floppy discs (the thingamabob that's the icon of the "save" button) either directly from the video game company or from your friends. If you liked the appetiser, you paid for the full game; if not, you simply passed it on.

There was no such thing as YouTube in the 90s, so this was all video game developers had to promote their products. So if you think about it, they had to be prepared to give away *for free* the very best parts of their game. Because, if gamers didn't like the shareware, they wouldn't pay for the full version. And all that blood, sweat and tears would be for nothing.

Compare that with how video games are promoted today: exaggerated trailers, viral campaigns, gameplay demos, annoying YouTubers, dank memes... All very clever, but ultimately missing the point: gamers just want to play the game. That's why shareware (and those free-trial machines in toy stores that my parents forbade

me from approaching) worked. Gamers played, gamers paid, developers made money, and the industry grew (and grew and grew) to where we are today.

I told you that story to tell you this: when we're willing to share, everybody benefits.

In this day and age of over-zealous protectionism, we as a species have shifted from hospitably opening our doors to shutting down our borders; from providing for the needy to safeguarding our needs; from freely giving to greedily taking. Yet, we act so shocked when refugees drown, when children are trafficked, when Malaysians can't afford food.

Times are tough, and they're gonna get tougher. But I urge you all to stop hoarding and to start sharing. Unite, not divide. We're all in the foxhole together, trying to survive the onslaught that global economics and local politics bombards our way. So reach out to your fellow man (via charitable donations) or the guy next to you (via an interest-free loan), and share whatever you can.

If we band together, I'm sure we can ride this one out – and maybe even emerge stronger.

Eugene Phua
Editor



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GET EASE

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I'm out of shape, but incorrigibly lazy. What's your quickest fix?

—STEVE

Short of jogging to the cosmetic clinic, most body refits are serious rites of passage that require earnest commitment. In other words, you're probably not going to build the body of your dreams without some kind of emotional down payment. However, that's not to say it needs to be an epic odyssey. **During a recent study conducted at McMaster University, a smartly constructed one-minute workout was found to be as effective as 45 minutes of moderate exercise.** In the test, sedentary men (that's you, Steve) were asked to pedal all-out for just 60 seconds daily before returning to their TV remotes. Amazingly, over 12 weeks, the study group managed to improve their aerobic capacity, blood sugar control and body-fat percentage as much as those who rode for 45 minutes at a moderate pace.

Let us be clear: researchers said nothing about subjects looking like Ryan Gosling after the test was completed, nor of their ability to grate cheese with their abs. Even so, if you're extremely low on will power, we think it's a pretty good start: subjects saw significant weight loss and increased muscle tone. The scientists call it extreme interval training. We're calling it bodybuilding for the bone-idle.



Spend less time on the saddle to get ahead of the six-pack

WORK-SHY WEIGHT LOSS

How to shed a whole lotta lard in a fraction of the time



i/ EARLY BURDEN

Wake up and haul yourself onto a stationary bike. Warm up with a two minute slow cycle to prep for minimal effort.



ii/ SWEAT IT OUT

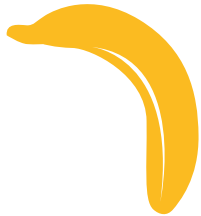
Pedal like your snooze button depends on it for 20 seconds, three times, with a two minute recovery between bursts.



iii/ BACK TO BED

Cool down for three minutes; and in a grand total of 10 minutes, only 60 seconds of which required any effort, you're done.

Ask MH™



I'm 37 and no longer wake up with an erection. Should I be worried?

— A FRIEND

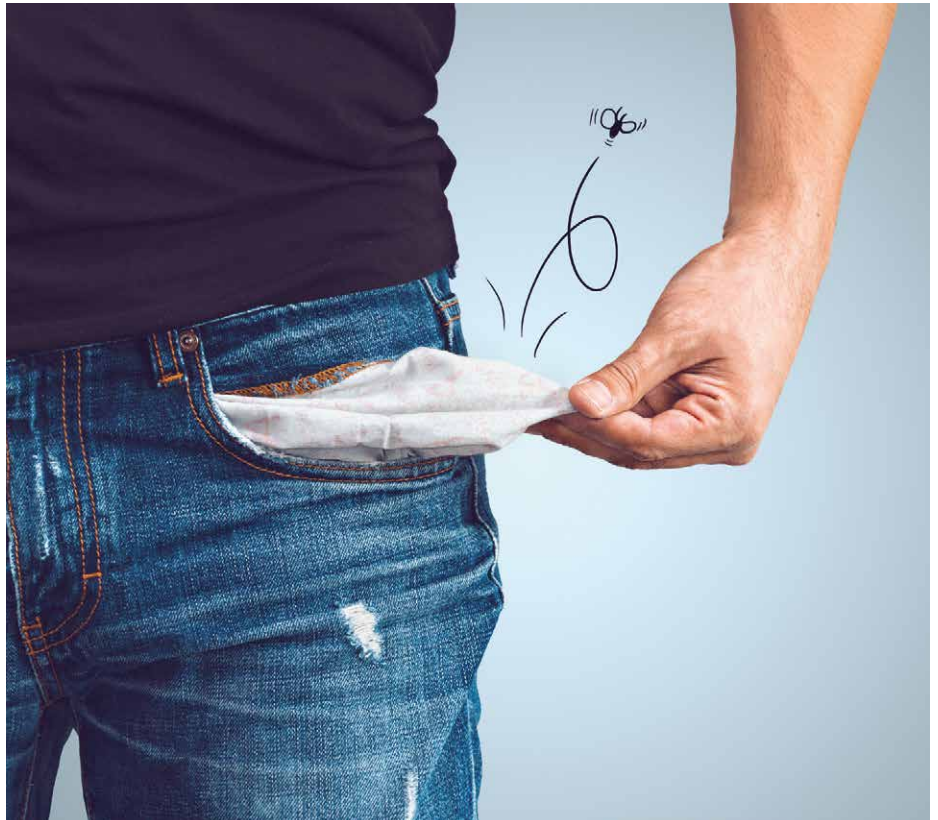
Hard luck, old boy. Morning glory is an indicator of good sexual function, so you're right to query your diminished standing. "You're at the age when morning erections do become less frequent," says Dr Tobias Köhler, a professor of urology. "But even so, if the problem persists for more than three months, you should investigate." In terms of prognosis, it may well depend on how you sleep: pre-cornflakes erections usually occur during REM, so it might be that you're waking up in another stage of slumber. Stress, antidepressants and even painkillers can sap morning wood too, so if you're popping too many aspirin or suffering at work, you may well have your answer. Long-term flops, however, can point to more serious conditions such as diabetes, hypertension or heart disease. If it's been a good while, you'd better ask the doc what's not up.



Alternative, "healthy" pastas seem to be taking over. Should I be buying in?

— HENRY

The spaghetti aisle is one that's been laid thick with marketing sauce of late, so we'll cut to the meat. Protein-fortified pasta has only about three more grams per serving than traditional spaghetti – that's equivalent to less than half an egg. Vegetable pastas don't offer much of a nutritional leg-up, either – you'd be better off eating, well, vegetables. High-fibre pasta, however, is a different story. "Fibre is crucial to digestive health and the prevention of disease, yet most men get just a third to half of what they need each day," says dietitian Dr Chris Mohr, meaning that the four extra grams to be had from a serving of fortified pasta is significant. Just don't do it with another helping of unnecessary carbs.



After the excesses of the festive months, I'm now stuck with a load of debt. Can you help?

— WARREN

March – the month when the jollies and festivities of the many holidays from the previous two months evaporates, and reality comes round to kick you in the teeth. All the parties, buffets and open houses served as brief respites from the fact that last year was economically gruelling, to say the least. In fact, the Malaysian Department of Statistics reported a 2.1% increase in the Consumer Price Index for the

period of January to December 2016. Put another way: everything we buy (except for transport, communication, clothing and footwear) is 2.1% more expensive compared to 2015. So, don't worry, Warren: you're not alone. But because you asked so nicely, yes, we can help – or rather, Bruce McClary from the National Foundation for Credit Counseling can. Heed his tips to save yourself the blues – or the Ah Longs.

BORROWED WISDOM

Avoid an angry call from Amex with McClary's financial advice



CUT AND RUNG

Prioritise credit card debt. The "ladder method" saves you the most. Pay off the card with the highest interest rate regardless of balance, then move down the ladder of interest rates until everything's paid.



AIM TO SAVE

Set up an emergency savings fund and stockpile six months' income. Once you've saved your six-month cushion, attack those loans. Rework your budget until you're saving at least 10% from now on.



FIND THE FAT

It hides in discretionary spending like dinners out. If you can save even after small luxuries, there's no need to feel guilty. But if you're using credit to buy steak dinners, you'll soon have some serious debt.

BULLETINS

The latest news on fitness, health, nutrition, sex and style

3 WAYS TO BUY CONFIDENCE

Okay, maybe you are your khakis, just a little. A study from Columbia University and the University of Wisconsin suggests that your stuff can affect your self-image. Use that

Dress Yourself Don't wear clothes chosen by your mate if they don't feel like you. When what you wear clashes with your view of yourself, the inconsistency can erode confidence, according to researchers.

Shun Knock-offs That fake Rolex may look legit, but you know it's a fake, and that can make you act dishonestly, the study suggests.

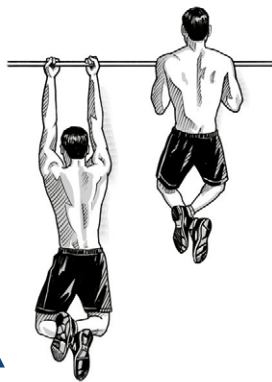
Splurge Selectively Spend big on big purchases, like your home and car; they have the most influence on how you see yourself.



Great Guns in 3 Moves

Mix classic exercises with smart variations, and you'll get massive size and power

Strong biceps aren't just for appearances – they're essential. Your biceps engage whenever you pull weight, like when you're rowing (dumbbells or a boat) or deadlifting (with a barbell or a sack of potatoes). Add these moves to your workout; then flex away.



CLOSE-GRIP CHIN-UP

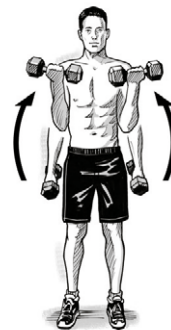
A close grip shifts the load from your lats to your biceps, and increases your range of motion, making your biceps bulge. Once you can do 6 reps, add a weighted vest or a dipping belt with weight.

Do It: Hang from a bar, palms facing you, hands 15cm apart. Pull your chest to the bar; lower yourself. That's 1 rep. Do 3 to 5 sets of 3 to 5 reps; rest 1 to 2 minutes between sets.



DUMBBELL BENCH PULL-OVER

This classic move is also great for your core and upper back because your body has to fight to counterbalance the load. **Do It:** Load a barbell and grab it using an underhand, shoulder-width grip. Curl the bar, pause, and lower it. That's 1 rep. For strength and size, do 3 sets of 6 to 8 reps, taking 3 seconds to lower the weight. For endurance, do 100 reps (or as many as you can) with an empty bar.



3-WAY BICEPS CURL

Changing your grip hits your muscle from different angles, and 2 full minutes under tension promotes muscle growth.

Do It: Hold dumbbells at your sides, palms in. Do each variation for 40 seconds: First, curl so your palms face forward at the top. Then curl with your palms facing each other. Finally, turn your palms toward you at the top (shown). Rest 1 minute. Do this 2 to 4 times.



Eat This Tonight!

An easy muscle meal takes just five ingredients

What You'll Need

- 200** g (about ½ box) whole wheat spaghetti
- ¼** cup prepared pesto
- 1** pint cherry tomatoes
- 2** cans (around 150g each) salmon in water, drained

Freshly grated Parmesan cheese to taste

How to Make It

In a large pot of boiling, salted water, add the spaghetti. Cook until *al dente* (about 1 minute less than the package says). Drain. In the same pot, stir the pesto, tomatoes, salmon, and pasta together over medium-low heat until warmed – 2 to 3 minutes. Plate and sprinkle with Parmesan.

Feeds 4

Per serving 360 calories, 29g protein, 40g carbs (7g fibre), 11g fat



+



+



NEED ENERGY QUICKLY?

Try this: **Green Tea Apple smoothie**. It boosts immunity, and you'll take in some fruit without even knowing it

What You'll Need

- ½** cup Greek yogurt
- 1** green apple, cored and chopped
- ½** cup unsweetened green tea
- 1** tsp honey or agave
- ¼** cup parsley leaves

How to Make It

Blend all the ingredients with ¼ cup ice until smooth. *Makes 1 serving*

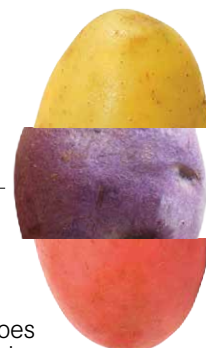
Per serving 165 calories, 10g protein, 30g carbs (3g fibre), 2g fat

Adapted from a recipe by Michael Schulson, Sampan restaurant, Philadelphia

What's the Diff?

White potatoes and colourful ones are all loaded with B6 and potassium. But purple signals anthocyanins, good for blood pressure and immunity. Red means carotenoids for sharp eyesight. White ones are high in vitamin C. So eat 'em all – skins on for fibre, of course.

Source: Cassandra Forsythe, Ph.D., R.D., Central Connecticut State University



FOOD STYLING: JAMIE KIMM (PESTO PASTA) PHOTOGRAPHS: ISTOCKPHOTO

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Is the Deadlift for You?

For some guys, it's the king of all exercises. For others, it's a ticket to pain and suffering. Find out if the deadlift is right for you

I REMEMBER THE EXACT MOMENT

I dumped the deadlift. It was a Tuesday in March 2016. I was three months into a six-month programme to hit my goal of deadlifting 160kg. Fourth set, 85kg loaded on the bar.

My first and second reps: Clean. Third rep: I noticed a tiny, unnerving shift in the right side of my lower back.

Then the hurt began. It spread across my lower back like a toxic puddle of pain. Kicked-by-a-mule, knife-sharp, what-the-hell-just-happened pain.

That's it, I vowed as I curled into a fetal position on the gym floor. I don't care who says this is the king of all exercises. I'm a certified trainer and movement specialist, and I just can't pull off this friggin' exercise without hurting myself. I'm done with it.

That was the fourth time in 10 years the deadlift had me flat on my back for a day or longer. It wasn't serious; a doctor found no herniations or major trauma. But given my history, he said, perhaps I should consider easing up on deadlifting. It was the same suggestion I'd gotten from other doctors after my past injuries.

Finally, I was ready to heed the advice of the experts. It felt like breaking up with the gorgeous but crazy girlfriend. ►

Our long love affair with this borderline-abusive move is a storied one: On the Greek island of Santorini, a 480kg stone bears the inscription “Eumastas, son of Critobulus, lifted me from the ground.” The words are said to be 2,500 years old. Today, inspired perhaps by heavy-lifting-based training methods such as powerlifting and CrossFit, some 2 million aspiring Eumastases have paid tribute to the art of the *#deadlift* on Instagram.

Make no mistake: if you can perform it safely, the deadlift is a terrific move. Trainers classify it as a “hip hinge” exercise. It targets your glutes, lower back and hamstrings; but in truth it hammers nearly every muscle in your body, including your upper back, quads and traps. It also strengthens your grip.

Pulling all that muscle mass at once has systemic benefits as well. “Any time you use that much muscle in one movement, you’re working your cardiovascular system and burning a ton of fat too,” says Ben Bruno, an L.A.-based trainer and *MH* fitness advisor.

As the morbid name suggests, however, there’s a dark side to deadlifting. According to exercise physiologist Dean Somerset, C.S.C.S., some people just don’t have the anatomy to do deadlifts without risking injury.

One limiting factor, says Stuart McGill, Ph.D., the author of *Back Mechanic*, is the thickness of your spine. That’s a trait you inherit. The thicker your spine, the heavier the load the bones in your back can

handle, while a thinner spine is more flexible but can’t handle heavier loads consistently.

Another critical factor is hip structure. Some people have thigh bones that sit farther back in their hip sockets, Somerset says, so when they try to hinge forward, the sockets essentially act as doorstops. “That makes it harder for them to get into the correct setup position for the deadlift,” he says. It also greatly increases the lifter’s odds of straining, pulling, or herniating something when he performs the exercise.

It’s hard to definitively verify spine thickness or hip structure without an MRI. But either trait can help explain an unusual and stubborn deadlifting handicap.

Based on factors like these, Somerset concludes, “10 to 20 percent of the population may not do well with the deadlift no matter how you coach it.” That’s a pretty hefty slice of the weight-training population who can’t – or shouldn’t – tangle with this so-called essential exercise.

My years of courting deadlift-related disaster have led me to conclude that I’m probably in that 10 to 20 percent. Here’s how you can figure out if you are too.

If your back gets cranky when you do deadlifts, the first step is to check your form and mobility: it’s entirely possible that a few minutes of self-coaching or a few weeks of stretching could pay off in big numbers for you. (See “Nail Your Form, Not Your Spine” and “Test Your Deadliftability” on this page.)

But suppose your form and

mobility check out and you still can’t deadlift from the floor or from a rack without pain. In that case, your problem may be anatomical. That’s significantly tougher to solve.

If you do decide to throw in the towel, there are lots of great alternatives, says Craig Rasmussen, C.S.C.S., a competitive powerlifter. “There’s no reason to be heartbroken just because you can’t do one exercise.” (To learn the best deadlift alternatives, see “Four Smart Swaps for the Deadlift” on the next page.)

Somerset agrees. “When you’re chasing one exercise, there’s a point of diminishing returns. You could spend six months trying to figure out what’s going on with your deadlift, or you could spend six months training hard using other exercises that don’t cause you pain and suffering.”

I’m going for the second option. Sure, I could get an MRI and a full physiological work-up. I could go for counseling with a sports performance psychologist in case the problem is in my head, another possibility Somerset mentions. But why go to all the trouble? I’m as interested in exceptional fitness as anyone, but I’m not a powerlifter. For me, the deadlift is just a tool and not an end in itself. Now that I know this particular tool doesn’t work for me and actually hinders my progress toward better health and more strength, it’s easy enough for me to throw it away and use different tools that work better. If an exercise doesn’t work for you, move on. Sometimes, discretion in the weight room is the better part of valour.

TEST YOUR DEADLIFTABILITY

Try these tests to see if you should pull heavy iron

TEST #1



Standing Toe Touch

Stand with your legs straight and feet parallel and shoulder-width apart. Bend forward as you reach for your toes. It’s okay to round your back as you descend and reach.

Pass: You can touch your toes without bending your knees.

TEST #2



Active Straight-Leg Raise

Lie on your back with your legs straight and toes pointed toward the ceiling. Raise one leg as high as you can, noting how far your leg travels upward. Lower it; test the other leg.

Pass: You can raise your leg so it’s perfectly straight and forms a 90-degree angle with your body.

RESULT

Pass both tests? Then you’re cleared for take-off: you’re flexible enough to do deadlifts. If you failed either one, check out the moves on the next page. Their strength and muscle-building benefits are similar to those of the deadlift, but with a lot less risk. You’ll end up with the body you want while preventing serious injuries.

Nail Your Form, Not Your Spine

Dial in your deadlift form with tips from powerlifter Craig Rasmussen, C.S.C.S.

1/ Nail the Setup

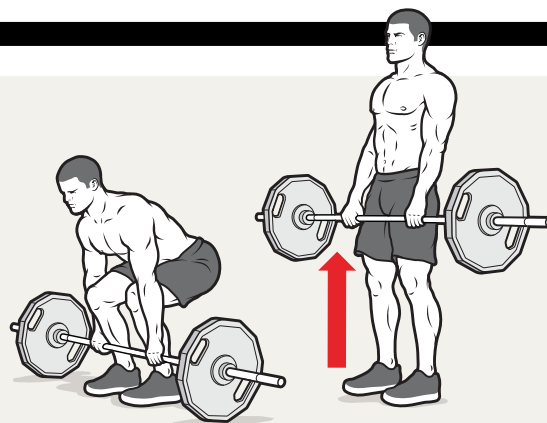
“The bar should be directly above the bow on your shoelaces, and your shoulder blades should be above the bar,” Rasmussen says. Your torso, arm and hip should form a triangle when viewed from the side.

2/ Shin Up to the Bar

As you lift and lower the bar, try to keep it as close to your body as possible. “The farther out the bar goes, the greater the stress you place on your back,” Rasmussen says. Wear long socks so the bar won’t scrape your shins.

3/ Hold a Natural Arch

Throughout the movement, keep your lower back in a natural arch, which transfers most of the stress of the exercise onto the proper muscles. Not sure you’re doing it right? Take a video of yourself deadlifting and share the clip with an expert.



Four Smart Swaps for the Deadlift



So you want to build muscle, melt fat, and keep yourself injury-free? No need to perform deadlifts. Just do these four exercises once a week



1 Barbell Rack Pull

WHY IT WORKS You're mimicking the mechanics of deadlifting from the floor but eliminating the first part of the movement – the part that's typically most problematic.

HOW TO DO IT Set up blocks or a power rack so the bar is at mid-shin to knee height (or higher). Bend at your hips and knees, and grab the bar overhand, your arms just outside your legs. Now stand up, thrusting your hips forward as you pull the bar from the blocks or rack. Do 3 sets of 6 reps.



2 Farmer's Walk

WHY IT WORKS It targets your grip, upper back, and core without putting force on your lower back.

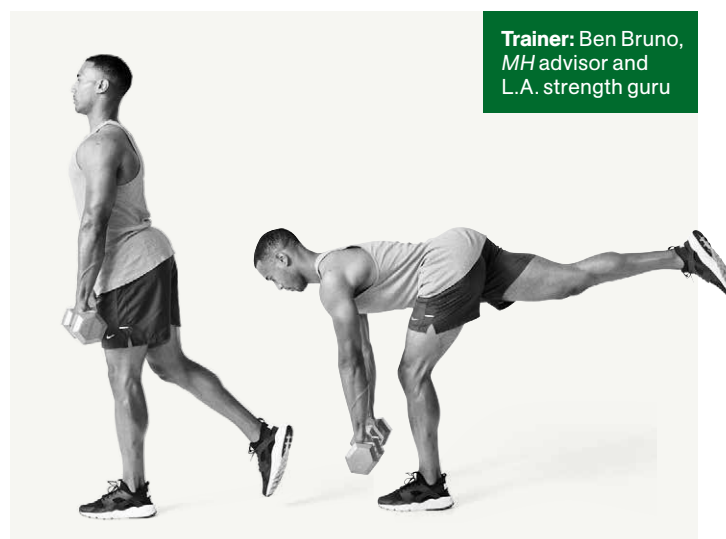
HOW TO DO IT Grab a heavy dumbbell or kettlebell in each hand, and walk slowly forward for 30 to 60 seconds. That's 1 set; do 4.



3 Barbell Hip Thrust

WHY IT WORKS It places a huge load on your glutes and hamstrings with less of the lower-back stress associated with a traditional deadlift.

HOW TO DO IT Sit on the floor with your back against a bench and a heavy barbell across your hips. (Using a pad or towel can make it more comfortable.) Grip the bar, bend your knees, and plant your feet flat on the floor directly under your knees. Now thrust your hips up and squeeze your glutes as if you're cracking walnuts between your butt cheeks. Slowly lower the bar back to the starting position. That's 1 rep; do 3 sets of 8.



Trainer: Ben Bruno, *MH* advisor and L.A. strength guru

4 Single-Leg Dumbbell Romanian Deadlift

WHY IT WORKS You're challenging your posterior chain (lower back, glutes, hamstrings, calves) without using back-breaking weight.

HOW TO DO IT Stand holding a heavy dumbbell in each hand, and shift your weight to your left foot. Hinge forward on your left leg until the dumbbells come close to the floor, keeping your right leg in line with your torso, and your right foot pointed toward the floor. Your back should stay straight throughout. Reverse the move and repeat. Do 4 sets of 10 reps; then switch legs and repeat. **3x3+**



BELLY OFF CLUB

Lose Big, Gain Big

How does a man go from struggling to walk, to landing a dream job that requires him to be in peak fitness? This is the story of a regular guy who shed 40kg and took back control of his life

WALKING WAS A CHORE AND playing sports was impossible for Sazali Baharudin before he shed 40kg. “I always thought that being overweight was ‘uncool,’” Baharudin says. “I couldn’t walk or play sports much. I was always sitting down, and I didn’t have the right knowledge to lose weight.”

When he finally hit rock bottom, he told himself: “Enough is enough.” “But not long into my weight-loss journey,” he continues, “I became disillusioned. I wasn’t losing weight anymore.” His body hit a plateau after two months of discipline. “I was very worried, so I did my own research,” Baharudin says. “I spent a lot of time on the Internet and talking to trainers and people who had lost weight.”

He then switched up his exercise routine, doubling it up to bust through the plateau. He took up HIIT and started losing weight again. “HIIT is the best workout for weight

loss,” he recalls. “I could see myself shrinking after only a few weeks.”

Baharudin smiles when he recounts landing a dream job in the civil service that stipulated candidates must be physically fit. “All my training gave me really good stamina,” he says. “I aced the interview and the physical test. My hard work paid off, my confidence got a boost, and everything seems to make more sense since then.”

Unlike many others on a similar journey, Baharudin isn’t looking to get *swol*. “My fitness goal is to be in good shape with lean muscles,” he says. “Don’t feel pressured by the people around you who recommend otherwise. What’s more important is how you want your body to be.”

Exercising aside, Baharudin believes that 70 percent of weight loss is determined by our diet. “I count my daily calorie intake and make sure I consume less than two-thirds of my daily requirement,” he says. He also

explains that he only consumes 2,000 calories a day, instead of the required 3,000 calories, due to his HIIT training. But whatever you decide, he advises steering clear of oily foods and sugary drinks. That said, Baharudin doesn’t shun a regular cheat day either. “I’d like to enjoy my weight-loss journey too, so I indulge every Saturday as a reward for being disciplined throughout the week,” he adds.

If there’s one takeaway from his story, for Baharudin, it’s this: you will struggle when you first embark on your weight-loss journey, but don’t lose heart. “No matter how far you are from your goals, always remember: baby steps; there is no need to rush,” he advises. One small change will lead to bigger ones, and that will definitely transform your life in no time, he adds. Be healthy, stay active and adapt to your new lifestyle. “Once you’re in control of your life,” he says, “you will be able to live the life that you want.” **▶▶▶**

Workout Routine

Sazali Baharudin swears by HIIT as part of his weight-loss regime

MONDAY

Weight training and cardio

TUESDAY

HIIT and running (5km) or cycling (40 mins)

WEDNESDAY

Weight training

THURSDAY

HIIT and running (5km) or cycling (40 mins)

FRIDAY

Swimming

SATURDAY

Rest day

SUNDAY

Running (5km) or cycling (40 mins)

Diet Regime

Carbs play a very minimal role in Sazali’s diet

BREAKFAST:

Black coffee (no sugar), and toast with two half-boiled eggs

MID-MORNING SNACK:

Corn crackers or fruit (apple or pear)

LUNCH:

Rice (half scoop), grilled fish or chicken, small portion of green vegetables, and plain water

AFTERNOON SNACK:

Fruit

DINNER:

Sandwich or salad



BEFORE:
115KG

AFTER:
75KG

NAME: MOHAMAD SAZALI BIN BAHARUDIN
AGE: 28
HEIGHT: 170CM
TIME TO REACH GOAL: 18 MONTHS



Bench Your Best

Sculpt serious upper-body muscle by mastering the ultimate man move

WHENEVER WE ASK OUR FRIENDS what their next fitness goal is, their answer is almost always: add 15kg to their bench press Personal Best.

“What do you bench?” is gym small talk, sure, but it’s also a quick way to take the measure of a man. Adding 15kg could take as long as six months if you’re a gym rat, or four weeks or so if you’re a rookie, says Bobby Maximus, training director at Gym Jones in Salt Lake City.

It’s well worth the effort. “The bench press is not only the best move for packing on upper-body muscle, but it’s also critical in nearly every upper-body lift in and out of the gym,” Maximus says.

This four-point plan will help you achieve your goals in no time.

1. LEARN HOW TO BENCH

Before you start sliding on plates and pumping out reps, lock down your form. Precise form helps you lift more weight using the same amount of effort; it also reduces your injury risk because the load is handled by your muscle and not your joints, says Mike Robertson, co-owner of Indianapolis Fitness and Sports Training.

Four Steps to Perfect Form

Start with your hands beneath the bar, spaced just beyond shoulder width. Tighten your entire body (as if you’re about to take a punch) to activate more muscle. “The tighter you are, the lighter the bar will feel,” says Robertson. Now: **1/** Unrack the bar and hold it above your chest. **2/** Slowly lower the bar toward your nipples – the shortest path the bar can take, so you use less effort – with your elbows at a 45-degree angle. **3/** Push your chest up to the bar. **4/** Touch the bar to your chest; then press your feet into the floor and explosively press the bar back up.

2. PLAN YOUR PROGRESS

Establish your baseline bench – that is, your 1-rep max. This is the most weight you can press one time while still maintaining good form. To find it, do 1 rep with successively heavier loads until you hit the heaviest you can handle. Use a spotter.

The Operating Instructions

You’ll bench two days a week with at least 72 hours between sessions so your body can recover. Workout A (below) is designed to recruit as many of your muscles’ motor neurons as possible, activating them to gain strength. For workout B, you’ll do 100 reps, which signals your body to pack on mass while increasing your muscular endurance.

Stay at the prescribed load until you can complete all your sets and reps with good form. When you’re ready, add 10 percent more weight. But don’t be afraid to push the envelope, Maximus says, as long as your form stays true. “You never want your body to get too comfortable with the load you’re lifting,” he says.

3. BUILD MORE PUSHING POWER

To raise a heavier bar, you’ll need a bigger, more solid foundation.

“More muscle means more strength,” Robertson says. “If you lose muscle, the first thing that goes is your bench.” He’s coached guys who’ve plateaued, only to see massive gains when they go up a weight class. Give your body some building material: add a couple hundred extra calories a day to your diet over this time period (for example, some peanut butter or a protein shake).

4. GO TO THE DARK SIDE

Maximus calls this the iPhone problem. If you don’t charge your phone at night, at some point the next day, it won’t function the way you want it to. Same goes for your body.

“The bed is your charger,” he says. “You can’t get the proper work done in the gym if you only get four, five or six hours of rest. So sleep at least eight hours.” Banish electronics from the bedroom and use blackout curtains to block light from outside. The darkness leads to better sleep. **MAX**

	STARTING WEIGHT	SETS	REPS	REST
WORKOUT A	80% 1-rep max	5	3	3 minutes*
WORKOUT B	50% 1-rep max	10	10**	2 minutes

*Men who rested 3 minutes between heavy bench sets sustained higher testosterone levels than those who rested 1 minute.

**Ten sets of 10 reps is a method called German Volume Training, popularized in the 1970s. It’s a secret to strength and size.

Fast-Track Your Fat Loss

Be the guy who finally sees his abs. Do this workout. Do it often. Thank us later



Kettlebell Shuffle Swing

Start with a kettlebell between your legs; thrust your hips forward and swing up. As the bell rises to chest height, step your left foot to the right so that your feet are almost together. As the bell swings back down, step left with your left foot. Repeat, this time stepping right with your right foot.



Low Box Lateral Runner

Stand with your left foot on the floor and your right foot on a low box or step. In one smooth movement, hop sideways across the box so your left foot is on the box and your right foot is on the floor. Repeat back and forth.



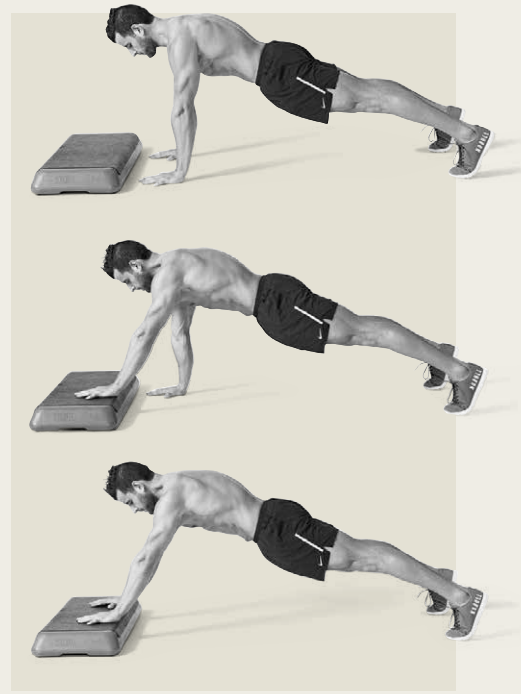
Box Thruster

Grab a pair of dumbbells, and sit tall on a box or bench. Hold the dumbbells in front of your shoulders. In one movement, drive your heels into the floor and push your body to a standing position as you explosively press the dumbbells above your head. Lower yourself and repeat.



Sandbag Reverse Lunge with Rotation

Grasp the handles of a sandbag with both hands, and step into a reverse lunge, your left leg back and right leg forward. Rotate the sandbag so you're holding it at arm's length on the right side of your body. Now rise to a standing position as you rotate the sandbag in front of you. Switch legs, rotating the sandbag to your left, as you step back with your right leg.



Low Box Plank Stepper

Place your left hand and then your right hand slightly forward on a low box. Step down with your left and then your right hand. Repeat, this time starting with your right hand.



Single-Leg Plank Walk-out

Stand tall on your left leg. Place your hands on the floor and, keeping your right foot in the air, walk your hands out until you're at least in a high plank position. Reverse the move, and switch legs.



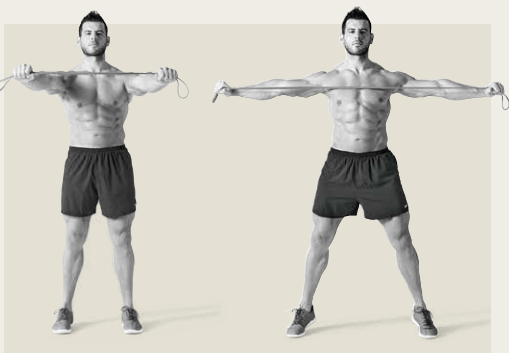
Reverse Burpee

Assume a push-up position with your hands slightly forward of your shoulders. Slowly walk your hands back toward your feet until you're in a position to jump up. Quickly explode upward, reaching for the sky.



Bench Hop

Stand next to a bench with your feet together, and grasp it by its sides with both hands. Keeping your hands in place, hop over the bench, landing on the opposite side. Immediately hop back.



Band Jack Pull-Apart

Hold a resistance band at chest height out in front of you. Pull your arms back and out as far as you can as you jump your feet out.



Bear Crawl to Explosive Push-up

Get down on all fours, with your knees a couple of inches off the floor. Kick your legs out, and drop your body toward the ground. Explosively push back up and return to all fours with your knees raised as before. **2x24**

Trainer: BJ Gaddour, C.S.C.S.,
MH fitness director and creator
of the 21-Day MetaShred
(Time: 34 to 60 minutes)

DIRECTIONS

Start with the warm-up, and then move on to the main event. Complete your workout with the finisher.

WARM-UP

METABOLIC MOBILITY

Start a timer and perform as many single-leg plank walkouts as you can.

Time: 5 to 10 minutes

MAIN EVENT

SIX-PACK SUPERSETS

Complete the supersets in the order shown below for 6, 8 or 10 minutes each, depending on your time or fitness level. So in 1, for example, you'd do low box plank steppers for 20 seconds, rest 10 seconds, then low box lateral runners for 20 seconds, then rest 10 seconds. Repeat for a total of 6, 8 or 10 minutes; move on to the next superset.

1. Low box plank stepper
+ low box lateral runner
Time: 20 seconds on,
10 seconds off
2. Band jack pull-apart
+ bear crawl to
explosive pushup
Time: 20 seconds on,
10 seconds off
3. Box thruster +
Sandbag reverse lunge
Time: 40 seconds on,
20 seconds off
4. Kettlebell shuffle
swing + bench hop
Time: 20 seconds on,
10 seconds off

FINISHER

THE FAT FRYER

Start a timer and do as many reverse burpees as you can.
Time: 5 to 10 minutes

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Is Your Liver Cooked?

Millions of men have hidden liver trouble. Follow our advice to keep yours healthy

MAYBE YOU'VE HEARD THIS

line just before last call: "The liver can grow back!" Well, yes, but let's not rationalise ourselves into the hospital. Your liver is incredible, but boozing is just one way to ruin this vital organ, which turns food into nutrients and filters toxins from blood. Another big threat is fat. As many as a third of American adults have a build-up of extra fat cells, a condition with a lovely name: fatty liver disease.

Early medical literature described fatty liver as a problem afflicting heavy drinkers, but "that's no longer the case," says W. Ray Kim, M.D., a professor of medicine at Stanford University. Now, it increasingly occurs in people who don't drink in excess. In those people, it's called non-alcoholic fatty liver disease, or NAFLD, which is now the most common chronic liver condition in America. ►

It's normal for a liver to contain fat cells, but things change once its fat content hits 10 percent or more. Inflammation can set in. The liver's spongy texture can coarsen as its function declines. But this might sneak up on you. Your liver can still power on when only a fraction of its tissue is healthy, so most people with NAFLD go years without symptoms. It's often detected by chance through unrelated blood work or imaging tests.

Up to 20 percent of the time, NAFLD may take on a more serious form: non-alcoholic steatohepatitis, or NASH. This, too, is often silent. Most people with NASH feel fine and only notice symptoms – such as weight loss and fatigue – once the liver is badly damaged, a process that can take years. By then they may have cirrhosis, potentially fatal damage from scarring. “As scar tissue replaces healthy liver tissue, the liver will begin to fail,” says Dr. Kim. “Once a person with NASH has cirrhosis, there is no reversing it.” Eventually, the only option is a transplant. What's more, NASH is emerging as a major cause of liver cancer, a disease that kills the majority of its victims. The good news is that unlike cirrhosis, NAFLD and NASH can be reversed. Here's how to show your liver some love.

1/ Beware of Metabolic Syndrome

Fatty liver is a classic 21st-century disease; its rise coincides with our increasingly poor diet and lack of exercise. High blood pressure, high blood sugar, unhealthy cholesterol levels, and excess abdominal fat – that constellation known as metabolic syndrome – also threaten a man's liver, says Sean Kelly, M.D., an assistant professor of medicine at Ohio State University's Wexner Medical Center. Having just one of these factors is a signal of poor health; but if you have two or more, it will multiply your risk

of developing NAFLD (plus plenty of other major problems, such as heart disease and diabetes). As metabolic syndrome compromises your body's machinery, fat accumulates in your liver. Your doctor can detect blood sugar and cholesterol levels through a simple blood test.

2/ Watch Your Enzymes

While you're arranging for your blood work, ask for a comprehensive metabolic panel. This will indicate whether key liver enzymes are in the normal range. Men may be programmed to metabolise fats in a way that makes them more prone to fatty liver than women, according to research from the U.K.

3/ Nourish Your Liver

Excess calories and carbs promote the formation of fat deposits in your liver, but a smart diet can actually help your liver regenerate new cells. Eat plenty of fruits, vegetables and whole grains, and limit foods high in saturated fats and sugar. “Start small. Even simple modifications such as avoiding fried foods or giving up soda can make a big difference,” Dr. Kelly says. Hit the bulk aisle: in a recent study in the *International Journal of Food Sciences and Nutrition*, people with NAFLD who consumed 28g of brown milled flaxseed a day for 12 weeks improved their liver health.

4/ Be Religious About Exercise

Recent studies have shown that regular exercise can reduce liver fat even without weight loss. That goes for aerobic exercise (such as running or swimming) as well as strength training. In one U.K. study, people who cycled and did resistance training three days a week for three months reduced their liver fat by an average of 16 percent compared with those who didn't do the exercises. Whatever habit you establish, keep it up. If you quit working out, your liver fat levels will rebound within a

year, according to a new study in the *International Journal of Obesity*.

5/ Maintain a Healthy Weight

For every extra BMI point, your NAFLD risk rises 13 percent. “Often, a 10 percent body-weight reduction translates into a big improvement,” Dr. Kelly says. If you need to slim down, do it gradually; Dr. Kim advises taking six months to a year, because losing 1.8 or more kilograms a week can bring on or worsen fatty liver. Avoid weight-loss or bodybuilding supplements, some of which can hurt your liver. Twenty percent of people with substance-induced liver injury can blame it on a supplement, versus 7 percent a decade ago, the journal *Hepatology* reports.

6/ Limit Your Alcohol Intake

Drinking can send your liver into overdrive as it tries to process the alcohol and detoxify your blood. There's no hard and fast rule, but the Office of Disease Prevention and Health Promotion recommends that men limit alcohol to one or two drinks a day. If you already have NAFLD, it's probably okay to have a drink from time to time, but not on the regular. NASH patients, however, should be totally off the sauce, according to researchers in Germany.

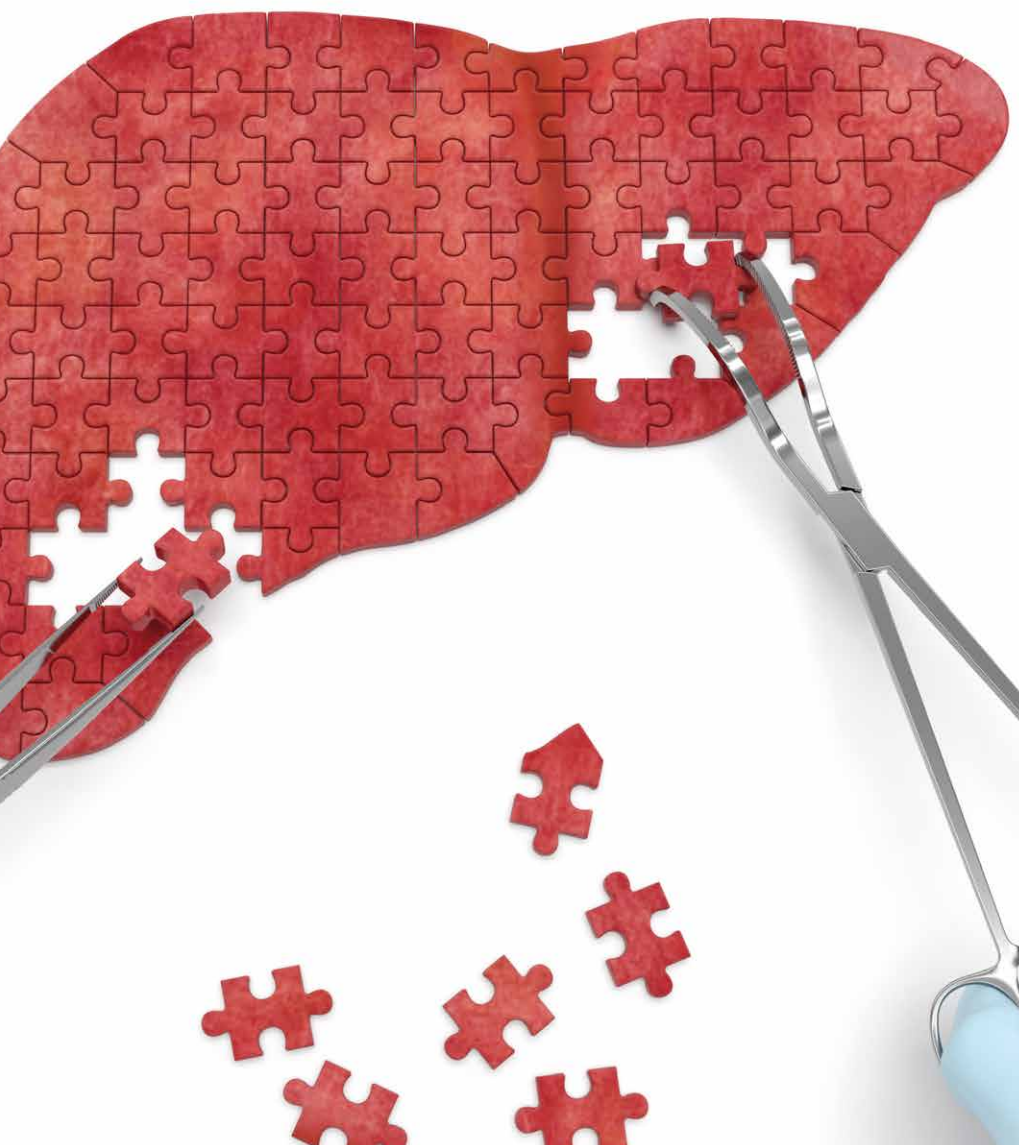
7/ Mind Your Medicines

Some medicines and supplements – even ones that tout liver benefits – can harm your liver. Case in point: the pain reliever acetaminophen can wreck your liver if you take too much (more than 4,000 milligrams in 24 hours). You probably know that acetaminophen is in Tylenol, but it's also in hundreds of other drugs, especially cold and flu remedies, and prescription pain relievers. Only take medicines that you need, follow dosing recommendations, and let your doctor or pharmacist know everything you are taking, even if it's sold over the counter.

8/ Protect Yourself from Hepatitis

Viral hepatitis – A, B, or C – can wreck a liver. Hepatitis A is primarily spread through food or water tainted with microscopic amounts of feces. It's rare in the United States, Canada, and western Europe, but not in other places. Before traveling, look into a hepatitis A vaccine. (Check cdc.gov/travel.) Hep B and C, though, are spread via blood and other body fluids. There's a shot for B; and to avoid B and C, use latex condoms and never share toothbrushes, razors, or needles. Anyone born between 1945 and 1965 should be tested. Anyone being tested for HIV should consider hepatitis B and C testing as well. **▶▶▶**





Can You Spare Some Liver?

If you keep your liver in tip-top shape, you could help more than yourself. In April 2015, David Denovchek, a 30-year-old from Ohio, caught the tail end of a local newscast. A 4-year-old girl named Jamie needed a new liver, and doctors were seeking a living donor – someone who could donate part of their organ so it could then grow and function in Jamie's body. Thanks to the liver's regenerating properties, this can be done safely with a healthy donor.

Denovchek fit the criteria perfectly: he was young and healthy, he had Jamie's blood type, and his liver was pristine. "I never drank or smoked in my life," he says. So that very night, he contacted Children's Hospital of Pittsburgh of UPMC, where Jamie was being treated.

Several weeks later, surgeons cut out 30 percent of Denovchek's liver and transplanted it into Jamie's body. Denovchek remembers the surgeon's exact words: "Had we not done the surgery, she would have had days." Denovchek was out of the hospital in four days and back to his routine morning runs three weeks later. And seven months after the surgery, he finally got to meet Jamie, on her fifth birthday. They played tag, coloured, and belted out "Let It Go" from *Frozen*.

Want to be a hero? Go to dermaorgan.gov.my and sign up to become a donor.

—JAMES NOSEK

YOUR LIVER, BY THE NUMBERS

1.5

Weight in kg of a man's liver



10

Percentage of your blood being processed by your liver at any given moment, at about 1.4 litres per minute

210

Percentage spike in NAFLD risk in folks who ate fast food more than three times a week for 25 years, versus those who ate it once a month or less.

64

Estimated number of Americans, in millions, with NAFLD



14 days

Time that a liver section from a living donor takes to double in size in its new body

RM7.2k

Approximate annual medical costs per patient from NAFLD



800 to 1,000 millilitres

Your liver's average daily bile output. Bile helps your body break down food, drink and whatever else the organ encounters.

Why You Should Lower Your Blood Pressure Before It's Too Late

We spoke to Dr Ng Butt Chin, hypertension specialist at Tung Shin Hospital, about the chronic disease, why you don't want to become hypertensive, and what to do if you are

IT'S NO SURPRISE THAT HYPERTENSION is on the rise in Malaysia – 6.1 million and counting suffer from it – but when it comes to why, the answer lies in understanding that it is caused by more than one thing. Here, we look at a couple of contributing factors, and how you can prevent yourself from becoming a statistic.

01 HYPERTENSION AND DIABETES GO HAND IN HAND...

When looking at hypertension, Dr Ng advises that you can't just look at hypertension per se. It's more important to look at it as "associated with other co-morbid conditions", including diabetes. As the incidence of diabetes increases in Malaysia, so too does the incidence of hypertension, because of their shared common link.

02 ... AS DOES HYPERTENSION AND OBESITY

Another thing Malaysia is famous for, apart from *nasi lemak*? Obesity (likely because of said *nasi lemak*). "Among Asia[n countries], Malaysia is actually one of the most obese nations," Dr Ng says. "Obesity is definitely linked to hypertension; there is no doubt about it." So if you're borderline hypertensive? Get your weight and diet under control.

03 WATCH WHAT YOU EAT

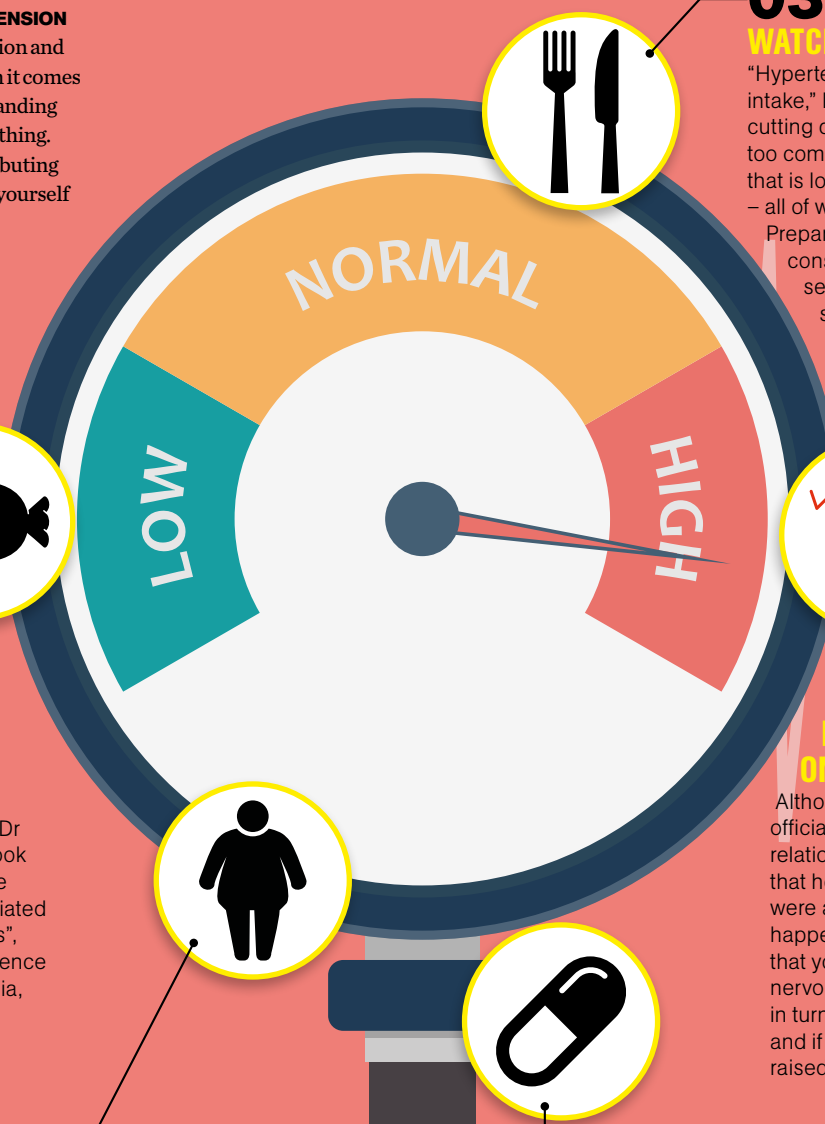
"Hypertension is linked to sodium intake," Dr Ng explains. He advises cutting down on eating out as it's all too common to come across food that is loaded with sodium and MSG – all of which are contributing factors. Prepare your own meals and consider ditching the Maggi seasoning for some Himalayan salt flakes instead, 'cos it's got minerals and stuff.

04 KEEP A LID ON STRESS

Although there have been no official studies on hypertension's relationship to stress, Dr Ng added that he wouldn't be surprised if it were a contributing factor. "What happens during [times of] stress is that you trigger your sympathetic nervous system," he explains. This, in turn, raises your blood pressure, and if the stress is long term, the raised blood pressure may be too.

05 "I'M ALREADY HYPERTENSIVE. WHAT ARE MY OPTIONS?"

Unfortunately, once you're hypertensive, you're hypertensive for life. Management of the condition requires being on medication – but luckily for Malaysians, Natrixam is available. Natrixam is a single-pill, once-daily medication that effectively lowers blood pressure. Because patients are not required to take multiple drugs several times a day, it improves medication compliance. **MDA**



Check out our website at mens-health.com.my for the latest event and promotion updates.



MIDO BARONCELLI CALIBER 80 CHRONOMETER SI WATCH

In conjunction with its 40th anniversary, Mido has released the Caliber 80 Chronometer, which is enhanced to be better at resisting shock. It has an 80-hour power reserve, improved anti-magnetic properties, and an anti-reflective sapphire crystal on its front and back (so that you can admire its mechanical movement). Check it out at the new Mido boutique at Pavilion Elite (Level 4). **RM4,600; midowatches.com**



H&M STUDIO SPRING/SUMMER 2017

Whether you're out for a run or attending a housewarming party, you can don a pair of jogger pants, a perfect example of the athleisure trend that's in fashion now. So why not get yourself H&M Studio's joggers, which are made with 100% TENCEL Lyocell fabric? It's soft and absorbent, making it very comfortable, resistant to wrinkles, and lightweight. The jogger pants also drape around your lower body for a better fit and a smarter look. **RM149; hm.com/my**

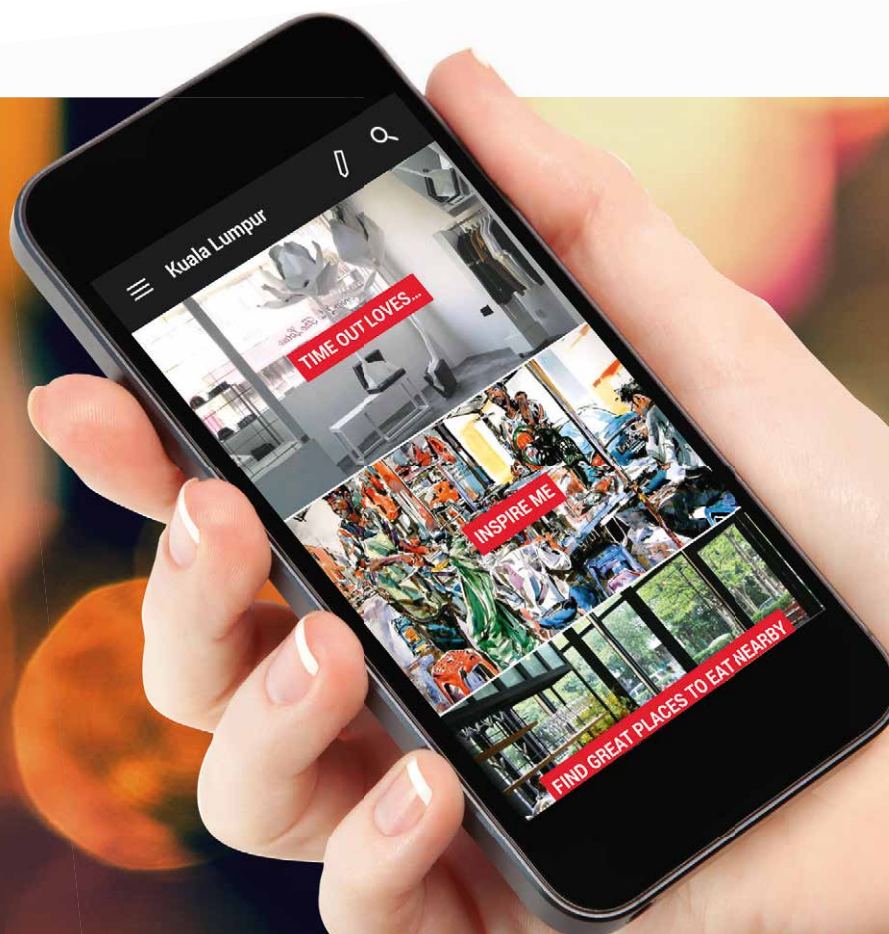


FOSSIL FOS 2000/L/S SUNGLASSES

These lightweight shades from Fossil will bestow you with a modern look, while still maintaining the signature classic silhouette and design that the brand is known for. Oh yes, don't hesitate to share this unisex sunglasses with your missus as well. **RM520; fossil-asia.com**

PROMOTION

TimeOut
KUALA LUMPUR



PLAN NOT TO MAKE PLANS

You're only seconds away from a cool bar, a great new restaurant, or the latest things to do in Kuala Lumpur.

\ SEARCH FOR 'TIME OUT' ON THE
/ APPLE APP STORE OR GOOGLE PLAY



7 Foods Doctors Prescribe

Think of these foods as your shield against a costly doc visit

HERE'S WHAT MOST GUYS

buy at the store: beef, chicken, sugary desserts, and alcohol. Really: the research firm Hartman Group studied this recently. Those categories are also among the top sources of calories in the American diet.

Beef and chicken are fine, but you know the effects of excess alcohol and sweets. Carry extra fat, and you could end up in the office of a nutritionist or cardiologist.

Why not short-circuit the process, and eat the way the experts do? We checked in with six top names in health to find out what foods they always eat and why they eat them. This go-to shopping list will keep all your systems running at optimum efficiency. ▶



Don't leave oysters out of your bag. The mighty mollusks carry vital nutrients

OUR EXPERT PANEL

David Katz, M.D., M.P.H.
founding director, Yale-Griffin
Prevention Research Center

Stephen Kopecky, M.D.
cardiologist and professor of
medicine, Mayo Clinic

William Yancy, M.D.
program director,
Duke Diet & Fitness Center

Jim White, R.D.
spokesman, Academy of
Nutrition and Dietetics

Cara Anselmo, R.D.N.
clinical dietitian,
Memorial Sloan Kettering
Cancer Center

Alicia Anskis, R.D., L.D.N.
clinical dietitian, Massachusetts
General Hospital

Oysters

Yes, oysters. These briny bivalves out-match all other foods when it comes to zinc content. “Zinc plays a role in enzyme activity and protein synthesis, and is key for immune health,” Anskis says. Plus, studies suggest a link between zinc deficiency and decreased testosterone. Oysters are also loaded with iron and vitamin B₁₂, both of which support blood circulation and energy metabolism. Try to include oysters into your rotation of two to three servings of seafood a week.

► **Try 'Em:** If you can find fresh oysters, shuck 'em and slurp. Or buy canned, smoked, bacony-tasting oysters (they're in the tuna aisle). Pop them on crackers and add goat cheese.

FOODSTYLING: JAMIE KUM

Something Blue or Purple

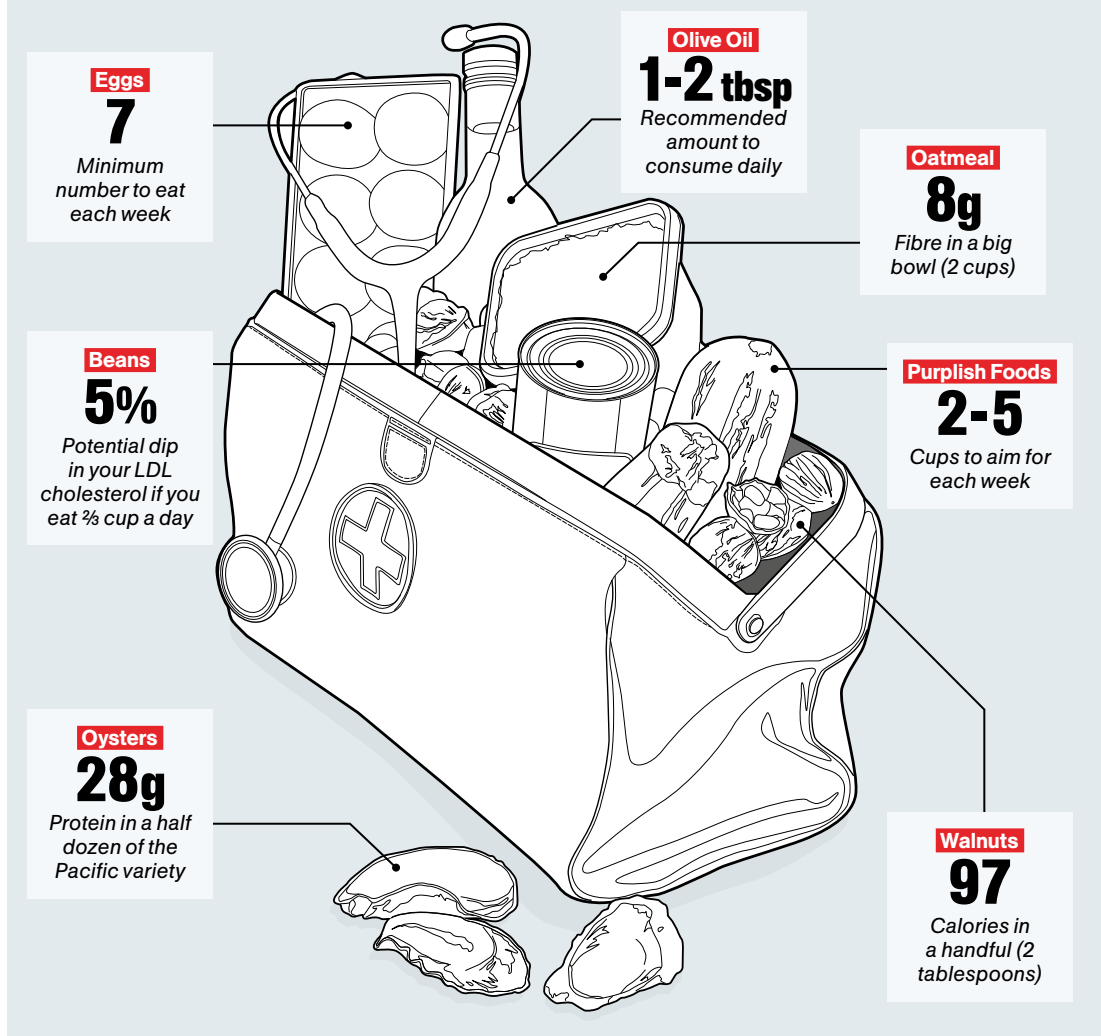
Dr. Kopecky came up with this one, and he's not talking about blue M&Ms. He means produce such as blueberries, grapes, eggplant (with the skin), and red cabbage. The pigmentation signals the presence of anthocyanins, a group of antioxidants that battle inflammation. Eat these to lower your risk of inflammation-related illnesses such as heart disease, diabetes and cancer.

► **Try It:** In a medium bowl, mash a handful of blueberries with a little salt and chopped basil; add a splash of balsamic. (You can add fresh minced chiles too.) Spoon this slightly sweet sauce on top of broiled salmon or roast chicken.

Eggs

We're talking whole eggs, not just whites. Yolks have compounds that keep your eyes, brain and bones healthy. Research now confirms that they won't spike your cholesterol, Anskis says. Eggs also have the highest "biological value" of any protein source. Translation: your body can absorb more of the protein for greater muscle-building benefits.

► **Try 'Em:** For a no-heat lunch, try curried egg salad with greens: mix eight chopped hard-boiled eggs with 1tbsp Greek yogurt, ½tbsp curry powder, some chopped parsley, and salt to taste.



Olive Oil

"Your primary fat should be olive oil," Dr. Kopecky says. Researchers credit a potent polyphenol called oleocanthal for fighting everything from Alzheimer's to some cancers. Consider your supplier too. "I only buy extra virgin olive oil and get it at box stores that have a high turnover," Dr. Kopecky says. "If it sits for a long time, it loses some of its benefits."

► **Try It:** Extra virgin olive oil is best used for lower-temp cooking. At higher temperatures, beneficial compounds break down and the taste suffers. So use it to sauté or as a finisher for soups or salads.

Oats

"All whole grains are good, but oats are probably the easiest to add to your diet since they're not hard to cook," Anskis says. Two cups of oatmeal has 8 grams of fibre; that's about half what the average person eats daily. That's not close to the 38 grams you need to drop your risk of heart disease, stroke, hypertension, and diabetes; so eat fibre from produce too.

► **Try 'Em:** You don't always have to go sweet with oats; their sturdy texture can also support savoury flavours. Add salmon and avocado, or mix in mushrooms and greens sautéed in garlic.

Beans

Two things in life are guaranteed to break your heart: high school crushes and not eating beans. In a 2014 study, people who ate ⅔ cup a day of legumes, such as peas, beans and lentils, reduced their LDL (bad) cholesterol by 5 percent. Have a half-cup serving of beans at least three or four times a week. Black, white, red, pinto, navy – your body doesn't care.

► **Try 'Em:** Toss a rinsed can of chickpeas with olive oil, a little garlic powder, smoked paprika, and salt. Roast at 200°C for 30 to 40 minutes, tossing halfway. It's a crunchy, smoky snack.

Walnuts

All nuts contain heart-healthy good fats, but three of our experts singled out walnuts as nutritional champs. They're packed with omega-3 fatty acids, White says, which may also strengthen your sperm. In a *Biology of Reproduction* study, the swimmers of men who ate about ⅔ cup of walnuts a day showed improved motility, vitality, and shape.

► **Try 'Em:** Mellow out their flavour by blending walnuts into a shake, dropping them into a soup, scattering a few atop a salad, or crushing them to use in a breading for fish or chicken. **2+1+**



Fill the Rest of Your Cart with the Good Stuff

Here are the other foods our experts picked for your ultimate grocery list: broccoli, spinach, grass-fed beef, wild-caught salmon, mackerel, Greek yogurt, tomatoes, almonds, garlic, mushrooms, dark chocolate, and avocado.

Meet the Meatless Proteins

Innovative food producers promise a “fauxtein revolution” with their pea powders and cricket flour. But is the stuff any good for us?

THIS MORNING, I DRANK A GLASS of algae. Two spoonfuls of powdered pond scum swirled into almond milk. It looked like dried egg yolk and tasted faintly of pistachios.

I chased it with a mid-morning shake of Way Better Than Whey, a supplement containing rice, pea, flaxseed, hemp, quinoa, and sacha inchi (a.k.a. “the Inca peanut”).

Lunch was a cricket bar (Exo PB&J, five crickets per bite) and

crackers (Crickers, Classic Sea Salt) with hummus. Dinner was a fungi burger, heavy on the ketchup.

How did I feel? Let’s just say I swam a mile, split a cord of wood, wrote two hours’ worth of scintillating prose, and still had enough mojo in the tank for an evening of ardor. In my quest to go lean and green on a diet of faux protein – “fauxtein,” if you will – I’m aces so far. Of course, it’s only been a few months. And I haven’t entirely dumped meat; we’re just taking a little break from each other.

I’d like to proclaim that my main motivation was to be environmentally responsible by going meatless. But I’ll be honest: it began because I kept noticing cute, smart vegetarian women. These were not the unwashed VW Beetles of yore; these were the BMW i3s of humanity, zooming down the fun lane on cutting-edge alt fuels such as pea burgers, hemp smoothies and bug bars.

My previous resistance to a meatless diet was two-pronged: first, it seemed hard to get enough protein without overdosing on carbs; and second, I didn’t want to spend my life prepping and cooking. I’m a writer. I bounce around the planet with regularity – and my kitchen doesn’t. But now, a number of companies are breaking into the market with new products that can supposedly make healthy, high-protein, small-footprint eating more convenient than ever.

I had all the standard suspicions. I try to avoid highly processed foods and always consider unfamiliar foods guilty until proven innocent. Would fauxteins turn me into a histamine-addled pufferfish? Would rare amino acid deficiencies leave me the colour of my algae smoothie? Would I lose muscle?

Then there’s the question of complementary proteins. We humans need to consume all nine essential amino acids – the

molecular components of protein. Various friends and experts had warned me that this wasn’t easy on a meatless diet. Meat, a complete protein, provides the entire set of nine in sufficient quantities; most plant-based proteins are missing some. Old science: you need to assemble “complementary” plant foods in just the right ways (such as rice and beans) at every meal to get all the amino acids your body needs. New science: that’s a myth. According to the Academy of Nutrition and Dietetics, “not only is it possible to get enough protein from plant sources but there are also other nutrition benefits as well, including a greater intake of fibre, potassium and disease-fighting phytonutrients.”

As money and expertise pour into alternative proteins, we’re seeing new creations that in both ambition and scope leave Tofurkey in the breakdown lane. I didn’t blink at the flax shakes, mycoprotein burgers,



WORDS ROWAN JACOBSEN FOOD STYLING JAMIE KIMM PHOTOGRAPH SAM KAPLAN



THE NEW PROTEINS
Hemp powder, cricket bars, vegan mayo, meatless chicken, and vegan eggs are just a few options

and cricket-flour pizzas that became part of my life. It felt easy and uneventful. More important, I felt energised. Perhaps it's simply the result of my food smelling like pond weed and crickets, but I lost almost a kilogram on my modified diet. My wife, however, was less enamored. Let's just say clouds of methane gas

from a fibrous diet aren't exclusively produced by cows.

If fauxteins have a downside, it's the same one shared by "classic" protein supplements made from milk, egg white and soy: they aren't actually whole foods. Artificially removing protein from whole foods can change its nature. Most protein

isolates, fauxtein or otherwise, are extracted using chemicals and solvents that can make them less nutritious or even toxic.

"In general, the quality of proteins that are not sourced from animals isn't as high," says Stuart Phillips, Ph.D., a protein researcher at McMaster University in Ontario.

In other words, fauxteins may not be able to deliver all the essential amino acids you need.

As for me, I'm several months in and still a believer. I keep thinking about gorillas: body by bamboo, yet completely ripped. I've found that I adore a well-made veggie burger and can't get enough bug bars.

That said, I still hear the siren song of meat. Most of my eating these days falls into the plant and "freakish" categories, but I'll gladly go with the flow at a dinner party, and when I do, I find that I have a new perspective. Plants will never taste as good as bacon and burgers do. I crave those meats. And when I get them, I'm very, very happy.

But maybe that's a good way to be: spend most of your days tooling along in the electric Beemer lane, and every now and then take the exit to Flesh Alley. The world is full of beautiful and varied proteins. Who wouldn't want to get to know them all? *******

The Meaty Truth About the Latest "Fauxteins"

A stampede of trendy new meatless proteins made from whole foods are hitting the market. Before you start cheating on your rib-eye, here's what you need to know about some of the popular ones

	ALGAE	HEMP	INSECTS	MYCOPROTEIN	PEA PROTEIN
What It Is	These plants form the base of the marine food chain. Some producers ferment algae cells and dry them; then companies add the powder to shakes, breads, bars, pasta, etc.	Because hemp protein is made from whole hemp seeds, it also has a decent amount of fibre and vitamins. Yes, it's usually <i>Cannabis sativa</i> . No, it won't get you high.	Crickets, the bugs <i>du jour</i> , are raised on farms and then typically frozen, dried and ground. They have about as much protein as chicken, with extra fatty acids thrown in.	These microscopic fungi are fermented in a tank, just like beer. Then they're dried, flavoured and shaped into patties, "burgers", "sausages" and other products.	Derived from the Canadian yellow pea (think split pea soup), pea protein is easily digestible, though it may not have as much lysine, a key amino acid, as meat.
How to Find It	TerraVia (terravia.com) has customised algae grown in its retrofitted breweries. It's also the main ingredient in Follow Your Heart's fake huevos, VeganEgg. Taste: Like pond weeds	Many supplement and health-food stores carry hemp protein powders. Good powders are made from cold-processed, raw hemp seeds. Taste: Slightly vegetal	The standouts here are Crickers, Classic Sea Salt crunchy-nutty crackers (crickersfoods.com), and Exo's line of protein bars (exoprotein.com). Taste: Surprisingly subtle	Start by trying Quorn products (quorn.com). Although the USA's FDA has cleared it for consumption, some have GI issues after eating it. Taste: Kind of like meat	Vegan mayo, cheese, cereals, burgers, and energy shakes can contain pea protein, or it can stand alone in protein supplements. Taste: Needs masking

Esquire

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Easy Style Tricks to Look Taller

In Hollywood, land of illusion, short guys loom larger after visiting Jimmy Au's For Men 5'8" and Under, a real store. Here are their best tips:



Hire a Tailor

Extra fabric makes guys look sloppy. A good fit neatens you up and adds height, says company VP Alan Au.



Use Small Patterns

Yes, vertical stripes stretch you, but keep them slim. Large patterns or plaids can swallow up a shorter guy.



Anchor Your Look

Shoes do matter. A classic rounded toe is best; avoid square toes, which convey a vaguely stumpy look.



Go with One Colour

If your pants and shirt are similar colours, they'll create an elongating silhouette from shoulder to toe.



Pick Slim Lapels

If the jacket is size 40 or smaller, keep the lapel width under 6.35cm; your shoulders will appear broader.

Three's a Trend

Are shower/shave products a time-saving tonic, or a concoction of marketing meetings gone mad? The truth will come out in the wash

ANY MAN WHO HAS FOUND HIMSELF without a washbag post-gym will know body wash can stand in for shampoo. Likewise, a generously applied face wash will allow for a passable shave.

Eager to capitalise on the sink-side MacGyvers among us, new products are being developed to streamline your morning routine. But can something claiming to clean your hair, face and body and provide suitable lubrication for a shave really excel on all counts?

The secret to the new wave of unguent alchemy is dilution. "Shampoos have stronger oil-stripping agents than face washes, but there is a lot of crossover,"

says cosmetic dermatologist Dr. David Colbert. "You can water down a shampoo to cleanse your face quite effectively."

When it comes to shaving, however, it pays to read the small print. "Natural moisturising elements like aloe combat drying effects of chemicals in shampoos," Colbert says. "For skin conditions – even mild eczema – I would always suggest using a properly targeted product."

But for those who are short on time and hot on performance, this triple-threat trio will provide head, face and body with all they need. Multitasking is the future, after all. **MH**



01



02



03

01 FULL-BODY WORKOUT

This crossover shower gel is surprisingly effective as a shampoo, while its ingredients and scent are gentle enough to wash both face and body.

Molton Brown: RM140 (200ml); facebook.com/moltonbrownmalaysia

02 MORNING PICK-ME-UP

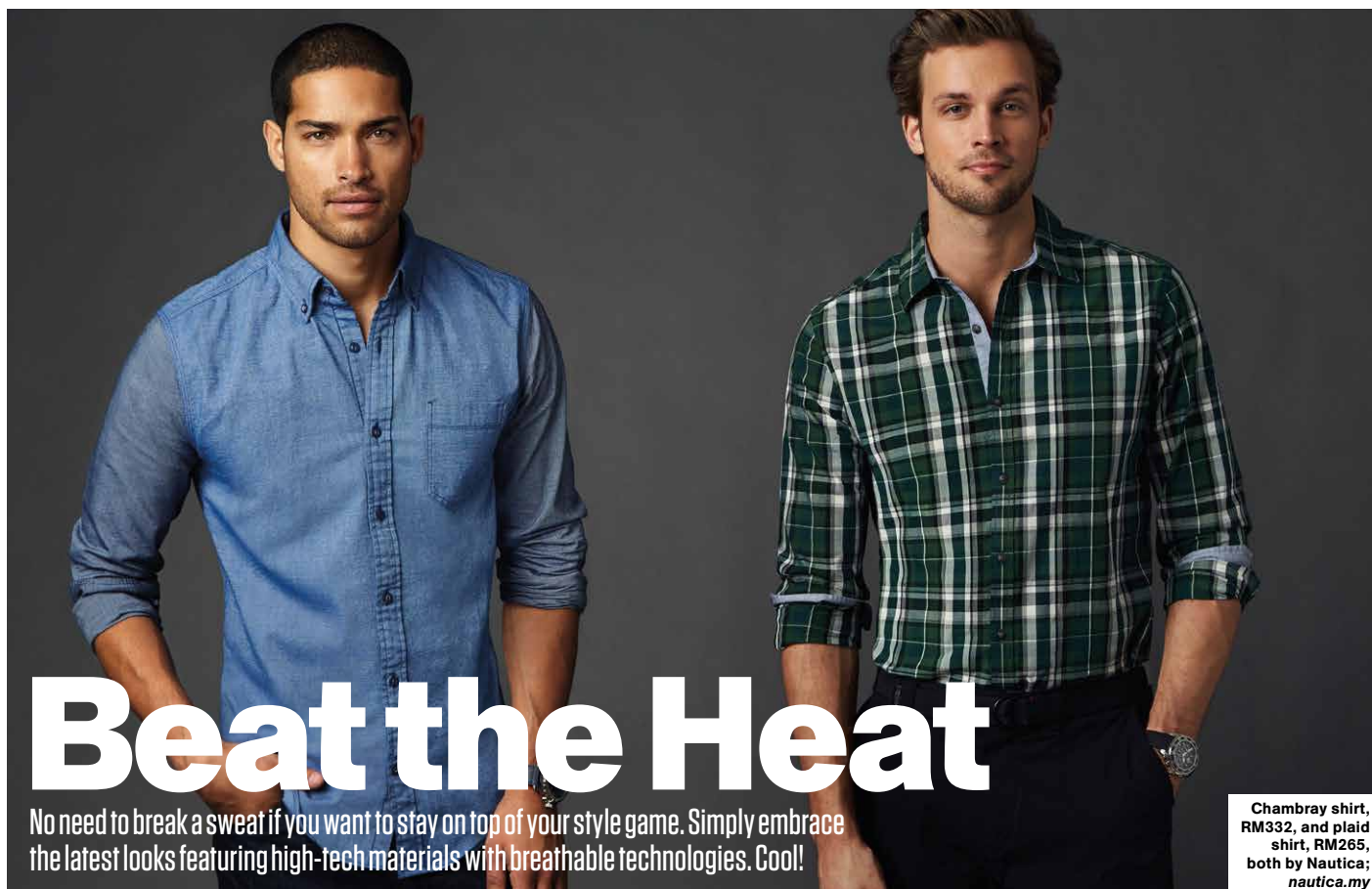
Packed with caffeine, and vitamins C and E, Kiehl's all-in-one wash has an invigorating after-effect to banish fatigue on even the most rushed morning.

Kiehl's: RM85 (250ml); kiehlstimes.com.my

03 LABORATORY FORMULA

Lab Series' facial, hair and body cleanser has a super smart "non-drip" formula, which allows it to act as a just-thick-enough shave cream as well.

Lab Series: RM100 (200ml); labseries.com.my



Beat the Heat

No need to break a sweat if you want to stay on top of your style game. Simply embrace the latest looks featuring high-tech materials with breathable technologies. Cool!

Chambray shirt, RM332, and plaid shirt, RM265, both by Nautica; nautica.my



1/ BREATHABLE FABRICS

Clothes made from 100% cotton "breathe" naturally. From tees to shirts, and even suits, you can find them on the racks at **COS**. You'll also discover pieces made of a mix of lightweight nylon and airy cotton – great for our weather. Need new trousers? Go for a cropped pair in lightweight wool. Don't avoid them just because the label says "wool"; the modern version of this fabric won't trap heat. Of course, there's also the **Uniqlo** AIRISM collection that's designed to cool your body down in blazing temperatures.

COS Sisal woven kimono-sleeve top, RM350; cosstores.com



2/ LAYER AWAY

Crazy but true: layering is still possible as long as it's done with the right fabric. This season, brands such as **Mango Man**, **COS** and **Calvin Klein** carry an array of garments in cooling materials, such as cotton, linen and tropical wools. When shopping for a three-piece suit or a blazer, choose designs in said fabrics. Alternatively, look smart and presentable all day long in cotton clothing from **COS** that's guaranteed to stay wrinkle-free. For a classic summer fabric, however, look no further than **Mango Man's** linen selection.

H&M Studio Wool Blazer, RM499; hm.com/my



3/ SUMMER SHOES

If you do a lot of walking along hot city streets, you'll be familiar with that uncomfortable feeling of trapped heat building up in your footwear – but not with **Cole Haan's** 2.ZeroGrand shoes. They're made of moisture-wicking material and have in-built airflow channels to keep your feet cool and comfortable – aided by the flexibility and the cushioning of the shoe bed. Alternatively, **Timberland** has released oxfords and brogues with airflow channels too. Who says you have to suffer for fashion? **ME!**

Cole Haan 2.ZeroGrand Laser Wingtip Oxford, RM1,300; colehaan.com

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A man and a woman are sleeping together in a bed, hugging. The man is on top, and the woman is on the bottom. They are both wearing white tank tops. The man is wearing plaid pajama pants, and the woman is wearing pink shorts. They are lying on a white bedsheet. The background is a solid black rectangle.

Sex & Relationships

Sleep With Any Woman

Yes, sleep. As in hibernate. (What were you thinking?) Learn to stack easy z's and wake up refreshed

KEEPING YOUR MATE UP ALL night isn't something to brag about. In fact, about one in four American couples sleep in separate beds because they just can't sleep together. Seven out of 10 women in a recent *Women's Health* poll said their partner keeps them up at night by snoring and moving around. And a groggy partner is a cranky partner. "If that person is waking up grumpy and it's a new relationship, it'll probably get worse over time," says Rafael Pelayo, M.D., a Stanford Uni sleep physician. "Lack of sleep makes people feel irritable, inattentive, and sometimes even guilty because they bark at their partner in the morning." See if any of these problems sound familiar, and then take action to sleep well tonight. ▶

1/ Snoring keeps one of you up all night.

Sleep on your side to keep your tongue out of the way, Dr. Pelayo suggests. Or do palate exercises, like pushing the tip of your tongue against the roof of your mouth and then sliding your tongue backward. In a 2015 Brazilian study, such exercises – involving the tongue, soft palate, and hard palate – reduced snoring frequency by 36 percent. Another option is the Max-Air Nose Cone nasal dilator – a plastic thingy that props your nasal airways open, encouraging nasal breathing. In one study, it increased airflow by 110 percent.

2/ One of you is a restless sleeper.

Go royal: with a queen or king mattress, you'll have more elbow room. A Sleep Number bed (air chambers for each side) or memory foam mattress isolates movement. On a budget? Wedge a body pillow between you and your bedmate, Dr. Pelayo says. Or try slipping into a thin sleeping bag beneath the sheets.



3/ She's always cold and you're a furnace.

Women tend to feel colder than men because their smaller frame and higher body fat equals a slower metabolism. And once you hit dreamland, your internal thermometer changes: "You tend to feel colder in the morning than at the start of the night," Dr. Pelayo says. Performance bedding fabrics can help. Sheex, made of moisture-wicking microfibre polyester and spandex, absorb sweat and help regulate body temps. A ChiliPad Cube mattress pad uses silicone tubing to circulate cold or warm water on either side of the bed.



4/ She wants to sleep; you're wide awake.

Your chronotypes may be out of sync. You each have your own natural sleep cycle; we don't know how they develop, and altering your chronotype isn't easy, says University of Pittsburgh sleep researcher Heather Gunn, Ph.D. Is your mate's internal clock powering down as *The Bachelor* credits roll while yours keeps ticking well past the wee hours of morn? Ask each other if hitting the sack together is really that important. If you're a night owl and she rises with the roosters, try heading to bed separately. "If you wake up feeling good," Dr. Pelayo says, "all is forgiven in the morning."

5/ Spooning puts your arm to sleep.

Curling up together can have direct physiological benefits – like reducing



stress responses, says behavioral and social scientist Wendy Troxel, Ph.D. Start out in a bodies-touching position to generate oxytocin (the "cuddle hormone"), suggests body language expert Patti Wood. Then segue into something more conducive to slumber. The back-to-back "Zen position" reveals trust and the ability and desire to be independent, Wood says, but the "tushie touch" shows that you want to stay sexually connected. It's all about

the oxytocin: scientists in France say this hormone makes men perceive their partner as more attractive than other, unfamiliar women, possibly making the men less prone to infidelity. (Good for you both!)

6/ Sleeplessness is tearing you apart.

Two words: separate beds. Maybe it's not so romantic, but a good night's sleep trumps all. In a University of Pittsburgh study, married men were more satisfied with their relationship after a good sleep. About a quarter of U.S. couples don't share a bed, the National Sleep Foundation reports. Have a snuggle (or more) before retiring to separate beds, and then climb back into bed together in the morning. "Time spent side by side in an intimate space is important," Wood says. That's when men are more likely to share intimate thoughts. And you know where that can lead. **DATE**

Check out our website at mens-health.com.my for the latest event and promotion updates.



TOYOTA COROLLA ALTIS 2.0V

Safety always comes first for Toyota, hence the seven SRS airbags in the new Corolla Altis. Its seatbelts have built-in pretensioners and force limiters that activate when a strong impact is detected. Meanwhile, the Corolla Altis' engine has a seven-speed Sport Sequential Shiftmatic Mode function, allowing you to operate your vehicle according to your personal driving style. **RM138,900; toyota.com.my**



L'OCCITANE L'HOMME COLOGNE CEDRAT

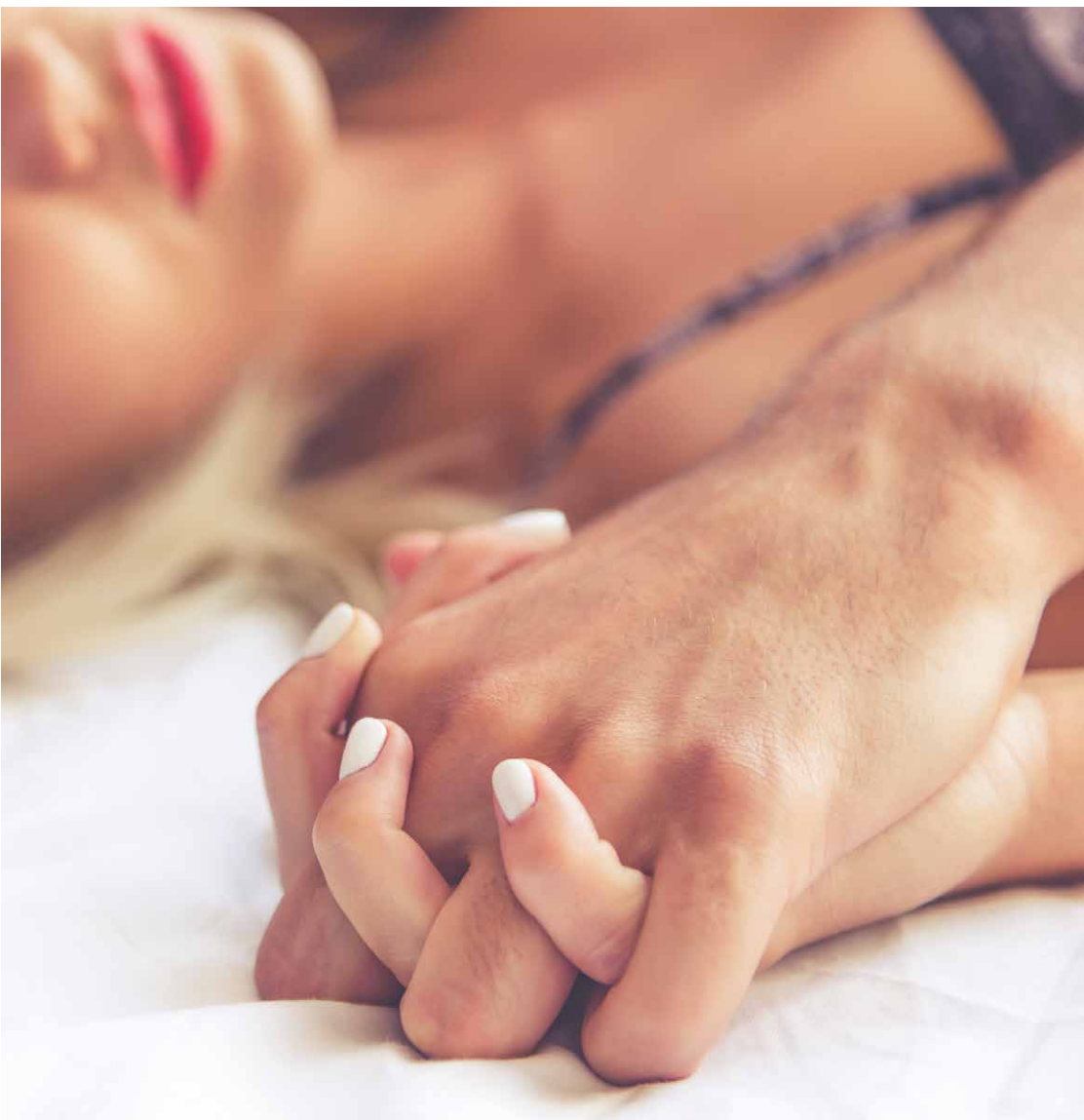
This new cologne for men opens with cedrat peel and frosted mint notes to help calm you down and make you feel fresh. You'll find an aquatic accord of notes blended with lavender, pink peppercorn and ginger to give you a masculine vibe. Then, at its base, cedar, amber and musk combine to surround you with a zesty scent.

RM235 for 75ml; loccitane.com

SALOMON S-LAB SENSE ULTRA

Specifically created and tested for ultra-distance athletes, the Sense Ultra provides protection under and around your feet. Even if you're running 100 miles, your feet will still feel fine thanks to the ultra cushioning in the shoes. Its Contagrip with Premium Wet Traction rubber technology helps to prevent you from wiping out if you're running on slippery surfaces. **RM899; salomon.com**





For Better Sex, Ask Her This:

“What would you say is the best sex we ever had?”

► **WHEN TO ASK IT:** After sex. Studies show that the more time couples spend talking afterward, the more sexually satisfied they are, says Amanda Denes, Ph.D., a pillow-talk expert (yep) from the University of Connecticut. Feeling safe and satisfied helps you both open up, Denes says. That's because having an orgasm (she did, right?) floods the brain with the “cuddle hormone” oxytocin, while levels of cortisol, a stress hormone, drop. And talk about an easy segue.

► **WHY IT WORKS:** This simple query (make sure you answer it too) is a good window into your partner's preferences. You'll each learn or be reminded of what works. That's what sexual communication is all about, Denes says – talking about what you like and how you like it. Coax out the details: the setting, timing, specific angles, positions, types of touch. It's all valuable intel that'll improve your sex life. And who knows? The nostalgia rush could lead to a reenactment.

► **THE PAY-OFF:** Sex talk will be easier from now on, says Sean Horan, Ph.D., a communication expert at Texas State University. Like any skill, it gets simpler with practice. That's important because sexual communication is associated with sexual satisfaction and passion, according to a recent study in the *Journal of Sex Research*. The study also found that satisfied couples are more likely than dissatisfied ones to try the ideas they read in magazine articles. (Hint, hint.) **SEX**



YOU'VE GOT QUESTIONS, WE'VE GOT ANSWERS

I'm not really into giving oral, but my wife loves it. How can I enjoy it more?

– TOM

Let her know you're trying and it's about you, not her. Your game plan: try it for a few moments at a time, between doing whatever else you two find pleasurable. Do this regularly and you'll acquire the taste – or at least a tolerance. I once overcame an aversion to olives by eating one a day (chased by water or chocolate). Soon, I loved olives so much that I ate 20 in one afternoon. Swap olives for vulvas, and this is your jam.

My girlfriend wants to get an IUD. Will this affect our sex life?

– ALLEN

Sure: it'll put your mind at ease. An IUD, or intrauterine device, is very effective and may be less likely than other forms of contraception to dampen her libido, research suggests. That said, possible side effects, like bleeding or cramping, could interfere with sex. And some people say they can feel the string that passes through the cervix and into the vagina; it's rarely felt during intercourse but may be noticed during finger play. For extra pregnancy protection or to reduce the risk of STIs, use a condom too.

Debby Herbenick, Ph.D., is director of the Center for Sexual Health Promotion at Indiana University.



ASK US NOW

June See will answer your questions on women, dating, sex, love and relationships. Email her at editor@mens-health.com.my

GIRL NEXT DOOR

Why do I feel uneasy about this wonderful lady I'm dating? Is it because she's a divorcee and has a son? Should I date a single mom?

- HENG

Only if you're ready for it. If your spider senses are tingling, ask yourself what exactly it is that's setting them off. Is it because she's divorced? Is it because she has a son? Or is it something else entirely? The first two are complicated factors, no doubt; but it's not impossible to incorporate them into your life. There are a lot of negative perceptions surrounding the "single mum with kids" stereotype, but don't let them prevent you from getting to know her if that's what you really want to do. Ask yourself if this is something you're ready for, and once you determine the cause of your uneasy feelings, you can laser in on the direction you should take.



She's really quiet during sex. She says she's fine, but I know she isn't. What should I do?

- EDDIE

That might just be her style. But if you're sure something is up, open the lines of communication. If it's a new relationship, it might just be that she needs time to warm up. Make her feel like sex between the two of you is a safe place and that she's free to express herself.



We had a pregnancy scare. It was a false alarm, but she's been put off sex since. What can I do to ease her back?

- CALVIN

Tell her that, whatever happens, you're

in it together. Her fear is very likely multi-factorial and seated in the fear of an upending change she may not be ready for. The demands of pregnancy and motherhood are not only physical, but psychological too, and the only way you'll know for sure is to ask her. Reassure her that you guys are a team and that you're not going anywhere.



I get very nervous when I approach girls. But I don't want to be like this anymore. How can I solve this problem?

- RASHID

It might not always seem like it, but girls are just people too! Sure, we may seem like another species entirely sometimes, but when it comes down to it, we're all human beings who more or less have similar insecurities and wants. When you start seeing girls as people you could be friends with

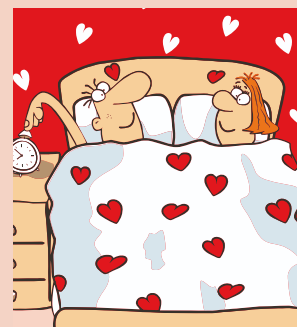
first, it's much less intimidating and allows you to ease yourself into a more natural interaction with them. Good luck, grasshopper!



My family and even my buddies don't like my girlfriend's lifestyle choices and the way she dresses. How can I satisfy all of them?

- ASHRAF

You don't have to! It's not your job to satisfy your family and friends' expectations of your partner. It isn't her job either. Your relationship is between the two of you, and if you appreciate her for the person that she is inside, regardless of lifestyle and wardrobe choices, then that is the most important thing. If she's a gem, that will shine brighter than any questionable sequined dress ever could. Don't listen to the haters! **M2**



Invest in Mutual Fun

Clashing over finances is common and can lead to nasty splits. Here's what happy couples do

1 / Hire a Ref

If you're focused on the kids' university education fund while she's planning a second honeymoon, no wonder you fight about money. In an Ameriprise Financial survey, almost three-quarters of couples had different money management styles. But 40 percent of couples who couldn't resolve their issues said an advisor helped them see eye to eye, relieving tension in their relationship.

2 / Keep Your Own Stash

Yes, you two should have a joint account for family expenses, and you'll need to agree on amounts you'll each throw into the pot. But it's a good idea to also have your own account to use for anything you want, says Marcy Keckler, vice president of financial advice strategy at Ameriprise. "That way, there's no pointing fingers or 'Oh, where'd you get the new shoes?'" Keckler says.

3 / Invest in Sex

Set a weekly time to talk money – no judgment – for 10 minutes. That'll keep small grievances from building up into major fights. Have back-to-back meetings: one at the kitchen table for budget stuff, one in the bedroom for whatever comes up. It'll defuse tension and boost your endorphins, says relationship therapist Bonnie Eaker Weil, Ph.D., author of *Financial Infidelity*.

Power Up Your Brain

That “playing video games is good” claim is now backed up by real science. Here’s how:

Memory

In older adults, video games boost “visuospatial and episodic recall,” as the eggheads put it. Translation: cracking a *Fallout 4* level could make GPS redundant and help you remember your wedding anniversary.

Multitasking

Grew up on *Pac-Man*? Nice: Scientists in Singapore (who can’t lie, by law) say early gamers can switch between tasks faster than non-gamers can. But latecomers can benefit by starting now.

Focus

Action games (yes, *Call of Duty* counts) can help you stay attentive, say Swiss brain researchers. Killing zombies, or crushing your meeting prep: they’re basically the same thing.

Fitness

If you do a six-week Xbox Kinect training programme (three 20-minute sessions a week), what happens besides weird looks from your wife? Improved agility and balance, say scientists in Taiwan, who actually checked.



WISDOM

Master the Will(ett) to Win

Find out how you can achieve victory each time with top tips from US Masters Champion Danny Willett

“WINNING IS JUST SOMETHING that you can’t buy in life. It’s a very different feeling when you come down from that stretch – your hands are shaking, you’re nervous, you’ve got good thoughts and bad thoughts running through your mind – and you keep wanting that feeling more and more.” Professional golfer Danny Willett has stepped off the green at the recent Maybank Championship 2017 to give us a firsthand account of the mental and physical toll winning takes, when he shares how you can harness the pure euphoria that comes with victory to stay on top of your game. “Once you’ve done it a few times, you want to be able to recreate that feeling – there really isn’t any other way of doing that, besides just going out there and winning,” he continues. “It’s very self-motivating because it keeps you working hard to try and get that feeling again.”

Willett points out that you must have razor-sharp focus to score the holes-in-one in life. His advice is simple: manage your workload to avoid getting burnt out so you can perform at your best. “Don’t get pulled in too many directions at once,” he says. **“Make sure that for everything you’re doing, you want to be there and you actually want to do it. That way, it won’t be difficult to put your all into it.”** He goes on to say that if you’re able to

do this, you’ll be able to live without much regret. “Even though there might be some truth in thinking, ‘I could have done better if I had done things differently,’ you have to understand that you might have missed out on *other* things if your life had taken a different course.”

Having achieved the biggest win of his career to date at the 2016 Masters Tournament in Augusta, Georgia, in the US, Willett weighs in on why you can’t rely on talent alone to be successful: “Everyone’s given a talent. If you pick up a golf club and you’re pretty good – you can swing naturally – that’s great. But hard work beats talent every day of the week. **No matter how talented you are, you still have to put in the hard work, dedication and time on your own.**”

If you really love the game (or what you set out to do) and enjoy practising, you can’t help but get better, Willett adds. He notes that sometimes, progress might seem slow or hardly noticeable, but that doesn’t mean you should stop trying. Here’s his solid advice: “You have to try to be a little bit fitter, a little bit stronger, each time. Just make sure that every day you work, you get even a quarter of a percent better. If you can do that most days, then you’re doing well and, hopefully, by the end of the year, you will have ticked off a few goals as well.” **MSH**

HAVE A BALL ON THE GREEN OF LIFE!

Danny Willett shares how you can make the best out of any situation

WORK ON YOUR WEAKNESSES

“No matter what your goal is, you need to review your game to find out how you can do better. Go over everything and analyse it with your team – I work closely with my coach and caddy. Come up with ways of improving what’s bad, and keep improving on what’s good. Work to a point where you don’t have any massive weaknesses, even if they don’t become your strengths. Make the gap between what’s good and bad as close as possible.”

KNOW YOUR LIMITS

“You can take things too far if you’re not careful. Your body just won’t last if you try to do everything at once – it’s a fine balance to get right. As professional athletes, we work very hard, but we’re on a plan that changes according to the different times of the year and what we’re working on. During some phases, we’ll be in the gym twice a day, but at others, those [gym] sessions trail back a bit because we’re hitting more balls.”

BEAT JET LAG WITH EXERCISE

“Being fit keeps you sharp, and training definitely helps ease jet lag. One of the main things that I enjoy when I’m travelling is getting up nice and early – I try to get on the local time schedule as quickly as possible. If you’re feeling tired when you arrive in a different time zone, get yourself to a gym or exercise to loosen up and stay awake. It’s worked for me for the past eight-and-a-half years.”

INVEST IN YOUR TIME OFF

“When you’re working hard to achieve your goals, you have to make sacrifices. I don’t get to spend as much time with my family as I’d like to, but I’ve learnt to make up for it in my weeks off. We’re so busy 28 weeks a year, it’s become key for me to have good quality weeks off to regain that balance in life. It’s a juggling act, but you have to make sure that everyone in your team is happy.”

MONEY MATTERS

Get The Most Out Of Your EPF!

Chances are, you (and your employer) are already contributing each month. But are your savings gonna be enough for retirement?



1/ UNDERSTAND WHAT YOUR EPF IS REALLY ABOUT

Let's start with the basics – what is the EPF really about? “To explain it in layman terms, the Employees Provident Fund (“EPF”) is basically a social security organisation,” Wong Theen Chuan, Deputy Manager (Strategic Planning) of EPF, explains. “It offers an individual the opportunity to continue living based on certain kinds of monetary benefits in case something unexpected, such

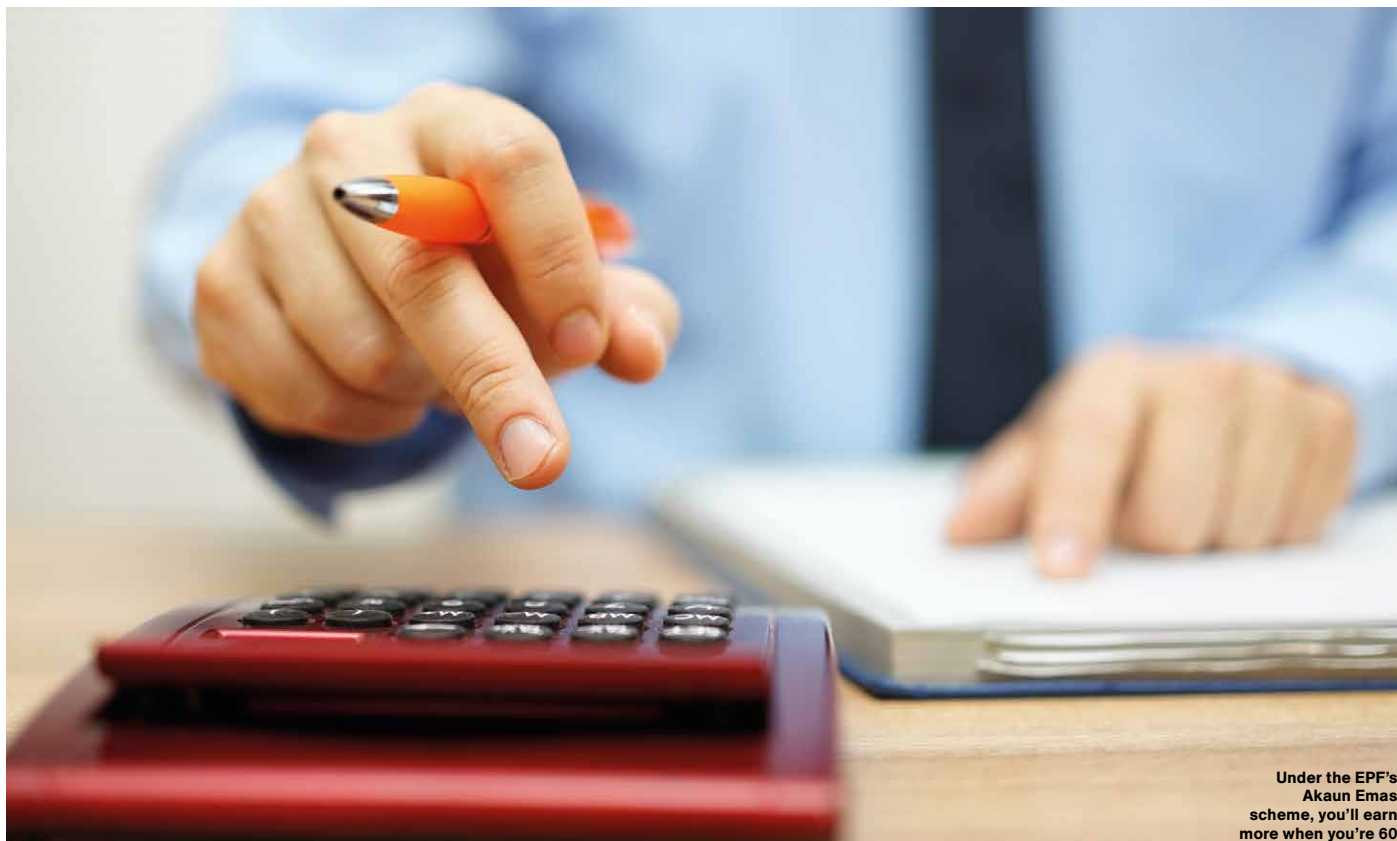
as accidents, illnesses or burglary, were to happen.” What makes the EPF unique, however, is the simple fact that it's a branch of social security that's chiefly concerned with looking after individuals in their old age following retirement. And did you know that, with the exception of certain specific circumstances, you're only entitled to withdraw your EPF savings at the age of 55.

“At the end of the day, the EPF is a retirement savings fund and its aim

is to preserve its members' savings,” Wong clarifies before highlighting that the investments made by the EPF have always emphasised long-term sustainability of returns instead of short-term gains. He points out that the EPF has consistently delivered nominal annual dividends above the minimum guarantee of 2.5%, and at least 2% real dividend (after factoring in inflation) on a rolling three-year basis. As of 2015, the EPF dividend rates were at 6.4%.

2/ HOW DO MALAYSIANS UTILISE THEIR EPF?

According to a 2003 survey conducted by the EPF, most members who withdrew all their savings upon reaching the age of retirement actually ended up finishing it within three years. “Let's say they [members who've retired from the workforce] reach 55 and make a full withdrawal of their savings,” Wong says. “Then, after just three years, at the age of 58, they've



Under the EPF's Akaun Emas scheme, you'll earn more when you're 60

“YOUR SAVINGS IN THE EPF WERE NEVER MEANT FOR CURRENT CONSUMPTION – IT’S NOT SUPPOSED TO BE A VEHICLE FOR YOU TO FULFILL YOUR DREAMS.”

fully utilised all of the money that was in their savings.” The survey also revealed that in addition to using their savings to settle debts, most members even used the money to purchase luxury items such as dream cars and new homes. “It’s actually completely against the concept of the EPF,” Wong points out. “The entire reason why the EPF was created was to act as a retirement fund. Your savings in the EPF were never meant for current consumption – it’s not supposed to be a vehicle for you to fulfill your dreams.”

However, there are certain exceptions that enable you to utilise a segment of your EPF savings before reaching the age of retirement. “A lot of people don’t realise that the EPF is actually made out of Account 1 and Account 2,” Wong explains.

“70% of your monthly contributions go to Account 1, which is purely for retirement purposes and remains untouchable until the age of 55. But the remaining 30% goes to your Account 2 – that’s eligible for pre-retirement withdrawals for a handful of purposes such as housing, medical, education, and even the Haj for Muslims.” Wong adds that the rationale behind allowing pre-retirement withdrawals from Account 2 is simple: “It was introduced because we believe that certain purchases can actually add value to your life after retirement. For example, if you have your own home, you’ll be able to retire more comfortably, and if you further your education, hopefully that’ll give you the means to improve your salary and encourage you to save more too.”

3/ OTHER EPF FUNCTIONS YOU MIGHT NOT BE AWARE OF

Although most individuals opt to make a lump-sum withdrawal of their entire savings at the age of retirement, there are other means of payment that you can choose from, Wong says. “You can actually opt to get your savings either monthly, partial, monthly and partial, or through just annual dividends.” He explains that if you choose flexible withdrawals, you’ll still be able to stretch your retirement savings while further capitalising on your annual dividends.

In an effort to serve its members better, the EPF introduced the Akaun Emas scheme in January 2017. “This was borne off public consultations that we conducted in 2015 to understand what kind of policy enhancements would work best for our members,” Wong says. “Under the Akaun Emas initiative, all new contributions that are received after the age of 55 will be placed in the Akaun Emas itself, and can only be withdrawn when you reach the age of 60. It’s just an extra measure we’ve implemented to ensure that your retirement savings

at 60 are in line with the minimum retirement age for employees in the private sector.” Wong adds that the introduction of Akaun Emas does not affect the existing scheme (you can still make withdrawals from your primary account at the age of 55); it just gives you a better chance to reap more from the dividends of your savings in both accounts. “This lengthens the accumulation phase for members to save more for their retirement,” he says.

4/ A WORD TO THE WISE

Let’s face it: as a nation, we Malaysians have poor financial knowledge. Wong cites a study by the United Nations Development Programme (UNDP) that revealed that almost 80% of urban Malaysian households had close to zero savings. “Time goes by really fast, and you have to really think about your retirement,” he says. “When you’re young, retirement feels like it’s 30 to 50 years down the road, but it comes before you know it. So make plans and stop making excuses that delay you from making savings.” **M34**



A small lake just south of Shangri La

TRAVEL

Discovering Lost Horizons

Shangri La: the mere mention of it conjures up all sorts of dreamy images, and you'd be right. Just don't expect snazzy hotels or posh facilities, but ethereal views and fantastic experiences

ABSOLUTE PERFECTION ON EARTH.

That's pretty much the dream of the mythical land of Shangri La. We often refer to an idyllic place as a Shangri La without ever really considering (let alone knowing) what we're actually referring to.

Originally, Shangri La was a fictional place, scribed about in great detail in the 1933 novel *Lost Horizon* by British author James Hilton. In short, the story is all about a secret Himalayan utopia, which is cut off from the rest of the world, and where people live extremely long and contented lives. It's "discovered" when a small plane crashes, and the survivors are taken there. Ever since

then, people have been fascinated by the concept, and the potential reality of Shangri La actually existing in some form or another.

Many believe that Hilton was inspired by the Tibetan legend of Shambala, a place of similar myth or legend. Others assess that Hilton's inspirations came from the writings of Joseph Rock, an Austrian-American explorer who travelled through and lived in Yunnan around that time – hence, the assumption that the town of Zhongdian, in the north of the province, is actually Shangri La. This is why local authorities re-named it, to capitalise on the tourism benefits associated

with Shangri La seekers.

The small town rests on a high plateau in the lower reaches of the Himalayas, at a shimmering 3,000m above sea level. It's flanked by truly wide and big country, and it's near to picture perfect and very wild. Tibetan culture runs rich here, and you really could believe that you were indeed in Tibet, or even Shambala.

A visit to Shangri La is an adventure in culture, and it really will leave you breathless – in so many ways.



WALK TALL

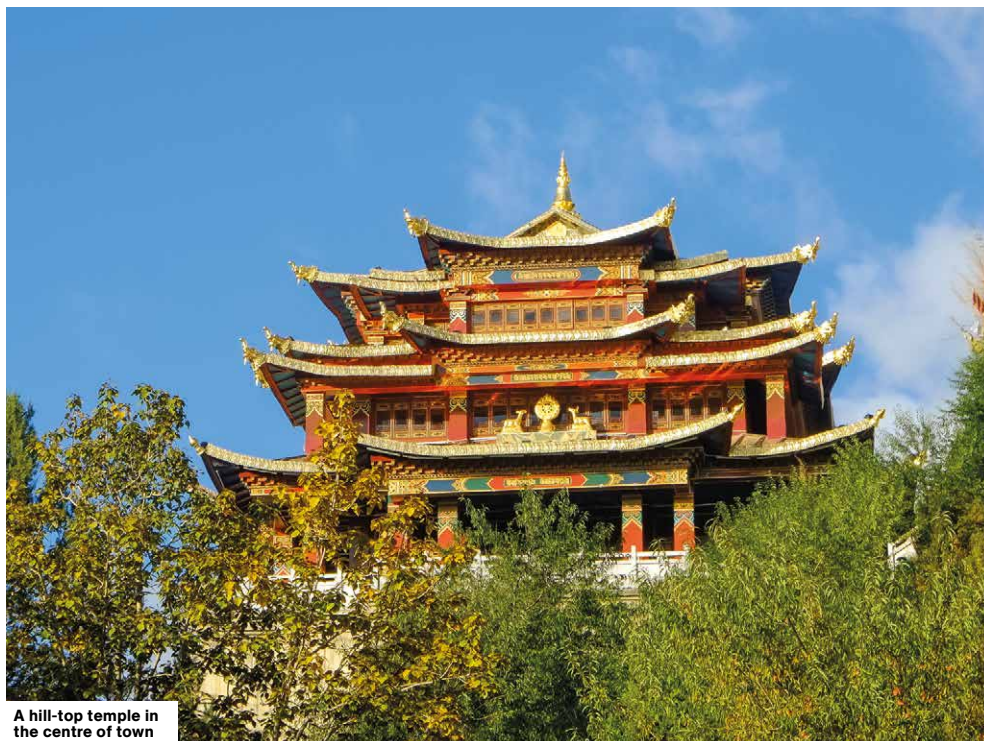
There are many great hikes to be



Pilgrims on their journey on a road south of town

found straight out of town, especially around the two hills to the east of the centre, from where you get some great views.

For bigger hiking adventures, you don't need to go too far, though it is advisable to hire a guide or book a tour in town to make the most of



A hill-top temple in the centre of town



The fascinating cobble streets of the old town centre

things, as few people speak English, making it problematic if you get lost.

A more serious option is to hike Shika Mountain, which also has a cable car (for the ski station).



HIGH RIDER

There's some really sweet and rolling cycling to be had around the area, though it can get windy at times.

Many choose the very scenic and short ride around Napa Lake, just north of town, though great dirt trails can be found all around the area, especially to the southwest of town.

The main road northwards is a classic bike-touring route, although it does take in a huge mountain pass, and the road gets really busy with trucks. There are several options along the way to use the old road, which runs parallel to the new one.



BLAZING SADDLES

You'll see many options for riding Tibetan horses, especially at the large centres to the north of town; however, these are not really a great option.

Check out what you get for your money in advance, or head to www.thinairtrails.com.



ON THE PISTE

From late October through to early March (weather permitting), you can ski at the Shangri La Ski Park. Covering some 40 sq km, it's not the biggest or the best facilitated ski station around – but it is relatively close to home.



GETTING THERE

KL-Kunming is a well-served route (AirAsia, MAS, etc.). You can comfortably connect by flight from here and several other Chinese airports, but prices can be high.

It takes 12 hours by bus from Kunming to Shangri La and, given the altitude, it's well worth stopping overnight here first, and preferably along the way too.



WHERE TO STAY

There are many hotels and guesthouses in Shangri La. The best option is to book at least one night online in advance, and then to walk around.



EATING AND DRINKING

There are many restaurants, a couple of coffee shops and a few bars in and around the old town, and the food here is pretty good.

You really should try the local yak milk tea and the dried yak meat – it might not be to your taste, but you cannot go all that way and miss out.



WHEN TO GO

It can get very cold between October and March, though it's usually sunny during the daytime, making the fringe autumn and spring periods best (avoid CNY and Golden Week).

Mid-summer (May to August) is also a very colourful time, with warmer temperatures.



ALTITUDE

It really is not a great idea to fly straight to Shangri La. You might well get sick from the altitude. Try and step it up by starting with a night in Kunming, and then one to two nights at slightly higher altitudes

along the way. Be sure to take physical exercise very easy for at least a week.



VISAS

Sort out a visa in advance at the Chinese Embassy. This usually means that you will need to book at least your first night in advance, have a flight and itinerary plan, travel insurance, and also show funds to cover the trip (this varies, and simple unpaid reservations usually work).



TIPS

Costs are very similar to Malaysia.

Stay warm – it can get super cold up there, though you can buy warm clothes really cheap too.

Haggle – you will be a target, so always hustle and agree any prices (especially transport) in advance; either write down the amount or take a picture of it to avoid any conflict.

This place really is a little more than special. Don't forget to stroll around the old town and visit Songzanlin Monastery, which is located on the outskirts but well worth the trip. **2425**

7 January 2017 / Puteri Harbour, Johor



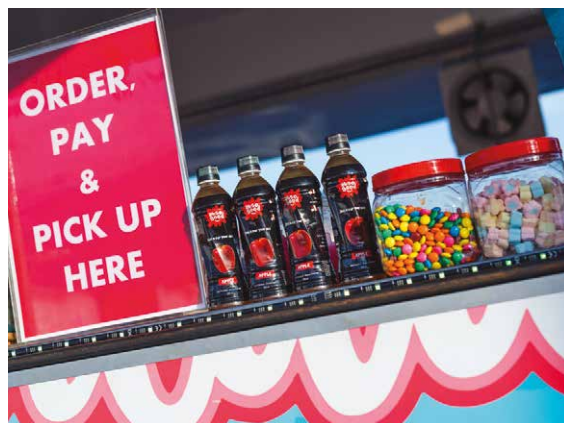
Men's Health Women's Health Night Run by AIA Vitality

Fresh off its successes in Penang and Putrajaya, the Men's Health Women's Health Night Run by AIA Vitality series (#MHWNightRun) ended on a high note at Puteri Harbour, Johor, on 7 January 2017. Aimed at helping Malaysians lead healthier, longer and better lives, the third installment of #MHWNightRun saw a fantastic turnout of more than 5,000 runners eager to test their limits. ▶





7 January 2017 / Puteri Harbour, Johor





The event didn't just offer health enthusiasts an opportunity to participate in the race's various categories – everyone also got to join in the Race Village's festivities with live music and food trucks.

In addition to AIA Vitality, #MHWNightRun was sponsored by Ultron, Petron, Fitness First, Adidas, Optimax, Philips, Appeton, Tender Soft, Lucozade, Clear, Grab, Karta, UEM Sunrise, Puteri Harbour and Hotel Jen Puteri Harbour.

Watch out for the next instalment of the #MHWNightRun this year! Stay tuned to www.mens-health.com.my and our social media platforms for more details.



THANK YOU TO OUR SPONSORS

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 A member of UEM Group

2 April 2016, 30 July 2016, and 7 January 2017 /
Queensbay Mall, Penang; Dataran Putrajaya; and Puteri Harbour, Johor



Looking Back at the #MHWNightRun 2016/17

What a year it's been! In just three nights, the Men's Health Women's Health Night Run by AIA Vitality saw more than 26,000 participants in Penang, Putrajaya and Johor. We saw runners from all walks of life and from all ages (even as young as five!) take part in the largest night run series in Malaysia. Whether they came to break their Personal Best records in the 5KM, 12KM or 21KM events, or to have fun in our Race Village, the smiles on everybody's faces told stories and created memories we at Men's Health will always hold dear in our hearts.

We'd like to especially thank





AIA Vitality for working with us to inspire Malaysians to live fit, active and healthy lifestyles. And our sincerest gratitude to all of our sponsors and partners: Ultron, Petron, Adidas, GoPro, Optimax, Fitness First, Appeton, Philips, Tendersoft, Clear, Lucozade, Traders Hotel, Hotel Jen Penang, Hotel Jen Puteri Harbour, Grab, BSEEP, Halex Group, Otterbox, UNDP, Tropicana City Mall, Men's Biore, GEF, Bros, Life Juice, Karta, Asian Tigers, Puteri Harbour, UEM Sunrise, Queensbay Mall, Perbandaran Putrajaya, and Timeout KL.

See you under the stars soon!



THREE QUICK QUESTIONS WITH EDAN SYAH, MALAYSIA'S FASTEST MARATHON RUNNER

HOW DO YOU ADAPT YOUR RACE-DAY PREPARATIONS TO BE READY FOR AN 8PM FLAG-OFF?

I adapt quite well to night races as I'm a "citizen runner" – because I have a day job, my training usually starts after 8pm till late. For the Johor event, I had a good nap and an early dinner before getting ready for flag-off.

WHAT ARE THE ADVANTAGES OF RUNNING AT NIGHT?

There are pros and cons. Some don't do too well for night races because of the day stress that hits them in the evening. If a runner doesn't acclimatise to night-running, it will be tough for the body to adapt immediately. Nights are usually more humid than mornings. But the advantages of night runs are that there is no sunshine and it gets cooler into the night.

WHAT'S YOUR BEST ADVICE TO BEGINNERS?

Night runs are great options for citizen runners. Prepare well for each race by signing up early, marking your calendar, and following a structured training programme towards the event day. Also, I recommend a measuring tool for your body – such as a heart rate monitor – to train smartly and safely.

A full-page photograph of a man with a beard and short dark hair, wearing a dark t-shirt, performing a plank exercise on a large, textured rock. He is looking off to the side with a focused expression. The background shows a hazy landscape with trees and hills under a bright sky.

Who's that? Just a formerly obese teenager who changed his life after reading *Men's Health*, and is now its Fitness Director. And now BJ Gaddour wants to help you build cover guy muscle. Listen up!

YOUR BODY IS YOUR BUSINESS CARD

"I'm really a fat guy faking it as a fit guy."

You might not expect the fitness director of the biggest men's magazine franchise in the world to be eating a burger at Five Guys restaurant. But that's where you'll find BJ Gaddour every Friday afternoon after he streams his Facebook Live workout.

"For other people, Wednesday is hump day because they're one day closer to the weekend," he says. "But for me, it's Tuesday because I'm one day closer to this."

Before Gaddour are two lettuce burgers (iceberg leaves instead of buns), medium Cajun-style fries, medium regular fries, and a large Coke Zero. From the look on his face, you'd think he was back in Milwaukee eating Mom's home cooking off a plate that reads "You Are Special". ("It was a massive plate, and, yes, it really did say that.")

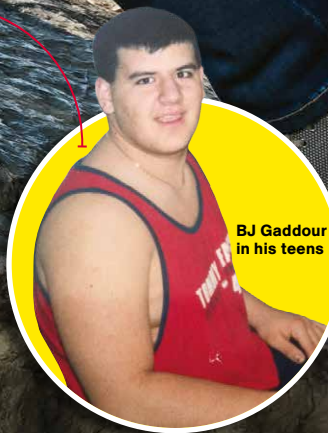
Back then, at age 17, Gaddour weighed 275 pounds and was softer than a steamed dumpling. But next to the toilet, his dad stashed copies of *Men's Health*. Inspired by the guys on the cover, he began to educate and define himself.

He dropped 23kg for his senior season of high school American football by cutting back on bread and sugary drinks. He gained it back to play Division-3 American football at Amherst College, but his weight continued to rollercoaster: during a brief stint as a bodybuilder, "I got super-shredded for one show," he says, "and then gained back 16kg in five days." Now, he prioritises steady, life-long gains. Fitness has become a journey for him, not a destination. And at age 34 and weighing around 102kg, Gaddour is fitter and healthier than ever.

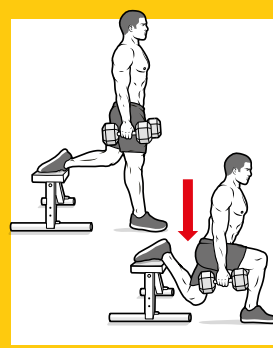
But he's not a freak. "I'm really a fat guy faking it as a fit guy," he says. "I think of each rep as a french fry." And when he's not making *MH* workout videos, he's sprawled on the couch with his wife and two dogs, Stinky and Sweetie, stretching and binge-watching miniseries. "I train so I can be as lazy as possible."

In other words, Gaddour is a regular guy who made health and fitness a priority and has worked hard to transform himself.

That's why he's on our cover.



BJ Gaddour in his teens



THE DIRECTOR'S FAVOURITE MOVES Bulgarian Split Squat, and Pull-up

"If I had to name two exercises that were capable of transforming most men, I'd pick the Bulgarian split squat and the pull-up," Gaddour says. He does sets of both at least once a week. "I use them on a bi-weekly or monthly basis to gauge my progress. My indicators used to be the bench press, squat and deadlift. But these two are safer, more convenient, and provide the same advantages."



WATCH FLIX AND FLEX

One thing holding men back from maximising their muscle gains, Gaddour says, is their inability to do exercises with a full, pain-free range of motion. So he decided to create **#NetflixAndStretch**. If stretching at the gym isn't your thing, you can do these moves in front of the TV. Sub in a chair, sofa or ottoman for the bench. Do each for 2 to 5 minutes.

For quads/hip flexors



For lower body/back



For lats/shoulders



NUTRITION

Chow Down to Shape Up

BJ Gaddour's formula: two main meals in a six-hour window

1	Noon 6 whole omega-3 eggs, 1 whole avocado, unlimited vegetables, and breakfast meat	"My body responds best to intermittent fasting. I have coffee in the morning, but delaying my first meal and doing my a.m. cardio in a fasted state is a big reason I maintain low levels of body fat year-round."
2	6 p.m. Around 500g of lean meat, plus unlimited vegetables	"I've never counted calories or weighed anything. I try to get at least two fists of protein and two fists of vegetables at each meal."
3	Between meals and during workouts Drinks: Scivation Xtend BCAAs	"This is an electrolyte and amino acid blend that enhances muscle growth and promotes recovery."
4	Treats Berries with peanut butter; or high-protein, low-sugar ice cream at night; and Five Guys on Fridays.	"I'm disciplined 80 to 90 percent of the time, but I'm always working for the release, the fun, and the enjoyment I find through food."

GET META-SHREDDED

HOW BJ TRAINS: Gaddour does an hour of lower-intensity aerobic exercise every morning "for recovery and to get my mind and energy set for the day." Then he does 60 to 90 minutes of high-intensity strength training in the afternoon, alternating upper- and lower-body days. His new DVD workout series, *MetaShred Extreme*, is a five-disc set featuring 11 full workouts and eight finishers. These are arranged in two-week cycles for a six- to 12-week transformation. "You can do it at home or on the road because it requires minimal equipment," he says. "It's the best way to build muscle and lose fat." Check out the sample workout on the next page, or order the DVDs at MetaShredExtreme.com.

Get a shredded body in just 40 minutes!



Ready to take it to the extreme? You're gonna experience the most effective and intense body-sculpting training system *Men's Health* has ever developed

DIRECTIONS Complete each workout twice a week. Start with the first exercise; do it for 30 seconds, and then rest 15 seconds. That's 1 set. Do 3 sets and continue to the next move. Repeat that pattern (30 seconds on, 15 seconds off for 3 sets) with each exercise until you've completed all the exercises in the workout. Don't want to do the whole workout? Pick a few moves you like and do them using the four different muscle-building MetaMethods (flip over to see them).

► Workout 1: Lower-Body Lightning



1 Mini-Band Single Leg Hip Thrust

Sit on the floor with your back resting on a bench, a band around your knees. Now press into your right heel and elevate your hips as you bring your left leg up, flexing your right hamstring and glutes at the top. Reverse and repeat.



2 Box Squat Jump

Stand with a box or bench directly behind you. Push your hips back, bend your knees, and squat onto the box or bench. Pause briefly, and then explosively push yourself back up, jumping up in the air as you do.



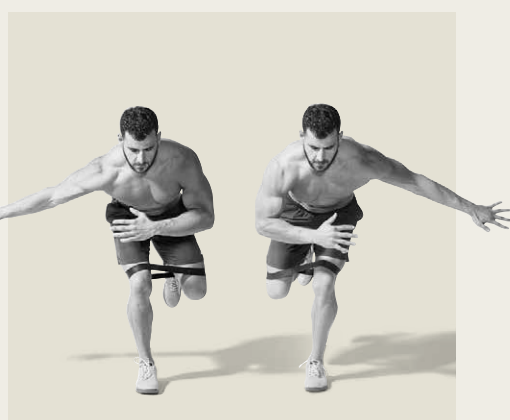
3 Bulgarian Split Squat

Stand in a staggered stance with your back to a bench, with the top of your rear foot resting on the bench. Lower your body as far as you can while keeping your torso upright. Your front leg should form a 90-degree angle at the bottom of the move. Push back up.



4 Dumbbell Multi-Stance Squat

Stand with your feet hip-width apart. Hold a pair of dumbbells up near your shoulders with your palms facing your body. Push your hips back, lower into a squat, and push back up. Do all your reps. For your next set, your feet should be shoulder-width apart; the set after, make them as far apart as you can.



5 Mini-Band Skater Jump

Place a mini-band around your knees. Stand on your right foot with that knee slightly bent, and your left foot off the floor. Lower your body toward the floor, and then bound to your left by jumping off your right leg. Land on your left foot as you reach toward the outside of your left foot with your right hand. Reverse the move back toward the right, landing on your right foot.

► Workout 2: Upper-Body Blaster



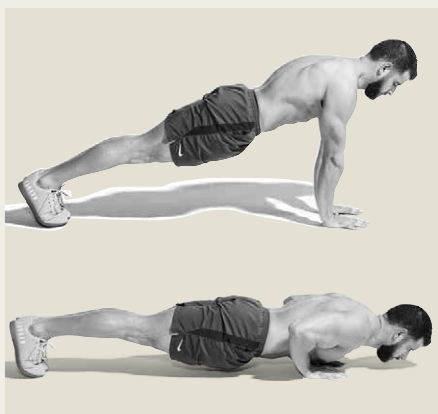
1 Seated Band Multi-Grip Row

Sit on the floor with your legs out in front of you. Loop the band around your shoes and grab the band using an overhand, shoulder-width grip. Without moving your torso, pull the band to your upper abs. Do all your reps. For your next set, use a palms-facing grip; the set after, use an underhand grip.



2 Seated Band Face Pull

Sit on a bench with your feet hip-width apart, and loop a resistance band around your feet. Grab the ends of the band using an overhand grip. Starting with your arms straight, pull the middle of the band toward your forehead, keeping your elbows wide at the top of the move. Pause and repeat.



3 Multi-Grip Push-up

Assume a push-up position with your arms straight and hands close. Bend at your elbows, and lower your body until your chest nearly touches the floor. Pause, then push your body back up. For your next set, your hands should be beneath your shoulders; after that, double shoulder width.



4 Dumbbell Multi-Grip Curl

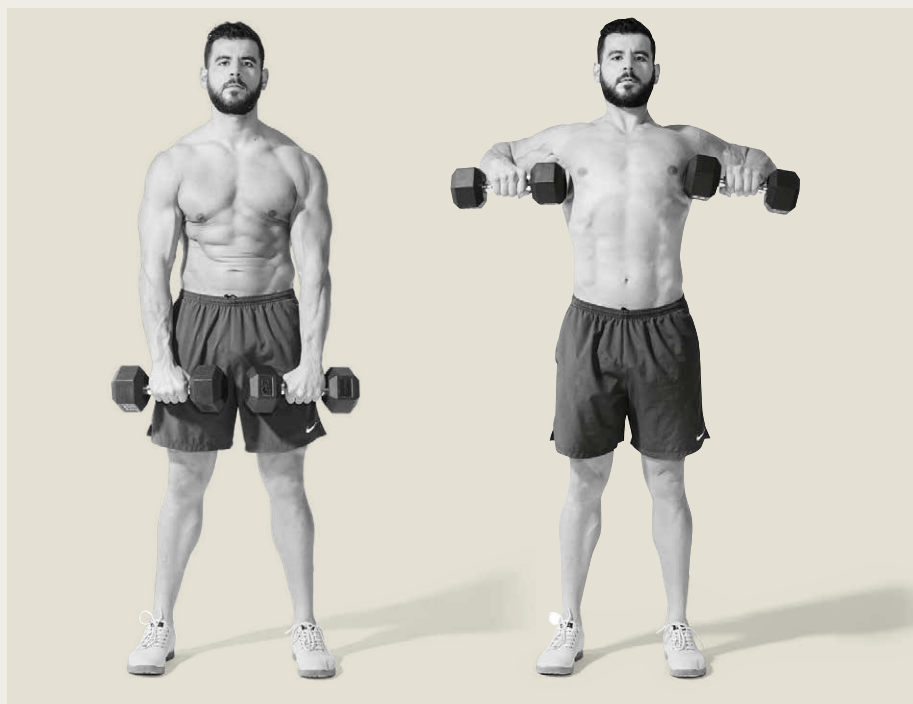
Stand with a pair of dumbbells and let them hang next to your sides. Turn your arms so your palms face your body. Without moving your upper arms, bend your elbows and curl the dumbbells close to your shoulders. Pause, then slowly lower the weights back to the starting position. Next set, curl the dumbbells with your palms facing each other. The set after, use an underhand grip.



5 Dumbbell Multi-Angle Press

Sit upright on a bench holding a pair of dumbbells, with your arms extended directly overhead. Lower the dumbbells toward your chest, pause briefly, and then press them overhead. Do all your reps. Next set, do the move with the bench at an incline. For your third set, do the move with the bench flat.

► Workout 2: Upper-Body Blaster (continued)



6 Dumbbell Modified Upright Row

Stand holding a pair of dumbbells in front of your thighs, with your palms toward your body. This is the starting position. Pull the weights up to chest level, keeping them tight to your body. Do not raise your upper arms any higher than shoulder level. Reverse the move and repeat.



7 Dumbbell Overhead Carry

Grab two dumbbells and press them overhead, your arms perfectly straight. Now walk, trying to push your rib cage and shoulders toward your hips.

Choose Your MetaMethod

Don't want to do the full workout? Simply choose an exercise from either workout – or one of your old favourites – add it to your regular workout, and perform it using one of the four methods below. You'll ignite your normal routine, leading to insane gains.

MetaDrops

You'll pack in a ton of work by repping out with successively lighter weights in each set. The brief rests and varying loads will make muscles grow. **Do It** Grab a weight you can lift for 40 seconds. Do reps for 40 seconds and rest 20 seconds. Now grab a weight equal to half the last weight. Do 40 more seconds of reps; rest 20 seconds. Finish with 40 seconds of the exercise using only your body weight or a light load. Switch sides and repeat. That's 1 round; do 2 to 4.

MetaROM

Range-of-motion exercises hammer your muscles in specific sections of an exercise, which zeroes in on your weaknesses and forces your muscles to work harder for a longer time. **Do It** Using the split squat, push-up, or press, do reps of the "bottom half" – or half the range of motion of an exercise – for 40 seconds. Then do 40 seconds of the "top half." Now do the move using the full range of motion for 40 seconds. Rest 1 minute. That's 1 round; do 2 to 5.

MetaPump

Bloodflow restriction training, which uses elastic bands to reduce circulation to your working muscle, is a proven way to build muscle and strength with much lighter loads. **Do It** Choose an exercise that targets one of your limbs – biceps curls, for example. Wrap your working limbs with elastic bands at the joints closest to your core. Do as many reps of the exercise as you can in 30 seconds; then switch limbs and repeat. That's 1 round; do 5.

MetaGains

Putting your muscle under load for an extended time creates insane metabolic stress, one of the main precursors to growth. So grab a light weight and slow your reps down to a crawl, focusing on feeling every muscle fiber working. **Do It** Using just your body weight when you first start, take 4 seconds to lower, and 4 seconds to lift. Move continuously for 2 minutes. Rest 1 minute, then switch sides (if it's a single-limb exercise). Do 2 to 5 sets. **MET**

Trainer: BJ Gaddour, C.S.C.S.,
Men's Health fitness director

Time: 40 minutes

Workouts: 2

Try MetaShred Extreme

This 11-workout system is *MH*'s most metabolic fitness programme. Every workout is strategically choreographed to drive muscle growth and accelerate fat loss. You'll see dramatic results in as little as 28 days. metashredextreme.com



PHOTOGRAPH: MITCH MANDEL (DVD COVER)

THE NEW POWER FOOD FORMULA

Combine the right ingredients and your meals become even more nutritious – and delicious. Try these smart matches

STEAK + GARLIC + ONIONS

Like you needed a reason to eat this stuff. Research suggests that garlic or onions may help your body absorb zinc and iron from grains; the benefit may extend to meat, which is loaded with these minerals. Zinc may bolster immunity, and iron is crucial for muscle performance. To cook 'em, add the garlic and onions to a cold pan with some oil; then turn on the heat. That way, the garlic is less likely to burn.

MUSCLE
BOOSTER

IMMUNITY
DEFENDER



ALMONDS

+

KEFIR

Think of kefir as a tart, bubbly yogurt. If that sounds off-putting, taste and learn: dump a slug into your next shake to give your gut a batch of beneficial probiotics. While you're at it, add a handful of heart-healthy almonds. Preliminary findings suggest that the fibre in almond skins may act as a prebiotic. And prebiotics are known to feed probiotics, found in kefir. Both can keep your gut in balance, so your body can fend off illness-causing bugs.

► IMMUNITY DEFENDER

► HEART PROTECTOR

► After years of research, new nutritional science is seeing the value in an old piece of advice: don't mess with Mother Nature.

Take vitamin E, found in spinach, almonds and broccoli. If you consume these and other E-rich foods regularly, you're likely protecting your eyes and preventing cognitive problems.

But what if you're not eating

enough healthy foods? Enter the supplement companies. Pop your vitamin E in pill form and you'll reap the rewards without having to masticate spinach, right? There's one problem: new research shows that vitamin E, when isolated, may not have the same protective power. One recent study suggests that supplementing with E long-term can actually *increase* your risk of one type

of stroke. And it's not just E. Experts are now questioning supplements such as selenium, green tea extract, and fish oil.

There are smarter and tastier ways to make sure you get the nutrition you need. Certain foods gain superpowers when paired. Adding olive oil to tomatoes, for example, helps your body absorb the tomatoes' antioxidants.

"Our bodies are incredibly complex

engines, and at the cellular level they require a complex fueling strategy to run best," says *MH* nutrition advisor Mike Roussell, Ph.D. "A variety of whole, healthy foods seems to provide the best benefits."

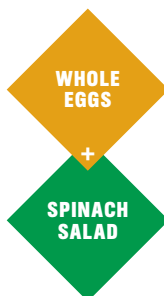
Curious? Discover the power of real food in the book *Eat for Extraordinary Health & Healing*, published by *MH* parent company Rodale Inc. And try these six power combinations.



Cut Calories, Not Flavour

Toppings can topple an otherwise healthy meal (example: greens smothered in ranch dressing). Turn to these add-ons for more taste without the caloric load.

USE THIS	ON THIS
Citrus zest: lime, lemon, grapefruit, orange	Steamed seafood, pasta with olive oil, stir-fry
Fresh herbs: basil, thyme, chives, parsley	Roasted chicken, broiled fish, roasted vegetables
Sprouts: broccoli, mung bean	Turkey sandwiches, salads
Thinly sliced hot peppers	Omelettes, soups, chili



Fat has benefits. Men in a Purdue Uni study who ate a salad with three eggs took in nine times more carotenoid – antioxidants that can help your eyes – than those who didn't have the eggs. A diet high in carotenoid-rich produce, such as spinach, carrots and sweet potatoes, may reduce heart disease and some cancer risk. You need fat to take in these compounds, hence the yolks. Don't want eggs at every meal? Olive oil, avocado and nuts may work too.

► EYE SAVER ► CANCER FIGHTER ► HEART PROTECTOR



**SWEET
POTATOES**

+

**CAYENNE
PEPPER**

Give sweet some heat. Researchers in India discovered that capsaicin, an ingredient in cayenne, increased absorption of the antioxidant beta-carotene, which your body can convert into sight-saving vitamin A. (It was a rodent study, but still.) Capsaicin is also the compound that lights the fire in hot peppers. For a new twist on a baked sweet potato, dust it with cayenne, squeeze on some lime juice, and top it with fresh cilantro.

► EYE SAVER



ROSEMARY +

GRILLED CHICKEN

When you grill meat, potentially carcinogenic compounds called HCAs form in the muscle. Too much char and you may increase your cancer risk. Limit your exposure by adding rosemary to your marinade. Its antioxidants may prevent HCAs from building, a Kansas State Uni study found. No need to get fancy; just mix the juice of one lemon, a glug of olive oil, the leaves from a sprig or two of rosemary, salt, and pepper. Use on two chicken breasts.

► CANCER FIGHTER

When Foods Just Don't Get Along

Some consumable combos spark trouble, with effects that can leave you with a food hangover. Avoid these three dastardly duos.

Wings + Beer

High-fat meals and alcohol just don't mix. Your liver processes both fat and booze but tackles the alcohol first because it labels it a toxin. So the excess fat hangs out in your blood and can then settle in fat tissue. Plus, the fat slows digestion, leaving you feeling bloated and lethargic long after you've left the sports bar.

White Bread + Jelly

Eating a pair of simple carbs taxes your pancreas. First your blood sugar skyrockets, forcing your pancreas to secrete a high dose of insulin to recalibrate. Next, you suffer the crash from that sugar high, and you're likely to end up exhausted and irritable. Instead, turn to the high fibre in whole grain bread and fruit.

Lentils + Red Wine

When the compounds that give red wine its tartness, called tannins, mingle with the iron in foods like lentils, your body's ability to absorb iron can be compromised. Vegetarian? Well, your body has a harder time absorbing iron from plants than from meat. If lentils are on the table, drink water.



GREEN
TEA

+

LEMON

+

WHEAT
TOAST

Ever eat a stack of pancakes with syrup in the morning, and then crash later? That's because a blood-sugar high is often followed by a nap-inducing low. A Polish study suggests that you may blunt that mid-morning drag if you sip green tea while you chew through your morning carbs. Also, researchers at Purdue Uni say a squeeze of lemon may increase the disease-fighting polyphenols that are available for your body to absorb from the drink. **MAX**

► DISEASE FIGHTER

POSITIVE ALTITUDE

In an industry as exacting (some might even say punctilious) as watchmaking, change tends to come in small increments. The unveiling of the dramatically facelifted Air-King, then, has split opinion – but we are firmly in the positive camp. With a dial that bears a passing resemblance to cockpit instruments Rolex created for the Bloodhound SSC land-speed record-attempt car, this timepiece features a coloured Rolex logo for the first time, as well as a combination of printed and applied indices. For a watch steeped in aviation heritage, it's a first-class upgrade.

ROLEX
AIR-KING
(price upon
request)

01



THE COLOUR OF TIME

It's not that blue and green are rarely seen in traditional watchmaking, so much as an absence of any colour at all. But this year, brands are discovering their more vibrant side

ULYSSE NARDIN
ARTEMIS
FREAKWING
RM347,300

02



03

IWC AQUATIMER
AUTOMATIC-2000
RM36,600



GOLDEN HOUR

Ulysse Nardin recently partnered with America's Cup team Artemis Racing to produce the FreakWing, so called because the hand borrows its shape from the mainsail of a yacht. The carbon fibre and yellow numerals create a pleasing "bumblebee" colourway, neatly echoing Artemis' racing livery. Should you find yourself beneath the waves, however, the IWC Aquatimer comes into its own. Designed first as a watch for submerged mine clearances, the commercial version comes in two playful colourways – yellow and green – while maintaining the same exacting standards to withstand 200 bars of water pressure. A weight off your mind, then, if not your wrist.

04 CITIZEN RED ARROWS
NAVIHAWK AT
(price unavailable)



MAURICE LACROIX LE CHRONO
SKELETON BLACK
RM32,300





**TAG HEUER CARRERA CALIBRE
HEUER 01 CHRONOGRAPH
RM19,800**

06



07

**SHINOLA THE
RAMBLER TACHYMETER
(price unavailable)**

RED ALERT

Of all colours, watch faces are perhaps most accustomed to a dollop of rouge, used as it is to highlight the second hand on everything from stopwatches to railway clocks. But 2017 sees a split decision between form and function. Citizen's Navihawk, a limited edition in partnership with The Red Arrows (see what they've done?), synchs with an atomic clock via radio control for accuracy, while Tag Heuer's Calibre uses red hour markers for ease of reading against its intricate movement. Elsewhere, the effect is more aesthetic than utilitarian; think of the Shinola's red bezel or the exposed rotor in Maurice Lacroix's Masterpiece Chronograph as the lipstick on your watch's face.



08

LUMINOX NAVY SEAL
COLORMARK 3059
RM1,584.70



FREELANCER 42MM AUTOMATIC DATE
RAYMOND WEIL
(price unavailable)

09



URWERK UR-105
CLOCKWORK ORANGE
RM260,900

10

CLOCKWORK ORANGE

Debate continues to rage over whether orange dials actually aid visibility at depth, but since Doxa, maker of the first commercial diving watch, proclaimed its efficacy, the colour has stuck. This Luminox was developed with Navy Seals – a group who know a fair bit about dark water – and, consequently, its tritium gas tubes make for easy reading in difficult conditions. At the other end of the spectrum, the Urwerk's turbine design displays minutes across the bottom of the face using wandering hour 'satellites' as the hand. Meanwhile, Raymond Weil's Freelancer cemented its position as a credible water baby after being used by the Realteam Sailing crew.

BLUE STEEL

The exposed workings of a watch movement often reveal colourful metals, in contrast to conservative casings. Traditionally, blue came from corrosion-resistant metal, though now it's often aesthetic. This is used to striking effect in the case of Gc's Esquire with azure hands. But do not, for a minute, disregard the technical nous on display here: Bulova's Curv is the world's first curved chronograph movement, and the Glashütte Original is driven by a new movement that improves on precision, while Baume & Mercier's Classima's open case back reveals an impressive 26-ruby motor. Blue is the colour, quality is the game.

BAUME & MERCIER CLASSIMA
40MM AUTOMATIC 10214
RM8,400

11

BULOVA CURV
(price unavailable)

12

13

GLASHÜTTE ORIGINAL
SENATOR EXCELLENCE
RM37,300

GC ESQUIRE
(price unavailable)

14

Uncommon Wisdom

21 Unlikely Yet Highly Effective Ways To Save Money



1 "Let your dog choose companies for your stock portfolio. My dog's record is better than my business manager, but that's our little secret."
– Matt Blum, photographer

2 "Eat tissues. During my uni days in London, I dipped them in Milo, so that I could save up for handbags. It tasted okay, and I didn't die." – Atilia Haron, yogi, singer, Under Armour ambassador



3 "Keep receipts in your wallet. Once they accumulate, it bulges up your wallet and deters you from spending more." – Ng Yee Voon, assistant manager, Sunmed@Home (Home care)

4 "Give your money to your mother." – Raviin Kumar, Asics marketing executive

5 "Live off your parents, don't shop, and preferably don't ask your parents to shop for you... A waste of effort." – Linora Low, radio announcer

6 "Perform a random act of charity. Working differently with money helps you understand the value of money better."
– Khailee Ng, managing partner, 500 Startups

7 "Give money to make money. I know it sounds counterintuitive, but it's true for me. Give freely and unconditionally. And you will make more than money!"
– Ivan Lam, artist



8 "Make your own coffee! If you drink two coffees per day, that's RM10 X 2 X 30 (days) = RM600! That's more expensive than your home, phone and electricity bills put together!" – Mark O'Dea, host and emcee

9 "Lower your expectations." – Jerrican, fitness educator

10 "Hide your money in books and secret compartments." – Azura Zainal, TV presenter



11 "Put your spare change inside shoe boxes, and then hide them in a closet."
– Razif Yahya, ultra-marathoner

12 "Dump loose change into two 10-litre water bottles every day – one for coins, the other for notes." – SonaOne, hip-hop artist

13 "Split your monthly income into an investment account and a spending account. Set a ratio for the year – be it 10:90 or 20:80 – and stick to it."
– Teoh Wee Kiat, co-founder of My Burger Lab

14 "Transfer a fixed amount of money monthly to a bank account that doesn't have ATM or online facilities." – Dannie Choong, resource development, World Vision Malaysia

15 "Be friends with the right people." – Bernard Chandran, fashion designer

16 "Don't bring credit or debit cards when you're out shopping." – Lim Ee Lin, pharmacist, Sunway Medical Centre

17 "Always bring peanut butter with you to avoid eating during lunch or dinner appointments." – Joseph, coach

18 "Get things by trading. The great thing about social media is that so many people are willing to do things – hair, makeup, wardrobe, etc. – for free in exchange for posts."
– Abigail Ratchford, model



19 "Get three people to buy lunch together: one buys rice and a dish, the other two buy two dishes. Saves you about 30% per person." – Audrey, finance director

20 "Ask for a discount. If they're having a good day, they might give it to you just because you asked. Just don't be pushy." – Wayne See, analyst

21 "Utilise your kids. I put up a post about my daughter selling cookies on Facebook, and she had orders for months. So if you have a child, exploit them."
– Joanne Kam, comedian

impulse™

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SOLUTION

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FASTER

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- Impulse (EMS) Training reduces body fat, builds up muscles, shapes your body, increases your strength and stamina, reduces your back and shoulder problems and is gentle on your joints.
- 90% of all muscles are trained simultaneously.
- 20 minutes of Impulse Training is as effective as up to 4 hours of conventional fitness training.



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Training



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Your Joints



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Attire Provided



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Trainers

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Platinum Sentral G08, 2
Jalan Stesen Sentral, 50470 KL
Tel. 016 263 1512

Impulse Studio Changkat
(at Havana Bar)
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