

NUTRITION AWARDS 2008

Men's Health

OCTOBER 2008 £3.80

SMALL STEPS, BIG RESULTS

**ROCK
HARD
ABS!**

**Strong, Fast & Lean
In Just 3 Weeks**

**Protect
Your Liver
With Wine**

**30 SURE-FIRE
FAT-BURNERS**

**Get Fitter
Faster!**

The Hardcore Workout p198

**THE 36 BEST
SUPERFOODS
FOR MEN**

**GET
THIS
BODY!**

HOW THIS **MH**
READER BECAME
OUR COVER STAR!

101

**Reasons Why
A Big Mac Is OK**

**TRIPLE YOUR
SEX APPEAL!**

Kevin Goodwin, 28,
Company Director



THE RECESSION-PROOF DIET LOSE LBS, SAVE £s, LIVE FOREVER!

This is the country's most powerful magazine: we turn ordinary men into world-class cover idols



The Nutrition Issue

It's *Men's Health's* answer to the Oscars, and you are the stars. Over the past five months we've been sifting through thousands of entries from you, to discover the reader who in body, mind and attitude best extols the *Men's Health* way. It was a hard-fought contest – with a quite literal photo-finish – but eventually Kevin Goodwin from Manchester triumphed over the rest of you. Read the inspiring story behind this comeback kid on p129, along with some tips and tricks for building a better body from him and his fellow finalists.

One story we heard all the time from our prospective cover models was the importance of good nutrition. What you eat and when you eat it is at least as important as how much you lift. So this issue is also packed with food – which ones burn fat, the ones that you should pick from your supermarket shelves, and even an investigation into the calorie restriction plan whose devotees claim can cheat death. Elsewhere we've got workouts, health fixes and cobalt-hot new sex tips: this isn't just a magazine, it's a whole armoury of advice! Use it wisely, soldier and it could be you we're writing about it in 12 months' time.

Morgan Rees
Editor

AGE ERASERS

Stay younger for longer

Eat to live to 100

No Methuselahs in your family tree? You can still chalk up a century. A study in the *Journal of Gerontology* examined one of the world's oldest men to find no genetic markers. Instead, the study credits his healthy lifestyle: a diet rich in fruit, olive oil, white meat and veg; living in a mild climate; cycling; and running an orchard.



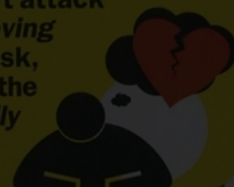
Morning wood

Beat erectile dysfunction with sex. *The American Journal of Medicine* says three times a week makes it four times less likely. Use it or lose it.



Optimism is key

You're three times less likely to suffer a heart attack by simply believing you're at low risk, says a study in the *Annals of Family Medicine*.



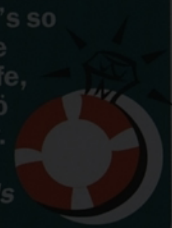
1 in 10

Odds that you'll suffer a silent stroke by the age of 62, according to a study in the journal *Stroke*. Coffee, omega-3 fatty acids and moderate alcohol intake decrease risk. That's a pre-work espresso, salmon at lunch and a cheeky glass of Rioja with your dinner in our language.



Save your life, get spiced

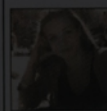
Marriage curbs Alzheimer's so you'll have a longer life, says Växjö University. Some say it just feels longer...



We couldn't have done it without...

REBECCA SEAL

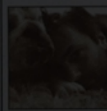
WRITER



Despite being a vital ingredient of the *Observer Food Monthly* supplement, Rebecca's kitchen suggests she might be a talented impostor in the higher circles of gastronomy. "It's usually full of pasta, pesto and hummus." Luckily, her food knowledge goes beyond her fridge: see what's in store for food in future on p168. **What would be your last supper?** "It must include one of these items: triple-cooked chips, steak, foie-gras and buckets of wine."

COLIN LANE

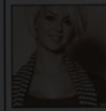
PHOTOGRAPHER



Colin shot our fashion story p234 using real cyclists in the Big Apple. Riding those streets means taking your life in your own hands. "Only one rider showed up in a helmet. Crazy!" Lane often photographs rock bands or little Japanese monsters. You can see his work at bluntlondon.com. **What would be your last supper?** "Sushi from Sushi of Gari in NY, chateaubriand from Chez Paul in Paris and Häagen Dazs English Toffee. Oh, and a glass of milk!"

RACHEL GALLEY

DESIGNER



From Cockpit Arts studios in London, Rachel specialises in designs using contrasting colours and textures with compartments, so wearers can interact with their jewellery. Rachel's clients have included Lily Allen and Juliette Lewis, but now she's turning your wardrobe into lady catnip on p57. **What would be your last supper?** "I'd like each course cooked by a different chef for flavours of countries I haven't yet visited, or to remind me of the ones I have."

Ermar Alexander
(right) jumps at the
chance of a quick duel

REPEAT AFTER ME...

Fighting disciplines build up your speed of reaction through a combination of rote learning and quick thinking. "Constant drilling of the twirling and striking techniques in *doce pares* will really enhance your reflexes," says Alexander. When somebody is trying to bludgeon you, that's a good thing. "Even better is sparring, which over time gives you greater speed of thought and builds the muscle memory to react instinctively to your opponent's movements."

FREQUENT FLIERS

"In order to get the sort of air-time demanded by my trademark 'Superman jump' your calves need to be like stiff springs," says Alexander. "The training I do includes running seven miles with 100m sprints during the last three; skipping for 30-60 minutes; and punchbag work for 1-2 hours. In between bagging I do squat thrusts, push-ups, sit-ups and star jumps." So not that much then...

flight club

The ancient Filipino art of "*doce pares*" will make you stronger and quicker. Two-time world champion Ermar Alexander shows you how
Words David Morton Photos Spiros Politis

Combining weapons such as sticks, daggers and staffs with more traditional hand-to-hand combat, *doce pares* (pronounced "doh che pa rhys") derives in spirit and practice from Eskrima, the Filipino defence-is-attack martial art, which Matt Damon trained in and used to explosive effect in the *Bourne* films. "The training will enhance your cardiovascular fitness and general endurance," says Ermar Alexander, "and the motivation to continue to learn and master more skills will transfer to your general lifestyle." It might have taken Alexander a lifetime to develop the skills to become a double world champion, but the principles he espouses can be applied to any training regime. With luck, they should help increase your — ahem — sticking power, whatever you're fighting for. ▶

Those hard enough
to know *doce pares*
don't need umbrellas

BODY SHOTS

In *doce pares* your torso is going to get a beating whether you get hit or not. "Evading attacks at short range strengthens your core as you weave away from danger," says Alexander. "Your fighting improves through practising stick drills, with their need for proper body angling and footwork." Boxing and swimming will similarly develop your core mobility and strength.

ARMY OF ONE

Any martial art or racquet sport requiring dexterity with a stick, club, bat—or even a bloody great sword—will demand and develop exceptionally strong lower arms. "The daily twirling techniques of *doce pares* really develop your wrist and forearm strength," says Alexander. "It makes each strike fast and explosively powerful, inflicting damage with quick precision in the instant you have to deliver it." If your gym prohibits swordplay, wrist curls with dumb-bells provide a pragmatic substitute.

"Your opponent should feel pain so his attention is on that and not the fight"

COMEBACK KID

"If you want to defend yourself, the best method is all-out attack," says Alexander. And that mentality could boldly be applied to any sport you like: "Your opponent should feel some pain so his attention will be on that and not on the fight. Making them think about the pain affects their fighting strategy. Power is very important in this game and so is speed." In short: if you're stuck for options, stick it to him. ▶

If you see this man flying towards you it's probably best to run

SECOND LIFE

"Prior to a fight, I try to chill out and listen to something slow and easy, like Westlife, which calms me down and saves all my adrenaline for the fight," says Alexander. Hang on... Surely not that Westlife? Apparently so: "You need to do whatever it takes to relax, so that your mindset is simple: dominate the fight and win whatever it takes." Mock the man's iPod at your peril.

UPPER ECHELONS

All your major muscle groups are used hammering your opponent. "Your neck, back and abs are brought into play with body angling and bobbing," says Alexander. "Your arms develop through constant striking and your legs are built up through strategic movements to outmanoeuvre your opponent." **MH**

Alexander holds classes from £8 a session. Sticks and other equipment are provided. See dgdoceparens.co.uk for further details

PHOTOGRAPHY ASSISTANT SIMON B AND RAJ FERNANDEZ

"Your arms and legs develop through constant striking and strategic footwork"

In *doce pares* you have to be prepared to stick it to each other

**We would like to thank
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