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p.48

MH Guy & Linebreaker
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Strong Words

Paul Berman is the first fit leader in our new Sweat Equity series. p44

Philip Hartman overhauled his body so he could surf huge waves. p56

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Jaco Kriel is one of three Springboks to share their fitness secrets. p86

Taking on the elements in the Torpedo Swimrun challenge. p36

MAKE YOUR DAYS COUNT

VITAL STATISTICS

"Most of the factors that lead to our deaths are environment- or lifestyle-related, and only 25% of illnesses are down to genetics."

– Dr Brian Kennedy, Buck Institute CEO. p98

HANDS AND SENSE

"Invest in as much of yourself as you can; you are your own biggest asset by far. A good place to start? Your public speaking skills."

– Warren Buffett

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■ COLD SWEATS. THAT'S WHAT HAPPENS WHEN I WORK WITH FIGURES.

I'm not what you would call numerically gifted, and trigonometry and long division unfortunately don't come naturally to me. So this issue, with its Money and Muscle theme - which is filled with lessons to improve both your fiscal and physical fitness - is perfect for someone like me.

Even though I'm no Rainman with numbers, there are a few math-based rules I've learnt that have had a great impact on my life. Firstly, there's the One Percent Rule, which is like the Japanese concept of Kaizen, a system of constant improvement. If you can continually improve by 1% a day in everything you do, you'll be on a path to success in all facets of your life. The compound interest makes you a winner in the long term, which is a real life lesson in numbers. Forget Pythagoras and his missing *x* values - put the graft in, and the hard work will always pay off in the long term.

The second rule: no risk, no reward. This works for your fitness, finances, and even your social life. If you don't pluck up the courage to speak to the girl, take on a **fitness challenge (p36)**, sign up for an adventure, or back yourself as an entrepreneur - there's no reward. Stick to the safe and you'll get what you've always got. Simple. This issue is here to help you know when to take those risks, and help you **destroy your debt (p78)**. We've got some of the most successful businessmen and leaders in the world, men like Warren Buffett and Simon Sinek, who provide lessons on **how to become a leader (p110)** - because those are made, not born. We've also started a great series called **Sweat Equity (p44)** which profiles some of the greatest South African businessmen, and shows how their fit lifestyles makes them better leaders. And lastly, our Better Man section reveals **a role model (p40)** and ex-cover guy who risked his own safety by jumping five floors to save a man's life.

This issue isn't just about improving your bottom line: we're also going to help you build muscle like a professional. To coincide with the start of the biggest rugby competition in the world, we've **outlined the fitness secrets (p86)** of three of the most exciting (and fittest) Super Rugby players. We've also outlined the 10 most dangerous killers for men in South Africa, and we show you how to sidestep them. We **investigate back pain (p48)**, a common ailment for men, and describe how it can be beaten (and how to build a V-shaped body while you're at it). We've also tackled one of the most important health issues for men, one that carries plenty of stigma - **infertility (p104)**, and how it affects men, both physically and psychologically.

Here's to investing in yourself.

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Men's Health

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REPRODUCTION Media 24 Repro

PRINTING Paarl Media Cape

DISTRIBUTION On the Dot

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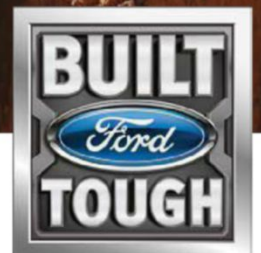
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ALDO

Man of Action



CAPE TOWN

"To deal with life's daily stress, we need to challenge ourselves. And you can't beat taking on a gruelling climb. Reaching the top is about more than just pure physicality. It takes creativity; you need to know how to use your body inventively, effectively and efficiently."


— Nick da Silva, biokineticist and climber



A 2009 STUDY FOUND THAT THERE ARE BIG BENEFITS TO TACKLING extreme sports, such as rock climbing. Participants discovered a deep sense of psychological wellbeing and purpose when getting their adrenaline fix, a positive effect that spilled into their personal lives. "So if you find yourself uninspired, trapped in monotony and disconnected from your primal self, then it's time to hit the rocks and climb towards the high you've been looking for," says Da Silva.

Ask MH™

LIFE'S QUESTIONS,
ANSWERED



My training buddy likes to chug concentrated coffee before our bike rides. Is it just a hipster fad or worth a shot (or two)?

PHIL SANDTON

Believe it or not, there are performance benefits that make concentrated coffee worth stealing from the coffee shop poseurs. Because it's concentrated, it boasts more caffeine per ml than the average cup (which might be why your pal is pipping you to the post during your Sunday sportive). Plus, it's sold in shot bottles that are easy to take on bike rides. But perhaps the best thing for weekend athletes is its lower acidity levels. "The slow extraction process means you get less acid in your cup, so it's kinder on your stomach," says First Sukpaiboon, barista-proprietor at Her Haggerston. Aficionados claim it's smoother than other coffees, too.



We're about to repaint the bedroom and I'm worried about the fumes. Can they hurt me? Any way to get rid of them?

GERT, POTCHEFSTROOM

Every time you pry open a can of paint, you release vapours known as volatile organic compounds (VOCs) into the air. These compounds can cause nausea, dizziness and headaches – and also cancer and liver damage. Some paints are labelled "low VOC" or even "zero VOC," but that just means the compounds are minimised. "There's no such thing as VOC-free paint," says air quality researcher Bud Offermann. And many VOCs in paint have never been studied for safety. The smartest solution? Ventilation. Close the door of the room so the fumes don't spread, Offermann says. Then set a box fan in an open window to suck the air and fumes out until no strong paint odours remain.

STYLE

My hair is brown, but when I grow out my beard, it looks like a botched dye job. Why is my beard a slightly different colour from my hair?

HAAZIM, CAPE TOWN
Think of your hair follicles as pixels on a TV screen. Those follicles produce hair pigments called eumelanin (a combination of blonde, brown and black) and pheomelanin (red).

But depending on your genes, the combinations can vary, which explains those random red hairs and dark patches. "Your genes ultimately control hair colour on every part of your body," says Sarah Millar, a professor of dermatology at the University of Pennsylvania. "Scientists aren't sure why the patterns form the way they do, but we know that varied hair colour is very common." It's so common that most men embrace their lack of colour

uniformity. But if you want a more solid look, try taking your beard down to scruff, says Dr Millar. The shorter hair will reveal less colour. Not willing to give up the length? Try a subtle, brush-in hair colour. We like Barbers Choice Men's Beard and Moustache Colour (R199, hairhouse-warehouse.co.za).



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EYES ON THE PRIZE
The secret to Cristiano Ronaldo's success: zero doubt.

Update Your Game Theory

Cristiano Ronaldo raked in \$88 million – a cool R1.1 billion – in raw earnings and sponsorships last year, making him the highest-paid sportsman of 2016. But the athlete's success isn't just down to talent. A recent study conducted by University College London has shed new light on what prosperous people have in common. The clue? **It might be their ability to maintain their composure when faced with uncertainty.** The study asked 45 subjects to play a video game wherein they had to guess whether there was a snake under a set of rocks. If they flipped the pebble and found a serpent, they were given a small electric shock. The result? Subjects were least stressed when there was a zero or 100% chance of uncovering a hissing reptile, showing that what we really fear is the unknown.

MATCH DAY Okay, so no one's asking you to take a spot kick in front of thousands of baying maniacs – but broaching promotion talks with your boss can still be intimidating. Take a cue from Cristiano – who averaged a rapid-fire 4.7 shots on goal per game in 2015/16 – and go in with a game plan, take the shot and never, ever second-guess your ability.

2016
RICH LIST

1 **Cristiano Ronaldo**
(Soccer)
R1.18 billion



2 **Lionel Messi**
(Soccer)
R1.09 billion



3 **LeBron James**
(Basketball)
R1.04 billion



4 **Roger Federer**
(Tennis)
R915 million



5 **Kevin Durant**
(Basketball)
R750 million



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Incinerate Your Cancer Risk

Hot sauce has become a saviour of bland food. But turns out drowning your dinner plate duds and Tupperware-taste-tinged lunches in Sriracha might be doing more than just making that leftover rice palatable, for the third time. A new study suggests that **two of its key ingredients make perfect partners when it comes to dousing your cancer risk.** Researchers from Henan University in China found that a combination of capsaicin (the compound that gives chilli its kick) and 6-gingerol (a chemical in ginger) binds to cellular receptors related to tumour growth, curbing your odds of illness. Scientists fed cancer-prone mice either capsaicin, 6-gingerol or a mix of the two. While capsaicin had no preventative effect on its own, only half the mice fed 6-gingerol developed tumours. Best part? Just 20% of the mice that were fed both spices succumbed.

NO, IT'S NOT TOO LATE

Holding off on those resolutions to ditch the beer belly? This is your wake-up call. In a study published on *PLOS Medicine*, researchers revealed that the longer you carry the flab, the higher your cancer risk. Analysing a group of 74 000 women, study authors found cancer risk increased by 7% for every 10 years the women remained heavy. Plus, previous studies have found that **long-term obesity puts added pressure on your organs, causing a laundry list of complications.** Now get your ass to the gym.

YOUR KIDS ARE SUGAR FIENDS

Your tyke is mainlining sugar, and he's doing it right in your face. A new study conducted by Public Health England, found that UK kids are wolfing down half their daily recommended intake of sugar by the time they slurp down the last dregs of milk in their breakfast bowl. And tots in SA aren't faring any better. The reason? A lot of **cereals are stacked with the sweet stuff, containing upwards of 11g of sugar in a single serving.** Ween your kids onto oats with bananas and learn how to enjoy the school run again.

SPIKE YOUR BREAKFAST



SOW THE SEED FOR BETTER STAMINA

It's 2017, and superfoods are still crowding out supermarket shelves crying for your attention. If another year of trying to make kale happen doesn't sound appealing, the researchers at Ecole Polytechnique Federale de Lausanne have an alternative: the pomegranate seed. **Mice fed a serum loaded with molecules that allow the sweet seed to recycle its mitochondria showed a 42% improvement in stamina.** Sprinkle of a few of these over your morning oats or experimental quinoa porridge.

25

PERCENTAGE REDUCTION
IN GLUCOSE LEVELS
IN DIABETICS AFTER
REGULARLY CONSUMING
APPLE CIDER VINEGAR
WITH THEIR MEALS.

Source: Diabetes Care



WARM
HER UP

Pull Up Your Socks

Think sex in socks is for those poor Alaskans freezing their arses off in the middle of winter? Think again. Researchers at the University of Groningen found that **80% of couples reached orgasm while wearing a pair**, while only half could do it with their feet exposed to the elements. The reason? Socks keep you warm, helping your blood vessels dilate and improving bloodflow to the most important parts.

1/4

THE NUMBER OF PEOPLE WHO SAY
A FEW BACKGROUND SONGS MAKE
SEX A WHOLE LOT BETTER.

SOURCE: Deezer.com

GET HER DIGITS



ONE-OH-OH-OH-ONE

Your future sex life? Forget the slow jams, you'll be cranking up the heavy metal. **A new report has predicted that by 2050, more people will be getting down with robots than with each other.** The author, Dr Ian Pearson, a futurologist (that's a real thing), writes that while people may be squeamish about making the bot with two backs, this will quickly change as promiscuous androids become smarter and more lifelike. And it's not just about grinding gears; the author predicts many bot-bonkers will begin forming strong emotional bonds with their strange new bedfellows. Just ask that guy who married his doll.

BOOKMARK HER MOOD

She's not in the mood again? Don't worry, it probably has nothing to do with you. Close to 36% of women between the ages of 30 and 59 suffer from low sexual drive at some point. But don't give up on your advances just yet. Turns out researchers have discovered a new promising treatment, and it's sitting on the shelves of your nearest bookstore. According to the study published in *Sexual and Relationship Therapy*, two groups of women who self-identified as struggling with a low sexual drive, were asked to read either a self-help book or a piece of erotic fiction. The result? **Both groups experienced an improvement in sexual desire, satisfaction, arousal and orgasm.** And you were moaning about another *Fifty Shades* sequel!

Mallegna

THE BEST WAY TO SPEND YOUR TIME AND MONEY



RIDING HIGH Clint Hendricks is ready to defend his title at the world's biggest timed cycling event, the Cape Town Cycle Tour.



ms

Edited by Kieran Legg

Ride for Your Life

From poverty to pro rider, Clint Hendricks is proof that if you wake up every morning ready to fight, success is inevitable

BY KIERAN LEGG • PHOTOGRAPHS PAUL SAMUELS

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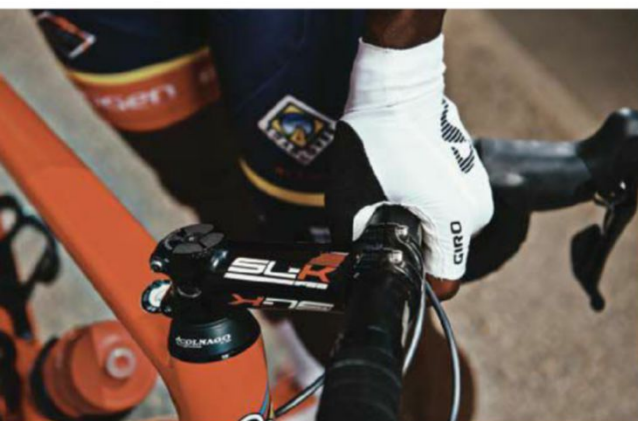
THE PELOTON OF RIDERS AHEAD OF HIM parted like the red sea, and in a second he took the gap to avoid being sandwiched between barrier and bikers. It was one of those rare, impossible chances that comes along once in a cycling career - and moments later

Clint Hendricks was sprinting over the line to claim his first Cape Town Cycle Tour win.

Pundits pin the victory partly on luck, but if Clint is proof of anything, it's that preparation and opportunity meant that brief moment of fortune was inevitable. The Paarl rider, who was born into abject poverty, has had to fight his way out of terrible conditions, survive on slim earnings and come back from a bizarre injury that could've claimed his life. And this year he's set on defending his title at the world's largest timed cycling event.

"I'm ready, I'm always ready," he says.

Klein Nederburg is a small community situated between the mountains of the Paarl Winelands. It's characterised by swathes of fertile land, crawling with blooming vines and dotted with sought-after guest houses. But it's also home to poor bric-a-brac townships where many families struggle in the long empty days between seasonal jobs.



"Let's just say we grew up on the poor side of town," says Clint. While they lived in dire conditions, the young rider says they were a close family. His dad worked tirelessly at a bike shop, and cycled at indoor track events in his free time. It's the only reason Clint could consider taking up a sport with such a high financial barrier of entry.

"My dad would get us parts at a discount," he laughs.

From his first stints in the saddle, Clint was hooked. He would challenge his friends to drag races down strips of informal road, leaving them playing catch-up in the dust.

At the time he was playing rugby, proving to be a dominant player on the pitch, but he admits his heart wasn't in it - even when he was accepted into high school based solely on his talent, he was already plotting on taking a different trail. "I told my dad I wanted to start cycling seriously," he says. And to the old man's credit, he told him to follow his heart. "But he also said, if I do this, I need to commit."

A week later and Clint was straddling the saddle of his first road bike. He was excited, he could feel that there was something bigger waiting for him around the corner. He didn't know how much he would have to suffer before success turned into a reality.

"There's just something about cycling on the road," says Clint. "Your lungs are pumping; you're soaking in your sur-

roundings... it centres you. It doesn't matter if you're angry or sad, cycling is like therapy."

When he was 17, Clint was a rider on a mission. He would wake up early and hit the road, training for almost four hours a day. He knew he didn't want an office job. "I wanted make a living between the mountains, on the road - I want to clock in for work and know I'll be moving," he says.

For the next few years, it was this raw, spiritual relationship he had with his bike and the open road that would keep him on track. Even when results weren't going his way, and he was scavenging for enough money just to feed himself.

"So often I wanted to just walk away and leave it all behind me," he says.

Cycling is an all-consuming beast, an obsession of tweaking diets, riding style and oscillating saddle time from four-hour slogs to one-hour climbs up brutal hills.

"If I stuck to rugby, maybe it would be less training, less sacrifice and more money," he says. "I said to myself, maybe I should've stayed with it."

And then he would hit the road, his legs spinning in a steady rhythm, fresh air filling his lungs - and those doubts would fade away.

THE CLIMB

Fresh out of school, he joined Team Abantu, an academy devoted to uplifting and training promising riders from impoverished communities. There, he raced alongside another great in the making, Nolan Hoffman, who would go on to win two Cape Town Cycle Tours.

The team's principal, Dean Edwards, helped him with a basic salary. And another friend gave him a place to stay.

"When you're making less than R5 000, not having to pay rent was a godsend," says Clint. "Even then, I was scavenging to survive."

At this stage the young rider had made the move to Joburg and was regularly taking part in races on the local circuit. He committed to becoming a work horse on the tarmac, riding hard to assist his team. While he wasn't the star, his time in the saddle helped pros such as Hoffman claim podium finishes. "I wanted to show my team I would put in the work even when I wasn't in the spotlight," he says.

It paid off: he was being noticed as a rising star. Then, his upward trajectory was stopped short when he was hit with a bizarre injury. The rider was racing in Durban and having a strong string of performances.

However, during the Carousel Classic he found himself on the back foot. "I was suffering; I didn't know why, but it felt like I was riding in slow motion," he says.

Only once he was finished did he discover that the space between his shoulder and neck was severely swollen.

"IT DOESN'T MATTER IF YOU'RE ANGRY OR SAD, CYCLING IS LIKE THERAPY."

He booked an appointment with a race doctor, who suspected it may have been a sprain. However, after three days with the area strapped up, there had been no improvement. He went back again for another check-up and after a series of infrared scans, the truth was uncovered. Doctors had discovered a blood clot extending from his neck all the way down his arm. "They told me if that thing breaks down, that's you dead right on the spot," he says. What had caused it? They

THE ROAD WARRIOR WORKOUT

Training for the tarmac doesn't just happen in the saddle. Use these moves to bolster your pedal power

1

CORE VARIATION

Clint always start his training sessions with a few sets of sit-ups. "They strengthen my core better than any other exercise," he says. A strong core is important for one big reason: while your legs provide the most obvious source of power, your core muscles are the foundation from which all movement stems. Power up your sessions with variations such as planks, bicycles and mountain climbers.

2

SQUATS There's a reason why any trainer worth their salt weaves squats into every workout. This compound lift powers up your legs, core and back: the holy trinity of what it takes to be an explosive cyclist. Clint always sets aside gym time to hit the rack and lift heavy. Seen a top rider go from zero to 100 to clinch a race? Chances are it's all the squats that got him there.

3

LEG CURLS You'll need some gym machinery for this one. Lie facedown on an angled leg curl machine and set the weight to something you're comfortable with. Your aim: curl your legs up as far as possible without losing contact with the lever, then hold for a second. This will boost your hamstrings, supercharging your spin cycle.



didn't know. The rider was put on a course of warfarin, a blood-thinner that would safely break down the massive clot. For six months he wasn't able to train, as a single cut could cause him to bleed to death on the spot.

/CROSSING THE LINE

That was back in 2011. He returned to the sport the following year and started dominating straight out of the gate. The months spent sidelined with injury had ignited a fire in the rider. "It reminded me how badly I wanted this."

With lofty ambitions, he moved to a smaller team, Team RoadCover, where he could be in the spotlight. Now his former role model and teammate Hoffman had become a rival on the road. He watched as the sprinter grabbed two back-to-back wins at the Cycle Tour.

"I knew I wanted to beat him."

His opportunity came last year, when riders lined up for the Cycle Tour which draws in 35 000 riders from across South Africa and the rest of the world. He felt strong, confident, and quick.

At that stage he was training for 30 hours a week, and had his diet under a microscope.

The race came to a head in the last 4km, with the peloton of pros bunching together just before the final sprint. He was drafting behind Hoffman, keeping a close eye on the veteran. But the pair started to get boxed in, and it looked like his hopes of sprinting to his first Cycle Tour win had been derailed. But then a gap opened up.

His team's boss says watching the rider was "like watching a taxi on the N1 finding an impossible gap." The surge gave him the opening to sprint to the front of the pack. By the time he was 100m from the finish line, he knew he had sealed the victory. "I was over the moon. All that struggling, all the pain, and I had finally done it."

Now, plotting his return to defend his title, the rider isn't worried. He's going to fight for another victory every step of the way, but he knows there are some elements that are out of his control. "If it happens again, it happens again," he laughs. "But I have a good chance."

He's cycling better than ever, and his rivals are appropriately worried. Clint has gone from the kid from no man's land to the man to beat.

But at the end of every day, it's not the victories or the prize money that occupy his mind. The 25-year-old rider is just happy he gets to do something he loves.

"This sport allows you stay healthy, it allows you to travel, it allows you to experience the world how it's meant to be experienced," he says. "And I get all of that as part of my day job? I can't imagine a better way to live."

MH

YOUR NEW WHEELS Saddle Up

With so many steeds in the stable, pick one that won't let you down



BUDGETEER

The *Schwinn Volare 1300* is easy on your wallet, but doesn't feel like you've skimped on your investment. A lightweight frame, responsive brakes and handling that's up there with the pricier models. **R4 400**, schwinnbikes.com



MID-RANGE

It's a big leap from budget to riding with the big boys, but if you're no longer a novice you want a bike that can measure up to your cycling chops. The *Giant Propel Advanced 1* has sharp, stable handling and a light frame **R35 400**, giant-bicycles.com



EXTRAVAGANT

Upgrade from weekend warrior to titan of the tarmac with this steed. The *Trek Speed Concept 7.5* was engineered with real-world aerodynamic data from pro riders. The result? This thing is fast. **R64 999**, trekbikes.com

Get Behind Bars

These raw bars have committed the perfect crime: combining great nutrition with even greater taste

BY THOMAS OKES

TUPPERWARE TAKES TIME. AND whether you're running ultras, running late or just running the kids down to school, it's easy to feel that you just don't have enough of it.

To the rescue of depleted glycogen stores everywhere, on the mountain, in the office and on the playground: raw bars come packed with easily absorbable nourishment that won't spike your sugar levels and leave you crashed out on the conference table.

These smart bars are designed to contain as much protein, low-GI carbs and healthy fats into one little wrapper as possible – and pack a powerful punch in the taste stakes as well. So whether you're stuck for a school lunch, stalled at 50km or spacing out at 3pm, one of these in your back pocket will get you back on track.

1

Superbar

R21 / 45G / IAMSUPERBAR.CO.ZA
Superbar founder Christo Smeda is pretty super, himself: the Ironman and Skyrunner designed these bars as a way of packing lots of protein, good fats and natural carbs into one light, easy-to-carry and even-easier-to-unwrap slab of energy. Best for stashing in the pockets of your cycling shirt or running shorts.

I AM RAW

ALMONDS, DATES, PUMPKIN SEEDS, CRANBERRIES, CHIA SEEDS
928KJ 76 PROTEIN 226 CARBS 136 FAT

I AM TRAINING

CASHEW BUTTER, CACAO, MACADAMIA BUTTER, GOJI BERRIES, PEA PROTEIN, PUMPKIN SEEDS, DATES
656KJ 66 PROTEIN 256 CARBS 76 FAT

Should come with a cape.

2

Primal Pantry

R19 / 30G / PRIMALPANTRY.CO.ZA
Going literally against the grain, Primal Pantry's paleo bars were dreamt up by UK nutritionist Suzi Walker, armed with nothing but nuts and a blender, and brought to SA shores by a pair of nutritional and occupational therapists. Great for keeping in your desk drawer for a healthy-fats snack attack.

HAZELNUT AND COCOA

DATES, HAZELNUTS, ALMONDS, COCOA, ORGANIC VANILLA, ALMOND OIL
799KJ 46 PROTEIN 186 CARBS 116 FAT (PER 45G BAR)

ALMOND AND CASHEW

DATES, BRAZIL NUTS, CHERRIES, ALMOND OIL
823KJ 56 PROTEIN 176 CARBS 126 FAT

3

Raw Earth

R25 / 40G / RAW-EARTH.CO.ZA
Somehow managing to cut out wheat, dairy and all added sugars without tasting like soil, Raw Earth bars mix up their ingredients to include rooibos, cinnamon and even locally ground coffee beans to put the emphasis purely on taste and texture. Perfect for packing into your kid's lunch box.

COFFEE CACAO

DATES, ALMONDS, COCONUT OIL, COCOA, GROUND COFFEE
617KJ 36 PROTEIN 246 CARBS 66 FAT

CINNAMON ROOIBOS

DATES, ALMONDS, COCONUT OIL, ROOIBOS TEA, GROUND CINNAMON
613KJ 36 PROTEIN 226 CARBS 76 FAT

THE RULE-BREAKERS

This line-up of raw bars defies the odds, delivering great nutritional value and criminally good flavour.



LCHF? More like LCHFantastic.

Make lunch lekker again.





PBs never tasted so good.

4



Hell yes it lifts!

5



Family friendly. (Even Fido.)

6



Most moreish.

7

4

Rush Bar

R18 / 50G / RUSHBAR.CO.ZA

Beloved by trail junkies everywhere, Rush bars are the brainchild of an active chef and a convenience-prioritising mom, and as green as can be, from the biodegradable packaging to the hemp protein powder, maca root and spirulina inside it. Enjoy with a sip from a river stream, somewhere up high.

ENDURANCE

DATES, ALMONDS, PUMPKIN SEEDS, GLUTEN-FREE OATS, QUINOA, CAMU CAMU

762KJ 5G PROTEIN
23G CARBS 7G FAT

TRAINING

DATES, ALMONDS, PUMPKIN SEEDS, COCONUT, CACAO, GINGER, HEMP, RAISINS

642KJ 5G PROTEIN
15G CARBS 8G FATS

5

Hammer Bar

R22 / 50G / HAMMERNUTRITION.CO.ZA

For when you want your pre-workout to taste as good as a cheat day, Hammer has built the perfect blend of alkalising protein, phyto-nutrients and essential fatty acids to ensure your body rebuilds better and stronger after every rep. Keep these GMO-free bars in the car for munching on the way to gym.

OATMEAL APPLE

DATES, CASHEW BUTTER, OATS, AGAVE NECTAR, APPLES, RAISINS

752KJ 4G PROTEIN
25G CARBS 7G FAT

COCONUT CHOCOLATE CHIP

DATES, TAPIOCA, DAIRY-FREE DARK CHOCOLATE CHIPS, FLAX, PEA PROTEIN, QUINOA, SACHA INCHI PROTEIN

919KJ 5G PROTEIN
26G CARBS 4G FAT

6

Nakd

R18.50 / 35G / GETNAKD.CO.ZA

Smooshing natural ingredients into a mouthful of interesting flavours – from salted caramel to carrot cake – Nakd bars are a great way to eat healthier without denying yourself the good things. Soft and chewy, with enough nutrients to fulfill most of your RDAs, they look great in a cookie jar for the whole family.

PEANUT DELIGHT

DATES, PEANUTS, SEA SALT

624KJ 5G PROTEIN
15G CARBS 7G FAT

BAKEWELL TART

DATES, CASHES, RAISINS

573KJ 3G PROTEIN
17G CARBS 6G FAT

7

Trek

R25 / 68G / CLICKS.CO.ZA

Cleverly divided into segments, these bars are easily consumed in intervals, whether those are measured in distance markers or lunch breaks. A smart mix of fruits and nuts will keep you fuelled with sustained energy – but the best feature? Organic bars don't come tastier than Trek.

PEANUT POWER

DATES, SOYA PROTEIN, TAPIOCA STARCH, PEANUT BUTTER, PEANUTS, GLUTEN-FREE OATS, RICE STARCH

850KJ 10G PROTEIN
26G CARBS 6G FAT

COCOA CHAOS

DATES, SOYA PROTEIN, FRUIT JUICE CONCENTRATES, RAISINS, CASHES, COCOA

780KJ 10G PROTEIN
27G CARBS 3.5G FAT



Hell yes it lifts!

5



Family friendly. (Even Fido.)

6



Most moreish.

7



DO IT YOUR DAMN SELF

Make a Split Decision

MAKING FIREWOOD WITH AXE AND

aggression isn't just about starting a braai with bravado. Going to the chopping block will also help boost testosterone and burn calories. Got your flannel shirt? Let's go

1 / Stihl Forestry AX10

If you're a blunt-force object kind of guy, use a maul. You'll want what this one has: a 34-inch straight handle and 3kg of punch. Physics turn those numbers into power. Splitting braai wood is not precision work, and the steel collar saves the shaft when you miss. Sharpening optional.

POA, stihl.co.za

2 / Gränsfors Large Splitting Axe

Be careful swinging this hickory-handled Swedish beauty - you might sprout a beard and start using umlauts. At 70cm and about 2.2kg, it's shorter and lighter than a maul. The blade is thin and concave for splendid splitting.

R1 700, raymears.com

3 / Estwing E24A Sportsman's Axe

This proudly American hatchet has a long, tried-and-tested history at camping sites and in the hands of intrepid dads. It doubles-up as a tent stake hammer, and cuts through timber with ease. Translation: you're going to be camping like a boss. R1 750, wantitall.co.za

LET'S TALK CHOP

THE SWING / Stand 50cm logs on a stump. Bend your knees; if you're right-handed, grip the end of the handle with your left, keeping your right hand near the

head. Raise the tool overhead, aim at a crack, let your right hand slide down the handle and swing into the log. Stack your wood and let it stand for a year.

— Charlie Blinn, Minnesota University Forest Resources

THE RESULTS / Think making the cut isn't worth the effort? Listen up: you're missing out on some big benefits if you aren't taking blade to bark. Depending on the intensity of your swings, you'll burn upwards of

1 600 kJ per hour while you're at the chopping block. Not just that, but if you make sure you follow the advice to the right and keep perfect form, you'll hit your abs with the same tension of a crunch.

Leading Role

Actress and model **Pearl Thusi** knows what it takes to be successful. Are you taking notes?

PHOTOGRAPH JACQUES WEYERS

1/ You wear many hats, and very successfully too. How do you deal with first-day jitters of starting a new job?

It's like the first day of school all over again: once you get to know someone, find your way around – even if it's just locating the bathroom – and get a sense of what you need to do, those jitters will start to disappear. In a week you won't even feel like an outsider anymore. But don't try fit in for the sake of fitting in. The best way to fit in is not fit in at all. I learnt early on that it doesn't matter what industry you're in, you won't stand out and remain memorable if you're copycatting the people around you. If anything, the only consistency should be that everyone is a very different part of a strong, united team. You do you: focus on being kind and respectful towards the people around you.

2/ How can guys dress to impress in the office? To be honest, I don't know where I stand with the whole putting-up-a-front vibe. But I get that in this world, sometimes, you have to fake it until you make it. So here we go: dress how you want to be addressed. Visualise your biggest professional idol and imagine how you want them to see you. What would you hope to look like the day they first meet you in a professional environment?

3/ What are the signs that it's time to leave behind the safety of the stable job and take on a new challenge?

A plateau is always a good sign that you should try take on new challenges in your current position. This doesn't mean that every time you hit a ceiling, it's time

to resign. When you're bored, you're not motivated and you're not feeling inspired. That's bound to make you unhappy – so look for new ways to excel. But if that extra effort goes unrewarded, maybe it's time to move on.

4/ What are some good habits you live by, that any guy could benefit from right now?

I'm all about looking after our environment. And it's not just about preserving what we have for future generations, it makes financial sense too. Use less water in the shower, recycle and stop wasting food – you're saving money. I think it's sexy. Not only will you see benefits in your own life, but the world does too. Got a beard, a six-pack and you save money and the world every day? You're awesome. Gimme your number.

5/ How do you cut through the BS and make sure you're not chasing dead leads?

Follow your instincts. Seriously, some of the most successful guys got to where they are now on intuition alone. That said, don't give into your fears. If something looks scary then it means you should take it on, because it's challenging and you wouldn't be afraid if you didn't really want it.

6/ How do you turn things around when the chips are down?

It can be rough when it feels like the odds are stacked against you – but remember, nothing has the power to bring you down, and no one else has the power to destroy your career – the power is in your hands. When things are going badly, think of the bigger picture and leap at any opportunity that comes your way.

BRAND
NEW
SERIES!

THE BIG QUESTION

Should Your Next Car Be a SUV?

The answer is yes. Sports utility vehicles and their smaller crossover siblings have a bad rep – but it's totally unjustified. Here's why



FORGET THE OLD CHIRPS

of mom taxis and boring family cars: there are masculine SUVs on offer that destroy the stereotypes. You can get both practicality and performance in these versatile cars, and you don't have to buy a bakkie like every other South African guy on the road. The lines blur between strict definitions of compact crossovers and small SUVs, but for us, they all fall under one category. Internationally, the crossover market is growing, and analysis from Wesbank car finance shows that while money is tight, more men are choosing crossovers at the expense of other medium and large car categories. That means more choice for you, and better prices. Here are our favourite SUVs, both big and small.



They've grown into their looks

OUR CHOICE ▶

JAGUAR F-PACE 2.0D AWD

Forget the old fuddy-duddy styling and boring design of the first crossovers, some of the latest SUVs and crossover cars are moving works of art. Case in point: the sleek Jaguar, which is ridiculously goodlooking, even in base model guise. And it backs up its model looks with a dynamic drive. Thankfully, it's not on its own – the new wave of crossovers and compact SUVs are very stylish. The Tucson is a well-priced, well-specced example.

RUNNER-UP

HYUNDAI TUCSON 1.7CRDi



There are cheap, practical options

OUR CHOICE ▶

RENAULT DUSTER 1.5DCI 4x4

You don't have to invest politician-level money to get a decent compact crossover. The Duster is a bomb-proof, reliable little SUV that's pretty impressive off-road and does urban duty without any issues. The interior is spartan, but has the essentials and offers a decent amount of space for you and your gear or family. If you are willing to spend a little more, the runner-up CX5 is a sleeper hit crossover that ticks all the boxes.

RUNNER-UP

MAZDA CX5 2.2L DE AKERA 4x4



They offer plenty of safety and tech

OUR CHOICE ▶

VOLVO XC90 T8

One of the three safest cars ever to be tested by Euro NCAP, and it was voted the Wesbank / SAGMA (South African Guild of Motoring Journalists) Car of the year for 2016. It's attractive, powerful, safe, and is filled with incredible tech, so it's not a hard sell as a super SUV. It's not cheap, and if you can't afford it, have a look at the excellent Tiguan (also an award-winner) which was best in its class in Euro NCAP testing.

RUNNER-UP

VOLKSWAGEN TIGUAN 1.4 TSI



They're great both on and off-road

OUR CHOICE ▶

LAND ROVER DISCOVERY SPORT SD4 SDE

You don't have to spend a million to get potent offroad ability, or acceleration which revs your heartrate. This sleek SUV has an epic 2.2-litre, 4-cylinder turbodiesel engine that's punchy on the road and rough stuff, and is able to tow up to 2200kg. The smart Terrain Response system and high build quality means this Disco will never let you down. The runner-up, the Everest, is very capable on both tar and trail.

RUNNER-UP

FORD EVEREST 3.2L TDCi



No other category is as versatile

OUR CHOICE ▶

TOYOTA FORTUNER 2.8 GD-6 4x4

Haters can throw as much shade as they want; SUVs and crossovers have a long list of benefits, like a higher ride height, improved all-terrain ability, better visibility and safety and more space. The Fortuner is one of the best selling cars in the country, and for good reason: it provides the rugged qualities and engine of a Hilux, but with the comforts of a SUV. On a smaller scale, the X-Trail offers similar versatility and diehard durability.

RUNNER-UP

NISSAN X-TRAIL 2.5SE 4WD

Take the Scenic Route

You have 150* hours of free time this month. Set a new PB

Watch

The X-Men are all dead, but that alone doesn't quite make amends for the chaotic mess of the previous film. What might? Well, in *Logan* Wolverine is back, and he's facing forces intent on eliminating the world's last mutants. Bonus: Patrick Stewart is back, and there's another Wolverine on the scene. **3 MAR**

Listen

At the Cape Town International Jazz Festival you'll have a chance to catch some of the best acts from around South Africa, and the world. It's all about dancing, drinking and appreciating skilled musicians. Our pick: check out Gretchen Parlato. **31 MAR**

Race

It's pegged as the world's largest timed cycling event, and it's still growing. Once a year, the Cape Town Cycle Tour takes over the city and every road becomes fodder for cyclists from across the world. Around 35 000 riders tackle the tarmac every year, pedalling the 109km route with scenic views of some of the city's best landmarks. Tickets sold out within days, but there's still a chance to join a charity team. **12 MAR**

Decorate

That layer of paint you slapped onto your walls five years ago isn't cutting it anymore. Your house needs an overhaul, and at Decorex Durban you'll chat with experts, snap pictures of sample rooms and come back home inspired. Find all the details at thebereed.co.za

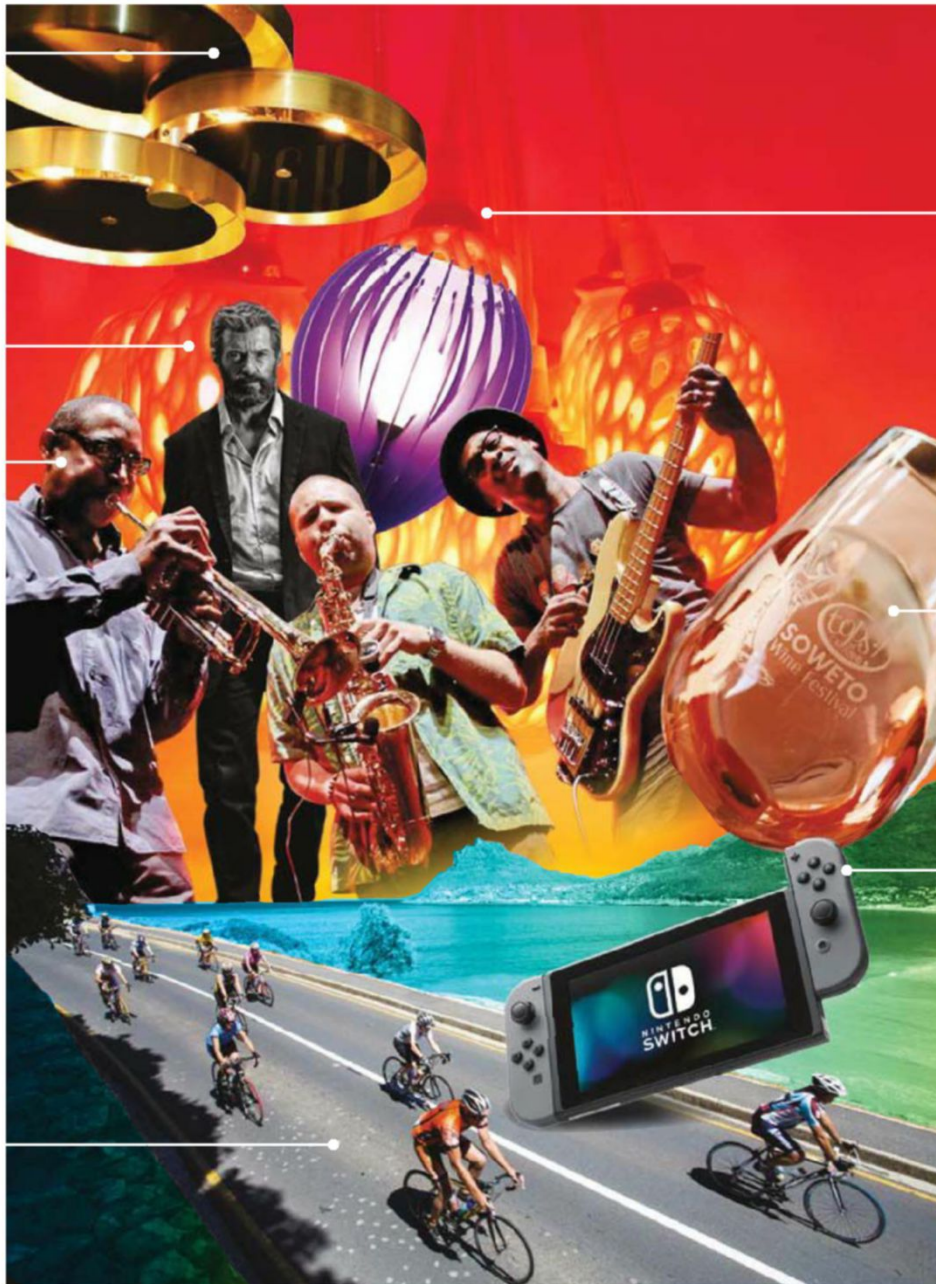
18-21 MAR

Drink

Get deep enough into a bottle of wine and you'll be planning a trip half-way round the world in a houseboat. The Soweto Wine Festival, no strangers to the combination of vino and voyage, have lumped together some of SA's winemakers with adventure assistants (and enough exotic food to soak up the plonk and inspire the intrepid palate). Visit sowetowinefestival.co.za **3-5 MAR**

Play

Nintendo's new console, the Switch, is redefining what we should expect from our video games. What you get: a tablet style central unit that docks to let you play on your TV, or slides out and fits in your backpack for your new commute companion. Throw in the legendary catalogue of games, from Super Mario to the Legend of Zelda, plus the chance to play classics from their old consoles, and you've got the perfect 2017 pick-me-up. **3 MAR**



VICIOUS CYCLE
Earn Your Tread
Don't get ousted as a weekend warrior. Fit in with the saddle squad.



CHAINRING TATTOO
Basically the road cyclist's tramp stamp. Be wary of your gait to avoid this embarrassing chain-grease mark.



FIXIE
A single-speed bike that's good for the coffee run and showing off your new salvaged leather boots.



BRAIN BUCKET
A.k.a. a bicycling helmet. Wear one, or someone will be collecting your brains in a bucket.



GRANNY GEAR
The equivalent of a pensioner taking up two lanes of traffic – and the perfect gear for taking on monster climbs.

Keys to Your City

We've tapped the locals, now it's your turn to tackle some of the best trails and tuck in town. Welcome to Sandton

BY KIERAN LEGG

6am/ Run Wild

The holy trinity of the perfect morning run: miles of wild trail, fresh air, and the knowledge that you're not squandering the best hours of the day lazing under the covers. The Sandpruit river ticks all those boxes, serving up a myriad of winding trails that will take you past Killarney Mall, through the golf course and Ethel Grey park. Hanslo says a four-hour walk - or speedier run - will take you past running water and rock formations, and bring you face-to-face with some of the wildlife that inhabit the length of Sandton's most popular running terrain.



7:45am/

NO GYM CONTRACT REQUIRED The Mushroom Farm Park in Sandton is home to a fully-stocked outdoor gym that's got a liberal walk-in-and-work-out policy, says Cover Guy runner-up and area local, Mandla Dube.



9am/ Fuel Up

Cover Guy runner-up Riyaadh Hanslo has mapped out all the healthiest eats in the area, and says none beats The Bowery. This hipster joint is free of the pretentious trappings that bring down most food spots. You'll get generous breakfast bowls stacked with fresh ingredients - and you'll stay fuelled all morning, whether you started with a pre-dawn run or you're steeling yourself for another boardroom gauntlet. Best part? "Order your lunch ahead of time and they'll deliver it straight to your office."



1pm/ Chow Down

For lunch on-the-go, Dube recommends hitting up Krunch and grabbing a wrap. Energy flagging? Skip the queues at the takeout joint and head to Rockets Express. This new restaurant places the emphasis on fresh food done fast, and you'll be able to tweak every detail from the base to the toppings. Our pick: go with the classic Caesar topped with bacon bits and add a grilled chicken breast to pump up the protein. Cutting weight? The Veg Loco is low on calories; just remember to ask for the dressing on the side.

2:15pm/

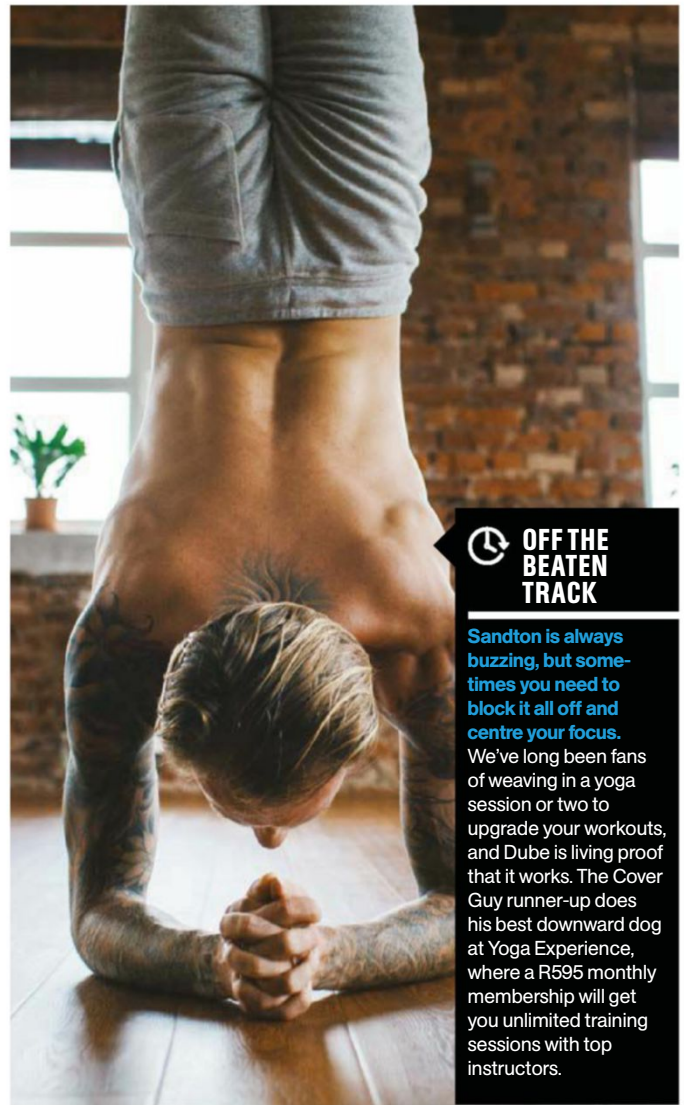
SKIP THE GROCERY STORE SHELVES AND STOCK UP ON NOURISHING GRUB at Fuel Foods in Hyde Park Corner. Whatever your meal plan, they've got you covered; whether it's sugar-free, low-carb, organic or banting-friendly, says Hanslo. Find 'em @fuelfood_sa



4pm/Enter the Fray

Functional training is where it's at in 2017, and Sandton is already ahead of the curve. Dube says you can't beat the high-impact workout boxers use to prep themselves for 12 rounds. At Sandton Fight Club, you'll start with a warm-up, followed by a few rounds of boxing training, a burst of abdominal exercise, a stint in the weight room and a solid stretch to round off the

hardcore session. You'll easily be able to fit these classes into your schedule, as times are flexible. Not keen to brawl? Hanslo says Switch Playground - which brings to together brand-new tech and old-school fitness - is the perfect afternoon workout. "You'll take on a labyrinth of playground activities as a live DJ pumps the right tunes to keep you from flagging," he says.



OFF THE BEATEN TRACK

Sandton is always buzzing, but sometimes you need to block it all off and centre your focus. We've long been fans of weaving in a yoga session or two to upgrade your workouts, and Dube is living proof that it works. The Cover Guy runner-up does his best downward dog at Yoga Experience, where a R595 monthly membership will get you unlimited training sessions with top instructors.



Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

OUTDOOR REFRESHMENT

ONLY A PILSENER CAN BRING



PHOTOGRAPH: GETTY/CALLO IMAGES

Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

#1 | Hogshead Illovo

198 Oxford Rd, Illovo

You can't beat washing down a stacked burger with a Hansa Pilsener. So, here's the plan: rally the crew and hit up this spot, a shrine to the country's best smoked meats. And these guys aren't messing around. Every smouldering cut, from their ribs to their peri-peri half chicken is smoked for 14 hours in their own Southern-style BBQ smoker. Our pick: the thick-cut beef brisket is the definition of Southern hospitality. Plus, the Pilseners here are on tap, and served just how you like them: cold and generously.



#2 | Jolly Roger

6th St & 4th Ave,
Parkhurst

Pirates had a few good ideas. Namely, that there's no problem in the world that can't be solved with a fine ale and a warm meal. The Jolly Roger wears its buccaneer colours with pride, and inside you'll find a bar with a jovial atmosphere, quality food and ice-cold Hansa Pilseners year round. Best part? Show up on a Sunday or Wednesday and you'll have a chance to plunder the bar's treasure troves of homemade pizzas for half the price.



#3 | The Baron

6 Gwen Ln, Sandton

Looking for no-frills pub grub that's big on taste and doesn't skimp on portion size? The Baron is your new spot. Not only will the giant platters feed even your most insatiable work buddies; but the always buzzing bar is filled with similarly-minded merry makers just happy to have clocked out for the day. Go ahead, grab a Pilsener and go mingle. Once you're done networking, reward yourself with the bar's signature sirloin steak.



#4 | Nineteen69

Boskrui village,
Boskrui

It's time to rope in your mates and grab a table at this open-plan bar that doesn't pull any punches, whether it's the burgers, the delicious desserts or the stellar live music acts. There's this place is always packed with revellers looking to unwind after a hectic day in the office: it's almost impossible not to relax when the waiter serves up a sizzling steak (medium rare, how it's mean to be). Order a round of Hansa Pilseners - that's your evening, sorted.

"LIFE WAS
MEANT FOR
GOOD FRIENDS
& GREAT ADVENTURE"
unknown

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REFRESHMENT
ONLY A HANSA PILSENER



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THE MH
UPGRADE

STYLE TRAPS

A / A GOLFER IS ONLY WORKWEAR-APPROPRIATE IF IT FITS WELL **B** / STAY AWAY FROM ANYTHING BAGGY - SLIM GUYS LOOK BEST IN A SLIM FIT **C** / TROUSERS TOO LONG? TAKE 'EM TO A TAILOR

DON'T WAIT FOR FEEDBACK ON your style game from colleagues - by then, a bad first impression will have taken hold. Instead, look for guidance from your girlfriend, or even your own mirror. Shirt gaping around your front? Pants hanging on the ground? These are bad signs - here's how to fix them.

1/ Face Value

Develop a grooming routine that is quick and simple - the easier it is to follow, the more likely you'll be to stick to it. We advised Thembi on the merits of starting his regime while still in the shower: all you need is a quality face-wash and moisturiser with an SPF.

2/ Modern Essentials

Start by investing in staple items that will serve you through your average week, from work to the weekend. A blazer, for example, is one of the smartest essentials any guy can own.

3/ Liven Up a Classic

Some style rules are made to be broken. A fresh pair of sneakers will help you liven up a classic look and show everyone you can wear the hell out of tailored clothing.

Who's the Boss?

Show up for after-work drinks in style

BY AZEEZ JACOBS

NAME THEMBI NDHLOVU
LOCATION DURBAN
OCCUPATION DESKTOP ENGINEER
CHALLENGE SMARTEN UP

Blazer
R1 400 D66 at Edgars
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R450 Old Khaki
Pocket Square
R400 T.M. Lewin at Edgars
Komono Watch
R1 599 komonoshop.co.za
Leather Belt
R275 Old Khaki
Slim-Fit Chinos
R399 Woolworths
Sneakers
R799 H&M

EDGARS 0860 692 274
H&M 021 826 7300
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KOMONOSHOP.CO.ZA
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LOCATION HOUSE OF MACHINES



SIBUSISO VILANE

The local mountain climber has conquered peaks from the Himalayas to Kilimanjaro. Now he's gearing up to take on Everest. Walk in his footsteps

Ask the Adventurer

Straight-up advice from a stand-up guy every month



I'm afraid of heights. How do I overcome this phobia, which is getting in the way of my adventurous spirit?

You want to hear something crazy? Many trails don't have a single vertigo-inducing climb. For example, Kilimanjaro, which extends almost 6 000m up to its peak, doesn't have any overhangs along its main route. Do some research and find trails near you that are vertigo-friendly. Or better yet, start exposing yourself to your fears. To begin mastering your thinking, you'll need to start pulling down the mental barriers that led to your phobia in the first place.

I've always dreamt of summiting Kilimanjaro, but every time I get down to the planning stages I get cold feet. How do I muster the courage to scratch this one off my bucket list? You've got a dream, that's step one.

Step two: set a date, commit, and work towards it. But be wary: going from zero to 100 is going to be a massive shock to the system. Take a page out of my book. My aim is to climb Everest, but I've spent my whole life conquering smaller peaks – from the Drakensberg to the Himalayas – to get there. So start small. This weekend, take a hike. The next, up the ante and take a crack at a tougher trail. Six months of regular trekking should put you in good stead to scale Africa's highest peak. The trick here is to stay physically active, whether it's hiking, running, walking or hitting the gym. Just remember, Kilimanjaro requires more mental fortitude than physical stamina.

What should I be chowing down on during my hikes to stay strong and see it out to that final metre? Think healthy, non-perishable, loaded with energy, and most importantly: light. I've seen guys bring the equivalent of gourmet dinners, but excess food is just going to weight you down. For me, the best snacks are

dried fruit, protein bars and biltong. They pack a lot of energy for their size, and won't deteriorate in the elements.

My kids aren't keen on hikes, but I still want to get my adventuring fix on the weekends. How can I keep the mini-me's entertained when we go mountaineering?

Outside of doing your own treasure hunt? Find a way to keep them engaged. That means brushing up on the birds and bees (nope, not those ones, not just yet) and turning your mountain adventure into Indiana Jones in the middle of a David Attenborough documentary. Start small, maybe a sunset beach walk with Rex in tow, and then build your way up to walk with a little more substance. You want them to feel excited about the world around them, so don't sigh when they want to stop and catch tadpoles in a stream, and join in when they start mimicking the haddas. This is their adventure as much as it is yours, and embracing your more playful and carefree side will help you destress and connect with the tykes.

Where can I find the very best hiking fix in SA?

There's no doubt about it: the Drakensberg. Sitting at 3 400-odd metres tall and stretching along 1 000km of some of SA's most beautiful territory, every trail here is an adventure you won't forget.

PACK THIS

TO BE A TRUE MOUNTAIN MAN, YOU NEED TO PACK LIKE YOU WERE BORN ON THE HILLS

1/ *Silva Ranger MS Compass*

An old-school compass will get you home more reliably than any GPS tracker. You'll need one that's durable and field-tested. **R313, loot.co.za**

2/ *Coghlan's Emergency Blanket*

If you wind up stranded overnight, caught in a cold front, an emergency blanket will save your life. **R29, takealot.co.za**

3/ *Klean Kanteen 27oz Classic Bottle*

Staying hydrated is the difference between an adventure and air rescue. This flask will keep your water cool and clean. **R150, Cape Union Mart**

4/ *Satellite Phone*

Even if it's just to have contact with rest of the world in an emergency, this is worth the price of the rental. **R499, satelliterentals-sales.co.za**

5/ *Victorinox Cadet*

This pocket knife packs every tool you could possibly need into a tiny frame, and throws in a super sharp blade for good measure. **R474, sharpedge.co.za**



To keep track of Sibusiso's adventures, follow @sibueverest

#MHChallenge/





THE FAST & AMPHIBIOUS

Swimrun races require running in wetsuits and swimming in shoes to cover ground and water quickly – it's a high-paced parkour race against nature, a true obstacle course against the elements. We took part in the the first one in Africa and we're hooked. Here's why you'll be too

BY ARTHUR JONES • PHOTOGRAPHS DAVID HARRISON

ICE-CREAM HEADACHES. THE FIRST WORD OF THAT STATEMENT makes you think of creamy, tasty softserve, but it's when paired with the second word, it loses all its innocence. These head pains hit you instantly when you hit cold water, and stick around until your body (and mind) adapts. I had my first proper double serving of brain freeze once I hit the frigid waters of Sandy Bay for the first swim of the Torpedo Swimrun, where the temps hovered around 9-degrees.

SWIMRUN INVOLVES, AS THE NAME SUGGESTS, a lot of swimming and running. In a two-man team, without stoppages for transitions, you're involved from the get-go in a brutal, primal duathlon: scrambling up rocks, beaches and trails and swimming through kelp, rip tides and swells, all without changing your gear. That's right: you'll run in a wetsuit, and swim in your shoes, but you're able to choose smart accessories like a buoy (for added flotation), and hand paddles for extra pull in the water.

The start of this Cape Town-based Torpedo SwimRun (torpedoswimrun.com) was near the top of Suikerbossie, and was broken down roughly into three heats of 25 teams of two. That enforced partnership is for safety reasons, and a helpful motivator too – you'll need to keep within 10 metres of each other in the water, and 20m on the beach, boulders and trail. The finish for this race was on Clifton's 4th beach – so as long

as you kept the ocean on your left and 12 Apostles on your right, you couldn't go wrong.

Back to the ice-cream head pains – it was a brutal start, and even though the tides, wind, slippery rocks and kelp forests all conspire to slow you down, the headache is the toughest obstacle to overcome – but it passes quickly, and then you realise what a unique, and enjoyable, race the Torpedo SwimRun is. You get to experience hidden beaches, scintillating water routes and crossings, secret sandy spots – and there are no real rules or conventions to follow. You just need to listen to Mother Nature as the course director, then work as a team to get to the end. There are no complicated transitions, fun-police race rules or heavy traffic. This race is a purist's ideal – minimal equipment, breathtaking views, and a spirit of adventure you won't find in commercial races. Here's why you need to join the next Torpedo Swimrun on the 19th of November.

1/ It all started as a bet and pub crawl.

In 2002, four Swedish guys (Janne Lindberg, Anders Malm, and Jesper and Mats Andersson) challenged each other to run and swim in teams of two from a hotel in Utö to a hotel on the island of Sandhamn... 75km to the north. Obviously, there were five pubs along the route - and the team that came in last footed the bill. This evolved four years later into an official race, when the SwimRun franchise was born. That original 75km route still forms the basis of the Ötillö SwimRun World Championships (see sidebar). Today there are plenty of SwimRun races around the world, and Torpedo is the first in Africa. Any race that has this kind of pedigree is guaranteed to provide a good time.

2/ Nature is the real course director.

One of the race founders, Richard McMartin, explains his reasoning behind creating Torpedo SwimRun. "Growing up I was a keen canoeist, and our playgrounds were the Dusi, Umzimkulu and Umkomaas rivers. As a 16-year-old on my first Dusi race, we paddled from the start at Camps Drift into the complete unknown; and suddenly you need to think about river levels, which rapids to portage, the different distances, which line to take - and all this we needed to figure out on the fly." The thrill of the adventure appealed to McMartin. "I felt that the men and women winning these races provided racing at its purest, because they had to master a mix of athletic ability and the skill to read Mother Nature. Since then I've participated in all the traditional sports of triathlon, cycling and running races, and although they have been great fun, I have always felt that there was a missing element," he says. "The racing always had a clinical feel with too much focus placed on pace, HR, watts, and not enough on the athlete's ability to read a natural course."

3/ Teamwork makes the race work.

"Although safety is the primary reason for the team format, the magic lies in sharing an experience," says McMartin. Some SwimRun events require tethers, or towlines, between partners. You can swim in the slipstream of your partner if he's stronger in the water, and take turns running in front to ensure you both get more rest.

4/ It's an obstacle race against the elements.

Forget the fancy climbing walls, wooden structures and swinging nets of obstacle races - this is parkour against Mother Nature. "The beauty of SwimRun lies in its simplicity," says McMartin. "Racing from start to finish you don't pass through any transitions, don't need expensive equipment and you travel through inaccessible natural areas that traditional running, swimming or triathlon races can't reach. SwimRun has seen phenomenal global growth in the past years and this explosion is credited to these factors; athletes racing against nature as much as each other. You feel, smell and taste the water, and the ground you run over. In a world where everything has become slightly commercial, it's the escape from the concrete jungle that athletes are craving."

5/ This could be the most scenic SwimRun course in the world.

The Scandinavians can keep their cold weather, Baltic waters and dense forests. "We're fortunate to have a coastline that is wild, natural and right on our doorstep," says McMartin. "The world-famous bays and beaches of the 12 Apostles stack together as both a postcard-perfect and challenging SwimRun course, one that lets entrants see the iconic coastline from a whole new perspective - one that's normally only open to a few surfers, swimmers and paddlers. The cold Atlantic, hot African summer and wild ocean coming in from the south provide us with an ever-changing, awe-inspiring and formidable course."

6/ You can't be a one-trick pony.

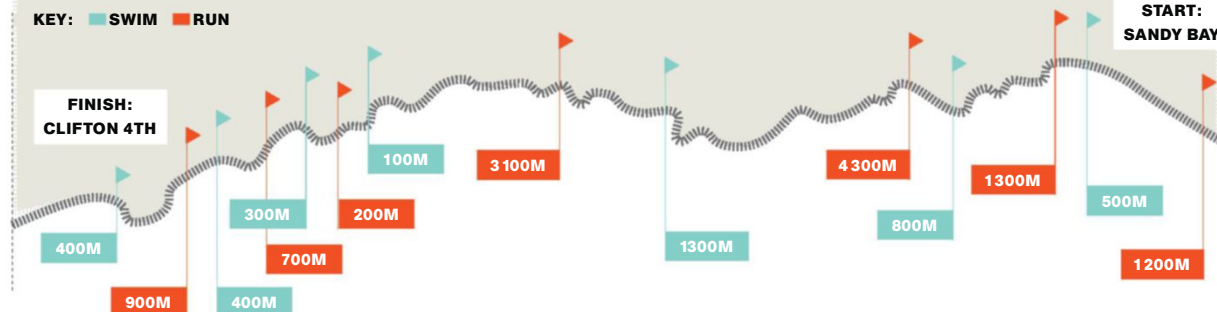
The first finishers were a mix of top trail runners (Ryan Sandes, Kane Reilly, Greg Goodall), elite triathletes and potent open-water swimmers, but it was the powerful duo of Jean-Paul Burger and Michael Lord, a former Junior Cross Triathlon

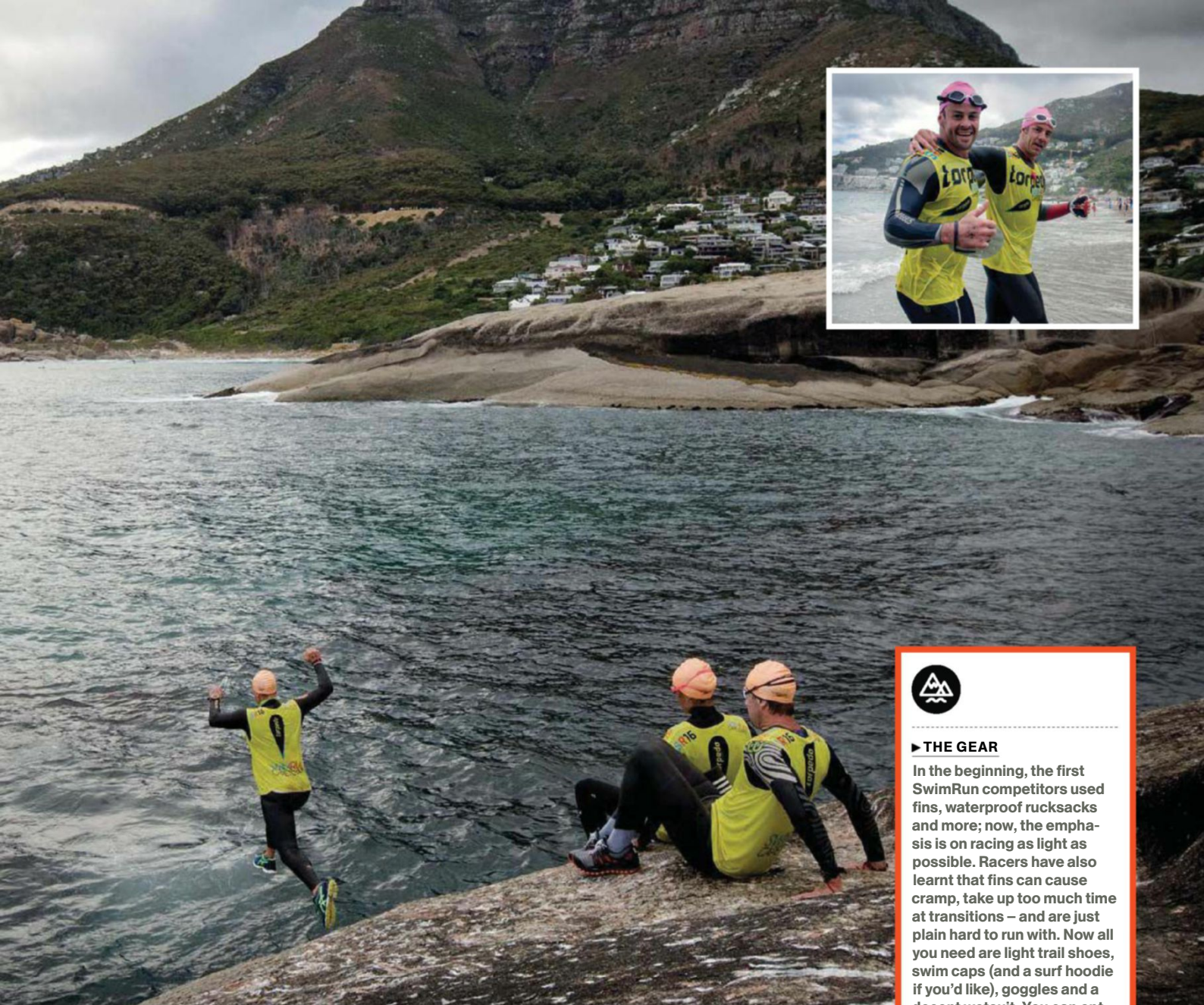


"The wild, world-famous bays and beaches of the 12 Apostles stack together as a postcard-perfect course that lets entrants see the coast from a whole new perspective."

► COLLISION COURSE

Ice cold water, soft sandy beaches: Torpedo SwimRun offers a great mix of technical trail and cold, open water.





World Champion, that took first place, in a time of 2:05:25. All of these athletes proved how conditioning and stamina will always count in both the water and on land.

7/ It offers more than just physical benefits. Besides the demanding total-body workout and cardio engine emphasis, this race also offers some beneficial mental challenges and stress relief, too. "The benefits come not only from the exercise mishmash of swimming and running but from the mental health benefit that adrenaline sport brings. Nothing clears out stress better than a icy cliff jump into the Llandudno backline," says McMartin.

8/ Expect it to be cold – and kelpy. Ice-cream headaches are only really an obstacle in the beginning, and the best way to deal with them was found by McMartin while testing the route. "During a 8.5-degree tour, we created our own golden rule for ice-cream headaches: for

ON THE ROCKS
Transition time is seamless from land to sea.

MISSILE MEN
The author and his Torpedo partner, Graham Barratt.

30 seconds, force yourself to put your head down and swim, concentrate on your breathing, and the pain will subside." For extra warmth, you can invest in a surf hoodie, which you can take off while you are running. After these headaches, the toughest part of this race is normally the transition areas between the sea and land, as wet rocks, seaweed and swells can make it tricky. Part of these obstacles are the kelp forests – something you need to overcome throughout the race. For the most speed, you need to slither and slide your way over the forests – the more horizontal your body position, the less resistance there is from the seaweed and kelp. One team was overheard in the Clifton kelp beds discussing the effect: if they died in the kelp, would it be seen as kelpable homicide?



► THE GEAR

In the beginning, the first SwimRun competitors used fins, waterproof rucksacks and more; now, the emphasis is on racing as light as possible. Racers have also learnt that fins can cause cramp, take up too much time at transitions – and are just plain hard to run with. Now all you need are light trail shoes, swim caps (and a surf hoodie if you'd like), goggles and a decent wetsuit. You can opt for both hand paddles for more pull, and a buoy to keep your legs afloat.



► THE PINNACLE

The original Ötillö SwimRun started in 2006 has evolved into a global series, offering both sprint events (shorter, more beginner-friendly races) and World Series races, which work as qualifiers for the colossal Ötillö Swim-run World Championship, which covers 26 islands and requires 65km of running and a mammoth 10km of swimming – all in the Stockholm Archipelago. While it can take up to 12 hours, the best teams do it in eight-and-a-half.



LEAP OF FAITH

Former club footballer Ryan Botha risked life and limb when he jumped to save a man from certain death

BY KIERAN LEGG • PHOTOGRAPHS CAMERON MACDONALD

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HE LANDED WITH A SNAP, his leg buckling painfully underneath him as he collapsed onto the roof. Ryan Botha

had jumped down from almost five stories up and knew he was going to hurt himself. But nothing, not even knowing that, could prepare him for the pain that now surged from the mess of broken bones in his limb.

"I gritted my teeth," he says. "I could see the bone bulging under the skin. This was bad."

JUST A FEW METRES AWAY A MAN WAS DYING, CHOKING on his own blood after falling from an even greater distance and landing on his head. Ryan would later find out that his calculated leap of faith had bought the injured partygoer precious minutes that ultimately saved his life.

But in that moment post-impact, he only had one thing on his mind: crawl.

The Jump

In 2003, Ryan was a club footballer with a promising future. His career until that point had been marked with appearances for a string of top clubs, from SuperSport United and Wits University here in SA to FC Tervarit and FC MyPa in the Finnish Premier league. But this year his game plans were derailed when he was sidelined by a severe knee injury.

It was a bitter pill to swallow, and the footballer found himself plunging into depression.

"That was a dark time," says Ryan.

Those days were a cycle of negative thoughts, injury rehabilitation and long talks with his family. It was the latter that helped pull him out of the darkness and back onto the pitch when he finally healed.

Wheelchair-bound and unsure whether his leg will ever recover, it's unsurprising that Ryan thinks back to that time again now. For an active guy who can usually be found in the boxing ring or in the weights room, being forced to sit still is an agonising state.

"But if you asked me if I'd go back and do it all again, I'd jump, without a doubt," he says.

Ryan was at a New Year's Eve party. In his own words, it was low-key. "This wasn't a bender. This was the party before the party, and the atmosphere was relaxed," he says.

He was in a pool overflow area talking with his friends and soaking in the view as the sun crested the shimmering ocean that has turned ever square inch of the area into prime real estate. "That's when we heard the scream," says Ryan.

According to news reports, an Australian tourist had been trying to take a selfie when he fell from the balcony of the overflow area. He plunged over eight metres, hitting the roof of one of the properties below, before bouncing onto the roof of an adjacent house.

The party erupted into a chorus of shouting, as the man's friends dashed helplessly to see how they could save their injured friend.

"I started looking for a way down," says Ryan. "I didn't even think about it. I know how to perform CPR, and I knew without it, this guy was going to die."

The footballer-turned-model was in the process of clambering to a lower precipice in order to narrow the distance between himself and the injured man when people began screaming that he had stopped breathing.

"That's when I knew I had to jump."

As he leapt, he seemed to hang in the air. He knew he had to clear a two metre gap to avoid falling an even greater distance and missing his target completely. And when he hit the roof he was going to try and roll, softening the blow.

But the impact swept his legs from underneath him. He felt the force of hitting the roof clatter through him.

"And I heard my leg snap."

"I didn't think about it. I know how to perform CPR, and I knew without it, this guy was going to die."

The Survival

There are two things he remembers about lying on that roof. First, the sound of the injured man choking on his own blood. Second, the searing agony of his broken leg like a painful anchor keeping him rooted to the ground. "I waited for the adrenaline to kick in and I started to roll towards him."

When he pulled himself over to the Australian tourist, he could see he was in a bad way. The man's face was bloodied, and a pool of scarlet was beginning to puddle around the base of his skull. "And that choking sound was so bad."

He turned his neck slightly, wary of antagonising a broken back or neck, and the man's breathing seemed to improve. "He was kind of conscious, so I kept talking to him."

Only later would he find out from the doctor that the small movement had saved the man's life, buying him precious minutes until the paramedics arrived. Medical teams secured a ladder and climbed to the top of the roof, and dashed to the



man's rescue. Ryan knew his work was done, and he rolled away, gritting his teeth as the last drops of adrenaline began to fade, and the pain in his leg became overwhelming.

The pair were later craned to safety, and taken to hospital for further care.

The Recovery

From the moment paramedics arrived, Ryan's memory is hazy. He started to drift in and out of consciousness as the pain ebbed and flowed through his body. "The doctor basically told me I was clinically screwed - that he'd never seen a foul like this," he laughs. "He wasn't sure I'd ever be able to walk again."

He had to remain in hospital for 15 days, undergoing surgery as six pins and a plate were inserted under the skin to help the bone reform and regain its old shape.

"There were about five minutes where I got lost in some dark thoughts," says Ryan. "But then I remembered what I went through with my knee injury, and how many people were there for me, and I knew I had what it would take to get through this."

He also counts himself lucky to survive at all. He says it's down to his training, that his time on the pitch has prepared him for hard knocks.

"Apparently the average person would've been in far worse shape after a drop like that," he says. "They would've had a broken back and a smashed hip in addition to a broken leg."

The Australian tourist was released from hospital, and is expected to make a full recovery. That's also lucky for a guy who Ryan says "landed on his face" from a height of around eight metres.

Knowing the long road of recovery he has ahead of him, Ryan doesn't regret his decision to jump.

"You've got to weigh it against how I would've felt if I did nothing and he died on my watch. No, that's not a feeling you can live with."

"We were raised to do what we can to help people," he adds. "I got that chance and I took it."



TEAM GAME

Ryan Botha doesn't know if his leg will heal enough for him to walk again - but he knows he has the support to come back from anything.



MODEL BEHAVIOUR

As a three-time cover guy, Ryan knows all about setting an example for others to follow.



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SHIFTING GEARS

Absa's chief risk officer Arrie Rautenbach took up the ultimate challenge – and proved it's never too late to enter the fray

Ask anyone, and they'll tell you Arrie Rautenbach is one of the most driven and hardworking guys out there. For 20 years, the Chief Risk Officer at Absa channeled that energy through his work, climbing the career ladder and making big moves in the boardroom.

But his health was suffering. Getting the edge in the industry meant waking up early, and never hitting pause. He was skipping meals, snacking for sugar-highs and feasting in the evening. The former Free State rugby player packed on the pounds, and before long found himself at his heaviest: 117kg.

"The annual medical checks weren't good," he says. "I didn't feel unhealthy, but every year there were more and more red marks."

For a man with competition running in his blood, his physical fall from grace weighed heavily on his mind. But his return to form wasn't hinged on a New Year's resolution to eat healthier, or attributed to an app or weight-loss programme. Arrie's big turnaround started with a brazen comment and an accidental challenge.

"I was at a company dinner and I overheard my colleagues swapping war stories about the Absa Cape Epic again," he says.

The world's toughest cycling race is a common topic among staff at the financial institution. For newcomers, entering the event is a baptism by fire to immediately capture the respect of their peers.

But Arrie had never felt the calling to straddle the saddle and master the eight-stage race.

"I told them it can't be that bad," he laughs. "They looked at me like I was crazy – then challenged me to enter."

THE TRAINING

Arrie's fate was sealed. There was no way he was backing down. With advice from friends and colleagues, he picked up a new bike and equipment and started training. While you never forget how to ride a bike, you can forget what it feels like to really push your body.

His first cycling escapade covered just shy of 8km, and by the end he was leading his steel steed on foot, struggling to catch his breath.

"I told myself I wasn't ever going to resort to walking again."

He threw himself into the training, getting fitter and lighter every time he pedalled. His time in the saddle brought him face to face with his sporadic energy levels, and he forced himself to consult with a dietician to get to grips with how to adequately fuel his body.

The conference room croissant was ditched, and he replaced his motley crew of unhealthy meals with endurance grub and superfoods. As he approached the starting line of his first Absa Cape Epic just a year later, Arrie was 22kg lighter.

THE RACE

Arrie's Epic dream was almost dashed on day one when his partner's derailleur broke. Repairs set his team back by over an hour, and it was a mad dash to the finish line to make the cut-off time. They managed this feat with just 15 minutes to spare.

But making it to the end of day one, after he'd almost given up hope on seeing another stage, put Arrie on a high for the rest of the race.

"You can't beat the feeling of finishing your first Absa Cape Epic," says Arrie. "Seeing all that training – all that riding – come together for this one amazing result, it's an addictive feeling."

This year, Arrie will be entering the race for the third time. And this time he's pairing up with Andrew Mclean, who has won the Absa Cape Epic grand master's title multiple times. While he might not have as much time to dedicate to training as the pros, Arrie says the race rewards smart riders. He's refining his tactics, and is confident he can crack the Top 10 for teams in his age category.

"If you'd asked before if I'd have the time to train for something like this, I would've said 'no,'" he says. "But there is always time; there is always a way to make sure you have balance in your life. I'm still focussed on my career, but I'm taking care of myself too. And it's proof that if you put your mind to something, your body will follow."

**BRAND
NEW
SERIES!**

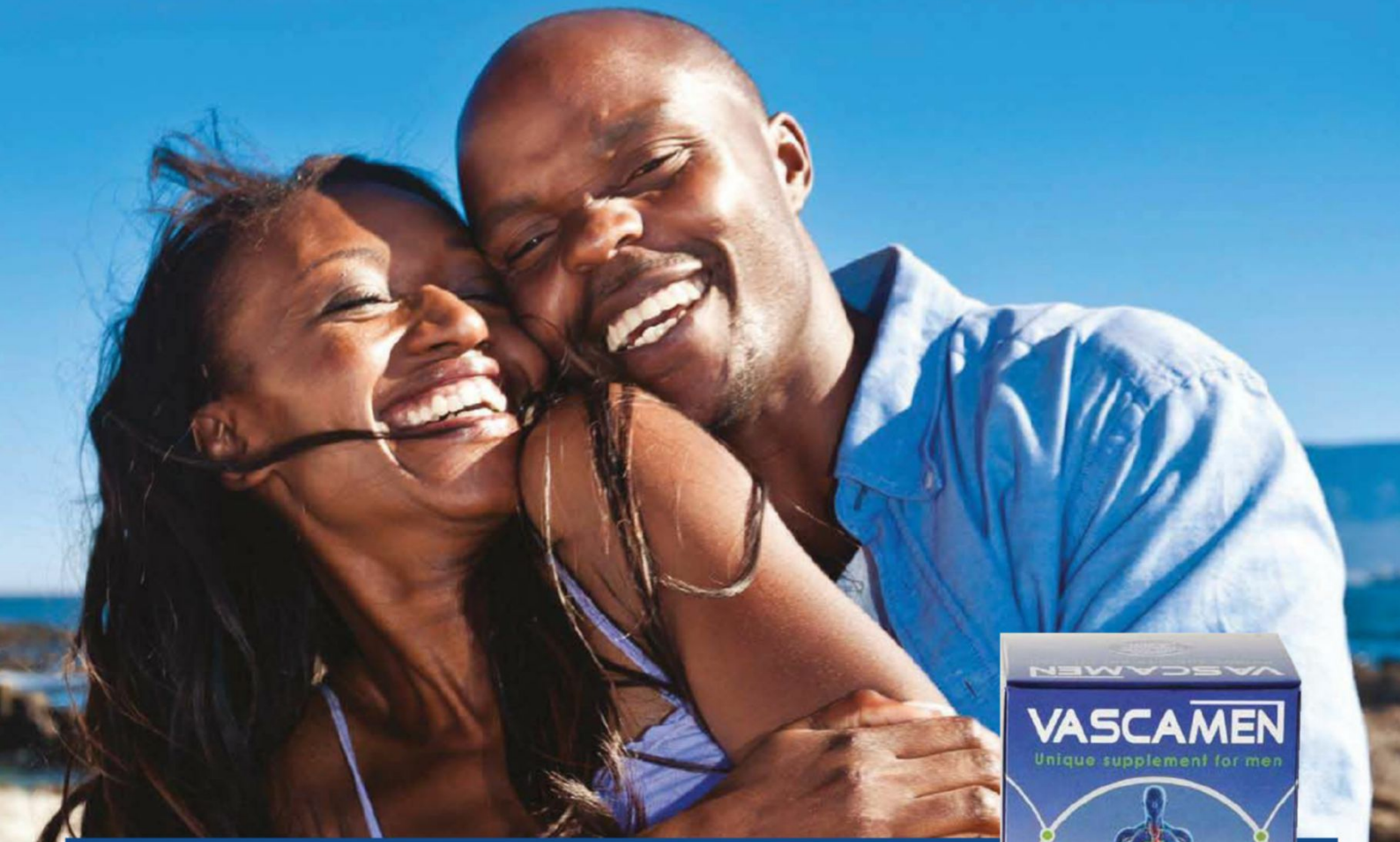
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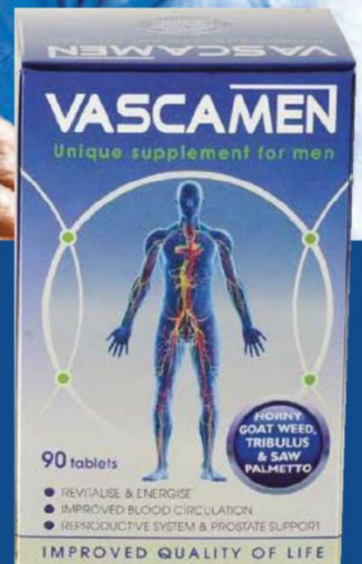
BY BRONWYN NORTJE
PHOTOGRAPHS IGOR POLZENHAGEN

Reclaim your sexual confidence



For most men their sexual performance and physical condition are closely linked to how they feel about themselves. Vascamen was developed especially for men to maintain and improve their quality of life. When the circulatory systems starts deteriorating and blood circulation in the body is impaired by ageing your energy levels may start to deteriorate. Your libido decreases and hair loss and prostate problems start to develop. You might even start to struggle with impotency.

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HE'S THE CEO of a multimillion-rand, multi-award-winning property development company, yet the most important hour of his day is spent sweating it out with

guys half his age. At 51, Paul Berman, head of Berman Bros. property development firm, is at the height of his game, both physically and professionally. And staying there, he says, requires a lot of time on the floor next to students and models.

"The one thing I've learnt is that no matter how good a businessman you are, the physical aspect of your life is just as important as anything else when it comes to making a success of your life."

Paul joined younger brother Saul in 1994 at his construction firm which he had started in 1989. Later, the company became the Berman Brothers. "With our combined experience in the construction and legal industries, we knew we could make a great team." Their first joint project was the upgrading of Cape Town International Airport in time for the 1995 Rugby World Cup - and they haven't looked back since. They were the first developers to undertake major renovation projects in Sea Point and have been credited with being the force behind the rejuvenation of this previously underrated area.

For Paul, there is absolutely no question that his regular workouts boost his energy levels and help him focus when he's managing the many varied aspects of their business. "It is fundamental to maintain a balance between working hard and physical exercise - the success of both is inextricably linked to the other," he says.

"Good leaders are judged by their ability to listen and connect - you can't do either if your mind is cluttered."

Flip the Switch

"I was always fit and healthy in my youth and early on in my career but over time I sort of let myself go. For several years I was working hard to build up the business in a fairly stressful environment and although I had every intention to be fitter and healthier, I just never managed to convert that intention into action."

In the early years of the business, Paul always remained fit enough to participate in the annual Pick n Pay Cycle Tour and run the occasional half marathon, but his weight gradually crept up and he gained just over 15kg. By 2011 he was

tipping the scales at 92. "I never looked terribly overweight, but I became lethargic and irritable, and was battling to concentrate at work," he says. "I'd be in a meeting and my mind would wander." He would wake up tired every morning, and struggled to connect with people in the boardroom.

"Then five years ago, my brother, Saul, introduced me to Andrew and Paul Rothschild, and I started attending S.W.E.A.T. 1000 classes. I became completely obsessed - it has completely changed my life."

S.W.E.A.T. 1000 stands for Specialised Weight Endurance Aerobic Training and combines high-intensity cardiovascular training with core, functional and resistance floor work.

"I've continued with S.W.E.A.T. 1000 classes and the gains in my fitness have been unbelievable. I've never been fitter. I'm running against guys in their twenties in the class; they're competing against me and I'm outperforming them. I've done the Tour every year for the past five years without any training - I've been able to rely on the latent fitness from my S.W.E.A.T. classes."

It was only when he really started pushing himself physically in the gym that Paul realised the impact that his health had on his overall wellbeing. "I wouldn't say that I was depressed before, but my low mood was definitely symptomatic of my health. That immediately lifted as soon as my fitness improved," he says. "For the first time in years I was in tune with my body and aligned with my potential."

The rapid turnaround in his mental vitality was just the kick he needed to overhaul his diet. "I cut out all carbs, starch, fizzy drinks and sugar and started increasing my presence at S.W.E.A.T. to four or five times a week. Within three months I had shed the 18kg of extra weight I was carrying around. And I've maintained that for

five years: the same diet and the same routine," he says. "Although it was tough mentally and physically, I enjoyed it. Something happened - the light switch came on, and I've never looked back."

Paul also sees a personal trainer twice a week to build strength. "My wife thinks I'm completely mad because some days I double up and go to S.W.E.A.T. in the morning and then do a weights session in the evening as well, but the effect on my physical and mental ability has been truly remarkable."

He is not alone in realising the profound benefits of exercise on mental performance and a sense of wellbeing. Exercise improves what psychologists call our executive functions, which help with higher neurological functions that allow us to plan and achieve our goals. It also has positive effect on our overall mood.



Numerous studies stretching back to the 1980s have found that regular exercise can improve mood in people with mild to moderate depression. A 2005 study published in the *American Journal of Preventative Medicine* found that walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week had a significant influence on mild to moderate depression symptoms.

Perhaps unsurprisingly, since he started doing regular S.W.E.A.T. 1000 workouts, Paul has found that his thinking is sharper and he is much more focused and present both at work and at home. "A clear mind helps me come to an objective determination of business decisions far more quickly and with more confidence."

Train Your Diet

When you're training hard it is tempting to ditch the diet from time to time and reward yourself with a treat, but consistency is as important to your health as it is in business. "Some people watch their diet all week and then let loose on the weekend, but I've never been that kind of person. If I'm going to do something, I have to do it 100%, and my diet is no different," says Paul.

Since he overhauled his health more than five years ago, he has drastically cut down on carbs and has stuck to a diet of lean protein and vegetables - a combination that he says keeps his energy levels constant throughout the day. "For five years I haven't had a chocolate, any sugar, a glass of wine - nothing. The benefits of



“After an early rise for a class and a full day’s work, I feel complete.”

INVESTMENT PLAN
Paul Berman leads the field, in his career and the gym.

NET PROFIT
The return on his investment? Looking the part.

being in peak condition so outweigh any treats that I don’t miss them anymore. Even my sweet tooth for Swiss chocolate has faded.”

Despite his almost monk-like adherence to his diet, he still allows himself an occasional glass of good whisky. “I do live vicariously through other people, and my friends and family will tell you that I always offer them desert and wine, but I never indulge myself. The amount of energy I need to exert in a gym class to justify eating just one or two Lindt balls just isn’t worth it.”

Make Time

High-functioning business people know that being prepared for a meeting is just as important as being engaged and alert during the meeting – and the same applies to your workouts. If you arrive flustered and distracted you won’t get the most out of your time at the gym so make sure you’re as mentally prepared for your workouts as your work days.

For Paul this means being out of bed before 5am so that by the time he arrives at his S.W.E.A.T. 1000 class at 5.45am he’s had time to run through his calendar for the day, catch up on the day’s news and have a drink of water. By 7am he’s back home for a quick shower and a bite to eat before arriving in the office at 7.30am.

“In winter it is definitely more of a challenge to get up in the dark and cold, but I can tell you that once you overcome the struggle and the challenge of that class, you feel like a million

dollars. By the time I get into the office I’m calm, energised and ready for the day ahead. I do get tired later on in the week, particularly with the early mornings, but I can tell you my quality of sleep is so much better that after an early rise for a class and a full day’s work, at the end of the day I feel complete. I am totally relaxed from all of the endorphins – and ultimately when I do go to sleep, I am ready to sleep and sleep well.”

Look the Part

Being fit definitely affects mental performance, but it also influences the way your colleagues perceive your performance in the workplace. A study of 757 executives by researchers Eden King and Steven Rogelberg at George Mason University found that waist circumference was negatively associated with perceptions around leadership, irrespective of their actual performance. Leaner executives were also perceived to have better interpersonal skills than their chubbier peers. Carrying extra weight affects both our general health and stamina, which in turn affects our ability to excel at work.

In other words, your colleagues are more likely to judge you by the state of your gut than your performance. For Paul, shedding the extra kilos meant that his clothes fitted better, so he worried less about what he looked like and more about what he was doing. “When you’re in peak physical condition you carry yourself with more confidence and authority, and that naturally carries across into your work environment.”

Have it All

People used to think that the way to the top of the corporate ladder was to spend every waking moment at work at the expense of their family, health, and social life, but this is now widely considered to be a false economy. Taking time to take care of yourself and your health means that you are both physically and mentally equipped to deal with the strenuous demands of a management position.

For Paul, he knows that the hour he spends in the gym every morning does more for his business than a meeting ever will. “There has been a complete transformation in terms of my concentration and a new, crisp way of thinking. My energy levels remain constant and I am absolutely alert, present and engaged throughout the day. Before I was listening but not hearing, and I was unfocused.”

“The result is that by the time I get home, I know I’ve worked to my full potential during the day, so I can relax with my family.”

Keep It Up

Paul firmly believes that success in business is all about attitude, and that fitness and physical health plays a key role in maintaining that attitude. “Achieving your goals and making a success of your business has a huge amount to do with the people around you,” says Paul. “Good leaders are judged by their ability to listen and communicate – you can’t do either if your mind is cluttered and distracted.” **MH**

Muscle + Fitness



The back mechanic tinkers with Ken Whetham, an elite powerlifter.

FIX IT WITH THE BACK MECHANIC

To save his strength, our aching writer headed north of the border to see Stuart McGill, the master craftsman of healthy spines

BY LOU SCHULER • PHOTOGRAPHS FINN O'HARA

It's Time For...

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These 3 exercises will get you there



1. Flag Clean Lift

Grab the bars and, with a contracted torso and lat, push away with the bottom arm while pulling with the top. Focus on locking in the bottom shoulder. Then continue into full flag.



2. Scissor Flag

From the full flag position, hinge at the hip with feet together and bring overhead. Continue the movement all the way around, then lower your feet towards the ground.



3. Ground Flag

Lie on your side with your top arm grabbing a bar for support, and bottom arm straight out. Pull from the top and push away with the bottom as you lift your body from the ground.

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Men's Health **BEAST MODE**
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M

MY EXAM BEGAN THE moment I climbed out of my car and walked up the driveway – I just didn't know it yet. Nor did I suspect that by the end of the day, I would learn that I'd

been exercising wrong, that I had a semi-serious back injury and that most one-size-fits-all fitness recommendations are basically bullshit.

All I knew was that after four decades of lifting, my workouts were no longer working. My squats were pathetic, my deadlift was dying, and – worst of all – my back felt sore and unstable. If anybody could help me recapture my weight-room mojo, it was Stuart McGill, who welcomed me into his home clinic.

You may not recognise McGill's name, but if you've ever done a side plank, you've been influenced by his 30 years of innovative research as a professor of spine biomechanics at the University of Waterloo.

McGill has seen hundreds of elite athletes and worst-of-the-worst back-pain cases over the course of his career. He's published more than 250 studies that go way down the rabbit hole of investigating the causes of back pain and ways to prevent and treat it.

His main takeaway: don't ever worry about bodybuilding ab exercises like sit-ups and crunches, and don't go looking for help from yoga, Pilates, your medical aid company or even a surgeon.

You need to focus first on what triggers pain, and remove the cause. Then create a pain-free foundation by teaching your core muscles to stabilise your lower back – that is, to hold your spine in a safe position – and to develop endurance in those muscles.

The conventional notion that everyone should squat ass to grass is basically bullshit, McGill says.



Know Why Your Back Hurts

Your spine is a curved stack of vertebrae cushioned by gel-filled disks. If it bends out of that natural curve, that's not a big deal – unless it's bearing a load, whether that load is in the form of a barbell, a bag of mulch or a screaming three-year-old.

When that happens, the compression on the improperly stacked disks causes the fibres that make up the disk wall to loosen and divide. With enough stress, the disks become com-

packed and the gel interior squirts out between the fibres. That gel then hardens and presses on nerves, creating a painful, bulging disk. This is also why any ab exercise that has you repeatedly bending your spine – like

the sit-up – is less than ideal. If your spine were a straight line, with the vertebrae stacked up like the floors of a skyscraper, it would easily bear heavy loads. But with its curved configuration, it has no inherent structural stability. "The spine bears load because it's stiffened by muscle," McGill explains. Muscles and connective tissue act as a guy-wire system. Without muscle, your spine couldn't even support your upper-body weight, he says.

Spinal injuries due to instability tend to follow a U-shaped curve. We're most likely to mess up when the load is the lightest or the heaviest. When it's light, we may not bother bracing with enough muscle to provide tension. When it's heavy, those muscles can get overwhelmed. One of the most spine-bending positions is a move you probably do every time you sit down or hit the gym: the squat.

How Deep Should You Squat? Use the hip rock-back test to find out

Start on all fours with your knees a few inches apart and lower back naturally arched. Slowly push your hips back until you feel movement in your lower back, a sign that you're losing that arch. Return to the start. Spread your knees

wider and repeat. Keep going until you find the position that allows the deepest range of motion without any change in your lower back. Try it again with your feet angled out to see if you can go even deeper. Apply that position to your squat.





HIPS DON'T LIE
Your hip anatomy determines whether certain moves may hurt your back.

what determines your safe squat depth and risk of injury." But my squat wasn't my only problem.

Keep an Eye on Your Form

McGill quickly noticed something embarrassing about my form. When I picked up a weight, I braced my core to protect my back – a good practice. But when I finished with the weight, I simply bent over and set it down, losing all my protective muscle tension. I've actually warned others, based on what I learned from McGill, to treat every weight as if it's heavy. A principle I'd apparently failed to assimilate is that a weight that's heavy on the way up is still heavy on the way down. That led to another important lesson.

Never Let Your Guard Down

Risk can also be situational, and injury can happen when you least expect it. McGill says you're especially vulnerable at these times:

► **FIRST THING IN THE MORNING.** After eight hours in bed, your disks will hold more water than usual. That means there's more pressure within the disks, making them ripe to bulge. Wait at least an hour before you do anything that requires lifting or bending.

► **WHEN YOU SNEEZE.** Most of us instinctively bend over to sneeze, which puts the lower back into a compromised position. The propulsive force of the sneeze can then create or exacerbate an injury. It's better to stand tall, lift your head and sneeze upward.

► **WHEN YOU GO FROM SITTING TO MOVING.** You see this a lot at the gym: a guy sits on a bench between sets, hunching over his phone; this cues an unnatural spinal curve. Then he goes right into a heavy lift. Allow a little transition time to stand; then activate your core muscles to protect your back as you begin to lift.

Save Your Spine with Four Moves

McGill's research has busted key myths about what alleviates back pain. For example, he's discovered that yoga and Pilates are not suited to some backs; too much lying in bed tends to worsen back pain rather than fix it; and back surgery often isn't necessary to relieve pain. Another big finding is that your back can take 10

years to truly heal from an injury, not the six to 12 weeks your medical aid might claim.

So what works? The best way to protect your spine is to do four exercises every day. The first one is a body-weight squat, which is all you need to preserve your hip mobility without putting your back at risk.

Next, do exercises that improve your core strength and endurance and stiffen your guy-wire system. McGill's favourites are the bird dog, side bridge, and curl-up. (For descriptions of all three, plus the squat, turn to "Your Back Pain Prescription".)

On workout days, use these as part of your warmup, he suggests. The stiffness those exercises generate will remain for up to two hours and will make your lifts safer, more efficient and more powerful.

Don't Force It

When I first walked into McGill's clinic, my goals were pretty straightforward: to learn why I'd lost so much strength on my squat and deadlift, and to get rid of my pain. But now I'm realising that I might need to rethink my entire routine – including the loaded squat, one of my favourite moves.

What's the purpose of a loaded squat? "Why is it the best tool? Why not do a lunge, or push a sled, or climb steps?" McGill asked me.

I didn't have a good answer. It just seems strange to give up on what everyone says is such a great muscle-building exercise. But McGill has talked to countless dinged-up athletes and lifters in his many years as a scientist and clinician, and he knows that we all have the same fear: if we can't do the stuff we see other people doing, we feel diminished by comparison.

And that's absurd, he says, when you consider the alternatives. A deadlift off blocks using a trap bar hits all the muscles in my hips and thighs, and I can do it without any risk of butt wink. Step-ups, lunges and sled pushes work those same muscles.

Whatever I choose, I'll incorporate his core routine and remember that no lift is safe unless I pick up and put down every object as if it's heavy enough to break my back. Because believe me, it is.

MH

Fix Your Squat

It didn't take McGill long to find the locus of my discomfort. All he had to do was press down on my third and fourth lumbar vertebrae and there it was. He couldn't say exactly what type of injury I had, although it fit the pattern of a bulging disk that was probably pinching a nerve. Whatever it was, it was clear that the pain was brought on by the way I do the squat, one of the most basic movements. He said he'd noticed something about the way my body moved exiting my car.

So what was wrong with my squat? I was using standard form – feet shoulder-width apart, toes pointing straight ahead, thighs parallel to the floor at the bottom of the descent. The problem: I have a nonstandard body. Your body is likely nonstandard too.

McGill explained that a squat is safe only if you keep a neutral spine, with your lower back maintaining its natural arch. If you squat deeper than you should, your spine goes into "butt wink," where your lower spine curves inward. Doing that with heavy weights can damage one or more of your spinal disks. (Without weights, a daily deep squat is actually good for you.) I was shocked to learn that due to my hip structure, it's impossible for me to not shift into butt wink before my thighs are even parallel to the floor. That's why McGill recommended that I use a wider stance and squat to just above parallel. (To hone your own form, see "How Deep Should You Squat?" on the next page.)

Indeed, the conventional notion that everyone should squat "ass to grass" is basically bullshit, says McGill. "Life isn't fair. Your anatomy is

WE'VE GOT YOUR BACK

THREE WAYS TO FIGHT BACK PAIN OUTSIDE OF THE GYM

STANDING DESK



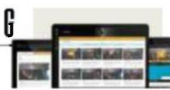
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Your Back Pain Prescription

If you don't have back pain now, just wait – chances are, you will. Unless, of course, you learn to love these four moves. Stuart McGill, author of *Back Mechanic*, says they can boost core strength and endurance, reduce pain and prevent injury

DIRECTIONS Perform the four moves daily. For the bird dog, curl-up and side plank: do six reps (per side, if applicable), rest 30 seconds, then four reps, rest 30 seconds, then two reps. Then move on to the next exercise. End by doing a squat with good form.



1 Bird Dog

Get on your hands and knees with your hips and knees bent 90-degrees. Lift your right leg and left hand; keep your raised foot and heel pointing back and away directly behind you, and your raised hand directly in front of you. Both limbs should be perfectly parallel and aligned with your torso. Hold the position for 10 seconds; then return to the starting position. Do all your reps and repeat with your left leg and right hand.



2 The Curl-Up

Lie on your back. Bend one knee so your foot is flat on the floor, and place your hands (palms down) beneath your lower back. Raise your elbows slightly and brace your core. Lift your head, neck, and shoulders simultaneously an inch or two off the floor. Hold the position for 10 seconds; then lower. That's one rep. Do half your reps, switch legs and do the rest.



3 Side Plank

Lie on the floor on your left side. Prop yourself up on your left elbow and feet. Your top foot should be on the floor directly forward of your bottom foot. Place your right hand on your left shoulder and make sure your hips are pushed forward throughout. Hold the position for 10 seconds; then lower your hips. That's one rep. Do all your reps and repeat on your other side.



4 Squat

Stand tall with your arms outstretched. Push your hips back, bend your knees, and lower your torso. Keep your back straight throughout the descent. Now relax and sink into the bottom of the squat for a few seconds. Begin building tension in your back to straighten it, and then push back up.

Trainer:
Stuart McGill
Time: 15 minutes
Do It: Daily

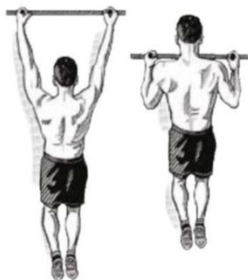
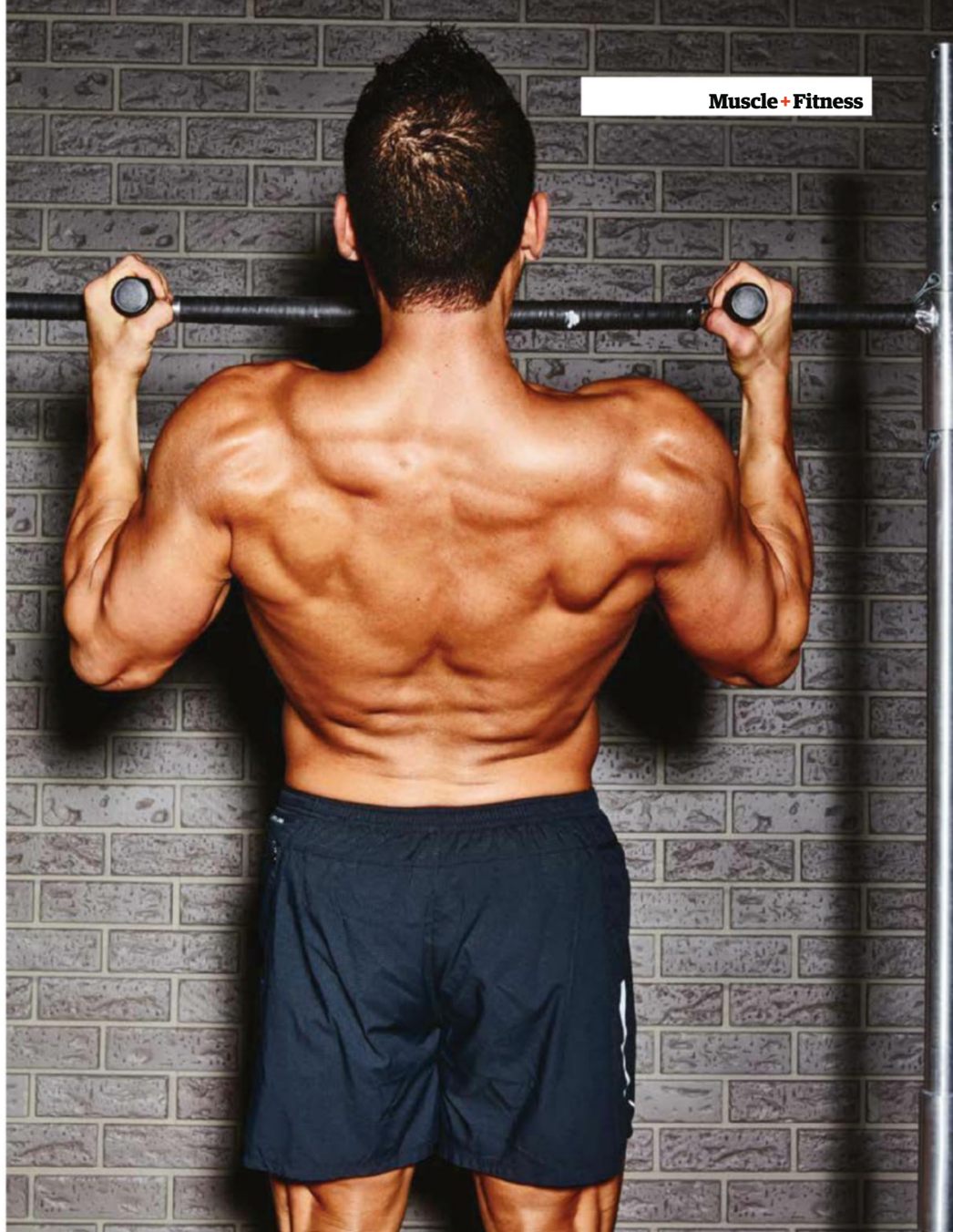
BODY SCIENCE

Chisel Your Back

At long lats! The key to a tapered torso

BY BJ GADDOUR

STRONG LATS MAKE YOU LOOK AND LIFT like a superhero. PS: you might need new tees (with a giant S, to wear under your mild-mannered suits).



01

Neutral-Grip Pull-Up

This joint-friendly move boosts shoulder mobility so you can safely lift overhead.

DO IT ► Hang from the parallel-grip handles of a pull-up bar so your palms face each other. Pull your chest to the bar, keeping your body rigid. Then slowly lower yourself. Do three to five sets of three to five reps.

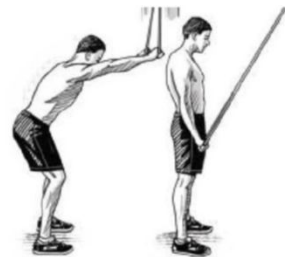


02

Dumbbell Bench Pullover

Want to make a muscle grow? Stretch it out, put it under load.

DO IT ► Rest your upper back on a bench, hips up, feet flat, and knees bent. Cup a dumbbell over your chest. Slowly lower it behind you. Pause; pull it back up. Go for a minute. Add five to 10 seconds each session until you're doing two-minute sets.



03

Straight-Arm Pulldown

A lat-strengthening finisher. Lean forward at the top (for muscle stretch); lean back at the bottom (for contraction).

DO IT ► Put your hands over the bar of a cable machine. Keep your arms straight as you pull down. Do three to five sets of 15 to 20 reps. Rest 30 seconds between sets.



How to Do the Clapping Pull-Up

Dazzle your gym friends, applaud yourself. Repeat

RON COOPER, A HUMBLE FINANCIAL planner from Massachusetts, set a Guinness World Record for completing 25 clapping pull-ups in 60 seconds. The benefits: explosive power that will carry over to any other upper-body exercise. Now it's your turn - his four tips will get you there.



GO TO BEASTMODE.MH.CO.ZA

01

Brace Yourself

Find a pull-up bar that's very secure. Assume a standard pull-up starting position but use an overhand grip, with your hands just beyond shoulder-width and your thumbs tucked over the bar.

02

Review the Basics

Before trying to launch, be sure you've mastered the chest-to-bar pull-up. Your form: looking up, body angled slightly away from the bar, as above. You want to pull your body as high as possible.

03

Go Flying

If you're strong enough, pull yourself up quickly and release your hands when your eyes are about level with the bar. Your momentum should carry you a few more inches skyward. If you're not comfortable clapping yet, try index-finger touches.

04

Make the Catch

Regrip the bar and quickly lower yourself back to the starting position, saving energy for your next launch. Make sure your arms straighten out completely before you start the next rep.

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PHILIPP HARTMAN

AGE/HEIGHT 38/1.85m

LOCATION Cape Town

WEIGHT BEFORE 88.5kg

AFTER 81.5kg

TIME TO GOAL 8 months

**LOST
7KG**



STOKING THE FIRE

Philipp Hartmann wanted to become a pro surfer, but his gut got in the way of his ambitions. Here's how he lost it – and became a big wave chaser

BY ARTHUR JONES
PHOTOGRAPHS CAMERON MACDONALD

PHILIPP HARTMANN IS A fully-fledged waterman. The humble 37-year-old entrepreneur from Germany loves surfing, even though, in his own words, he's an average surfer at best. After meeting him and listening to his story, we know there's nothing average about him. Philipp's journey started with a dream of surfing big waves – but he didn't know how to go about achieving it. Thanks to a heavy work schedule and demanding family commitments in Germany, he'd become unfit and had missed 2015's big wave season. He never wanted this to happen again.

His plan for 2016 was simple: acquire the level of fitness needed to surf a particular big spot in Cape Town, called Sunset Reef.

Philipp has twin babies, owns a digital agency called GSDH and a digital production house, and is involved in a few start-ups too. Philipp knew if he was to find time for training, he needed professional support, so there wouldn't be any excuses. His surfing salvation came in the form of Neil Zietsman, who runs 3S Functional Training. Here's what he learnt.



1

The Problem

I grew up in Germany without access to the ocean and started surfing late, so I lacked that innate technique kids acquire so easily. My way of compensating for this was to try surf bigger waves, but my surfing wasn't progressing, and I didn't know why or what to do about it. I still didn't attribute the problem to being out of shape or my level of fitness.

► **THE LESSON** Don't wait for things to magically get better. Make decisive choices and find the right expert right away.

2

The Change

The penny dropped about a year and a half ago, when I started struggling in my sessions. It felt like I couldn't even do a decent take-off, I was missing waves and I really wasn't enjoying myself. Reality kicked in: over the past three years I'd been working way too much and wasn't training at all. I was also drinking too much beer.

► **THE LESSON** I had too many projects: some were real energy drainers, and I didn't have focus. I pared my life down.

3

The Strategy

I called Neil and told him my goals: surf Sunset as a stepping stone to surf big waves; and improve my surfing overall. I needed to be as fit as possible to handle a big wipe-out and the beating that comes with it. My regime focused on stamina, strength and neuromuscular training, balancing exercises and flexibility. I ran, swam, did yoga and a breath-hold course. I even went to Indonesia for three weeks.

► **THE LESSON** Fast-track your goals by using professional support.

▼
RIDING THUNDER
Hartmann's hard work paid off when he conquered the hallowed Sunset Reef.



4

The Result

This led to my best surf year ever. Next to Sunset, I was able to surf challenging waves in G-Land and Mentawais, which I could never have surfed before, and we improved my small-wave skills. I'm still training with Neil, and I'm more self-aware of my surfing (and mistakes) and more consistent than before. I'm now able to hold my breath close to four minutes when static. I've lost about 8kg and my constant back-pain (result of breaking my back kite-surfing in 2004) is gone.

► **THE LESSON** I'm happy when I'm healthy. My new goal: being fit enough in 25 years to still be able to join my children on a surf trip to the Mentawais.

USE HIS SECRETS: PHILIPP'S FITNESS FORMULA

RULE 1 / Create a goal

Once you know where you're going, you can work backwards from that to figure out what needs to be done. Set a time goal (his was six months).

RULE 2 / Think holistically

Surfing a big wave isn't just about being in good shape. You need the right equipment, an escape plan if things go wrong and a good understanding of yourself and the environment.

RULE 3 / Use a system

Nature didn't play its part. There were no waves for the first part of winter. He had to wait eight months for the wave, but Philipp had a system in place and was ready when the opportunity came rolling in.



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Men's Health **BELLYOFF**

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Flat Belly Foods You Need Now

Ice cream, beer, that extra slice of pizza... they all conspire to grow your gut. Now meet their nemeses: the helpful bacteria known as probiotics

BY JULIE STEWART
ILLUSTRATION SAM ISLAND

What They Do

Probiotics are live, beneficial bacteria, and your digestive system is rife with them. You know this because yoghurt companies won't shut up about probiotics, and doctors often prescribe them for gurgling bowels. What you may not know is that these buggers can help you lose weight. According to a recent study review from China, people who consumed probiotics for at least eight weeks lost almost 900g more, on average, than those who didn't.

How They Work

The throngs of bacteria in your gastrointestinal system mainly fall into two squads: *Firmicutes* and *Bacteroidetes*. Research suggests that overweight people tend to have more of the former, while in slim people the latter variety holds sway. The theory is that probiotics rebalance your gut ecology, which means you have less inflammation and less fat accumulation while still feeling full. Result: less overeating and a faster metabolism.

What to Eat

Try to eat one serving of a cultured or fermented food every day, suggests Gerry Mullin, author of *The Gut Balance Revolution*. Plain kefir, miso soup, sauerkraut and kombucha (a kind of tea) all fit the bill. Yoghurt is great too; research indicates that people who eat it on a regular basis control their weight better. The good bacteria in yogurt deserve part of the credit, but its filling protein may also play a role, says Simin Nikbin Meydani, a professor of nutrition and immunology at Tufts University. Look for plain Greek yoghurt, not that sugary, fruit-on-the-bottom stuff. If you need a hit of sweetness, add some thawed frozen berries, a scattering of dark chocolate chips or dried fruit pieces.



Three More Ways Probiotics Can Help You

1/ They Cut Blood Sugar

People with diabetes who regularly took probiotics saw an average 16-point reduction in their fasting blood sugar, a Chinese study review found. That's a lot. The theory is that probiotics may inhibit glucose absorption in your intestine, so less glucose ends up in circulation. That's especially important for maintaining regular, stable blood glucose levels and avoiding dangerous spikes and plunges.

2/ They Calm You Down

Stressed-out med students who sipped a *Lactobacillus casei Shirota* beverage daily had lower spikes in the stress hormone cortisol than those who swilled a placebo, a study from Japan found. Beneficial bacteria might quell gut-brain signals that activate cortisol-secreting glands. Find the strain in milk kefir, Amasi or probiotic beverages, such as ProBio. (Search for stocks at Wellness Warehouse.)

3/ They Unclog Arteries

In a Brazilian study, people with metabolic syndrome who consumed a probiotic bacteria called *Bifidobacterium lactis HN019* daily reduced their bad cholesterol by an average of 17.5 points. Blood cholesterol might bind to the cells of good bacteria, leaving less to gunk up your blood vessels. Find this strain in the supplement ProBioFlora Adult Intensive Rescue 9 (R184, Clicks).

Food + Nutrition

You Can Come Home to This

Three good reasons why a load of crock can be a very tasty thing

BY MIKE DARLING
PHOTOGRAPHS SAM KAPLAN

Orange chicken, from the same appliance Mom used for her tuna casserole.

THE FIRST TIME I USED A SLOW COOKER, I thought I'd burn down my apartment. I didn't trust the device - first patented during the 1930s - to cook my food, unsupervised, while I was at work. But later that evening, I arrived home to find not only my worldly possessions intact but the air fragrant with the savoury smell of a gently simmered creation I could enjoy for days. I've been a fan of the slow cooker ever since - and judging by its popularity, I'm not the only guy on board. No wonder, because slow-cooked meals trounce frozen dinners in terms of nutrition and flavor. And prep-it-and-forget-it cooking is perfect for people like me who love good food but hate standing over a stove. Hungry for more, I reached out to the Rodale Test Kitchen for healthy meals to make in my slow cooker. Here are three worth rushing home for.

1

Sausage, Hash Brown, Roasted Red Pepper and Spinach Breakfast Bake

In the morning I usually fry up three eggs before running out the door because that's all I have time for. This breakfast sticks with me way longer – and if I let the cooker work overnight, it's faster too.

What You'll Need

- 12 EGGS
- 1 CUP WHOLE MILK
- 1 BAG FROZEN HASH BROWNS (900G)
- 250G UNCOOKED ITALIAN SAUSAGE, CASINGS REMOVED, CRUMBLED
- 1 CUP DRAINED AND CHOPPED ROASTED RED PEPPERS
- 2 CUPS BABY SPINACH
- 2 TBSP CHOPPED CHIVES

How to Make It

In a medium bowl, whisk the eggs with the milk and a little salt and pepper. Grease a 5-litre slow cooker with cooking spray or butter. Layer half the spuds, half the sausage, half the red peppers and half the spinach. Repeat. Pour the egg mixture on top. Cover and set the slow cooker to low. Cook until the eggs set, about seven hours. Top with chives before serving. Feeds 6

Per serving 1 450 kJ, 25g protein, 31g carbs (3g fibre), 14g fat

This hearty day-starter is fortified with hash browns. Plus, one serving has 25 grams of protein.



2

Mexican Chilli

The secret ingredient: unsweetened chocolate. This reheat-and-eat lunch will stave off afternoon cravings, and it's even better the second day.

What You'll Need

- 900G ORGANIC LEAN GROUND BEEF, CRUMBLED BY HAND
- 2 CANS (425G EACH) DICED TOMATOES WITH LIQUID
- 2 CANS (15 OZ EACH) NO-SALT-ADDED KIDNEY BEANS, DRAINED AND RINSED
- 1 MEDIUM YELLOW ONION, CHOPPED
- 3 TBSP UNSWEETENED CHOCOLATE, CHOPPED
- 3 TBSP CHILLI POWDER
- 3 GARLIC CLOVES, MINCED

How to Make It

Combine all the ingredients in a five-litre slow cooker. Cover and cook until the chilli thickens, about eight hours on low or four hours on high, stirring occasionally if you can. Season to taste with salt. Mix in extras of your choice, such as chopped coriander, baby spinach, sour cream, cheddar cheese, tortilla strips and fresh lime juice. Feeds 6

Per serving 1 600 kJ, 40g protein, 28g carbs (9g fibre), 12g fat





OJ and a little brown sugar lightly sweeten this new take on an old takeout staple.

3

Orange Chicken and Broccoli

On lazy Sundays, I find it almost impossible not to succumb to ordering greasy Chinese from the delivery place around the corner. This recipe cuts out all the crap while keeping the flavour intact. Plus, I feel less guilty feasting on the leftovers.

What You'll Need

1 CUP LOW-SODIUM CHICKEN BROTH

1 ORANGE, ZESTED AND JUICED
(1 TBSP ZEST, ½ CUP JUICE)

½ CUP LOW-SODIUM SOY SAUCE

¼ CUP PACKED BROWN SUGAR

2 GARLIC CLOVES, MINCED

1 TSP RED-PEPPER FLAKES

2 LB BONELESS, SKINLESS CHICKEN
THIGHS, CUT INTO CHUNKS

¼ CUP CORNSTARCH

2 BAGS (340G EACH) FRESH
BROCCOLI FLORETS

SPRING ONIONS AND SESAME
SEEDS, TO GARNISH

How to Make It

In a 5-litre slow cooker, stir together the broth, orange zest and juice, soy sauce, brown sugar, garlic and red-pepper flakes. In a large bowl, toss the chicken chunks in the cornstarch, then stir them into the sauce. Cook on low until the chicken is done and tender, three hours. Stir in the broccoli florets and cook until they're bright green, about 20 minutes longer. Serve over brown rice with thinly sliced scallions and sesame seeds, if you want. *Feeds 4*

Per serving (without rice) 1 865 kJ, 52g protein, 38g carbs (7g fibre), 10g fat

3 AMAZING CROCKPOT TRICKS

Your slow cooker is good for so much more than slow cooking. Enlist its powers for these tasks.



REFRESH THE AIR

Does your kitchen smell like a KFC dumpster? Easy fix: pour a cup of water into your slow cooker and add two cinnamon sticks. Turn it on low. Soon it'll smell like a Cinnabon store. Go ahead and do it in the living room, bedroom and bathroom too.



REMOVE PAINT

D'oh! Your DIY project left paint splatters on your hinges and knobs. Forget solvents: put a few drops of dish soap in the cooker, fill with H₂O, add the hardware and cook on low overnight. Remove the stuff with tongs and rub away the paint.



GROW FOOD

If your slow cooker ever goes on the fritz, don't toss the ceramic insert. This sturdy vessel is the perfect size for an indoor herb garden. Fill it with soil and add basil or chive plants. Note: don't do this if the slow cooker is already full of chilli.



NUTRITIONAL KNOW-HOW

Menu Decoder: Mugg & Bean

Saturday morning breakfasts have the potential to spill out into brunch, or even lunch... Keep it tidy with these five helpful tips

BY ADRIAN PENZHORN • PHOTOGRAPH JAMES GARAGHTY

1

Start Right

Stopping in for breakfast and a coffee? Make sure you choose wisely. The All Day Breakfast options are energy-dense and high in fat and carbohydrates. Asking for fries, toast or sauces on the side could help you control how much of those you eat.

2

Pack Some Power

My eye was drawn to the Power Breakfast Bowls - but the nutritionals tell a totally different story. Only the Tropical Breakfast and Power Oats provide any decent protein - but each comes with 109g of carbs, another energy-rich start to the day.

3

Not-So-Clever Carbs

Choose your breads wisely. While the low-carb option will help you avoid a high GI, it is a calorie match to the other breads... lower in carbs and protein but higher in fat. And if you think the Health Bread is the best choice, it is in fact the highest in calories.

4

That's a Wrap

Many wraps marketed as wholesome are anything but... but these deliver. Wraps are perfect for stuffing with all kinds of extra junk, and those numbers can skyrocket scarily. These are well balanced - but hold the fries; choose the side salad instead.

5

Cake Day

The giant muffins, scones, cakes and pastries shouldn't be a regular but we all like a little something sweet now and then. Whichever way you go, limit the butter, cheese and jam, which will add an extra 250 calories to the already-high energy treat.



FAST FOODIE YOUR THREE GO-TO MEALS

GOOD /

For breakfast choose the **three-egg omelette with a slice of rye or wholewheat and added mushrooms, peppers and onion**. This is a nice package of protein, fibre and fat in just over 2 500 kJ with 27g of protein.

BETTER /

The **Cajun Chicken and Avo Wrap** is my pick of the wraps. High in protein, 37g, with a heart-healthy dose of unsaturated fat from the avo. Add the side salad if you feel the need.

BEST /

Smoked Salmon Trout Salad is a nice moderate energy salad (only 1 600 kJ) with 20g each of protein, carbohydrates and fat. Plus, there are some omega-3 fats from the trout. This would be your best choice of main if you are eyeing a little treat, too.

THE HEALTH SNOB'S GUIDE TO

Cold-Brew Coffee

Not content with average joe? The cool kids are chilling their beans and serving cold-brew. It's time to turn down the temperature on your buzz

BY JAMIE MILLAR • PHOTOGRAPH LOUISA PARRY

01

Cooler Beans

The clue is in the name. Still, cold-brew coffee is often confused with the milky confection that is iced coffee – but it's actually coffee brewed using cold water. Cold-brew is huge in the Cape already, and making gains in metropolises further upcountry, too. Look out for little dark bottles carrying names such as Cove, Potion and Charlie's – or get hands-on with your hit. It's easy to home-brew. First, though, you need to give it the right beans.

A. Light

The preference of those who take their Americanos black, letting you taste the coffee's delicate notes. Light roasts also tend to be naturally sweet, disinclining you to add sugar.

B. Medium

While coffee fans are blinded by the light, health snobs may prefer turning to the darker side: life-extending antioxidants release as coffee beans roast. A happy medium is best of both.

C. Dark

Big roast taste replaces subtlety, though some antioxidants are lost. The upside: darker roasts are less acidic – as are cold-brews – and so are kinder to your gut.

02

Cold Fusion

In cold-brewing, heat is replaced with an extended brewing time (12-24 hours) so start the night before. Turn your grinder – Hario makes a quality range (R699, yup-piechef.co.za) – to the coarsest setting, so your brew isn't cloudy when you filter it. If you're making the effort, you may as well prep your coffee in bulk, necessitating a 750ml filter-in-a-bottle (R550, take-alot.com). And it's worth using decent water, given it constitutes the vast majority of your

drink. Look for a natural spring water that's bottled at source, like Mountain Falls (which comes in at a pH7 and will help fulfill your calcium and magnesium RDAs, too). Most aficionados suggest a punchy ratio of 100g coffee to a litre of water, and leaving it for 16 hours on the counter (not the fridge) before plunging. Strain through a filter paper, and repeat until your cold-brew runs crystal-clear, then pour yourself a glass. Store the rest, sealed, in the fridge and... chill.



03

Mix With the Best

Cold-brew is more versatile than Peter-Steph du Toit. Indeed, it's known as "cocktail coffee" Down Under, where it's popular with bartenders, especially in concentrated form - and not just because

of the late shifts. While a coffee cocktail may be a classy brunch-time pick-me-up, this being *MH*, we've also mixed in a few non-alcoholic blends for those cold-brew virgins out there.

EXTRA COOL POINTS

Frigid coffee still leaving you cold? Here are some more USPs of the new way to brew.



SWEET RELIEF

The slow, heat-free process makes cold-brews taste smoother and less bitter, obviating the need for milk and sugar.



WELL-PRESERVED

Your coffee is brewed properly, rather than simply by pouring hot espresso over ice: a watery grave for quality roasts.



INSTANT FIX

OK, so it takes time to make. But once prepped, your batch will keep for weeks. Decent joe, on demand.



COST-SAVING

Cold coffee is easier to carry around, so you don't have to resort to pricey high-street chains.

A. Syrup Shrub

SERVES 6

50ML COLD-BREW
25ML BALSAMIC VINEGAR
12.5ML MAPLE SYRUP
TOP TO THE BRIM WITH SODA WATER

METHOD Sprouting again in throwback hipster bars after withering away in the 18th century, shrubs are vinegar-based (really) cocktails, often enjoyed as an aperitif and for their medicinal properties. It isn't a load of moonshine: balsamic blunts blood sugar spikes after meals, improves digestion and promotes satiety. It's even healthier if, as with the recipe above, you lose the booze altogether.

B. Espresso Martini

SERVES 6

25ML COLD-BREW
50ML TEQUILA
10ML COFFEE LIQUEUR
10ML MAPLE SYRUP
A DASH ANGOSTURA BITTERS

METHOD Cold-brew is a boon to bartenders for many reasons: it's real coffee, not flavoured syrup, and doesn't require dilution, unlike adding ice to hot java. Plus, they don't have to waste time making espressos - well, you wouldn't ask a barista for a martini. Simply combine the ingredients, shake well and enjoy like a hopped-up James Bond.

C. Blokbuster Shake

SERVES 6

200ML COLD-BREW
A SCOOP PROTEIN
A BANANA
A SCOOP OATS
100ML COCONUT MILK

METHOD Providing an energy boost without the sugar rush, cold-brew brands are increasingly being stocked at cool gyms and CrossFit boxes. This particular recipe is the signature shake at tasteful London studio Blok. Blend all the ingredients together - adding an optional spoonful of nut butter - and neck it at least an hour before your workout, or immediately after.

D. Coconut Ice Coffee

SERVES 6

100ML COLD-BREW
200-300ML PURE COCONUT WATER
LARGE ICE CUBES FOR SLOWER DILUTION

METHOD Sipping on cold-brew is considerably more refreshing than gulping down a piping Americano on hot days. Replace even more lost sweat by adding electrolyte-rich coconut water in a 1:2 or 1:3 ratio, depending on your taste. Use concentrated coffee, because taste dilutes as the ice melts. This is a godsend after a big gym (or pub) session.

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*12 MONTHS FROM STARTING MONTH ISSUE



Live and Let Thrive

The pursuit of immortality has occupied human minds since time immemorial. But it seems we've been looking in the wrong place. By focusing on fuel economy rather than kays on the clock, scientists have found a way to lengthen our healthspans

BY BEN WILSON • ARTWORK PETER CROWTHER

I IN GREEK MYTHOLOGY, Tithonus was a Trojan prince granted everlasting life by Zeus, king of the gods, at the behest of the prince's lover, Eos. Zeus reluctantly agreed, perhaps realising that Eos had made one grave error: she had forgotten to ask for everlasting youth. And so it came to pass that Tithonus aged and withered, but without the ultimate consolation of death. It's a pertinent cautionary tale: who wants to live forever if life is not worth living? And, crucially, what good is longevity without health?

Currently, in the West at least, we're doing alright. We suffer less from disease and war than at any point in our history. We exercise (more). We eat well (mostly). And we realise that stubbing out the cigs and getting a good night's sleep are key to improved wellbeing. According to the US National Center for Health Statistics, these rudimentary advances have led to lower rates of heart disease, influenza and infant mortality all across the world, boosting South Africa's national median lifespan from 46 years in the early 20th century to just over 67 today*.

"Two hundred years ago, most of us would have been dead by middle age," says Dr Judy Campisi, an anti-ageing pioneer working at the Buck Institute for Research on Ageing. "That probably explains why, until recently, living longer was the big medical focus, rather than living healthier."

Of course, longevity for its own sake is still the preoccupation of many. Numerous scientists believe that, through simple extrapolation of the figures mentioned, the first person to reach their 150th birthday is already walking (or crawling) among us. But some have bigger ideas. The renowned, albeit eccentric, biomedical gerontologist Aubrey de Grey has claimed that the first person to live for a millennia will be born by 2030. As far as crack-pot science goes, some would say that de Grey has cornered the market, but there are a host of Silicon Valley billionaires out there, eager to join in the last crusade for eternal life.

Stanford researcher Tony Wyss-Coray is leading the way in transferring blood from young to old - a procedure that has been shown to reverse cognitive decline in mice. Meanwhile, Russian tech giant Dmitry Itskov believes the key to eternal life lies in uploading the brain to computers, or neural interfaces. Then there's the Alcor Life Extension Foundation, which has been exploring the Austin Powers-esque process of cryonic freezing since the 70s.

But new thinking argues that delaying death is to miss the point. After all, we're already living to an age at which we're beset by diseases that men of previous generations wouldn't have hung around long enough to recognise. Which means, according to Professor Gordon Lithgow, a researcher in molecular stability at the Buck Institute, "even if we managed to cure all cancer in later age, we would still only live around three more years before we died from another disease."

Eight years ago, a consensus was reached at a meeting of minds hosted by the US National Institutes for Health. The scientific community concluded that every one of our age-related diseases had a common factor: age itself. "Ageing is more dangerous for you than all the major chronic diseases combined," says Dr James Kirkland, one of the world's leading experts in cell division. Dr Steve Austad, a man celebrated for his research on why animals age at different rates, puts it in rather more compelling layman's terms: "If you ask someone, 'Would you like to live to 100, but be in a wheelchair? Or die a bit younger but be healthy?' you know what the answer would be. People would rather be healthy than live longer." For these scientists, extending your lifespan per se is not the objective. It's your healthspan that's of most importance.

Old Money

The Buck Institute occupies a modernist office complex surrounded by greenery, an hour from the tech bustle of Silicon Valley. Its research into tissue regeneration and ageing stem cell function has so far led to the memory loss associated with Alzheimer's being reversed for the first time, as well as advances in treatment of the neurodegenerative disorder Huntington's.

Faith in their work was demonstrated in April last year when Calico - Google's health off-shoot - invested heavily in the institute. The deal sees Calico funding research into age-related diseases, with the option to obtain exclusive rights to any discoveries. Financial details are scarce, but Calico partnered with another company in 2014 to the tune of £250-million.

Consequently, organisations like The Buck are leading the charge in examining the effects of ageing. "Most of the factors that lead to our deaths are environment- or lifestyle-related," says Buck Institute CEO Dr Brian Kennedy. "And only 25% of illnesses are down to genetics. It's likely that in the near future we'll experience another 30 further years of good health."

In fact, the key to a longer healthspan may be closer than first thought. Back in 2006, Kennedy was part of a small group of scientists who managed



To try and delay death is to miss the point. Your healthspan is of most importance.

to inhibit the cells that cause ageing by feeding lab mice rapamycin - a drug typically given to human transplant recipients to ensure their bodies don't reject new organs. Not only did the mice live up to 14% longer, rapamycin increased their healthspan significantly. In humans, this breakthrough has been estimated to equate to around 30 more years of healthy life. Unfortunately, it's not quite so straightforward. In healthy humans, rapamycin can shut down the immune system, disrupt the body's blood sugar levels in the same way as diabetes and cause cancer. Not, then, the panacea some might have hoped.

The real game-changer is likely to be metformin, ironically the most widely prescribed diabetes drug in the world and one that's been in use in Europe since 1957. The drug works by increasing the oxygen levels released into each cell. Mice trialled on metformin in 2014 lived up to 40% longer without suffering age-induced inflammation or other signs of ill health. In humans, diabetics currently taking the drug have been found to live on average eight years longer than non-diabetics without cause to use it. Touted as the world's first anti-ageing drug, Lithgow believes metformin could be the first step toward an ageing vaccine.

Forever Young

Human trials to corroborate these benefits will take place this autumn and are scheduled to run until 2021. The \$50-million trial will focus on 3 000 individuals aged 70-80 who have, or are at risk of, age-related diseases such as cancer and Alzheimer's. The research will be supported by The Buck Institute, but the man blazing the trail is Dr Nir Barzilai, director of the Institute for Ageing Research at the Albert Einstein College of Medicine. "People think I'm searching for the Fountain of Youth," says Barzilai over the phone. "But I'm not. I'm looking for ways to make old age better."

Barzilai's research into metformin builds on his Longevity Genes Project, which examines the genetic makeup of more than 600 families of centenarians and their children, all of similar heritage. "These days, so many scientists look to the genes for the origin of diseases," says Barzilai. "I wanted to go the opposite way, by looking for genes that helped people live healthier and longer lives."

So far, the answer seems to be that the subjects' bodies naturally possess higher levels of good cholesterol - which most of us tend to get from nuts and legumes - protecting them from the age-related dementia, heart dis-

ease and cancer. Crucially, there's a mysterious second factor - Barzilay isn't yet sure what - that shortens the period during which the subjects eventually become fatally ill. In other words, they live long, healthy lives, then check out quickly. The aim is to see whether these principles can be applied to those of us with less blessed genes, and whether metformin could unlock this genetic potential.

Ageing Industry

The scientific community are united in their optimism. Stephanie Lederman, executive director at the American Federation for Ageing Research, reckons that, if the metformin trial is a success, 90 could become the new 60. Austad goes one step further, suggesting the study could lay the foundations for a new drug that might see us to live to 100, with only a brief period of ailment at the end. Gone, Campisi dramatically ventures, will be that last wheelchair-bound decade of your life spent "dribbling out of the side of your mouth - something we all fear even more than death."

Metformin is also getting on, of course, but its 60-year history is part of what makes it such an appealing solution. Because the patent has long since expired, the drug has become widely and cheaply produced. "This is not a drug anyone stands to get rich on," says Austad, highlighting that this means people from all economic backgrounds stand to benefit. It might seem naïve to suggest that Big Pharma would let this particular payday go untapped: upscale clinics currently charge the Lamborghini set hundreds of thousands of rand for anti-ageing tune-ups in the form of telomerase restoration, hormone injections and blood plasma facials. All of that in a far cheaper pill is a scarcely believable reality. Lithgow even suggests it could be added to drinking water, like fluoride.

Should metformin be found to have the predicted effect, the general public might not be the only ones cashing in. "According to one study," says Kirkland, "just a 2% delay in the ageing process in the US would save the government \$7 trillion by 2050. Curing specific maladies, such as cancer or heart disease, would have a significantly smaller economic impact."

The Last Crusade

Of course, the argument against extending the human lifespan cites the unmanageable social and economical imbalances that an ageing population would bring to bear. In Japan, 33% of the population is aged 60 or over. In Europe, we're already expected to work well into the years that previous generations spent tending the allotment.

By the time the metformin trial ends in 2021, a fifth of the world's population will be over 60. But this isn't necessarily the catastrophe it might seem. According to Kennedy, improving healthspan means older people would be capable of working for longer without feeling the toil, while the drop in age-related illnesses would keep us independent. "Health extension," says Austad, "might finally call an end to the global problem of infirmity."

Yet despite the myriad benefits, scientists have a long way to go before they'll be able to convince governments to invest in ageing research over individual illnesses. "Right now, we've got a choice to make," says Lithgow. "Do we want to keep investing our research budget into single-serving objectives, like curing Alzheimer's, at the expense of a bigger, more critical picture? If we do, we will continue to fail because we're not taking into account the root causes of the disease."

Austad believes that, if governments could be persuaded to back researchers, the results might alter the fundamentals of society. "Metformin, or a drug like it, could well change our relationships with people of different generations," he says. "It would affect when we decide to have children and maybe shake up the way we think about our jobs. Some of us might have second, even third careers."

For now, the fight continues, and Campisi is optimistic. "In the early 60s Thurgood Marshall was the first black man to be appointed a Supreme Court judge," she says. "Someone who wasn't happy with this had the nerve to ask him: 'Exactly how long are you planning to live for?' He replied, 'I expect to die at 110, shot by a jealous husband.' That answer has become a mantra to those of us working on extending healthspan. Life isn't about becoming immortal. It's about being vigorous and healthy until the very end."

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Hands-on therapy has officially gone mainstream. Follow our instructions to maximise the benefits of your next session

BY PAUL INGRAHAM

I

I WAS A massage therapist in Vancouver for 10 years and gave more than 10 000

rubdowns to every kind of client you could possibly imagine, from the bodybuilder twice my size who winced and pleaded for mercy to the doctor who was so calmly demanding that I needed a massage myself afterwards.

Of course, every job has its share of characters, but I've always been surprised by the high rate of dissatisfaction with massage among male clients. Men often made appointments for help with injuries, pain, performance, recovery, stress or depression, but all too often they ended up leaving with lighter wallets and unhappy endings instead of relief from the problems they came in with.

With massage therapy now a multimillion-dollar industry and chains such as Sorbet opening more than 170 franchise locations across the country, it's easy for consumers to get confused about what they really need.

During my years in the business, I kept track of the most common client complaints about massage therapy. Now you can reap the benefits of my firsthand research and make sure your next (or first) massage delivers everything you want.



PROBLEM 1

Finding a good therapist is difficult

SOLUTION A few hundred thousand massage therapists and massage school students are currently working and studying in South Africa, according to the Massage Therapy Association (MTA). Unfortunately, while practitioners are encouraged to register with the Allied Health Professions Council of South Africa (AHPCSA), many choose not to – and are able to avoid regulation.

To ensure a quality experience, look for TMT or CMT after the therapist's name. This means he or she is licensed, registered or certified with an official body, although their requirements vary. Some organisations publish directories of their members – try searching

for local providers in the MTA or AHPCSA's databases. (Find them at mtasa.co.za and ahpcs.co.za). Call prospective therapists and ask them about their training and style; any competent therapist will be more than happy to elaborate on his or her credentials and techniques.

In the past decade or so, chains such as Enmasse, Lis Spa, Rejuvenation Studio and Skin Sense have entered the market, offering convenience (walk-ins welcome, accessible locations) and often lower prices than a spa or independent therapist might charge. Like gyms, they even sell memberships. The downside is that they may have higher staff turnover, so ask plenty of questions before you book. You can also request a trial membership before committing to a multiple-visit package.

PROBLEM 2

I don't know which of the health claims to believe

SOLUTION Keep your expectations reasonable. Massage feels great, so that's a plus, but the specific biological benefits are still being studied, says psychologist Christopher Moyer, coeditor of *Massage Therapy: Integrating Research and Practice*. The plethora of styles complicates matters. (See our guide on the next page.) Here's what we know and don't know, so far:

► **Massage boosts mood and eases stress.** Of all the claims, this one is on the firmest scientific footing. "Studies show that massage can substantially reduce depression and anxiety," says Moyer. But we still don't know how that's accomplished. The experts used to think massage lowered

levels of the stress hormone cortisol and/or stimulated production of feel-good endorphins, but the research is inconclusive. Plus, there's no consensus on just how often massage needs to be done to achieve this benefit.

► **Massage probably promotes circulation.** Many studies seem to agree that it boosts bloodflow, but not enough research points to definite proof. In fact, Moyer contends that "any circulatory effects are probably no more beneficial than what a brisk walk would do for you."

► **Massage does not detoxify the body.** The idea that you can rid yourself of toxins through massage, sweating or a dietary cleanse has no basis in science. In fact, the latest research is showing that our bodies are full of microbes we need for good health. Even validation of the long-held belief that massage removes lactic acid from overworked muscles is waning.

► **Massage may or may not enhance exercise performance or muscle recovery.** This is a shocker because so many therapists insist that it does and so many athletes swear by the results. But no clear scientific evidence confirms a word of it.

► **Massage seems to ease chronic pain from back problems.** Whether it's effective for other chronic pain is unknown. "Back pain in particular might benefit," Moyer says, "but the science is

mixed even for that."

► **Massage may or may not help during rehab from injury.** This is surprising, since massage is often prescribed; no definitive research supports a rehab advantage. The perception may stem from the mood boost.

So where does all this scientific controversy leave us? "I encourage people to try it and see," says Moyer. "Massage is low-risk and generally pleasant, and it may well be effective."

PROBLEM 3

There's not enough (or too much!) pressure

SOLUTION This was the most common complaint I heard as a massage therapist; 75% of new clients said it. While a good therapist is adept at gauging the right pressure, a better one will check with you, especially when working in and around injured and sensitive tissue. To find and stay in your sweet spot, establish a 1-to-10 intensity scale with your therapist before the massage starts, with 1 being "very light" and 10 "very strong." Estimate the massage level beforehand ("I feel like a 5 today") and then tweak on the table ("better dial back to a 3 on that calf").

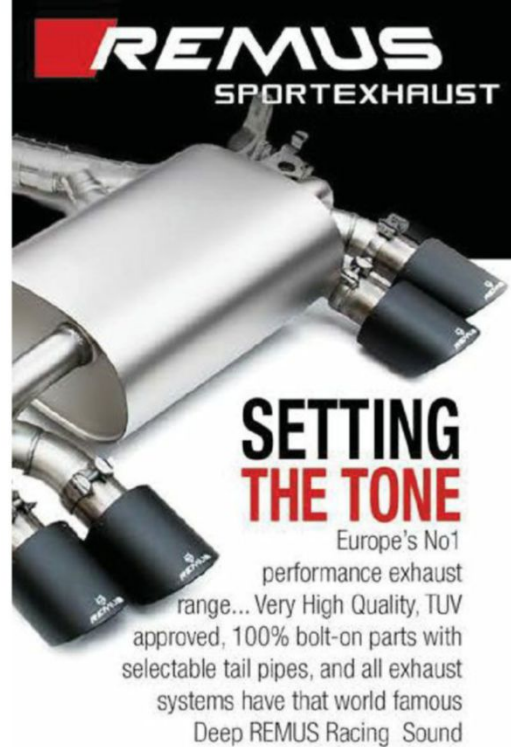
A massage should never be painful. You only want it to hurt good - that strange, sweet ache that's intense but

not truly painful. Ignore all justifications for brutality, like "fascial release takes some force, but it's worth it" or "a trigger point must be damaged to be deactivated." No scientific evidence justifies the assertion that painful is helpful. In fact, adding pain to chronic pain can contribute to "central sensitisation," a neurological condition that leads to more pain with less provocation. If you're really sore a day or two afterward, the therapist went too far.

PROBLEM 4

I won't be able to afford regular rubdowns

SOLUTION Good massage therapists are athletes. It's a physical job that wears people down, and they don't have long careers - about a decade on average. So expect to pay about R400 to R500 an hour for a professional massage. Spas tend to be toward the top of that scale because they're also selling atmosphere, and somebody has to pay for that koi pond. Conversely, massage chains tend to be at the lower end or even below that. To get the most for your buck, visit a clinic or independent therapist. If you're lucky, your insurance might even pay for a massage or two. (Read your policy or check with the provider and your medical aid company for any conditions that may apply.)



SETTING THE TONE

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FIND YOUR STYLE

WHAT TO EXPECT FROM THE MOST COMMON TYPES OF MASSAGE

Swedish

The original; it's best for almost everyone, especially first-timers.

Sports

Basically Swedish but with deeper, faster strokes for a more invigorating experience.

Deep Tissue

Essentially, "strong"; try it if other styles feel too gentle.

Relaxation

The light, soft strokes are great for stress relief.

Hot Stone

Warm rocks are placed on the body for an indulgent spa treat.

Trigger Point (or) Neuromuscular

For stubborn aches and pains, it targets stiff spots in muscles and "releases" them.

Myofascial Release

This stretching/pulling of connective tissue, or fascia, is often strong; best if you need help stretching or have chronic pain.

Medical

It emphasises the health benefits of massage and is more like physical therapy; used for injury rehab or support during illness.

Shiatsu

Japan's house style is an intense hybrid of trigger-point work and acupuncture.

Chair

It's a quick, seated tension reliever to work out the kinks at the airport.

Reflexology

This foot massage has alleged benefits for organs. (Not for the ticklish!)

Style+ Grooming



Time for a Change

The biggest names in the watch industry are battling tech's titans in the war for your wrist. Here are a few that are worth a glance

BY BRIAN BOYE • PHOTOGRAPHS GRANT CORNETT



Apple Watch Series 2

The latest model may look familiar, but with welcome updates, it's faster and more efficient than ever. For starters, this watch is water-resistant to 50 metres and has a built-in GPS. Apple's new operating system launches apps instantly, and the watch tracks everything from your resting heart rate to your workouts. From R7 499, myistore.co.za

Samsung Gear S3 Frontier

One of the closest things you'll ever get to a full-on phone on your wrist, the Frontier comes with built-in LTE, heart-rate monitor, Wi-Fi and GPS. Add an incredibly crisp screen and a 96-hour battery life, rechargeable via Wi-Fi, and you'll never stress about leaving your phone at home again. R6 499, incredible.co.za

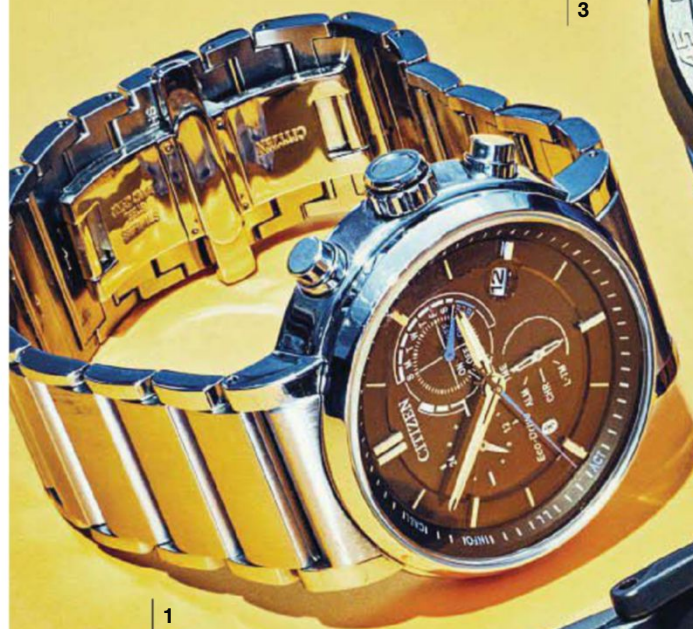
● **WHEN HIGH-TECH**
 ● timepieces like the Apple Watch and the Samsung Gear S2 first started hitting the market, people were forced to make a choice. Suddenly you were either a smartwatch guy or a traditionalist. (And if you could afford to be both, you were buying the next round of drinks, buddy.)

In all likelihood, that decision came down to your priorities. Men who valued aesthetics over all else wore precision-crafted Swiss watches because they're beautiful and built to last - and they lend an air of authority around the conference table. Other men were drawn to the sleek, modern look of a smartwatch - and the ability to quickly check whether they logged enough steps to justify ordering the extra-large nachos.

No matter how you feel about smartwatches, however, one thing is certain: they're not just a fad. Last year, for the first time, shipments of smartwatches surpassed those of their traditional Swiss counterparts. And this year alone, smartwatch purchases are expected to jump from about 30 million to 50. In fact, says Kirk Parsons of J. D. Power and Associates, "they may replace traditional watches within a generation."

Rather than submit to the high-tech takeover, traditional watchmakers and luxury designers are innovating. What they've come up with is a revelation: a new breed of beautifully designed watches equipped with extras like heart rate monitors, step trackers and LED screens to display emails and text messages. "They're getting to know their enemy," says Paul Boutros, senior vice president of watches for Phillips. "And they're fighting back."

So whether you prefer an edgy new touchscreen or a dignified chronograph, one of these models could be your smartest buy.



1
 Solar cells under the dial mean you'll never again need a new battery.



2
 Before heading out for a run, use an app with this watch to plan your route.



3
 Not using this after two years? You can trade it in for a mechanical one.

1
Citizen Proximity
 This watch was among the first light-powered analogs to seamlessly integrate Bluetooth technology with both Apple iOS and Android. Our favourite feature: once the watch is synced, its hands adjust whenever you cross into a new timezone. POA, citizenwatchshop.co.za

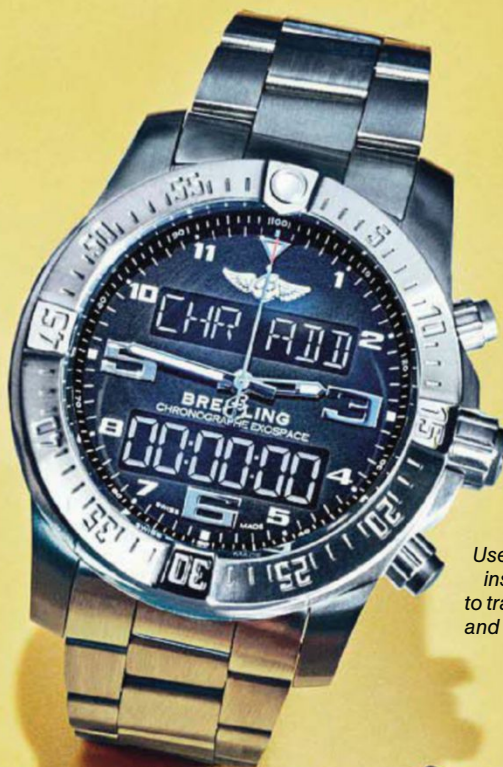
2
Casio WSD-F10 Smart Outdoor Watch
 If you're a fisherman, Casio's new Android-enabled watch can let you know the best times to cast a line based on conditions. Hiker? It'll show you altitude and atmospheric pressure. Now if it could only collect the firewood. R5 300, shopcasio.com

3
TAG Heuer Connected
 Powered by superfast Android tech, the Connected mimics the iconic design of TAG's mechanical Carrera collection. The titanium bezel is durable and lightweight, and it's easy to swap dials and download a wide range of apps. R24 995, TAG Heuer Boutique



Woke up bored?
Swap out the
strap and dial
face for a whole
new look.

The thin bezel
packs in a helpful
LED light
to guide you
in the dark.



Use this aviation-
inspired watch
to track flight times
and appointments.



Pair this with the
Trace winter
sports tracker to
detect every flip of
your snowboard.



4

Fossil Q Marshal

All it takes is a quick swipe to customise this watch's face with the colour and design of your choice. Plus, it connects with apps like Google Fit, and with the built-in mic and speaker, you can issue voice commands to respond to messages when your hands are tied up. POA, Watch Republic

5

Michael Kors Access Dylan Smartwatch

The pop of rose gold, silver or black is a standout. So is the oversized, 46-mm customisable display face. There's also an activity tracker, so you can count your steps when you're running from your watch admirers. R4 650, michaelkors.com

6

Breitling Exospace B55

Designed for pilots, this titanium-encased Breitling has plenty of extras to keep you busy while you're grounded. The LCD screen shows your calendar, emails and calls, while the Connected app allows you to set seven different alarms. R115 900, Breitling 0861 001 884

7

Nixon The Mission

Billed as the world's first "action sports" smartwatch, The Mission updates you with the latest surf and snow conditions. It's also made from surgical-grade stainless steel and is water-resistant to 100m, so it'll keep on ticking should you wipe out. R7 999, Karma 021 020 0152

"It's both citrus-fresh and musky-masculine, making for a clean, sexy scent that you could (and should) wear every day." — **Danielle Weakley**, Editor of *Women's Health*

"Day, night, summer or winter, this is an all-year-round cologne that is fresh yet sensual. It's so distinct you might find women laughing at your jokes, even when they're not funny." — **Gothokwang Angoma**, WH Beauty Editor

"I can see a man wearing it to a fancy do or special occasion, dressed up in his best suit. It screams personality: warm, sexy and luxurious." — **Michelle Von Schlicht**, WH Art Director



CARTIER L'ENVOL
REFILLABLE EDP
100ML R1 570
WOOLWORTHS



JOHN VARVATOS
ARTISAN 75ML
R1 195 EDGARS



YVES SAINT LAURENT
LE VESTIAIRE
TUXEDO EDP
125ML R3 500
EDGARS

Ace Her Sniff Test

Gain a biological advantage in the game of love with one of these scents

THE FASTEST WAY TO MAKE A GREAT impression with women may not require uttering a single word. "Biologically speaking, women are more influenced by how a man smells than how he looks or his social status," says psychologist Rachel Herz, author of *The Scent of Desire*. Smells are processed through the amygdala and hippocampus, Herz says - brain regions that are tied to emotion and memory. That's why you might want to choose a fragrance she's never smelled before. "If I find you attractive, it's going to strengthen the positive association I have with that scent," she says. Select your personality type on the next page, then heed the insights of our friends at *Women's Health* to settle on a scent that suits you best.

The Outdoorsman



Consider these the fragrance equivalents of a good handshake: traditional and masculine, but without holding on too long.



1/ Eau de Lacoste

L.12.12 POUR LUI MAGNETIC 50ML R950 EDGARS

Starting with a fresh and playful burst, an elegant watery violet beginning releases an effortless, modern masculinity, before offering intense base notes. Translation: energy in a bottle.



2/ Zadig & Voltaire

THIS IS HIM EDT 50ML R845 WOOLWORTHS

Something about a whiff of grapefruit can make you seem healthy and energetic. In this scent, it captures the freedom of a guy who's about to cut loose after a day's work. Enjoy!

The Gentleman



If you're the type who wears a tuxedo or consults a sommelier on a regular basis, these scents will help you own the room.



3/ Paul Smith

ESSENTIAL EDT 50ML R895 PAUL SMITH BOUTIQUE

This one opens with a crisp rush of fresh air and an invigorating burst of yuzu fruit before a trio of rosemary, clary sage and lavender notes emerge to give a distinct herbal character. A clean, safe bet for any occasion.



4/ Jimmy Choo

MAN INTENSE EDP 100ML R1 295 CLICKS

As the name suggest, some of its ingredients, like mandarin and patchouli, are not for the timid. Reach for it when you're feeling confident enough to be the centre of attention.

The Executive



Refreshing and not too complicated, these are perfect options that'll transition nicely from the office to dinner and drinks.



5/ Azzaro

WANTED EDT 50ML R955 STUTTAFORDS

If you're looking for a scent that turns heads through the day and draws attention as the evening advances, then this one is for you. Apply a few drops to the nape of the neck to make a lasting first impression.



6/ Tom Ford

BLACK ORCHID 50ML R1 595 EDGARS

For when you want to scream sophistication without, well, screaming. Opening with strong notes of Black Truffle, Black Plum and Patchouli, this intoxicating scent warms with Bergamot. Potent stuff, so keep it to one spritz.



7/ Aramis

VOYAGER EDT 60ML R795 EDGARS

Let her know you're an adventurous yet down-to-earth kind of guy with a spritz of this pure potion. Vibrant notes of ginger, exotic woods and aromatic spices including nutmeg and tonka bean will arouse her senses.



8/ Bvlgari

AQUA POUR HOMME ATLANTIQUE EDT 50ML R1 060 STUTTAFORDS

This lightweight fragrance is easy to love. The textured facets of Sea Amber evoke a woody, waxy scent and the subtle hint of grapefruit, described as manly and sexy by some WH staffers.



9/ Dior

HOMME SPORT EDT 100ML R1 550 EDGARS

Plays on facets of fruity-spicy freshness, while retaining sexy, woody notes. The smell is perfect for casual day and eveningwear alike. It's a sporty fragrance, but has broader appeal. Its early scent gives way to a more sensual tone.



10/ Yardley

BOND STREET EDP 50ML R330 CLICKS

Spritz onto pulse points to catch the attention of that girl you've been crushing on. If the bottle is darker than leather, the scent isn't meant for a day at the beach; these spicy notes are perfect for closed doors and strong pours.



11/ David Beckham

BEYOND EDT 90ML R550 CLICKS

Inspired by the sophisticated soccer star himself, this bottle – with its fresh and woody tones – screams athletic, yet sexy, says Angoma. We say: pretty smooth.



12/ Boss

BOTTLED INTENSE EDP 100ML R1 495 CLICKS

An earthy, masculine aroma-keeps this scent grounded and accessible, but its subtle floral notes make it light and sophisticated enough to fit in smoothly at any fancy occasion.

Bottle Service

Bust out of your olfactory rut by choosing one of these unique colognes

REFILLABLE

The eye-catching, environmentally-friendly bottle of **Cartier's L'Envol Refillable EDP** is a capsule contained within a detachable glass dome. The capsule can be carried independently, making it a perfect lightweight travel option. 100ml R1 180 Edgars

PERSONALISED

With an engraved leather case and complimentary travel size spray, there is more to **Atelier Colognes Silver Iris** than smart marketing: these colognes are extremely long-lasting, as each contains 15-20% more essential oils. 200ml R5 500 Edgars

BESPOKE

Tailor your scent with a unique fragrance combining service, which allows you to create an olfactory signature by layering fragrances to create something new. In-store consultations will help you find something your own. 50ml R1 400 Jo Malone



Success Money

When Debt Gets Personal

Think a healthy income will float your boat above all debt problems? Wrong. You could still be drowning

BY PETER FLAX

D

DID YOU LOSE TRACK OF THAT DREAM

your parents had, the one you thought for sure you'd inherit? It's still there, but now it's buried under a huge pile of debt and debris caused by a tough economy, endless career stalls, a life on credit and the rising cost of living. Then there's that loan your varsity gave

you for graduation: the gift that keeps on taking.

The damage done by the past decade to men across all income levels is shockingly broad and deep.

Once, life on the edge meant dating an exchange student, listening to indie rock, and drinking single malts. Then came the economy meltdown of 2008, and suddenly the edge became the fastest-growing neighborhood in the country. Now, consumer confidence sits smack dab between neutral and extremely low, at a despondent -10, according to the FNB/BER Consumer Confidence Index (CCI). This index combines the results of three questions posed to adults living in urban areas in South Africa: the expected performance of the economy, the expected financial position of households and the rating of the appropriateness of the present time to buy durable items.

That uncertainty has a predictable effect, and it's not limited to SA, either: when the Federal Reserve asked 5,695 Americans how they'd deal with an unexpected R3 000 expense - say, the cost of two new tyres for an SUV - 46% said they couldn't cover it without selling something or borrowing the money. Globally, even given a month to plan ahead, only 40% of people surveyed by the Global Financial Literacy Excellence Centre (GFLEC) would be able to handle a R10 000 emergency.

This is what the middle class looks like, worldwide, when it's drowning in debt with no savings, no plan, going down with no way up. If that picture is yours too, think of it as a major health warning, and worry - the same way you'd worry if you got winded after a table-tennis rally or if your belt disappeared under your belly when you sat down. Whether you're overweight or underfunded, the solution is the same: to make things better, things have to change. A lot. Yes, right now. How? We have a few ideas.



Put a warning sticker on your credit card

"My wife and I talk about doing something about our debt all the time. That's the simple part," says James, a 36-year-old manager from Pietermaritzburg. "But the problem is that it's way too easy to grab a card out of my back pocket - and boom." James and his wife together earn more than R50 000 each month, but say that's not enough to support a bond, car loans and R25 000 in credit card balances. According to a 2015 National Credit Regulator (NCR) report, about 58% of South Africans struggle to pay off their credit cards - while findings by Debt Rescue from the same year show that the average South African holds about R70 000 in debt.

Beware the true cost of varsity loans

Kenny is a 35-year-old attorney at a Pretoria firm. He graduated with a law degree four years ago with R49 500 in school loans and went right to work paying off his debt, starting at R1 650 a month, which was less than the interest. This year Kenny will earn over R420 000; with his wife's salary as a nurse, his household income will top R565 000. His debt payments are now R3 300 a month, and he's chipping away at a balance that grew to "only" R64 500. "It's a joke," he says. "When you're paying a bill that large and the balance isn't going down, it's disheartening."

Still, your goal must be to pay more than the minimum, says Jean Chatzky, author of *Money Rules*. "When you do that, it decreases the principal balance. And that reduces the overall interest you pay, along with the repayment period." Kenny isn't alone: a 2010 review of the National Student Financial Aid Scheme revealed that while almost a third of all students rely on the NSFAS to pay for their education, it will take them, on average, a decade to pay back that money.

Save yourself

"It's exhausting," says Joshua, 43, a Cape Town teacher. "I feel like I can never really put anything away for a rainy day because it's always raining."

About one in three households have zero savings, according to a 2015 analysis by the Pew Charitable Trusts. And if you do manage to keep your money in a bank, you'll get the kind of interest usually associated with a colonoscopy story. The inability to save is a "really big" problem, says GFLEC's academic director, Annamaria Lusardi. "It's not something only low-income people are feeling." A MagnifyMoney spending survey released in early 2016 found that 56% of respondents had less than R10 000 in their savings and current accounts combined.

Remember, it's only money

You always have your looks. Or your dog. The point: intense, middle-of-the-night, cold-sweat money anxiety can kill. So you need to find a way to keep it in perspective. Money concerns pose a significant source of stress in our lives. Warning signs: "a loss of personal control... depression [and] suicidal thoughts," says Brad Klontz, a financial psychologist and the author of *Mind Over Money*. In fact, Klontz adds, financial stress can lead to divorce, physical pain and even sudden death. In other words, he says, financial stress "can quite literally kill you."

Even in the less dramatic cases, the human cost is high. Jonathan, a 25-year-old sales rep who lives in Durban, says money pressures have affected his relationship with his girlfriend. "I personally believe it's diminished our sex drive dramatically," he says. "We're in our 20s. We should be out every other day, but every time we look at our funds we're like, damn. It weighs on us; it's something we carry around."

It hits men, who see themselves as providers, especially hard. "That's just how we're wired," Joshua says. "We're supposed to make sure everything is taken care of - and when we can't take care of it, stress levels go through the roof. It's this vicious cycle that eats you up inside."

"We're supposed to make sure everything is taken care of - and when we can't take care of it, stress levels go through the roof."

CREATE A PERFECT BUDGET

STICK TO IT, CUT EXPENSES, REDUCE DEBT - AND SAVE

1/ At least once a month, tally up your income and spending,

says Bruce McClary of the National Foundation for Credit Counselling. He uses pen and paper, but we like Buxfer (buxfer.com.) You can create your own categories and set limits that will alert you when you're overspending.

2/ Don't be "house poor."

If your home eats up more than 30% of your earnings, there's not enough of an emergency cushion. Downsize to a smaller house, or a less expensive area.

3/ Prioritise credit card debt.

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

4/ Set up an emergency savings fund and aim to stockpile at least six months' worth of income.

This should be a bigger priority than paying off those lower-interest student loans (but still try to pay the minimum). Once you've saved your six-month cushion, attack those loans. Rework your budget until you're saving at least 10%.

5/ Find the fat.

It usually hides in discretionary spending, like concert tickets and dinners out. If you're able to save money even after paying for those small luxuries, then don't feel guilty. But if you're using credit to buy your steak dinners and have no strategy to pay it down, you'll eventually have some serious debt staring you in the face, McClary warns.

The big plan starts here

If being broke were the same as being drunk, you'd know the first step, the one where you admit you've got a problem. To start with, says Bruce McClary of the nonprofit National Foundation for Credit Counseling, "You need to be brave enough to take an honest look at your financial situation and how you got there." Ask yourself six questions:

1. Do you know exactly how much money you spend and on what?
2. Do you respect your household budget?
3. Do you know, even roughly, how much you should spend on your housing and your car?
4. Do you have a commitment to reduce the amount of your debt?
5. Do you know which costs you can control? We're talking food and entertainment and impulse buys.
6. Do you have a plan to bring all of this under control?

These are simple questions, unless you're knee deep in a debt swamp. "I don't think my wife and I do a good job of budgeting or accounting for where our money goes during the month," says Joshua. "If you asked me where all my money is going, I'd honestly have to say I often have no clue."

Average Guy Budget

		INCOME (R)	
Gross salary		650 000	1
Monthly nett		36 000	
		EXPENSES	RANGE (%)
Housing		10 800	15-30
Debt		5 400	10-20
Transportation		4 320	8-17
Food		5 040	10-16
Entertainment		1 440	4-8
Clothing		1 800	3-7
Health care		2 880	5-8
Insurance		2 160	4-6
Other (gifts, travel, charity)		2 160	5-15
Total		36 000	1

SOURCE: Bruce McClary, National Foundation for Credit Counseling

Keep track

As a first step, monitor all your spending for a month. You want to know exactly how much you spend eating out, the real cost of dry cleaning and pet care, everything. Adam, a California-based manager in the entertainment industry who's struggling to pay off his credit cards while dealing with rising housing costs, was shocked to discover how much his family spends on food.

"We started tracking it on a spreadsheet, and I couldn't believe we drop about R12 500 a month for groceries and in restaurants," he says. Nearly every major bank or credit union offers quality online tools to help you track and categorise your spending; these are especially useful for people who often use cards for discretionary spending. Use what you learn to create a budget.

Yes, a budget

A budget is like a will or a retirement plan: it's something all grownups know they should have - but don't. "Personal finance is about achieving objectives," says Lusardi. "People need to determine what they want and build a plan to reach that. A budget is that plan. If you don't have a budget, then you really don't know how much you are spending."

There are tons of places to find a template for a budget - Google Docs has one, as do money management sites, like Mint. Your bank probably offers a free budget tool too. So does your old man, as he's told you a million times. Thing is, you won't get anywhere without a map. A budget is your financial map.

Say no whenever you can

None of this is easy. It's hard because it demands that you set and stick to limits. You'd like to hit the coffee shop multiple times a day without thinking about it; you want to buy the kids good clothes; you want to order up another movie or surprise your girlfriend with a sweet hotel getaway. You want the freedom to make choices on the fly. But if you've racked up debt and sometimes get pinged with overdraft fees, it's time to assert your freedom to live a better life than that.

Realise that your financial life is complicated

Many men, even those with an advanced education and a good paycheck, don't fully understand the implications and nuances of credit and savings and borrowing. It's like physics sometimes. Everything is connected. If you put something on a credit card today that's not in your budget, you're not only borrowing resources from your future but also negating any savings effort you might be currently making. "We've made it very easy to borrow, and now people are relying on credit and borrowing to deal with shocks," says Lusardi. "But the problem is that borrowing provides liquidity but not insurance. If you don't save, that credit will become most expensive when you most need it."

Keep this simple

Just remember that the more you borrow and charge, the more fragile you become; the point is that saving today is a lot cheaper than charging tomorrow. If you really don't get this stuff, don't feel bad about yourself - just use it as motivation to educate yourself.

Joshua did just that and wound up cutting up his credit cards. It's a decision he rarely regrets. ("Except when I rent a car. Then it's a pain in the ass.") Now he's able to direct more money toward his existing debt. "I feel like I'm on the downhill portion of fighting this battle, and eventually I'm going to get to the point where I can get ahead," he says. "I only have six-and-a-half years to go on my bond, and I like to think I'll get a R13 000-a-month raise when I pay off that house."

Stephen, 33, a government employee married to a nurse, has made an uneasy peace with the idea that spontaneous, pricey weekend getaways will be hard to come by for the foreseeable future. "It can feel discouraging sometimes," says Stephen, who's saddled with student loans and high day-care costs. "But then I remind myself that something we enjoy for a day or two could take years to pay for."

Save your sanity

Are money worries driving you crazy? You probably know which costs you'd have to cut to make the whole thing fly. So what's stopping you? According to Klontz, the financial psychologist, your emotions and your subconscious beliefs are probably holding you back. "Everybody knows better; I've yet to meet somebody who doesn't know they need to save for the future and not spend more money than they make," says Klontz. "And yet these problems persist. It's not like financial education is going to fix the problem. This is where the psychology comes into play. Many people have thoughts about money that keep tripping them up."

Take James, the manager. He's quick to admit he's an impulsive spender, especially when it comes to his leisure time and his kids. Trips to the mall for new boots for his daughters or Saturday night dinners have a way of veering toward extravagance. "I have trouble limiting myself."

But why? For many big spenders, says Olivia Mellan, a psychotherapist and the author of *Money Harmony*, "having to say no makes them feel intensely deprived."

In James's case, when he's asked to analyse his own spending habits, the conversation immediately turns to his childhood. "I grew up with divorced parents, and we didn't get things," he says. "Well, now when it comes to my girls, I like going into the shop with them and letting them pick out cool things and get excited, because I didn't get to do that when I was a kid."

Lose the shame

Without boundaries, this behaviour can lead to financial distress, obviously - and to a cascade of emotional issues that are critical to recognise and address. "There's a tremendous amount of shame associated with money," says Klontz. "And shame is an emotional glue trap; it wears you down, and you get really secretive and depressed. Some people are hiding this even from their spouses."

Jonathan has been down that road. In the past, he's submitted his expense reports and been reimbursed - and then spent that money instead of paying off the credit card he used in the first place. Now his debt is in the thousands. ("It's ballooned into another car," he moans.) What's more, he still hasn't told his live-in girlfriend about it, even though they're otherwise transparent about their finances. "I feel like I need to protect my girlfriend, and I shield her from certain things," he says. "But it is eventually going to come up. I know that."

When asked to describe his feelings about the situation, Jonathan immediately offers a one-word reply: "Regret." To avoid this, Klontz recommends that you identify and then tackle the beliefs that trigger spending or block you from following through with budgetlike restraint. It's an approach familiar to those trying to break addiction. "It's incredible when people figure it out and get to it," says Klontz.

Joshua, meanwhile, is still struggling to get out of the woods, but already he can testify to the benefits of tackling the underlying issues. "For a long time, I attached my self-worth to how far I was travelling on holiday with my wife or what schools my kids attended or what kind of car I was driving," he says. "That's how I ended up being trounced by debt. Once I was able to get past that, it made my life so much easier. It made it so much easier to make adjustments to get my life right side up."

"I attached my self-worth to what schools my kids attended or what car I was driving. Once I was able to get past that, life got so much easier."

WHAT'S YOUR FINANCIAL TYPE? IT'S LIKE AN IQ TEST, FOR YOUR WALLET



Read the statements and answer: strongly disagree (0), disagree (1), disagree a little (2), agree a little (3), agree (4), strongly agree (5).

A

- ☐ People get rich by taking advantage of others.
- ☐ We can have love or money, but not both.
- ☐ Good people should not care about money.

B

- ☐ More money will make me happier.
- ☐ Money buys freedom.
- ☐ Money would solve all my problems.

C

- ☐ My self-worth equals my net worth.
- ☐ I won't buy something (such as a car or a house) unless it's new.
- ☐ Money is power.

D

- ☐ People should work for their money and not be given financial handouts.
- ☐ Money should be saved, not spent.
- ☐ Always look for the best deal, even if it takes more time.

The Categories

If you score more than 9 in any category, you likely exhibit that financial personality type.

A/ Avoider

You believe money is inherently bad or that you don't deserve to have it. You may even give away your money. Write a list of all the good things it can provide - like housing, food and education. The more you recognise how money, used wisely, can improve your life, the less likely you'll be to sabotage yourself.

B/ Worshipper

You're more likely to spend compulsively, hoard possessions and put work ahead of family. Try to do two things each day that make you happy and cost nothing. Eat lunch outside. Call an old friend. It'll remind you that money isn't the best route to happiness.

C/ Status Seeker

You're at greater risk of overspending, gambling, becoming financially dependent on others, and hiding expenditures from your spouse. Cut up a credit card. The more often you pay cash, the less likely you'll be to acquire debt. When you see something big that you want to buy, wait 24 hours and see if the urge passes.

D/ Vigilant

You're frugal. Congrats! But too much austerity can deprive you of the pleasures that money can provide. Buy something small for yourself. Maybe it's just a fancy cut of meat or your favourite beer, or a new tie if you have a big meeting coming up. The point isn't to waste money; it's to give yourself permission to loosen up once in a while.

SOURCE: Adapted from a test developed by financial psychologist Brad Klontz (see occamlc.net)

IT'S TIME TO MUSCLE UP!

Everyone wants a flat belly and muscular arms. Why? A lean, hard upper body is a badge that says you pay attention to what you eat and keep fit. **Men's Health Arms & Abs** contains some of the greatest workouts out there: ones that will grow your biceps, pump up your pecs, sculpt your six-pack - and shore up every muscle from your head to your toes.

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Sex + Relationships

Are Your Neighbours Too Loud?

The sex life you're missing out on is right next door. Stop banging on the wall and start learning from them

BY LORI COHEN · PHOTOGRAPHS SEAN LAURENZ

I ONCE LIVED ABOVE A TATTOO SHOP IN LONDON. THEY WERE NICE ENOUGH PEOPLE, BUT ON Saturday nights, as I was settling down with a cuppa, things would get rather rowdy below. I put the shrieks, thumps and moans down to some late-night needling on someone with a particularly low pain threshold, but during one exceptionally vociferous session, I heard "Fred" scream: "Show me your p****!" Putting the TV volume up and my head under a cushion did very little to dampen the sounds of their enthusiasm - and once you've heard your neighbour at their most, er, loose-tongued, you simply can't unhear it.

While I was being all Bridget Jones about the weekly orgy happening in my hood, and saving eggboxes to line my walls, it turns out I should have been listening closely and educating myself on the benefits of high-volume sex. Want to help your partner reach the finish line sooner, boost your confidence, create intimacy and bring sexy back into your life? It's time to find your voice, says Dr Anthony Smith, a Cape Town-based specialist in sexual medicine.

"The death of sexual excitement is repetition, monotony, lack of spontaneity and predictability," says Smith. "So anything that increases a sense of risk-taking, excitement or danger, can enhance erotic responsivity. Changing the sights, sounds and smells of a sexual experience will throw the brain off guard, disrupt predictability and create a new tension, which has the potential to be more erotically charged," says Smith.

Call of the Wild / Tricking your brain by switching up the stimuli is one thing, but vocalising (grunts, moans, panting) also intensifies the experience for both partners, says Dr Kristen Mark, director of the sexual health promotion lab at the University of Kentucky. You don't need to kick things off by howling at the moon, but a well-timed moan when she hits a hotspot will let her know that what she's currently doing to you is great - and you'd love more of it. It takes a lot of the pressure off directing her, too. There's nothing sexy about "more of that ball tickling please, love", but a gasp of sheer delight is a non-intimidating way for people to express pleasure, and reassuring to your partner that they're ringing your bell.

If it feels like something that goes against your nature, take a leaf out of the book from our jungle cousins. Female primates make a variety of copulatory calls, including sounds while mating to incite male competition. Males, in turn, are more likely to ejaculate when a female makes a noise, says Dr Christopher Ryan, author of *Sex at Dawn*. How does loud sex make the ape in you go wild? "Men like to hear women taking pleasure from their love-making. It gratifies one of the most basic wishes of a man to please his partner, gives him a sense of mastery, and is spontaneously more erotically charged because it dispels doubts and holds the man and his partner in an erotic space," says Smith.

With each "Oh yes!" she directs at you, your sexual confidence is given a boost. She knows she's responsible for you feeling at your peak. She's likely to feel more confident too... and feeling sure-footed enough to try some fun stuff she's been too inhibited to try before. Lucky you.

It's your evolutionary destiny to let the voice of your inner Tarzan out. Ok, it may be a stretch to say that your partner is screaming the roof off so that everyone knows she is ovulating, but a 2012 study from Cleveland State University found that non-verbal communication of pleasure during the act predicted sexual satisfaction.

Those cries of ecstasy are a private language shared between couples. They create a feedback loop - the more expressive one partner is, the more turned on the other can become," says Dr Greg Bryant, an associate professor of communication studies at UCLA.

Those Who Play Together, Stay Together

Playing loud is part of the glue that keeps your noisy neighbours happily coupled too. Losing your inhibition with a partner you trust, whether it's the words you use, or the volume you say them at, is one of the great joys of sex, agrees Dr Justin Lehmiller, a social psychologist at Harvard University. Holding back, on the other hand, keeps you from feeling present in the moment, which can lower your libido.

South Africans are at a disadvantage. Across all our cultures, we are hamstrung by traditional, conservative backgrounds (hands up how many

"Male primates are more likely to ejaculate when their female partner makes a noise."

of you were allowed a girl in your room with the door closed as a teenager or even had a pep talk from your parents about sex?). Raised as a nation of prudes, breaking "taboos" can go against the grain. So, taking the leap and unleashing some dirty talk on your partner demonstrates an element of trust and intimacy, and could help strengthen your bond. It comes down to whether or not you are ready to show them your dark side.

"Much erotic energy resides in the residues of our unconsciousness - in the same place where dreams and demons can potentially live. So our sex lives will reflect the shadow side of our socialised selves," says Smith. It takes oodles of trust to feel safe enough to expose the bad boy if you, he continues. The (dirty) communication exchange is like Velcro for your relationship, because it breaks down those walls, one sexy syllable at a time.

What can you assume about your neighbours when your chandeliers start to rattle? "They could just be inconsiderate and being loud is the single string in their sexual repertoire," says Smith, "but there is also the strong possibility that their loud lovemaking is a reflection of an openness to be creative and engage with different erotic roles and scripts, and that they therefore are enjoying pleasurable sex," says Smith.

Perhaps they even get a kick knowing they are keeping their neighbours up. "The risk and

danger of voyeurism can add to sexual titillation, and is a common kink. And while it may add to the frisson of excitement, it can't be called a true kink, as they aren't getting the direct feedback of knowing they are being heard," says Smith.

Setting Your Brain on Fire / Your sexual vocabulary may make your eyes water when you think about it now, but under the sheets it's highly appropriate. Your brain certainly thinks so. So, what exactly happens when she blurts out some X-rated dialogue? "Dirty talking will help activate centres from the brain that are relatively primitive and less influenced by the inhibitory role of the frontal cortex. Most of the role of dirty talk, though, will come through the meanings we give them - and will be different for the speaker or the listener.

This involves the cortex and higher centres of the brain, communicating with those areas most involved with desire, including the prefrontal motor cortex, the nucleus accumbens, the medial preoptic area and other parts of the hypothalamus. The dopaminergic reward centre is particularly important in being able to connect with and identify that which is likely to give the most pleasure. Core erotic drives, if facilitated by erotic talk, can augment and ramp up the reward pathways," explains Smith. In short, your brain is set on fire when you start tossing four-letter words around.

Letting it rip with your partner may be the opposite of tantric sex, but the effects it has on your breathing has equally beneficial effects to those that can be tapped into through meditation. "Vocalisations increase the rate of heart rate and breathing, which helps to regulate the autonomic system, distracting from inhibiting factors - like negative thoughts - and facilitating the flow of neurochemicals that induce feelings of pleasure," explains Smith. "Accompanied by the distracting focus of producing a sound, our brains are induced into a state which is less likely to get hobbled by inhibiting thoughts - like, is my partner satisfied, will my erection last long enough, am I good enough, and so on."

The Highs and Lows of Noisy Sex / You may still need to find your vocal mojo, but it's more than likely your partner already has - and your muffled moans and clenched teeth during climax are mismatched to what comes naturally to her. Women are more likely to get vocal during sex than men. Vocalisations can also help a woman to reach an orgasm and extend its length - unlike men, a woman will go through four different stages of sexual arousal before she has an orgasm, and these sexy sounds can help her move through these stages.

Research done by our colleagues over at *Women's Health* also revealed that 58% of women polled wish that men would be louder in the bedroom - and 64% of them believe that the louder the sex, the better it is.

Time to find your voice.



Ask the Girl Next Door

What's the best SMS to send a woman after a hot one-night stand? MIGEUL, PTA

"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. She'll peg you as a confident, stand-up guy who's into more than just sex.

I work 60-hour weeks and earn twice what my wife does. Do we really have to split the chores? ALEX, JHB

I'm going to save you a lifetime of arguing: take that fat paycheck of yours, peel off a hundred bucks or so and call a cleaning service. The way you're using maths to calculate who does what is bound to breed resentment. If you bring in outside help, you're not only shutting down the chore debate, but also providing employment for someone who probably cleans better than the both of you combined.

85%

of men in committed relationships of men reached orgasm during sex – versus slightly fewer than a third of guys on one-night stands.

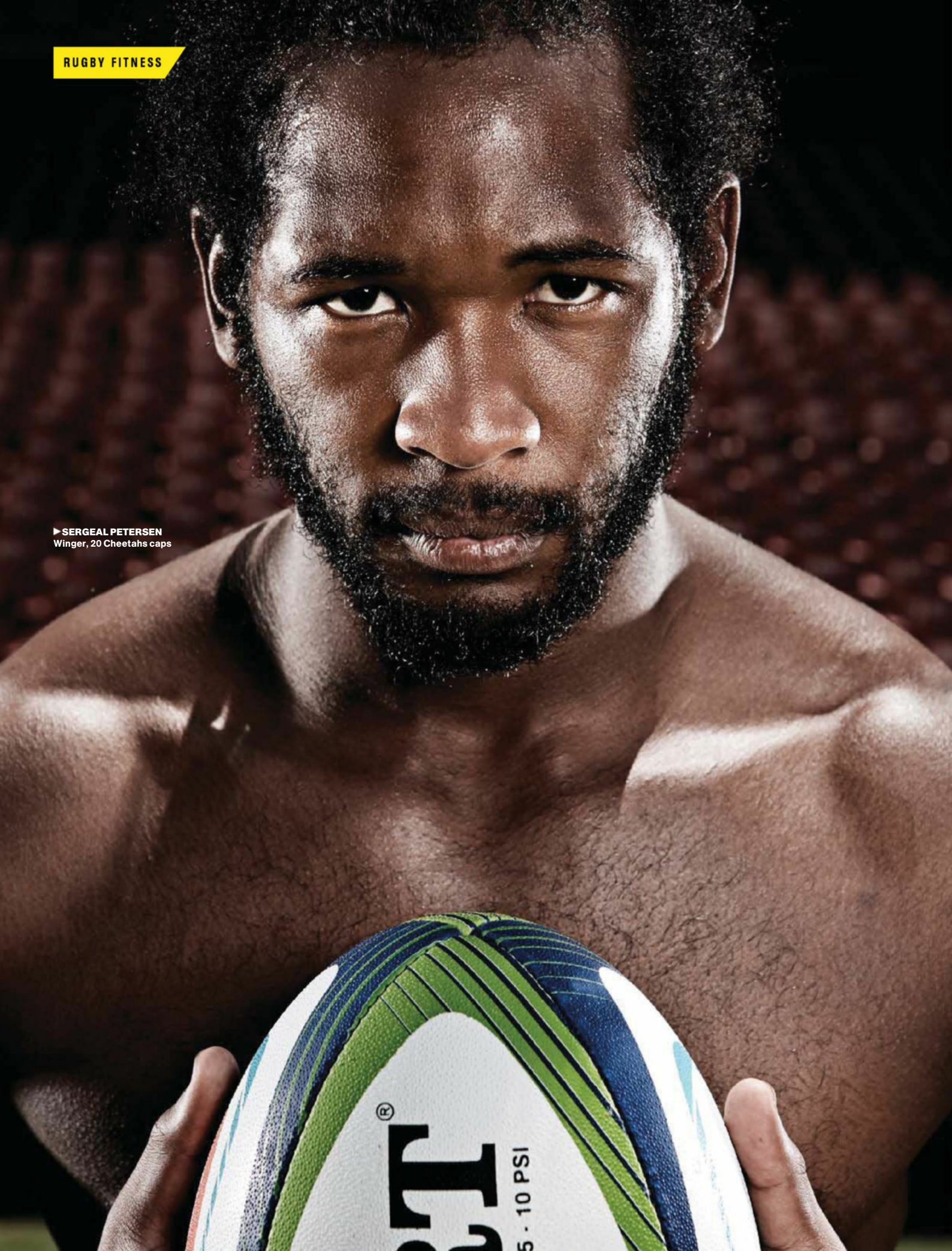
Let It Go / Easier said than done. If loud sex makes you cringe rather than come, dip your toes into erotic talk at your own pace. "It really depends on where you are in your experience and familiarity with erotic talk. Not all erotic talk has to be about loud exclamations; it can be more of a conversation," explains Smith. Get yourself used to saying or using the vocabulary of dirty talk when you're masturbating alone. You could also work with your partner to incorporate it into your sex life by reading from erotic books to each other, or, describing each other's bodies, suggests Smith. Blindfold each other if you find the initial experience too intense (or embarrassing). Remember that sex is a form of play, and anything you do out of the ordinary will loosen inhibitions – which is bound to prepare the ground for further sex talk.

Guys are not good at talking at the best of times, but if you want to benefit from this erotic form of pillow talk, you may have to change your ways. "Vocalising is an exchange, but one in which you can explore the boundaries of your erotic self – it requires some risk-taking and a suspension of judgment so you can be free to play," says Smith. To get it right, be open to the cues of your partner, get a sense of what they want, and feel out what you like. Then enjoy, and give those neighbours a taste of their own noisy medicine.

MH

RUGBY FITNESS

► SERGEAL PETERSEN
Winger, 20 Cheetahs caps





Your body finally
recovers about a
week after a game.
—Danny Amendola
Patriots recover

◀ **JACO KRIEL**
Flank, 57 Lions caps

6 DAYS TO SATURDAY

You don't spend your weekends sprinting, cutting, pushing, smashing and gasping like Super Rugby warriors – but your 9 to 5 takes a toll of its own. To get ready to do it all over again, better than ever, take a look at how star athletes Jesse Kriel, Sergeal Petersen and Jaco Kriel spend the week recovering between games – and learn from them



SUNDAY

FOR PRO RUGBY PLAYERS, Sunday morning can feel like waking up after being in several car crashes. What's more, they have to be ready to rumble again in six days. The day after a game, banged-up players start treatment, while the rest of the guys begin their recovery routine.

For Bulls utility back Jesse Kriel, that routine starts with what he eats. "After a game I usually grab some protein, whether it's in the form of a shake or good, old-fashioned healthy food," he says.

Rugby nutrition consultant Adrian Penzhorn approves. "Recovery should start as close to the final whistle as possible," he says. "The day after a game, he should prioritise protein. A Sunday diet should be high in protein with plenty of veg and a moderate amount of carbs, and include some good quality fats to help recovery."

With such a small window between games, Penzhorn says players should be focused on two things: recover, then refuel. Eating too little will scupper the first, while too much may derail the second. "Without proper nutrition, players can increase their risk of injury, struggle with fatigue, and limit the benefit of their training."

And keep pumping that protein throughout the week: "A protein-based snack first thing in the morning and last thing before bed will keep the recovery system turning while you sleep."



LIQUIDISE YOUR ASSETS

“Water is critical to recovery,” says Penzhorn. “The body will lose fluids while it tries to maintain body heat, and players will need to replace them as soon as possible.” Suffer minor dehydration and your performance sinks. Rugby players are weighed before and after practice to determine their sweat rates and hydration plans. **Use the urine test: the lighter the colour, the better.** Iced tea is trouble; lemonade is sweet.

GAME CHANGER

Eat Food That Fights Inflammation

From Jennifer
Brunelli, dietician



1/ Spinach



2/ Salmon



3/ Walnuts



4/ Tart cherries



5/ Olive oil

"The more water
I keep in my fridge,
the more I tend to
drink." – Jesse Kriel

**"Breakfast should be rich
in quality energy (fruit and
wholegrains) with decent
protein (yoghurt, lean meat
and eggs) and fluids."**

– ADRIAN PENZHORN

MONDAY

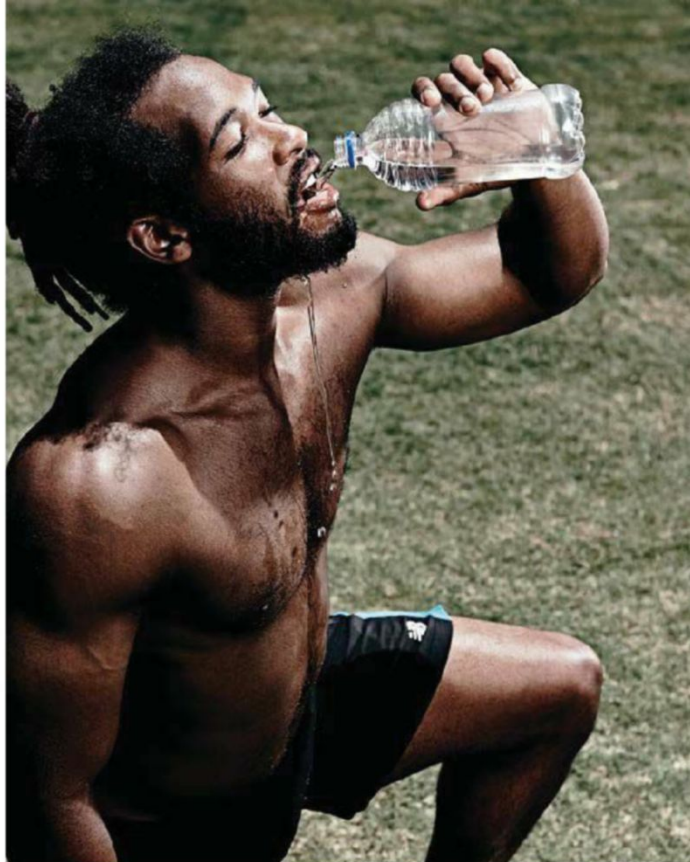
RUGBY, AS TANA UMAGA ONCE SAID, isn't tiddlywinks. Even with their high level of conditioning, most players experience delayed-onset muscle soreness, and it's at its worst between 48 and 72 hours after a game. Jesse and Sergeal share a favourite means of fighting DOMS: regular massages, and four or five intervals between ice baths and time in the Jacuzzi, of three minutes each.

While pain in the aftermath of a high-impact rugby match is to be expected, not all discomfort points to injury, says Bulls' team doctor, Herman Rossouw. "Delayed-onset muscle soreness is most prevalent after a sudden, unusual exercise, where a player stretches or lengthens his muscle fibres in a way he's not accustomed to. Trauma is different - most micro-damage to muscles is from contusion injuries, or overstretch."

Rossouw says communicating with players might be the best way to distinguish between stiffness and something more serious. "We make use of a scale questionnaire that each player completes each day before the start of training," he says. "A player will rate his experience on how stiff he feels, and we'll use those values to decide on his load during the week."

Training while stiff could set you back, says Rossouw. "Besides the discomfort of training with a sore muscle group, there is a risk of aggravating the stiffness and progressing to a strain. Some muscle groups are more at risk, such as the quads and hamstrings, and we tend to be more aggressive with our decision-making regarding these muscle groups."

This is why, no matter how much he's hurting, Jesse stays



away from painkillers and anti-inflammatories. "They can affect blood-clotting," he says, "and this can actually increase bleeding within damaged tissue, and lead to swelling - and that means more time on the sidelines."

Rossouw's top tip to alleviate pain in a way that also prevents injury: pre-hab. "We hold a session each day where we manage players' specific concerns by stretching, foam rolling, muscle activation or manual therapy."

PREPARE FOR PAIN

In a 2009 study published in the *SA Medical Journal*, researchers followed 14 teams through the then-Super 14 tournament, and found **players suffered almost 100 time-loss injuries every 1000 recorded player hours**. The majority of those, of course, occurred in the tackle. These are the three most common tackle-related injuries, and how to treat them.

Concussion

Jesse says Bulls players undergo a baseline concussion test, and all subsequent tests are measured against those results. A player who shows signs of being concussed - such as persistent headaches, nausea or vision problems - will be sent to see a doctor immediately. It's important to remember that a concussion is a form of brain damage, and the most appropriate treatment involves rest, pure and simple: players are directed to avoid both physical exercise and mental exertion, too, be it playing videos games or binge-watching TV.

Cervical Stinger

Proper tackling form is naturally traumatic: the act of putting your shoulder in the way of a massive guy, running at speed, puts the bundled nerve supply (known as the brachial plexus) along your neck at risk. Do that often enough, and you'll experience a stinging or burning sensation down the length of your arm and into your hand, as the nerves are slowly damaged. While those symptoms are usually temporary, prolonged damage can lead to days on the sidelines, as you wait to regain some kind of feeling in your arm.

MCL Tear

Anybody who experiences a shoulder-first tackle directly into the front or side of the thigh is prone to suffering an MCL tear. The medial collateral ligament is located on the inside of your knee, and one of its functions is to prevent your knee from bending inward. A minor tear may require a day or two of rest, while a serious, Grade 3 tear can take up to eight weeks to heal. Treatment includes rest, icing the area and wearing a cast to restrict movement. Proper recovery is crucial: an MCL tear that is not allowed to heal can make the area susceptible to further injury.

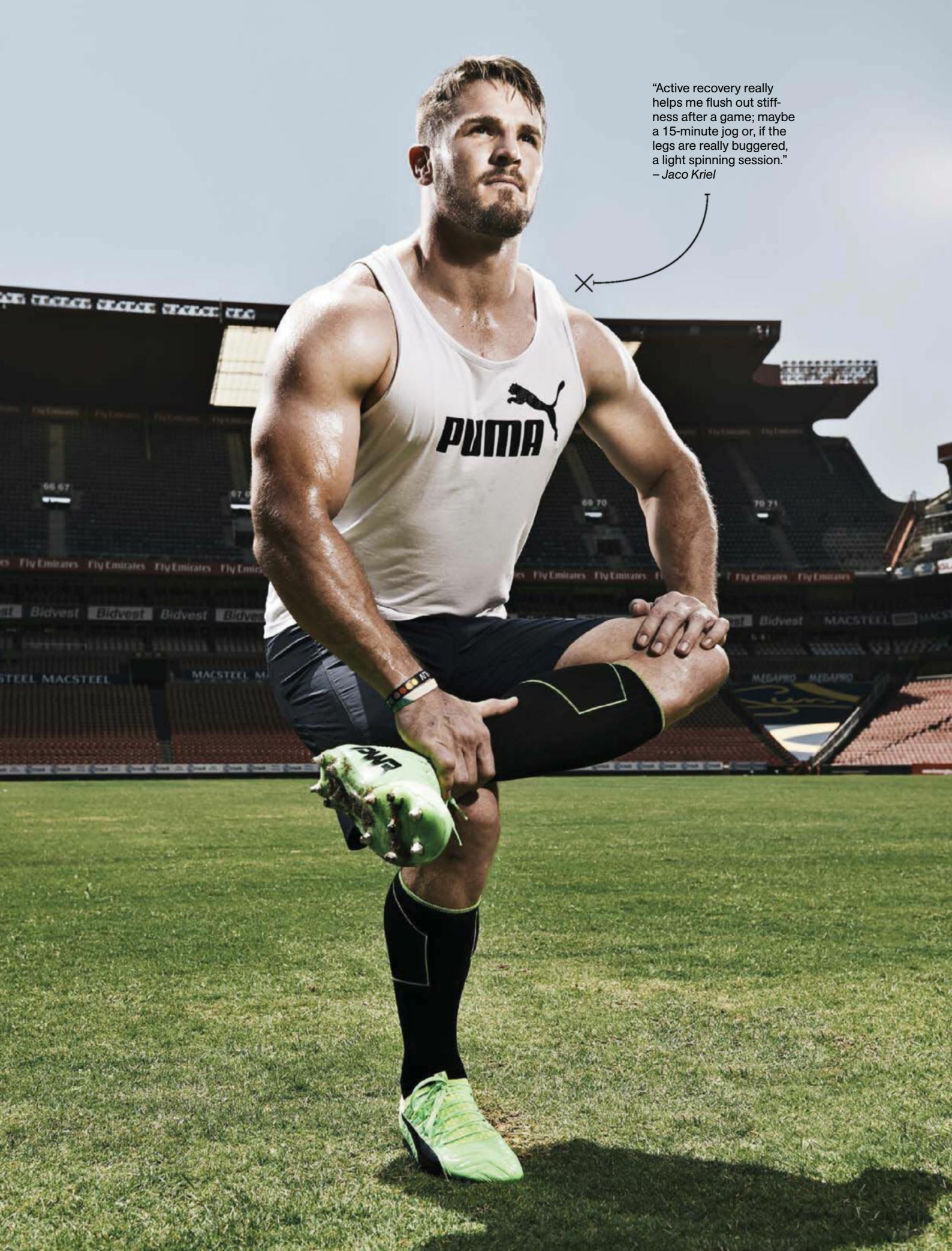
HEAD TEST

**SERIOUS MIND GAMES**

Whether you're carrying the ball or trying to get it, concussion is the most common injury in the professional game. Super Rugby's Pitch-Side Concussion Assessment includes these five questions. Get one wrong, and that's game over.

- ▶ What venue are we at today?
- ▶ Which half is it now?
- ▶ Who scored last in this match?
- ▶ What team did you play last game?
- ▶ Did your team win the last game?

"Active recovery really helps me flush out stiffness after a game; maybe a 15-minute jog or, if the legs are really bugged, a light spinning session."
— Jaco Kriel





► **JESSE KRIEL**
Utility back,
31 Bulls caps

TUESDAY IS MOVESDAY, a time to prep the body for what's coming. "In the week between games, our recovery protocols take a wide variety of movements and techniques into consideration," says Shaun du Toit, who is in charge of strength and conditioning at The Bulls. "Hot and cold baths, massages, eating properly - all of it plays a role. But we find that active recovery is much more effective than passive, even if it is low volume and at a relatively low intensity."

Aerobic exercise can take many forms, from running to lifting. "Brisk walking, jogging, cycling and swimming will all enhance bloodflow to sore and tired muscles," he says. "Plus, the increase in oxygen provision clears out metabolic waste. Some of the players do enjoy a proper stretching or yoga type session the day after a big game which they claim to have them feeling fresh and loosened up again - and a light, full-body weights session can have the same effect."

"Every day in the week between games should have an element of movement, so the focus in the first few days after a match will be to start moving again, working towards the total load that needs to be completed before the next match," says Stormers conditioning specialist, Stephan du Toit. "Exercise itself is not the problem; what matters is the exercise you are used to. Consistency is the key to proper muscle recovery, whereas acute spikes in training load will only increase the risk of soft tissue injuries."

Stiffness leads to inflammation, and inflammation causes injury. One way to improve a player's flexibility while flushing toxins, says Shaun du Toit, is through yoga. "Poor flexibility could definitely hinder performance - and worse, in some cases it can foster poor body mechanics and lead to injuries. Yoga could improve the player's flexibility and lead to better movement, which can have a great many positive benefits on the field."

GAME CHANGER

Keep Your Head Down

A rested player is a stronger, better, faster one. To recover during the day, put the work in at night

"We have seen from wellness data that when sleep duration or quality decreases, a player's mood worsens and his stress levels increases," says Stephan du Toit. "Even though players may struggle to sleep in the week after a game, it must be a priority."

Flank Jaco Kriel agrees: "For me, sleep is the best recovery tactic there is. I try to get eight hours of sleep every night, and if I have time I'll sleep in the afternoon as well. I also like to cram in a power nap in the last few hours before a game." Rossouw confirms that "sleep probably plays the biggest role in recovery. We recommend that the guys sleep between seven and 10 hours a night, and prioritise an early night over a late morning, as the hours before midnight are the most beneficial."

These lessons have made their way into Jesse Kriel's mindset. "You can't have enough sleep. It's good for hormonal balance and mental wellbeing, and helps my muscles recover for training."

Struggling to catch the Zs that rugby pros need to survive? Try these 3 tips:

1/ Score a Perfect 10

Ten hours of sleep a night can help performance. Not sleeping? Just lie there. You'll sleep more if you stay in bed.

2/ Lock in Bedtime

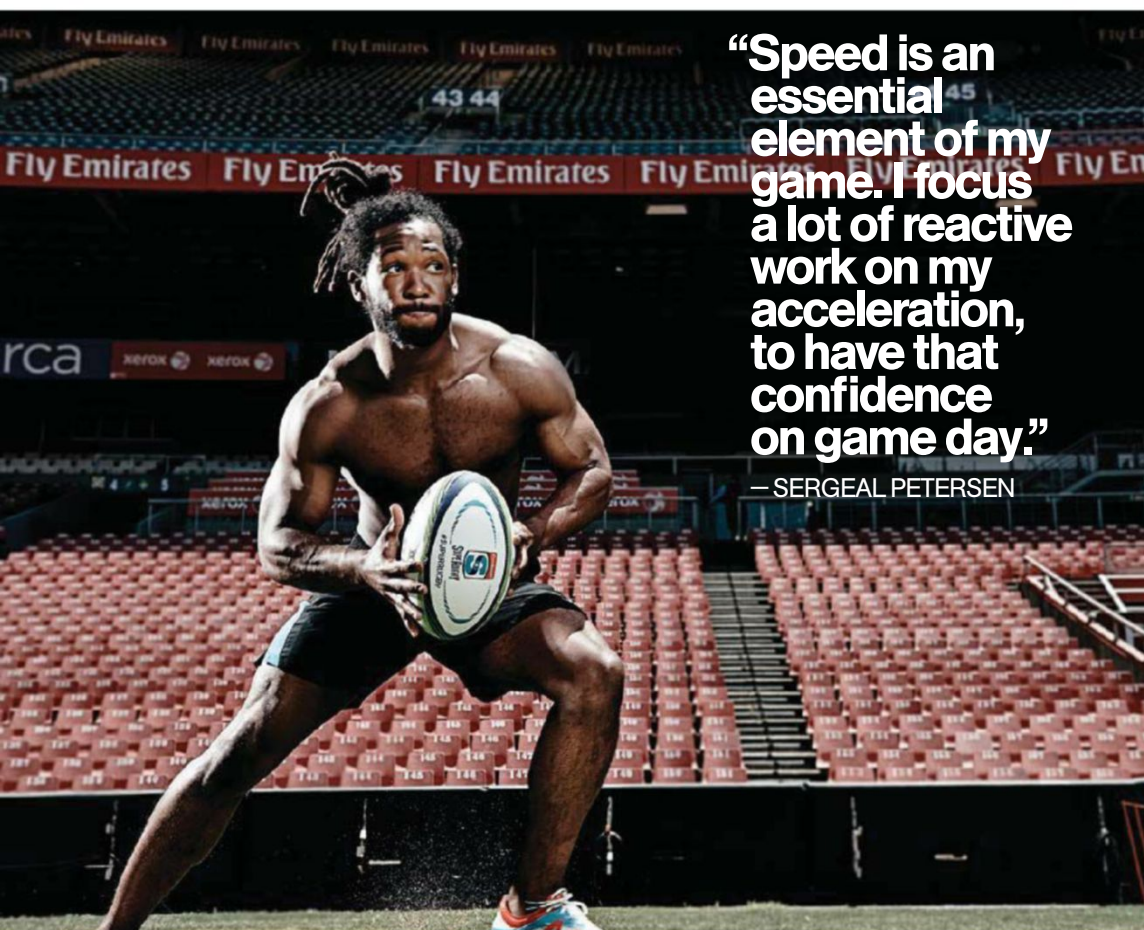
Inconsistency in your bedtimes creates a kind of jet lag. Set an alarm to mark your bedtime, and stick to it.

3/ Block Blue Light

Blue light from screens suppresses production of melatonin, the "drowsy hormone".

PREPARE

TUESDAY



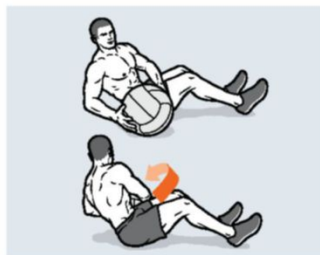
“Speed is an essential element of my game. I focus a lot of reactive work on my acceleration, to have that confidence on game day.”

— SERGEAL PETERSEN

FORGE YOUR OWN ARMOUR

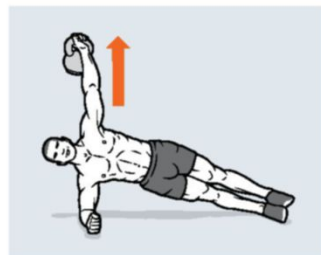
When you make a living by putting yourself in harm's way, trying to catch and pass a ball while leaving your ribs and solar plexus exposed, **you need a core that can withstand the biggest hits.** Try this circuit, doing the exercises back-to-back for a minute each, and then resting another 60 seconds. Repeat for four rounds; build up to six or eight.

Russian Twist



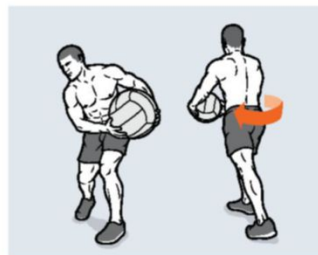
Sit (or raise your feet and balance on your butt), and rotate rapidly, alternating sides as you touch the medicine ball to the floor.

Kettlebell Side Plank



Rest on your forearm with your top arm holding a kettlebell. Switch sides every round.

Standing Medicine Ball Twist



Stand sideways holding a medicine ball at your hip; rotate and throw it hard at a wall. Catch it and repeat. Do 30 seconds per side.

NOW FOR THE HEAVY LIFTING.

Pro rugby players are expected to adapt their practice sessions according to the demands of the weekend at hand. “We see each week as independent of the next,” says Stephan du Toit. “Players need to become stronger and more explosive through the season, so they can take that physical confidence to the training field. We will always prioritise the big three (strength, power and cardiovascular effort) and work on fundamental exercises that transfer to specific facets of the game, but the best training is on the field itself. That’s why players are tracked on their training load all the time and with the assistance of GPS their numbers need to add up in order to be ready for a weekend.”

For Sergeal, that means sprints, whereas Jesse, as an athletic backliner capable of playing centre, winger and full-back, will go through a range of explosive linear and lateral movements and jumps designed to make him a more explosive athlete – equally adept at motoring through a gap in the midfield as he is at launching upwards to claim a high ball on his own tryline. Jaco, on the other hand, concentrates on agility: “As an openside flanker I focus on bouncing off the ground as quickly as I can, to get to the next tackle.”

Shaun du Toit says the focus of most training sessions will be firmly on functional movements, including power cleans and kettlebell work. “We will also include strength exercises, like various forms of squats and deadlifts, as well as vertical and horizontal push and pull movements. Strengthening of the core and stabiliser muscles also makes up a big part of our training programmes. And we like to fit in at least one burner session early in the week, where we work on cardio to ensure the guys are where they need to be, while giving them enough time to recover before the game.”



RUGBY IS A COMPLEX MIX OF BRAWN AND BRAINPOWER.

On the field, with bodies being thrown around and a crowd of thousands baying for blood, pro rugby players are some of the most stressed-out people in the world - and as the Bulls' team psychologist Dr Jannie Botha explains, under-pressure people make decisions from deep within their subconscious mind. Intellectual processing power is less critical, for example, in the middle of a brutal tackle, than sheer instinct - and as much as they may preach the virtues of intelligence on the field, mental coaches are mainly involved in the art of coaching confidence.

The challenge lies in ensuring each player understands exactly where he needs to improve, and what he needs to do to get there in time. The key to ensuring a player understands exactly what he needs to do: video, and lots of it. Stephan du Toit explains that since Saturday, the team's technical analyst has had very little sleep, preparing hours of detailed footage designed to give coaches and players the feedback they need. This analysis serves a dual purpose: to highlight a team's errors and shortcomings from the previous game, and educate a player on the next one. "The video analysis system allows for self-assessment of individual and team efforts," he

says. "We will look at what the opposition will offer on attack and defence, in their kicking game and at set pieces, and we will assess how we need to adapt our own game too."

Tech only goes so far, however: individual issues will need to be thrashed out one-on-one, between a player and his coach. "The technology is out there, and is very helpful - but the relationship and level of honest, clear communication between a player and coach is still vital."

Putter says having a specific plan is crucial for better (and faster) learning, and that players often benefit from being allowed to focus on as short a list of outcomes as possible. "A specific goal for the week, and for the next match, is essential to prevent a player from falling into the trap of monotonous training without energy," he says. "Usually, what will help is a short conversation with a trusted confidant, such as a mentor, wife, or coach - sharing his concerns will help him pare down his thoughts to clear and concise goals. But what's important here is that these targets need to be focused on effort, technique and character - never on outcome. Outcome goals (such as, we need to win this match, or score a certain number of points) will only add emotional pressure just when you need it the least."

IF SUNDAY MORNING FELT LIKE WAKING UP

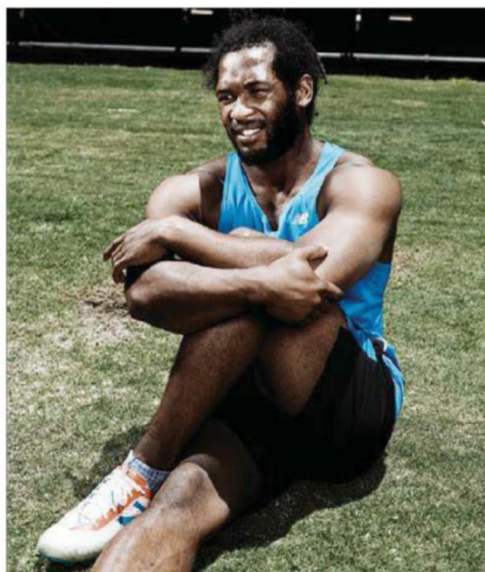
after being in several car crashes, what must it take to prepare for another couple of them? On the day before another game, Jesse says, a pro rugby player must channel all his nervousness and excitement into a calm and coherent vision. "All the homework has been done. Now, you must just live in the moment."

That moment can be chaotic. One prominent rugby commentator recently tweeted that rugby is a matter of making complex decisions under extreme stress - like ordering a pizza in the middle of a train wreck. What does it take to "be" in a moment like this? Putter says it might come down to something far off the field. "I think the essence of being able to focus on the here and now of a rugby match is making sure your personal life is in order. Relationships are particularly important; no one wants to be arguing with a spouse or debating with a coach on the eve of a game."

Stephan du Toit says there is one tradition that is designed to bring each and every player in a team together as one after week's training, engaged and interconnected. "The captain's run starts with a team meeting, where leaders in the team highlight specific goals or messages in attack, defence, breakdown, kicking, and so on," he says. "The coaches are present during this meeting and can assist if the players need anything, but otherwise the team meeting is lead by the players within the squad. They will discuss different scenarios and ensure every detail is covered."

From there the team will head out onto the field. "The field session might start with a fun runaround, followed by more serious, gameplan-specific, in-game scenarios. All-in-all the captain's run takes about 60 minutes, and there is usually time for players to work on individual objectives as well - a kicker might decide to spend some time working on his range, or a hooker might fine-tune some throw-ins."

This is a time for the captain to not only rally his troops and stamp his authority on a diverse group of men but to ensure all eyes are up front. "When the captain takes over from the coaches, he will strengthen the messages that all of the coaches have spelt out during the week - but most importantly, he will reiterate that all the prep is now done. It's go time."



SATURDAY



GET READY TO PLAY

By kick-off the players are primed to play at their peak. **Everyone prepares differently: some get hyped up, others calm down.** Learn what works for you, then use it.

Trust the Process

Anyone facing 80 minutes of collision-based chaos would be prone to tensing up, which is why pro rugby players preach the value of staying calm. And doing that means different things for different people. "Every player has his own routine and the rest of the squad respects what they do during the final minutes before kick-off," says Stephan du Toit. Whereas Sergeal prefers to zone out into his iPod, Jesse says, "In the final few hours before a game I just try to enjoy the atmosphere, as the hard work has been done."

Jaco says the team will get together four hours before the game. "I'll eat my pre-match meal and take a 30-minute power nap. When I wake up I will put my earphones on and start to focus and visualise what I want to achieve before we go out to warm up. Different strokes, one goal: "Being calm on the field gives me a clear head to make precise decisions," Sergeal says.

GAME CHANGER

Super Snack



"On game day, I'll eat a rye sandwich with peanut butter and banana, and some almonds too," says Jesse. "This normally gives me energy that sustains me throughout the game. I have no superstitions or anything like that - I just try to take in the moment and enjoy it as much as I can."

FRIDAY

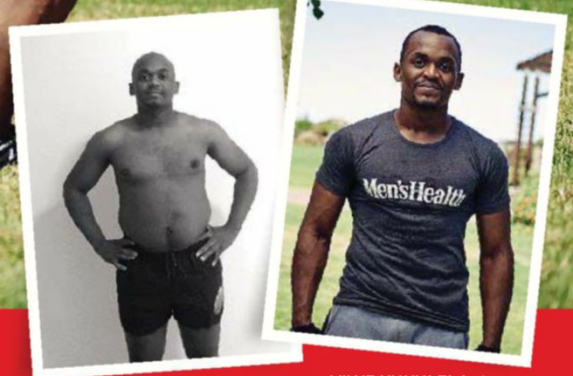
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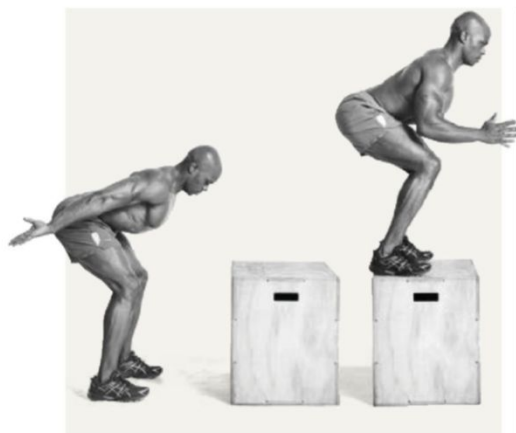
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Build Super Rugby Strength and Muscle

Between games, pro rugby players use this workout to speed up their recovery – and to build functional strength and endurance for the next one

DIRECTIONS Perform the exercises as a circuit. Start with the first exercise and do as many reps as you can in 30 seconds. Rest 30 seconds and immediately move on to the next exercise and repeat the pattern. Once you've done all the exercises once, rest 60 seconds. That's one round. Do four. (Complete three to four sessions a week.)



1 Box Jump

Stand facing a box and assume a quarter squat; then jump up. Land softly on the box with bent knees. Step down and repeat.

Pro Tip Start with a 24-inch-high box.



2 Reverse Lunge to Step-Up

Stand facing a bench (or box). Step back with your right leg and lower your right knee until it nearly touches the floor. Pause, push back to the starting position, and immediately place your right foot on the bench and step up onto it. Return to the starting position. That's 1 rep.

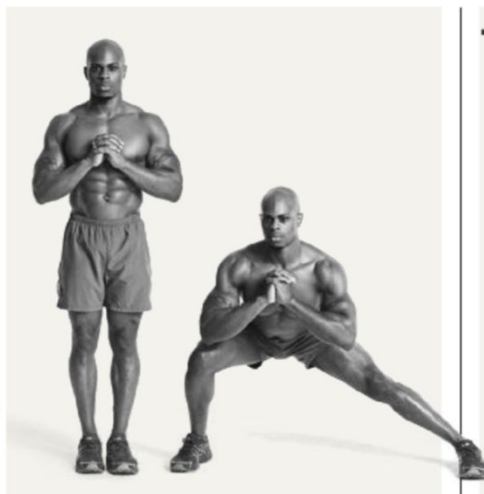
Pro Tip Squeeze your glutes and lift your left knee at the top of the step-up.



3 Elevated Push-Up

Assume a push-up position but with your feet elevated on a bench (or box). Keep your arms straight and hands below and slightly past your shoulders. Bend at the elbows as you lower your body until your chest nearly touches the floor. Pause, and push yourself back up.

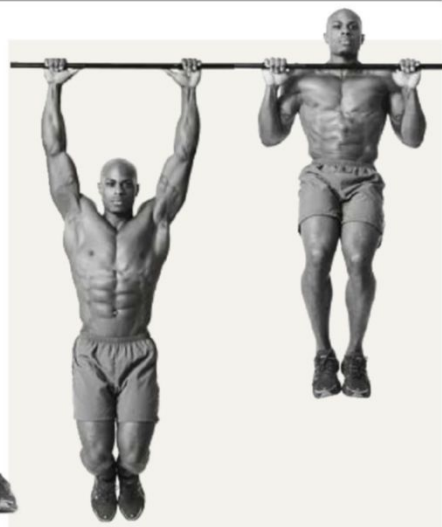
Pro Tip If you can't do quality reps for 30 seconds, switch to a regular or kneeling push-up.



4 Lateral Lunge

Stand with your feet hip-width apart. Step to your left and lower your body by pushing your hips back and bending your right knee. Return to the start and repeat, this time to your right.

Pro Tip Drop your hips as low as you can.



5 Pull-Up

Hang at arm's length from a pull-up bar using an overhand grip. Pull your chest up to the bar. Lower yourself to the starting position and repeat.

Pro Tip If you can't do quality reps throughout, switch to a lat pulldown.



THE STATE OF MEN'S HEALTH

The 10 most important health issues facing South African men today – and how to beat them

BY JOANNE LILLIE | P. 99

▶ WADING THROUGH DEATH

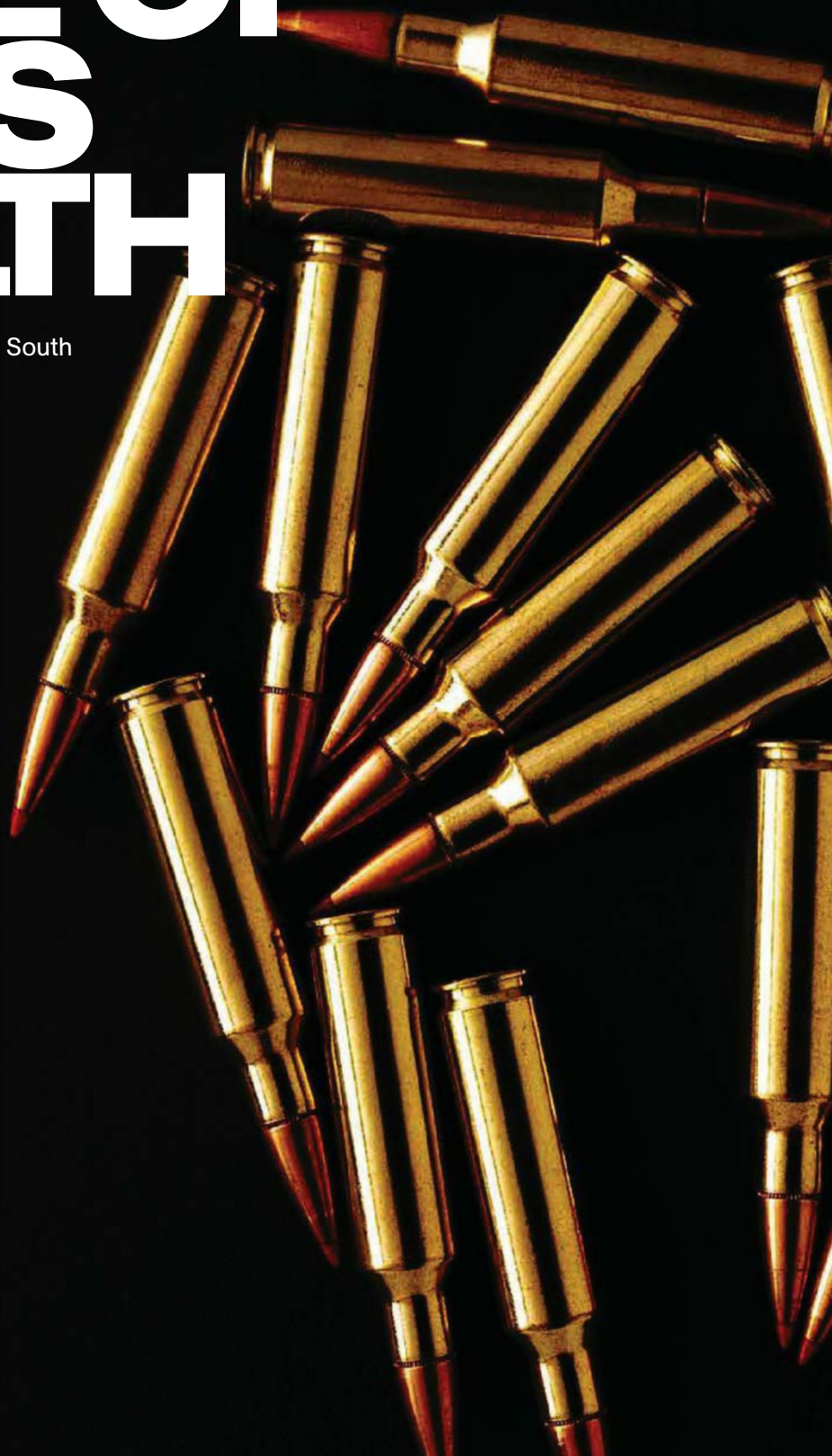
notification stats is a grim business. But it pays to know which conditions claim the most lives – especially when there's a lot you can do to avoid ending up in a body bag.

The numbers show there's a year-by-year increase in the number of deaths due to preventable conditions such as hypertension, respiratory diseases and diabetes, and a drop in the proportion of communicable (infectious) diseases.

Over the last few years, the gap between communicable (37%) and non-communicable (53%) diseases has widened; pointing to lifestyle as a massive indicator of your chances of a long and healthy life.

The bottom line: sidestep those chips and that extra beer, get active, and keep an eye on your vitals. Your mom can thank us later.

These are top 10 killers of people just like you – and how to beat them.



TUBERCULOSIS

If you've been coughing for longer than three weeks and spitting up blood despite no bar fights, or if you're having chest pains even when no chilli burrito has passed your lips, perhaps it's time to check for TB.

With over nine million new cases and almost 1.5 million deaths each year, TB has overtaken HIV as the world's leading cause of death. There are twice as many TB deaths than there are for any other cause of death. And in South Africa, significantly more men are affected than women, says internal medicine specialist Dr Phindile Gina, whose research on improving TB tests led to a World Health Organisation endorsement. "Failure to identify and diagnose TB in HIV-positive patients is a key problem, and responsible for a high death rate," says Gina.

+ SYMPTOMS

- 1/ A cough that lasts three weeks or longer.
- 2/ Chest pain.
- 3/ Coughing up blood or sputum.
- 4/ Weakness or fatigue.
- 5/ Poor appetite and weight loss.
- 6/ Chills, fever and drenching night sweats.

BEAT IT

It's estimated that about 80% of the population of South Africa has latent (dormant) TB; we are pretty much all infected, but most of us will never develop active disease, thanks to a robust immune system. It's when your immunity is compromised that you become vulnerable. Here's how to boost your immunity:

EAT WELL Get plenty of fresh wholesome food and vitamins.

AVOID DRUGS, EXCESSIVE DRINKING AND SMOKING That last one can significantly increase the risk of progression from latent to active TB.

MANAGE ANY LONG-TERM ILLNESS that affects your immune system, such as diabetes or HIV.

CERTAIN PRESCRIPTION DRUGS CAN DENT YOUR IMMUNITY Check in with your doctor if you are unsure.

400%

South Africa has the third highest burden of TB in the world (after India and China) with 450,000 cases – a 400% increase in the last 15 years

INFLUENZA & PNEUMONIA

No, not man flu – influenza is a serious infection of the body, while pneumonia involves the inflammation and accumulation of pus and fluid in the lungs. Both are driven in most cases by high rates of HIV due to lowered immunity.

Pneumonia causes those little lung sacs – alveoli – to fill up and swell, which obstructs breathing and can prevent oxygen getting where it needs to be, which is why pneumonia can lead to serious complications and even death. A severe viral or bacterial infection is the most common cause of pneumonia, and it often sets in after the flu, especially if your immunity has taken a dive.

+ SYMPTOMS

- 1/ Fever and a cough that produces green, yellow or bloody mucous
- 2/ Muscle aches and shaking chills
- 3/ Shortness of breath; irregular pain when breathing

BEAT IT

MANAGE CONDITIONS like HIV/AIDS and diabetes, which can make you susceptible. **QUIT SMOKING** as it renders you more vulnerable to lung infections.

SCRUB UP Hand-washing prevents the easy passage of infections.

HEALTHY EATING, EXERCISE AND AN ANNUAL FLU JAB before winter sets in can help prevent flu and pneumonia.

HIV

South Africa has the largest anti-retroviral treatment programme in the world, and for good reason: 25% of the world HIV burden sits with South Africa, where 6.3 million people are HIV-positive.

In September last year, the Department of Health launched the most ambitious policy so far, and that is to treat everyone living with HIV irrespective of their CD4 count (the standard measure of immunity status).

"Although HIV prevalence is higher among women, with younger women most affected, men between the ages of 30 and 40 have played a role in this high prevalence," says HIV researcher Dr Mosa Moshabela, head of the first dedicated Department of Rural Health in South Africa at UKZN.

"Older men have been accused of 'sugar daddy' and 'blesser' behaviours in transactional sex with younger women – driven largely by poverty and inequalities. For this reason, these men are seen to be responsible for the transmission of HIV."

SYMPTOMS

1/ The only way to know is to test. "HIV has shifted from being a symptomatic disease to a non-symptomatic disease in that people are being treated early, without any prior signs," says Moshabela.

BEAT IT

PRACTISE SAFE SEX Every time. Male condoms are still the most effective way of preventing HIV and STIs.

GET CIRCUMCISED Recent studies show that HIV transmission could be reduced by 60% in men who are circumcised compared to those who aren't.

GET TESTED Men generally do not seek HIV testing or care, and often present late. The new self-test kit could sidestep the need to go to a doctor or clinic. "Everyone in this country should know their HIV status," says Moshabela.

STROKE, HEART ATTACK & HYPERTENSION

Cardiovascular disease is the leading cause of death worldwide, and in South Africa, these conditions comprise three of the top 10 killers. Diseases of the ticker claims more than 10% of the lives lost – around 27 000 men a year.

South Africa has one of the highest rates of hypertension worldwide. This makes us prone to stroke and heart disease. Stats show that about 130 heart attacks and 240 strokes occur every day in South Africa. That means 10 people will have a stroke and five will have a heart attack every hour.

"Cardiovascular disease is on the increase in South Africa, due to the increase in risk factors driven by lifestyle, like hypertension, diabetes, hyperlipidaemia (abnormally high levels of fats in the blood), smoking, obesity and inactivity," says cardiologist Dr Ntobeko Ntusi. A specialist in cardiovascular imaging, Ntusi sees the effects of poor lifestyle choices first hand. He completed two PhDs partly funded by the Discovery Foundation, one through Oxford University and another through UCT.

"The dominant form of cardiovascular disease in South African men is heart failure. We are seeing a dramatic increase in coronary artery disease (hardening and thickening of artery walls) in younger men. There is also a complex interaction between TB and HIV, and that has expanded the number and type of cardiovascular diseases we see here," he says.



STROKE:

1/ Sudden numbness or weakness of the face, arm

SYMPTOMS

or leg, especially on one side of the body.

3/ Sudden confusion, trouble speaking or understanding.

3/ Sudden trouble seeing or blurred vision in one or both eyes.

4/ Sudden trouble walking, dizziness, loss of balance or coordination. A stroke is always an emergency, and if you spot the signs in a mate, colleague or family member, act fast.

HEART ATTACK:

1/ Pain in the middle of the chest: some men describe this as pressure, tightness or squeezing.

2/ Lightheadedness, nausea and vomiting.

3/ Pain in the arms, back, neck or jaw.

4/ Shortness of breath.

HYPERTENSION:

1/ The majority of people aren't aware of high BP; the reason it's called the silent killer.

2/ Some people experience severe headaches, fatigue or confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat, blood in the urine, pounding in your chest, neck or ears.

BEAT IT

According to the Heart and Stroke Foundation SA, 80% of these cardiovascular diseases can be prevented.

CUT SALT to less than 5g a day, including salt hiding in bread, boerie, biltong and so on. The Heart and Stroke Foundation reckons that 60% of your dietary intake is hidden. Cutting back by 2g per day reduces cardiovascular events by 20%, studies say. **CHECK YOUR BP AND CHOLESTEROL, DITCH THE SMOKES, EAT BETTER – AND MOVE MORE.**



Deadly Risk Factors

Hypertension affects 42.2% of the population, 10.6% suffer from elevated blood glucose, and 34% have high cholesterol. But **80%** of cardiovascular events can be prevented with healthy lifestyle changes.

1 IN 4

1 in 4 adults is obese and over half are overweight. Half of all adults are physically inactive.

Contributing to our obesity problem is the increasing consumption of **packaged foods** high in calories, saturated fats, animal proteins, sugars and salt.

Booze is the third most important risk factor contributing to non-communicable diseases, and it can also accelerate the progression of infectious diseases. Consumption among those who drink amounts to a staggering **27.1 litres** per person per year.



CARDIOVASCULAR DISEASE IS ON THE INCREASE IN SOUTH AFRICA: **WE ARE SEEING A DRAMATIC INCREASE IN CORONARY ARTERY DISEASE IN YOUNGER MEN.**

CHRONIC LOWER RESPIRATORY DISEASE

This underlying cause of death includes Chronic Obstructive Pulmonary Disease (COPD) and asthma. COPD is the second most common non-infectious disease in the world, and primarily affects men. It's a chronic, irreversible lung disorder resulting from exposure to noxious particles or gases – mostly smoking. "In Cape Town the estimates for stage two and above COPD are 22% of men – the highest prevalence in the world," says Professor Richard van Zyl-Smit, head of the Lung Clinical Research Unit at the University of Cape Town Lung Institute. "This is probably due to high smoking rates (more men than women smoke) – but also other risk factors such as TB, HIV infection and exposure to air pollution."

SYMPTOMS

- 1/ Shortness of breath with a cough or wheeze.
- 2/ Increased mucous – that's often worse in the morning.

BEAT IT

ONCE THE DAMAGE IS DONE, IT'S PERMANENT Preventing this lot is key. "There isn't much that can be done about your genetic make-up or your childhood – but avoiding exposure to any form of air pollution from tobacco, cars and fires is advised. **EAT WELL, EXERCISE AND IF YOU SMOKE, STOP** "If you are worried about emphysema, see your doctor and ask to have your lung function measured – this is a critical step in evaluating any damage from smoking or other exposures," says Van Zyl-Smit.

26.5%

of South African men smoke

80%

of cardiovascular events can be prevented with lifestyle changes



Non-Natural Causes VIOLENCE, INJURIES AND SUICIDE

Men are three times more likely to die of unnatural causes than women. For men, the most common non-natural cause of death in 2014 was assault (12.9%), followed by transport accidents (12.1%). Alcohol is

a prominent factor in violence and injuries, including interpersonal violence, domestic violence, sexual assault and road traffic injuries. Suicide accounts for approximately 10% of all non-natural deaths in SA, according to the MRC

National Injury Mortality Surveillance (NIMSS). Rates here are "inordinately high", says Professor Lourens Schlebusch, an international expert on stress and suicide and the author of *Suicidal Behaviour in South Africa and Mind Shift: Stress Management and Your Health* (University of Kwa-Zulu Natal Press). Most of the 8 000 South Africans who die by

suicide each year are young men: studies have shown that 83% of suicide victims are men, and the majority of victims were under age 44. Young men are at greatest risk of dying from unnatural causes, with as many as 55% of male deaths in this age group registered as unnatural. SOURCE: Stats SA 2014 statssa.gov.za/publications/P030932014.pdf

YOUNG MEN ARE AT GREATEST RISK OF DYING FROM UNNATURAL CAUSES. AS MANY AS 55% OF MALE DEATHS IN THIS AGE GROUP ARE REGISTERED AS UNNATURAL.

OTHER VIRAL DISEASE

It's probably fair to say that viruses are not incredibly well understood, and a "mysterious" virus is sometimes blamed for deaths where there is no clear cause. "Viral infections are common, but the commonly occurring viruses (except HIV) rarely cause death, and the "deadly" viruses – such as hemorrhagic fever viruses – are rare," says Dr Raveen Parboosing, a virologist at Inkosi Albert Luthuli Central Hospital in Durban. "Microbe Hunter" Parboosing spent his PhD engineering nanoparticles to mimic and block HIV viruses.

Some of the more prevalent viral diseases are hepatitis B and C – and infection is more common among people who are HIV-positive. "As many as 1 in 10 or 20 adults are chronically infected with hepatitis B," says Parboosing.

+ SYMPTOMS

- 1/ Fever
- 2/ Jaundice
- 3/ Loss of appetite
- 4/ Vomiting
- 5/ Complications include cirrhosis, liver cancer and end-stage liver disease

*The prevalence of hepatitis C is not as high, and many patients are asymptomatic or have non-specific symptoms (such as abdominal pain).

BEAT IT

BOOST YOUR IMMUNITY and manage other chronic conditions that compromise your immune system.
PRACTISE SAFE SEX Every time, no exceptions – ever.

INTESTINAL INFECTIOUS DISEASE

Diarrhoea is a symptom of infections caused by various bacteria, viruses and parasites, mostly a result of contaminated food and water.

Previously common only in children, rates of diarrhoea have increased in the adult population in SA. The most severe threat posed by diarrhoea is dehydration, which can be fatal.

Although unlikely in your average urban setting, an upset belly is all too common when traveling through Africa, in places where clean water supply is limited. If you find yourself in a rural setting, it's best to drink bottled water and avoid any unusual foods, or produce washed in water. If you're afflicted, drink plenty of clean water to prevent dehydration.

+ SYMPTOMS

- 1/ Nausea and vomiting
- 2/ Loose, watery stool
- 3/ Cramping

BEAT IT

GET VACCINATED Required shots can vary widely depending on where exactly you plan to travel, but they are never negotiable. Some can take time to become effective, so speak to your doctor or visit a travel clinic four to six weeks before you leave for your trip.

AVOID BITES by investing in a safe, good quality insect repellent, and sleep only in screened-off areas.

DRINK CLEAN WATER Sip from canned or unopened bottles, and when in doubt, boil it.

DIABETES

More than 24 South African men die from diabetes every day. There has been a year-on-year increase in deaths due to diabetes over the last decade, mostly as a result of poor eating habits and lack of exercise.

The driver of type-2 diabetes? One in 3 South African men is overweight or obese. "The lifestyle of the stereotypical South African male leads to a high risk for the metabolic syndrome – sedentary behaviour, along with a diet of carbs, meat and beer can lead to elevated blood pressure and cholesterol, increased waist circumference and abnormal glucose metabolism," says Dr Joel Dave, an endocrinologist based at Groote Schuur Hospital and UCT Private Academic Hospital.

"That guy is at great risk of developing diabetes," he says.

+ SYMPTOMS

- 1/ Excessive thirst
- 2/ Frequent or increased urination, especially at night
- 3/ Excessive hunger
- 4/ Fatigue
- 5/ Blurry vision
- 6/ Sores or cuts that won't heal

BEAT IT

MAKE HEALTHY FOOD CHOICES

Nutrition scientists recommend meals cooked at home – with whole, fresh, plant-based foods – eliminating over-processed foods and limiting processed carbs, red meat, salt and sugar.

MAINTAIN A HEALTHY WEIGHT Studies show that people who are at high risk for diabetes can prevent or delay onset by losing weight. "For every kilo you lose, you may see positive health changes," says Dave. "Some patients with type-2 diabetes are diabetic because of their weight. If they lose a significant amount of it, they can cure their diabetes."

MOVE EVERY DAY Aim for at least 30 minutes of moderate to vigorous activity, five days a week.

CONTROL BLOOD PRESSURE AND CHOLESTEROL to reduce risk factors associated with diabetes. **MH**

14.9%

the highest proportion of deaths due to non-natural causes was found in Cape Town

40%

of deaths in South African men are deemed premature (before the age of 60)

50%

the percentage of deaths in South Africa caused by non-communicable diseases and injuries

×

SPECIAL REPORT

×

It's the traditional measure of a man: procreate and leave behind a living legacy. But what happens when you get the diagnosis that you can't be a dad? These men learnt that infertility isn't a life sentence

BY KIERAN LEGG

PAGE

104



A close-up photograph of a man with a beard and a tattoo on his shoulder, holding a baby. The man is wearing a light blue t-shirt. The background is a bright, out-of-focus outdoor scene with greenery and a body of water. The text "THE FIGHT FOR FERTILITY" is overlaid on the right side of the image, with "FIGHT" crossed out by a thick orange horizontal line.

THE FIGHT FOR FERTILITY

H

HIS LIBIDO WAS SHOT AND HIS MOOD WAS BLUNTED.

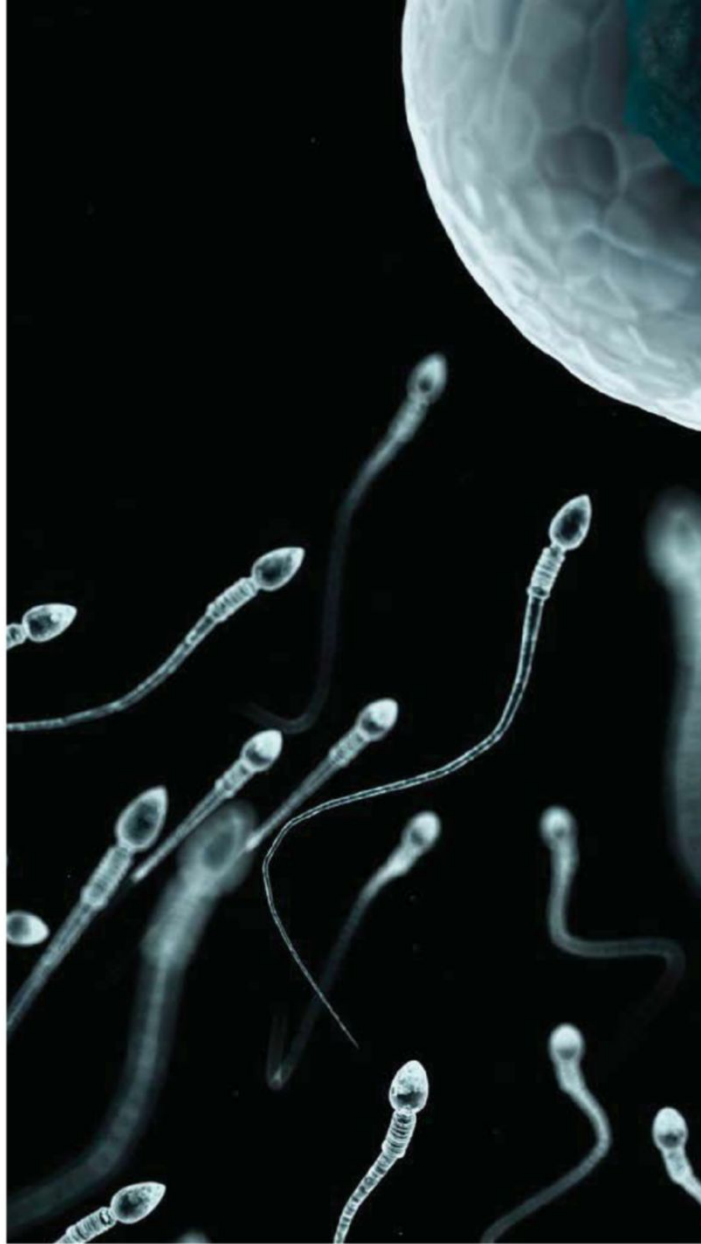
Living at a constant low, Damien suspected his T levels were sinking and booked a visit to the doctor. Turns out he was right: he was a nine on the scale, a bad grade when you're looking at a slider that starts throwing out red flags when you hit single digits. But it was salvageable. The doc put him on a series of testosterone injections and his levels jumped to 29, supercharging his hormones and putting his energy-levels back on track.

"Problem sorted, right?" he says.

Wrong. The sudden surge left him with a new diagnosis: oligospermia. In layman's terms: his sperm count was low and his chances of having kids were nearly non-existent. For a guy in his forties who wanted to start a family, it could've been a crippling blow. But Damien, who had fathered children in his early thirties, just remembers being "mildly annoyed".

While urologist Amir Zarrabi says there can be a myriad of reasons behind male infertility, from incurable genetic defects to bad habits such as smoking and drug use, Damien knew exactly why he was suddenly infertile: injectable testosterone.

"That's when I started researching," he says.



JUST A YEAR EARLIER, ANOTHER MAN WAS SITTING

in a doctor's room in silence. For the past six months, Jared and his wife had been trying to have a child. They were in their late twenties and excited to become parents, but nothing was happening. And when tests ruled out that his wife was infertile, Jared went to have his sperm tested. "Turned out I was basically firing blanks," he laughs.

But at the time, the revelation left him reeling. He remembers just sitting there speechless as his doctor told him that based on his low sperm count, he had less than 10% chance of conceiving a child. "And the worst part was, every day my odds were getting worse."

Turns out men do have an expiration date on their chances of becoming dads. You know all those stories you've heard of prolific actors and celebrities fathering children in their late sixties and seventies? They're the exception, not the rule.

New research has shown that men above the age of 35 are half as fertile as men under the age of 25. And those odds get worse as you break 40. This was the type of figure Jared ran into during his obsessive research following his diagnosis, and he spiralled into a bout of depression.

"We were still trying but nothing was happening," he says. "I kept thinking, I've got this rapidly closing window



- and what happens if I miss my opportunity?"

According to a report published by the American Urological Association and Practice Committee of the American Society of Reproductive Medicine, infertility is defined clinically in both women and men who cannot achieve pregnancy after a year of having intercourse without birth control.

Around 15% of couples are unable to conceive after a year, and a tenth of couples are still unsuccessful after two. The Centres for Disease Control and Prevention reports that one-third of infertility cases are caused by male reproductive issues, one-third by female reproductive issues, and one-third by a combination of male and female reproductive issues or unknown factors.

That final stat is telling, as it illustrates that despite rapid advances in medicine, it's still difficult to pinpoint the exact cause of a large portion of infertility cases.

Zarrabi lumps the causes into three main categories. Chromosomal

abnormalities are among the most severe conditions. These typically affect the growth of the testicles, stunting or completely eradicating sperm production. In most cases, the effects of chromosomal abnormalities are irreversible. The good news? According to a study on chromosomal disorders and male infertility published in the *Asian Journal of Andrology*, just 0.6% of the population is affected by chromosomal aberrations. The bad news? Scientists are quickly uncovering new genetic disorders that could be linked to infertility, so that previous unknown variable could be chalked up to an incurable cause.

Damage to the testicles can also lower your sperm count. However, that cricket ball you took square to the gonads back in high school is unlikely to affect your testicular functions. Instead, the real damage is wrought by infections, such as sexually transmitted diseases. Many can cause inflammation of the tubes which transport sperm, resulting in a blockage. "You're still producing enough sperm, but the swimmers have no way of reaching their destination," says Zarrabi.

Lifestyle factors play a big, and often underestimated role, in causing infertility. These can include, but are not limited to, smoking, alcohol consumption, obesity, stress, anxiety, insomnia, fitness, illness, or activities that increase scrotal temperature. Zarrabi adds that there has however not been any solid scientific evidence that suggests that tight underwear, saunas, hot tubs, cycling or horse riding will cause infertility in men. Same goes for laptops and cellphones which have long been villified for emitting sperm-vaporising radiation. There have been numerous studies, but none have shown that either pose a major threat to male fertility.

What we do know for certain is the traditional perception that infertility is almost always a female issue is dead wrong. Reality: in 50% of cases, a male factor is present, says Zarrabi.

"INFERTILE MEN WILL OFTEN FEEL LIKE 'LESS of a man' for not being able to produce offspring. For many men, fathering children lies central to their identity and role within a family structure and a community," says Zarrabi. In the context of a relationship, these stressors become even more pronounced. "When the male is identified as the infertile one, there is a large amount of self-doubt, poor self-esteem and compromised gender identity on his side."

Following his diagnosis, Jared says he underwent an existential crisis that left him in a constant foul mood. While his wife was supportive, he couldn't help projecting his feelings of insecurity onto her. "You know, she would be irritated with something and I'd immediately tell myself she was disappointed because I couldn't give us a child."

He kept thinking back to the moment they had first start speaking about starting a family, how excited she had been when they chatted about baby names during wine-fuelled conversations curled up on the couch, or how he had started planning for his future child's university fund and even bookmarked a few pages for cots, prams and toys.

That warmth during the planning stages where making a baby was a certainty, not a lottery, dissipated in that doctor's room. They were still trying, but he often approached sex with a sense of dread. For the first time in his life he had performance anxiety.

"Turns out men do have an expiration date on becoming dads."



"It's like all the fun had been sucked out of life," he says. "Whether I was at work, at home, going out, it didn't matter."

Endocrinologist Zane Stevens, who treats men for hormone-related infertility causes, adds that feeling of inadequacy can affect every part of a man's life. "Men often associate virility and fertility with masculinity," he says.

Jared's turning point began when he booked a session with a psychologist. It's something both his doctor and his wife had suggested, and feeling miserable and bankrupt on options, he bit the bullet and showed up at a small waiting room in Cape Town.

It was a long teething process. Jared admits he's not adept at talking about his feelings, but by the fourth session he was starting to cut through the weeds around his existential crisis.

"I started to realise I still had a chance: I could still start this family. And if my genetics weren't up to the task, then that was my lot in life - I had other options. There was no defeat in opting for adoption."

He started to see that while he may only have a 10% chance, he could hedge his bets. "That meant living healthier by following every scrap of advice I had written down, like quitting drinking and exercising."

Jared's new approach is backed up by science. Stevens says that your chances of fathering a child can improve if you pay more attention to your overall health. "Exercise regularly, maintain a healthy diet, watch your weight, never smoke and avoid excessive alcohol," he says.

According to a study published in *Human Reproduction* in 2013, men with a high BMI (between 25 and 30) have a higher chance of having a lower sperm count than men in a healthy weight range. "We are not sure why this happens," says Stevens. "But the theory is that changes in hormone levels and too much heat around the scrotum may play a part."

Zarrabi adds: "Some of the first changes that we advise for men who struggle with fertility is to stop smoking and to cut down on their alcohol consumption." Jared was by no means obese. However, by

"Your chances of fathering a child can improve if you pay more attention to your health."



his own admission, he had gained around 10kg since his varsity days. "I never really worked out. I think the most strenuous thing I did was walk my dogs," he says. "I'd read the studies and I knew there had to be something there."

On a crisp winter's morning in 2013 he broke out his running shoes, and hit the tarmac.

MEANWHILE, DAMIEN'S RESEARCH HAD LEAD HIM to the offices of Zane Stevens. It was clear that his high testosterone levels had tanked his sperm count, and he was certain the impact was reversible.

"Looking online, I'd seen a lot of positive talk about Clomiphene Citrate," he says. Also known as the CC pill, this treatment has traditionally been used to treat infertility in women by stimulating the pituitary gland to release hormones needed to stimulate ovulation. However, it can also restore normal sperm production in men who are suffering from low or high testosterone levels.

While women are typically given the drug for five days of their cycle, men need to take clomiphene on a daily basis as sperm production occurs every day. The treatment is a delicate balancing act as it's possible for men to over-respond to even the smallest dosage by producing too much testosterone and sinking sperm

counts even further. As a result, it's vital that men on the drug have their hormone levels monitored on a regular basis. "For men with anabolic steroid induced infertility or as a result of testosterone supplements, fertility may be treated by stopping the offending medication and considering clomiphene citrate," says Stevens.

It's why the doctor was willing to go off-label when Damien approached him with the idea of trying the drug. After a year of regular use, Damien was taken off of the drug in November 2015 when his testosterone levels stabilised at around 22 and he was fertile again.

"I knew it would work. I'd read the research and I was certain this was my golden ticket," he says. "But even then, I was relieved. I could do this, we were having a kid."

In early February 2016, Damien and his wife had sex twice four days apart. "She was in charge," he laughs. "Her and her pregnancy app."

After the second time she fell pregnant. When she told him, he remembers feeling a rush of relief. "I wanted my wife to have the joy of children and to share that with her. Now we had that chance."

Damien says that his story is proof that there is hope for men in his position. While there are several untreatable causes, there are just as many, if not more, situations where infertility can be reversed.

JARED WAS A NEW MAN. THROUGH CONSISTENT exercise and healthy eating, he not only had hope that starting a family was still a reality, but the focused routine was keeping his mood up and his confidence intact.

He and his wife had now been trying to have a child for almost two years but Jared wasn't despondent. Deep down he was certain that that 10% chance, plus his hedged bet of a refreshed lifestyle, would finally pay out.

"I've had worse odds at the casino and walked away with money," he laughs.

In July 2015, Jared's wife phoned him at work. She couldn't wait until he got home. "She was pregnant," he says. "I couldn't believe it, she was finally pregnant."

Last year the couple welcomed their child into the world, a healthy baby boy. He's changed their lives.

"Me, my wife, we couldn't be happier. For so long we lived in doubt, not knowing if this would ever be possible. And now every morning we wake up to this bundle of joy," he says.

Are they going to try for a second child? He laughs. "We're not ruling it out."

In a world where more and more men are being told that they might never be fathers, there is still hope. Zarrabi says there isn't any proof that infertility is on the rise.

"We might just be getting better at picking up cases of male fertility than we were in the past... And modern men are also more likely to seek help for this very personal and often stigmatised problem."

Those same advancements in medical science that have improved our ability to diagnose fertility issues are also equipping doctors with the ability to treat them.

"Modern life may play a role in dwindling fertility," adds Zarrabi. "We live in a faster, more stressful world, and stress has been shown to reduce a man's testosterone levels and lower his sperm counts."

And that may be at the root of Jared's journey of self-discovery. Maybe it wasn't losing weight or cutting booze that bolstered his reserves - but that a healthier lifestyle and purposeful routine lowered his anxiety and gave him an identity outside of his ability to be a father. **MT**

4 Fertility Myths, Mansplained

THEY'VE TOLD YOU EVERYTHING FROM YOUR UNDERWEAR TO YOUR MORNING COMMUTE ARE KILLING YOUR SPERM. WE'RE HERE TO TELL YOU WHY THEY'RE WRONG

1. LAPTOPS

According to a study published in the *Journal of Fertility and Sterility* in 2010, exposing your testicles to consistent and high heat can affect the quality and quantity of your sperm. Researchers at the State University of New York found that while perching your laptop on your lap could discourage sperm formation, moderate usage did not project enough heat to negatively affect your fertility. Keep your laptop lap sessions to a minimum and use a desk when you can.

2. CYCLING

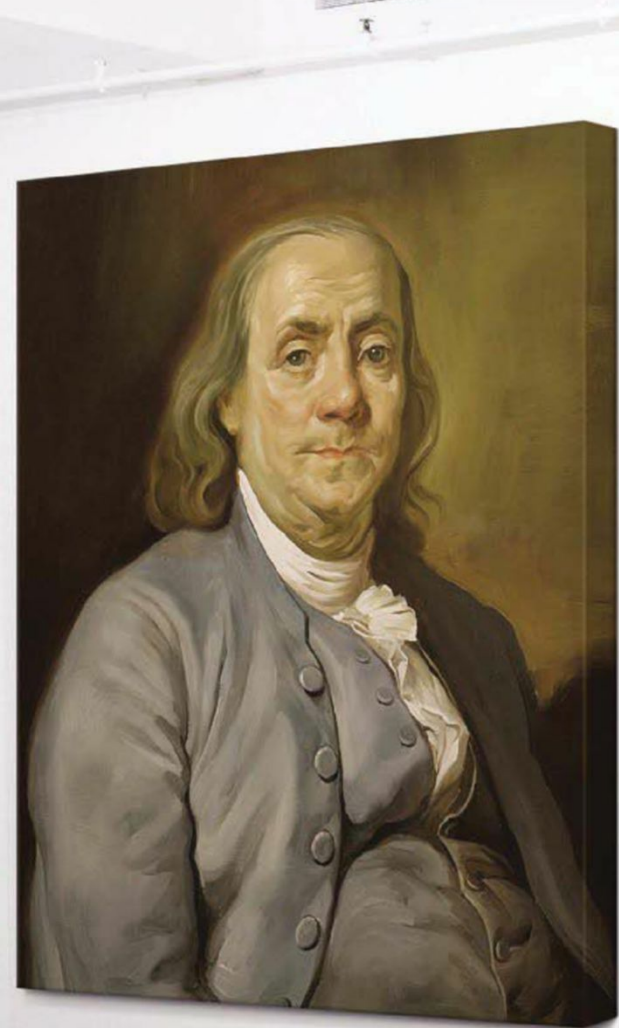
Worried that your stints in the saddle may be tanking your sperm count? While researchers at University College London found that the tight lycra in combination with seat pressure could lower sperm counts or result in abnormal sperm, technological advances in the development of saddles and cycling equipment have lowered that risk. If you are training for a long-distance ride, invest in a high quality saddle and breathable fabrics.

3. MASTURBATION

A surprisingly high number of men and women believe that regular masturbation can have a negative impact on your sperm count. However, because men's bodies produce sperm at a steady rate, ejaculating does not have any impact on your sperm, according to a study published by the European Society of Human Production and Embryology. In fact, their research found that ejaculating at least once a day could improve your sperm's swimming ability.

4. TIGHT UNDERWEAR

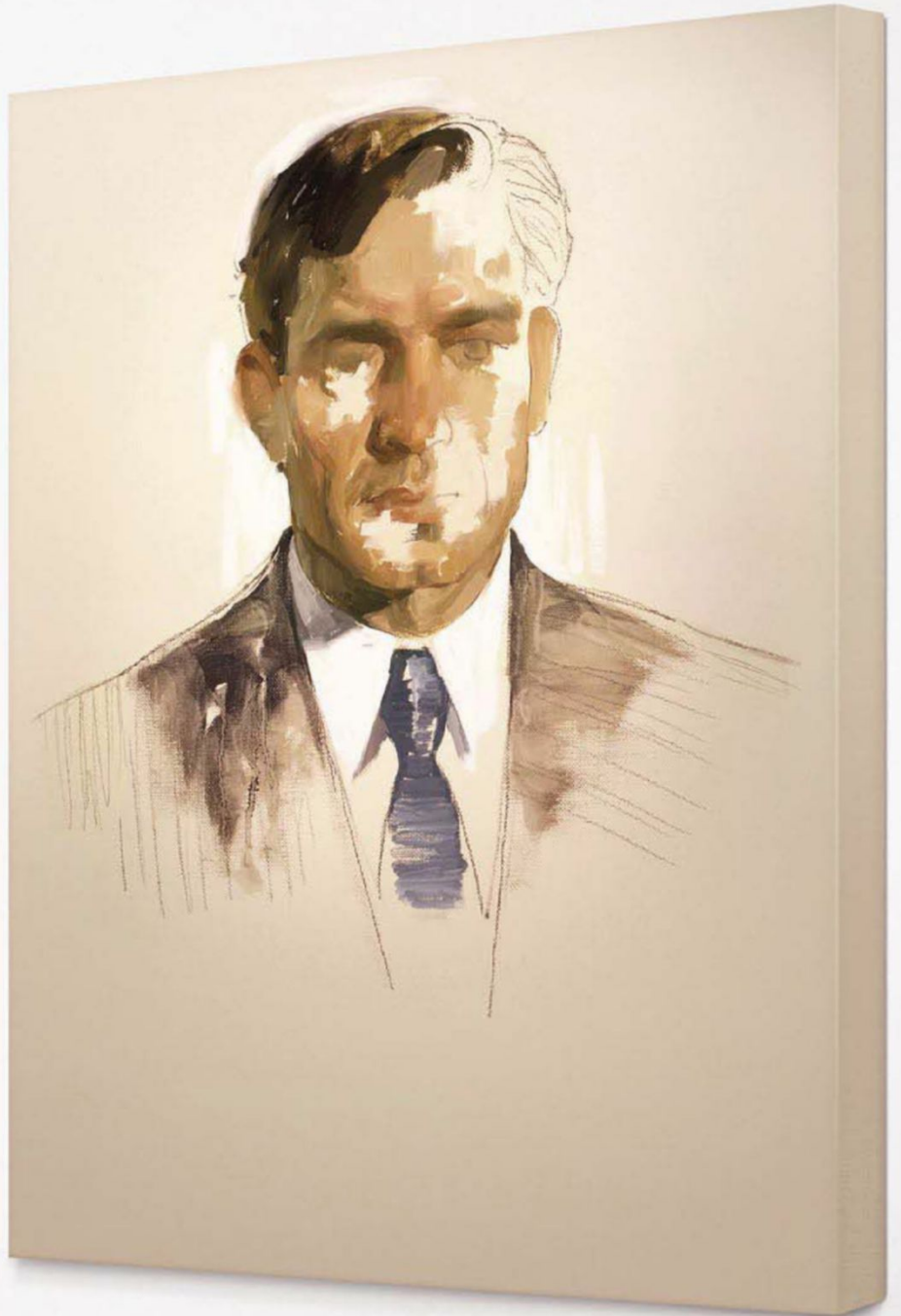
Think those briefs are restricting your sperm count? A study published by the Department of Urology at the State University of New York found that while tighter underwear can cause your testicles to heat up, the change in temperature isn't enough to affect sperm production.



The Art of LEADERSHIP

Even if your last name isn't Franklin, King or Jobs, you have the opportunity to step up and take charge of your life. Here are the new rules to get you started

By Ted Spiker
Paintings by Roberto Parada



▲
Fill out your skills
and take command.

▼
To win the game of
thrones, you don't
have to be ruthless.

IT SEEMS LIKE EVERY

time we open our social media feed, there's news of another leader

imploding. A peewee soccer coach starting a UFC-worthy brawl in front of 9-year-olds. A CEO caught with his hand in the coffers. A politician caught with his hand somewhere else.

¶ Now think of your life - the bosses you deal with, the officials you voted for, your kids' coaches and teachers. How good is the quality of leadership you see every day? ¶ Inspiring? Horrible? Meh? ¶ "There's a woeful lack of good leaders today," says Simon Sinek, author of *Start with Why* and *Leaders Eat Last*. "We have some, but we need many more. At the end of the day, it's embarrassing that I even have a career. I write and talk about trust and cooperation. There should be no demand for my work." ¶

Indeed, Gallup research reveals that when companies name managers, those hires or promotions fail to work out 82% of the time. And the latest Edelman Trust Barometer found that only half of people polled trust businesses - and 39% trust government. ¶ "Most organisations today lack the leadership they need," writes John Kotter, a professor emeritus of leadership at Harvard Business School. "I'm not talking about a deficit of 10% but of 200% ... or more ... up and down the hierarchy."



Leaders are vital because we look to them for cues on what to do. Duke University neurobiologists have found that male monkeys, when given the choice of what to look at, place similarly high value on the hindquarters of female monkeys and leaders of their troops.

"Leadership is a way of creating order out of a complicated and ambiguous social world," says Brad Owens, a business ethics expert at Brigham Young University. So it follows that the more complex our lives become, the more frustrated we feel when our leaders turn out to be monkey butts.

Amid this dearth of leadership, however, lies opportunity: a chance for you to step up. Yes, you. Leaders are made, not born, suggests research led by Jan-Emmanuel de Neve,

of the University of Oxford. De Neve looked at whether leadership has genetic components and found that there is a genotype shared by leaders; he concluded, however, that leadership traits stem from a mix of genetics and environment. So even if your last name isn't Lombardi, you can develop strong leadership skills. And you don't need to be a CEO or have political aspirations to implement them.

"A leader is somebody who makes all the people around him or her better, and that cuts across all levels," says Ethan Bernstein, of Harvard Business School. That person can be you, at whatever level you choose.

Leadership isn't dying; it's evolving. To step up, you just need to understand the new rules of being a leading man.



How to Lead a Dinner Blessing

No matter what your spiritual leanings, the point is to show gratitude. So give thanks for something in the moment (the bacon-wrapped meatloaf), for something much bigger than that (the health of your family), and for one thing that's specific and symbolic that will make everyone smile (Pappy's new pig valve that'll ensure he's around for another 20 years). Then give a hearty "Amen!" and dig in.

1

Be a Humble Narcissist

The Golden State Warriors came closer to regular-season perfection than any other team in NBA history last year, winning a

record 73 games. Head coach Steve Kerr, 51, had a lot to do with that. Part of the reason he's so loved and respected (*Fortune* placed him on its latest World's Greatest Leaders list) is his easy-going but intensely competitive style. He has smashed his fist through a clipboard during a game, but after games he regularly deflects any credit for his team's success.

This showcases an important trait of high-quality leaders today: fluidity. The new leadership isn't about exhibiting one style all the time. Rather, it's about having a repertoire of skills that allows you to adapt to a variety of situations. You may need to be ruthless when cutting costs at work, but you don't need that same chest-thumping behaviour when you're fundraising for your church.

"There's so much temptation to lead in a strong, authoritative way [because] that's what's expected," says Owens. But the one-dimensional bully leader is dead. Even though 80% of people in a Pew Research Center survey cited decisiveness as an essential leadership trait, today's smart leaders understand that what precedes decisiveness is equally important - the ability to admit that you don't know everything and the willingness to defer to others for opinions.

Specifically, Owens has found in his studies that when leaders show more humility, team performance improves. One reason: in the information services age, it's increasingly difficult for any one leader to figure it all out, he says. But perhaps the greatest advantage of humility is that it can temper perceptions of narcissism, thereby allowing a leader to remain strong without appearing dictatorial. Research in the *Journal of Applied Psychology* found that a leader who is perceived to have the contradictory traits of narcissism and humility is also viewed as being more effective. "It's almost a schizophrenic process," Owens says. Here are three ways to develop that persona:

► **Ask questions.** Pepper every conversation with them. This lets everyone know you're considering all options and points of view. Wow, he's listening!

► **Act now but explain later.** When you have to make a fast decision, be bold and strong. Then counter the perception that you're an ogre by explaining to your group why the situation demanded fast action.

► **Thank the team.** Even though you're damn proud of yourself when things work out, credit everyone else. Sure, it may sound clichéd in a post-game interview, but not to your team.

2

Put Respect Before Results

Sinek recently stayed at the Four Seasons in Vegas, where he met Noah, a barista who was so sharp

that Sinek left a 100% tip.

"Do you like your job?" Sinek asked.

"I love it," Noah replied. The reason? His managers regularly ask how he's doing and if he needs anything to do his job better. Noah also works at another Vegas resort, but he hates it there because the managers don't care about his personal wellbeing or improvement.

"Behaviour is based on leadership," Sinek explains. "The CEO is not responsible for customers. The CEO is responsible for the people responsible for the customers." To put this into practice, remember three things:

► **Lecture less.** Everything a leader does is microscoped, so be aware of the possible perceptions of your actions. If you're 30 minutes late to work, you're not dedicated. If you congratulate Toby on a good test result and then ignore Gina when for the same, you're playing favourites. Exhibit the behaviour you desire.

► **Get personal.** Be efficient with emails and texts, but don't let them replace talking. "Walk across the hall to give a compliment," says Sinek. "Make people feel like you care. Email doesn't do that. Human interaction does."

► **Pocket your phone.** Putting your phone on a conference or dinner table, even facedown, tells everyone they're not the priority. "When you show deference to the group, you're repaid in loyalty," says Sinek.



"Great leaders are almost always great simplifiers who can cut through argument, debate and doubt, to offer a solution that everybody can understand."

— Colin Powell, four-star US general

How to Lead ...



A Group Run

"The first thing I say is, 'This is not a race,'" says Bart Yasso, who's led 500-plus group runs for *Runner's World* magazine. Talk, joke and push, but never crush. Then detail the course. This ensures everyone makes it back and keeps the herd from having to wait (and get frustrated).



Your Kid's Soccer Team

Mix required skill drills with fun activities, and stop coaching when the game or practice ends. No drills in the backyard, no chalkboard at home. "Many kids of coaches grow to hate sports because practice never ends," says John O'Sullivan of the Changing the Game Project.



A Business Meeting

Instead of asking for opinions, which people are usually tentative about giving, say what you think up front and then ask for pros and cons. This usually makes for a more efficient and productive meeting, says Roger Schwarz, author of *Smart Leader, Smarter Teams*.



A Formal Dance

Place one hand on the small of her back while holding her other hand up. Gently press her back in the direction you're about to step. That's all there is to it. Oh, and remember to smile, kiss her cheek, and thank her for the pleasure of her company once the music ends.

Make Yourself Accountable

In 2010, US Army forces bombed a truck convoy in Afghanistan and killed more than two dozen civilians. General Stanley McChrystal, a top commander at the time, called the Afghan president and apologised. Being honest about a mistake that you've made, he explained, is crucial to building trust.

McChrystal, who was later removed from his command after criticising the Obama administration, now teaches leadership at Yale. His decision to be forthright bucks a tendency shown by many leaders to either deny their fallibility entirely or sugarcoat or hide bad news in the hope that it'll fade away.

"We have a huge cultural problem, one of a lack of accountability and being so tolerant when it comes to confronting issues," says Lee Ellis, a retired Air Force colonel who was held as a prisoner of war for five years in Vietnam. "Leaders, for whatever reason, want to be liked. They don't want to make people upset. So they don't have the courage to confront issues, and people say, 'When is the boss going to actually do something about the problem?'"

So the make-everyone-happy approach is actually doing the opposite: making everyone upset. And it's counter to what groups want and need from the top. In that Pew survey mentioned earlier, honesty was the highest-rated characteristic, with 84% of people saying it's essential to leadership.

"It's transparency that builds trust," notes Roger Schwarz, the author of *Smart Leaders, Smarter Teams*.

Ellis, who was the youngest POW in his group, says he learned his most memorable leadership lessons from the more senior soldiers who endured torture in order to spare others. What's lacking among leaders today, he contends, is one thing: courage – the guts to be honest and up front, to have adult conversations and to ask the tough questions.

"I define courage as doing what's right even when it doesn't feel natural and safe," says Ellis, the author of *Engage with Honour*. "Overcoming fears to do what we know is right – that's leading with honour."

Granted, this is something that's easier said than done. The next time you need to summon



"You can't force your will on people. If you want them to act differently, you need to inspire them to change themselves."

– Phil Jackson, former NBA coach

some courage and confront someone in a difficult situation in the workplace or even at home, use this four-part template to be honest yet constructive:

► **Praise** "I want to congratulate you on doing such a bang-up job with the sales numbers..."

► **Criticism** "...but there's a sense that every transaction comes with drama that's causing stress for the rest of the team."

► **Interrogation** "Why do you think this is happening?"

► **Resolution** "Let's figure out some ways we can keep getting good results without the anxiety and frustration some of your colleagues are feeling."

Look Back as Often as You Look Ahead

Today, Steve Jobs is regarded as a visionary genius. But back in 2005, in his famous Stanford

University commencement speech, he said something surprising: "You can't connect the dots looking forward. You can only connect them looking backwards."

In other words, Jobs didn't think the future should be the sole focus; it's the ability to analyse what happened in the past that's valuable. When you look at the arc of his career, you can see this reflected in his leadership style. From a ruthlessly honest, competitive micromanager who started Apple, got fired, launched other companies, and then returned to Apple, he evolved into a more flexible and balanced CEO who developed new skills that ultimately made Apple the powerhouse it is today.

In sports, this strategy would be the equivalent of watching game film; in relationships, the periodic discussion of how far the two of you have come. In any leadership situation, it's about analysing what you did right and wrong

so you know what to do better. To develop this skill, try these three strategies:

► **Ask for feedback.** Encourage it by entrusting people on your team to honestly tell you what's working and what isn't. Or pair up with a leadership buddy or mentor – someone outside the team – to bounce ideas off.

► **Take time to digest.** When you leave a meeting, instead of immediately moving on to the next thing, spend a few minutes reflecting on what happened (or take a few notes). Did everyone leave on the same page, or was there some discord? What could you have done differently? "The reflection part – to accurately diagnose the lessons you learned – is part of the continuous improvement cycle," says Paul Tesluk, dean of the University at Buffalo School of Management.

► **Track your batting average.** Before you make a decision, jot down what you think will happen after it's made. Then six months later, look back at your predictions and see how well you did. Consider what you got right and what you didn't, and how to adjust next time a similar situation comes up.

Make Your Mission More Than a Statement

In 1964, Phil Knight started selling shoes out of his car. Sixteen years later, Nike reached financial stability. If Knight hadn't been so passionate and dedicated, he wouldn't have turned an idea into a billion-dollar business.

While nobody suggests that bottom lines are rubbish, some argue that the problem with leadership today rests here: if we only judge success financially, we're shortsighted. This is Sinek's message, that organisations need to start with the "why" before the "how much."

"Many CEOs, when they became CEOs, don't believe in purpose. They're living in the economic paradigm," says Robert Quinn, a professor of management and organisations at the University of Michigan. "Most executives don't want to touch 'purpose' because it's not considered 'real work.'"

A 2014 Gallup survey found that only 32% of workers are engaged. That, Quinn says, is also at the heart of the leadership problem. "Many companies have a purpose statement, but in



How to Lead a Fast Break

If you're handling the ball, don't head straight down the middle. Instead, veer slightly off-center when approaching the lane. You can still pass to either of your wings, but now you can also: 1) fake the feed and accelerate for a strong layup to the short side; 2) cut across the lane to the other side of the basket (a move that's tough to defend because your opponent will be backpedaling); or 3) flip the ball back to the trailer, which no one expects.



most cases, it's not real," he explains. "But in maybe 10% of cases, the companies mean what they're saying - and that's where there's payoff."

For example, Nike's mission statement is "Bring inspiration and innovation to every athlete" in the world. ("If you have a body, you are an athlete.") Twitter's is "To give everyone the power to create and share ideas and information instantly, without barriers."

These are missions people can get behind. It's easy to lead when you're the spokesman for them. Here's how to create your own "why":

► **Mimic a 2-year-old.** Why do you work for this company? Why do you want to coach your kid in youth soccer? Why do you want to run for county commissioner? Instead of just articulating results (the money's good, the current coach sucks, my property's in danger), define your fundamental drive (the company's creating a better world, my son needs to learn that there's more to sport than winning and losing, I want to improve my community). If you can't articulate your whys in this way, you shouldn't be going down that path.

Here's the thing: even though they often use the excuse, leaders don't fail because they lack the right people; they fail because the people don't truly believe the leader is right.

"The leader sets the environment, and we respond to the environment," says Sinek. "People will give you their blood, sweat, and tears to advance your vision if they feel like you care about them and they feel you want to help them grow, so they can accomplish more."



"The best executive is the one who has sense enough to pick good men to do what he wants done, and the self-restraint to keep from meddling with them while they do it."

— Theodore Roosevelt, US president

BE YOUR OWN DICTATOR

Ever dream of ruling your own country? Meet Kevin Baugh, Supreme Leader of the Republic of Molossia — Eric Spitznagel



Inside every man is a little dictator. Not the bad kind, who commits human rights violations and invades other countries for the hell of it, but a dictator in the general

sense — someone with absolute power who makes all major decisions with impunity. Alas, life doesn't work like that. You don't always get your way, and sometimes people refuse to recognise your infallibility.

Unless your name is Kevin Baugh. Or, as he prefers to be called, His Excellency Kevin Baugh, President and Supreme Leader of the Republic of Molossia.

Don't bother looking for Molossia on a map. You won't find it, as its existence isn't officially recognised. It sits on a little over an acre of land that Baugh purchased in 1998 in Dayton, Nevada, an hour or so outside Reno in the US.

Not much is involved in forming your own sovereign nation. For Baugh, it was as simple as putting up a flag. No fees, no forms to fill out. "Some folks create a Declaration of Independence, although there's no one to really declare it to," he says.

Molossia has seven resident citizens (all Baugh family members), a post office (with stamps featuring Baugh's likeness), a national bank, industry (well, a general store and bar), a national anthem (sample lyrics: "Where hawks and mustangs roam / Fair Molossia is our home..."), and its own currency. It also has a thriving economy — an online store selling Molossian merchandise — and even international conflicts: Molossia has been at "war" with East Germany (yes, Baugh knows the Berlin Wall fell) since 1983.

It sounds insane, but also like the perfect expression of every man's id. What guy wouldn't like to create his own laws based on his personal likes and dislikes? Spinach is outlawed in Molossia, as are plastic shopping bags. And who doesn't want a holiday to honour his pet? February 4 is Jack Day, in honor of the late First Dog.

We called the 54-year-old dictator, who works by day in human resources "for a large company that shall not be named," to find out what he's learned from being a dictator (in his own mind) for four decades.

MH: What makes you a great leader?

KEVIN BAUGH: Well, I don't really consider myself to be a great leader. It's not like I have a dynamic, commanding personality that makes people do what I want them to do. I lead my nation because I more or less created it. It's

actually super easy to lead a country that you built from scratch.

Why create your own country? Were you not happy in the United States?

No, the US is great. I think things are going just fine over there. I'm more optimistic about the US than most Americans seem to be. The best analogy for what I'm doing, is like when a kid declares his bedroom an independent country so he doesn't have to pick up his socks or clean up. For me, it's an extension of that. It's my way of saying "I want to do things my way."

But how much independence do you really have? You pay taxes, right?

We do, but we think of it as giving foreign aid to the United States. We've seen their roads; they need all the help they can get.

You're married, right?

I am, yes. Molossia is a family nation.

If I told my wife, "I'm the dictator of this house," she would laugh in my face.

My wife and I have been married for five years, and Molossia has been around for over 39 years. So Molossia preceded her. When we first got together, she knew what she was getting into. It's not like this is a stamp collection I can put away.

How about the other citizens, like your kids? Have they resisted any decrees?

There's always grumbling. But it's easy to make everybody happy in Molossia. If there's any unrest, I just order out for pizza.

What's fascinating about Molossia is that you don't seem insane.

Thank you.

What we mean is, Molossia doesn't exist, and you seem well aware it doesn't exist, even as you pretend it's a legitimate country. You know it's delusional.

Well, it's complicated.

Wait. Do you think it's a real country?

We try to keep it light and funny so we don't have the government rolling up on our doorstep and throwing us all in jail for being seditious. However, we do view our nation as a nation.

A sovereign nation on 5.2 hectares.

Molossia has everything a larger, established country has but in a small package. We even have a Navy.

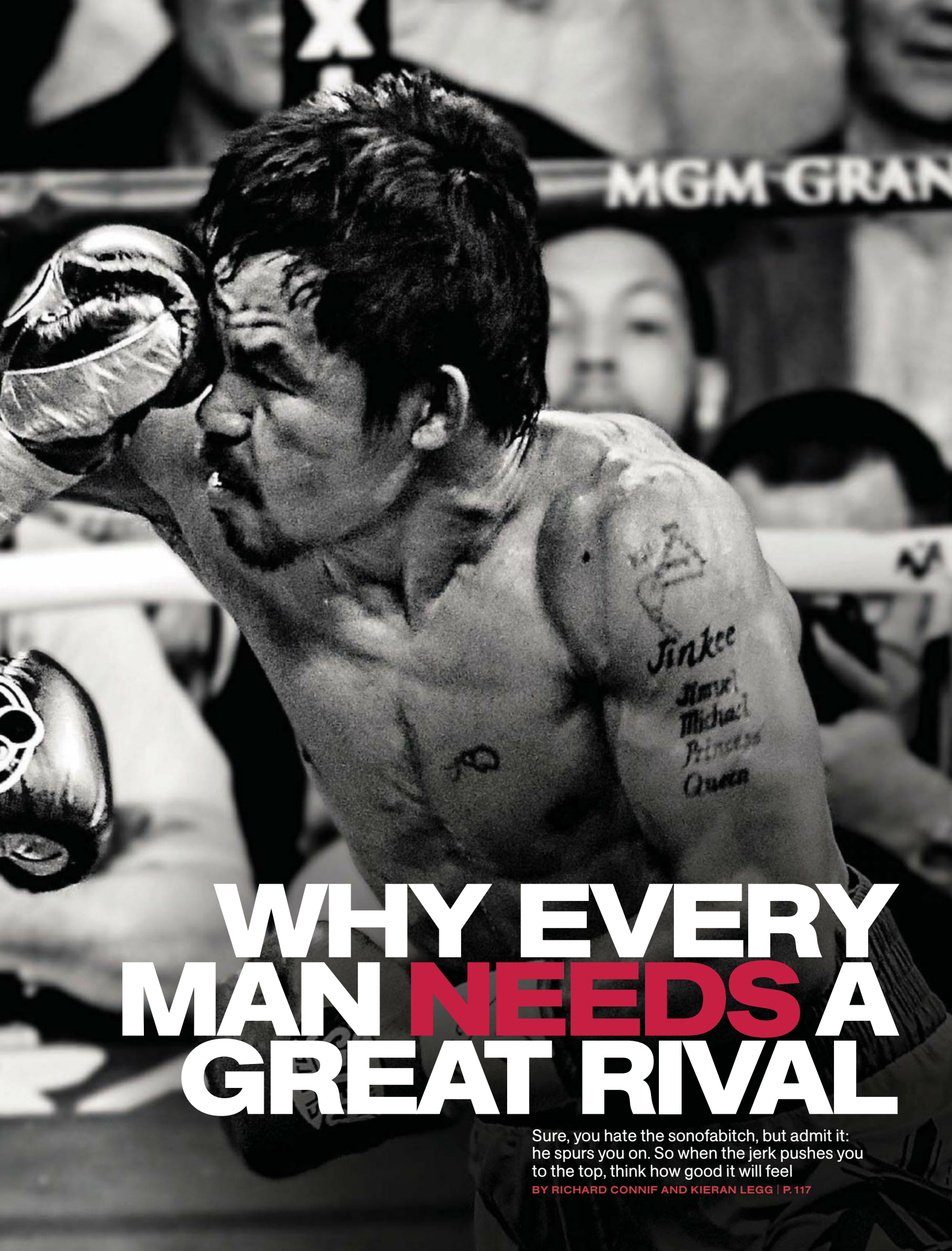
You what?

It's basically a handful of inflatable kayaks. But it gets around. It goes on the water.

You want to pass this along to your kids after you're no longer able to rule?

I'm always eyeballing them, trying to figure out which one will run the country after I'm gone. I want Molossia to outlive me.





WHY EVERY MAN **NEEDS** A GREAT RIVAL

Sure, you hate the sonofabitch, but admit it: he spurs you on. So when the jerk pushes you to the top, think how good it will feel

BY RICHARD CONNIF AND KIERAN LEGG | P. 117



One day last May,

SEAN “PUFF DADDY”
COMBS, WHOSE
R7-BILLION FORTUNE
RANKED HIM NUMBER
ONE ON THE *FORBES*
LIST OF “HIP-HOP’S
WEALTHIEST ARTISTS”



FOIL YOUR NEMESIS

Mind games and techniques to put these rivals in their place.

The Sports Rival

YOUR TACTIC
Picture the process.

He motivates your training and workouts, but on game day your rival is nothing but a distraction, says Ian Connole, director of the sport psychology programme at Kansas State. Refocus on the process for success, he says. Picture every step specifically, and then trust your body to do what it does best.

The Saboteur

YOUR TACTIC
Keep a watchful eye.

Beware the sneak attack, warns Hillary Anger Elfenbein, Ph.D., a professor of organisational behaviour at Washington University in St. Louis. Identifying allies is easy, but rivals may lie low to avoid reprisals. So gather a posse of allies who are in a position to keep a lookout and report any subterfuge back to you.

The Jerk at Work

YOUR TACTIC
Misdirect him.

He constantly antagonizes you. Tries to make you look foolish. Outmaneuvers you at every turn. So just remind him (or her) of people who are more powerful or successful than the both of you, says Stephen Garcia, an associate professor of psychology and organisational studies at the University of Michigan.

The Lady Stealer

YOUR TACTIC
Be yourself.

Play to your strengths. "The best defense is being your best self," says Pepper Schwartz, a sociologist at the University of Washington. Win her by sharing your passions instead of trying to eclipse your competitor's. And if you lure her into your social circle, she's more likely to stay.

JOBS VS. GATES

Former business partners turned bitter rivals, these two pushed each other to build IT empires.

in 2014, woke up to some humbling news. Apple Inc. had just acquired Beats Electronics for R32 billion. That meant Andre "Dr. Dre"

Young, cofounder of the headphone company and number two on that same list at R5-billion, had hip-hopped over him. Dre was touting himself as lead contender to become hip-hop's first billionaire.

Combs, who once sang "It's all about the Benjamins," must have had that sick feeling in his stomach - the one we all feel on being outclassed by a rival. He fired back, of course. Within days he announced plans to turn his Sean John clothing line into a billion-dollar brand. That's exactly how rivalries are supposed to work: it's not about pointed lyrics or guns in nightclubs or even, really, the Benjamins. No, a rival is what pushes us to become stronger, faster, smarter, and more creative. It's what inspires us to be the one, as a Dr. Dre lyric puts it, "still running the game."

Even the rarefied worlds of science, music and art see cutthroat competition: perhaps you've heard about the Bolshoi Ballet dancer who, seething with resentment that he and his ballerina girlfriend weren't getting the plum roles, plotted an acid attack on its director. ("This never happened in my day," an older dancer remarked. "You'd hit each other in the face in the dressing room and that was that.") Marketplace niches and geographic proximity tend to heat up these matches. That's part of what drives the feverish productivity of Silicon Valley, for instance. But that guy in the cubicle next door is just as liable to stir up those same passions.

Couldn't we all just get along? Couldn't we be nice, the way our teachers always urged us to? An entire generation, maybe two, has grown up under a classroom ideology that views individual reward as a "correlate of macho attitudes," as one scholar put it, and "damaging to both intrinsic motivation and creativity," according to another. The shift in education to a learn-

ing style that's arguably better suited to girls has made cooperation a major focus. But everywhere else in our lives, especially for boys and men, competition still rules. Understanding how to live with rivalries - when to cooperate and when to compete, what's a smart tactic and what's stupid, how to use rivalry to boost performance and how to avoid being dragged down by it into despair - is a perilous business. Sooner or later we all need a remedial course in the art of living with - and appreciating - our enemies.

YOUR RIVAL, IN CASE YOU HAVEN'T BEEN PAYING ATTENTION, IS SOMEONE of roughly similar background (in gender, age, sport played, job title, or specialty at work, for example) who more or less evenly matches you in skill and with whom you face off in repeated competitive encounters.

If you don't think you have a rival, that could be your first problem. There is truth in one Hollywood agent's assertion that "you're no one in this town unless someone wants you dead." Having a rival, being able to get under somebody else's skin, doesn't mean you have arrived. But it says you're in the race. It says people worry about what you might do next.

Our recurring competitive bouts against known rivals ratchet up anxiety, excitement, and also performance. Oddly, considering that rivalries date back at least to Cain and Abel, the science of rivalry is relatively new, and researchers have only begun to measure its effect on performance. But when NYU's Gavin Kilduff, studied the running community in State College, Pennsylvania, he found that going up against a rival could cut 25 seconds off a competitive runner's 5K time. Would that kind of performance boost also show up in nonathletic rivalries?

In one experiment, Uri Gneezy, an expert in behavioural economics at UC San Diego, gave people the choice to earn money at either a piece rate or a competitive basis for solving puzzles. Men (but not women) preferred to compete - and going up against rivals dramatically increased their output. Rivalry in creativity is harder to test, but competition also seems to boost creative output. The Beatles were so fabulous, according to this theory, partly because the songwriting duo of Paul McCartney and John Lennon enjoyed what Lennon called "a little competition... as to who got the A side, who got the hit singles." Each wanted to top the other. That same dynamic (though it was more sibling warfare than mild competition) drove the success of the band Oasis for 18 tumultuous years, with songwriter Noel Gallagher and frontman Liam Gallagher endlessly clashing even while complementing each other's talents.

Outside rivals help too. The Beatles benefited from what producer George Martin called a "curious transatlantic slugging match," a rivalry

BATTLING BRAIN

Win once and you can make it a habit for a lifetime

1

The Buzzer Sounds: You Win!

When you're the champ in any kind of competition, testosterone levels often quickly rise in your bloodstream, says Matthew Fuxjager, an assistant professor of biology at Wake Forest University.

2

Testosterone Hits Your Brain

Experts hypothesise that a rise in testosterone feeds your noggin's reward system. And an influx of T may equal more receptors in brain structures that feed competitiveness and social aggression.

3

Your Next Face-Off

Additional T receptors are probably still hanging around in your head long after your victory, Fuxjager says. The effect? You'll be more likely to aggressively repeat the steps that led to your last win.

carried out against Brian Wilson and the Beach Boys through song and in the recording studio. These internal and external rivalries can inspire or distract, depending on the nuances: Even as they competed, Lennon and McCartney took songwriting credits together and shared the glory equally. All four Beatles welcomed experimentation; their mutual connection freed them each up to try new ideas.

That's how it's supposed to work with successful teams, says Greg Clydesdale, of New Zealand's Lincoln University. They're driven by mutual support inside the team and the challenge of a rival from outside. You could say it didn't turn out quite like that for Oasis. When Oasis split up in 2009, the seething resentment and animosity between the two brothers broke out in a war of insults that still hasn't let up. Liam says, "I'm a better singer than him. I'm the man, man." And Noel says, "He's the angriest man you'll ever meet. He's like a man with a fork in a world of soup." Liam says: "Noel Gallagher can be a little bitch." And Noel says, "Well, Liam talks a lot, doesn't he? Unfortunately for Liam, he's a born liar." A bitter rivalry can do that to anyone.

NYU's Kilduff recently ran an experiment in which people could choose whether to be honest or deceptive with a partner. It turned out that an Ohio State fan was four times as likely to lie when paired with a partner from archrival Michigan than when paired with one from, say, Caltech. The Caltech guy, in turn, would no doubt lie to someone from MIT, and so on through the pantheon of school rivalries and onward into corporate life. Rivalries can be so completely psychologically engaging that morality no longer matters.

AVOIDING THOSE KINDS OF EMOTIONAL MISJUDGEMENTS IS KEY TO dealing with a rival. On the other hand, it may pay to trick your rival into doing the stupid stuff. Gneezzy recently dubbed this strategy the "Materazzi effect," after Marco Materazzi, a soccer player on the Italian national team in the 2006 World Cup finals. During overtime in that

match, the trash-talking Materazzi expressed a personal interest in a rival's "whore" of a sister. Twice. Enraged, the rival, French team leader Zinedine Zidane, head-butted Materazzi in the chest. Zidane was ejected from the game. Materazzi's team went on to win the cup, in part because Zidane wasn't around for the shootout that determined the outcome. Beware, though: sometimes angering a rival just makes him mightier. Adrenaline works even faster than steroids to boost strength.

The Materazzi gambit can be genius in contests that depend on clear thinking. "Emotions should be used in strategic ways," says Gneezzy. A lawyer, for example, might deliberately rile a witness to throw him off balance. In another recent incident, fast-food workers, as part of their campaign to win higher wages, bought tickets to a dinner where McDonald's US president Jeff Stratton was speaking. Then a cashier stood up and demanded to know if it was fair that the company was still paying her \$11.00 an hour after 10 years on the job. Stratton, rendered temporarily brainless by the Materazzi effect, replied, "I've been there 40 years." The video went viral, and a year later Stratton was out of the picture.

So what are some smarter ways to handle a rivalry? First, recognise how the emotions brought on by rivalry can affect your behaviour. At an auction, for instance, when the bidding is down to you and another person - especially someone you know - the wheels of rivalry start to spin. You're in front of a live audience and under time pressure. In one study of a high-stakes, time-sensitive auction, that scenario led buyers to overpay by an average of 71%. Business negotiations can also take on that same win-at-all-costs dynamic. Walking away from the table for a 10-minute break, or simply saying, "I'll give you an answer in 24 hours," can help you avoid emotional errors brought on by a pushy rival.

Maintaining a physical distance can also help defuse rivalrous emotions. That's why experienced buyers at art auctions, for instance, often bid anonymously through a third party by phone. But distance is not foolproof. Even in an online charity auction with the bidding down to two people, Harvard's Deepak Malhotra, found that people who received a leading message ("The competition is heating up... Are you up for the challenge?") were 50% more likely to bid again than those who were merely notified that they'd been outbid. It's why Sotheby's turns a profit.

Sometimes, though, you need to win a rival back to your side, particularly in the workplace. The standard advice is to try to see things from the other person's perspective as a way of getting a grip on your own emotions. "But they never tell you how," says Zachary Shore, author of *A Sense of the Enemy: The High Stakes History of Reading Your Rival's Mind*. The usual mistake is to try putting yourself in the person's head. But that just tells you how you might act in his or her situation.

The key to predicting your rival's actions, says Shore, is to study his or her behaviour - not day-to-day, but at moments of crisis. These breaks in the normal pattern tend to be far more revealing of a rival's true character. It's in these pattern-breaking moments that you can best gauge those



OTHER FAMOUS RIVALRIES

RONALDO VS. MESSI

ICE CUBE VS. EAZY E

SCHWARZENEGGER VS STALLONE

HEMINGWAY VS. FITZGERALD





▲ LENNON VS. McCARTNEY

Paul: "I have to admit it's getting better..." vs.

John: "It can't get no worse..."

underlying drivers and constraints. What's your move if you don't like what that reveals? Brian Uzzi, who teaches leadership at Northwestern University's Kellogg School of Management, recommends the three Rs:

Redirection is about shifting your rival's antagonism onto someone or something else that is the true root cause of the rivalry. **Reciprocity** means doing the rival a favour, out of the blue, without asking anything in return. And once those have been done, **rationality** involves getting the rival to see how working together can benefit you both.

That's the template, anyway. Real life doesn't always work out so neatly. At one corporation, for instance, the chief financial officer was working one of those grip-strengthening gadgets - as if squeezing his visitor's testicles - when an exec went in to present his budget request. "Tell me the numbers," said the CFO. Then he insisted on cuts, no explanations wanted.

Redirecting the CFO's anger was a matter of mentioning the government regulators who mandated the programmes covered by the proposed

budget. Rationality consisted of pointing out what was in it for the CFO: "You could go to jail if you don't do this," the executive said finally. "These are mandatory compliance expenses."

Then, to sweeten things a little, the executive added that a reputation for manufacturing safe products would quickly reward the CFO with bigger profits as the company moved into emerging markets. There wasn't much reciprocity. But two out of three did the job of bringing a rival in line and keeping the budget intact.

One final thought to keep in mind: as much as you may hate your rival now, as much as you may want to rip out his heart and scatter his ashes across the nearest septic waste pond, it may not always be so. Rivalries lead us to put on "perceptual blinders." We block out mitigating or redeeming factors and focus all our concentration on the rival as enemy. And maybe that's how it has to be, at least while the battle is being fought. Later on, though, when the blinders come off, old adversaries often discover a powerful bond: it's not just that they shared the same glory days. Without a worthy rival, without that guy, there might not have been any glory days in the first place. Would Bill Gates have accomplished as much had there been no Steve Jobs? Would there be a Magic Johnson without Larry Bird? Or a Roger Federer without Rafael Nadal?

One of these days, even the Gallagher brothers will realise that being rivals - loud, nasty rivals at that - has gotten them nothing but empty headlines. Being brothers, being part of Oasis, and telling the rest of the musical world "Get out of the way, we'll take charge here" - that's the best thing that ever happened to them.

MH

▼ ERNIE VS. TIGER

▼ SMIT VS. McCAW





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**GET UP TO SPEED ON
THE MOST STYLISH
WORKOUT WEAR,
WITHOUT BREAKING
AN UNSIGHTLY FW
SWEAT. IT'S TIME
TO BE A MAN OF
ATHLEISURE**

Fashion Editor Azeez Jacobs
Photographs Anna Dabrowska



1/

KILLER CORE

After a workout, a sleeveless vest will give your guns room to fire, while keeping your vitals insulated. It's also a weekend staple, when the weather can't seem to make up its damn mind. Keep it slim, yet roomy enough to fit a few layers underneath.

2/

EYE ON THE BALL

When it comes to sunnies, invest in versatile – look for frames that work equally well on the course and out for cocktails. The curved temples of these will ensure they stay put no matter how hard you swing for the fences.

SUNGLASSES R7 095 CHOPARD AT CHOPARD BOUTIQUE **EARPHONES** R399 HODDT **RAINCOAT HOODIE** R1 199 H&M **MEEFIC QUILTED PUFFER VEST** R3 299 G-STAR RAW **INOX TITANIUM WATCH** R9 995 VICTORINOX AT PICOT & MOSS

3/

HEAD IN THE GAME

Who says sports jackets have to be slick, stiff and synthetic? This textured knit hoodie, with its extra-roomy hood, works just as well when you're warming up for five-a-side or cooling down after a big day at the office.

4/

TIGHTEN UP

Lightweight and comfortable, these tights feature a technical blend of fabric and elastane that is made for training. You could wear them on their own, or throw a pair of grey shorts over for a more contemporary look.

THINLINK SUNGLASSES R1 690 OAKLEY AT SUNGLASS HUT **ZNE ROAD TRIP HOODIE** R2 599 ADIDAS **STAN SMITH WATCH** R1 699 ADIDAS AT WATCH REPUBLIC **DUNE S BAG** R1 135 SEALAND GEAR **COMPRESSION TIGHTS** R1 299 RVCA AT THE STORE **GEL QUANTUM 360 KNIT TRAINERS** R3 000 ASICS



5/

NEUTRAL POSTURE

Some workout clothes scream for attention with bright colours and loud, dizzying patterns. While these pieces might be fun to rock occasionally, they're tricky to coordinate. Lose the superhero look and stock up on versatile T-shirts, shorts and jackets that resemble what you'd wear on the street: neutral hues, simple patterns, subtle logos.

SPECS R2 125 PUMA AT SDM EYEWEAR,
STREET JACKET R1 999 G-STAR RAW
T-SHIRT R199 TOTALSPORTS **STAN**
SMITH WATCH R1 699 ADIDAS AT
WATCH REPUBLIC **THAVAR SWEAT**
JEANS R4 999 DIESEL AND
LUNARSTELOS TRAINERS R1 299
NIKE BOTH AT SPREE **TURBO S EBIKE**
R87 499 SPECIALIZED

SHE WEARS: TRILLBE SUNGLASSES
R2 590 OAKLEY AT SUNGLASS HUT,
CROP TOP R433 UNDER ARMOUR
AT TOTALSPORTS **CHRONO DIVERS**
CLIPPER WATCH R64 700 HERMES
AT PICOT & MOSS **SHORTS** R399 NIKE
AT TOTALSPORTS **HEELS** R400 EDGARS







6/

GEAR ESSENTIALS

Staying fit isn't easy. But this gear will help you get the most out of your sweat session and still add some style to your swag.

1/BACKPACK R250 ADIDAS AT EDGARS
2/STRETCHFIT TRAINING GLOVES
R199 ADIDAS 3/HIDDEN COMFORT
SPORT SOCKS R45 FALKE 4/HEAD-
PHONES R1 999 MARSHALL AT ISTORE
5/AZZARO WANTED EDT 50ML R955
STUTTGART. 6/BLASTER R1 999
NIXON. 7/CHRONO BIKE WATCH
R4 399 FESTINA AT BACHER & CO
8/SUNGLASSES R1 725 PUMA AT
SDM EYEWEAR

/5

/6

/7

/8

/3

/4

/2

/1

7/

ARM YOURSELF

This one uses a cotton-polyester blend to keep your body comfortable and dry, indoors or out. Wear it as a base layer for an early morning bike ride or with tapered sweatpants and white sneakers for a casual post-workout look.

8/

UP AND UNDER

These tights divert sweat away from the body, so you are kept cool, protected and feel like you can do anything on the pitch. Bonus: they're made with Under Armour's anti-odour technology.

EVOKNIT FUNDAMENTALS
LONG-SLEEVED TOP R1 099 PUMA
PERFORMANCE SPRUNG WATCH
 R1 999 ADIDAS AT WATCH REPUBLIC
COMPRESSION CORE TIGHTS R899
 UNDER ARMOUR AT TOTALSPORTS
ULTRA BOOST ST SNEAKERS R2 799
 ADIDAS

SHE WEARS: SPARTAN CROP TOP
 MODEL'S OWN FITBIT ALTA R2 499
 ISTORE **SHORTS** R399 NIKE AND
VAZEE PRISM TRAINERS R1 899
 NEW BALANCE BOTH AT TOTALSPORTS



9/

GO GREAT GUNS

A vest is airy enough to be comfortable before, during and after the most strenuous workout. It looks great with sweatshorts on the field, or with a pair of jogger jeans over the weekend.

DEALER II TANK R750 **RVDA** AT THE STORE **RIFFE DIGI-TECK CAMO** **WATCH** R5 199 **NIXON** AT KARMA **NSW FLEECE SHORTS** R499 **NIKE** AT SPREE **FUSEX RUSH TRAINERS** R1 700 **ASICS**

SHE WEARS: CROP TOP R449 **UNDER ARMOUR** AT TOTALSPORTS **FITBIT ALTA** R2 499 **ISTORE** **WATER BOTTLE** R60 **PUMA** AT EDGARS **SHORTS** R399 **NIKE** AT TOTALSPORTS



10/

UTILITY BACK

Don't just throw that fancy coat over your gym gear and head out the door. You'll not only stink it up with sweat, but also take months off its lifespan. Instead, invest in a lightweight jacket with fast-drying properties that you can wear before or after workouts.

11/

NO-SWEAT STYLE

Slim, tapered trackpants will keep you moving comfortably and looking cool, no matter how hard DOMS tries to take you down.

THINLINK SUNGLASSES R1 690
OAKLEY AT SUNGLASS HUT
DREN-TCHEE JACKET R3 000
RVCA AT THE STORE
FORMULA ONE QUARTZ CHRONOGRAPH WATCH R21 495
TAG HEUER AT PICOT & MOSS
CAMO T7 TRACK PANTS R1 099
PUMA AT SPREE
COURTONE S LEA SNEAKERS R1 199
LE COQ SPORTIF
SHE WEARS: HEELS R400
EDGARS

STOCKISTS

EDGARS
 0860 692 274
BACHER & CO
 011 372 6000
ADIDAS ORIGINAL
 021 421 8272
ASICS
 021 300 7710
CHOPARD BOUTIQUE
 021 421 4296
FALKE
 021 951 2137
G-STAR RAW
 021 418 9000
H&M 021 826 7300
HOUDT
 021 837 9800
LE COQ SPORTIF
 011 784 6334
KARMA
 021 020 0152
MYISTORE.CO.ZA

PICOT & MOSS
 011 669 0500
PUMA 021 422 0591
SDM EYEWEAR
 011 334 7020
SEALAND GEAR
 021 447 071
SPECIALIZED
 021-808-7333
SPREE
 087 740 1010
STUTTA FORDS
 011 879 1000
SUNGLASS HUT
 086 100 0850
THE STORE
 021 461 7424
TOTALSPORTS
 0860 576 576
WATCH REPUBLIC
 021 418 0045
WOOLWORTHS
 0860 022 002

9 Rugby Traditions We Need in Real Life

BY KIERAN LEGG



1 Vendors

Doing the gardening or parked on the couch, you don't want the burden of tracking down an ice-cold brewski or constructing a boerie roll. But dammit, you need one. There definitely ought to be a guy who walks around, night or day, carrying a tray of ales and snacks. Think of the possibilities: your morning meeting, weddings, funerals – nothing's off limits. Everyone needs to snack.

2 Instant Replay

We can't even count the number of times roping in the third match official would be a big benefit. Did your mate just face plant after a few too many drinks? Call up the highlights reel the

next morning and give him a match round-up he'd probably prefer to forget. Plus, think of the edge you'll have in your next argument. "I checked the footage and the verdict is in: you're lying". Might have unintended consequences with the SO...

3 Substitutions

You're working too hard, and we think you deserve a break. Imagine when you're tuckered out you could signal the bench and have a happy-go-lucky, eager-to-impress wannabe warm-up and fill in for you during the dwindling hours of the workday. He wouldn't have to do much, just sit his ass down, scroll through your Facebook feed and tab into a spreadsheet every time the boss strolls past. Meanwhile, you can catch some sleep on the sidelines.

4 The Sin Bin

The world is filled with too many angry people who let their tempers get the best of them. What we need is a referee to blow the whistle on the next person

threatening to go on a rampage and do something they'll regret. Someone raging on the road and rearing to turn gridlock traffic into a game of bumper cars? Send them to the sin bin. Throw in a spitting-mad coach to berate them for their foul play and they'll think twice about committing a cardable offence.



5 Cheerleaders

Swish. You've sunk a crumpled ball of paper in the recycling bin from 10 metres out, but no one was there to see it. Imagine you had a crowd of rapt, adoring fans to cheer your winning moves and keep you motivated with rhythmic chants, synchronised dance moves and, ideally, a human pyramid or two. D-I-S-H-E-S, wash the dishes, wash, wash – the dishes!

8 Medical Team

You don't have to wait until you've been floored out on the ground to be dragged off on a stretcher. What if you've just stubbed your toe? Or your tyke has decided to send his toy car hurtling straight at your gonads? It would help knowing you've got medical staff in the wings to spray you with that magic bottle and get you back on your feet.

6 Shorts

Face it: wearing jeans and chinos all day is just restricting your movement. Especially if you're a hipster rocking skinnies tight enough to vacuum pack a ham. The world would be a cooler, calmer place if we could ditch the formality and pull on a pair of rugby shorts and call it a day. Plus, who says you can't wear 'em with a blazer?

7 Sideline Reporters

You're brilliant, we know that, you know that – but sometimes it would help if you had a sideline reporter to ask about the uniquely amazing moment of inspiration that led to you constructing a four-patty burger with two slices of pizza as buns (and deep-frying it for good measure). Face it: your genius probably won't be appreciated until after you're long gone. You need recognition right now, and a post-match interview will do the trick.

9 Scrums

You've got a rivalry with Bill from accounting and sneaking laxatives into his coffee sounds like a great plan, but it's just going to get you fired. Opt for an office officiated scrum, and show Bill that signing off his emails with Bruce Lee quotes isn't just unacceptable, it's going to get him monstereed back behind his own try line (read: the water cooler where he's constantly talking about the health benefits of vaping).

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