

THE BEGINNER'S GUIDE TO LONG-DISTANCE RUNNING P80

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MARCH 2017

# Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

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## LOSE YOUR GUT

OUR BEST WEIGHT-LOSS  
WORKOUT EVER P66

THE MAGIC  
WORDS TO  
TURN ANY  
GIRL ON P26

Secrets To  
Acing Job  
Interviews

WORKOUT WISDOM

IS THE DEADLIFT  
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LIFT LESS  
FOR TWICE  
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"Stop Caring  
About It!"

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shares his secret  
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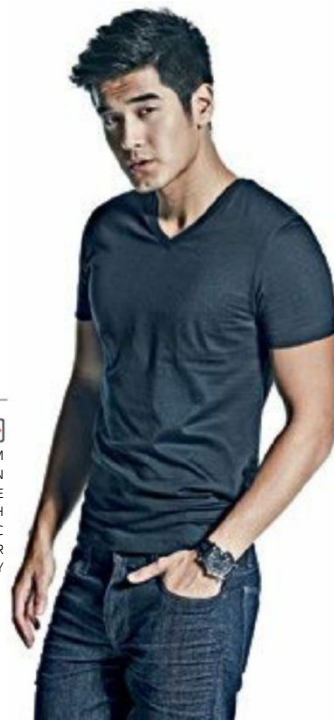
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T-SHIRT: BANANA REPUBLIC  
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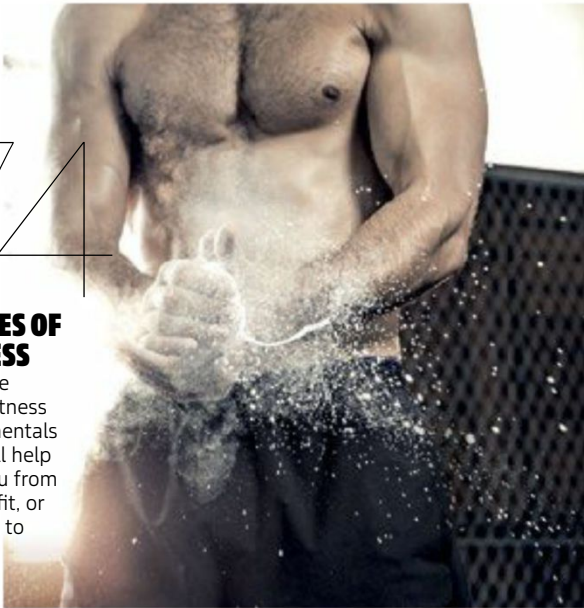
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# 5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

## GET BACK ON TRACK

**How quickly 2017 has sped us by – we've already hit the quarter mark of the year. How are them resolutions going?**

If you're not faring as well as you'd hope, here's a trick to get back on track: You just need to rewire your brain.

According to Charles Duhigg, Pulitzer Prize-winning author of *The Power of Habit*, your brain responds to prompts and dividends, the repetition of which forms patterns that eventually become second nature.

Let's take "go for morning run" as an example. First, develop a cue that reminds you of your desired habit – say, placing your alarm clock next to your trainers. When you've done said run, treat yourself to a reward such as a bacon sandwich or an episode of your favourite TV series. This creates links in your subconscious, teaching it to associate pain with gain.

Now write down the formula: trainers + run = bacon sandwich. This holds it in your brain like glue, making it stick. Well, until you run out of bacon.

Good luck!

*Kelvin*  
Editor



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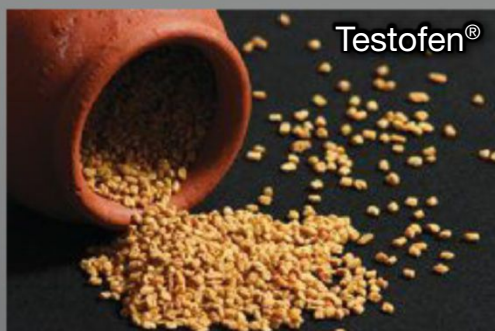
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.....  
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.....  
Increase overall well-being in men

## Masculinity Vitality



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## Why You Should Do This 200-rep Workout For Your Abs And Butt

 We get it: Pumping iron is essential for a chiselled chest. But have you been neglecting your core and glutes recently? Here's how you can target your six-pack and butt with the butterfly sit-up and butterfly hip-up exercises. Pair them together with this 200-rep workout.  
<http://bit.ly/200repworkoutmh>

## 6 Resolutions Sex Therapists Want You To Make

Apparently, we are slacking on making resolutions that are actually fun and achievable – like having more sex, according to sex therapists. From telling your spouse how you want sex to feel to spending time each week turning yourself on, here are six resolutions that will boost your sex life.  
<http://bit.ly/sexresolutionsmh>



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# ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



ALTHOUGH YOU LOVE THE VIEW, IT'S MORE OF A QUAD-BUILDING EXERCISE THAN A SEX POSITION FOR HER



## WHAT'S THE MOST OVERRATED SEX POSITION?

- Roger



**T**

That's easy: Reverse cowgirl. I know, I know, you love the view. But if you asked your spouse, she'd probably call it more of a quad-building exercise than a sex position, says Ali Eaves from *Men's Health Girl Next Door*.

Honestly, the angle is all wrong – not to mention terrifying. While she's up there bopping around, she's also stressing about whether you're enjoying it (as she stares at the wall of your feet) and praying that she doesn't snap you in two. That said, don't feel you have to ban it from the playbook. Variety is hot!

PHOTO MASTERFILE





**But the next time she assumes the position, just do her a favour and be extra vocal so she feels connected to you. Then switch over to doggy style before it becomes too uncomfortable.**

**MY SHOULDERS HURT WHEN DOING PUSH-UPS. WHAT AM I DOING WRONG?**

- *Louis*

It's probably your elbow and hand positions, says *Men's Health* fitness advisor Ben Bruno. "Flaring your elbows or having them too close to your body stresses your shoulders,"

he says. Keep your elbows at a 30- to 45-degree angle. Then flare your hands out - your index fingers at 1 and 11 o'clock - which reduces torque on your shoulder joint.

**WHAT'S THE BEST TEXT TO SEND A WOMAN AFTER A HOT ONE-NIGHT STAND? - Michael**

"Free for dinner Friday?" Simple words can say a lot. You're casually making it known that you'd like to see her again - and soon. That's all she probably wants to hear after a passionate fling. The subtext is that you had an amazing time with her. Being asked out on a date will pique her interest a lot more than a three-paragraph text about how awesome the sex was. Less creepy too. She'll peg you as a confident, stand-up guy who's into more than just sex. And you have every reason to believe she'll say yes.

**I EXERCISE OFTEN BUT USUALLY HAVE BEER WITH DINNER. DOES THE**

**ALCOHOL HURT MY RECOVERY? - Daniel**

Alcohol messes with muscle recovery, yes. But you're probably fine: One beer doesn't have enough alcohol to significantly inhibit your progress. If you're worried though, add another beverage before your post-workout brew. Research shows that drinking a whey protein shake after a workout and another shake four hours later can blunt the bad effects of the alcohol.

**IS WEARING MY TIE LOOSE AND COLLAR UNBUTTONED OKAY? - Jonathan**

This informal look works best in situations where no tie is required, says Brian Boye, executive fashion director of *Men's Health*. You can do this with jeans, chinos or a sport coat, but be sure to knot your tie a full suit. Casual cotton, knit or wool is better than a silk power tie. Tie it an inch short so when it's loosened, the bottom of the tie hits the top of your trousers.

## LEGAL EASE

**IS THERE LEGAL RECOURSE IF SOMEONE'S DRONE HITS ME?**

- *Richard*

If the drone pilot intentionally flies his drone into you, you can sue him for battery and even lodge a police report for causing hurt, says Samuel Seow, managing director of Samuel Seow Law Corporation. Even if it was an accident, you can sue the person for negligence. Most of the physical injury you might suffer as well as the damage to your personal items such as clothing or accessories should fall under recoverable damages.

**Do you have a question about the law that you want to find out?**  
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## SOME GUY AT THE STORE TOLD ME THAT LETTUCE WOULD SLOW MY METABOLISM. IS THAT TRUE?

- *Bernard*

# NO

It will not. Eat all the iceberg, romaine and radicchio you want. In fact, lettuce is a great food to help aid weight loss (assuming you're not using it to top nachos), says Mike Roussell, *Men's Health* nutrition advisor. Credit the high water content and fibre, and maybe the slower pace of eating due to all that chewing. Also, remember the No. 1 rule about supplement stores: Don't listen to anyone who works at a supplement store.





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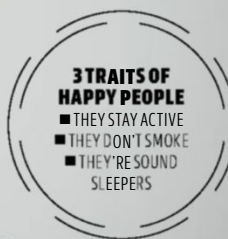
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HEALTH → SEX → NUTRITION → FITNESS → WEIGHT LOSS



## GOOD VIBES SAVE LIVES

Cheer up, fella. **Being positive may help your overall health**, research in the journal *Psychosomatic Medicine* suggests. Heart disease patients who considered themselves happy were more likely to exercise and have lower BMIs than less joyful patients. They also slept better and smoked less - and were more likely to be that way five years later. Upbeat types tend to bounce back from mistakes more easily and also surround themselves with supportive people, says study author Nancy Sin. Want to be more optimistic? In another study, people felt happier after writing down nine beautiful things: three found in nature, three human acts and three personal to them.



# HEALTH

## BULLETIN

### SLEEP DEEPER, FEEL BETTER

Falling asleep? No problem. But staying asleep can be tough. Follow these four steps to getting your best night's sleep ever.

#### 1/TURN ON A FAN

It'll keep you cool (essential for staying asleep), and the

white noise blocks out disruptive sounds.

#### 2/EVICT SPARKY

Hey, we like dogs too. But if yours keeps you up, put him in a crate outside the room. He'll be happier with a well-rested owner anyway.

#### 3/LISTEN TO MUSIC

Doing this before bed can

improve sleep quality – it's something to focus on besides your thoughts. Stick to classical or instrumental.

#### 4/DITCH THE CLOCK

No phone or watch either. Put it in a drawer, under the bed, wherever. Number watching in the middle of the night will only stress you out.

## SCHEDULE BETTER SLEEP

Schedules are important for your mind and body. A recent study suggests that if you eat meals at the same time every day, your body prepares for them. So if you have a daily sugary treat at the same time, your body might actually diminish the negative effects. Similarly, **you sleep best if you keep a consistent schedule**, says Dr W.

Christopher Winter, a medical director of the Sentara Martha Jefferson Hospital Sleep Medicine Center. So set a timer on your mobile to make sure you sleep on schedule.



THE NUMBER OF EXTRA YEARS YOU'LL  
LIVE BY READING ON YOUR COMMUTE.

SOURCE: SOCIAL SCIENCE & MEDICINE



### THE WARNING SIGN IN THE TOILET BOWL

**Give your doctor a heads up if you notice blood in the toilet, a change in your bowel habits or unusual fatigue. These can signal colon cancer.** If

you've always had gut trouble, raise the red flag even higher. Conditions such as inflammatory bowel disease, irritable bowel syndrome or peptic ulcers can delay diagnosis. A recent study in the *British Journal of Cancer* found that it takes 20 percent longer for people with these conditions to be diagnosed with this cancer. That's because your doctor might blame any new or worsening symptoms on your existing condition.



PHOTO: 123RF



# NUTRITION

## BULLETIN

### LOAD UP ON POTATOES

White types and colourful ones are all loaded with vitamin 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 them all (skins on for extra fibre, of course).

### SEE CLEARLY WITH A SPINACH OMELETTE

An antioxidant called lutein is found in leafy greens, yellow and orange fruits and vegetables, and egg yolks. We've known for a while that people who eat more lutein have a lower risk of eye problems, but here's a new discovery:

**Lutein supports brain function in addition to helping your eyes.** Older people who scored best on cognitive performance tests had the highest brain concentrations of lutein. The optimal dose is 6mg to 10mg a day, so start with an egg a day and a serving of spinach stir-fried in oil and you're good.

### DO AWAY WITH ENERGY DRINKS

**Men who consume sports drinks are likely to be fatter,** according to an *Obesity* journal study. The study correlated energy-drink intake with weight gain – hardly surprising, given the average 30g of sugar per serving. A pre-gym espresso and post-workout electrolyte supplement make a smarter pair when training hard.

# 384

The average increase in your daily calories when you drink alcohol.

SOURCE: JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS

### ADD STAMINA TO YOUR BREAKFAST

While pomegranate juice has already soaked up its fair share of hype, work at Ecole Polytechnique Federale de Lausanne has found that **pomegranate seeds contain a molecule that improves a cell's ability to recycle its mitochondria (its battery pack, in effect).** So, taking a minute to sprinkle a few pips on your quinoa breakfast bowl is a simple way to make a good food better – and possibly plant the seed of a new personal best.



# FITNESS

## BULLETIN

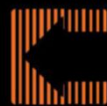
### BULLETPROOF YOUR HEART AND LUNGS

Sports scientists at McMaster University found that just three 20-second sprints at maximum effort provide the same improvement to your cardiorespiratory system as 50 minutes of low-intensity exercise. **Those going all-out saw swift boosts to their metabolic health and muscular-skeletal strength too. Just three sessions a week was enough to set new records in oxygen uptake.** So if you want to get fit fast and die old, some sprints on the way to the finish line are your quickest route to victory.

# 60

The minimum number of minutes you need to walk briskly to offset the negative health effects of sitting for eight hours.

SOURCE: THE LANCET



## UPSIZE YOUR FAT LOSS

A tip for time-poor men: While steady-state cardio like long-distance running packs plenty of performance benefits, **high-intensity interval training (HIIT) smacks your fat stores hardest.** In an East Tennessee State University study, those on an interval-training regime lost 2 percent body fat while men who slogged on the treadmill saw no change. HIIT also burns more calories in the 24 hours post-workout. Reclaim your Saturday mornings.

### BUILD STRONGER MUSCLES BY DOING NOTHING

In the eternal quest for less body fat and greater definition, the superset has become champion. But if it's greater strength you seek, new research shows taking a breather could prove far more effective. In a study published by the *Journal of Sports Medicine*, **weightlifters who**

**enjoyed two- to four-minute rest periods between sets saw a significant increase in muscular strength – almost 1½ times those who took only 60 seconds off after each move.** Still, a pertinently named power nap would be infinitely preferable.

### TRAIN SMART, LOOK GOOD

#### 1/ DON'T BE A HERO

Many guys sacrifice good form for an ego-boosting heavy bar. Don't. Overreaching for that 5kg gain can eventually lead to fatigue accumulation, slowing your results.

#### 2/ AVOID EXTRAS

During a great run or workout, you might be tempted to tack on kilometres or sets. But that additional "junk work" just compromises the quality of your next workout.

#### 3/ EARN YOUR REST

If you're not looking forward to your rest days, you're not giving your training days your all. Not gassed by rest day? Amp up your intensity.

PHOTO: MASTERFILE



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# SEX

## BULLETIN



## TRYING TO GET HER PREGNANT?

If making babies is on your agenda these days, beware: Mental stress can torpedo your sperm quality. So try a new position – a yoga position. According to geneticist Rima Dada, **yoga can make your sperm healthier**. Men in her study who did yoga five days a week saw a significant reduction in oxidative stress after just 15 days, and DNA damage in their sperm improved after six months, increasing their odds of being virile. Bonus: You'll both appreciate the flexibility factor.

## KEEP YOUR STAFF STIFF

Erectile dysfunction can ruin your fantasy. Don't overthink. Do this instead.

### 1/ Serve Yourself

Pleasure yourself to check the plumbing. That reassurance can help ease your anxiety in bed, says sex researcher Debby Herbenick.

### 2/ Pour An Extra Cup

A study in the journal *Plos One* found that coffee – two to three cups a day – can reduce your risk of erectile dysfunction.

### 3/ Drink Less

Over time, boozing may lead to erectile dysfunction, says urologist Dr Marc Goldstein. Keep it to six drinks a week (preferably not all at the same time).

### 4/ Lose Your Gut

Research suggests that a low waist-to-hip ratio is linked with higher levels of testosterone and semen quality, Debby says.

## HOW DO I LOOK?

If your woman asks how the dress looks on her, she's fishing for a compliment, says Paul Hokemeyer, a therapist based in New York City. "Respond by elaborating on the truth." Tell her how great she looks, and then share it on Instagram and Facebook. Think to-the-point praise ("My girlfriend. She's super-hot.") or self-deprecating hashtags (#ImNotWorthy). But don't ever, ever pull the "Honey, have you gained weight?" card.





### LOSING FREEDOM

It's natural to feel a bit trapped when you're paired up, and that can have consequences in the bedroom. **"Couples tend to see their sex lives lose steam towards the end of their first year,"** says relationship and family therapist Paul Hokemeyer. Try this instead: Pick one thing you've been missing, like bowling night with the boys, and reinstate it, suggests Terry Klee, a couples counsellor. Your spouse should do the same. Keep your phones on airplane mode while you're apart. Being unavailable can be sexy, Terry says.

### THE PERFECT DAY OF TEXTING

Jennifer Theiss, an interpersonal communication expert, gives four tips you should put on your must-send list for better date nights.

#### **"Can't stop thinking about last night."**

She'll feel sexy knowing she made an impression. Or this: "Just heard that song you love. Can't wait to see you tonight." This is called attunement, a way to show you're in sync, says Jennifer.

#### **"Hope you killed it during your presentation, babe."**

During the workday, texts with questions can create pressure, says Jennifer. So, to show your support or express your affection, check in with a quick note that doesn't require a response.

#### **"I was thinking Thai food tonight. Pick you up at 7?"**

Bust her afternoon slump: Make plans or send a sext. One offers a jolt of excitement to get over that 3pm hurdle, while the other subtly builds her anticipation for seeing you later that night.

#### **"Headed out now. See you in 20."**

Let her know when you're clocking out. It creates a routine, says Jennifer. When your schedule is predictable, it frees up mental space for spontaneous ideas.



The percentage of singles who have received an explicit image, then shared it.  
**Pro tip: Don't trust anyone.**

SOURCE: SEXUAL HEALTH



# WEIGHT LOSS

BULLETIN

## THE LAZY MAN'S FAT- LOSS PLAN

GIVE YOUR T A WEEK-LONG BOOST  
WITHOUT TOUCHING A BARBELL.



### MONDAY

■ Stress burns up testosterone. Ease work tension by booking a massage and see the cortisol drop by 31 percent.

### TUESDAY

■ Skive off your 6am kettlebell class. Scraping by on five hours' sleep or less leads to a 10 percent drop in T levels.

### WEDNESDAY

■ Treat yourself to a hump-day steak. Dietary fats are a vital building block of the male sex hormone.

### THURSDAY

■ Pacey thrillers can trigger a T boost of up to 30 percent, while rom-coms have a dampening effect.

### FRIDAY

■ Make Malbec your order of the evening. A glass of red causes a boost in free testosterone.

■ PHOTOS: MASTERFILE ■ ILLUSTRATION: 123RF



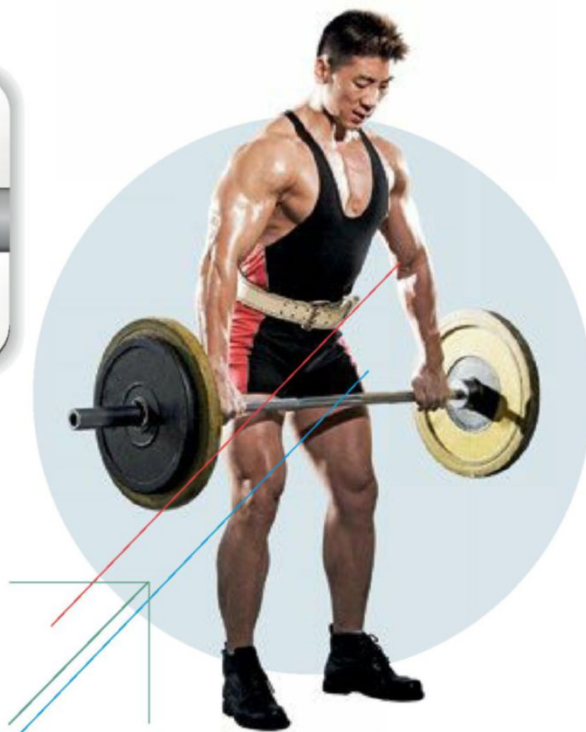


THE NUMBER OF MONTHS YOU NEED TO MAINTAIN YOUR WEIGHT LOSS TO RAISE YOUR ODDS OF STAYING SLIM FOR LIFE.

SOURCE: EUROPEAN JOURNAL OF ENDOCRINOLOGY

### WHEN SHOULD I EAT MY MAIN MEAL?

In a 12-week study, those who ate 50 percent of their calories at lunch lost a third more weight than those who went big in the evening. What's more, a *British Journal of Nutrition* study found that when men stopped eating after 7pm, they took in 238 fewer calories (if wolfing down a sandwich on the bus home isn't too bleak a proposition).



## FUTURE-PROOF YOUR WEIGHT LOSS

It's good news for those who like to train hard and eat dirty: A University of Florida study found that **exercise not only burns calories but releases a chemical that counters future weight gain**. The hormone irisin makes fat cells more metabolically active, helping you shed excess kilos faster, as well as inhibiting the formation of new fatty tissue. Cutting calories may not have an impact on weight loss after all, if you're stuck to the couch 24/7.

### BLAME YOUR BIOLOGY

Research shows that it's extremely difficult for your body to adapt to a lower weight, which is why putting weight back on is easier. When you gain kilos, your body produces more fat cells that are larger in size, says Dr Randy Seeley of the University of Michigan School of Medicine. This process also increases your levels of leptin, a hormone that regulates fat storage. But when you lose weight, your leptin levels fall. "Your brain sees that as a problem and that you're starving to death," he says. In turn, you're hungrier more often and find it harder to fight off cravings.

### 3 SIMPLE FOOD RULES

#### 1/ EAT IN 20 MINUTES

If you finish a meal in five minutes flat, you're probably scarfing down too much. Aim to eat them in 20-minute spans instead. This gives your brain enough time to recognise how much you've eaten.

#### 2/ STOP AT SATISFIED

Put down your fork when you're satisfied, not stuffed. Of course this can be tough when you're staring down a pile of fries or wings, but here's a trick: Ask yourself: "Would I still want to keep eating if that were a pile of steamed cauliflower?" If the answer is yes, nosh on; if no, stop eating.

#### 3/ HAVE FRIES WITH THAT

Eyeing the poutine? Go for it. "There are no good and bad foods," dietitian Brian St Pierre says, "only foods you should eat more or less often." This mindset eliminates guilt and deprivation, and helps you stick to your good-eating plan in general. Aim to hit your "perfect plate" foods 80 percent of the time.



# ALPHA $\alpha$ MALE

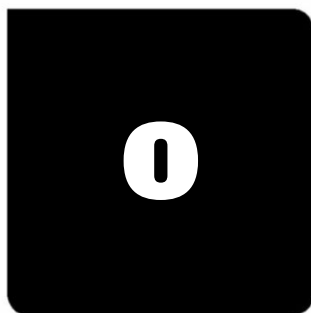
SEX • COUPLES • HEALTH • WISDOM • STYLE • GROOMING





# MAKING THE RIGHT TURNS IN LIFE

ASHLEY LIEW, ONE OF SINGAPORE'S TOP RUNNERS, INSPIRED MANY WITH AN ACT OF SPORTSMANSHIP. HE SHARES WHAT IT TAKES TO MAKE THE RIGHT CHOICES IN THE HEAT OF THE MOMENT.



On June 7, 2015, 12 runners were in full stride at the 28th Southeast Asian Games men's marathon in Singapore.

At the 5.5km mark, Ashley Liew made a U-turn at the designated point along East Coast Park when self-doubt crept in. "At first, we were in a pack. But, suddenly, there was no one around me. The first thought that came to my mind was: 'Did I make a wrong turn?'"

"A few seconds later, it hit me that the rest of the pack had gone straight ahead instead of making the turn. I was right, but then, the question of whether to continue or sacrifice ran through me.

"There was plenty of commotion behind me and one thing that came to mind was how badly it would reflect on [Singapore] had the race come

into question because of one incident. It just felt wrong to take advantage of the situation, and there wasn't time to go through a thought process. I just decided to slow down and wait for the rest."

That selfless act tugged the heartstrings of thousands after Ashley's chiropractor, Dr Kelvin Ng, related the incident on his clinic's Facebook page, and the post went viral overnight, which ultimately helped make him the first Singaporean to be accorded the Pierre de Coubertin World Fair Play trophy.

The huge outpour of support and messages caught Ashley by surprise, and till this day he still calls it a "small but right thing" to do, preferring to extol the people who instilled those values in him when he was younger.

He believes sportsmanship cannot be taught in class but can be nurtured through values from young, saying: "Those same values will be your guiding light in such instances [like his selfless act]. For me, it started through my parents, to the teachers at Angle-Chinese School. Even after my mum passed on, those same values she instilled of being fair and not taking advantage of others are deeply rooted. And that forms my world view - and will never change."

But sporting excellence didn't always come easy for Ashley. Having been far more bookish in his younger days and weighing 80kg, he was determined to lose weight in junior college.

First, he started canoeing. "When you're overweight in school, you get teased a lot, and it lowered my self-esteem. So I was looking for an avenue to lose some weight," he explains.

"Canoeing was one of two sports that didn't require prior experience, and together with my teammates, we decided to run the Singapore marathon on a whim, with hardly any training.

"I finished in 4 hours and 29 minutes. Looking back now, you wouldn't foresee my potential in running, but I did enjoy the warm-up and warm-down training, which heightened my interest in the sport.

"From there, every year, I would participate in the Singapore marathon and managed to lower both my timing by five to 10 minutes, while hitting my objective of weight loss of around 23kg to 24kg." (He weighs 57kg now.)

Having spent the past few years juggling a four-year chiropractic course at Sherman College in the US, along with his ambitions of representing Singapore at marathons, Ashley says the walk is sometimes a lonely one, and it needs willpower and self-belief.

"When I was studying in the US, it was tough slotting in proper training. And I remember there was an early morning where I had no choice but to run around my apartment carpark, because there aren't streetlights on between dusk to dawn," he says. "It might sound crazy and boring to most people but that was my determination to get it done. Just like in a race, I focus on the present moment and blur out the surroundings so that it doesn't matter where I am."

And get it done the right way, of course.

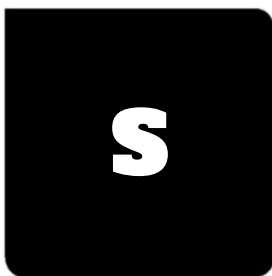


## NATHAN'S FIGHT SONG

LOCAL CROONER NATHAN HARTONO SHARES HOW HE DEALT WITH SELF-DOUBT AND FEAR, WHICH ALMOST STOPPED HIM FROM JOINING THE SING! CHINA COMPETITION.

■ TEXT MCKEN WONG ■ PHOTOGRAPHY FRENCHESCAR LIM ■ STYLING SHEH ■ GROOMING DAX LYE ■ OUTFIT BOMBER JACKET BY EVISU FROM BREAD & BUTTER, PANTS & LEATHER LOAFERS FROM BANANA REPUBLIC, COTTON TEE BY YMC FROM TANGS AT TANG PLAZA





**Singaporean singer Nathan Hartono made headlines when he stormed to the final of a popular Chinese singing contest.**

**Social media was set alight by his performances, while the rest of the country caught Nathan fever – milo trucks and all. But the truth is, Nathan has always been sceptical about competing in such events.**

**“I’ve never been a huge fan of singing competitions,” the 25-year-old explains. “I feel like once you enter a contest, you immediately put yourself in a quantifiable position. You will be judged based on a numerical value assigned to you – that you’re worse off than someone else.”**

Despite that uneasiness, Nathan’s a natural when he takes to the stage, just like what you see on screen. He makes it look simple – calm, soulful and with a twinkle in his eye. You’d think joining the Sing! China competition was an easy decision. No – far from it.

“Fear made me sign up for the contest,” Nathan says. “I was afraid to join, to be in a different

culture, a different country, meeting different people and even speaking Mandarin. It did not seem like something I would excel at.

“The show’s producers had actually approached me in 2015 – for the season before that – but I had a scheduling issue back then, so I couldn’t do it. When they asked me again last year, I didn’t really have an excuse.”

To most, if not all, musicians, good music is relative. A singing competition can either make or break you, and for Nathan, he’s an established musician. To walk onto the stage for an audition in front of four judges is a huge gamble that could backfire.

“I thought I was going to show up and then get kicked out,” he laughs. “But you know, in the end, I might regret not doing it as much as I’d regret doing it. So, heck, why not?”

Nathan’s successful audition video instantly went viral, and he surprised everyone by advancing to the final. However, much to the chagrin of fans, he lost – and many attributed it to the show’s controversial voting system. Surely, he must feel a

**“EVERY  
ONCE IN A  
WHILE, YOU  
HAVE TO GET  
OVER YOUR  
OWN FEAR,  
AND JUST GO  
OUT AND TRY.”**



#### VIDEO

Nathan reveals his secrets to keeping fit, as he sits down with us for some post-run makan!

Download *Men's Health Singapore* now on the Magzter app.

hint of injustice?

“It was quite interesting how it worked out. I didn’t win, but it was also the best possible scenario,” he says. “I want to thank everyone for the support. To even reach the final, that’s just beyond my personal expectation. So why be sour about anything?”

“In the end, here’s the big picture – it’s a music competition. That by default is a bit of an oxymoron. As in how could you give a binary value to what’s considered good or bad music?”

“I feel no ill will at all. I’m grateful for the experience, to the people behind it, and to the contestants.

“I was very nervous during the audition, but once I got through, I felt a sense of validation and approval that I personally received. I stopped being so invested after that and became more carefree – I was happy to just perform without feeling scared.”

It dawns on him that within each endeavour – regardless of its scale – lie valuable lessons that can impact one’s life. His sojourn to China bags him more benefits than he could have ever hoped for.

“This contest is not like a race or fight; it’s just music. I learned that whatever the result, it has no bearing on my personal direction or music identity,” he says.

“I think it’s not very sensible to suddenly question yourself and become so insecure over a result or competition.

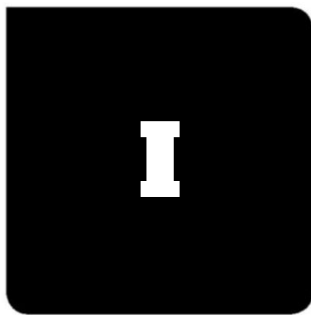
“It’s really just saying yes to the things that scare you. Every once in a while, you have to get over your own insecurities and your own fear, and just go out and try.”

A full-page photograph of a woman with long, wavy brown hair, wearing a pink lace-trimmed bikini. She is posing with one arm raised behind her head and the other resting on her hip, looking directly at the camera. The background is a soft, out-of-focus gradient of light and dark tones.

# THE ART OF DIRTY TALKING

THE RIGHT WORDS TO SAY - BEFORE, DURING AND AFTER SEX - CAN HELP BOOST HER CONFIDENCE AND KEEP HER COMING BACK FOR MORE.





**It doesn't matter if you're having a romantic dinner for two or getting busy between the sheets – regardless of the situation, women love to talk to you.**

**That's because for women, verbal communication is key to emotional intimacy, says relationship psychologist Terri Orbuch, a research scientist at the University of Michigan's Institute for Social**

**Research and author of *Finding Love Again*.**

**And intimacy is, in turn, a common prerequisite for getting it on. "In general, men tend to get an emotional connection through sex, but women need to get an emotional connection to want sex," Terri says.**

**"Erotic talk is communication," says Dr Martha Tara Lee, clinical sexologist of Eros Coaching. "It's about being honest and having an open communication with your partner while enjoying sexual relations with each other. The psychological appeal in sexy talk lies in your ability to control the amount of excitement, eroticism and passion that occurs in your bedroom – or elsewhere, for that matter."**

**Adds Ian Kerner, author of *She Comes First*: "Words can be a powerful aphrodisiac and often aren't used enough."**

**What you tell your bed buddy has the power to crank up her arousal, confidence and make sex even more amazing for the both of you. But before we get into specifics, here are a couple of general pointers:**

### 1. BE GENUINE

You've got to mean what you say – and not just because that's the gentlemanly thing to do. Your body language always tells the truth, and if it isn't in sync with your words, she's going to call your bluff, says Terri.

Since women are superior to men at picking up on these things, your chances of successfully faking sincerity are grim, she says.

### 2. BE SPECIFIC

It makes you sound more thoughtful, and shows her you've noticed something special in her, Terri says. It's the difference between "You look beautiful" and "Your eyes are beautiful."

### 3. GET TO THE POINT

You don't have to be a chatterbox to talk your partner off, says Rachel Needle, a psychologist specialising in marital and sexual health. Keep things short and sweet. No rambling.

Now that we got that out of the way, here are some one-liners you should spout off during your next romp:

### BEFORE SEX

► **"Your hair looks great that way."**

While any physical compliment can make her feel attractive, focusing on something you know she has put a lot of effort into tells her you're paying attention and that you appreciate her efforts, says sex therapist Eric Marlowe Garrison, author of *Mastering Multiple Position Sex*.

► **"I love how passionately you kiss."**

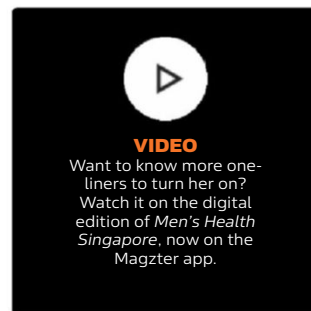
It's important for women to know you like kissing them – and not just, you know, boinking – says Eric. When you compliment her kisses, focus exactly what you like about them, he says. Just steer clear of "you're a good kisser." It can unwittingly make her think of the other lips you've encountered.

### DURING SEX

► **"Uhhhh."**

Moan it up. As much as you like to

**WHAT YOU TELL YOUR BED BUDDY HAS THE POWER TO CRANK UP HER AROUSAL.**



### VIDEO

Want to know more one-liners to turn her on? Watch it on the digital edition of *Men's Health Singapore*, now on the Magzter app.

make her scream, she likes to hear you get into it, too, Eric says.

► **"You look so hot in that position."**

During sex, women can spend a lot of time "spectatoring" – focusing on the activities from a bird's-eye view, Rachel says. So she's probably already considered how she must look with her legs like that.

Letting her know you love the view can help assuage her fears. "The more comfortable she feels in her own skin and the more attractive she feels, the hotter the sex is going to be," Ian says.

► **"I could just lie here with you forever."**

Yeah, it sounds like a lyric from that cheesy Aerosmith song. But in response to orgasm, her body pumps out the powerful bonding chemical oxytocin (appropriately nicknamed the "cuddle hormone"), which means she's craving intimacy, trust and safety, Ian says.

"Let her know you relish your connection, and are in no hurry to get on with your life," Paul says.

► **"I loved it when you..."**

This line isn't just a compliment – it lets her know what you like, and what she should do again, says Eric.

And you can keep praising her skills hours or even days after having sex. Who knows? It might even inspire another spur-of-the-moment sack session.



# BATTLE OF THE BRAINS

IN CASE YOU HAVEN'T NOTICED, HER MIND WORKS DIFFERENTLY THAN YOURS. HERE'S HOW TO BRING THE TWO CLOSER TOGETHER.

■ TEXT ERIC SPITZNAGEL ■ PHOTO 123RF



S

**Stephen Hawking, the most famous living quantum physicist in the world, is baffled by women.**

Think about that. This is a man who expounds on Euclidean quantum gravity and has theories about the black hole information paradox, a concept we can't even pretend to grasp. But when it comes to members of the opposite sex, he calls them "a complete mystery."

This might seem discouraging. If the author of *The Theory of Everything* thinks women are unfathomable, what hope do regular guys have? But the problem isn't that Stephen, a brilliant man, can't understand them. The problem is that he, like a lot of us, isn't looking at the situation properly.

"A big mistake men make is trying to put themselves in a woman's shoes," says Dr Louann Brizendine, a neuropsychiatrist at the University of California, San Francisco and the author of *The Female Brain*. "They look at a woman crying and try to identify with it. But they can't do that. For a guy, if you're crying, it means something serious has happened. So in that situation, putting yourself in another person's shoes won't bring you closer to understanding her."

Below, we will identify what befuddles women most about men.

**MAN BRAIN WONDERS...**  
**She cried during a Starhub commercial. That's... insane, right?**

As Dr Brizendine explains:

"Around 24 to 48 hours before a woman's period begins, her progesterin is dropping and she..."

Ooookay, Doc, let's stop there before someone gets hurt. While this may be true, making hormonal assumptions is always a bad idea. It'd be like a woman saying to a man: "Why are you staring at me? Do you have a boner?"

There's better biology to explain her tears. In the 1980s, the biochemist William H. Frey analysed the chemical properties of emotional tears (as opposed to those onion-caused ones) and found that they contain prolactin. As it turns out, women have much higher blood levels of prolactin than men do. Ipso facto, tears are more easily provoked in women.

Men may also have a built-in governor on tears. "Testosterone has an inhibiting influence and elevates the threshold to cry," says Ad Vingerhoets, the author of *Why Only Humans Weep*. Meaning, our testosterone is one of many reasons why our tears don't spill until something serious hits us, like a death or a World Cup loss.

**WOMAN BRAIN WONDERS...**  
**He nearly cried the last time he had the flu! Why is he such a baby when he's sick?**

The reason we're not getting any sympathy when we have a bug is because oestrogen not only protects women from the flu but also helps lessen its severity. That's according to research published this year in *The American Journal of Physiology*. Apparently, the so-called "man flu" isn't entirely a myth. The next time you're sick and she tells you to stop complaining, remind her that it's easy to act tough with all that oestrogen.

**MAN BRAIN WONDERS...**  
**Why does she get miffed when I happen to notice other women's cleavage?**

Women may actually be biologically programmed to notice us noticing breasts. When a mother nurses her offspring, a mother lode of the "love hormone," oxytocin, floods into her brain. The intense bond this creates basically hardwires the maternal instinct to protect her young, says Larry Young, a neuropsychiatrist at Emory University. A similar bond is aroused when she sees you - her baby now - eyeballing another woman's breasts.

But what about the woman sporting the cleavage? When she wears something revealing, is it cultural? Is she being driven by evolutionary history? Possibly. It's also possible that what she wears has nothing to do with attracting a male gaze.

"Women may have many socially dictated reasons for adopting the sexualised look, none of which have much to do with intent to convey an interest in or consent to sex," notes Avigail Moor of Tel-Hai College. Translation: Her body may be on display, but it's unlikely it's on display for you, according to the women Avigail surveyed.

**WOMEN BRAIN WONDERS...**  
**Why does he get miffed when I accuse him of always thinking about sex?**

Men think about sex 19 times a day, or once every 50 minutes, an Ohio State University study found. It's still more often than women (10 times a day), but it's not "always." The same study revealed that men think about food 18 times a day and sleep 11 times a day.

So tell her that if "hot daydreams about taking long naps in nacho cheese" count as sex to her, then sure, you're "always" thinking about sex.

**MAN BRAIN WONDERS...**  
**Why does she go to the bathroom with her friends?**

Women seek friendships for different reasons than men

do. They want to "coruminate," says Tamas David-Barrett, a behavioural scientist at the University of Oxford. "They meet up and then tell each other, often in sequential monologue form, about their issue at that particular moment in their lives."

But men, he says, prefer active friendships. They'd rather socialise with other guys through another activity, such as playing golf or fishing. It could even be an "imaginary action," says Tamas, "like going to the pub to watch a game on TV together."

Women, in particular, typically behave this way because of an innate biological instinct researchers call "tend and befriend," a UCLA study discovered. Females cope with stress by nurturing their young (tending) and seeking social contact (befriending). This is different from the fight-or-flight response typically used by males to deal with anxiety. When life gets stressful, women huddle together while the menfolk either start throwing punches or run for it.

**WOMAN BRAIN WONDERS...**  
**Why does he think he has the immediate answer to everything and never seems to listen to me?**

A lot depends on what was happening while she was telling you whatever it was you don't remember. Next time, tell her you may have been suffering from "inattentive deafness."

If she questions whether such a thing exists, cite the 2015 study published in *The Journal of Neuroscience* that reported the condition. Researchers theorise that it stems from focusing so intently on a visual task that you momentarily become deaf - literally deaf - to sounds you would otherwise hear. Tell her that if you aren't making eye contact with her while she's talking, you're not listening.



# SAVE YOUR BUTT

YOU HAVE ZERO EXCUSES TO  
SKIP OUT ON COLON CANCER  
SCREENING. IT'S NOW  
EASIER THAN EVER.



M

Many cancers hide deep in the body, evading detection. Not colon cancer. To find out if you have it, all you have to do is look.

Unlike many screenings, tests to spot colorectal and cervical cancer are very effective. "They're head and shoulders above the others," says Dr Robert Schoen of the University of Pittsburgh School of Medicine. Yet about 40 percent of men between ages 50 and 75 haven't had a recent colon check.

Screening is advised for men 50 and older, but many younger guys should also be checked. A University of Michigan study found that nearly 15 percent of people diagnosed with colorectal cancer are younger than 50. If you have a bowel disease or a family history of colon cancer, ask your doctor about testing.

The most common test is a colonoscopy. While you're under anesthesia, the doctor probes your colon with a five-foot scope, snipping out any precancerous polyps. If you're stalling because of the diarrhoea-inducing prep, it's time to man up: The ridges of your colon need to be free of debris for the best viewing.

Most important, if you screen for and spot colon cancer early, a cure is more likely. And scientists keep discovering ways to make testing easier, whether you opt for a scope or one of the newer tests on the block. Read on.

#### THE MOST CONVENIENT COLONOSCOPY PREP

Colonoscopy veterans talk about glugging a gallon of polyethylene glycol and following a clear liquid diet the day before the procedure. Today, many doctors split the dose into two parts or offer a more palatable duo of Miralax and Gatorade. Soon you may even be able to eat beforehand. Scientists at UC Irvine found that people who ate "low residue" foods like eggs and white rice the day before felt better and didn't compromise the results. Don't defy the doctor's orders; just ask if easier prep options are available.

#### THE SCREENING YOU CAN DO IN YOUR OWN BATHROOM

If you're willing to scoop your scat into a vial, a faecal immunochemical test is an easy way to screen yourself. It detects proteins present in certain colon cancers. Another test, called Cologuard, spots DNA that may be linked to cancer. You may have to repeat these tests every year or two, not the decade you can wait after a clean colonoscopy.

#### THE TEST YOU CAN SWALLOW

Throw back a pill that contains a tiny camera, and a specialist can watch as it moves through your colon, spotting polyps along its path. The Pillcam is approved by the US Food and Drug Administration for colon screening in some people. Check with your doctor – and call your insurer to see if you're covered.

#### THE VIRTUAL COLONOSCOPY (NO PROBING REQUIRED)

A scan called CT colonography uses low-dose radiation to reveal tumours. It's as good as a colonoscopy, the US Preventive Services Task Force noted

recently. So any insurer holding out will probably cover it soon. The test does require bowel prep, but it's less intense than colonoscopy prep, says Dr Perry Pickhardt, chief of gastrointestinal imaging at the University of Wisconsin School of Medicine and Public Health.

### The warning sign in the toilet bowl



Give your doctor a heads up if you notice blood in the toilet, a change in your bowel habits or unusual fatigue. These can signal colon cancer. If you've always had gut trouble, raise the red flag even higher. Conditions such as inflammatory bowel disease, irritable bowel syndrome or peptic ulcers can delay diagnosis. A recent study in the *British Journal of Cancer* found that it takes 20 percent longer for people with these conditions to be diagnosed with colon cancer. That's because your doctor might blame any new or worsening symptoms on your existing condition, the researchers say.

**GIVE YOUR DOCTOR A HEADS UP IF YOU NOTICE BLOOD IN THE TOILET, A CHANGE IN YOUR BOWEL HABITS.**

# THAT THING YOU LOVE IS THE NEW SMOKING



"THE NEW SMOKING" IS THE DEFAULT SOUND BITE FOR NEWS SOURCES SEEKING CLICKS THROUGH SCAREMONGERING. OUR EXPERTS FIND OUT WHICH HABITS AREN'T WORTH BREAKING, AND WHICH YOU SHOULD CUT OUT.

TEXT JOE MADDEN PHOTOS 123RF



# 1. YOUR SMARTPHONE

## THE STORY

"Smartphones' dopamine-boosting notifications are making us antisocial, app-lobotomised iZombies!"

## THE SOURCE

Googling "are smartphones bad for you?" gets you 33 million results, and most of them answer that question so affirmatively, you'll want to dash yours against the wall immediately. In terms of negative coverage, smartphones are right up there with the Kardashians, ISIS and sociopathic netizens.

According to newspapers, drivers speaking on mobile phones concentrate on the road 37 percent less; mobile-addicted teens suffer anxiety during lulls in their stream of notifications; using smartphones in bed suppresses melatonin, damaging sleep patterns; constant screen checking withers your attention span; and children ignored by smartphone-glued parents are missing out on key developmental interactions.

Oh, and they're bad for your back, on account of all that hunching over.

## THE FACTS

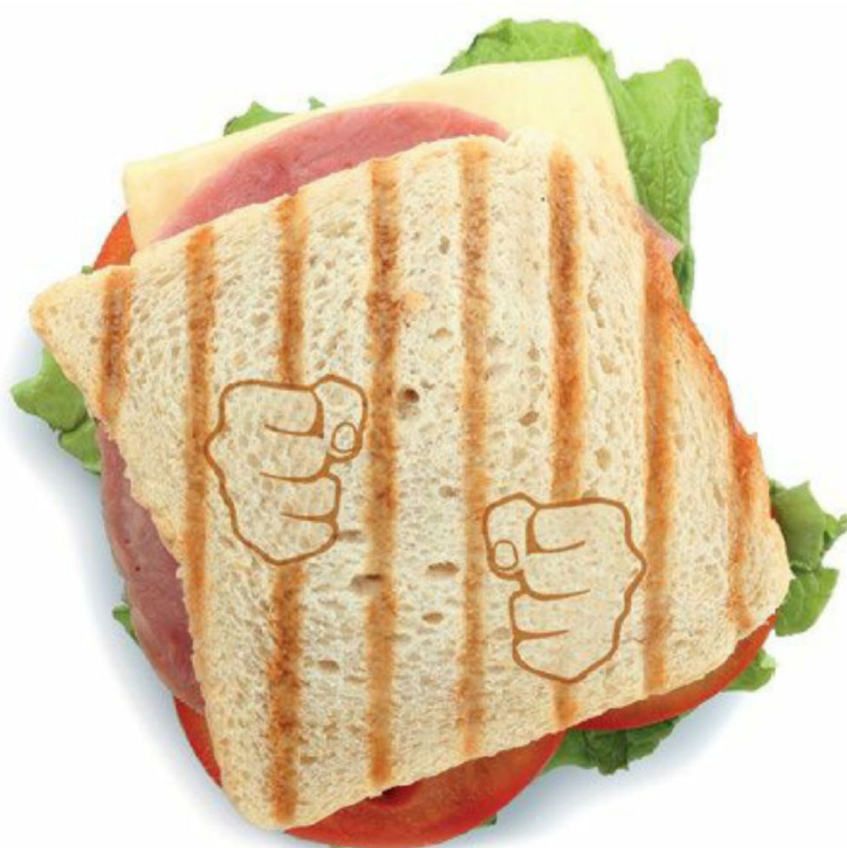
A 2015 study conducted on 319 university students concluded that there was a clear link between smartphone overuse and depression, anxiety and/or reduced sleep quality. "However," says neuroscientist Dr Nicola Ray: "Whether smartphone overuse causes these things, or is a result of them, is up for debate."

Fear of being without your phone – and missing out on the Pavlovian beeps and whistles of your notifications – even has a name now: nomophobia (as in no-mobile-phobia). "There are calls for nomophobia to be added to the Diagnostic and Statistical Manual of Mental Disorders, which would give it official classification as a psychiatric disorder," says Dr Ray. "In fact, you can already receive cognitive behavioural therapy for it." Try looking up once in a while for starters, though.

## ARE SMARTPHONES ACTUALLY THE NEW SMOKING?

Quite possibly, yes. But have you seen what the world looks like without an Instagram filter?

**DANGER RANKING** → 6/10



# 2. BACON SANDWICH

## THE STORY

"Like a delicious, sizzling Judas, the beloved breakfast protein in many countries has betrayed all, with less than two slices increasing the chances of colorectal cancer by 18 percent!"

## THE SOURCE

A report released by the World Health Organization last October suggested bacon should be ranked as "probably carcinogenic to humans" – the same category in which you'd find cigarettes and asbestos. The thinking is that heme – an iron-based chemical found in most red meats – breaks down into carcinogenic N-nitroso compounds in the digestive tract. Throw that bacon sandwich into a bin, then throw that bin!

## THE FACTS

You wouldn't tuck in to a bacon sandwich,

so bacon is now firmly off the menu, right? "Absolutely not," says dietitian Priya Tew. "This was a case of media hype, based on an unfinished, 1½-page document that contained no new evidence – merely a re-framing of evidence from the last 20 years." Retrieve that bin!

"What the report actually says is there's some evidence that if you eat large amounts of red meat – particularly processed red meat – then there could be a link to cancer. We've known that for decades, so it's nothing new."

Unless you're dementedly carnivorous, the safe-side limits are pretty reasonable. "You can eat three slices of bacon a day and have red meat as a main meal twice a week without any problems," Priya assures us. Get stuck in.

## IS BACON ACTUALLY THE NEW SMOKING?

Nope. Not even smoked bacon.

**DANGER RANKING** → 5/10

### 3. DOUBLE ESPRESSOS

#### THE STORY

"Starbucks and friends have made twitchy crackheads of us all. As well as twisting up your brain in the exact same way as cocaine, coffee can lead to cancer and heart disease!"

#### THE SOURCE

Since 1966, at least 21 studies have been undertaken on a potential link between coffee and coronary heart disease. Other studies claimed to find a causal link between coffee drinking and lung cancer.

#### THE FACTS

Most back-in-the-day studies that earned coffee its notoriety have been widely disregarded, because – as pointed out in a 2014 meta-analysis by Harvard School of Health's Dr Rob van Dam – they failed to take into account their subjects' other unhealthy lifestyle choices. In the case of lung cancer, for example, the studies didn't account for the fact that many of the prolific coffee drinkers were also committed smokers.

"It's perfectly safe to drink up to 400mg, or four cups, of coffee a day," says Priya. "In fact, there's a clear benefit, as coffee contains polyphenols – antioxidants that help fight diseases such as cancer."

New studies have also shown that coffee may, in fact, protect against type-2 diabetes, liver disease, gallstones, Parkinson's and depression, while (shock!) improving cognitive function.

As for caffeine having a drug-like grip on your brain, don't book into rehab just yet. "Coffee is definitely addictive," says Dr Ray. "It's a psycho-stimulant that blocks the same brain receptors as cocaine, re-enforcing addictive



behaviour. The key difference is that cocaine is highly toxic, whereas coffee isn't."

#### IS COFFEE ACTUALLY THE NEW SMOKING?

Unless you're working you way through a coffee franchise loyalty card every few days, you're probably in the clear.

**DANGER RANKING** → 3/10

### 4. ARTIFICIAL SWEETENERS

#### THE STORY

"Artificial sweeteners were supposed to rescue us from the deadly threat of sugar, but all they've done is give us multiple sclerosis, brain tumours, blindness, mental-health issues and seizures!"

#### THE SOURCE

Saccharin, the first artificial sweetener, was discovered back in 1879 by a scientist working on coal tar derivatives. It wasn't until sugar shortages caused by World War One that it became commercially available – and instantly controversial. After all, wasn't coal tar a carcinogenic? Why would humans eat that?

Since then, various studies claim to have found links between sweeteners and (deep breath) type-2 diabetes, insulin spikes, dizziness, vomiting, low birth weight, seizures, low blood pressure and cancer.

Aspartame has a particularly bad rep: It was dropped from Diet Pepsi in the US last year because customers' concerns over its supposed links to multiple sclerosis, lupus and blindness caused a dent in sales.

#### THE FACTS

Of all the scare stories here, this is the one that's got the most dementedly out of hand. When it comes to sweeteners, the gap between truth and public perception is vast.

"When you actually look at the research that's been done – and the British government recently reviewed all the available evidence – sweeteners have been repeatedly cleared as being perfectly safe for consumption," says Priya.

In fact, according to the European Food Safety Authority's 2013 investigation, even aspartame is safe – being broken down into less harmful byproducts as soon as it enters



# “ **ASPARTAME WAS DROPPED FROM DIET PEPSI IN THE U.S. LAST YEAR, DUE TO CUSTOMERS’ CONCERNS OVER ITS SUPPOSED LINKS TO MULTIPLE SCLEROSIS AND BLINDNESS.** ”

our system.

It turns out the stats have been liberally sprinkled with glitter. “A lot of the studies cited in news stories have been conducted on animals,” says Priya. “You can’t necessarily take what happens in a rat and say it’ll happen in a human.”

## **ARE SWEETENERS ACTUALLY THE NEW SMOKING?**

A low-calorie content means they’re far better for your weight (and your award-winning smile) than evil sugar. Speaking of which...

**DANGER RANKING** → 2/10

## 5. SITTING DOWN

### **THE STORY**

“We now spend half of our entire lives slumped in a chair, and idle muscles and sluggish blood flow are fast forwarding you towards heart disease, cancer, diabetes and reduced brain function!”

### **THE SOURCE**

This story rocketed into the mainstream last February when Apple chief Tim Cook declared: “Sitting is the new cancer.” Thankfully, the soon-to-be-launched Apple Watch would rescue us all from our sedentary, fat-assed fate. Phew!

### **THE FACTS**

It’s pretty unarguable that our current sitting-around levels are not good. Pins and needles aside, sitting for extended periods adversely impacts the body’s metabolism, increasing levels of unhealthy fats such as triglycerides, and decreasing levels of the health HDL cholesterol.

Published in 2014, the largest-ever study of sitting’s health risks was conducted on 92,000 menopausal women over a 12-year period. Chances are you’re not a menopausal woman, but regardless, the results speak for themselves: Subjects who spent more than 11 hours a day sitting were 21 percent more likely to die of cancer and 27 percent more likely to perish of heart disease than those who sat for four hours or less.

The answer, of course, is simple: Sit less, stand more. And limit those sofa-bound Netflix binges. A 2012 University of Queensland study found that an adult who watches an average of six hours of TV a day can expect to live 4.8 years less than someone who watches none. Cheers for that, *Game Of Thrones*.

### **IS SITTING ACTUALLY THE NEW SMOKING?**

Not far off. But sitting down while smoking and you’re really living dangerously...

**DANGER RANKING** → 7/10



## 6. SMOKING E-CIGS

### THE STORY

"The vaping thing was too good to be true, with flavour-enhancing aldehydes attacking your respiratory system, making E-cigarettes every bit as lethal as the cigarettes they were supposed to save us from!"

### THE SOURCE

Vaping has had a roller-coaster ride in the press. Initial mistrust turned to grudging respect as medical experts came out in support of it as an alternative to smoking.

But then, in an article published in the *British Medical Journal* last September, Prof Martin McKee and Prof Simon Capewell argued that vaping's benefits had been oversold and hyped by parties with vested interests. And, so, once again, vaping received the suspicious side-eye.

### THE FACTS

"Inhaling anything that's not supposed to be in your lungs is going to cause you damage," says lung expert Professor Robert West of University College London. "But on a scale of zero to 100, if zero is breathing in fresh air, and 100 is smoking a cigarette, then vaping is about five."

Safe-ish it may be, but vaping won't nix your nicotine habit. "Vaping is every bit as addictive as smoking," says Dr Ray. "You're still inhaling nicotine and it's having the exact same effect on the nicotinic receptors in your brain."

"The relative benefit is that you're not also ingesting tar and the hundreds of toxic chemicals used to make cigarettes."

### IS VAPING ACTUALLY THE NEW SMOKING?

Not really. Unless you're a smoker, in which case it probably should be.

**ANGER RANKING** → 4/10

## 7. TRANS FATTY ACIDS

### THE STORY

"Trans fats are pure poison, raising the levels of low-density lipoprotein in the body, cramming your arteries full of heart-exploding fatty plaque!"

### THE SOURCE

Artificial trans fats – hydrogenated fats – have been a weighty talking point in the US since 2006, when New York's health board banned the use of them in restaurants due to concerns over their heart attack-causing properties and (slight) evidence that they lead to diabetes.

The US Food and Drug Administration then announced a nationwide ban to come into effect this year. Basically, you're one more microwave korma away from an exploding heart.

### THE FACTS

There's no denying that man-made trans fats aren't exactly life-giving manna from heaven.

"Trans fats are formed when oil is put through a process called hydrogenation, effectively making the oil more solid," explains Dr Varney. "It can then be used for frying, or in processed foods like biscuits and cakes. But the evidence is clear that consuming trans fats increases both blood cholesterol levels and the risk of heart disease."

But panic not. In Singapore, authorities have restricted the use of trans fat in food. "In recent years, many food manufacturers have removed trans fats from their products," says Dr Varney. "Meaning that, in most countries, you're unlikely to be consuming them."

### ARE TRANS FATS ACTUALLY THE NEW SMOKING?

Technically, yes, but in these enlightened times, you've nothing to fear.

**ANGER RANKING** → 8/10





**ADULTS  
SHOULD BE  
CONSUMING  
NO MORE THAN  
30G OF FREE  
SUGARS EACH  
DAY.**

## 8. ADDED SUGARS

### THE STORY

"Sugar is as addictive as meth, cheaper than fries, and the No. 1 contributor to the global obesity epidemic!"

### THE SOURCE

Headlines regarding the public's increasingly prodigious sugar consumption have been a mainstay of newspapers for years ("The average Briton now consumes 238 teaspoons of sugar a week!" fretted *The Telegraph* in 2014). These usually go hand-in-hand with hair-raising tales of what all that sweet stuff is doing to our innards: high blood pressure, liver damage, heart disease, hypertension, type-2 diabetes, apocalyptic teeth...

Then there are the dark tales of sugar's evil moreishness. One particularly startling study, published in 2007, found that lab rats (clearly the Gordon Gekkos of the rodent world) would choose sugar over cocaine – even when they were already addicted to cocaine!

### THE FACTS

When it comes to sugar, in this case, you can

believe the hype – within reason.

"Too much sugar in the diet means too many calories, which leads to weight gain and obesity," says Dr Justin Varney of Public Health England. "That makes you more prone to developing life-threatening illnesses such as heart disease, type-2 diabetes and some cancers."

But it's not all bad news. "There's no evidence to suggest we should completely remove sugar from our diet," Dr Varney continues. "We needn't worry about those found in dairy or whole fruit and vegetables, but there's strong evidence to say we need to significantly cut down on added sugars, as well as the sugars contained in honey, syrups and fruit juice – known as 'free sugars.' Adults should be consuming no more than 30g of free sugars each day."

Bad news for your meal-deal lunch: That's roughly one Mars bar or a 330ml glass of orange juice per day.

### IS SUGAR ACTUALLY THE NEW SMOKING?

It looks like it, yes. It may also be the new crack, smack and meth.

**ANGER RANKING** → 9/10

# GOOD FATS STILL MAKE YOU FAT

THE IDEA THAT AN AVOCADO FRIED IN COCONUT OIL WILL MAKE YOU LEAN IS A HEAVYWEIGHT LIE. NUTRIENTS CAN'T NEUTRALISE CALORIES. ONLY YOU CAN.

AVOCADO  
AS A FAT-LOSS  
PANACEA? WE  
THINK IT'S A BIT  
OF A STRETCH.





W

When was the last time you ate an avocado? Last night with your bun-free burger, perhaps? Or this morning, smashed on a slice of buttered sourdough with two poached eggs?

You might even be eating one now, spooning its oily flesh straight into your mouth, smugly savouring the micronutrient bump.

You wouldn't be alone. Last year, for the first time since shopping lists began, avocados outsold oranges in the UK. By March, sales were up 39 percent year-on-year, making the super-fruit worth \$222m.

In 2016, more photos of avocados were pinned on taste-making social media site Pinterest than any other food. It's official: Avocados, along with other fatty treats such as coconut oil and peanut butter, are having a moment. They're

delicious, nutritious... oh, and they're ruining your six-pack.

Fat's newly bloated popularity came about due to a triumvirate of triglyceride trumpeters. First, the scientists: A 2003 study in *The New England Journal of Medicine* showed those on a low-carb diet lost more weight than those on a low-fat plan. A raft of similar studies confirmed it: Carbs were out, fat was back.

Next came the paleo pushers, who eschewed grains in favour of nuts, seeds and as much flesh as they could forage from the Fairprice meat fridge.

And, finally, an army of Instagram "experts" began drowning their courgetti in coconut oil, and making #avocado a more popular hashtag than #photooftheday.

The message was clear: If you want to lose weight, ditch the carbs and chew the fat. Yet, gram for gram, fat is far and away the most calorific macronutrient.

For every gram of protein or carbohydrate that passes your lips, you consume four calories. For every gram of fat, it's nine. Take that burger, lose the brioche bun (185 calories) and replace it with halloumi, bacon and avo, and you've just gobbled a net

increase of 350 calories.

Yes, avocado is loaded with vitamin E and potassium, but each one also packs 300-odd calories.

Nutrient-rich, sure. Weight loss-friendly, not quite. Likewise, if you think scooping a spoonful of coconut oil (115 calories) and one of butter (100) into your Bulletproof Americano will rid you of the love handles, you've got another chin coming.

Ultimately, weight loss relies on maintaining a calorie deficit - burning more energy than you consume. And the best way to do that is through hard-won sweat. The tougher your workout, the more energy you use, the more fat you burn. And then comes the fuel. Not fat - which your body can't break down quickly enough to harness for energy - but good old-fashioned carbs.

Don't get me wrong: Coconut oil's high-smoking point - 177 deg C versus olive oil's 160 deg C - makes it a healthier option for your frying pan. The selenium in your walnut-based snack bar is vital for cognitive function. And avocado, the faddiest fatty food of them all, is as versatile as it is nutrient-dense.

But you can have too much of a good thing, especially when that thing is stuffed full of calories. It's time to reconfigure your serving sizes.

So eat your healthy fats. Smash that avocado onto your sourdough. You can even butter it first. Just remember, if weight loss is your ultimate goal, the most important thing you can exercise is portion control.

And be sure to take all those #eatclean #avotoast pics on Instagram with a pinch of salt.

## NO DEAL WITH THE DEVIL



### (1) DODGE A BULLET

There have been no peer-reviewed studies into Bulletproof Coffee. But with one cup meeting your sat-fat recommended daily allowance, you might want to keep it to that number.



### (2) FUEL'S GOLD

Research shows that - for anything but steady-state cardio - carbs are the most efficient fuel. Eat an hour pre-workout for maximum impact.



### (3) STAND THE HEAT

De Montfort University found that, when heated, sunflower and veg oils produce higher levels of cancer-causing aldehydes than coconut oil.

AVOCADO IS LOADED WITH VITAMIN E AND POTASSIUM, BUT EACH FRUIT ALSO PACKS 300 CALORIES.

# THE HEALTH SNOB'S GUIDE TO AGED STEAK

Youth is wasted on the tongue. Extreme aged meat is the freshest epicurean trend and one your personal trainer will have little beef with. This is how to make the mature choice.

## 01/ A WAITING GAME

Some things are expected to improve with old age. Cheese, wine, denim. But meat? If you balk at the thought of six-month-old steak, you're having a cow for no reason. "The longer you age meat, the more punchy its flavour," says chef Michael Reid of M Restaurants. But it delivers more than gourmet kudos: Ageing loosens the connective tissue, making the nutrients easier to absorb. For more goodness per gram, here's how it breaks down.



### a) WET-AGED RIB-EYE

As the name suggests, wet-ageing is about introducing moisture. The beef is vacuum-sealed in plastic. "Natural juices from the beef tenderise the meat and make it more flavoursome and juicy," says Michael. "It's almost like a marination."



### b) ONE-WEEK DRY-AGED

Dry-ageing occurs in purpose-designed chambers where the temperature and humidity are closely controlled. After seven days, the steak is still young; most ageing occurs over one or two weeks. Consider it a warm-up for your taste buds.



### c) SIX-WEEK DRY-AGED

Anything over 21 days is considered "heavily aged." By now, the beef will have lost around 18 percent of its moisture. As it dries, the outer layer becomes jerky-like (and not in a good way), so it needs to be cut away, leaving the tender flesh behind.



### d) SIX-MONTH DRY-AGED

This is the "blue cheese" of meats, with a strong umami flavour. The cut's weight will have reduced by up to 40 percent, but that's just water loss. Its nutrients – iron, selenium, zinc and energy-boosting B vitamins – remain deliciously intact.





## 02/ MEAT OF THE ISSUE

As with people, some steaks age better than others. Michael favours the rib-eye: "Fat acts as a protective coat, so there's less lost to tough skin." He suggests ignoring health-hipster lore and looking for cows that have been fed grass and grain. "It enhances the marbling and gives the beef richness."

The more your meat has aged, the drier it will be, and therefore the less you want to cook it. For example, a six-month rib-eye will take half the time of a one-week-old cut. And you can shelve the extra-virgin. Once Michael has trimmed off the excess fat, he renders it down and uses it as a baste. Your body will profit from such thrift too: The fat and cholesterol in red meat helps to maintain healthy testosterone levels, explains nutritionist Rhiannon Lambert.

Invest in a thick-based steel or aluminium pan, which holds and disperses heat for the all-important maillard crust, delivering maximum flavour. Finally, Michael favours Wusthof knives, which have a straight, clean edge that won't damage the protein when slicing. After a six-month prep period, it would be a shame to dull the experience.

## 03/ OPTIMAL PRIME

If you're after the top cuts, it's worth befriending your butcher. But when buying from the supermarket, bypass vibrant red steaks, which will be young and mild, in favour of darker, marbled cuts for meat that is more tender and flavoursome.

**"The longer you age meat, the more punchy its flavour."**



### BEEF & VIETNAMESE COLESLAW SANDWICH

#### SERVES 4

- Coconut sugar, 100g
- Rice vinegar, 100ml
- Fish sauce, 100ml
- Limes, 2, juiced
- Rapeseed oil, 100ml
- A red cabbage, sliced
- A wombok, sliced
- A red onion, sliced
- Red chilli, 2, chopped
- Spring onion, bunch
- Coriander, ½ bunch
- A lemon, zest only
- Wet-aged beef, 400g

#### METHOD

For best results, make this salad the night before, so the veg is almost "pickled." Dissolve the sugar in vinegar, fish sauce and lime over a gentle heat. Add the other ingredients (bar the meat) when cool. "When buying wet-aged meat, touch it first," says Michael. "It should spring back - that's a sign of quality." Cook on a hot pan until medium rare. Serve in toasted brioche buns, spread with mustard and piled with coleslaw.



### LEMONGRASS & COCONUT BEEF CURRY

#### SERVES 3-4

- White onions, 2 large
- Lemongrass, 2, crushed
- A garlic clove, crushed
- Cumin powder, 1 tbsp
- Turmeric powder, 1 tbsp
- Chilli powder, 1 tsp
- Tomatoes, 4, chopped
- Coconut water, 1 litre
- Ginger, 25g, chopped
- One-week beef, 400g
- A red pepper, chopped
- Kale, 4 large leaves
- Roast squash, 100g

#### METHOD

Sweat the onion, lemongrass, garlic and spice, then add the tomatoes and coconut water. Bring to a boil, then let it simmer. Add the ginger and reduce by a third. "Digestive spices such as cumin and ginger help your body break down red meat," says Rhiannon. Blend, then pass through a sieve. Pan-fry your beef, then saute the peppers in a pan, adding the kale to wilt. Mix with your sauce and squash, then get stuck in.



### SPICY BEEF BUCKWHEAT TACOS

#### SERVES 2

- An avocado, diced
- Tomatoes, 2, diced
- Red onion, ½, diced
- Red chilli, ½, diced
- Basil leaves, 4, chopped
- A lime, juice and zest
- Sea salt
- Six-week beef, 200g
- Buckwheat tortillas, 2

#### METHOD

For the salsa, simply mix the avocado, tomatoes, onion, chilli, basil leaves and lime juice. Season with sea salt. Grill the beef (remember to reduce the cooking time accordingly) and set aside to rest before slicing. Meanwhile, toast your tortillas on a dry griddle for 30 seconds a side. Build your tacos with the beef first, followed by the salsa, and finish with basil cress and mixed leaves (Michael likes endive and lamb's lettuce).



### ROASTED AGED RIB OF BEEF

#### SERVES 4-6

- Six-month beef, 2.5kg
- Smoked paprika, 1 tbsp
- Cayenne powder, 1 tbsp
- Chilli flakes, 1 tbsp
- Onion powder, 1 tsp
- A red onion, in wedges
- Garlic bulb, smashed
- Rosemary, 2 sprigs
- Thyme, 2 sprigs
- Sweet potatoes, 2

#### METHOD

Take the rib out of the fridge an hour before cooking. Place a dish in a 240-deg-C oven. Rub the meat with your spices, then put it in the heated dish with the other ingredients. Roast for 15 minutes, then dial down to 160 deg C and cook for 2½ hours. Baste the beef with its juices as it cooks. Remove and cover with foil for 30 minutes. Well, what's another half hour?

# THE PERFECT GETAWAY

VALENTINE'S DAY MAY BE OVER, BUT IT DOESN'T MEAN YOU CAN'T SPLASH OUT FOR A COUPLE'S STAYCATION IN STYLE.

STAYCATION

You won't find many better hotels to enjoy a decadent day in than this one. With panoramic windows and breathtaking views, you'll be tempted to keep the blinds open for the entire stay.

The Marriott also boasts a wonderful concierge lounge that serves breakfast, tea, cocktails and snacks throughout the day, and the modern and hip decor will also make you feel like you're in a scene from *The Great Gatsby*. If lazing around is what you're inclined to, our picks – its king crab appetiser and wagyu beef satay are must-tries from the in-room dining menu. Enjoy a night of bliss on us: We've got a one-night stay in a Club Premier Room with Executive Lounge access valued at \$700++!

**Just check out our Men's Health Facebook page to find out how.**  
[www.facebook.com/menshealthsingapore](http://www.facebook.com/menshealthsingapore)

HOTSPOT

## STORY OF THE FOREST

➤ From the same people behind the Future World exhibition at the ArtsScience Museum featuring flashing lights and lighted balls, Story Of The Forest brings to life 69 drawings from the prized William Farquhar Collection of Natural History Drawings within the museum's Glass Rotunda. What's more, admission to this immersive installation by internationally renowned art collective Teamlab is free for Singaporeans.

**Until March 31, 10am to 6.15pm, National Museum of Singapore**

MOVIE

## POWER RANGERS

➤ The classic sci-fi TV series sees a modern action remake set in its original story world of Angel Grove. After finding out that the world is about to be obliterated by an alien force, five ordinary school kids must come together to save the planet by defeating villainess Rita Repuls and banding together as the Power Rangers. But to do so, they will have to overcome their real-life issues before it's too late.

**Opens Mar 23 in cinemas islandwide**

## USEFUL YOUTUBE VIDEO OF THE MONTH

### HOW TO MAKE SIMPLE FRIED ICE CREAM

Want to impress your girl? Then learn how to make the ultimate dessert with this delicious, creamy, smooth fried ice cream recipe. This one-minute video will take you through the steps in first-person view.



**SEARCH YOUTUBE FOR:**  
Howcast

**OR LOG ON TO:**  
[youtu.be/Ma5a2LLlOTc](http://youtu.be/Ma5a2LLlOTc)

EVENT

## MEN'S HEALTH URBANATHLON 2017

➤ Singapore's original urban obstacle course returns for the eighth year with free-form running and four new obstacle zones, including a final Urban Warrior course at the Ngee Ann City Civic Plaza, right in the heart of Orchard Road. Appealing to all athletes, this race will push your limits like never before, and provide an opportunity to showcase your tenacity.

**March 4, Ngee Ann City Civic Plaza,**  
<http://urbanathlon.menshealth.com.sg/2017/>



# style<sup>1</sup>

& GROOMING

## THE WEIGHT IS OVER

YOU CAN STILL LOOK DAPPER WITH THE RIGHT BLAZERS THAT ARE LIGHTWEIGHT AND TAILOR-MADE FOR OUR WEATHER.



It can be tricky trying to stay smart in sweltering temperatures, but lightweight jackets can do the trick. Thanks to trim cuts and well-made fabrics – some coming from the same factories as high-end designer labels – quality jackets can be attained to help you stay cool, in all senses of the word.

Yes, some of these alternatives can be prone to wrinkles, but such suit jackets are typically laid-back, so a few creases are never a huge deal.

■ TEXT MCKEN WONG



↓  
TODS SPRING  
SUMMER 2017  
MEN'S COLLECTION

PRICE ON  
APPLICATION,  
[WWW.TODS.COM](http://WWW.TODS.COM)



**“An unstructured jacket will feel less constricting,”**

says Damien Paul, head of menswear at matchesfashion.com. Translated, that means breathable fabric such as cotton and linen.

**A navy jacket can easily transition from lunch meeting to rooftop happy hour.** Look for

innovations that trim the suit down, such as a soft shoulder, which loses unnecessary bulk.

If you're opting for grey variations, this is a good choice. **For medium to dark grey, pair with bold colours or patterns for your shirt.** Lighter greys can skew more casual, but adding a simple white shirt will keep you crisp and confident, says Dwight Fenton, chief creative officer at Bonobos, a New York-based apparel company.



1► MANGO MAN SLIM-FIT WOOL BLAZER  
\$399, [WWW.ZALORA.SG](http://WWW.ZALORA.SG)

2► BENJAMIN BARKER TAKEUCHI GREY BLAZER  
\$398, [WWW.BENJAMINBARKER.CO](http://WWW.BENJAMINBARKER.CO)

3► TOPMAN GREY SUIT JACKET  
\$286, [SG.TOPMAN.COM](http://SG.TOPMAN.COM)

**“Lighter greys can skew more casual, but adding a simple white shirt will keep you crisp and confident.”**



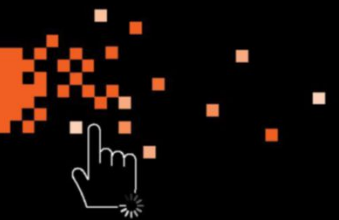
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SPHmagazines

# BLACK IS BEST

**Hollywood actor Ludi Lin, star of *Power Rangers*, shares why he thinks the dark side wins in the style stakes.**



TEXT **MCKEN WONG** PHOTOGRAPHY **CHARLES CHUA**  
ART DIRECTION **JASON TAN** STYLING **SHEH**  
HAIR **K.C. CHUA/W SALON** USING **AVEDA**  
GROOMING **BENO LIM/W SALON** USING **TOM FORD**  
MODEL **LUDI LIM**







# EMBRACE THE DARKNESS

Even before he was earmarked for the role of the **Black Ranger in the movie, Ludi was already a fan of dark shades.**

"I love the colour black," he enthuses. "It's not even a colour - it's the absence of all colours. It goes with everything!"

⌚ Pullover, **YMC** from **Tangs @ Tang Plaza**

⌚ Sweatpants, **Uniqlo**

⌚ Shoes, **Pedro**



☞ Cotton shirt, **Hosio**

☞ Drawstring pants,  
**I Love Ugly**

☞ Vest, **Colony Clothing**

All the above from Tangs @  
Tang Plaza



# FIND FINESSE IN FIT

He's never been into the whole Goth look, though, he says. Ultimately, dress for comfort. **The most important thing is you can look good in any shade of black, as long as you focus on fit over form.** "When I pick out a jacket, I skip the detailing and focus on how it wears on me. Maybe I look for a twist of sorts, but nothing too obvious or exaggerated. Black doesn't need be ostentatious," he preaches.



⊕ Straight-cut jeans, **Uniqlo**

⊕ Long-sleeved cotton shirt,  
**Hosio from Tangs @ Tang Plaza**

⊕ Shoes, **Pedro**





A man with short dark hair, wearing a black hoodie, is shown from the waist up. He is holding a long, glowing sword diagonally across his body. The sword's tip is bright and emits a large, bright light flare. The background is dark and moody, with some light rays visible. The overall tone is dramatic and high-contrast.

# A PERSONALITY MATCH

Some people believe that the colours you pick for your daily dress reflect who you are, and Ludi agrees. **"I'm always hungry for new things, and black is like a black hole: It swallows all, encompasses all."**



# PERSONALITY MATTERS

So how often does Ludi embrace his dark side, sartorially at least? Quite often. The 29-year-old reveals: **“People keep giving me black things.”** How does the man mix and match it all? **“With a smile,”** he quips.







# THE DIRT ON CLEAN SKIN



A GRITTY, GRIMY  
SECRET WEAPON CAN  
LEAVE YOU LOOKING  
FRESHER AND  
HEALTHIER.

W

We love charcoal. It can sear steak to juicy perfection and suck the stink out of a man cave. But you might be surprised to know that its purifying powers can also keep your skin, hair and teeth clean and healthy. Charcoal's porous structure naturally draws out oil, dirt and stains while attracting water to hydrate your hide, says dermatologist Dr Marianna Blyumin-Karasik. Here's our quick and dirty line-up for any grooming problem. ➔



“**Charcoal’s** porous structure naturally draws out oil, dirt and stains while attracting water to hydrate your hide.”



#### DRYNESS

**1/Clinique For Men Charcoal Facial Wash, \$38.70, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**  
Cold, dry air can roughen skin, especially if you spend lots of time in an air-conditioned room. Charcoal, however, can help moisturise and cleanse at the same time. This gentle foam gets rid of grime without fragrance or residue.

#### STAINED TEETH

**2/Ernest Supplies Charcoal Bristle Bamboo Toothbrush, \$49.15, [www.ernestsupplies.com](http://www.ernestsupplies.com)**  
Surface stains from coffee, tea and wine surrender when faced with a toothbrush containing charcoal, says dentist Marc Lowenberg. But naturally dark or yellow teeth may need a hydrogen

peroxide bleaching agent, he says.

#### CLOGGED PORES

**3/Dermalogica Charcoal Rescue Masque, \$94, [www.dermalogica.com.sg](http://www.dermalogica.com.sg)**  
The alpha hydroxyl acids in this mask soak up oils and smooth out bumps. Just don't leave it on longer than advised. The charcoal can absorb too much oil, and your skin will produce more of it to compensate.

**DULL HAIR**  
**4/L'Oréal Men Expert Complete 5 Scalp Care Shampoo - Charcoal Oil Removal, \$15.90, [www.loreal-paris.com.sg](http://www.loreal-paris.com.sg)**  
Hairstyling products can leave residue that weighs down your mane. This silicone-free shampoo uses

powerful charcoal to help absorb grease and impurities, besides delivering anti-dandruff and anti-itching benefits.

#### BAD BREATH

**5/Colgate Plax Bamboo Charcoal Mint Mouthwash, \$9.90, [www.guardian.com.sg](http://www.guardian.com.sg)**  
This alcohol-free mouthwash is capable of incinerating germs that lead to bad breath, plaque and gum disease. And why alcohol-free? "Alcohol dries your mouth and can burn gum and cheek tissue," says Michael Apa, a clinical assistant professor at New York University's College of Dentistry.



# THE MEN'S HEALTH SCENT HARMONISER

HERE'S HOW YOU CAN MIX AND MATCH  
THE RIGHT TOILETRIES TO YOUR  
FAVOURITE SCENTS.



## HEAVY DUTY



⊖ **BOSS THE SCENT**  
\$107-\$134, [www.hugoboss.com](http://www.hugoboss.com)

This option spots base notes such as sandalwood and cedar, topped with cinnamon and clove. "Pairing can seem tricky, but the safe option is to match with something neutral," says Marcus Jaye, author of *The Chic Geek's Fashion, Grooming and Style Guide for Men*.



⊖ **MT SAPOLA ORIENTAL WOOD SHAVING CREAM**  
\$24.90, [www.mountsapola.com](http://www.mountsapola.com)

The presence of multiple herb extracts and essential oils emits a woody scent that echoes the base notes in your Boss fragrance. You'll also get an enjoyable, smooth shaving experience.



⊖ **APURE BAMBOO ESSENCE**  
\$199, [www.whathewants.com.sg](http://www.whathewants.com.sg)

You'll get a high concentration of bamboo extract and other natural ingredients such as perilla extract - top quality skin food that are assertive but not enough to undermine your scent.





## HERBAL REMEDIES



☉ **DAVIDOFF COOL WATER**  
\$69, [www.zinodavidoff.com](http://www.zinodavidoff.com)

This option has got top notes of peppermint and lavender, propped with a blend of jasmine and oak moss. Because it contains mint, combine it with similar scents to avoid a clash, suggests Marcus.



☉ **PERCY NOBLEMAN FACE & STUBBLE WASH**  
\$43, [www.whathewants.com.sg](http://www.whathewants.com.sg)

Lightly scented with peppermint and cucumber, this beard-friendly face wash provides gentle cleaning, without further causing the mint to become overpowering.



☉ **MALIN + GOETZ PEPPERMINT BODY SCRUB**  
\$56, [www.weneedahero.sg](http://www.weneedahero.sg)

Pique your mood with this foaming gel scrub incorporated with peppermint. It's also got pumice to help shed dead skin, plus an aroma that can combine well.



## FRESH HEAVEN



☉ **MR BURBERRY**  
\$142, [sg.burberry.com](http://sg.burberry.com)

Perky crafted notes of grapefruit and guaiac wood make this trench coat-inspired option appealing. According to Marcus, citrus scents combine well with similarly zesty products.



☉ **CLINIQUE HAPPY FOR MEN BODY AND HAIR WASH**  
\$30, [www.clinique.com.sg](http://www.clinique.com.sg)

Build up your scent profile with this citrus-scented lather that'll invigorate your senses and can easily fit into any gym bag.



☉ **HUMAN + KIND SHAMPOO + BODYWASH**  
\$25, [www.whathewants.com.sg](http://www.whathewants.com.sg)

Its orange fragrance isn't too sweet, and complements the product's dual functions – nourishing hair and moisturising dry skin.







# SHOULD YOU FINALLY GET IT FIXED?

IF YOU'VE RACKED UP MILES ON SOME OF YOUR BODY PARTS, HERE'S  
HOW TO TELL IF SURGERY IS A SMART MANOEUVRE.

**E**very man can finish this sentence: "If it ain't broke..." If you're talking about a car or a romance, that's great advice. But we are merely men, and for our bodies, the rule is different: If it ain't completely broke now, give it a few years and it might be. Putting off a needed repair might very likely lead to a more complicated one down the road.

Just ask Jonathan Stevens, 34, a health care worker. One morning last January, he woke up with an ache that began in his lower back and radiated through his right butt cheek and down his leg, causing him to limp all the way to a chiropractor.

When chiropractic treatment didn't work, he took meds and muscle relaxants prescribed by his doctor. He tried weeks of physical therapy. Nothing worked.

Finally, an MRI revealed that Jonathan had a herniated disk at the base of his spine. He consulted with a couple of surgeons and decided to have a discectomy. "Two weeks later, it was like someone flipped a switch," he said. His pain vanished and hasn't returned.

Often, things that go wrong with your body can be fixed with exercise, nutrition, common sense and complaining. "You only consider [surgery] when all other treatments have failed," says Dr Brian Werner, who teaches orthopaedic surgery at the University of Virginia School of Medicine.

But spotting that tipping point - recognising when surgery is your best option - can be tricky. For the 10 common problems that follow, we've identified the moment when it might be time to look towards the operating room.

TEXT  
MARKHAM  
HEID  
PHOTOS  
MASTERFILE



## ARTHRITIC HIP

► Wear and tear is the top cause of hip arthritis, but injuries, genetics and disease can accelerate cartilage breakdown. As a result, your bones can grind together every time you take a step. Pain, stiffness, problems moving and sitting, inability to rotate your leg to put on shoes, or pain when standing are common, says Dr Alan Reznik, an arthroscopic surgeon.

■ **FIRST-LINE FIXES** Try physical therapy and injections of an anti-inflammatory, such as cortisone. Stretching and strength exercises can also relieve hip pain and stiffness, according to researchers in Canada.

■ **THE DECISION** Guys younger than 50 should grit their teeth and wait, if possible. An artificial hip lasts about 30 years, max. Waiting increases the odds that the one surgery will last your lifetime, says Dr Reznik.

■ **WHAT HAPPENS** Your surgeon - ideally a hip specialist - rebuilds the ball and socket connecting your thighbone and pelvis. You may walk with a cane for weeks, but by month three you'll likely be pain-free.



## TORN MENISCUS

► Your menisci are little wedges of cartilage that provide a cushion between your thighbone and shinbone. They can rip under the pressure of running, jumping or pivoting.

Actor Tom Oakley, 32, says he heard an “almighty snap” during a fight scene on stage in *West Side Story*. “I couldn’t even walk for the better part of six months,” he says. But meniscus trouble can also develop gradually with age.

Pain, swelling, stiffness and the feeling that your knee is catching, locking or giving out are warnings, says Dr Kevin Shea, chair of the Evidence-Based Practice Committee of the American Academy of Orthopaedic Surgeons.

■ **FIRST-LINE FIXES** Rest, physical therapy and a smart exercise plan may help small tears, says Dr Shea. Anti-inflammatory meds and injections can also sometimes do the trick, as does weight loss for overweight people who have knee arthritis. Researchers in Norway made headlines this year when they reported that exercise therapy beats surgery for a torn meniscus, but that was just for degenerative (as in age-related) tears, according to study author Dr Nina Kise.

■ **THE DECISION** If the locking or catching of your knee doesn’t improve after three months of physical therapy, or if you heard that “almighty snap,” you should definitely see a surgeon, says Dr

Kise. That’s what Tom did, and now he can take on his fight scenes (and climb and run on movie sets) pain-free.

■ **WHAT HAPPENS** For minor or unfixable tears, an orthopaedic surgeon can trim away the frayed bits of meniscus that cause problems. Recovery takes six to 12 weeks. For a bigger tear, see a knee specialist, who may be able to sew your meniscus back together. Healing after this procedure could take as long as six months.

## WEAK ANKLE

Ankle weakness occurs when you sprain, twist, roll or otherwise injure your ankle too many times. If you play squash at lunchtime or tennis on the weekends, pay attention: Ankle sprains happen most often in indoor and court sports.

The bands of ligaments that hold your ankle joint in place are flexible and strong, but they can snap or tear if you push them beyond their limits. Then if you don’t take precautions to help your ankle heal properly, you can increase your chances of future strains and ankle arthritis, says Dr Reznik.

Signs of trouble include recurring pain, soreness, swelling and the sensation that your ankle might give out.

■ **FIRST-LINE FIXES** Give it a rest and ice it for 15 minutes every three to four hours, says

Dr Reznik. You may also need a brace, physical therapy and/or months of rest. “I see people who think they can put on high-top sneakers and braces and stay active,” says Dr Reznik. “That works for minor sprains. But if your ankle keeps giving out and swells every time, you’re probably doing irreparable damage to your ankle joint.”

■ **THE DECISION** If your ankle hurts or feels unstable even after an extended rehab and bracing, consider surgery.

■ **WHAT HAPPENS** The surgeon will either sew your ligaments back to your ankle bones, or stitch in tendons from a cadaver or your own hamstring. (Talk about the walking dead!) You’ll be in a cast or brace for up to six weeks. Full recovery typically takes three to four months.

## DEVIATED SEPTUM

Your septum is the wall of bone and cartilage that divides the airways of your nose. It can be skewed or off-centre. “Most people have a bit of deviation,” says Dr Michael Stewart, chair of otolaryngology at Weill Cornell Medical College.

Have you ever had trouble breathing during a workout or when your mouth is closed? Those are signs of a deviated septum, says Dr Justin Cohen, a facial plastic surgeon with the US Air Force’s Malcolm Grow Medical Clinics and Surgery Center. “Having sleep problems

is another big one, especially in terms of snoring,” he says. Allergies can worsen the symptoms of a deviated septum, Dr Cohen adds.

## FIRST-LINE FIXES A

prescription steroid spray may open your nasal passages to relieve breathing or snoring issues, says Dr Cohen.

■ **THE DECISION** Surgery isn’t always necessary. “The conversation I have is one about quality of life,” says Dr Cohen. Can you run? Play sports? No children pointing at you and laughing? Then you’re good. But if you wake up gasping for air and have ruled out other causes, consider septum surgery – or else it’s finally time to get rid of that water bed.

■ **WHAT HAPPENS** An otolaryngologist or plastic surgeon makes an incision and takes out the off-centre bone and cartilage. “The layers of the septum are then brought back together, and, if needed, temporary splints are inserted to keep the septum straight,” says Dr Cohen. You’ll be good in two to three weeks.

## CATARACTS

When the proteins in your eye’s lens are arrayed properly, the lens is crystal clear, says Harvard University ophthalmologist Dr Stephen Foster. But ageing, injury or UV damage can upset these proteins. The result? Blurred, hazy or worsening eyesight. You may also have trouble seeing after dark, and bright lights may bug you.

■ **FIRST-LINE FIXES** Updating your eyeglasses prescription could correct your vision and allow you to delay surgery – perhaps indefinitely.

■ **THE DECISION** If you can’t do your job or drive at night, it’s time.



**IF YOU PLAY SQUASH AT LUNCHTIME OR TENNIS ON THE WEEKENDS, PAY ATTENTION: ANKLE SPRAINS HAPPEN MOST OFTEN IN INDOOR AND COURT SPORTS.**



■ **WHAT HAPPENS** It takes minutes in the hands of an ophthalmic surgeon, who will make a tiny incision and swop your lens with a new one made of acrylic material, says Dr Foster. Sunglasses will become your very cool post-op prop.

## HERNIA

A hole in your abdominal muscles can occur at natural points of weakness in the abdominal wall, says Dr David Sanders, a surgeon with the North Devon District Hospital. The contents of your abdomen, including fat and sometimes even intestines, can then poke through. "I first noticed a slight twinge – almost a burning sensation – just below my waist," says Adam Gerber, 44.

So if you happen to notice a bulge (and not an attractive one) in your groin area, you could have an inguinal hernia – the most common type by far. It may hurt, and the pain may intensify when you cough, bend over or lift something heavy.

■ **FIRST-LINE FIXES** In most cases, a hernia isn't a life-threatening condition, Dr Sanders says. If you can stand the pain or discomfort and the lump disappears, "there's always the option to do nothing," he says, "although most people require an operation in the end."

■ **THE DECISION** Hernias grow and usually become painful, Dr Sanders says. How much discomfort are you willing to live with? When the cramping pain of his hernia made walking difficult, Adam opted to go under the knife. Now he's back to his daily 15km lunchtime run. At some point, a hernia could also get stuck in the hole, which can result in a bowel obstruction or blocked blood flow to the contents of your hernia. That's an emergency

that can be life-threatening if it's not addressed promptly.

■ **WHAT HAPPENS** A surgeon will stitch a swatch of mesh over the hole, explains Dr Sanders. The mesh acts like a scaffold, and your own tissue will grow through the mesh to reinforce the weakened area without harming nearby tissue. You'll be back at work in a week or two and able to lift heavy objects and exercise within six weeks.

## BUM KNEE

You probably know at least a few people who've had knee replacement surgery – your dad or grandfather, perhaps. In fact, total knee replacement is one of the most common operations performed in the US. "An early sign of a future need for the surgery is activity-induced swelling – usually from high-impact sports like running," Dr Werner says. "Stiffness, problems sitting down or standing up, and problems negotiating stairs are all early signs of arthritis."

■ **FIRST-LINE FIXES** "A big thing we recommend is weight loss," says Dr Werner. With every footfall, your knees bear three to eight times your weight, so a few kilos of body weight matter. Physical therapy and anti-inflammatory injections may also help. So can resistance training.

■ **THE DECISION** "[Surgery] is not for the guy who goes out for a hike or swings a golf club and has pain," says Dr Werner. "This is for a man who can't straighten or fully bend his knee, or who has a deformity." If your knee is bowing or your stiffness and loss of motion are progressing, don't wait. The more mobility you lose before having surgery, the less you'll regain post-op.

■ **WHAT HAPPENS** The surgeon will place metal caps on the

bottom of your thighbone and on top of your shinbone. Then you get a new knee in the form of a plastic insert that allows for smooth movement. You'll walk the day of surgery, but you'll need months of physical therapy to recover fully.

## HERNIATED DISK

"Hernia" means "bad news," as you may have guessed when you read about abdominal hernias. In this case, it means the soft cushion in a disk in your spine is slipping out of a hole in the firm exterior of the disk. That may cause back pain or compress a nerve and cause leg pain.

A herniated disk is usually the result of wear and tear, but an injury could make it worse. An aching back is a hint of trouble, but it's far from the only one. "It's a common misunderstanding that a herniated disk is always about back pain," says Dr Reznik.

Actually, the nerves of your spine tie into almost every part of your body. If a herniated disk squeezes or strangles one or more of those nerves, you may feel pain, tingling, numbness or weakness in your butt, thighs, feet, calves, arms, shoulders or neck. So, basically, you could point the finger at your disks for a variety of aches, pains and annoyances.

■ **FIRST-LINE FIXES** Many herniated disks are fairly minor, and your body's built-in repair mechanisms may resolve them without requiring intervention, says Dr Reznik. In fact, research suggests that herniated disks are quite common, and many people have them without having any symptoms at all. If you do have a symptomatic herniated disk, your chances of self-repair are good if you just have minor pain and tingling. Rest, ice packs, anti-

inflammatory drugs, physical therapy and traction – a treatment to decompress your spine – can all help you mend, says Dr Reznik.

■ **THE DECISION** With disk problems, the biggest worry is permanent nerve damage. If a bulging disk strangles a nerve for too long, you might lose feeling in the area fed by that nerve. "In those cases, you may get relief from pain, but you'll never get back full function in the affected area," says Dr Reznik. So don't mess around if you have numbness or weakness, or if one limb or muscle group looks smaller than it does on the other side. The symptoms you see in the mirror are red flags. So are problems with bowel or bladder function. Your doctor may conduct imaging tests such as an MRI or CT scan to confirm exactly what's wrong in your spine.

■ **WHAT HAPPENS** The procedure typically involves general anesthesia, a small incision in your back or neck, depending on the location of the problem, and careful removal of the abnormal disk material, says Dr Reznik. This operation is best performed by an orthopaedic surgeon who specialises in spine repair, although some cases might require a neurosurgeon. The doctor will stitch you up and, within around six weeks, you'll be all better.

## TORN LABRUM

Your labrum is a piece of cartilage that helps stabilise your shoulder joint, which operates as a loosely fitting ball and socket. This joint runs a higher risk of dislocation than your knees or hips do, probably due to its freedom of movement. Shoulder dislocations can sometimes result in a labral tear.

You've probably heard about



professional sportsmen who were sidelined by (or played with) a torn labrum. It's a common injury in athletes who put their shoulders in compromising positions.

Have you ever felt a sensation that your shoulder is too loose or not working smoothly? These feelings (and pain) are hallmarks of a labral tear. Often this injury is also associated with a fear of instability with certain movements or positions, says Dr Reznik. Those fears aren't always unfounded. "Every time you dislocate your shoulder, it becomes easier to dislocate again," he says.

■ **FIRST-LINE FIXES** Rest and anti-inflammatory meds can help you heal and manage the pain, says Dr Hsu. Physical therapy's not a bad idea either. It can strengthen muscles that stabilise your shoulder.

■ **THE DECISION** If you've dislocated your wing multiple times, the wear and tear can build up over time. You may eventually need a shoulder replacement, which is a complicated procedure. Instead, consider having your labrum surgically repaired before the ball and socket deteriorates. Lucas Garrett, 22, dislocated his shoulder playing football. He got a sling and saw a personal trainer, but his shoulder still felt weak and loose. He had a surgical repair and, within a few months, he was back lifting weights and running down the field.

■ **WHAT HAPPENS** Ideally, you should go under the knife of an orthopaedic surgeon who specialises in shoulder procedures. During labrum repair surgery, a surgeon "grasps" the torn tissue and secures it back to the bone. It's kind of like tying a boat to a dock. Full recovery typically takes four to five months, says Dr Hsu. You'll spend a few of those weeks with your sore shoulder in a sling.

## TORN ROTATOR CUFF

► This group of muscles and tendons stabilises your upper arm in your shoulder socket. As you age, your rotator cuff weakens and can tear away from the bone, especially if you do activities that require forceful or overhead arm movements. An injury or fall can also detach it.

Does your shoulder ache or feel weak when you move it? The culprit behind these sensations could be a bad rotator cuff, says Dr Jason Hsu, an orthopaedic surgeon who repairs shoulders at the University of Washington Medical Center. Either of these warning signs could crop up during overhead movements, or be present all the time.

■ **FIRST-LINE FIXES** This might sound obvious, but if a movement hurts, don't do it. Try physical therapy. "It can help strengthen muscles around the shoulder and compensate for any tear you have," says Dr Hsu. In a study in the *Journal of Shoulder and Elbow Surgery*, 75 percent of people with age-related rotator cuff tears had such good results rehabbing with a physical therapist that they didn't even want surgery.

■ **THE DECISION** If rest and therapy don't help, surgery may restore your shoulder function. It's something to consider if you're young and active but have persistent pain and weakness.

■ **WHAT HAPPENS** Your orthopaedic surgeon will secure your rotator cuff tendon to the bone using sutures. After a period of rehab, you should be back in the starting rotation in around six months.



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### 66 MUSCLE

#### METASHRED YOUR BODY

THIS IS THE MOST EFFECTIVE AND INTENSE BODY-SCULPTING TRAINING SYSTEM WE'VE EVER DEvised.



### 70 MUSCLE

#### LIFT LESS FOR TWICE

THE GAINS  
WANT BIGGER MUSCLES FOR HALF THE WORK?



### 74 FITNESS

#### 5 RULES OF FITNESS

HERE ARE SOME FITNESS FUNDAMENTALS THAT WILL HELP TAKE YOU FROM FLAB TO FIT, OR FROM FIT TO RIPPED.



# METASHRED YOUR BODY

PREPARE TO EXPERIENCE THE MOST EFFECTIVE AND INTENSE BODY-SCULPTING TRAINING SYSTEM MEN'S HEALTH HAS EVER DEVELOPED.

## 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 in the air as you do.



### 3 ■ Bulgarian Split Squat

Stand in a staggered stance with your back to a bench, 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 towards the floor, and then bound to your left by jumping off your right leg. Land on your left foot as you reach towards the outside of your left foot with your right hand. Reverse the move back towards the right, landing on your right foot.

■ PHOTOS BEN GOLDSTEIN





## DIRECTIONS

Complete each workout twice a week. Start with the first exercise. Do it for 30 seconds, and then rest 15 seconds. That's one set. Do three sets and continue to the next move. Repeat that pattern (30 seconds on, 15 seconds off for three sets) with each exercise until you've completed all in the workout.

**Trainer:** B.J. Gaddour,  
*Men's Health* fitness director  
**Time:** 40 minutes  
**Workouts:** 2

### 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 towards 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 and 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 and 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 towards 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.



6

#### Dumbbell Modified Upright Row

Stand holding a pair of dumbbells in front of your thighs, palms towards 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 towards your hips.





# 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.

## M

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 158kg.

**Fourth set, 83kg 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-heck-just-happened pain.**

That's it, I vowed as I curled into a foetal 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 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 475kg 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 like 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. "Anytime you use that much muscle in one movement, you're working your cardiovascular system and burning a ton of fat too," says Ben Bruno, a Los Angeles-based trainer and *Men's Health* fitness advisor.

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

One limiting factor, says Stuart McGill, 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, Dean 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 set-up 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, Dean concludes: "Ten 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.

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,

a competitive powerlifter.

"There's no reason to be heartbroken just because you can't do one exercise."

Dean 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 counselling with a sports performance psychologist in case the problem is in my head, another possibility Dean 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 towards 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 DEADLIFT-ABILITY

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 towards the ceiling. Raise one leg as high as you can, noting how far your leg travels upwards. 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.

### RESULTS

Pass both tests? Then you're cleared for take-off – that is, flexible enough to do deadlifts. If you fail either one, use moves like the barbell rack pull, farmer's walk or barbell hip thrust. This way, you'll end up with the body you want while keeping yourself off the injured list.

## NAIL YOUR FORM, NOT YOUR SPINE

DIAL IN YOUR DEADLIFT FORM WITH TIPS FROM POWERLIFTER CRAIG RASMUSSEN.

### 1/ NAIL THE SET-UP

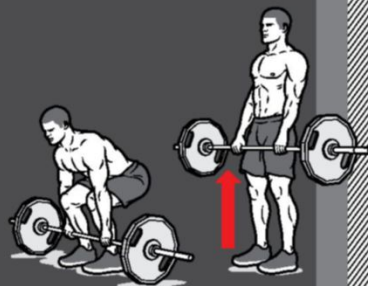
► "The bar should be directly above the bow on your shoelaces, and your shoulder blades should be above the bar," Craig says. Your torso, arm and hip should form a triangle when viewed from the side.

### 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," says Craig. Wear long socks so the bar won't scrape your shins.

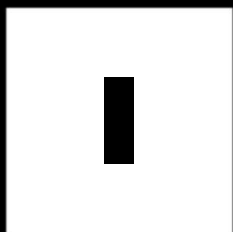
### 3/ HOLD A NATURAL ARCH

► 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.



# THE FASTEST WAY TO MAKE YOUR MUSCLES GROW

MEN'S HEALTH FITNESS DIRECTOR B.J. GADDOUR REVEALS HOW YOU CAN MAKE IMPRESSIVE GAINS OVER TIME.



I used to think I'd get good muscle pumps during my workouts – that is until I tried blood flow restriction training (or BFR).

But before I explain how you can start using this game-changing performance enhancement technique, I want to first ask you to keep an open mind.

Look, I know this type of extreme-looking exercise might appear strange or even dangerous at first glance. Trust me, I felt the same way – until I dug deeper into the accumulating research validating this training method.

Then I tried it myself and with others, and was blown away with the endless applications for busy men and women looking to build muscle while using lighter loads and sparing their joints.

My job is to discover the safest and most efficient ways to help you get physically better. And BFR is a technique that fits the bill. However,

if you don't want to try it, that's cool too. You can still use all of the finishers outlined without wrapping your limbs, though the results won't be as good (just saying).

## BLOOD FLOW RESTRICTION TRAINING 101

In order to understand how BFR works, it's important to do a quick debriefing on how your circulatory system operates. Your arteries are blood vessels that carry oxygenated blood away from your heart to your body. Your veins are blood vessels that carry mostly deoxygenated blood from the body back to the heart.

The goal of BFR training is to restrict venous return while still allowing arterial flow by strategically wrapping the topmost portion of your limbs. By restricting the veins and not the arteries, blood can keep pooling into a working muscle and it stays trapped there. It's like filling a water balloon to max capacity (without it popping, of course).

By bringing in all of that blood to the working muscles without letting it leave, a couple of key things happen.

One, you get a crazy pump. Seriously, your muscles become supersized. The theory is that this leads to cellular swelling, which shocks the

muscles into new growth.

Two, it's gonna burn like hell. Your muscles quickly become deprived of oxygen and can't get rid of accumulating waste materials, and this creates a lot of metabolic stress or acidosis. Metabolic stress is one of the three major mechanisms of muscle growth and should not be overlooked.

Dr Brad Schoenfeld is one of the leading authorities on hypertrophy (the scientific term for muscle growth). In his book *Science and Development of Muscle Hypertrophy*, he says: "The prevailing body of literature shows that BFR training stimulates anabolic signalling and muscle protein synthesis, and markedly increases muscle growth despite using loads often considered too low to promote significant hypertrophy."

Dr Schoenfeld goes on further, saying that it has been speculated that metabolic stress is the driving

force behind BFR-induced muscle hypertrophy.

Another really cool thing that happens with BFR is since your oxygen-dependent slow-twitch fibres fatigue way faster than normal, you have to quickly start tapping into your fast-twitch muscle fibres, which have the biggest potential for growth.

What's crazy about this is your fast-twitch fibres typically don't get hit unless you're using heavy loads or moderately heavy loads performed explosively.

But BFR allows you to go fast-twitch with loads less than 50 percent of your one-rep max. In fact, one study from the *Journal of Applied Physiology* showed increased muscle cross-sectional area with BFR training using loads as light as 20 percent of one-rep max. That's the equivalent of pink baby weights, in some cases.

“ Blood flow restriction is like filling a water balloon to max capacity without it popping. ”





**VIDEO**

Find out how these post-workout mistakes kill your gym sessions! Download *Men's Health Singapore* now on Magzter.

**NEXT PAGE: YOUR BEST BFR WORKOUTS**



What this means for you is that with BFR you can use lighter loads to build muscle, while sparing your joints from heavy loading and without overly fatiguing your central nervous system.

It's also important to note that research has shown the gains aren't just for the arms and legs below the wraps but also for adjacent muscle groups above the wraps.

## HOW TO WRAP FOR BFR TRAINING

There are some high-end pressure cuffs that can be used to wrap your limbs for BFR, but any wrap will work. Some people use ace bandages or knee/elbow wraps. Others use run-of-the-mill hospital tourniquets.

For the upper body, wrap it just below the shoulder at the top of upper arm so that the wrap is nestling into your armpit.

For the lower body, wrap just below the gluteal fold from the back and just below the hip flexor from the front. For both the upper and lower body, you want to wrap at around a 7 out of 10 on the tightness scale (10 being as tight as possible).

You shouldn't feel any numbness or tingling sensations. If you do, that means you wrapped it too tight. Wrapping it too tight will restrict arterial flow and prevent blood from pooling in the muscle, so it defeats the purpose. When in doubt, wrap on the looser side of the spectrum, especially in the beginning.

Remember, if it feels sketchy, just take the wraps off and re-wrap a little bit looser.

## HOW TO USE BFR TRAINING TO BUILD MUSCLE

**The key to effective BFR training is using light loads (40 to 50 percent of your one-rep max or less), high reps (10 to 15 reps or more) and short rest periods (30 seconds or less).**

It's also important to note this doesn't replace your regular training - it just enhances it. Here

are my three favourite ways to implement BFR training:

### 1. BFR FINISHERS

After performing your main workout, hit a BFR finisher. If you performed an upper-body workout, hit an upper-body BFR finisher. If you've just completed a lower-body workout, do a lower-body BFR finisher. If you do total-body sessions, hit one for both the upper and lower body. I've provided four for both the upper and lower body below to get you started.

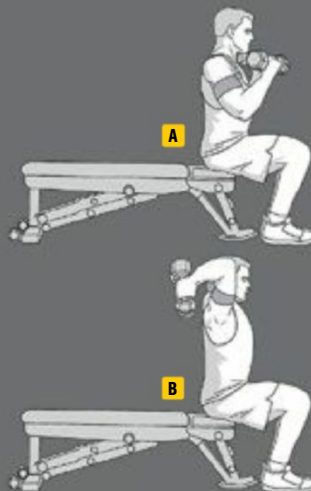
### 2. EXTRA TRAINING VOLUME AND FREQUENCY

BFR is a great way to increase training volume (how much work you do) and training frequency (how often you train) without impairing your recovery. For example, to bump up your training volume, if you did three regular sets of an exercise with heavier loads, try adding in an extra couple of sets of BFR training for the same movement pattern or muscle group, with a lighter load for higher reps and shorter rest periods between sets. To bump up your training frequency, do any of the fast finishers outlined on the right on what is typically an "off day."

### 3. ACTIVE RECOVERY AND DELOADING

Because BFR training requires using lighter loads, it's significantly easier to recover from than heavier training. This makes it a great method to employ on days you're feeling worn down but still want to train. It's also great to use if you incorporate frequent deloads - or periods of decreased loading or training volume - into your training schedule. It's worth mentioning that BFR is being used with remarkable success in rehab settings, particularly with wounded warriors. Being able to work and grow atrophied muscles after an injury or surgery with lighter loads is truly a joint-sparing feature unique to BFR training. As always, consult your physician or physical therapist to see if BFR training is right for you in these circumstances.

## 4 GREAT UPPER-BODY BFR WORKOUTS

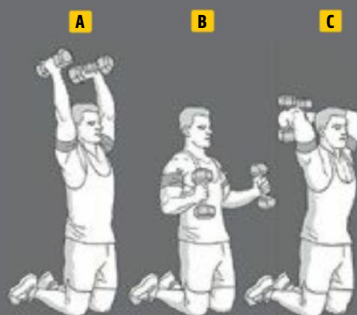


**1** Start with the seated biceps curl **(A)** for 30 seconds, followed by the overhead triceps extension **(B)** for another 30 seconds. That's one round. Do five rounds for five minutes of continuous work.



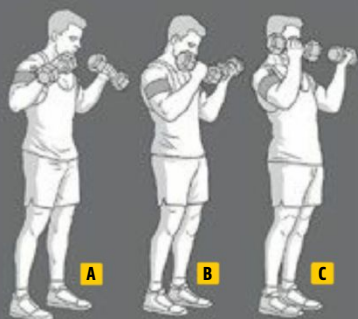
**3** Perform the single-arm overhead press for 20 seconds, then hold the top of the exercise for 10 seconds. Switch sides and repeat. That's one round. Do five rounds for five minutes of continuous work. (Hold a dumbbell in the non-working hand at shoulder level so you can immediately switch sides.)



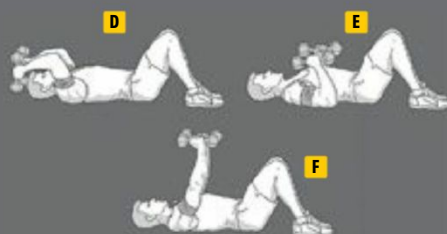


**2** Perform the dumbbell triple crush complex: Overhead press **(A)** to hammer curl **(B)** to overhead triceps extension **(C)** for two minutes. Rest 30 seconds. That's one round. Do two total rounds.

**4** Perform the following exercises with no rest between exercises. Start with the reverse-grip curl **(A)** for 40 seconds, then the zottman curl **(B)** for 40 seconds, and finish with the underhand-grip curl **(C)** for 40 seconds.



Rest one minute, then perform the following exercises with no rest between exercises. Start with the triceps extension **(D)** for 40 seconds, then the rolling triceps extensions **(E)** for 40 seconds, and finish with the chest press **(F)** for 40 seconds.



## 4 GREAT LOWER-BODY BFR WORKOUTS



**1** Do split squats non-stop for five straight minutes, switching sides every 30 seconds.



**2** Do constant tension squats for 40 seconds, then hold the bottom of the exercise for 20 seconds. Repeat for five minutes.



**3** Do shoulders-elevated hip thrusts for 20 seconds, then hold the top of the exercise for 10 seconds. Repeat for five minutes.

**4** Do extended-range of motion calf raises for 20 seconds, then hold the top of the exercise for 10 seconds. Repeat for five minutes.



I HOPE I'VE INSPIRED YOU TO GIVE BFR TRAINING A TEST DRIVE. PERSONALLY, I CREDIT IT FOR INCREASED MUSCLE SIZE, VASCULARITY AND ENDURANCE OVER THE PAST YEAR, AND I CONTINUE TO INCORPORATE IT INTO MY TRAINING ON A WEEKLY BASIS.



# STRONG FOR LIFE

WANT STELLAR HEALTH AND A KILLER PHYSIQUE WITHOUT THE FORCED-MARCH WORKOUTS? GET SOME SKIN BACK IN THE GAME WITH THESE FIVE PILLARS OF LIFELONG FITNESS.



A

**A 55-year-old grandfather of eight is hanging from a pair of bungee cords 4.5m in the air, preparing to launch himself towards a pipe suspended 2m away.**

**This is the scene at the recent Oklahoma City finals of *American Ninja Warrior*, and Jon "Rockman" Stewart is tackling Bungee Road, an obstacle that has humbled several competitors half his age. The wiry 65kg man hurls himself into empty air, floats, locks onto the beam, swings a few times, and dismounts. The crowd cheers and whistles.**

**The eye-popping move secures the construction manager a trip to the show's national finals.**

Jon comes by his fitness naturally. "I got my core strength from working our family farm as a kid," he says. His ripped upper body and never-quit legs were forged from 20 years of scrambling up rock faces and frequent, rigorous mountain-bike outings.

In other words, he sculpted his incredible physique and athleticism by following his bliss.

He's not alone. "People are coming at fitness from all these different angles now," says Daniel Kunitz, the author of *Lift*, a book on fitness history. Online videos have led to an exciting cross-pollination among fitness tribes. Crossfitters are doing parkour and mixed martial arts; distance runners and triathletes are trying Olympic lifting.

This newly omnivorous approach to staying in shape highlights an element that's often missing from exercise programmes. In the pursuit of ripped abs and flagstone pecs, many of us have lost sight of that most essential property of

physical recreation: fun.

Maybe it's time for you to find a plan that can give you the body you want without it feeling like forced labour – a plan that's both engaging and effective; a challenge for your brain and biceps alike. Submitted for your approval: the new pillars of lifelong fitness.

## 1 QUIT OBSESSING OVER HOW YOU LOOK

Forty years ago, during the *Pumping Iron* era, fitness was defined by how you looked in a Speedo. If you didn't have softball biceps and single-digit body fat, you had no business calling yourself fit.

Daniel says: "Today, most guys realise that getting super-jacked and lean is difficult to do, and takes years." A recent analysis found that single-digit body fat is rare, even among elite athletes in their prime.

For example: The average body-fat percentage for elite American football candidates vying for a place at a recruitment event for National Football League teams from 2006 to 2013 was nearly 12 percent. Indeed, extreme leanness and muscularity – the kind you see in supplement ads – are not only unrealistic goals for most busy guys but also unnecessary for athleticism.

Stop staring in the mirror and focus on performance instead. Work on nailing your first pull-up,

then your first five. Try cracking 21 minutes in a 5K, then 19. Conquer a 5.2 rock face, then a 5.3.

## Train for Performance

Consider the fitness journey of Scott Ferrara, 42, a teacher in Los Angeles. "In my 20s, my goal was to be as big as possible. I was in pain. I was eating 10 chicken breasts a day. It wasn't enjoyable."

He eventually switched gears. He completed an Olympic-distance triathlon and then participated in numerous obstacle course races. Now that he's more concerned about his finishing times than his arm circumference, he's respecting his limits. "I check in to see what my body needs on a given day," he says.

Ironically, Scott says he looks better now than he did when he was pumping iron – a common result of switching to performance training. "Aesthetics are best obtained from training for performance," says Mark Rippetoe, the author of *Starting Strength*. "Form follows function."

## 2 DO ANYTHING BUT NOTHING

Some fitness hucksters believe that certain approaches work because they resemble the activities of our forefathers.

Nonsense, says Daniel Lieberman, a professor of human evolutionary biology at Harvard University. "Prescribing fitness and diet regimens based solely on what our ancestors did is rife with logical problems. We also evolved to sometimes fight, lie, get anxious, age and die."

In fact, science suggests that you can get healthier, stronger and fitter by following any plan regularly. The Centers for Disease Control and Prevention (CDC) recommends 150

**Most guys realise that getting super-jacked and lean is difficult to do, and takes years."**

minutes a week of moderate-intensity aerobic activity, along with twice-weekly muscle strengthening sessions.

It's not a high bar, but 76 percent of men don't reach it, the CDC reports. That's despite the fact that "moderate exercise" covers a broad array of activities, from jogging and yoga to martial arts and rock climbing. It even includes some activities many jocks might consider too easy.

"Brisk walking on its own is great for health," says Dr David Katz, director of Yale University's Prevention Research Center. The best exercise, he says, is the exercise people actually do.

## Seek Simplicity and Proximity

The simplest rule: Do something everyday. That's not easy. For documentary filmmaker George Kunhardt, 29, that lesson came a bit later in life. "I was an athlete at school, but when I got to university, I partied a lot."

By the time he started his career, his weight was normal but his body was soft. That's when George discovered a Crossfit gym near his office. The key variables to its appeal were proximity and simplicity: He could walk there and do the workout that was posted on the blackboard.

Now, he trains six days a week. His body is harder and he can bang out sets of 40 unbroken pull-ups. He's rediscovered both his competitive fire and his love of fitness. "It's my No. 1 stress reliever. When I'm at the gym, I go to my happy place," he says.

So if you simply do anything active for 30 to 45 minutes a day, says Dr Katz, your health will benefit. You will also likely enhance your quality of life and longevity. Of course, strategically varying the intensity of your activity will impact your results. That's why we have Pillar 3.

## 3 TRAIN, DON'T EXERCISE

To a strength coach, exercise and training are as different as chalk and cheese. "Exercise is something you do

today because of how it makes you feel today," says Mark. "Training is a planned process to achieve a result somewhere down the road."

Most gymgoers are exercisers, he says. They might hit chest and tris on Monday, run a few kilometres on Tuesday, and shoot hoops on Thursday. Each workout bears little relation to the one before or after it, so their progress is minimal. Yes, it's infinitely better than nothing at all.

But to improve your performance at a particular activity, you need to programme a performance increase for that activity consistently. "I don't want my muscles to be confused," he says. "I want them to know exactly how I want them to adapt."

## Set Multiple Goals

An effective exercise routine is shaped by specific goals – short-term as well as long-term – towards which every workout is a distinct stepping stone. That often requires taking the long view.

"Let's say you want to run a 10K. You might have five obstacles you need to overcome before you can complete that goal," says Alex Viada of Complete Human Performance. You may need to address your mobility or body composition before you can start thinking about your running pace.

But even if you have a long way to go, Alex says, just ask yourself what you can do now to bring each goal a little closer and make the big goal easier. Then get to work on that – consistently – one workout at a time.

## 4 CHANGE IT UP

Here's the curveball: To make that progress, you need to take strategic recovery breaks. "A lot of activities that we think are helpful are not," says Andreo Spina, a chiropractor and mobility expert. Among these are some of our favourite pastimes. When baseball coaches and trainers ask him how to prevent elbow injuries in their pitchers, he tells them, only half jokingly: "Have them play

another position."

From baseball and basketball to swimming and track-and-field events, sports are "man-made" activities, Andreo argues. Many of them place asymmetrical demands on the body. Tennis and squash, for example, tax one arm and shoulder while leaving the other mostly out of the action.

Swimming works your upper body more than your lower, while running and cycling do the opposite. The potential damage isn't limited to knees and ankles. A study in the *Journal of Applied Physiology* revealed that the heart valves of lifelong runners showed elevated risk of failure.

Sure, sports belong in your training programme, but focusing on a single sport or activity – year-round, with no time to heal and rebalance – might hurt you.

For most of us, the ideal strategy is a three-weeks-on, one-week-off plan. For three weeks, gradually increase your workload at your activity of choice. Do more sets, reps and weight if you're into strength training; more distance or speed if you're a cyclist or runner; more height, speed or difficulty if you're a climber. Then ease off for a week, and come back to focus on a slightly different micro goal.

## HIIT Your Target

"If you're a runner, you might plan a block where you do hills, another where you do speed or

**Exercise is something you do today because of how it makes you feel today.**









## What Do I Need?

Not sure where to focus your fitness efforts? The following standards from the Cooper Institute show how you stack up against men your age on four key measures of fitness. If you hit the 95th percentile on any test, you can consider yourself elite in that category. If you're in the 80th, you're fit. Fall below 50th? That's a weak point. You'll need to focus your efforts on improving that area of fitness.

- 50th percentile (average)
- 80th percentile (top 20%)
- 95th percentile (top 5%)

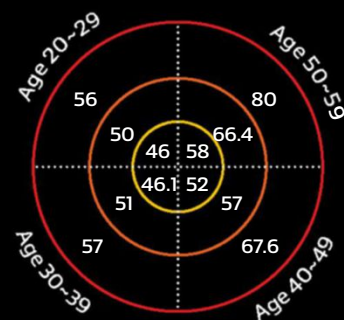
### STRENGTH

Push-ups  
(max reps)



### SPEED

300m run  
(in seconds)





track work, and another where you work on endurance,” says Matt Dixon, a former pro triathlete and the founder of purplepatchfitness.com. “Even that simple change of stimulus will yield bigger results than just working randomly.”

Reams of research have shown that one approach worth most guys’ time is high-intensity interval training. This involves multiple short bursts of super-intense exercise (like eight rounds of 30-second bike sprints) separated by periods of low-intensity movement or rest (like 90 seconds of easy spinning).

HIIT has many proven advantages over steady-state cardio. The workouts are short and adaptable, challenging both your aerobic and anaerobic energy systems, and burning fat more effectively. Plus, most guys think they’re more fun.

In a 2011 study, just three 20-minute HIIT workouts a week measurably improved participants’ body composition, metabolism and cardio fitness.

The one downside? You might work too hard, too fast – especially if you choose a high-impact exercise like sprinting. Avoid exhaustion and injury by doing body-weight exercises only once a week. Squats, push-ups and step-ups work well – 30 seconds on, 30

seconds off for each, followed by a two-minute rest, for five to 10 rounds. Try 50m swim sprints on another day (10 reps, resting for as long as it takes to complete a rep).

Another day you could do hill sprints on a grassy surface (do 10 and then walk down the hill to recover). Bored or excessively sore? Just abbreviate your work periods, or do mobility exercises during your rest time.

## 5 LISTEN TO YOUR BODY

Two years ago, John Short, a 60-year-old professor at California State University at Fullerton, was a chronic overexerter. He’d play 90 holes of golf over a weekend, jump into pick-up basketball games, and power through sets of burpees – with a 18kg vest – just to see if he could do it.

Sometime between his umpteenth acupuncture treatment and anti-inflammatory injection, he got wise. “When you’re in your late 50s, you have to walk a fine line between pushing enough and pushing too far,” he says. He dropped the weighted burpees, hooked up with a trainer, and replaced running with rucking – walking with a weighted pack. He’s currently gunning for an injury-free, top-10

finish in a Spartan race. He’s training smarter.

“So many guys my age get hurt and pack it in,” John says. The answer isn’t to give up altogether; it’s to adjust your routine. Exercise is dose-dependent medicine – your body thrives on just enough of it. “Beyond a certain point, there is actually net harm from extreme exertion,” says Dr Katz.

### Dialling It Back Can Be Smart

How do you find the sweet spot? Make sure your workout feels like work. Lifting to “volitional fatigue” – the point at which you can’t do any more reps while maintaining good form – is a more significant factor in determining muscle growth than weight lifted or reps performed, a new study reveals. “As long as you work to fatigue, it doesn’t matter whether you’re lifting 55kg 25 times or 110kg eight times,” says study author Stuart Phillips, a professor of kinesiology at McMaster University. Hard work leads to progress, regardless of the load lifted.

To determine when you’ve reached your limit on a workout or activity, try the toe-touch test: Before your workout and between sets (or sprints or

rounds of golf or sets of tennis), bend forward and reach for your toes.

“If the movement you’re performing agrees with you, you’ll find that your range of motion will increase,” says David Dellanave, a Philadelphia strength coach. Feeling looser and being able to reach farther means your body is green-lighting that exercise. If, on the other hand, you get tighter (you can’t bend forward as far), then adjust, move on to a new exercise, or head home.

Skipping a set or two in a planned workout sounds heretical to some hardcore gymgoers. David disagrees: “Unless you’re a competitive athlete, there’s no need to do any particular exercise in a training session.”

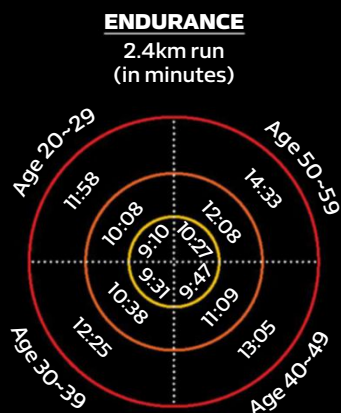
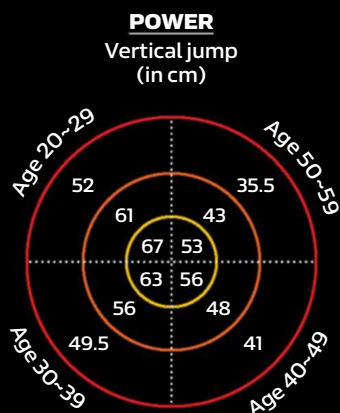
### YOUR MISSION

Put these rules together to figure out your perfect training plan. It starts with doing things consistently (Pillar 2). Fine-tune with Pillar 4. Choose a range of activities in a variety of intensities: Two or three days of higher-intensity activities (sprints, heavy lifting, climbing or body-weight strength circuits), coupled with another two or three days of easier stuff like hiking, jogging or cycling.

Track a few metrics – such as distance covered, weight lifted and reps completed – so you know when you’re getting better (as per Pillars 1 and 3), and use those stats to determine if you should go hard or go home (Pillar 5).

Finally, whenever and however you can, whether it’s part of a formal workout or not, just play. Shoot hoops with friends, kick a ball with your kid, make like a ninja on the monkey bars.

“Pick something you like and go for it,” says Jon. “If you don’t have a smile on your face when you’re working out, you’re doing something wrong.”



# ECONOMIC GAINS

TRAIN TO BECOME MORE EFFICIENT - AND RUNNING FAR OR FAST WILL FEEL EASIER.

I

If you want to run farther and faster with less effort, you must learn to conserve your oxygen. By training your body to sip instead of gulp oxygen, you can log longer runs or cover a typical distance with greater speed.

"Economical runners enjoy more wiggle room before fatigue sets in," says running coach Greg McMillan. They burn through muscle glycogen stores more slowly, so their tanks can power them over greater distances. But becoming more economical also makes you speedier over shorter distances, because burning less fuel leaves more energy for explosive power. It may even decrease injury risk by distributing work across more muscle fibres, says Tara Whiton, an exercise physiologist and running coach at The Sustainable Athlete.

And running economy is very trainable: "Our bodies are always trying to find the least taxing way to do things," says Greg. Try one of these four strategies.

LOGGING KILOMETRES ON A HILLY ROUTE BUILDS MUSCLES THAT IMPROVE RUNNING ECONOMY.



## RUN MORE

Research has shown that runners who run high mileage (more than 110km per week) tend to be more economical. But you don't have to log elite-level volume to reap benefits. Even modest mileage increases recruit more capillaries and mitochondria (which help oxygen get to and fuel working muscles).

To increase your volume without spiking your injury risk, try adding five more minutes to each run, or upping your frequency (perhaps by changing a rest day to an easy run).

Don't worry about intensity: "Most of your efficiency comes from adding more easy-effort kilometres," says exercise physiologist Patti Finke. That's because repetition trains your brain to fire your muscles in the best, most expedient sequence.

## PLAY WITH PACE

"When you add in some fast running, your body says, 'I better figure out how to do this with less effort,'" says Greg. He recommends that runners adjust their pace by feel rather than by their watches, because numbers aren't as helpful for teaching runners their effort-to-fatigue ratio. "This pays dividends over time, because if the weather is bad or you just feel 'off' one day, you can rely on feel to still get in a positive workout."

Eight to 10 times over every run you log, pick up the pace for 30 seconds to a minute, just to the point you're breathing faster, he says. Then slow down and let your breathing recover.

Once that's routine, experiment with a race pace: If you're aiming for a 5K, incorporate short bursts (from 30 seconds to several minutes) of your goal pace into your runs, totalling 20 minutes per week. Experienced marathoners should do longer, continuous sessions (like parts of their weekly long runs) at race pace, totalling one to two hours per week.



“Boost economy by pushing yourself to fatigue during your strength sessions.”

## BUILD POWER

"There's a lot of research showing that high-intensity strength training can improve running economy," says Tara. She favours squats, lunges and deadlifts while carrying enough weight so that your last rep leaves you exhausted. Try two to three sets of six. Or jumping

rope: Classic, two-footed hops are a great exercise for running economy and injury prevention, because they exaggerate the one-footed hopping you do while running, says Greg. Do at least one strength session per week - several days before your major running workouts (or promptly afterwards, on the same day).

## ADD HILLS

They recruit more muscle fibres than flat terrain does, so making them part of your regimen is a sure-fire way to build running economy.

You can do reps on one hill (charging uphill and jogging back down), or you can just work hills into your regular runs. "During the base-building phase, run hills at a slow pace every other week," says Patti.

Once you've achieved base fitness, up the ante with Greg's economy booster: Do one hill-centric run every week for six weeks.

"Your strategy doesn't have to be super-precise," he says. "The steeper the hill and the more energy you throw at it, the better." Recover for 24 to 48 hours before your next hard run.

## POWER UP

HILLS TURN RUNNERS INTO WARRIORS, SAYS RUNNING COACH GREG MCMILLAN. DO ONE OF THESE WORKOUTS ONCE PER WEEK TO BUILD STRENGTH.

### HILL FARTLEK

■ Pick a 5km to 10km loop with a few hills, and run up each as strong as you can. Sprinting isn't essential: Maintaining your flats pace makes a good starting point.

### HILL REPEATS

■ Climb a moderate slope at 5K effort, progressing to all-out effort over the course of 45 to 60 seconds. Do six to eight repeats. Recover by jogging the downhill.

### HILL CIRCUITS

■ Find a steep hill near a moderate one. Sprint up the steep hill for 10 seconds, recover, run at 5K effort up the other for 45 to 60 seconds, and recover. Do three to four reps.

# KING OF THE SWINGERS

GRAB IMPROVED BALANCE AND FULL-BODY STRENGTH WITH THE KETTLEBELL SWING AND CATCH.

# A

Any fitness enthusiast worth his salt has mastered a set of kettlebell swings. As the weight racks up, so does your heart rate, making it one of the best exercises to scorch fat. But to squeeze more muscle from your metal, it's time to let fly.

"The swing and catch works your chest, which isn't common in most kettlebell moves," says personal trainer Scott Laidler. The momentum needed to get precious airtime on the kettlebell demands extra effort from your shoulders and upper pecs. Plus, the stability required to catch and control the downswing hammers your core.

"Try it as part of a tabata circuit: 20 seconds on, 10 seconds off," advises Scott. "If I only had five minutes, this is the move I'd choose." You can burn an extra 100 calories in that time, not including the extra fat torched by the metabolic effect.

Use it as a finisher to your full-body workout to ensure no muscle gets left behind. Even performed alone, a few tabata sets will build muscle, spike your heart rate and enhance coordination.

Forgive us for sounding a bit 2016, but you gotta catch 'em all.

## 1/ASSUME YOUR POSITION

Find a spot away from low-hanging lights, mirrors or your fellow gym-goers' faces. Stand with your feet a little wider than shoulder-width apart, knees slightly bent.

## 2/BUILD UP MOMENTUM

Lean forward to pick up the kettlebell in one hand. We hope you're holding on tightly. With a straight back, drive your hips forward explosively to swing the bell up.

## 3/THROW AND CATCH

Now comes the big leap of faith. When the kettlebell reaches shoulder height, let go of it in mid-air and catch it with the other hand. Nailed it on first attempt, right?

## WHAT YOU'LL GAIN

A V-SHAPED TORSO

+

ALL-DAY CALORIE BURN

+

FEARFUL RESPECT

THE BEST EXERCISE YOU'RE NOT DOING

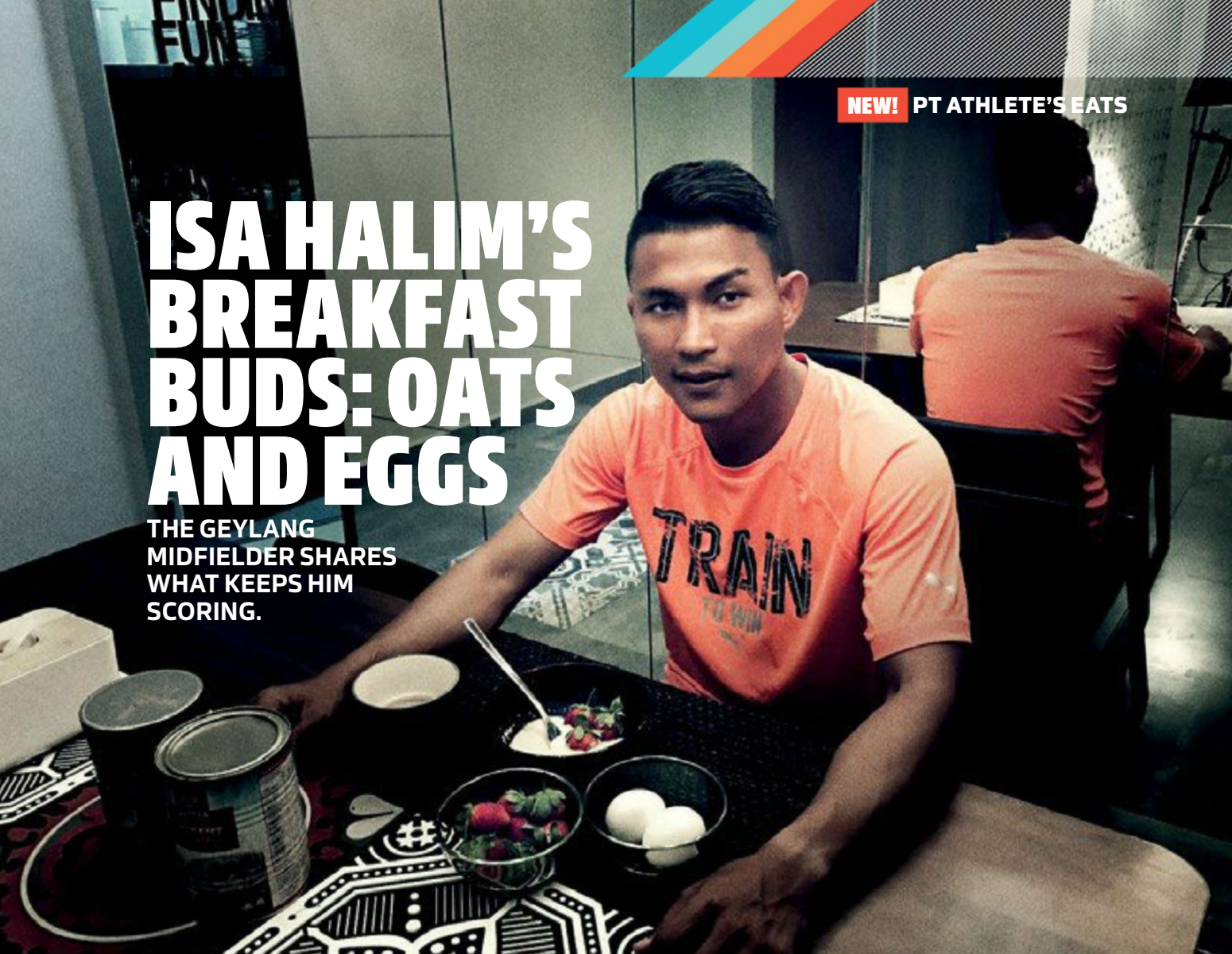
## 4/NOW CLOSE THE DEAL

Let momentum carry it back to the start position and repeat the move with your opposite hand, switching sides with every rep. You're in for a long 20 seconds.



# ISA HALIM'S BREAKFAST BUDS: OATS AND EGGS

THE GEYLANG  
MIDFIELDER SHARES  
WHAT KEEPS HIM  
SCORING.



## R

**Renowned for his battling skills that saw him lift the 2012 AFF Suzuki Cup and the Malaysian Super League title, Isa Halim is one of Singapore's top defensive midfielders. Now, the big question: What's on his breakfast menu?**

### **What do you usually take for breakfast, and why?**

My choice to start the day is oats with two hard-boiled eggs and a cup of coffee. If I'm really hungry, I'll throw in two slices of toast. Sometimes it can be a local flavour, but coffee in any shape or

form is a must-have to get the engine started.

My day always starts with boiling and preparing my breakfast, and also tending to my baby's needs. Then it is off to the shower to freshen up, and by the time I'm done, breakfast is served.

In terms of diet, I try not to go too heavy in the morning so that I don't feel too bloated for training or gym work.

### **And for lunch and dinner?**

The staple item for lunch or dinner is rice. I cannot do without it even for a day. But to curb putting on too much weight, I limit my portion.

It doesn't have to always be a "healthy" option. I take anything from nasi padang to chicken rice,

although I avoid spicy food if I have an evening training session.

One routine is to have a tea break in between lunch and dinner. Some kaya toast and coffee an hour before training to fuel up and allow me to go onto the pitch with energy.

On match days, I usually cook my own meals that are normally pasta-based or fish soup with rice. As a whole, I try to do small portions throughout the day rather than bank it all on a big meal.

### **Are there any food or beverage that you avoid?**

There isn't a list of drinks I don't take. I'm not fussy but I believe everything has to be in moderation. Also, this is going to

sound weird, but I don't eat cakes! There's too much sugar and they are always too sweet for my liking. The only exception is on my birthday, I guess.

### **What are some diet tips for an athlete?**

I don't really follow any diet plan, but I try not to go crazy with fast food or soft drinks. I always feel that I eat to replace my energy and not to fully satisfy my hunger.

My motto is always to work hard and play hard. You work your socks off during training and matches, but after that, try to have some fun and reward yourself. For me, I always reward myself with waffles and ice cream. Have fun with it, if not it won't last!



1



2



3

# GO THE EXTRA MILE

THESE PUMPS WILL MAKE YOUR STRIDES AN EFFORTLESS ONE.

## 1 UNDER ARMOUR SPEEDFORM GEMINI 3

\$219. AVAILABLE AT UNDER ARMOUR BRAND HOUSES.

Built to take on any form of running, the Speedform Gemini 3 boasts greater responsiveness and durability, and provides optimal cushioning with every step you take. Its innovate Speedform construction moulds to the foot for a precision fit, and its Threadborne midfoot panel delivers lightweight directional strength. Furthermore, runners can enjoy its increased ventilation and lightweight structure from its engineered mesh on the tongue and its internal heel counter.

## 2 SKECHERS GORUN RIDE 5

\$169. AVAILABLE AT SKECHERS CONCEPT STORES.

Stability, breathability and efficiency in each stride is what the Gorun Ride 5 aces in. With an increased in its Resalyte cushioning, and synthetic and meshed fabric upper with 3D printed overlays, it boasts additional impact protection and response. Its upper provides lateral and medial support for stability during long- or short-distance runs, while its Goimpulse Sensors on the outsole allow for an optimised running experience. Furthermore, its mid-foot strike zone promotes a fluid transition with each step, making this shoe the perfect ride anytime.

## 3 ON CLOUDFLOW

\$229. AVAILABLE AT RUNNING LAB AND LIV ACTIV STORES.

Light? Check. Responsive? Check. Made for speed? Check. Equipped with the latest generation of the award-winning Cloudtec sole, the all-new Cloudflow does not waste any time. It boasts 18 cushions made of its Zero Gravity foam that offers ultimate lightness, and advanced abrasion pads to ensure sufficient grip, even on wet surfaces. Its meshed weave upper and adaptive first-layer sock ensure comfort and freshness. Unique and responsive, this shoe will make you crave your runner's high again and again.

■ TEXT SHAMUS SENG



# 1

## KALENJI MEN'S TRAIL BAG

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www.decathlon.sg

Last longer on your runs with this trail bag specially designed for trail runners who want to stay hydrated easily while they run. Made out of polyamide and polyester, and weighing only 460g, this lightweight bag comes with a built-in two-litre water pouch and safety whistle.



# Step Up Your Gym Game

YOU'LL LOVE YOUR WORKOUTS  
WITH THESE GEARS.



# 3

## REEBOK GYMBALL

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www.royalsportinghouse.com

# 2

## UNDER ARMOUR OZSEE SACKPACK

→ \$25  
www.underarmour.com.sg



How about a cool sack pack to store all your gym items? This 16-litre bag is made of durable material that can withstand daily wear and tear, as

well as the occasional tossing and throwing. The additional sternum clip on its back ensures that the straps stay on your shoulders while you're slinging it.



You've got no excuses to skip abs day with this versatile item. Here to support your crunches, planks and tricep dips, the Gymball features anti-burst

technology, minimising possible injuries. And if you're in need of inspiration to kick-start your workout, it comes with its very own workout DVD too.

# GREASE THE WHEELS FOR FASTER FITNESS

WITH A FEW EASY UPGRADES, THE HUMBLE CHEESE TOAST CAN BECOME THE HOTTEST WAY TO TAKE A HEALTHY BITE OUT OF YOUR BODY GOALS.

## MAKE GRATER GAINS

### BEEF UP WITH A BUBBLING SLICE OF MUSCLE FUEL

Cheese toasts may be a piping-hot trend thanks to new comfort-food eateries, but a few tweaks can transform them into mouth-watering muscle meals. This salt beef and mozzarella filling delivers a 77g protein hit to your muscles, while the lactic acid bacteria in sourdough bread reduces blood sugar spikes and limits excess fat storage. Plus the addition of cornichons and pickled onions lend a dose of blood pressure-stabilising potassium and bone-building vitamin K for a health-kick crunch. Napkins at the ready.

#### INGREDIENTS

- Wholegrain mustard, 50g
- Horseradish sauce, 50g
- Lemon juice
- Sourdough bread, 4 slices
- Cornichons, 100g
- Pickled onions, 2, separated into petals

#### BULK-UP EXTRAS

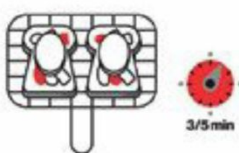
- Salt beef, 400g, shredded
- Mayonnaise, 100g
- Mozzarella, 8 slices

## METHOD (SERVES 2)



### 1/ MIX IT UP

■ Bind the salt beef with the mustard, mayo and horseradish in a bowl. Lick the spoon, then season with salt and pepper and a squeeze of lemon juice.



### 2/ GRILL TIME

■ Lightly toast your sliced sourdough in the grill. Top with the beef mix and two slices of mozzarella on each before grilling until the cheese begins to melt.



### 3/ IN A PICKLE

■ French cafes serve their sandwiches with a side of pickled treats, so while it's bubbling, chop the cornichons and plate up with the pickled onions.



### 4/ NICE SLICE

■ Now layer into two chunky sandwiches, being careful not to make a beef and mozzarella mess. Cut each sandwich in half so they're easier to shoehorn in.



■ TEXT MARK BAILEY ■ RECIPE CHEF STEVEN ELLIS ■ PHOTOGRAPHY AGATA PEC ■ FOOD STYLING TAMARA VOS ■ ILLUSTRATIONS ALCONIC



## BULK UP, SLIM DOWN CHEESE TOAST

463  
CALORIES

35g  
PROTEIN

21g  
FAT

32g  
CARBS

SLIM DOWN

### INGREDIENTS

- Olive oil, 1 tbsp
- Garlic, 3 cloves, crushed
- Chives, 6 sprigs, finely sliced
- Rye bread, 4 thin slices

### For the salsa verde:

- Shallot, ½, diced
- Anchovy fillets, 4
- Parsley, 30g
- Basil, 30g
- Capers, 1 tsp
- Olive oil, 1 tsp
- Red wine vinegar, 1 tsp

### SLIM-DOWN EXTRAS

- Cherry tomatoes, 8, chopped
- A yellow pepper
- A courgette, chopped
- Halloumi, 150g, sliced into 6

## MELT AWAY INCHES

### GRILL YOUR LOVE HANDLES WITH A MED CLUB

Halloumi is a smart Cypriot cheese that stays fairly solid when heated, so its succulent slices maintain a meaty texture that will keep your stomach satisfied for hours. With one serving containing 20g of hunger-busting protein and a whopping 80 percent of your bone strengthening-calcium RDA, it's a mightier alternative to traditional cheddar. Serving it on rye triples the satiating fibre compared to white bread, keeping cravings at bay, while filling up on Mediterranean veg has been shown to trigger double the weight loss results of a bland, low-fat diet. With a dollop of thick salsa verde, you'll bag enough healthy fats to fuel workouts and further melt any dough from your middle.

### METHOD (SERVES 2)



#### 1/ CHOP TO IT

■ Set the oven to 180 deg C, then cut up the vegetables into bite-sized chunks. Mix them together with a dash of olive oil and crushed garlic cloves.



#### 2/ FEEL THE BURN

■ Place the vegetables on a baking tray, season to taste, then cook for 15 minutes. Allow to cool before removing the cloves and mixing in the chives.



#### 3/ CARE TO SALSA?

■ Blitz all salsa verde ingredients – bar the olive oil and vinegar – in a food processor. Add the oil and vinegar, then pulse for a spreadable consistency.



#### 4/ PAN HUNGER

■ Toast the rye bread in a hot, dry pan, then remove and add the halloumi. Smear the salsa over the bread, then add the cheese and veg, and dig in.

# NO PAIN, NO GLORY NO BRUISES, NO STORY

**ZONE 1**  
VERTICAL HEIGHTS



## Endurance



**ZONE 2**  
ROAD BLOCK



## Agility



**ZONE 3**  
MAZE RUNNER



## Determination



**ZONE 4**  
URBAN WARRIOR



## Strength





## ***In the newly revamped***

*eighth edition of the Urbanathlon, get ready to overcome fresh challenges that will unleash the warrior within you.*


*The 2017 version will prove to be bigger and better – one that'll push your limits and put your endurance levels to the test.*

*In this refreshed edition, expect free-form running in the heart of Orchard Road, while coming up against four mega obstacle zones, including a final Urban Warrior course that demands agility and strength. The final circuit will be erected at the Ngee Ann City Civic Plaza, and will enable any participant who's giving it a go to end his or her race with a bang.*

*Family members and friends are also welcome to the Race Village at the Civic Plaza to soak in the carnival-like atmosphere and watch you challenge the Urban Warrior zone!*

***[menshealth.com.sg/mhu](http://menshealth.com.sg/mhu)***

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IN SUPPORT OF SPORTS PROMOTION



**MARCH 4,  
2017 (SAT)**

► **START/END POINT:**  
**Ngee Ann City  
Civic Plaza**

► **UPDATE ALERT!**  
All participants to refer to the **ATHLETE'S GUIDE** available on the event website

► **GET A SNEAK PEEK** of the Obstacle Zones on the event website

# RACE PACK COLLECTION:

- ▶ TripleFit Singapore, #02-63 Millenia Walk, 9 Raffles Boulevard, Singapore 039596
- ▶ Date: Feb 24-25, 2017 (Fri-Sat)
- ▶ Time: 11am-8pm
- ▶ Fun challenges and activities during race pack collection! Find out more on the event website.

## WHAT'S IN THE RACE PACK

**GET ONE WORTH OVER \$200  
WHEN YOU SIGN UP**



6-month digital subscription to Men's Health worth \$36



adidas race tee worth \$45



Shoe bag



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T.M. Lewin voucher worth \$50\*



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\*TERMS AND CONDITIONS APPLY.

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LAB SERIES HAMPER

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TO FIND OUT MORE.**

## PARTICIPANTS WHO FINISH THE RACE WILL ALSO RECEIVE:



**A finisher's medal** that doubles as a beer opener! Nothing beats a good story in a beer session.



**Exclusive towel** for all finishers of the Urban Warrior Course.

Plus a **personalised e-certificate**

Above shown are for illustration only. The actual product may vary.



# CELEBRITY SHOWDOWN!

• Catch these personalities in action in this special showdown session, as they face off with each other in the Urban Warrior course!

• All are welcome to view the Celebrity Showdown held at Ngee Ann City Civic Plaza on race day at 2pm.



**Allan Wu**



**Glenn Ong**  
ONE FM 91.3 DJ



**Cheryl Miles**  
ONE FM 91.3 DJ



**Shan Wee**  
ONE FM 91.3 DJ



**Andre Hoeden**  
ONE FM 91.3 PRODUCER



**Shuan Tupaz**  
ONE FM 91.3 PRODUCER



**Harry Corro**  
ONE FM 91.3 DJ



**Elliot Danker**  
ONE FM 91.3 DJ



**Low Wei Loong**  
UFM 100.3 DJ



**Maxi Lim**  
Photography: Joel Low



**Charlie Goh**  
Photography: Joel Low



**Randall Tan**

## The excitement continues after the race!

- View the top results of each Obstacle Zone on the leaderboard.
- Enjoy complimentary healthy light snacks by BoxGreen.
- Stand to win attractive prizes in mini games!
- Catch your favourite One FM 91.3 DJs in action during the race and the live broadcast from the One FM 91.3 booth.



Check out [menshealth.com.sg/mhu](https://menshealth.com.sg/mhu) for more!

**TISSOT** The revamped **Tissot Ballade** features a more resistant and consistent finish by introducing new technology for the first time in the brand's history. It boasts an automatic movement officially certified chronometer and scratch-resistant sapphire crystal. It is also water resistant to 5 bars and lasts up to 80 hours on power reserve. The Clous de Paris on the bezel and a clear, readable dial make this watch a pleasure to wear. **From \$1,380, available at Tissot boutiques.**



**DE LONGHI** Whether you're a health junkie or gym fanatic, **Kenwood's Blend-Xtract Sport** offers a quick way to get your daily nutrients on the go. The blender comes with the tough and durable moulded sports bottle made from Tritan, ideal for takeaways. It can blitz fruits and vegetables with ease with its two-speed setting, plus pulse, which guarantees optimum results. **\$79, available at [www.kenwoodworld.com/singapore](http://www.kenwoodworld.com/singapore).**



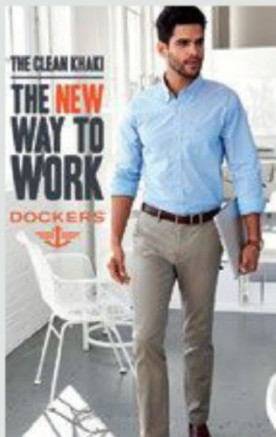
**T.M. LEWIN** With seven stores currently in Singapore, T.M. Lewin offers a range of menswear that includes men's shirts, suits, ties, cufflinks and accessories. It aims to provide businessmen with the opportunity to blend into their professional lives with high-quality businesswear. With the T.M. Lewin end of season sale valid till March 31, suits are now up to 60 percent off, while shirts, ties and cufflinks are up to 40 percent off. **For more info, visit [www.tmlewin.sg](http://www.tmlewin.sg).**



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Engineered for all-day comfort and versatility, the **Clean Khaki** is your answer to a casual business outfit. Made of cotton and elastane, its slim and tapered fit makes refined outfitting simpler than ever. It's easy to enjoy this polished style and the feel of soft twill fabric, infused with stretch for performance. As work and play are more fluid than ever before, this pants promises to be your new favourite work bottoms.

**For more info, visit [www.dockers.com](http://www.dockers.com).**

#### PIRELLI

The new **P Zero** promises progressive roadholding at high speed, consistent even wear, less noise and better aquaplaning performance. It boasts under-layer compounds that improve handling and rolling resistance, and innovate polymers with advanced mechanical properties to optimise performance in both wet and dry conditions. The redesigned tread pattern also reduces noise in the cabin.

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#### WHAT HE WANTS

Designed exclusively for men, **4VOO's Uber Tech** under-eye super-firm complex is an ultramodern non-invasive eyelift that provides remarkable lifting effect that is visible instantly. Its ingredients work with testosterone to reduce the appearance of fine lines around your eyes by 74 percent in an hour, and tightens the skin around your eyes in a minute.

**\$189, available at [www.whatthewants.com.sg](http://www.whatthewants.com.sg).**

#### NUTRITION

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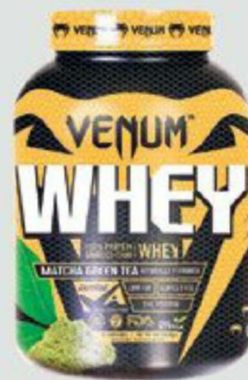
Certified free from amino spiking,

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delivers a solid 24g dose of anabolically charged whey to fuel and repair muscle tissue. It comes with a naturally flavoured milkshake taste, and is certified halal.

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**\$75, available at [www.nutritiondepot.com.sg](http://www.nutritiondepot.com.sg).**



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• PRODUCTS • PROMOTIONS • EVENTS •

**CARLTON CITY HOTEL SINGAPORE** Promising a creative, relaxed and engaging dining experience, **Plate** is an all-day dining restaurant surrounded by lush greenery and views of the hotel's swimming pool. Its contemporary menu offers a variety of cuisines from local classics to all-time favourites from the grill. \$68++ per person (Sea & Grill dinner buffet), \$48++ (weekday buffet lunch) and \$22++ (Sunday Recovery brunch). **For more info, visit [www.carltoncity.sg](http://www.carltoncity.sg).**



**GAIGAI** Providing modern matching services through a membership system, Gaigai is an agency that makes effective dating affordable to everyone. Available packages are also available for those who want an added boost in finding a life partner. Through partnerships with hospitality and lifestyle organisations, members can choose to meet over a wide range of activities or dining experiences. **For more info, visit [www.letsгаigai.com](http://www.letsгаigai.com).**

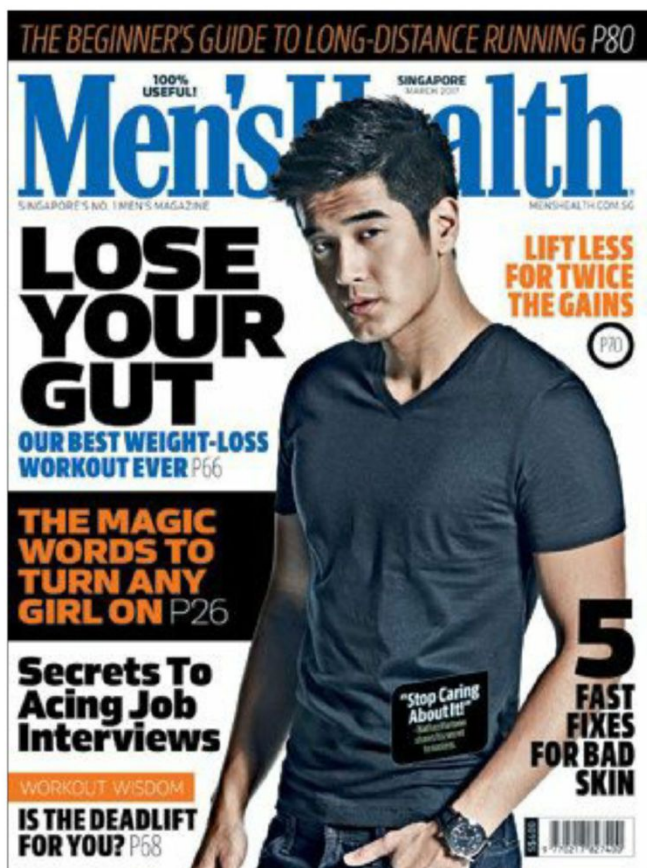
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**KORDEL'S** Specially formulated for men aged 30 and above, **Testofen Plus** combines testofen (a scientifically standardised extract from the fenugreek plant) and panax ginseng. This combination is touted to be nature's solution to help invigorate qi flow, supporting masculinity and vitality for optimum performance. Cambert (F.E.) Pte Ltd, #14-06 Great World City East Tower. **Call 6775-0600 or e-mail [kordels@cambert.com.sg](mailto:kordels@cambert.com.sg).**



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# EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE



## LIE DOWN AFTER YOU READ THIS

New research suggests that the height of your belly, measured from the floor as you're lying down, can hint at possible health problems. In fact, this is a better indicator of issues with blood pressure, cholesterol and liver than either body mass index or body weight. With gravity pushing superficial flab out to the sides, you can measure the more harmful fat deep in your belly, says researcher Dr Henry Kahn.

## FIDGETING CAN KEEP YOU HEALTHY

Feel free to drum your fingers during that dull meeting. Here's your doctor's note: In a British study, the 12-year risk of death from any cause among participants who never or hardly ever fidgeted was nearly twice that of the big-time fidgeters. What's more, a *Mayo Clinic Proceedings* review listed fidgeting alongside standing and walking as "non-exercise activities" - movements that collectively may help combat obesity, heart disease and dry Powerpoints. Just try not to yawn, okay?

## A LIST FOR EVERYTHING

Making lists is irresistible. Why? It's adaptive behaviour, a satisfying way of adjusting to tough times, says University of Pennsylvania psychologist Sudeep Bhatia. Modern life throws more at us than our brain can store. Writing a to-do list lets us focus on one task and return to others later. Plus, when you cross off "milk," your brain generates a reward-like response, says Harvard University psychologist Sam Gershman. Picking up milk is a "subtask," a smaller job leading to the reward. "Shopping may not be intrinsically rewarding, but it's necessary for breakfast," says Sam.

# LAND THE JOB FAST



THE FIRST FEW MINUTES OF CHITCHAT BEFORE A JOB INTERVIEW MATTER. A STUDY IN *THE JOURNAL OF APPLIED PSYCHOLOGY* FOUND A POSITIVE LINK BETWEEN FIRST IMPRESSIONS AND SCORING THE FIRST INTERVIEW QUESTION. WHEN AN APPLICANT CREATES A GOOD FIRST IMPRESSION, THE INTERVIEWER SUBCONSCIOUSLY EMBRACES FACTS THAT SUPPORT THAT PERCEPTION, AND DISREGARDS DETAILS THAT DON'T, SAYS RESEARCHER BRIAN SWIDER.

## KEEP YOUR HANDS TO YOURSELF

It's time to do it yourself: Masturbation can be good for you. It boosts testosterone and improves the health of your sperm. A study by the Cancer Council Victoria found that men who ejaculated more than five times a week - that's almost once a day - are 30 percent less likely to develop prostate cancer later in life.

## THE NEW LOVE LETTER

Despite that deep, sexy voice of yours, research suggests you're more likely to inspire her with an e-mail than a voicemail. Romantic e-mails tend to use more positive, arousing language than voicemails, says researches at Cal State Sacramento and Indiana universities. Study author Taylor Wells says that's probably because you edit those e-mails to perfection. E-mails tend to be clearer and offer straightforward declarations of why the recipient is important to the writer.



# *THE PARTMENT*

*DRAMA BY DESIGN*




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