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APRIL 2018

Men's Health

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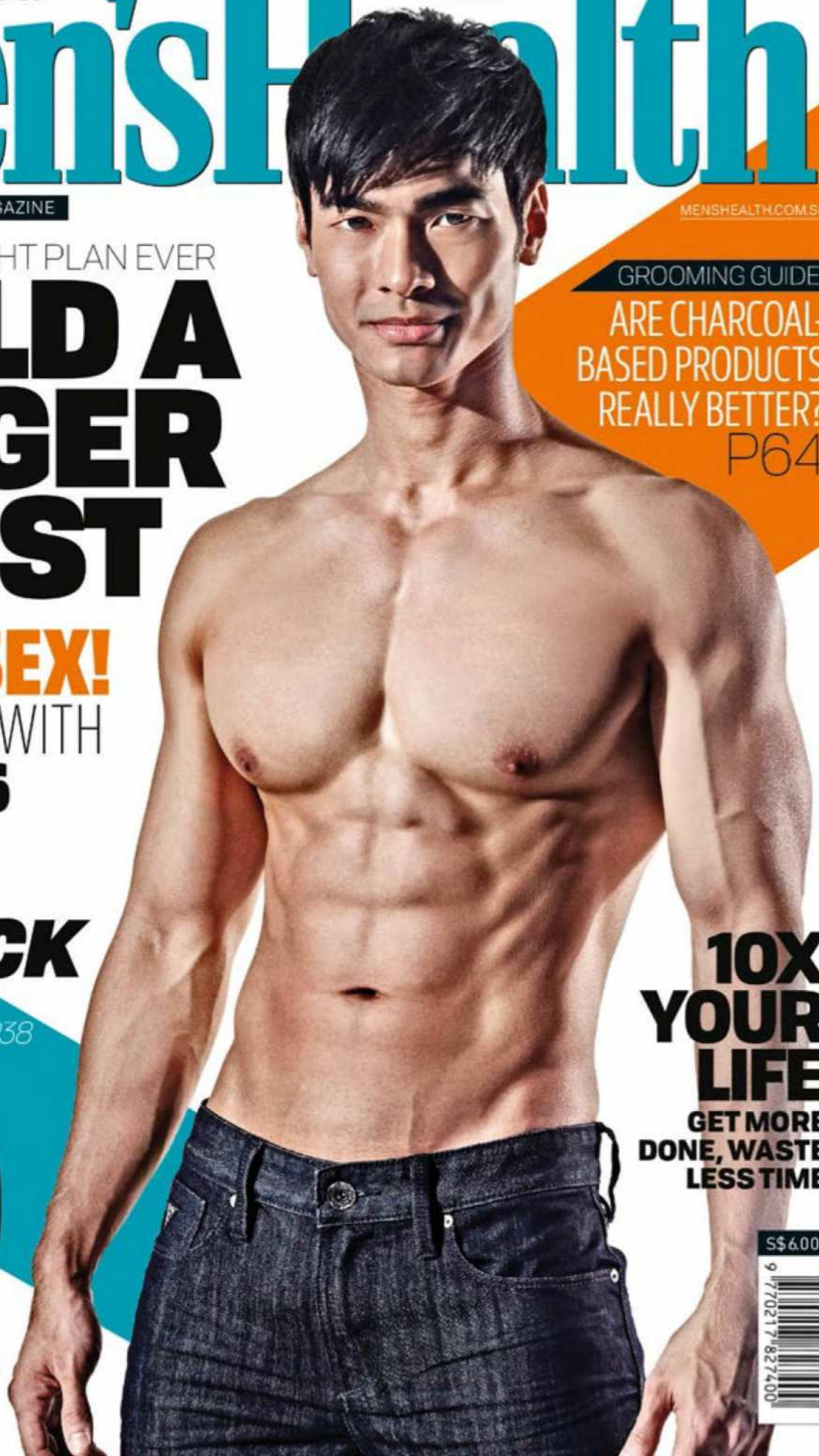
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ON THE COVER

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5 SKILLS YOU'LL HAVE MASTERED
AFTER READING THIS ISSUE

REJOICE AND RELAX IN APRIL

Researchers from Bear Valley University doing a long-term study of bear hibernation patterns have found that despite the long sleeps the mammals took, the bears had no loss of muscle mass and strength, and in fact awoke stronger.

In fact, the research also found bears that managed to steal beer from the researchers' tent were fitter and stronger than those that did not. Two samples of bears were also given separate diets: one with oily fried chicken and the other with normal wildlife. It was found that the ones fed the first diet actually lived longer and healthier lives.

Making a hypothesis based on this study, lead researcher Seymour Butts, while chewing on a fried pork knuckle and slumped in front of a TV, said: "Based on this, an argument can be made that humans who simply sleep more and eat unhealthily could actually end up being fitter and stronger than the ones who spend time at the gym and maintain sustainable diets."

Fellow researcher Mo Lestor added: "I've also been watching the bears during mating very closely. It seems the fatter the bear, the more appealing the female bears found them. Perhaps this also applies to humans!"

Happy April Fools, folks.

Kelvin
Editor



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STILL NOT CONVINCED THAT MAINTAINING GOOD "GUYBROWS" CAN IMPROVE YOUR APPEARANCE? WE QUIZ THOMAS TONG, FOUNDER OF THOMAS D'ESTHETIQUE, ABOUT IT.

01 WHAT IS EYEBROW ENHANCEMENT?

It's a procedure that improves the shape, thickness, arch or balance of your eyebrows.

A technique called feathering is applied, in which a coloured pigment is used to match your actual eyebrow hue to produce a natural look.

Instead of the "block" brow procedure done in the past, eyebrow enhancement today uses a pen-like device to draw tiny hair-like strokes in the brows. They look so natural that nobody will know you have just had a brow makeover.

02 WHO SHOULD GO FOR EYEBROW ENHANCEMENT?

Eyebrows have a strong impact on our overall appearance, making or breaking our looks. Generally, people seek eyebrow enhancement for the following reasons:

- Thinning or over-plucked eyebrows, or bald spots in those areas.
- Shape or colour of eyebrows do not match other facial features.
- Drooping eyebrows because of one's age.

03 IS EYEBROW ENHANCEMENT SAFE?

Yes. But like for all cosmetic procedures, consult only an eyebrow specialist who's certified and reputable.

Unlike eyebrow tattooing, which is an extremely painful procedure, eyebrow enhancement is not only less painful but your brows look natural and is semi-permanent, and the look can last up to two years.

Eyebrow tattoos, however, look fake and are permanent. To remove them is both an expensive and painful procedure.

TAKE A BROW

IF YOU THINK GREAT-LOOKING EYEBROWS ARE JUST FOR WOMEN, THINK AGAIN.

Men are increasingly paying more attention to their physical appearance, and taking active steps to correct what they see as unflattering aspects of their faces and bodies. But often, when guys think about grooming, they tend to neglect their eyebrows. But having a pair of strong, accentuated brows can be an asset to a man's overall appearance.

So if you have unruly brows or, worse, the dreaded unibrow, perhaps it's time to get them primped. And if you're not sure where to start, consult the grooming specialists at Thomas D'esthetique, which offers eyebrow enhancement services.

The latest provided by the salon is an eyebrow treatment called micropigmentation. It involves embedding pigments under the skin of the eyebrows to enhance their overall look.

A technique called feathering is then employed to create tiny hair-like lines that resemble real brows, adding soft shadows below the natural brow to give it the illusion of fullness.

Along with the applied pigment, the treatment provides a realistic colour to match your hair and skin tone. With these procedures, your brows can be



thickened, arched, elevated or shaped according to your fancy.

From helping one look more youthful to appearing more dashing, it's easy to understand why eyebrow enhancement is fast catching on among men.

For more information on eyebrow enhancement, contact Thomas D'esthetique at 6337-6858 or visit the salon at #03-01 Excelsior Shopping Centre.



6 Ways To Prevent Bad Hangovers



While there's no cure for a hangover (believe us, we've tried them all), there are a few ways to prevent the inevitable splitting headache and explosive diarrhoea that follow an all-night bender. Everything from the kind of liquor you imbibe to the time of day you drank can contribute to how miserable you feel the next day.
www.menshealth.com.sg/health/prevent-bad-hangovers-night-drinking-alcohol/

Is Food Packaging Slowing Down Your Metabolism?



You did everything right, from counting calories to eating healthier, but you seem to be unable to lose that excess fat. It might not totally be your fault - chemicals in food packaging might be slowing down your metabolism, which in turn affects your weight loss goals.
www.menshealth.com.sg/health/chemicals-in-food-packaging-might-be-slowing-down-your-metabolism/



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THESE FLAVOURS MIGHT BE TOTALLY FINE AS PART OF A BLEND OF OTHER FOOD FLAVOURS, BUT ON THEIR OWN THEY'RE FAR LESS PLEASANT.



WHAT EXACTLY IS AFTERTASTE? - Dylan



It's when flavour molecules linger like pesky guests long after the party in your mouth is over.

Those molecules tend to be fat soluble (like in minty or spicy food) or water soluble (like caffeine).

They can bind tightly with taste receptors on your tongue and palate, or be absorbed into your cheek tissue before being slowly released, says Christopher Simons, a food scientist who studies sensory perception.

These flavours might be totally fine as part of a blend of other food flavours, but on their own they're far less pleasant, says Paul Wise of the Monell Chemical

PHOTO: 123RF



I OFTEN TAKE LONG FLIGHTS. SHOULD I WORRY ABOUT DEEP VEIN THROMBOSIS?

- Ron
Nah. The risk is minimal. One study pegged the rate in travellers at 0.05 percent. But the effort it takes to cut that risk is also minimal.

Deep vein thrombosis or DVT refers to a blood clot that forms in your legs (bent knees will raise the risk) and ends up blocking blood vessels to the heart or lungs.

Hydration is job one, says Dr Marilyn Manco-Johnson of the University of Colorado Hemophilia and Thrombosis Center.

Drink water hourly. Rotate your feet now and then, flex your calves, and walk when you can.

Now if you're obese, a

smoker, or over 55, the risk is higher. And you cut it by quitting the cigarettes.

WHY DO I LET OUT A WEIRD SOUND WHEN I ALMOST BUMP INTO SOMEONE?

- Tyler
Because it's a weird moment.

That gut reaction comes from your brain's primitive limbic system, says Patti Wood, an expert in nonverbal language. (Coherent speech comes from the more sophisticated neo-cortex.)

These reactions are triggered by surprise, stress or danger.

It would be similar to how you make that "tsss" or "ah" sound when you almost hit someone on the road. Or the cuss words you blurt when someone almost hits you.

LEGAL EASE

IF I SHARE SOMETHING ONLINE THAT TURNED OUT TO BE FAKE NEWS, WILL I GET IN TROUBLE?

- Ronald

Currently, if you merely share something that did not originate from yourself (for example, a news post from a website), and if you have no reason to believe that it was fake, it is unlikely that you will get in trouble.

Nonetheless, you should be careful about sharing anything that is potentially defamatory (anything that might harm the reputation of an individual or a company), unless it has been published by a reputable news source.

The Ministry of Law announced last year that it expects to introduce laws on fake news and other online falsehoods this year. Keep up to date with the law and refrain from sharing any news from questionable sources.

Do you have a question about the law that you want to find out?
Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

Senses Center.

To get rid of a bitter aftertaste like coffee, garlic or broccoli, try a vigorous mouth rinse with saltwater – go at least 15 seconds.

Spit it out so you don't send those molecules back into your body.

Or grab a beer. A low-concentration alcohol can help dissolve the molecules, Simons says.

Astringent aftertastes like wine can be neutralized with a fatty food like cheese, milk or avocado, Wise says.



ARE WE ANY CLOSER TO THE MALE PILL? *- Frank*

NO We're still several years away. One promising contraceptive option is Vasalgel, a polymer that's injected into the vas deferens (the tube that sperm swim through), allowing fluid to pass through – but not sperm. Unlike a vasectomy, it may be easy to reverse. A rabbit study suggests that a different injection can flush out the polymer to restore sperm flow.

But there's a lot we don't know about Vasalgel, like its effectiveness, cost and how long it would last. Human clinical trials aren't likely to begin until 2019. For now, condoms or vasectomy are your only options.

ALPHA

α

SEX • COLOUR • WEATHER • WIND

ASHIK
ASHOKAN, 27,
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YOUTH CASE
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Singapore's Very Own A-Team

SURE, EVERYONE'S GOT A TRAVEL BUCKET LIST, BUT HOW MANY FOLKS' ACTUALLY BENEFIT SOCIETY AT LARGE? MEET ASHIK ASHOKAN AND ASHOK KUMAR, WHO SHOW US A MORE ENLIGHTENED PATH TO TAKE.

I

It's not uncommon for them to be mistaken for brothers – they even have similar sounding names. But they might as well be after the immense challenges they've faced, and conquered, together.

Knowing each other since their junior college days, mountaineering almost seemed like it sprang out of nowhere.

"It was a random phone call with Ashok," Ashik explained. "He said 'Hey, you want to go and do something exciting? Why don't we go to Nepal and do a trek?'"

And just like that, they took their first steps towards finding greater meaning and purpose together as Heart2Climb (www.heart2climb.com/).

Ashik and Ashok formed Heart2Climb as they share the same burning passion for giving back to society and helping those in need in marginalised communities. And mountaineering was the one thing both of them felt they could do to make a difference.

RISING UP TO THE CHALLENGE

It wasn't always smooth sailing,

however. School and life did get in the way of their climbing endeavours, but they always found a way to do it.

Ashik firmly believes that people will do whatever it takes for something they truly care about. "A lot of people say that they don't have time to do this or that, but I think people are just lying to themselves," he said. "If you really like to do something, I'm very sure you will find the time to do it."

After successfully climbing the highest active volcanoes in Asia, Australia, Europe and North America, their most recent adventure this year in February brought them to the world's highest, Ojos Del Solado, which lies on the edge of Chile and Argentina in a remote area of the Atacama Desert. It already sounds like a daunting task to

scale this 6,893m volcano, but neither of them are fazed.

"I do a lot of ultramarathons, running 50km to 100km, and I swim a lot as well," Ashok said. "When you're climbing a mountain, you're pushing for at least 12 to 14 hours, and when you're running ultramarathons you're pushing 16 hours at least. There's a lot of endurance involved, and I guess my body is acclimatised in that sense."

Ashik is no slouch either in the physical fitness department, though he does muay thai instead of endurance sports like his partner, and suggested fellow adventure travellers can do the same.

"Muay thai builds my mental strength to a large extent, and a huge part of climbing a mountain is the whole idea of mental endurance," he added.

CONQUERING THE WORLD

Scaling this volcano would bring the 27-year-olds closer to their goal of completing one of the world's most difficult challenges, the Seven Volcanic Summits, where they climb the tallest volcanoes on





each continent.

With the ultimate goal of putting Singapore on the map as the first Singaporeans and Southeast Asians to do so, their excitement and passion were palpable.

"I still remember the moment very clearly," Ashik fondly recalled when they first decided to attempt this challenge. "We had just completed a 220km Himalayan trek in Nepal. We

were drained and resting at a lodge, when suddenly Ashok screamed about a 5,000m peak in Iran.

"We're gonna climb that!" he said. Next thing we knew, we found ourselves in Iran climbing Asia's highest volcano."

ALPINE STYLE

All of their climbs have been done without the help of guides and porters, which is in the spirit

of alpinism. Climbers who wish to emulate this will not find it easy. Both of them have to pack their own clothing, equipment, food and water, and their packs often weigh 20kg to 25kg. "It's a completely different experience when you're doing it on your own merit and carrying your own stuff, compared to when someone else is carrying it."

But they emphasised that it's not only about taking credit for attempting these climbs; it's also about caring for the environment. "We don't want to leave any waste behind; we clear our own rubbish."

Their recent success and achievements definitely earned them recognition, but they faced a rocky start. Their relatively young age led people to be sceptical of their lofty ambitions, but thankfully, their perseverance has paid off.

Over the years, several donors and sponsors have given their support to propel the two mountaineers onwards in their

goal of giving back to the needy. They've also managed to get students to volunteer more by reaching out and giving talks, emphasising the need to support the less fortunate.

GIVING BACK

Ultimately, Ashik and Ashok want to spread their message of positivity and charity to the public, especially the youth. Having raised funds for the Society for the Physically Disabled, Children's Cancer Foundation, and Singapore Association of the Visually Handicapped, both of them wish to see the youth in Singapore try to do more.

"The best way to give back to society is spending your time with those who are disadvantaged," Ashok said.

"You need not give money; you need not do something extravagant. A simple thing like spending your valuable time with them, that's the best gift you can give."



It's a completely different experience when you're doing it on your own merit.

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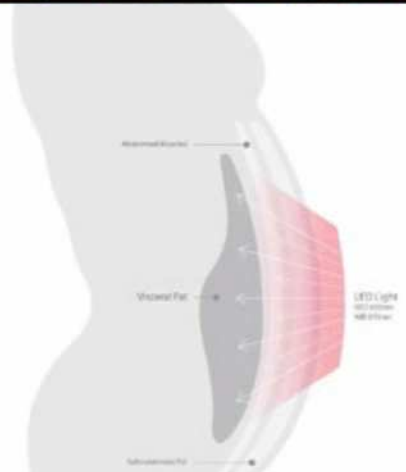
LFRT (Light Fat Reduction Technology) is a newly developed technology that exposes our body to artificial light that has particular wavelength and intensity to help to reduce fat. LumiDiet has developed and applied LFRT to maximize the result of burning abdominal fat. This technology includes differentiated recipes on selection of light source, intensity, radiation and frequency; consequently, we optimized these parameters in order for us to maximize the effect of fat reduction.

LFRT Optimized Formula for the Effective Fat Reduction

LumiDiet's LFRT is an optimized combination of elements such as wavelength, power, energy, and vibration for the most effective fat reduction.

The information above is based on Source:

M.S Nestor et al., "Body Contouring Using 635 nm Low Level Laser Therapy," Seminars in Cutaneous Medicine and Surgery and A. Savoia et al., "Low-level laser therapy and vibration therapy for the treatment of localized adiposity and fibrous cellulite," (Dermatology and Therapy, Vol. 3, 2013.)



*Result may vary from person to person.

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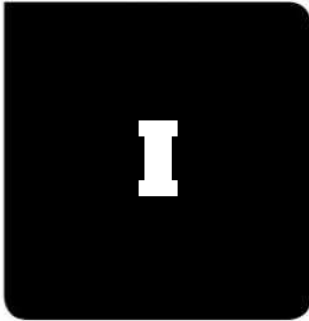
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Inside The Orgasm Lab

IN THE WORLD OF RESEARCH, SCIENTISTS ARE IN A RACE TO DECODE THE SECRETS OF THE FEMALE CLIMAX. WHAT THEY'VE FOUND JUST MIGHT HELP IMPROVE HER SEX LIFE - AND YOURS.

■ TEXT: JERILYN COVERT ■ PHOTOS: CLAYTON CUBITT ■ ILLUSTRATIONS: (ROCKET) MARK NERYS & (BRAIN) T.M. DETWILER



I know it when I feel it. I know what works when I take my pleasure into my own hands.

Still, I'd been told to expect performance anxiety – after all, I'm in a strange room far from home, with someone just outside the cracked door. You'd have to be an exhibitionist not to feel weird. (I'm not an exhibitionist.)

But that familiar, wondrous feeling arrives not long after I settle in, close my eyes, and put my mind and fingers to work. A tingling between my legs, warmth in my feet. Then, pure pleasure washes over me and a pulsing sensation sends shivers throughout my body.

For a brief while – 21 seconds, I'd later learn – I check out. When I open my eyes and will myself back to reality, a flatscreen deadpans: "You're done. Get dressed."

I straighten my dress, cast off the blanket covering my bare legs, and try to regain my composure. "Okay," I say, "you can come in."

Nicole Prause enters the room. She's tall, lean, pretty in a no-BS kind of way – face makeup-free, blonde hair in an untidy bun. At 39, she stands out in her field because (a) she's a woman, and (b) she runs her own lab, called Liberos. After leaving UCLA last year and securing grant money, Prause became her own boss,

unfettered by university politics.

Her focus: sex as a way to promote general health – as a treatment for depression, chronic pain, sleep disorders, even arthritis. Someday, Prause says, doctors could prescribe pleasuring yourself. "Natural, free, accessible – what more do you want from your health care?" she asks me.

Researchers have been studying sex for more than half a century. I watched *Masters of Sex* on Showtime and figured that by now we've learned all there is to learn about this fundamental act.

Boy, was I wrong. There remains a remarkable amount of uncertainty about the supposed best part – that intensely pleasurable climax.

That's finally changing. In fact, Prause is at the forefront of a race to decode the complex cascade of signals and inputs underlying the female orgasm.

It's a pursuit fraught with complexity: Scientists can't be in the room while a volunteer is sexually aroused. Grant money is limited and tends to be weighted towards studies on diseases like cancer. And sex research, well... let's just say it's a tough sell at a cocktail party.

For scientists – and many women – female orgasm is elusive and complex. Heterosexual women report reaching orgasm during sex only 65 percent of the time, versus 95 percent for straight men. And being in a lab doesn't exactly set the mood.

But Prause, from a small, unassuming office in Los Angeles, is tackling these challenges in new ways that promise to seriously advance the field – and your sex life.

You might think that women have a leg up on men (sometimes literally) when it comes to pleasure. After all, research suggests that female orgasm can be generated from at least five areas – and that includes (believe

it or not) the earlobes. Some women may even be able to achieve orgasm using their imagination alone.

Obviously evolution wanted women to enjoy sex. As the renowned biological anthropologist Helen Fisher puts it, it's to a man's advantage to please a woman in bed so she'll come back and do it again.

"The only way he'll send his DNA down through eternity is if a woman has his baby. So it's an adaptive mechanism to want to please her." In the here and now, you'll have better sex, which leads to more sex. Who doesn't want that?

The dean of current orgasm research is Barry Komisaruk of Rutgers University, who's been studying orgasms for 15 years. In 2004, Komisaruk and his team, which included the author Beverly Whipple (*The G Spot*), became the first to show where brain activity occurs in women at climax.

Prof Komisaruk uses fMRI – functional magnetic resonance

imaging. His team slides a woman into a scanner where she pleases herself while they snap pictures of her brain. (Hot, right?) The machine records blood flow and oxygenation, indicators of neural activity.

Among their findings: The brain has no dedicated "sex part," but areas associated with pleasure and memory do light up at orgasm. That's what keeps us coming back for more.

Prof Komisaruk said: "During orgasm, so many different brain regions are activated. That's not surprising, because so many body systems are activated."

Orgasm starts with the genital sensory cortex and then spreads to areas in the limbic system, including the amygdala (emotional processing) and hippocampus (memory, fantasy), along with the insula and anterior cingulate cortex (visceral sensation and internal feelings).

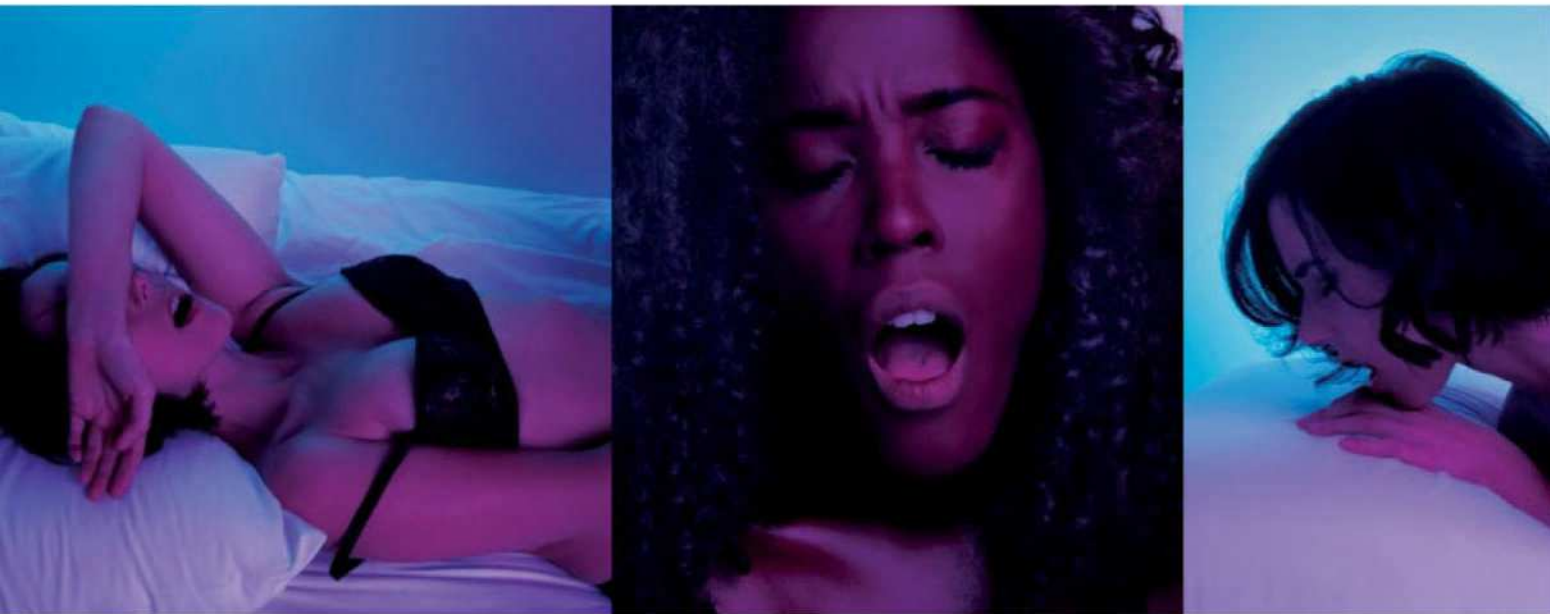
Those last two are also activated when you feel pain, says Prof Komisaruk, which may explain why orgasm can have a pain-blocking effect. And why your O face can look like you just threw out your back.

The way the brain "lights up" is the same in men and women, he says, with one key difference: After orgasm, the male brain tends to respond less to stimulation, while the female brain continues to respond. That may explain why women can have multiple orgasms, while men usually need a break before going again.

The other significant contributor to orgasm research is Dutch neuroscientist Janniko Georgiadis, who's done about 60 studies on orgasm from his University of Groningen lab. For him, what's more telling is not what lights up in the brain but what shuts down.

Dr Georgiadis primarily uses positron emission tomography (PET) scans, which also track blood flow and brain activity. Like

After orgasm, the female brain continues to respond to stimulation. That may explain why women can have multiple orgasms.



fMRI. PET can localise the brain activity, but it's slower, so the true flash point is easier to miss.

With his PET scans, Dr Georgiadis saw some brain regions respond, aligning with some of Prof Komisaruk's findings. But to his surprise, he also found an orgasm-related decrease of blood flow in certain regions, especially the prefrontal cortex and the temporal cortex, areas linked to planning and comprehension respectively.

These areas light up during the day when you're speaking, listening, thinking, engaging - anything to do with conscious thought. During orgasm, they're about 10 percent less active compared with the stages before.

When you climax, Dr Georgiadis says, you have an altered perception of things going on around you. "There is less awareness, less fear. Everyone knows that you're less able to think clearly while you're having an orgasm. This fits this phenomenon really well."

Translate this to the bedroom and you see why a woman climaxes more easily when she's relaxed - and why planning your fantasy team helps you forestall the inevitable. In her case, she

can more easily shut off those parts of her brain; in yours, they're being prompted to light up. The gateway to orgasm is in letting go.

The reason one researcher sees the brain light up while the other sees it dim could be due to the different methods they use: Turns out, what we believe about orgasm is coloured by the lens through which we view it.

"It's more an apparent contradiction than a real one," says Jim Pfaus, a Canadian neuroscientist who studies orgasm in rats. (It's a living.)

One tool (PET) takes a single snapshot that represents everything that came before it, from desire to arousal to the main event. The other (fMRI) shows precise moments along the way, moments that may or may not be consistent from one test subject to another.

What's more, "activation" does not always mean excitation: When Prof Komisaruk sees frontal brain regions lighting up, that may simply be the command centre telling other parts to stand down. An fMRI can see that activation but can't identify it; PET might be able to make that distinction but doesn't isolate

specific moments.

To understand orgasm, says Dr Pfaus, you just have to find the right time point. That's where Prause has the advantage - because her method is significantly faster.

In her lab, Prause navigates past me through the tiny room. There's a vintage desk, a yoga mat, a guitar. A plastic tub holds electronic devices; some are connected to the fingers on my left hand. (My right had been occupied.) A plated band wraps around my right upper arm, and a multipronged headset clings to my skull.

Prause parks herself on a wooden chest beside the computer screen, which now displays a single line that slopes gradually down before breaking into wild undulations at about the 15-minute mark. "That could be orgasm," she says, peering closer. "Yeah, that could work."

With data like this, Prause hopes to answer some surprisingly fundamental physiological questions: What kind of touch and movement intensify arousal? Is orgasm distinct from heightened arousal, or just more of the same? Is it the pinnacle of pleasure or,

technically speaking, the moment the brain puts on the brakes?

My orgasm in Prause's lab was recorded by an EEG, or electroencephalogram, which measures brain activity; hence the headset. Prause has used EEG data since her days studying psychophysiology (how the mind and body interact) at Indiana University, where she studied at the Kinsey Institute and earned her Ph.D.

Unlike fMRI and PET, an EEG isn't very good at showing the "where," but it's excellent at showing the "when" of a brain event. It can pick up on changes in intervals of 20 thousandths of a second, compared to fMRI's two-second updates and PET's one-minute-or-longer updates.

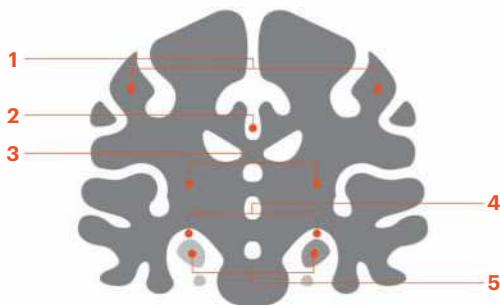
Prause says that makes it better for measuring orgasm, which can be very transient and generally happens only once - so if you miss it, you're out of luck.

Prause pulls up images of my brain captured as I was stimulating myself. We're looking at alpha, one of many electrical waves fluctuating through the brain constantly.

Alpha is present when your brain is idling or in a wakeful relaxed state - as in daydreaming



THIS IS HER BRAIN ON ORGASM



► A symphony of brain regions lights up at orgasm, says Rutgers neuroscientist Barry Komisaruk. He uses an fMRI machine to capture cross-sections of a woman's brain during orgasm. Among the areas that light up are those involving

sensory input, like the genital sensory cortex (1), along with parts of the limbic system linked to memory and emotion, such as the anterior cingulate cortex (2), insula (3), amygdala (4) and hippocampus (5).

or just zoning out. Along with another wave called theta, it's linked to meditation and what athletes call "flow state." When alpha's high, you're feeling chill. Let's call it "chill wave" for now.

A colour spectrum on the monitor goes from dark blue (low chill) to green to orange to yellow (high chill). Only one brain image is completely yellow

- the "stimulate to orgasm" brain. (But crucially, not during actual orgasm.)

Another chart, a spectrogram, shows a bright line extending with a few breaks across the graph. That line indicates chill and should be brighter during higher levels of sexual arousal. Sure enough, it starts at a point when I'm self-stimulating and

fantasizing. (Sorry, not telling!)

The line is brightest just before orgasm, indicating where my brain has gone full chill. But during orgasm (I'd hit a button at start and finish) the line disappears, as if my orgasm turned my normal consciousness back on.

Generally, my alpha activity fits a pattern Prause has seen before. That pattern is her most surprising discovery so far, a working hypothesis she described to me as the "sympathetic nervous system switch." (Her research on the topic has been accepted for publication by the *Archives of Sexual Behavior*.)

This "switch theory" (my term) holds that climax is linked to an off switch in our brain. Both Prof Komisaruk and Dr Georgiadis had concluded something similar. Prause's twist: The switch is flipped well before orgasm happens.

To begin, Prause had me think of something sexy. Sometimes she shows her study participants a pornographic image; sometimes they self-stimulate with a toy.

When her volunteers first become aroused, their chill

generally quiets down. They're paying attention. But when they're asked to attempt an orgasm, the chill shoots up. To trigger orgasm, your brain may have to zone out, as indicated on my results.

For Prause, it's not that the orgasm triggers deactivations in the brain - it's that the deactivations in the brain are necessary to trigger orgasm.

"Janniko, and to some extent Barry, are arguing that there's increased activation especially in frontal areas, and that after orgasm happens the brain shuts down," Prause told me. "We're arguing that orgasm is not the off switch; that to get to orgasm you had to flip that switch before."

She suspects that if Rutgers researchers were to sample more rapidly and look at the time period preceding orgasm, they'd find data to support her hypothesis.

If orgasm marked the height of pleasure, you'd think chill waves would keep rising. But they don't. They drop. That makes orgasm not an off switch but more like a "back on" switch, pulling you out of the trance that preceded it.

For Prause, this suggests that the best part of sex - the thing

that keeps you coming back for more - is not the orgasm but the part leading up to it, what she refers to as a high-pleasure state and the kids call "edging," when you deliberately delay orgasm to make sex last longer, potentially making the eventual orgasm stronger.

Your takeaway: If she doesn't have an orgasm and insists she's fine, she might actually mean it. "Orgasm isn't magic," says Prause. "Not that it's not reinforcing, but everything before it is also reinforcing."

Some women may even confuse high arousal for orgasm and still report satisfaction. During her research, Prause found many of the women reporting orgasm did not have the pelvic contractions traditionally used to define it.

At first she thought the probe which senses the contractions was faulty. But as the trend persisted, she realised that these women were not experiencing orgasms, even though they believed they were. (She did not see this in men.)

Prof Komisaruk and others maintain that women do know when they're having an orgasm and that you don't have to count contractions to prove it. (Dr Georgiadis had a finding similar to Prause's - for many of his female subjects, the probe's signal was "messy," lacking the clear pattern seen in men.) Even Prause's male research partner was sceptical.

"I think it's funny that I'm the only woman in this bunch," Prause says, "and I'm like, 'Women are terrible at telling orgasms.'"

All this made me think about my orgasm in the little room, which felt great - and, yes, was confirmed by probe data. But is the release the thing? Maybe the wondrous feeling I've been enjoying for 15 years is actually the high-pleasure state and not orgasm at all. Maybe it's the path to climax we should've been pursuing all this time.

Prause and her peers practise



COUNTDOWN TO ECSTASY

Scientists gave us the data. Sex therapists gave us the how-to. The results: science-backed ways you can be her orgasm donor.

7

Prep Properly

Replace "inhibitors" (chores, kids) with "exciters" - early photos of you two, music, a scented candle, says sex therapist Ian Kerner. Tell her how great she looks in candlelight. Nicole Prause found that body-negative thoughts curbed women's arousal while they watched videos with erotic content.

6

Go Slow

Don't zero in on the erogenous zones too early - they're not "on buttons," and being touched in those areas can be painful if she's not aroused yet, says sex therapist Lori Brotto. Watch her body - erect hair follicles is a good sign - and follow her lead. Tell her: "I am guided by you."

5

No, Slower!

Ready for action? Ask first. Wet doesn't mean ready. (That's why lube is a poor substitute for foreplay.) Her vaginal walls should be engorged and "pillowy." Tease the area; play with shallow movements, says Kerner. Or have her do that herself. You can watch.

4

Stimulate Multiple Areas

Some experts say female orgasm can be generated from several spots beyond the obvious. Do your own experiments, says Kerner. Kiss her neck, caress the small of her back, whisper in her ear.

3

Stop Worrying About Her

Your well-intentioned check ins ("Almost there?") can interrupt her flow, says sex therapist Erica Marchand. Focus instead, says Brotto, on points of contact - your interlocked hands, where your bellies touch, how she feels against you. Notice texture, temperature, vibrations.

2

Have Fun!

Humour helps turn off the thinking part of your brain so you can both focus on pleasure. Know that there's no one right way, says Marchand. If you slip out or fall off the bed, so what? She won't care. So lighten up.

1

Find Entrainment

Steady rhythm is key. Start with a rhythm and pressure that feels natural, says Marchand. Ask easy, brief questions so she can stay in the moment: "Faster or slower?" "Softer or harder?" "How does that feel?" Not: "What should I do?" If she seems close, don't change a thing!

basic research - collecting first-order physiological data and creating theories to explain their results. But other scientists are in a headier space.

Take Adam Safron, a neuroscientist from Northwestern University. According to him, the rhythms of sex - the repetitive movement of body, hands and fingers between partners - can sync brain rhythms through "entrainment," leading to highly pleasurable focused attention, almost a trance-like state of consciousness. It's "flow" all over again.

In that state, says Prof Safron, the rhythm is all there is. When your brain rhythms sync up with an outside stimulus, you can attend to that stimulus more easily. "The more you attend, the more you can be entrained by a rhythm," he told me. "And the more in sync you are, the better you can attend."

This may explain why we can zoom in on rhythmic experiences like music, he says.

"They outcompete other things for your attention. This is part of why people like these experiences: They're engaging with something highly pleasurable in a very focused manner, and they're also able to let go of things that are less pleasurable, like thinking about jobs, taxes or laundry."

Sounds a little like meditation, I point out. "I'd say it's a lot like meditation," he responds.

For Prause, that's precisely what happens when that off switch flips: You enter entrainment. (Aptly, she's currently studying whether genital stimulation can offer the same benefits as meditation.)

If Prause's work shifts the emphasis away from orgasm and towards the journey there, then Prof Safron's theory takes that shift and brings it home, into your bedroom. Turns out, viewing sex as a form of meditation may actually be a good idea.

Meditation is a practice, something you improve at over time, like learning to play a

musical instrument - you get better and better at absorption and at letting go of distractions. Imagine sex as a practice (not a performance), and maybe you can relax.

Meditation also means staying present: If thoughts arise, you acknowledge them briefly and then let them go. That feels good because you're not stressing out, you're not ruminating. Staying present in bed, focusing on your breath or the touch of her skin against yours, also feels good and may help turn off the kind of self-monitoring that can lead to anxiety and sexual dysfunction.

All of this can enhance the sexual experience in a powerful way: As you become more in sync with the rhythms, you can tune out distractions more easily, which in turn frees you up to focus on pleasure.

This not only makes sex more fun but can also deepen your connection with your partner. "If two people are attending to the same rhythm," Prof Safron says, "you could get synchronization across their nervous systems."

That can lead to an increased ability to communicate with your partner - like making eye contact across a room and seemingly reading each other's minds.

"You'll see this in armies marching together, in dance partners, and in musicians who play duets - they all develop this intimacy," Prof Safron says. "Literally, as a mechanism, their systems might sync up. This allows them to be closer in a variety of ways."

This underlines the sexual importance of rhythms (so don't go spelling the alphabet with your tongue; establishing a pleasing rhythm is more effective) and attentiveness to your partner. It also poses sex as a means to an altered state of consciousness. And all this time, you thought it was just about getting off.

"People have a bizarre doublethink around sexuality," Prof Safron told me. "They think of it as both unimportant

HER AROUSAL TIMELINE

► What happens when a woman in the lab imagines banal activities and sexually fantasizes.

■ = ALPHA WAVES

BANAL THOUGHTS



BEGIN ORAL SEX



MORE BANAL THOUGHTS



FANTASIZE



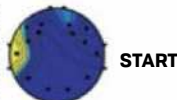
TRY TO ORGASM



ORGASM



► Topography of the author's brain as she self-stimulated. Yellow means alpha.



and so important that it causes terror in them."

A shift in perspective can help you find a middle ground. Think of sex as stimulation and it can get old; consider it a strange trance state and you might find new ways to enjoy it. "Recognise that sex is really weird," he says. "And appreciate that."

I'm here to testify: He's right. My journey into the world of orgasm research not only changed my mindset but also led to some of the best sex of my life.

One night after my return from LA, my husband joined me in bed. I started kissing him. We kissed for a long time - longer than we ever would have before. To my surprise, he seemed into it.

In the past, I might have worried we were spending too long on kissing, but now that fear seemed unfounded and contrary to what I'd learned. Pleasure was something to sink into, not race towards. I resolved to simply enjoy the moment, quiet my expectations, and try not to anticipate his.

It was a much slower build than I'd ever experienced, and then something weird happened. The outside world faded away, leaving the two of us behind.

I was relaxed and entranced, and I could tell he was too. Entrainment had started to kick in. It led to literally life-changing sex: I enjoyed all of it, not just those last 20 seconds. (Sorry, I mean 21.)

Now, even between-sex times are more erotically charged. I have a new appreciation for the "welcome home" kiss, and for spontaneous touching and making out.

And because sex happens more often now, we're more likely to experiment (like scientists!) - a recent evening involved industrial music, some loosely knotted scarves, and a blindfold.

It's not like we've become sex maniacs. We still have jobs. But we're closer now. "I think I love you more since we started having more sex," he kidded. There was truth in that too.

Mile High Mischief

IS SEX ON A PLANE WORTH THE TROUBLE? THESE FLIGHT ATTENDANTS DON'T THINK SO AFTER THE CRAZY INCIDENTS THEY'VE PERSONALLY WITNESSED.

Y

You've probably heard of the Mile High Club, the mythical, exclusive organisation made up of people who have sex on airplanes. Heck, maybe you're even a member.

But even though airplane sex is a fairly common fantasy, the unfortunate reality is that it's kind of a nuisance for the other passengers, not to mention the people who actually work on the plane.

If you're getting busy in an airplane bathroom, you're making a lot of extra work for the flight attendants, and likely embarrassing yourself in the process.

"We can't have that happen on the plane while we are working," says MacKenzie, 27, a flight attendant for a major US airline. "Also, those bathrooms are nasty. You shouldn't touch anything in there, let alone have sex in them."

Still convinced that joining the Mile High Club is right for you? Check out these stories from real-life flight attendants who have witnessed a wide range of outrageous, totally NSFW in-flight behaviour. Fasten your seat belts – it might get bumpy.



THE MISSED CONNECTION

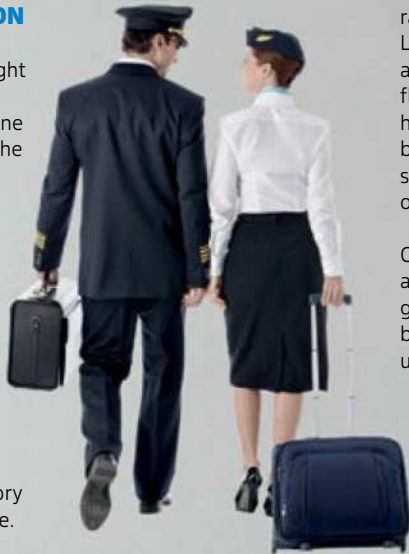
Edgar, 40, says he was once working on a cross-country flight from Washington, DC to Los Angeles when he saw a long line of passengers waiting to use the lavatory, including a man and woman who were waiting in line beside each other.

"I left the surrounding area for a few minutes to tend to a request from a passenger," he says. "When I returned, the male passenger was gone." He assumed that the male passenger went to use the bathroom on the other side of the plane, but after a few minutes, the lavatory door began to knock and shake.

"One of the waiting passengers said, 'There seems to be a party happening in the lavatory,'" Edgar recalls. He knocked on the door and told them to leave the bathroom.

"After five minutes they opened the door and exited without any embarrassment. The male passenger was annoyed that I scolded them and told me to mind my own business."

But karma caught up with them in the end. According to Edgar, the next passenger who entered the lavatory found the previous occupant's passport on the floor, which fell out of his pocket during all the... turbulence. "The passenger gave me the passport," Edgar said. "But it must have slipped my



mind to return it."

As a result, the couple was unable to board their connecting flight, so they had to pay a new fare. Edgar says he eventually mailed the lost passport to the home address on file with a note that read, "Next time, do it at home or your hotel. Not in an airplane's unsanitary lavatory."

THE FIRST-CLASS TREATMENT

Chris, 34, says he witnessed an incident on a flight from LA to Washington, DC. "On this route, it's not unusual to have celebs aboard, and this day was no different," he says. "First to board was a 90s gangster

rapper and his then-girlfriend. Later, a long-revered older actress/singer came on the flight. Let's just say it was like having the Queen of England on board." The actress/singer was seated across from the rapper on the flight.

After the meal service, Chris says he walked up the aisle to see the rapper and his girlfriend snuggling under a blanket. He could see a familiar up-and-down motion happening in his lap.

"I walked back to the galley to tell my fellow crew members to take a look, to be sure I was seeing what I thought I was seeing," he says. "As we were discussing the situation, our beloved actress walks into the galley and we immediately try to play it cool.

"Are you enjoying your trip so far?' we asked her. 'Well, not as much as some others, it seems,' she said to us." Well, at least she had a sense of humour about it.

THE IN-FLIGHT MEAL

Leah, 29, who works for a high-profile American airline, says it isn't so common to see passengers trying to join the Mile High Club. Most of the time, she says, it's the staff that's seeking membership. (Apologies to anyone who has a fear of flying - you might want to skip this next anecdote.)

Because many airlines require that two people be in the cockpit at all times, pilots have worked it out with each other so that when one steps out for a break, he takes a few extra minutes so the flight attendant who has caught the co-pilot's eye can linger in the flight deck, she says. Some of what goes down during that time is just innocent flirting, "but there have been several acts that have also gone down."

3 Smart Ways to Stop Jet Lag Before It Starts

RESET YOUR CLOCKS

Two or three days before your flight, change the time on your clocks and your computer a few hours forward or backwards.

"You don't have to completely acclimate yourself to a different clock, but the idea is to get your sleep cycle closer to the time zone that you're headed towards," says Dr Aliya Ferouz-Colborn of the Otolaryngology and Sleep Medicine at Scripps Memorial Hospital in California.

CHANGE YOUR WORKOUT SCHEDULE

Start working out at a specific time every day before your trip. When you get to your destination, exercise at the same time you normally do.

When mice exercised for two hours at the same time every day for four weeks, they shifted their internal clocks, according to a study in the journal *Medicine & Science in Sports & Exercise*. Researchers believe the same thing may happen in humans.

FAST BEFORE YOUR FLIGHT

One starvation cycle resets your sleep-wake cycle, according to a study from Harvard University Medical School.

"Your circadian rhythm actually gets suspended during fasting," says Dr W. Christopher Winter, the *Men's Health* sleep advisor.

Here's why this works: When you eat while you're awake, your body's biological clock functions properly.

But if you fast, you develop a second "food clock" that lets you adapt to the food that's normally available when you're sleeping - like the *coq au vin* that will be waiting for you in France when you land.

One of the waiting passengers said, 'There seems to be a party happening in the lavatory.'

Being Liked Won't Make You Happier

WE SPEND MORE OF OUR LIVES ON SOCIAL THAN WE DO EATING AND DRINKING. IT'S TIME TO RETHINK OUR DIET.

T

The internet wasn't just meant to make us happy. It was supposed to be utopia.

We would all, the cyber pioneers promised, become connected. Mankind's accumulated wisdom would be at our fingertips. There would be no hierarchy. We would be free. Everything would be free.

Yeah, right, you might think. Bathed, as I am now, in the glow of three Slack notifications, 12 Chrome tabs, and 39 unread e-mails, it's easy to be cynical. But between global video calls (Skype), limitless educational resources (Wikipedia), and cartographic omniscience (Google Maps/Earth), only the most myopic Luddite could deny the riches the digital era has wrought.

Trouble is, to paraphrase Kendrick Lamar, the road to riches comes with many lanes.

The few studies that explicitly set out to measure the impact of online access on life satisfaction have found it has a positive effect – especially for the disenfranchised. The problem is that this type of research tends to be a Rorschach blot, shape-shifting to match your opinion.

You can find studies claiming Facebook makes you depressed

or that it makes you happy; Twitter is a force for good or it's a refuge for trolls and cyberbullies. In fact, the one thing on which we can all agree is that when, around 2010, the internet leapt from our desks to our pockets, our worlds changed.

The brain despises leaving tasks unfinished. But the birth of the web sounded the death knell for the idea of completion. On the internet, nothing ends. You can always do just that little bit more. And here's the rub: The net result

is constant low-level anxiety.

E-mails stream in at all hours; your Instagram feed scrolls forever; Youtube starts playing the next video without you flexing so much as a cuticle.

In theory, it's easy: Just put the phone down. But the central problem is crystallised by a "design ethicist" in Adam Alter's recent book, *Irresistible*: "There are a thousand people on the other side of the screen whose job it is to break down [your] self-regulation."

Attention is the web's currency, and the online world is built to seduce and to addict. Perhaps most infamously, freemium mobile games have perfected the art of weaponising your brain chemistry against you.

Games like *Clash of Clans* draw you in by hammering your brain's dopamine button with fast "level-up" progress. Once you're hooked, they intertwine, making headway with loosening your wallet. In 2015, *Clash of Clans* earned its creator about US\$5 million a day.

While, in normal life, 30 percent of communication is self-involved, on social media this climbs to 80 percent, with every "like" and repost further spiking your pleasure hormones – albeit temporarily, like a nauseating sugar rush.

It's a hackneyed trope to claim that the web changes our brains – just reading this sentence changes your brain.

But our smartphones have even started rewiring our nervous systems. If you've ever mistakenly whipped your phone out thinking it's buzzed, only to be greeted by a black mirror, you've been a victim of phantom vibration syndrome. Our lives, it seems, are now so entwined with notifications that we perceive an itch as an oscillation.

It's fashionable to prescribe a "digital detox," but hardly practical. The best advice, perhaps, is that knowledge is power. Apps like Breakfree will tell you exactly how much time your phone swallows. And, after all, it's only one more thing to check.



Boost Your Life 10X

EVERY DAY, PEOPLE SQUANDER TIME AND ENERGY. BUT NOT YOU - NOT ANYMORE. HERE ARE 19 WAYS TO ELIMINATE LIFE'S TIME SUCKS AND BE INSTANTLY MORE EFFICIENT AND RELAXED.



■ TEXT TOM MCGRATH ■ ILLUSTRATIONS R. KIKUO JOHNSON



EASE E-MAIL



TIME SAVED
up to 17 hours
a week

The average person devotes four-plus hours each workday to checking or dealing with e-mail, an Adobe survey of white-collar workers reveals. That's more than half the workweek. That's 1,000 hours a year. That's... nuts.



WASTE REMOVAL PLAN

Limit the number of times a day (or week) you check your e-mail. Tim Ferriss, author of *The 4-Hour Workweek*, uses auto-reply messages like this one to explain: "Due to other commitments, I am checking e-mail no more than once per week. If it's truly urgent (can't wait a week), please call my handphone. If you don't have that number, thank you for waiting until I can get back to the inbox." Ferriss also keeps his answers brief, closer to text messages. Most responses are no longer than five sentences.



STOP WASTING TIME

ONLINE

How people who work in the virtual world stay grounded.

BY JACKIE FRERE

▶ JOSHUA ZERKEL

DIRECTOR OF GLOBAL CUSTOMER EDUCATION & COMMUNITY, EVERNOTE

The first step to managing your online time is being aware of how you're spending it. Zerkel uses a US\$9-a-month app called Rescuetime to monitor his daily website and app usage. You can also look up battery usage in your phone's settings. This will let you know which apps are using the most energy - the device's and yours.

▶ STEVE HUFFMAN

CEO, REDDIT

"Treat time off work as if it's your second job - and you're the project." That was the advice of one Reddit user, and Huffman never forgot it. Most of our online time is reactive: We respond to events and comments. Huffman carves out time every day to think proactively, and he's deliberate about how he spends his free hours. No matter what else needs attention, Huffman always makes sure to prioritise this.

MASTER MEETINGS



TIME SAVED
up to 4 months a year at work

According to a survey from the National Bureau of Economic Research, the average CEO spends approximately half of his work year sitting in meetings. (It's 35 percent for middle managers.) The problem, of course, is that most meetings aren't necessary, and even those that are tend to be ridiculously inefficient. In another survey, 73 percent of attendees admitted to doing unrelated work in meetings (probably checking their LinkedIn accounts for new, more stimulating jobs).



WASTE REMOVAL PLAN

Go to meetingcalculator.com, which syncs to your Google calendar, and in less than 10 seconds you'll know how much of your life you're devoting to meetings each month. After you've recovered from the shock, make these three changes suggested by management consultants Michael Mankins and Eric Garton in their book *Time Talent Energy*.

1. Set blackout no-meeting periods. You'll free up time, a scarce company resource.
2. Prepare an agenda and distribute materials before the confab so information gets discussed, not introduced.
3. Curtail the length of your meetings. Research shows that 18 minutes is the maximum time people can focus on a serious topic. Keep that in mind as you plan.



WATCH ALL THE



TIME SAVED
up to 19
hours
a week

OK, so is watching television really a waste of time? Not necessarily. Anything that provides information, helps you relax, or keeps you in tune with the cultural conversation is beneficial. That said, between sporting events and the latest season of our favourite miniseries, watching TV is now the equivalent of a part-time job for most of us, according to 2016 data from the Bureau of Labour Statistics.

CUT YOUR COMMUTE



TIME SAVED
more than 4 hours a week

The average worker spends 52 minutes a day getting to and from the job. That's about nine days annually. Commuting is a triple whammy of wastefulness: It reduces productivity at work, disrupts health, and destroys relationships. One study found that people with long commutes were 46 percent less likely to sleep enough and 33 percent more likely to be depressed. Another study found that couples in which one partner had a long commute were 40 percent more likely to break up.



WASTE REMOVAL PLAN

Talk the boss into letting you work from home. Three out of four employees in a 2015 survey who worked remotely at least a few times a month reported greater productivity during that offsite time. About half also felt less stressed, and another half said it made them more likely to stay with their company. Not an option? Use your commute wisely. In a Columbia Business School study of 443 commuters, those using the time to prep for the workday boosted their job satisfaction. Rather zone out? Subscribe to audiobooks and listen to best-sellers. Or launch a new career by registering for educational lectures. Or, call Mum!

STOP WASTING TIME

ONLINE

► KEITH COLEMAN

VP OF PRODUCT,
TWITTER

Twitter and iMessage are the only two apps Coleman accepts notifications from; all others are turned off. When it's time for bed, he avoids distraction by charging his phone near the front door, not on his nightstand, where he might be tempted to check it.

► PAMELA RUTLEDGE, PH.D.

DIRECTOR/MEDIA PSYCHOLOGIST,
MEDIA PSYCHOLOGY RESEARCH CENTER

On Facebook, connect only with family and close friends; on LinkedIn, limit your network to contacts you know personally. Keep your feed manageable. Which apps are fun and which are chores?



BEST SHOWS



WASTE REMOVAL PLAN

"Speed watching," or consuming shows at faster-than-normal playback speeds, saves hours without reducing enjoyment. A software engineer created a Chrome extension that accelerates videos, such as on Netflix, Vimeo and Amazon Prime. Google "video speed controller" and download it. "Speed listen" to podcasts and audiobooks too. Tap 1x on the control panel to access 1.5x and 2x speeds.



SEE DOCTORS FASTER



TIME SAVED
15 minutes per visit

Wait times in medical offices have actually decreased slightly (down 14 percent since 2009), but sitting around on that vinyl furniture is still a huge time suck and potential health risk, considering all the germs waiting with you. Where else would you wait so long and not get an apology?



WASTE REMOVAL PLAN

Ask for the first or second appointment of the day or after lunch. The doctor is less likely to be behind then. Even better, see if your insurance covers online visits.



STOP LOOKING FOR STUFF



TIME SAVED
2.5 days a year

That's the finding of a survey conducted by... hold on, it's here somewhere... Pixie Technology, creator of locator devices. We spend US\$2.7 billion a year replacing lost items, and six out of 10 people have been late to work because they're looking for them.



WASTE REMOVAL PLAN

A night of quality sleep resets the build-up of synaptic connectivity in your brain that accumulated during your waking hours, according to 2016 research. Without that reset, neurons become so muddled with electrical activity that laying down new memories becomes harder. Given a memory test, sleep-deprived volunteers were much more forgetful than well-rested ones.



ORGANISE YOUR LIFE



TIME SAVED
up to 3 hours a day

There really are people capable of doing more than one thing at a time well. But the chance that you're one of them is pretty slim. Only around 3 percent of us are "supertaskers" who can do two things at once really well. The rest of us lose up to 40 percent of our productivity when we try that. "When we multitask, we don't really multitask," explains MIT neuroscientist Earl Miller. "We switch between tasks." This may feel seamless, but it's not. "Innovative thinking comes from following an idea down a network of new paths," he says. "When you try to multitask, you typically don't get far enough to stumble on something new."



WASTE REMOVAL PLAN

When facing an assembly line of must-dos, apply the principles of kanban, an organisational approach used in Toyota's factories in the 1940s. Jim Benson, author of *Personal Kanban*, suggests dividing your to-dos into three categories: (1) Ready, (2) Doing and (3) Done. Put tasks under Ready. Move three of them to Doing. When each is complete, move it to Done, and replace it with another from Ready. This avoids swamping the brain and delivers satisfaction.



STOP WASTING TIME

ONLINE

▶ RYAN ROSLANSKY

SENIOR VICE PRESIDENT OF GLOBAL PRODUCT, LINKEDIN

He doesn't touch his phone after work until his daughters are asleep in bed. He never permits technology to interrupt family focus.

▶ KAYVON BEYKPOUR

GM OF VIDEO, TWITTER; COFOUNDER, PERISCOPE

For meetings, he puts his phone on Do Not Disturb. Prioritising the person you're with is respectful. Plus, paying attention saves time later and makes meetings productive.

CHOP COOKING



TIME SAVED
up to 5 hours a week

Sound familiar? You're driving home and realise your fridge is emptier than a politician's promise. Options: (a) Order from UberEats, draining your wallet; (b) Hit a drive-thru, draining your life span; or (c) Hit the market for supplies, draining the evening.



WASTE REMOVAL PLAN

Make all your grub for the week in one kickass weekend cook-and-stash fest. Need recipe ideas? Instagram has plenty of meal-prep maestros. We like @mealprepdaily, @mealpreponfleek and @mealpremondays.



BREEZE PAST AIRPORT



TIME SAVED
15min, average

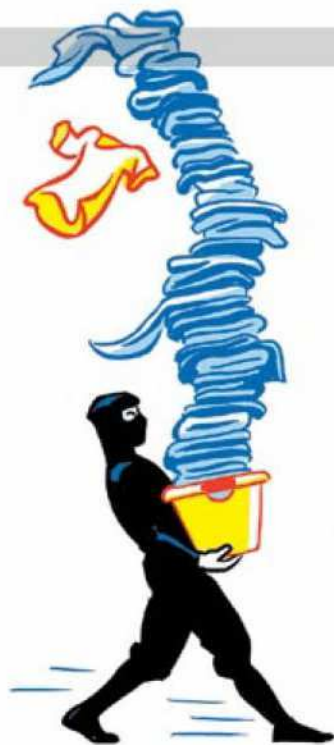
Waiting is unpleasant, but at an airport it's maddening. Why? Says psychologist Jack Schafer: "Any loss of freedom causes frustration, and airport security restricts our liberty. We cannot walk directly to the gate. We cannot possess more than 100ml of liquids or gels. We like to be in control."



WASTE REMOVAL PLAN

Try these three simple strategies to navigate through security faster and feel more in control:

▶ If the terminal has multiple checkpoints, head for the most remote one. Queues



VANQUISH LAUNDRY



TIME SAVED
up to
4 hours
a week

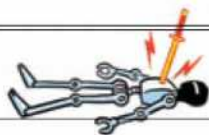
We live in an over-laundered society, with the average US household doing seven or eight loads a week. (Between sorting, washing, drying, folding and storing, you're looking at approximately an hour a load.) That's not only an enormous time suck but also an insult to the environment. Plus, repeated washing wears clothes out faster.



WASTE REMOVAL PLAN

Get two hampers (or designate two corners of a room) to pitch lights and darks into. This cuts sort time. Then stop washing items after just one wearing. Jeans can go three months without a bath and not stink.

END A DEAD-END CAREER



TIME SAVED
40-plus
hours
a week

What you need to watch for isn't a dead-end position but a dead-end career, one endangered by automation or artificial intelligence. "I would not be telling my kid to be a radiologist," says venture capitalist Josh Kopelman. "AI is better at looking at a musculoskeletal X-ray than humans are."



WASTE REMOVAL PLAN

Complete this checklist to gauge how dead-end your gig really is:

- ▶ No promotions/new responsibilities.
- ▶ Boss ignores my ideas.
- ▶ Co-workers advancing faster than I am.
- ▶ Job requires repetitive tasks.

Check the first three? You may just need a new job. Check 'em all? You're at risk of being put out of work by tech. Find a more creative career.



SECURITY

are likely to be shorter there. Plus, you'll get some exercise.

▶ Watch who's stationed at the X-ray machine. If more than one agent is staring at the screen, steer clear of that line. That second agent may be a trainee, which means there may be more

stoppages to explain things.

▶ When all else is equal, bear left. About 90 percent of us are right-handed, so we have a tendency to prefer the right side of things, according to a 2011 study in *Psychological Science*.



STOP WASTING TIME

EXERCISING

*No time to train?
Here's your Minimum Effect
Dose (MED).*



GOAL CARDIOVASCULAR
HEALTH & FITNESS
MED 30 MINUTES A
WEEK OF HIIT

High-intensity interval training can improve your VO2 max (a key marker of exercise capacity) in a fraction of the time of traditional endurance training, according to Martin Gibala, an exercise scientist at McMaster University. "Somewhere around a minute total [of HIIT] is the minimum you can do and still get benefits," he says. By one minute, Gibala means three 20-second intervals, going as hard as you can with some rest in between. With a warm-up and cool-down, the workout takes 10 minutes. That, he claims, delivers the same boost in VO2 max as exercising 150 minutes at a steady pace. He suggests three such workouts a week. How you do the intervals (on foot, bike, machine, indoors or out) doesn't matter.



GOAL STRENGTH & SIZE
MED 60 MINUTES
OF WEIGHT TRAINING
EVERY WEEK

Whether you're new at lifting or returning from a layoff, you can attain a "meaningful" increase in muscle size with three 20-minute, eight-exercise weight training sessions a week, says James Krieger, founder of Weightology. Each session should include one or two sets per muscle group (chest, back, shoulders, quads, hamstrings, biceps, triceps, abs). For experienced lifters, he recommends upping the MED for these same muscle groups from three to six weekly sets to 10 to 20, completing four hour-long workouts.



MASTER your MONTH

Field Guide



April

20
18

AMP UP YOUR MONTH

Cure your boredom and fill your calendar with these upcoming events.

YOUR GO PLANNER

1

APR 1

The Joke's On You

2

APR 2

Gastronomic Delights

3

NOW!

Wine Pairing

4

Apr 8

Kick-off

5

NOW!

Half-time Bites

6

Apr 8

Feel The Rhythm

7

Apr 21

Run To The Hills

8

NOW!

Warm Up Right

9

Apr 28

Get Physical

10

NOW!

Pass It On

TEXT GILBERT WONG ■ PHOTOS 123RF

APR 1

April Fool's Day

IT'S JUST A PRANK, BRO!

April Fool's Day is a day you either love or hate. For all the enterprising pranksters out there, here are some you can do to really make your friends and colleagues "love" you.



MOUSEPLAY

Shift the pointer speed to extremely fast or extremely slow for some extreme entertainment. You can use a Post It note with a snarky message under a mouse to mess with the pointer's movements.

Also, in Control Panel, under the Mouse settings in the Pointer tab, you can change the default mouse pointer to the hourglass. Your colleague's computer is now hard at work, forever.

KEY-BORED

There's an alternate keyboard layout called Dvorak that nobody uses (because the keys don't correspond to the letters). Visit the Regional and Language Settings under Control Panel. In the Languages tab, click details, then Add and choose Dvorak. Goodbye normal typing.

SCREEN OF THE CRIME

Take a screen grab of the entire desktop and then open the image in full-screen mode, and watch them wonder why nothing's clickable. On Mac, press Command/Shift/4, then

click and drag to select entire screen. The image will be saved to the desktop as a ".png" file. In Windows, press the Print Screen key or use the Snipping Tool under Programs.

TURN THEIR WORLD UPSIDE DOWN

Simply reach over and hit Ctrl-Alt-Up or down to rotate their monitor orientation.

PRANKS FOR THE MEMORIES

"There's a very fine line between what is humorous and what isn't,"

says industrial psychologist Erna Nel. "When it comes to sexual harassment, it's all about the perception of the person being harassed. Look at the context: What are the perceptions of the person who the prank is geared at?"

If in doubt, the ones who dish it out can take it. "If somebody is a prankster, you'll know what kind of prank you can pull."



APR 2

World Gourmet Summit 2018

THE CHEAT MEAL YOU'VE BEEN WAITING FOR

Don't just cheat on your diet with junk - do it with some quality grub.



T

The World Gourmet Summit (WGS) 2018 returns for its 22nd year under this year's theme of "The Discovery WGS". So what can you expect?

With masterchefs from all around Asia, Eastern and Central Europe, and America heading down, get your taste buds ready for some exciting cuisines, and look forward to exclusive one-off gastronomic specialities from award-winning dining establishments in Singapore.

► DETAILS

Event: World Gourmet Summit 2018
Date: Apr 2 to 29, 2018

► FOR MORE INFORMATION

www.worldgourmetsummit.com/wgs2018/main.php/



EVENT PRO TIP:

CHEAT SHEET - LEARN TO PAIR YOUR WINE

Red wine – red meat. White wine – white meat. Is it that simple? Here’s a primer to impress your date the next time you bring her out for dinner.

Decipher the wine labels

Before you start jumping into ordering some red, understand what you’re choosing. These are the common things to note when picking up that bottle.

Country:

Where the wine was produced. Some such as Shiraz need a lot of sun, whereas others such as Pinot Noir need a long, cool, ripening period. So don’t expect a great Shiraz from the southern tip of New Zealand or Pinot Noir from out of Australia’s Northern Territory.

How do I pair my wines with my meals?

“When matching food to wine, consider the sauce, texture and weight,” says Grayson Durham, chief executive of the Singapore Straits Wine Company and Denise The Wine Shop. “For instance, with sushi or sashimi – which is light and vibrant – go for light styles such as Riesling, Sauvignon Blanc, Semillon or Rose.

For a typical steak, try middle to heavier styles of wine such as Shiraz, Cabernet, Tempranillo and even Merlot or Zinfandel. Some Grenache-Shiraz-Mouvedre blends might also stand up to a steak.”

Is there anything I can just drink without food?

“If you’re not having food, you should know that some vintages, particularly from the Old World and South Australia, are high-alcohol, heavy wines,” says Durham. “Drinking them by themselves would not do them justice.” Instead, he suggests wines that are refreshing and easy to drink: Rose, Sauvignon Blanc, New World Riesling, Semillon-Sauvignon Blanc from Australia, White Rhone and Spanish wines.

What should I pair with chilli crab?

So what wines can we match to Singaporean fare? “Try Riesling, Semillon-Sauvignon Blanc, White Burgundies, Chablis and non-vintage sparkling varieties from Australia,” says Durham. “And, of course, Rose: It packs the fresh character of a white wine with the backbone of a red, which is particularly great for Asian and local favourites.”

Vintage:

This refers to the year when the grapes were harvested and turned from juice into wine.

Price:

Older is not better, and neither is expensive. Some wines are made to be aged in order to bring out their secondary characteristics. A \$20 wine should be drunk early, when it’s at its prime.

Producer:

This refers to the maker of the wine.

Which wine goes with tom yam?

Durham believes that with spicy foods, a wine needs some residual sugar to stand up to the spices – that means one where the grape juice hasn’t been allowed to ferment completely into alcohol.

“Try Gewurztraminer, German Riesling or Rose, which has texture and flavour as well as vibrancy. However,” adds Durham, “because Singapore cuisine is still one of the most unknown styles of food in terms of pairing, you really should explore.

“Big, heavy red wines just don’t match up with a lot of the local cuisine. They knock out the chilli. To get a balance, you need a touch of sweetness – maybe some of the lower-alcohol Italian red wines. Although bak kut teh is definitely a red wine food.”



APR 8

Manchester City vs Manchester United

DESTRUCTION DERBY

English football fans will know there are very few matches quite like the Manchester derby.

APRIL 8

It's the battle between two of the top teams in the Premier League and it can't get more exciting than this. City beat the Red Devils 2-1 the last time out and will be looking to claim victory again. Can anyone stop the blue side of Manchester?



EVENT PRO TIP:

THE 5 BEST FOODS FOR HALF-TIME

- BY THE EDITORS OF MEN'S HEALTH

Upgrade your game-day grub with these options that will elevate your taste buds.

BEER NUTS

This season, put an end to subpar snacking. Starting this weekend, elevate your home game with this spicy, salty, sweet and addictive nut mix. The nuts taste best straight out of the oven, served warmed with a cold beer.

PIZZA BAGEL BITES

Bake your own pizza bagel bites in less than 20 minutes using fresh ingredients. Pair the homemade bagel bites with ranch dressing. But they're really, really good on their own too.

STEAK SANDWICH

Traditionally, this Philadelphia favourite sports thinly sliced steak, "whiz" (known in the trade as "performance cheese") and onions. It's quite possibly perfection on a roll.

PUMPKIN SEEDS

There's something deeply satisfying about snacking on seeds. Maybe it's their crunch, acquired by means that involve far less guilt than plowing through a bag of chips. Whatever the case, roasted seeds may just be one of man's greatest snacks.

MASSIVE MEATBALLS

When made well, meatballs may rank as one of the greatest protein delivery systems. A perfect dish offers a soul-satisfying experience. They require little else than a side of sauteed greens and a glass of red. Or a bold beer.

APR 8

Katy Perry Witness: The Tour

GROOVING AND MOVING

You'll be up on your feet dancing and singing before you know it.

KATY PERRY

WITNESS: THE TOUR

If you ever found yourself unwittingly (and not ironically) singing along to *California Gurls* or if you enjoyed James Franco's rendition of *Firework* in *The Interview*, then admit it, you just might be a Katy Perry fan. You'll be happy to hear that her *Witness: The Tour* is coming to Singapore this month, so warm up those vocal cords because you'll be doing plenty of singing along at the gig.



EVENT PRO TIP: HOW TO PICK THE BEST SEATS AT A CONCERT

The best seats at any concert will be at the most central location at the venue. "One of the big myths about concert seats is that the front-row seats are the best," says Jon Chappell, former editor-in-chief of *Guitar* magazine.

While being crushed up against the stage is great if you want to taste celebrity sweat, the middle of the crowd will be roughly equidistant from any surfaces that could reflect or break up the sound. The effect is the worst near the walls. You can't go wrong sitting by the soundboard – the engineer there is mixing the sound for the whole venue based on what he's hearing, so you'll get a better balance of the total sound if you're closer to him.

At an outdoor general-admission concert, the same rules apply, though there are fewer surfaces to reflect the sound.

Take a moment to eyeball the layout of the sound system before picking your spot. Sound waves tend to be directional, so to experience the clearest sound, you want the speakers by the stage to be in your line of sight.

DETAILS

Event: Katy Perry - Witness: The Tour
Date: Apr 8, 2018
Time: 8pm
Venue: Singapore Indoor Stadium
Pricing: \$128 to \$348

FOR MORE INFORMATION

www.sportshub.com.sg/event-detail/215

APR 21

The Music Run By AIA



EVENT PRO TIP:

THE 5-MINUTE WARM-UP THAT MAKES YOU RUN FASTER - BY JOHN DAVIS

HIP CIRCLES

Stand with your feet shoulder-width apart, then place your hands on your hips and rotate your pelvis in large circles parallel to the ground. Do 15 circles clockwise, then 15 counter-clockwise.

FAST SKIPPING

On a flat road, sidewalk or grass, skip forward for 15m. Focus on taking short, quick steps instead of skipping for height or distance. Repeat one to two times back and forth.

HIGH KNEES

Starting from a slow jog or march, exaggerate your knee lift until your knees are rising to the level of your waist, and bring your opposite arm up. Drive your leg down and then repeat with the other leg. Maintain for 15m, then repeat one to two times.

WALKING-RUNNING B-SKIPS

Starting from a

walk, raise your knee to waist height, kick out your heel straight forward, and whip it downwards. Speed up from a walk and do this every step for 15m, then repeat one to two times. Once you've mastered this, you can add a skip to every step.

LEG CROSSOVER

While standing upright, begin to shuffle to your left by crossing your right leg over your left, first in front, then behind. Pick up speed while doing so, shuffling for 30m to your left. Then shuffle back to your right by crossing your left leg in front, then behind, your left leg. Repeat one to two times.

BACKWARDS RUNNING

Do this, kicking your heels up towards your butt. Build up speed and run for 30m, then turn around and repeat once or twice. Look over your shoulder periodically so you don't trip.

RUNNER'S HIGH

Choosing between a race and music festival seems like a no-brainer. Why not both at once?

Love running while you're plugged into your favourite tunes? Then you can add this race to your list.

Featuring 5km or 10km runs, The Music Run might just be the next best way for you to do cardio. Promising pumping beats throughout the entire event, there's also a post-race party you can hang out at that will make it feel less like a race and more like a festival. So, forget your earphones and bring some friends along for a party run like no other.

DETAILS

Event: The Music Run by AIA
Date: Apr 21, 2018
Time: 4 pm
Venue: Sentosa
Pricing: From \$65 onwards

FOR MORE INFORMATION

www.themusicrun.com/events/singapore



APR 28

HSBC Singapore Rugby Sevens

RUCK AND ROLL

It's a battle of the strongest, and you'll be seeing plenty of worthy contenders on the field.



HSBC SINGAPORE
RUGBY SEVENS

There are few sports out there that compare to the physicality of rugby. So if you want to get your fix of speed, strategy and savagery, then the HSBC Singapore Rugby Sevens is what you're looking for.

Returning to Singapore at the end of this month, rugby fans and enthusiasts can look forward to seeing 15 teams from all over the world battle it out to be the champions. Will the favourites win or will there be an upset?

DETAILS

Event: HSBC Singapore Rugby Sevens
Date: Apr 28 & 29, 2018
Venue: National Stadium
Pricing: \$25 to \$320

FOR MORE INFORMATION

<https://page.singapore7s.sg/hsbc-singapore-rugby7s>



EVENT PRO TIP:

NAIL THE RUGBY REVERSE PASS

In a physical rugby battle, it may seem that brute strength precedes flair. But there's still room for trickery: The reverse pass, a classic move and one of the hardest to pull off, sees the player release the ball from behind his back. It's a manoeuvre that's as cheeky as it is spectacular.

"If you do the reverse pass, your opponents will be taken by surprise, creating an enormous advantage for your team in attack," says national rugby player Reiner Leong, who featured for the invitational team Asia Pacific Dragons this year and became the first Singaporean to play and score at the new National Stadium.

But before you march into your next game determined to pull this off, you'll have to be very comfortable with making a normal pass, he cautions. "The

principles of the technique are similar in both cases: hand placement, the follow through of the guiding hands, and the release off the fingertips."

On top of the basics, other attributes are also required. "You'll need good awareness of where your target is [or will be], good balance, and a certain panache!" he says.

"Also bear in mind that you can't do a reverse pass while running forward, as the move requires weight transfer to the rear of the passer."

To begin training for the move, follow Reiner's instructions and practise with a target – a pole works well – 5m behind you to your left. If you're a left-hander, aim the pass 5m behind you to your right.

Once you can hit the target consistently, increase the distance between you and the

target, or take to the field and do the move surrounded by guys twice your size.

STEP 1 Hold

Stand in a relaxed stance with knees slightly bent. Hold the ball in front of you pointed sideways. Place your inside hand on the front half of the ball (that is, the part of the ball closest to your target) and your outside hand on the rear half. Your palms should face each other at an equal height, with fingers pointed downwards. Hold the ball with your fingers – as opposed to in the palms – to allow the ball to leave the fingertips smoothly.

STEP 2 Swing

Take a step with your left foot towards the target and transfer your weight through that foot towards the target as well. At

the same time, swing your arms backwards towards the target. Your body should lean slightly forward while you stay balanced on your left foot.

Your arm swing should also be a controlled one, not a wild swipe. Maintain a relaxed grip on the ball throughout.

STEP 3 Release

Spot the target visually and focus on it while the arm continues to swing backwards. When they almost reach maximum extension, let the ball roll off the fingertips while simultaneously pointing your hands towards the target. Doing so will determine the ball's accuracy and flight, and impart it with a natural spin.

Performed correctly, the ball should travel directly towards the target in a straight – not curved – trajectory.



TEXT TOM PICCOLO ■ ILLUSTRATIONS RAFA ALVAREZ

Listen to Guys Who Never Get Sick

MEET THREE BUSY MEN WHO, DESPITE HAVING JOBS WITH MORE BUGS THAN A FREE APP, NEVER SNIFFLE OR HACK.

THE SCIENCE TEACHER



EVAN APANOVITCH

JOB
School teacher, Miami

HEALTH STREAK
520 classes with zero substitutes

HEALTH THREATS

Apanovitch is used to being around germ carriers. He spent four years at a Clemson University lab checking the stool samples of reptiles and amphibians for stress hormones. (And you thought your 9-to-5 was tedious.) He's now a science teacher, but his contagion risk hasn't declined because he's always around 11- to 13-year-olds.

"Kids tend to have a high level of contagious viral illnesses, and are somewhat less focused on handwashing and hygiene etiquette," says Dr Jeremy Friedman of the Hospital for Sick Children in Toronto.

NEVER-GET-SICK STRATEGY

► Work your daily 5-to-9. "Most of my diet is fruits and vegetables, whatever's in season," says Apanovitch. He avoids processed foods and even makes his own Greek yogurt.

"If you're low on almost any nutrient, your immune system will not function well," says Simin Nikbin Meydani, director of the Nutritional Immunology Laboratory at Tufts University.

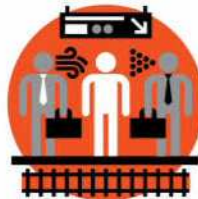
She says eating fad "superfoods" isn't as important as getting five to nine servings a day of a range of fruits and vegetables, plus adequate protein, fat and total calories. Foods with probiotics (good bacteria), such as Greek yogurt, can also promote immunity.

► Easy on the beef. "I rarely eat red meat," says Apanovitch. Research shows that too much of it can inflame the lower intestine, where many immune cells and good gut bacteria live. Prolonged inflammation of this type may add to the higher risk of colon cancer in red-meat eaters, according to a *Proceedings of the National Academy of Sciences* study.

► Drink your polyphenols. Apanovitch has three to five alcoholic drinks a week, mostly wine or beer. As for booze's immunity payoff, the experts have three big "ifs": (1) You drink

in moderation - two drinks a day, max; (2) you're a healthy adult and in good shape to begin with; and (3) you stick mainly to red wine or beer, since both contain the highest levels of polyphenols, compounds believed to confer health benefits.

THE URBAN EXEC



MIKE VOLPE

JOB
Account manager, New York City

HEALTH STREAK
In four years, just one sick day

HEALTH THREATS

Volpe spends up to 10 hours a week commuting by bus and subway to and from his tech job. "There are always people coughing and sneezing, and rats running around," he says. "Once I even saw a guy with his pants half off and his bare butt on the seat." Then there's the city itself, where poor air quality increases his risk of respiratory and cardiovascular disease.

A 2016 study in the journal *Environmental Health* found that motor vehicle emissions alone contribute to 320 deaths and 870 hospitalisations and ER visits in New York City annually. And even Volpe's indoor workplace is no haven - his office has an open floor plan. In a 2011 Danish survey of 2,400 workers, people in such an environment took 62 percent more sick days than those in individual offices.

NEVER-GET-SICK STRATEGY

► Blend a breakfast blast. Volpe gets up at 5am and downs a high-antioxidant, high-protein smoothie of Greek yogurt, peanut butter, strawberries, spinach and a banana. Proteins are essential to the proper functioning of cells, including cells that fight disease. Antioxidants in fruits and vegetables, along with the probiotics in yogurt, may also enhance immune function.

► Exercise five days a week, 35 to 45 minutes. Being physically active is the most important lifestyle predictor of taking fewer sick days, says exercise immunology expert David Nieman. He found that adults who work out at least five days a week take 40 to 50 percent fewer sick days than once-a-

week (or less) exercisers.

That's why Volpe's at his Crossfit box by 5.30am for an hour-long class four or five days a week. "I believe the best way to keep a strong immune system is to do something active at least once a day," he says. "I try to challenge my body and break it down a bit [so it rebounds stronger]."

► Find your exercise sweet spot. Too much exercise can have the opposite effect. Nieman's research found that finishers of the Los Angeles Marathon were six times more likely to get sick in the week following the event than a control group of marathoners who didn't run the event.

"During prolonged and heavy exertion, your body experiences high inflammation, oxidative stress, elevated stress hormones, muscle damage and reduced muscle glycogen stores," Nieman says. "Too much stress on your body can weaken your immune system."

So how do you find the perfect balance? "There is a huge variance among individuals," Nieman says, "and everyone needs to find their own sweet spot of exercise and health."

In general, to gain immunity points from exercise, he suggests following the US Department of Health and Human Services Physical Activity Guidelines of 2½ to five hours a week of moderate physical activity. Of course, if you're like Volpe, your sweet spot would be higher.

THE FREQUENT FLIER



JAKE STORIALI

JOB
Marketing manager, Denver

HEALTH STREAK
160,000km with no sniffles

HEALTH THREATS

Storali remembers looking at his phone calendar one morning and realising he'd been on the road for 21 straight days. As an event planner for an electrical supply company, he spends some eight months of the year away from home, crisscrossing US airspace. Given that planes are notorious petri dishes, how does Storali keep his health grounded?



Don't overuse antibiotics because I think there's something natural about getting sick and building my immune system that way.



NEVER-GET-SICK STRATEGY

► Don't overuse antibiotics. "I've taken antibiotics no more than two or three times in the past decade because I think there's something natural about getting sick and building my immune system that way," he says. "I also rarely take Advil, Tylenol or NyQuil."

The first part of Storiato's strategy makes a lot of sense, says pharmacist Tara Raymaakers. Fostering immunity means developing antibodies against pathogens, so the next time your body meets a virus or bacteria, its antibodies can spring into action.

However, she notes: "Over-the-counter remedies have nothing to do with immunity because they just treat symptoms of an existing illness." Immunity is about your past exposure to an illness, not your response to the symptoms.

► Whatever you do, believe in it. Storiato may be onto something else, though. His bias against OTC remedies, however flawed, may be his best medicine. He describes himself as "very optimistic," and this optimism may be what's keeping him so healthy, says Dr Emeran Mayer, a gastroenterologist and neuroscientist at UCLA and the author of *The Mind-gut Connection*. Dr Mayer relates the power of belief to the placebo effect. When you think positively or take something you believe is good for you, your brain tells your body it should feel better. And it turns out your body is a good listener.



POP THESE, NOT THOSE

The verdict on popular supplements.

REPORTED BY LAURA TEDESCO AND JACKIE FRERE

Vitamin C



It can protect against cell damage that would otherwise deter white blood cells from fighting germs. Abbreviate a cold with 500mg three or four times a day instead of one megadose.

Echinacea



Its immunity advantages are uncertain and depend on the species, plant parts used, and dosage. The above-ground parts of the plant can shorten a cold, but you'd essentially have to take the whole bottle on the first day. That would cost you.

Probiotics



Certain probiotic species may promote secretion of immunoglobulin A, a critical antibody. To promote digestive health, take safe, well-studied probiotics, such as Lactobacillus GG and Bifidobacterium infantis.

Astragalus



This herb helps prevent colds by boosting bone marrow's ability to produce white blood cells. Try taking 500mg to 1,000mg twice a day, especially when travelling.

Elderberry



It can battle a cold, but evidence is strongest for fighting flu. One study found that elderberry liquid extract inhibits influenza A and B viruses.

Airborne and other blends

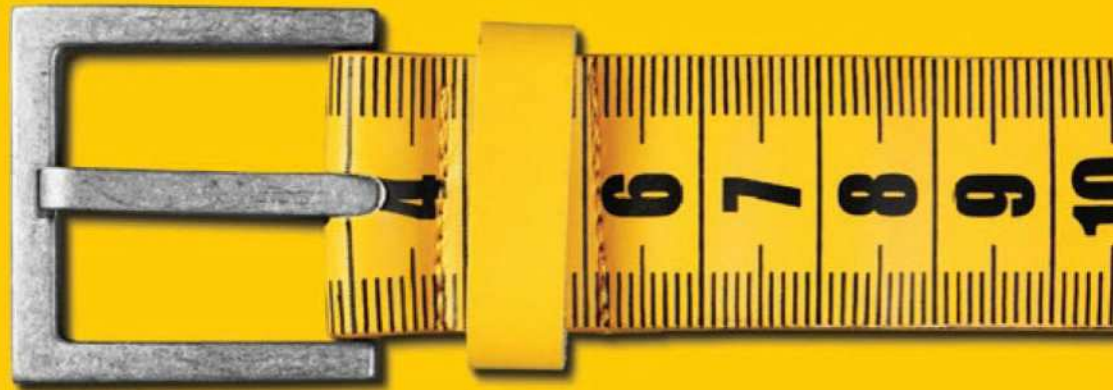


Some of these proprietary vitamin-plus-mineral supplements contain zinc, which many believe promotes immunity, but there's little evidence to support that. One possibility could be patients experiencing a placebo effect.

Sources: Dr Victoria Maizes, director, University of Arizona Center for Integrative Medicine; & Dr Roger Clemens, University of Southern California School of Pharmacy

Men'sHealth

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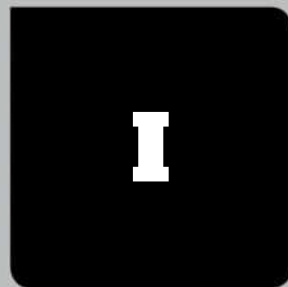
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The Cure For Everything (Seriously)

PESSIMISM IS MORE THAN A FRAME OF MIND - IT'S A DISEASE THAT CAN SHORTEN YOUR LIFE. BUT HERE'S THE GOOD NEWS: YOU CAN CURE IT!



I'm tired. Really tired. My two-year-old woke up at 2.23am. I tried not to look at the clock but couldn't help it. She had a nosebleed. Why does she get these at night? It never happens during the day.

An hour later, the cat started scratching at the door. It wanted to go outside and kill something. It never eats what it kills. It just dumps the carcasses at our door. Why does it do that? My wife says it's a sign that the cat loves us. I don't think so.

Didn't get a seat on the train this morning. Typical. Now my computer isn't working. I must emit a magnetic field that jams its circuitry. Or maybe it hates me. Why not? Dogs growl and babies cry when I approach.

Do I sound like a whiner? People call me a cynic, a killjoy. My wife's kinder; she says I'm a pessimist. She's right, of course.

But to be honest, I never considered my pessimism a problem. It's how my brain works. In fact, researchers at the University of British Columbia found that a person's "emotional subjectivity" may have genetic roots. So what's

the problem? Takes all kinds, right?

Well, as usual, I'm wrong. Pessimism is more than just a disposition - it may be linked to diseases, and virulent ones at that. I discovered this when my wife, a physician, gave me a sheaf of studies after listening to one of my mournful monologues at the end of a frustrating day.

Included was a Finnish study reporting that the most pessimistic men were four times as likely to develop coronary heart disease over a 10-year period as the least pessimistic men.

There was Harvard University research pegging a pessimist's odds of developing heart disease at more than double that of an optimist. Plus, a 2014 review in *Trends of Cognitive Science* listed the benefits of being more optimistic: improved career success, stronger relationships, protection against loneliness, and less chance of rehospitalisation after having surgery.

But the real kicker was a longitudinal study of nearly 7,000 students entering the University of North Carolina in the mid-1960s. At the outset, they underwent comprehensive personality testing to determine their outlook. Over the ensuing 40 years, 476 of them died. The most pessimistic people had a 42 percent higher rate of death than the most optimistic ones. That's right: The pessimists died younger.

When I'd finished reading it all, my wife raised an eyebrow and asked: "Maybe you should see someone about this?"

I shrugged. "What's that going to achieve?"

PAGING DOCTOR HAPPY

I'm sitting opposite Tim Sharp, a clinical psychologist from Sydney. Sharp devotes himself to the field of positive psychology and goes by the schmaltzy moniker of "Dr Happy."

But there's nothing schmaltzy about Sharp. With his neatly trimmed beard and upright posture, he radiates calm vigilance. I feel scrutinised, a lifelong cynic laid bare on the operating table. Sweat prickles my upper lip.

One of the great misunderstandings about optimism, Sharp tells me, is that it's all about picking flowers

Pessimism is more than just a disposition - it may be linked to diseases.

TEXT AARON SCOTT ■ ILLUSTRATIONS MICHAEL BYERS. (MAP) RELAJA EL COCO & (ICONS) JUSTIN PERVOSE

OPTIMISM ZONES

Plan your vacation accordingly.

▶ IPSOS PUBLIC AFFAIRS SURVEYED 18,557 ADULTS IN 26 COUNTRIES TO FIND OUT WHAT'S TROUBLING THE WORLD. THIS SNAPSHOT OF THE RESULTS SHOWS NATIONS' TOP WORRIES.

while whistling "Zip-a-Dee-Doo-Dah."

"Optimism isn't just positive thinking," he says with careful emphasis. "It's not about saying everything's fantastic, because sometimes things are not fantastic. Optimists are realistic about the world. But they look at problems with a solution focus. It's about saying yes, there's a lot of good, and yes, there's some bad. But here's what I'm going to do about it."

This solution focus, says Sharp, is the defining trait of the optimist. Where the pessimist sees unsolvable problems, the optimist sees answers. Where the pessimist sees endless troubles, the optimist sees temporary setbacks. Where the pessimist sees his existence as a plaything of cruel fate, the optimist sees his future as something to be created.

This explains why optimists

seem to enjoy such diverse health benefits. They see the future as malleable, and they work hard to improve it. They exercise, they eat well, and they nurture relationships.

The best part, adds Sharp, is that optimism is a learnable skill. "Whatever your genetic predisposition," he says, "you can learn to think more optimistically. Think of it as a muscle. If you go to the gym every day and work your

biceps, they're going to get bigger and stronger. Optimism is the same.

"However, just like you can't build big biceps in one session, you can't build optimism in one day. Sometimes beliefs change quickly; more often they take time. But they can change."

I look down at my spindly arms. No amount of biceps curling is going to make them bigger. Maybe it's time to speak to a flesh-and-blood optimist.

LESSONS FROM A BULL SHARK

Paul de Gelder doesn't consider himself an optimist. "I suppose I'm on the optimistic side of things," he muses, sipping coffee in a cafe, "but I'm not on the high end of the spectrum. I know bad things are going to happen. They always happen. Clearly!" He holds up his prosthetic arm, nods toward his prosthetic leg, and laughs.

It was February 2009 when



8 FACTS TO INSTANTLY SWING YOUR MOOD



▶ The price of **solar energy is more affordable.** Panels cost 70 percent less than they did in 2010.



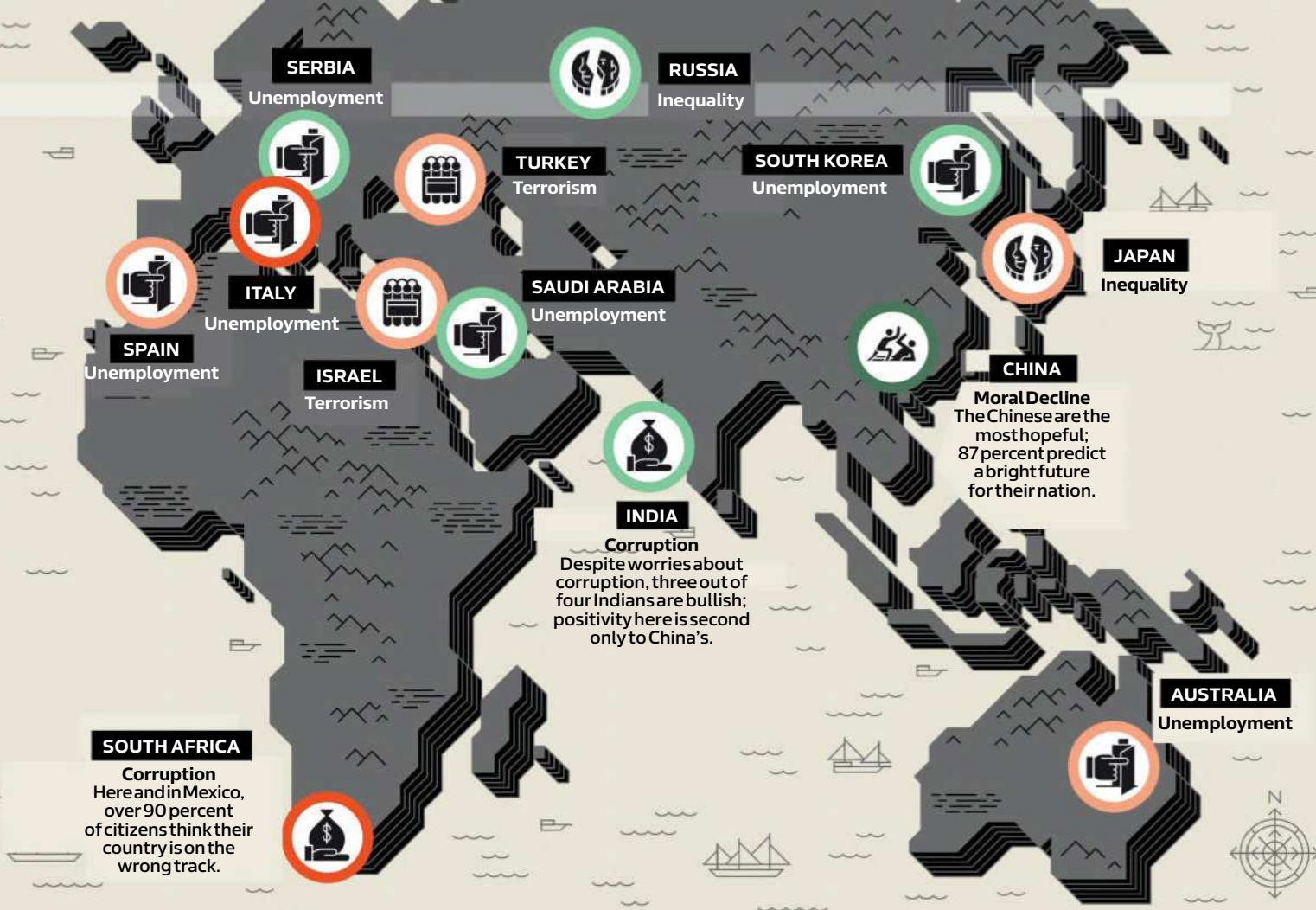
▶ A record **5,234 craft breweries** are making suds nationwide, with more popping up all the time.



▶ Globally, **wild tiger numbers are on the rise,** from 3,200 in 2010 to 3,890 roaming the earth today.



▶ Proceeds from the **Ice Bucket Challenge** have led to the discovery of a gene that contributes to ALS.



de Gelder, a Navy diver, had his arm and leg torn off. He was midway through a counterterrorism exercise when he felt a blow to his right leg. He looked down and saw a bull shark, its teeth sunk into his thigh.

For a second or two he just stared. It was only when he went to stick his finger in the shark's eye that he realised his right arm was also in its mouth. The shark pulled him under,

tearing his hamstring and right hand from his body. Then it glided off.

These days de Gelder is in a good place. He's carving out a career as a TV host in Los Angeles; custom-built prosthetics allow him to indulge his passion for weightlifting.

But his smile falters as he recalls the dark days after the attack. "As a kid, I was extremely unfulfilled," he explains. "I was smoking weed, fighting,

stealing. But in the military, I found purpose, drive, and an overwhelming sense of pride, all the things I'd been missing as a kid. And now a 10-second shark attack was going to take it all away."

This is when de Gelder's optimism kicked in. Lying in the hospital, stumps fizzing with pain, he decided not to wallow in self-pity. He resolved to return to work as a diver.

For de Gelder, this was

crucial. "You can't have positivity without a goal," he says. "That's what took me out of my funk."

Later, when he couldn't reach that goal, he simply set another one. And whenever negativity crept in, he ignored it. When he couldn't cut up his food, he shrugged and asked for help. When he couldn't do up his button-fly jeans, he took a deep breath, smiled and tried again.

GOOD NEWS AND POSITIVE DEVELOPMENTS ARE ALL AROUND US. HAVE YOU CONSIDERED THESE HAPPY ADVANCEMENTS?



Off the endangered species list? The **giant panda**. Tune in: nationalzoo.si.edu/webcams/panda-cam.



One of the world's healthiest foods is a bargain: **Eggs are cheaper** now than they've been in a decade.



In the United States, **smoking has declined** from 42 percent in 1965 to just 17 percent in 2014.



In Nevada, **it's now illegal to drive** under the speed limit in the left lane on the highway.

FEEL THE (UP)BEAT

WILL THESE TRICKS WORK? ABSOLUTELY!



Appraise Your Pessimism Level

◆ Twice a day, take five minutes to write down your thoughts as they come to you. Don't analyse; just jot 'em down. Psychologist Tim Sharp says this helps build awareness of negative thought patterns. After all, he says, you can't change something if you don't know what it is.

Rethink the Repercussions

◆ Blindsided by bad luck? Consider all conceivable positive outcomes of an adverse event. If you've lost your job, for example, instead of regarding it as a financial blow, try to think of it as a new opportunity to find a better job. Got dumped? Now you're free to return Park Shin Hye's calls!

Snap Out of It – Literally

◆ Put a rubber band on your wrist. When you notice negative or self-destructive thoughts dragging you into a spiral of pessimism, simply snap the rubber band. Psychologists say a small dose of pain serves as a cue to make you more aware of entrenched thought patterns so you can change them.

Add Colour to Your Meals

◆ A Harvard University study reports that optimists have higher blood levels of carotenoids than pessimists. These antioxidants are found in colourful produce, so eat red, yellow and orange vegetables. The theory is that optimism fosters healthy diet habits. But who knows? Maybe vice versa is also true.

"And you know the funny thing that happens?" he asks. "When you do something over and over, it becomes real. The more I pretended I could do it, the more I could do it."

I shake de Gelder's prosthetic hand and leave the cafe with a pleasant buzz that isn't from the coffee. In de Gelder, I see optimism as something real, tangible and trainable. And it's beautiful.

IMAGINING YOUR BPS

I'm standing on an ice sheet rising into a dazzling blue sky. My altimeter shows 8,464m but my lungs feel good, my legs strong. I can make out the Everest summit above me. In a

few short hours, I'll be there.

Suddenly my phone beeps. Reception up here? The wonders of modern technology! I pull the phone from my down jacket. It's a message from my daughter – she's just passed her medical exams. I'll call her from camp tonight. For now, though... the summit!

I lean back in my chair. Yesterday I bought a Pacific island and spent the day swimming in the lagoon. Tomorrow? Who knows? A century-old vineyard in the Loire Valley? A global circumnavigation in my yacht?

I'm using a strategy called Best Possible Self, or BPS. Lisa A. Williams, a social

psychologist, suggested it: Each day, I'm to spend five minutes imagining a future in which I'm happy, fulfilled and thriving.

"Forget about financial and geographic constraints," she says. "Imagine the best place you could be and all the details."

The evidence for this practice is strong. In a Maastricht University study, people who wrote down and then imagined their future BPS for five minutes a day reported higher optimism after two weeks.

And among people in a Southern Methodist University study who spent 20 minutes writing life goals for four straight days, those who also visualised their BPS had less ill health over a five-month period than those who didn't.

As I stand on Everest's summit, the Himalayan range beneath me, I begin to see the appeal. I feel vital, driven, empowered, free.

"In day-to-day life, you're always focused on the immediate," Williams says. "But BPS lets you raise your gaze to the future and imagine it as something overwhelmingly positive. In this modern age,

that represents a big shift."

After a month of daily BPS sessions, my imagined futures grow less fantastic and more realistic. There's less summing of mountains and more paying off of mortgages. I focus less on glittering achievements and more on the traits that will carry me towards a positive future – the strength to laugh at irritants, the fortitude to let annoyances pass me by. In this way, the future becomes something malleable, something I can influence.

I know I've turned a corner one morning when my computer inexplicably quits, deleting an hour of work. I stare at the blank screen. I breathe deeply. Then I call IT.

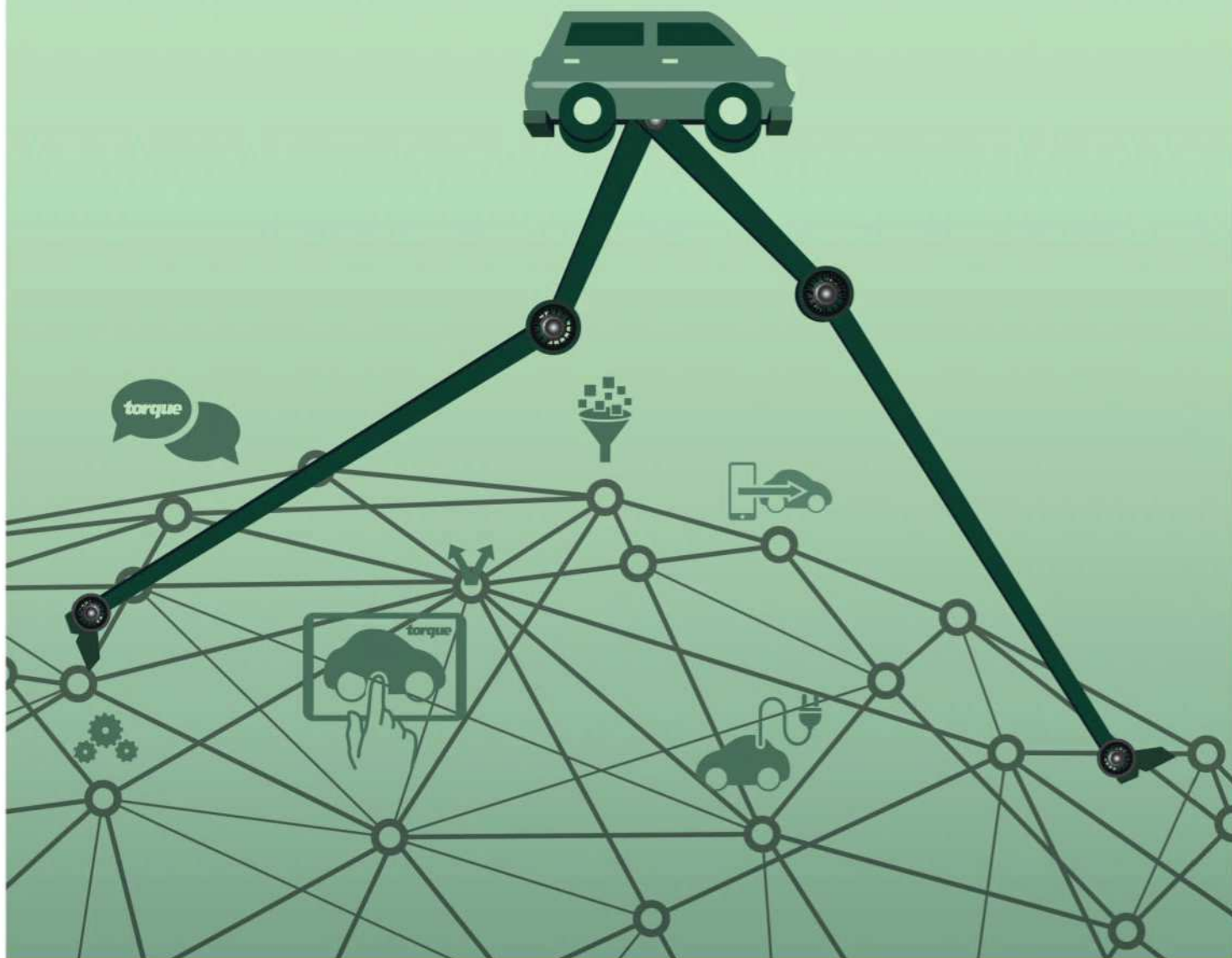
The guy on the line is friendly. He asks how my day is going. Then he recovers my work. I thank him. "Anytime," he says. And that's it: a short exchange that leaves me smiling. It is, I realise, the first green shoots of optimism.

Am I an optimist? Not by a long shot. But I reckon I can get there. And if that's not an optimistic mindset, I don't know what is.

In de Gelder, I see optimism as something real, tangible and trainable. And it's beautiful.

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■ TEXT LOUËE DESSENT-JACKSON ■ PHOTOS MICHAEL HEDGE
■ FOOD STYLISTS MATTHEW FORD & CASEY LAZONICK/HERS AGENCY

25 Certified Health Enhancers

Chasing the latest nutritional furors shouldn't come at the expense of flavour, fun or, crucially, veracity. Our list does away with inflated price tags and modish pretences to present a menu of often underrated ingredients, to be incorporated into your daily menu with minimum fuss and maximum benefit.

The Nutrition Mavericks

Our food experts

The Raw Proponent

A nutritional therapist with 18 years in the game, Christine Bailey reckons raw foods are the real deal. christinebailey.co.uk

The Minimalist

Graduate of the Institute for Optimum Nutrition, Jess Dyer prescribes simple and sustainable nutrition, not a fad in sight. jessipes.co.uk

The Hungry PT

As a self-proclaimed foodie, nutritionist and PT, Joe Sexton is leading the fight against restrictive diets. fatlossfeast.co.uk

The Game Changer

Having worked with Chelsea Football Club, Drew Price specialises in high-performance nutrition that delivers. drewpricenutrition.com



01 Emmental

A platter of recent studies have brought cheese that little bit closer to superfood status. Our pick of the selection: research published in the journal *Nutrients* reveals that the probiotics found in Swiss cheeses, in particular, are proven to boost immunity and lower the body's stress responses. That's something we can get on board with.

02 Flat White

The fixie aficionado's favourite is good for more than a pick-me-up. "A deluge of research shows coffee drinkers have lower rates of colon cancer, liver disease and even depression," says Price. But surely black is best? "Some studies suggest a link between coffee and bone loss, but milk's minerals should negate this," Price continues. Keep up, posers.



03 Poussin

Spatchcocked and grilled, poussin - a younger chicken, with a delicate taste - makes for a smart Sunday lunch alternative. "Poussin are slightly leaner than their older siblings with more protein," says Price. "What little fat they have is weighted towards the good, monounsaturated kind, which promote fat loss."

04 Dulse

Native to the waters of the British Isles - this red alga was considered a hangover cure in ancient Irish culture. And since it tastes uncannily like bacon when fried, who are we to break with tradition? Especially when Bailey agrees that it'll bring you back up to speed after a big night: "Dulse is one of the best natural sources of iodine, essential for the thyroid gland to help maintain metabolism and cognitive function."



05 Barrel-aged gin

As well as containing fewer allergy-triggering sulphites than other tipples, gin's botanicals carry benefits all of their own. "The largest flavour contributor is juniper, which contains antioxidant flavonoids and compounds such as alpha-pinene, an anti-inflammatory," says Price. Barrel-aged spirits offer the biggest top-up.



Heart Saviour!

06_Milk Chocolate

Sating your cravings needn't always mean a bitter block of 80 percent. Research in the journal *Heart* has linked regular chocolate consumption - both dairy milk and the dark kind - to a lower risk of harmful atrial fibrillation. Two to six small weekly servings is the suggested dosage. Though taking your medicine draped around a soft nougat and caramel core is liable to reduce some of its potency



07_Thyme

Not only will this form the basis of a fragrant stuffing for your next roast dinner, but researchers at Tabriz University found that rodents fed a thyme extract experienced an impressive threefold increase in their endurance capacity - which means a liberal serving should help you avoid that post-roast slump.



08_Chicken Liver Pate

Gourmet-minded scientists have shown that even the most indulgent of French bistro fare deserves its spot on your table. Researchers from The Italian Society of Diabetology found that vitamin B5 inhibits the build-up of arterial plaque. And the No. 1 source? Chicken livers - naturellement - packing four times more than avocado. Consider your usual toast-topping smashed.



09_Sumac

With a tangy, lemony taste recognisable from Mediterranean and Middle Eastern dishes, sumac's health benefits earn it a spot on your spice rack. "It sits high on the ORAC chart, which ranks foods' antioxidant capacity," says Bailey. Not only does that make it a valuable ally in the fight against cancer, but it can slow the signs of ageing too. It's the new way to pep up your morning scramble.

10_Raw Milk

Superior to your standard green top in its vitamin and mineral content, there's evidence to suggest raw milk is easier to digest for those with lactose intolerances too. What's more, pasteurisation reduces the bioactivity of beta-lactoglobulin, a form of whey protein, says Dyer.

11_Wood Ear Mushrooms

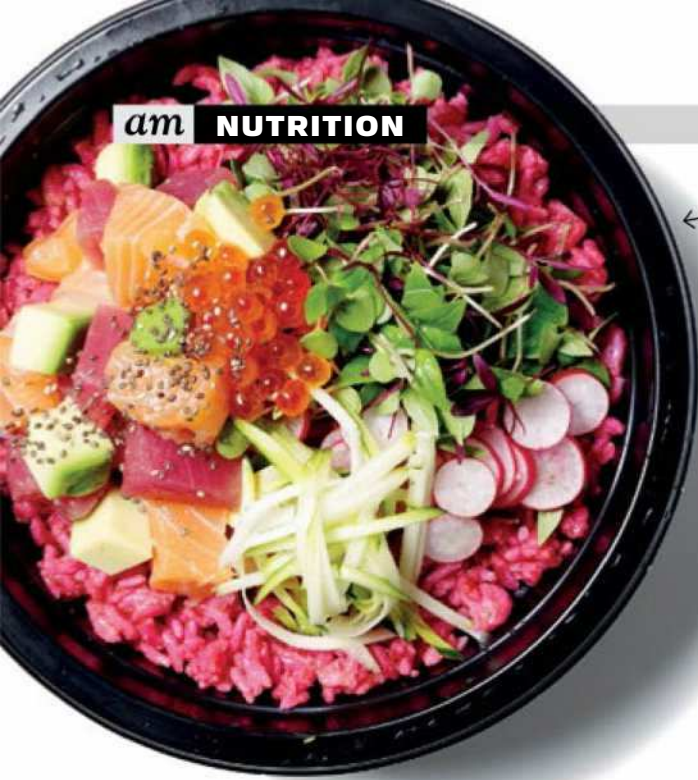
Native to the UK, wood ear is increasingly regarded as a panacea, used to treat everything from tumours to tonsillitis. And if you can handle its jellyfish consistency, Bailey reckons it could up your gym game too: "Polysaccharides from the mushrooms can boost endurance and protect against oxidative damage." Throw them in your rest-day risotto.



12_Ramen

Japan's take on fast food can help you take away quick health benefits. "Bone broths contain dissolved collagen, which has a huge amount of the amino acid glycine. This is shown to improve joint health, may relieve your sleep deficit, and can even give your skin a lift," says Price. For the DIY version, ditch the pre-prepared ingredients and buy fresh.





← Youth Preserver!

13_Poke

Sushi is no longer your leanest lunch option – in 2018, the Hawaiian alternative is not only trendier but healthier too. “Unlike sushi, poke is served with vegetables and fresh marinades instead of flavoured rice,” Dyer says. “It’s also a great source of omega-3 fats, which may help to lower your risk of stroke and cognitive decline.”

14_Bacon

Processed meats get their share of bad press, but Price knows there are reasons to pig out. “Most of the fat in bacon is actually the healthy monounsaturated kind you’d find in olive oil. It’s also a good source of niacin, B12, zinc and potassium.” Still, your local butcher is more likely to cure it themselves, with greater control over the provenance of the pork, so you’d do well to consult the experts before bringing home the bacon.



16_Purple Carrots

Purple is the new orange, with the humble carrot’s darker strain recently making a comeback. They might taste much the same, but the pigments dish out heart-healthy anthocyanins, while the *Journal for Agricultural and Food Chemistry* found they have double the immunity-boosting carotene of orange varieties. That’s what’s up, Doc.

15_Orange Juice

Vilified for its sugar content, fruit juice has become an unwelcome guest at the breakfast table. But recent data may change that. Tohoku University found a daily dose of citrus can cut your risk of dementia by almost 15 percent, due to the flavonoid nobiletin. Squeeze a small glass at home for a sunnier start to your day.

17_Turmeric

Far more than just a way to make your Tupperware lunch more Instagrammable, the bright-yellow curry spice has scientific health benefits. A study by the University of Texas discovered that its active chemical curcumin can inhibit the growth of prostate cancer cells, while it’s also been linked to a reduction in irritable bowel syndrome symptoms and arthritis. It’s a fair excuse for second helpings of masala too.

18_Teff

There’s a reason this poppyseed-size Ethiopian grain has long been a staple of the country’s legendary distance runners. Dyer explains: “It offers a complete source of protein so – like last year’s big hitter, quinoa – it is ideal for those wishing to supplement their meat-based protein content.” It’s also rich in magnesium, manganese, iron and vitamin B6 for stable energy levels – handy whether you’re dining al-desko or running for the hills.



19_Samphire

One of the ocean’s hidden gems, this salty, asparagus-like sea vegetable is packed with essential minerals, including magnesium and potassium, plus B vitamins for energy, says Bailey. It also contains unique compounds called fucoidans, which can have an anti-inflammatory effect to keep you shipshape.

20_ White Miso

The Japanese staple is making its way into everything this year, from stews to marinades. And, as you'd expect from the country with one of the longest life spans in the world, it will keep you ticking over for longer too. "White miso packs even more blood pressure-reducing phytonutrients than other varieties," says Dyer.



21_ Ox Kidney

Though somewhat unappealing to behold, organ meats are making a comeback. "They're among the best sources of choline, essential for brain health," says Bailey. Ox offers a more robust flavour, so start by crafting your own steak and kidney pies. It shouldn't pose a problem: Choline also builds the neurotransmitters involved in learning.



22_ Ghee

The South Asian cooking staple - a type of clarified butter - outperforms its cooking oil competitors with a range of vitamins, including A, D, E and K, plus omega-3 fatty acids. And at 252 deg C, it also has a higher smoke point than olive oil, so won't break down into harmful free radicals when sorting your weekend fry-up. If fat is finally back on the health menu, make this your favourite order.

23_ Whey Ice Cream

Admittedly ice cream will never be a superfood, but any nutrition plan that places a moratorium on dessert deserves a cold shoulder. Protein ice creams will help you avoid the blood sugar spikes associated with your usual scoop. "The best varieties use whey isolate - a high-quality protein - and xylitol as a sweetener," says Bailey. A 100ml scoop of Wheyhey's chocolate flavour contains a cool 8g of protein for just 85 calories. Ben and Jerry have been muscled out.

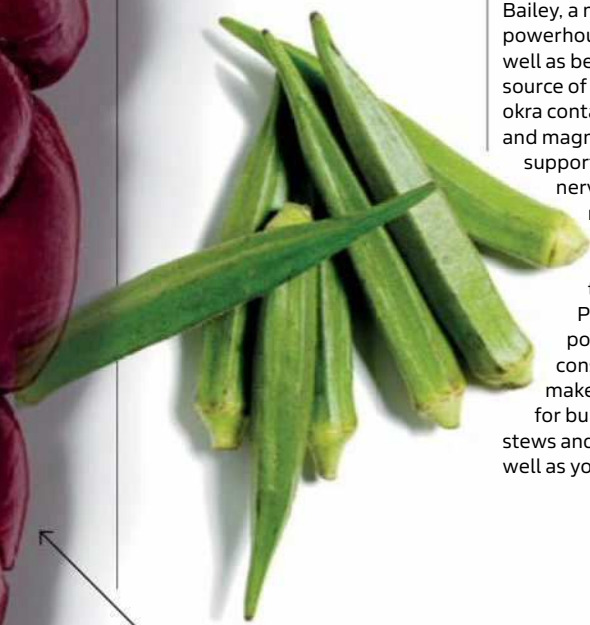


24_ Natural Wine

At its purest, natural wine is simply fermented grape juice. In fact, the process is so stripped back - using no chemicals or preservatives - that you might find bits of skin floating in your glass. But that's no bad thing, as Dyer explains. "Red grape pigments, which are particularly prevalent in the skin, may actually help to regulate blood sugar, as well as decreasing systolic blood pressure, making it one of the healthiest ways to unwind."

25_ Okra

Also known as bhindi or ladies' fingers, this curry house staple is, according to Bailey, a nutritional powerhouse. "As well as being a useful source of plant protein, okra contains calcium and magnesium to support muscle and nerve function, making it a vital aid to your training." Plus the pods' viscous consistency makes them ideal for bulking out stews and soups, as well as your biceps.



Brain Booster!



25 Overcooked Ingredients

You may believe you've cultivated a perfectly balanced diet. But, as numerous studies show, sticking doggedly to what you know in the kitchen can halt progression and flatline your health targets. To ensure your continued evolution, we've compiled a list of the outdated trends and misguided dietary myths worth striking from your shopping list.

01 Jackfruit

While we're not going to quibble with this Asian fruit's nutritional benefits, we'd sound a note of caution about its growing rep as a healthy meat alternative. While it may have a texture uncannily like pulled pork when cooked, it's not the post-gym snack you'd be hoping for. With just 2.8g of protein per cup, you won't be getting jacked any time soon.

02 Golden Latte

"While the turmeric that gives the drink its hue makes our healthy list, many of these new, trending coffees come loaded with sugar and fat," says Price. A tiny amount of spice won't outweigh the drawbacks of a few pumps of syrup. Instead, add a teaspoon of turmeric to tea, with a dash of honey to keep your health credentials golden.

03 Coconut Oil

The continued popularity of the stuff proves it's no flash in the pan, but studies from the American Heart Association have cast doubt on its cred. Their review shows that coconut fat increases levels of "bad" LDL cholesterol.

04 Celery

Whether used as a garnish for your Bloody Mary or unwillingly included in salads, this is one leafy green you have permission to cut out. Not only is it comparatively lacking in vitamins, but the Environmental Working Group rated it higher than almost all other veg for pesticide residue. Unless you like the taste (and who does?), stick it in the bin.



05 Avocado

We all know social media presents a distorted view of reality. And Instagram #cleanfood favourite - the avocado - is no exception. While its fatty acids and vits are undoubtedly beneficial, people have forgotten that it's still very high in calories. A large one can contain up to 400, equal to a burger, says Sexton. Unlike.

06 Protein Cereal

"Getting in more protein at breakfast is certainly not a bad idea. It'll keep you fuller for longer and help your muscles repair," says Sexton. "But some of the latest high-protein cereals are laden with refined sugar, cancelling out the good." Add a scoop of whey to your overnight oats for a stronger start to the day.

07 Plant Milk

Vegans and those with dairy allergies appreciate the alternative, but marketers are milking claims of its universal benefits. "There's still a big question over whether the nutrients in plant milks such as soya, almond or coconut are as readily absorbed as those in cow's milk," says Dyer. The phytic acid in soya, for example, can inhibit iron uptake. Pore over the facts before buying.

08 Charcoal

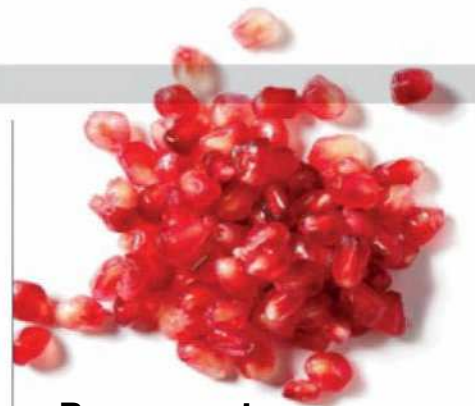
The coolest curative on the scene can ease hangovers and protect against toxins - or so we're told. "These are fairy tales," Dyer warns. "Charcoal is not absorbed by your body, so the idea that it will cleanse you doesn't make sense." Worse still, charcoal may bind to nutrients from fruit and vegetables, preventing their absorption. It's safe to say this is one fad that has gone up in smoke.

09 Apple Cider Vinegar

Despite the weight loss marketing claims, there's little evidence a spoonful will leave you with more than a sour taste in your mouth. *The International Journal of Obesity* found taking a shot did suppress appetite, but only because subjects experienced mild nausea. Save it for your salad dressings.

10 Chia Seeds

Yes, they're high in omega-3, but not all omegas are created equal. Unlike the stuff you get from oily fish, your body struggles to use the plant-based variety. What's more, the review by the Federal Uni of Rio de Janeiro found the science behind their weight loss claims is inconclusive at best. Which should plant a seed of doubt.



11 Pomegranate Seeds

"Pomegranate seeds on everything" might be a tenet of the breakfast bowl crowd, but their habit is largely decorative. You'd need more than a sprinkle to benefit from the fruit's antioxidants, plus most studies backing its superfood status are based on concentrated juices. It won't offset a heap of granola. Sorry.



12 Rice Cakes

"This so-called healthy snack is low on calories, but at the same time, low on anything of actual worth," warns Sexton. "They're pretty void of micronutrients and, even worse, flavoured varieties tend to contain an unhealthy amount of refined sugars." A handful of unsalted nuts is the 3pm snack you're looking for.

13 Coconut Sugar

Touted by wellness brands as a healthier alternative to regular sugar, the claim that more nutrients are retained from the coconut sap sounds sweeter than it is. "The ads say it's packed with potassium, but in reality, you'd need 25 teaspoons to reach a quarter of your recommended daily allowance," says Price. If you can't go without your sugar hit, antioxidant-rich raw honey is a much better substitute.



14_Pink Himalayan Salt

It's been claimed that the mineral balance in this salt du jour beneficially mirrors the ratios in our blood. But as for why that's of any use, no one can say. "It does contain more minerals than table salt, but not enough to be helpful," says Price. Use it to add aesthetic value to your shaker, but take the rest with a pinch of sodium.



15_Yogurt Drinks

If it's digestive health you're after, a spoonful of sweetness won't help the medicine go down. "Flavoured yogurts are often full of artificial sweeteners, which feed the bad bacteria in the gut and negate the probiotic benefits," says Dyer. Pick plain Greek yogurt for a natural remedy.

16_Aquafaba

The "jus" you find in a can of chickpeas has long been used by vegans as a substitute for egg whites in cooking. But while chickpeas make an excellent protein source, nutritional analysis by RL Food Testing Laboratories found that protein levels in aquafaba were too low to register.

17_Skimmed Milk

Regular consumption of low-fat dairy is associated with a modest increased risk of Parkinson's disease, according to the American Academy of Neurology. Further evidence that fat is indeed your friend.



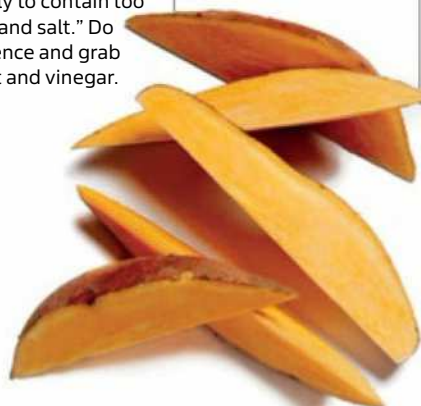
18_Gluten-free Bread

Harvard University looked at 26 years of data and found that shunning gluten did not cut the chance of heart disease, while restricting whole grain consumption could actually put you at higher risk. If you want to rise to the top, you need to use your real loaf.



19_Vegetable Crisps

Kale and parsnips have both been condensed into crunchy snacks, but health claims are overcooked. An analysis by nutritionist Charlotte Stirling-Reed concluded: "Crisps are crisps, even if made with vegetables, and they're still likely to contain too much saturated fat and salt." Do away with the pretence and grab a regular bag of salt and vinegar.



20_Biodynamic Eggs

Biodynamic farming prescribes cultivating crops based on moon phases. Chicken feed is planted according to the astrological calendar, which adherents say leads to an upgraded yolk. All of which sounds, quite literally, loony. Save money and stick to free-range.

21_Sweet Potato

Taking advantage of its paler cousin's synonymy with fast food, sweet spuds gained a rep for being both nutritionally and culturally superior. But there's not a lot in it: "Sweet potatoes aren't actually as high in potassium or magnesium as white spuds," says Sexton. In other words, there's no shame in grabbing a jacket.

22_Tofu

As veganism shoots up in popularity, so our appetite for meat-free proteins increases too. But there is such a thing as too much tofu. Many brands are fortified with B12, which, if you're also taking a supp, can cause problems. The *Journal of Clinical Oncology* found that overdoing it on this vit raises your lung cancer risk. A long-term reliance is not the best building block, basically.



23_Supermarket Soups

The lid may have been lifted on the high sodium content in tinned soups, but it seems "fresh" varieties aren't much better. According to recent investigations, some ranges pack 50 percent of your recommended daily allowance. Make your own, or save the tubs for after a hard gym session.



24_Brown Rice

There's a new "free from" diet taking off, based on research by heart surgeon Steven Gundry: "Whole grains with hard outer coatings are designed by nature to cause digestive distress," he writes, as their lectins cannot be broken down easily. Dismiss clean-eating dogma and incorporate a wider variety of carbs to your diet.

25_Sweeteners

If sugar is public enemy No. 1, sweeteners come a close second, with links to diabetes, according to the Canadian Medical Association. If you can't quit, upgrade your options: aspartame is among the worst offenders, while xylitol and plant extract stevia are the smarter picks. You'll have nothing to be sour about.



TAKE THE
PLUNGE
ON THESE
TIMEPIECES.
YOU'LL HAVE
NOTHING TO
WORRY ABOUT.

HANG THE REST OUT TO DRY

A

A watch is an invaluable accessory, especially when you're out in the open seas where things can get messy in a matter of seconds. You'll need something tough. Something reliable. So whether it's a casual wade through shallow waters or a deep dive, it's easier if you have one less thing to worry about. From big and chunky dials with thick metal bracelets to more subdued earth hues with rugged leather, each watch in this spread oozes masculinity as well as durability for any occasion you're ready to dive into.

■ TEXT GILBERT WONG



● **MIDO OCEAN STAR CAPTAIN CALIBER 80 TITANIUM**

Water resistant to a pressure of 20 bars (200m), this model is fitted with the Caliber 80, a latest-generation automatic movement that provides the ticker with exceptional autonomy. The unidirectional rotating bezel and bracelet complete with folding clasp and diving extension are also assets that will appeal to diving enthusiasts.

www.midowatches.com

\$1,590



● **MIDO OCEAN STAR CAPTAIN CALIBER 80**

Reminiscent of the ocean depths, the magnificent vertical satin-finished blue dial of this watch is protected by a robust stainless steel case and fitted with the Caliber 80 movement. The unidirectional rotating bezel with its blue aluminium ring and the steel bracelet, complete with folding clasp and diving extension, make this timepiece an essential ally for all those who love underwater exploration. It's also water resistant to a pressure of 20 bars (200m).

www.midowatches.com

\$1,400



● **SOLVIL ET TITUS HERO - INTERLUDE AUTUMN COLLECTION**

While not exactly a diver's watch, if you think the Interlude Autumn Hero can't brave the elements, think again. Featuring multiple functions on a blue dial and rose gold index, a date and day indicator, and water resistant to 30m, it comes in muted earth tones that exude sophistication. The brown leather strap, contrasted with rose gold bezel and buckle, accentuates the elegance and complements the simplicity of any outfit.

www.citychain.com

\$415

• **MASERATI POTENZA**

Designed with a polished bezel with a sleek leather strap, this watch is laced with timeless appeal. Practical in function and opulent in design, and with 100m water resistance, the Maserati Potenza makes an excellent addition to your collection.

www.h2hub.com.sg

S369



• **LONGINES LEGEND DIVER WATCH**

This timepiece goes back to the bold style that made the original watch so successful. This 10th anniversary reissue offers a new version with a Milanese mesh bracelet. It also receives contemporary and performance-oriented technical features: a sapphire crystal, and screwed crown and back to guarantee a water resistance rating of 300m, even an internal bidirectional rotating disc for divers.

www.longines.com

S3,590



Its new ticker features a highly legible face - you can tell the time even in the darkest areas.

**SEIKO PROSPEX PADI
SPECIAL EDITION (SPB071J1)**

Not much more needs to be said about Seiko. Its new ticker features a highly legible face, so you can tell the time even in the darkest areas. The anti-reflective coating on sapphire glass paired with 200m water resistance ensures that you don't have to worry about

babying this timepiece.
www.thongsia.com.sg

S\$1,480.90





• **TISSOT PRS 516
AUTOMATIC**

The PRS 516 series takes time to reflect on its 1960s motorsport-inspired origins. Wearers are equipped with timepieces that integrate the innovations in Swiss watchmaking to complement nostalgic design elements from the racetrack. With a Valjoux A05.H31 movement and water resistant to a pressure of 10 bar (100m), you'll be ready for anything. www.tissotwatches.com

\$3,050

Wearers are equipped with timepieces that integrate the innovations in Swiss watch-making to complement nostalgic design elements from the racetrack.

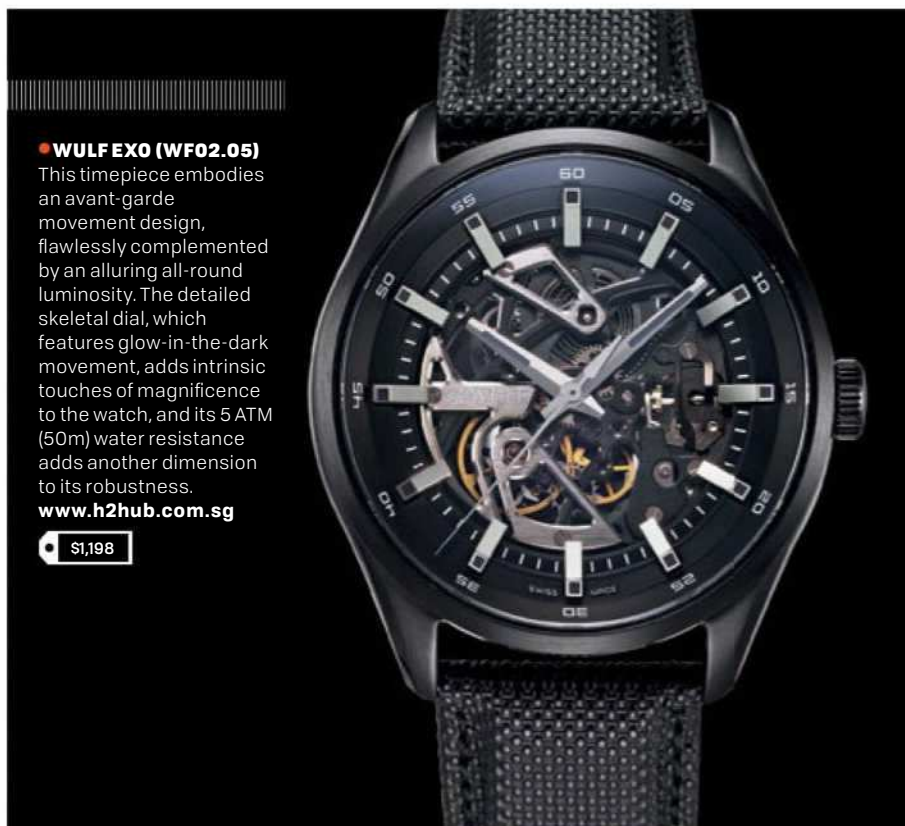


• **ARIES GOLD**
LIGHTNING G 7003 S-BUS

There's fast – and then there's lightning fast. When a timepiece can send your covetous desires into overdrive with racer-inspired details, no other moniker would quite fit it like the Lightning – depicted by a supremely layered CNC-finished dial bearing mechanical details, while revealing a segment of the quartz movement to recreate an auto engine look. With the ability to withstand 10 ATM (100m), a chronograph that looks this good will undoubtedly strike you with confidence at all times.

www.h2hub.com.sg

\$228



• **WULF EXO (WF02.05)**

This timepiece embodies an avant-garde movement design, flawlessly complemented by an alluring all-round luminosity. The detailed skeletal dial, which features glow-in-the-dark movement, adds intrinsic touches of magnificence to the watch, and its 5 ATM (50m) water resistance adds another dimension to its robustness.

www.h2hub.com.sg

\$1,198

Ace Your Morning Routine

THE BIG SECRET TO DAILY EFFICIENCY? PARK THE PHONE AND PARE DOWN YOUR BATHROOM STASH.



Answering e-mail on the toilet isn't saving you time – it's killing your morning.

"You lose efficiency when you make decisions, because your brain faces lag time and each choice forces you to stop," says Allyson Lewis, founder of The 7 Minute Life, a website dedicated to time management.

Pausing to like a few Instagram posts, dig through your sock drawer or search for your shampoo in a jumble of bottles costs you valuable minutes.

If you're always frazzled as you prepare for your day, you may need an efficiency overhaul. Start by stepping away from the smartphone. Then set aside time to organise your clothes. Finally, declutter your bathroom by using products that eliminate steps. On this spread are our picks.



SIMPLE WAYS TO SAVE TIME

Efficiency expert Allyson Lewis has a few suggestions.

1. Make the shower your one spot for washing your body and face, brushing your teeth, and shaving.
2. Cut clutter by limiting your choices: Put out only one body wash and shampoo at a time.
3. Use multi-purpose grooming products, such as a combination face wash and exfoliator.
4. Decide what to wear the night before. Don't leave the bathroom until you're fully dressed.
5. Leave your phone outside the bathroom so you won't be tempted to obsessively check it.

THE ESSENTIALS

Use these to supercharge your everyday strategy.



\$89

SHAVE AND SHOWER Dixie Rotary Shaver SX2100

Independently floating heads plus a reflex action system ensure a fresh, clean shave every day. It automatically adjusts to the curves of your face and neck for comfort, and its waterproof design means it can work dry or in the shower with gel and foam.
www.dixie.com



\$9.50

MULTI-PURPOSE Morgan's Anti-bacterial Medicated Soap

Few things can rival the convenience of a bar of soap. The medicated formula will protect against 99.9 percent of germs, and is tough on dirt but gentle enough for your body and face.
www.whatthewants.com.sg



\$35

WASH FASTER Gentlemen's Tonic Gentle Body Wash

Ideal for everyday use, the energising fragrance and carefully selected ingredients clean and energise, making this the ultimate body wash for men.
www.gentlemenstonic.com



\$38

STAY FRESHER Menscience Advanced Deodorant

Staying clean and fresh all day is vital for any guy. An advanced formula to sustain odour elimination for at least 12 hours helps to prevent odour and effectively eliminates it. It's also smooth, dry, non-staining and non-irritating.
www.menscience.com



\$55

CLEAN DEEPER Menscience Daily Face Wash

A liquid cleanser that effectively cleans skin without the damaging effects of soap. Rinses away without leaving residue, and leaves your face super-clean and refreshed.
www.menscience.com



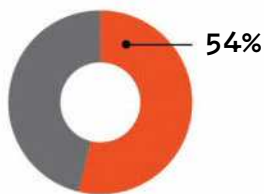
\$36

CLEANSE AND PROTECT Billy Jealousy Fuzzy Logic Shampoo

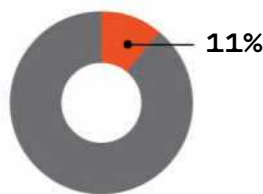
An advanced peppermint shampoo formula fortified with DHT blocking agents means it fights hair loss at its roots. You'll be able to protect your magnificent mane, allowing you to focus more on getting looks for the right reasons.
www.billyjealousy.com

GROOMING BY NUMBERS

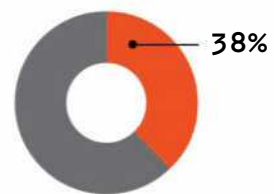
Thousands of *Men's Health* guys told us on Twitter about their morning rush.



Men who groom in 20 minutes or less.



...spend the most time styling their hair.



...say shaving is the day's biggest time suck.

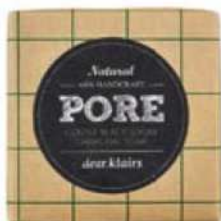
Based on a survey of 3,095 Twitter users



DISCOLOURED TEETH

If brushing isn't good enough, maybe this will help. Using charcoal powder from coconut trees that gently whitens teeth, this neutralises the toxins in the mouth and regulates the acidic balance. The 100 percent natural charcoal will polish and whiten your teeth, resulting in a shining smile worth showing off.

► **Nordics Carbon Whitening, \$65**
www.nordics.bg/en



DIRT BUILD-UP

Carbon molecules in activated charcoal are like dirt magnets, says Dr Dendy Engelman, a Manhattan dermatologist. When pore pollutants come into contact with carbon, they stick together and wash away as you rinse.

► **Klairs Gentle Black Sugar Charcoal Soap, \$19.70**
www.klaircosmetics.com



CLOGGED PORES

Clear up your skin once and for all with this detoxifying gel wash that delivers a deep-pore clean. Charcoal simultaneously moisturises and cleanses, says Dr Blyumin-Karasik. This gentle foam gets rid of grime without fragrance or residue. Natural charcoal draws out the dirt and excess oil, and the soothing, non-drying lather gently foams away impurities, leaving all skin types feeling fresh.

► **Clinique For Men Charcoal Face Wash, \$38.70**
www.whathewants.com.sg



STAINED TEETH

Surface stains from coffee, tea and wine surrender when faced with a toothbrush containing charcoal, says cosmetic dentist Marc Lowenberg. But naturally dark or yellow teeth may need a hydrogen peroxide bleaching agent, he says.

► **Nordics Toothbrush With Charcoal, \$14**
www.nordics.bg/en

The Dirt On Clean Skin

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



We love charcoal. It can sear steak to juicy perfection, suck the stink out of a man cave, and keep wrenches rust-free. (Just toss a briquette into your tool box.) But you might be surprised to know that its purifying powers can also keep your skin and teeth clean and healthy.

Charcoal's porous structure naturally draws out oil, dirt and stains while attracting water to hydrate your hide, says dermatologist Dr Marianna Blyumin-Karasik. Here's our quick-and-dirty line-up for any grooming issue.

Personal[®] TRAINER



68 MUSCLE

**CORE TO ACTION,
BULLET-PROOF YOUR BODY**

HERE'S HOW TO CARVE A STRONG
AND FLEXIBLE CORE.

82



BREAKTHROUGH

**MASTER THE
SUPERMAN PUSH-UP**

FEW BODY-WEIGHT MOVES ARE AS IMPRESSIVE AS THIS ONE, WHICH HAS YOU BRIEFLY TAKING FLIGHT - JUST LIKE THE MAN OF STEEL. YOU CAN DO IT: FOLLOW OUR FIVE-WEEK PLAN TO LIFT-OFF.

72



FITNESS

**ONE MAN'S
TRASH, YOUR
HOME GYM**

GOING ONLINE IS THE SMARTEST, LEAST EXPENSIVE WAY TO TURN YOUR GARAGE INTO A TRAINING PARADISE. BUT IT HELPS TO WORK YOUR WAY AROUND. HERE'S YOUR GUIDE.

84



NUTRITION

**DEATH
TO CALORIES**

THERE'S A FAR SMARTER APPROACH TO EATING YOUR WAY TO A BETTER BODY AND A LONGER, HEALTHIER LIFE. FINALLY.

78



FITNESS

**MISSION:
INVINCIBLE
STRENGTH**

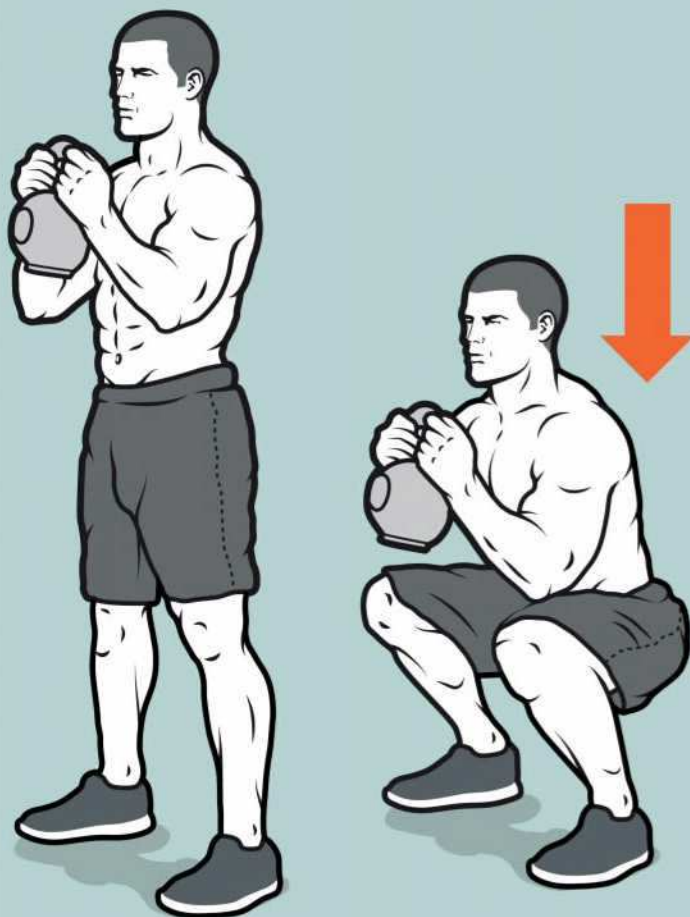
BUILD A BODY STRONG ENOUGH FOR ANY BATTLE, ANYWHERE.

POWER UP YOUR LEGS

BUILD QUADS OF THE GODS AND GLUTES OF STEEL, AND BURN SOME SERIOUS FAT WITH THIS SIX-MOVE WORKOUT.

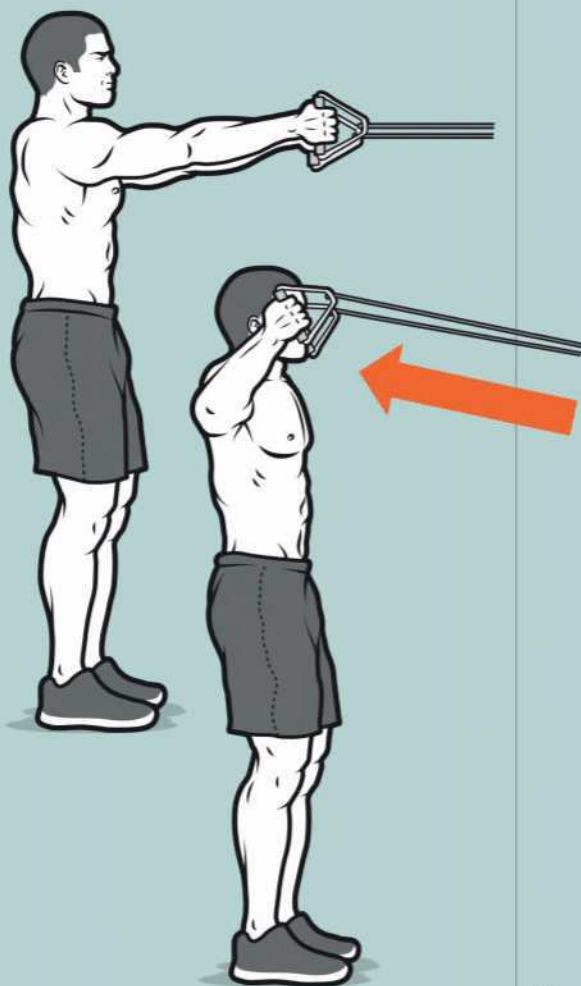
MOBILITY

Start with these warm-ups, resting 30 seconds between sets. The goblet squat primes your legs, while the face pull stabilises your shoulders and strengthens your upper back.



▣ GOBLET SQUAT

Hold a light (7kg to 14kg) kettlebell or dumbbell at your chest. Squeeze your glutes, brace your core, and squat, keeping your chest up, pulling your hips back and down, and pushing your knees apart. Lower your body until your thighs are parallel to the floor, then push back up. That's 1 rep. Do 3 sets of 15.



▣ RESISTANCE BAND FACE PULL

Secure a light resistance band to a rack at eye level. Using an overhand shoulder-width grip, grasp the band with both hands, arms straight in front of you. Holding it taut, pull it towards your forehead, opening your arms outward and bending your elbows. Keep your upper arms parallel to the floor. Reverse. That's 1 rep. Do 4 sets of 25.

BENCHMARK SCORECARD

HOW MANY REPS CAN YOU DO?

20 OR LESS: A SOLID START.

21 TO 33: NOW WE'RE TALKING.

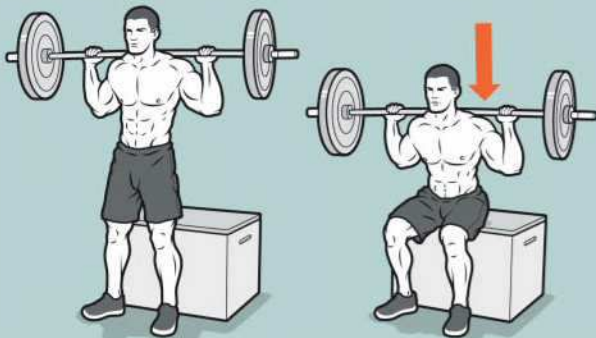
34 OR MORE: QUADS OF THE GODS!

STRENGTH

Rest as needed between these two moves – they'll hit your core, glutes and hamstrings.

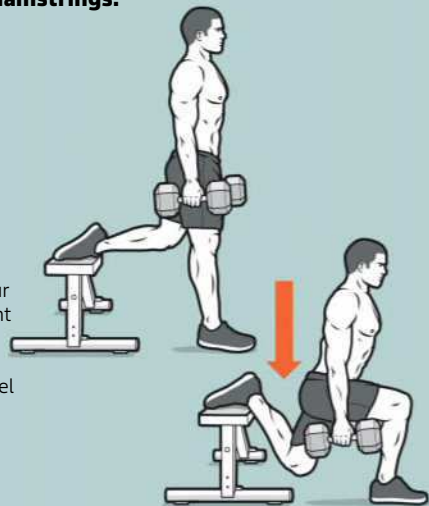
BARBELL BOX SQUAT

Stand a few centimetres in front of a knee-high bench or box, a 43kg barbell on your upper back. Tighten your core, push your hips back, and squat until your butt is on the box. Hold for 1 second, then stand up. That's 1 rep. Do 12 sets of 2 reps. If you can do 2 reps without plopping onto the box, increase the weight by 2kg.



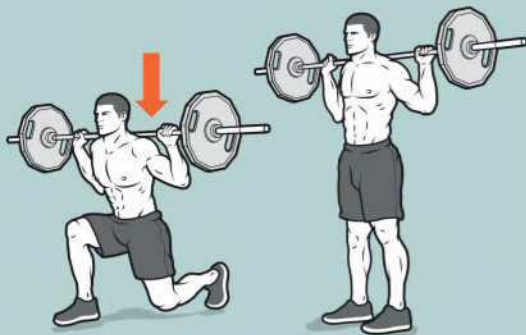
BULGARIAN SPLIT SQUAT

Stand with a medium-weight dumbbell in each hand and your left foot on a bench or box behind you. Keeping your torso upright and your chest up, lower your body until your right knee is bent 90 degrees and your right thigh is parallel to the floor. Push back up. Do reps for 1 minute, and then switch sides and repeat.



BENCHMARK

Do three 1-minute sets of the barbell lunge, then one 30-second set of kettlebell swings. Rest 1 minute between sets. Your final score is your total number of reps.

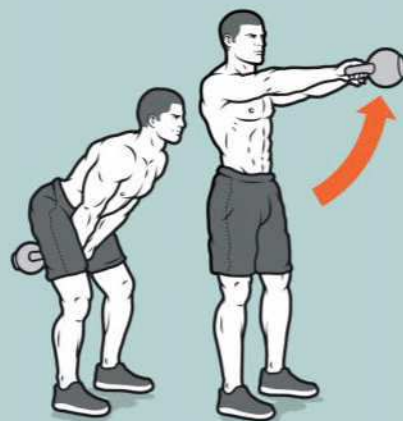


ALTERNATING BARBELL LUNGE

Stand holding a 43kg barbell on your upper back. Brace your core and step forward with your right leg, then slowly lower your torso until your right knee is bent at least 90 degrees and your left knee nearly touches the floor. Push back to the starting position, then step forward with your left leg and repeat. That's 1 rep.

KETTLEBELL SWING

Stand with your feet about shoulder-width apart, holding a 13kg kettlebell at your waist with both hands. Push your hips back, bend your knees slightly, and let the kettlebell travel back between your legs. Now pop your hips forward as you stand up explosively, swinging the kettlebell forward. That's 1 rep.





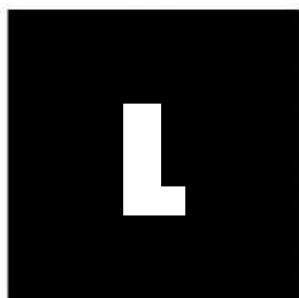
PT MUSCLE



■ TEXT: DARREN LIU ■ PHOTOGRAPHY: VERRON WONG
■ PHOTO: (CARPARK) 133RE ■ DIGITAL IMAGING: ASHRUDDIN SANI

THE SECRET TO AN IRON CORE

SINGAPORE GYMNAST TURNED LONDON BROADWAY DANCER GOH SENG HENK SHOWS YOU HOW TO CARVE ABS OF STEEL.



Leg splits, handstands and back flips – not every guy will be able to do them. But they are just some of the common things musical dancer Goh Seng Henk does every day. Graduating with a degree in dance and musical theatre, the 26-year-old has performed in Disney's *Aladdin – The Musical* on the West End, London as ensemble and Iago understudy. He is now currently understudying for the lead role: The Engineer in *Miss Saigon UK Tour*.

GETTING TO THE CORE

In order to perform the acrobatic tricks for his show, Seng Henk needed an exceptionally strong core to pull off stunts like handstands and backflips. For getting a strong core, he suggests being patient with your training.

"One minute onstage, 10 years of work off-stage," the ex-gymnast said. "It takes patience and grit. Your body is an organic being, not a programme. There will be setbacks, failures and injury, but getting through it is

what makes you grow."

If you want to get a core as strong as his, he recommends you doing V-ups, hanging leg raises and the Dish. These exercises are what help him bullet-proof his body while performing.

"Core muscles are incredibly important to keep dancers stable and balanced, as well as protect yourself from injury," the dancer said. "In addition, it takes a lot of core engagement to keep your body taut when you are flipping through the air, otherwise you won't be able to control the flip at all."

The dancer emphasised the importance of engaging the correct muscles, especially your transverse abdominals while performing these exercises. Any slight deviation will most likely cause you to strain your core and result in an injury.

HITTING THE GYM

Aside from doing ab exercises, Seng Henk attributed bodyweight exercises as key to building a strong core.

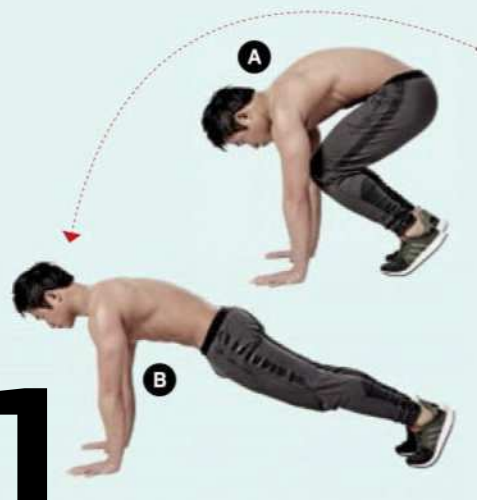
"Nothing activates your stabilising muscles as much as them," he said.

The one exercise that he suggests you add to your workout routines are dips. They are extremely helpful in building overall upper body and core strength.

"My absolute favourite exercise is weighted dips – fantastic for your chest and arms," he added.

THE BEST HOME BODYWEIGHT CORE WORKOUT

Do this in an EMOM (Every Minute On The Minute) structure: Perform a different move at the start of each 60 seconds, and if you finish your reps before the minute is up, rest until the next one starts.



1 HALF BURPEE ▶ 20 reps

Don't be fooled by its name – a half burpee doesn't require half the effort, as your shoulders and core stay under constant tension. Starting in a plank, crunch your abs to jump your feet in towards your hands (A), then hop back to plank position (B). Do 20 reps, and then rest until the 60 seconds are up.



KEEPING IN SHAPE IS NOT NECESSARILY JUST ABOUT THE AESTHETICS.

Though Seng Henk is not a fan of training legs, he said that you should be training them whenever possible if you want an iron core. "I'm terrified of leg day. As a dancer who has to do acrobatic tricks eight shows a week, I have to have strong legs," he reasoned.

He added on that having strong legs will provide a stable base for your core, and this can help prevent injuries when doing other core-related movements or exercises.

STAYING IN SHAPE

As Seng Henk needs to perform and execute acrobatic tricks on a regular basis, he needs to ensure that his body is at the peak of its condition.

"I tend to work out four to five times a week if we don't have additional rehearsals," he said.

If your schedule allows for it, Seng Henk suggests that you train at least four times a week to stay in shape.

Being a food lover, the performer does not have a fixed diet and advocates moderate eating. "I'm not too controlling with my diet. I love food way too much. I just try to increase my intake of vegetables and avoid processed foods," he said.

"I cook for myself mostly. And while touring, the less ingredients the better, so my diet does keep relatively healthy."

FITNESS TIPS

Seng Henk encourages you to stay active, keeping your workouts varied and learning a new skill.

"There are so many ways to keep you engaged nowadays,

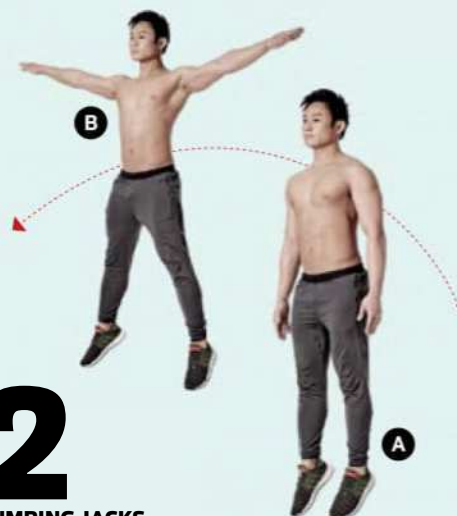
with this global workout obsession - gyms, Crossfit, calisthenics, mixed martial arts, yoga, pilates, rock climbing," he said.

"They're so accessible to the average Joe, and I encourage your readers to try them out."

The dancer also suggests taking a more holistic approach to your workouts, focusing more on functional strength rather than aesthetics.

"Keeping in shape is not necessarily just about the aesthetics," he said.

"It's important to stay flexible and functionally strong. If your workouts are not holistic, it will lead to muscle imbalance that may induce injuries in the future."

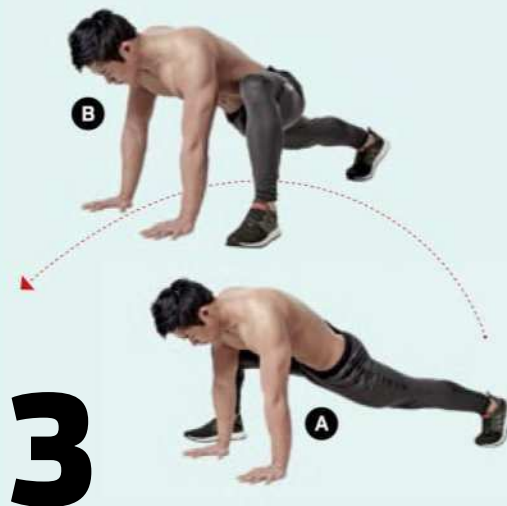


2

JUMPING JACKS

▶ 30 reps

Burn fat in double time with this next move, beloved by the military. Stand with feet together, arms by your sides (A), then raise your arms up above your head at the same time as jumping and spreading your feet wide (B). That's 1 rep. Perform 30, and then enjoy a brief moment of respite. Get to it, soldier!



3

SPIDER MOUNTAIN CLIMBERS

▶ 20 reps

Spend your third minute on the floor. Drop and assume a press-up position. Keeping your core tight and back flat, bring your right knee to your right elbow (A). Lower your right leg back into the plank and repeat with your left leg (B). Done? Go back to the burpees for Minute 4.



1
UNDER ARMOUR
UNDENIABLE 3.0
SMALL DUFFLE

→ \$59, www.underarmour.com.sg/en-sg

Finding it troublesome carrying multiple bags to the gym? This polyester duffel bag will solve the problem. With a large vented pocket, you will be able to carry your shoes together with your apparels without the need of a shoe bag. This tote is also highly water resistant, and has a tough, abrasion-resistant bottom and side panels. Using its Heatgear technology, you can sling the bag with total comfort on your shoulder. If you prefer carrying it, the padded handle will protect your hands, regardless of how heavy the bag is.

■ TEXT DAREN LIU

Exercise Enhancers

THESE LATEST GEAR WILL ELEVATE YOUR WORKOUT EXPERIENCE.



3
SALOMON
S-LAB SENSE
TEE

→ \$129, www.salomon.com/sg

2

MIZUNO
IMPULSE CORE
5.5 SHORTS

→ \$45, www.mizuno.asia/region



If you are looking for something versatile and comfortable while working out, these are the shorts you need. With its Drylite technology, they will keep excess moisture away from your body

and let you have a more comfortable experience while doing any kind of activity. Besides that, using the Freshplus technology, they have a deodorising function that can keep the garment fresh and odour-free. If you are a fan of night runs, the reflective material will keep you safe.



If you want to keep cool and dry while running, this is the apparel you're looking for. Using its Advancedskin Active Dry technology, it will keep you dry at all times by absorbing the moisture off your skin and onto a fabric that evaporates sweat quickly. This top will also help you perform better and longer by keeping you cool at all times with the 37.5 technology. Adding in the mechanical stretch mesh fabric and silicone-free gripping hem, you will feel light and comfortable while going on your runs.

One Man's Trash, Your Home Gym

GOING ONLINE IS THE SMARTEST, LEAST EXPENSIVE WAY TO TURN YOUR SPARE ROOM INTO A TRAINING PARADISE. BUT IT HELPS TO KNOW YOUR WAY AROUND. HERE'S YOUR GUIDE.

W

Where do people go to peddle their squat racks turned laundry racks, their dust-collecting rowers, and their practically new treadmills? Get it online, of course. There are venerable bare-bones, buy-sell sites that are the ultimate underground marketplace for fitness equipment.

And if you're looking to build your own home gym, they are the places to go. There's a ton of money to be saved buying fitness gear there. Just learn the internet universe first. Here are some tips and tricks.

YOUR RULES OF ONLINE BUYING ENGAGEMENT



▶ **WHEN IT'S POSSIBLE AND SAFE, GO TO THE SELLER'S HOME.** You'll probably learn a lot about how well the item you're buying was cared for.



▶ **PASS ON CARPARK LOTS.** If a seller wants to meet in a carpark, forget it. Why? It means you can't really test the workout equipment.

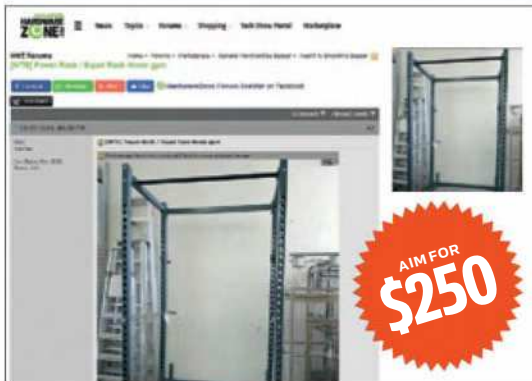


▶ **PACK YOUR BIDS INTO DIFFERENT JEANS POCKETS.** You can claim to have "only," say, \$100, pull it out of your pocket, and look convincing.

TEXT: EBENEZER SAMUEL & ANTHONY MCCARRON ■ ILLUSTRATIONS: TAVIS COBURN, GIAMMARCO MAGNANI & (ICONS & SPOT ILLUSTRATIONS) ELIAS STEIN

▼ SQUAT RACK

RETAIL PRICE: \$900 FOR A HEAVY DUTY SQUAT RACK



Hoping to embrace squats? You'll want a rack – a large structure to hold your barbell. Don't be stingy, because it's for your own safety. Aim for commercial grade. Cheaper racks can support up to 180kg but may teeter when you lift the weights off them. That can wreck a heavy lifter's confidence.

🔍 SPOT CHECK

Focus mostly on quality of steel and build quality of the rack. Thicker steel is better, says Cooper Mitchell of Garage Gym Reviews. Compare the thickness of the steel to cardboard. If it's cereal box or shoebox thin, move on. At least push for a discount if you notice rust at welding points.

✗ AVOID

If the rack won't stay flat on the ground. You don't need a seesaw.

✔ STEAL

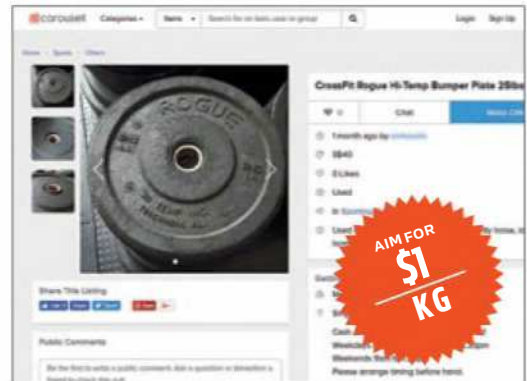
ANY STURDY RACK
If it's available for \$100 to \$150, grab it quickly.

🛡️ HOLYGRAIL

FORCE USA POWER RACK At about \$700, it could last forever.

▼ BUMPER PLATES

RETAIL PRICE: \$1/KG FOR MOST ROGUE PLATES



You'll want a barbell and a few sets of 20kg plates, but know that not all plates are the same. Don't buy metal weights – they can damage the floor when dropped – or sand weights, which break. Look for bumper plates, coated in bouncy rubber. Many brands make solid ones. Rogue Fitness is a good bet.

🔍 SPOT CHECK

The plan is simple: Prod the metal inner ring of each plate with your finger. When cheap bumper plates are made, the ring is positioned after the rubber forms. This eventually can fall off, leaving the rubber to crack. If the rubber is cracking around the ring, ask for a discount, or find other options.

✗ AVOID

If the inner ring rotates freely. That plate has taken a beating.

✔ STEAL

ELEIKO AND KRAIBURG Both are old-school brands you can trust.

🛡️ HOLYGRAIL

ROGUE FITNESS Pay up to \$1 per kg. They can be resold later.

WANT AN EVEN BETTER DEAL?

Les and Seth Gold of TV's Hardcore Pawn share their tips of the trade.



Aim for a fair discount. Everyone checks the Internet, so you won't get a "ridiculous" deal, Seth says. You just want a good one.

Compliment, then criticize. Disarm first, then mention the flaw. "You're probably not the first to point it out," says Les.

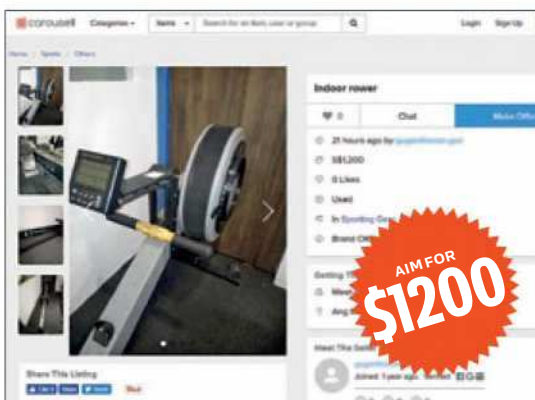


► MAKE THE PRICE RIGHT

ITEM	RETAIL PRICE	AIM FOR
Commercial-grade bench	\$263	\$100
Olympic barbell	\$92+	\$65+
10kg dumbbells	\$1/kg	\$0.50/kg
Kettlebells	\$1+/kg	\$0.25-\$0.50/kg

▼ CARDIO ROW MACHINE

RETAIL PRICE: \$1,800+ FOR A CONCEPT 2 MODEL D



Rowing burns more calories per minute than many other forms of cardio. Companies like Life Fitness and Xebex make rowers worth considering if you see them cheap, but chase a Concept - they are durable. Don't shy away from old models; all use the same fan-powered resistance, and parts are easy to find.

🔍 SPOT CHECK

If the console is malfunctioning, use that flaw as leverage. (Could be just dead batteries!) If it powers up but won't track your workout, a headphone jack-size wire may just need reconnecting. Also, check the mileage in the console settings, but purely to negotiate - it won't affect the unit's durability.

❌ AVOID

If the console is actually broken. It costs \$200 to replace.

✅ STEAL

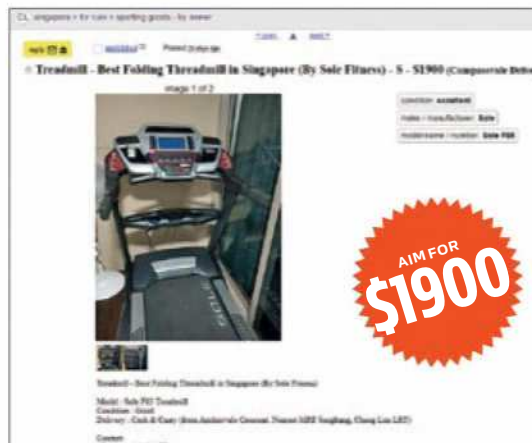
Any working rower for \$400-\$900.

🏆 HOLYGRAIL

LIFE FITNESS ROWER HX TRAINER Smooth resistance, but a retail price of \$2,988.

▼ TREADMILL

RETAIL PRICE: \$3,000+ FOR A SOLEFITNESS



Treadmills remain in demand, so bargains are hard to find. Most retailers sell new treadmills for half their retail price online, says Rajan Chopra of Treadmillreviews.net. Those come with warranties too, something you rarely find online.

🔍 SPOT CHECK

First, make sure the electronic console powers on. If it doesn't, the fix could cost hundreds or even thousands. As for the heart rate monitor, it's seen as a major feature, but (shh!) you don't care if it's broken. It's rarely accurate anyway, and your smartwatch can do the same job. Use that defect as a bargaining chip.

❌ AVOID

If the belt is fraying. That machine has seen plenty of kilometres.

✅ STEAL

Any reliable brand you can sometimes find for \$650.

🏆 HOLYGRAIL

TRUEFORM MANUAL TREADMILL If you spot it for \$5K, jump on that deal.



LIST FIGHT

Explore these sites too.

Facebook Marketplace ▶ This is less anonymous than other websites, and Facebook is working hard to make it grow.

Offerup ▶ A start-up that has been gaining steam lately, it makes buyer-seller communication easy. But it's a mobile-only app.

Nextdoor ▶ The network that connects you to neighbours has a convenient marketplace. Your seller may live right around the corner.

YOUR COMPLETE GUIDE TO RUNNING FASTER, FARTHER, AND WITHOUT INJURY

HERE'S EVERYTHING YOU NEED TO KNOW ABOUT RUNNING FORM, GEAR, NUTRITION AND TRAINING.



When I crossed the finish line at the Boston Marathon a few months ago, my old university buddies were in disbelief – back at the University of Pittsburgh, I wasn't exactly known for my athleticism.

But Boston was my third marathon, and I now consider myself a real runner. I revel in my runs across New York's RFK Bridge and the heft of a race medal in my hand.

In truth, my transition from beer runs to road runs didn't happen smoothly. I've had sore knees, a cranky Achilles, and more, mostly due to my rookie mindset. Like many novices who end up injured, I thought the only things I needed were shoes and a will to sweat.

"Most people are poorly prepared for the stress that running puts on the body," says Kelly Starrett, author of *Ready to Run*. Use this plan to prep yourself so you don't wreck yourself.

1 BUY THIS ESSENTIAL GEAR FOR BEGINNER RUNNERS

► Seek out a speciality running store and invest in the gear you'll need to start strong. Here are a few essentials.

RUNNING SHOES THAT FIT

Don't just go to a department store and buy the first pair that looks cool. It's worth the extra effort to find a running store that can provide a gait analysis.

The test will tell you how you run – that is, whether your foot rolls inwards (pronation) or outwards (supination) when it strikes the ground – and whether you have high arches or flat feet.

That information will help the staff put you in shoes that compensate for weaknesses in your running mechanics. They may even recommend an over-the-counter orthotic. This is an insert that you customize by popping it in the oven to soften, sliding it into your shoe, and then simply wearing the shoe.

For people with wonky feet, orthotics can help reduce the risk of a whole slew of painful and common injuries, like IT band syndrome and shin splints.

MINIBAND TO PREVENT RUNNING INJURIES

Stash this simple \$3 item in your gym bag or overnight bag – it can save you from a world of hurt.

You can use a miniband to strengthen the oft-injured muscles around your hips as well as your smaller stabilizing muscles, says Philadelphia trainer Jim Ferris.

DUMBBELLS FOR A STRONG CORE

A firm muscle is a fast muscle. If you don't own dumbbells, buy a pair of 7kg or 9kg dumbbells.

With these, you can combine weighted exercises (such as overhead push presses, straight-leg deadlifts and lunges) with classic body-weight moves like planks, side planks and mountain climbers to strengthen your core, says sports medicine doctor and *Men's Health* advisor Jordan Metzl.

2 DO THESE EXERCISES THAT MAKE YOU A BETTER RUNNER

► Don't take off like a rabbit: Spend two weeks walking while doing these moves three days a week, and then once or twice a week afterwards.

MINIBAND SIDESTEP

Here's the ultimate hip fortifier: Position a miniband around your legs just below your knees.

Keeping your upper body still, take small steps to the right for about 20 steps and then sidestep back to your left for another 20 steps. That's 1 set. Do 3.

TURKISH GET-UP

This move boosts mobility and strengthens every muscle from head to toe, especially those in your core. A strong core allows you to run with more control and stability. Do 5 reps on each side.

CADENCE LUNGE

Build strong strides: Holding a dumbbell in your right hand, step back with your right leg into a reverse lunge as you swing the weight in front of you. Explosively stand back up.

That's 1 rep. Do 10 and switch sides. Do 3 sets of 10 per side.

BAND LYING LEG EXTENSION

For bulletproof legs, lie on your back with your hips and knees bent 90 degrees.

Loop a miniband around your feet. Straighten your right leg. Reverse and repeat with your left. Do 3 sets of 10 reps per leg.

3 DO THESE STRETCHES BEFORE EVERY RUN

► Ready your body requires loosening up your muscles. Run through this routine before you pound pavement.

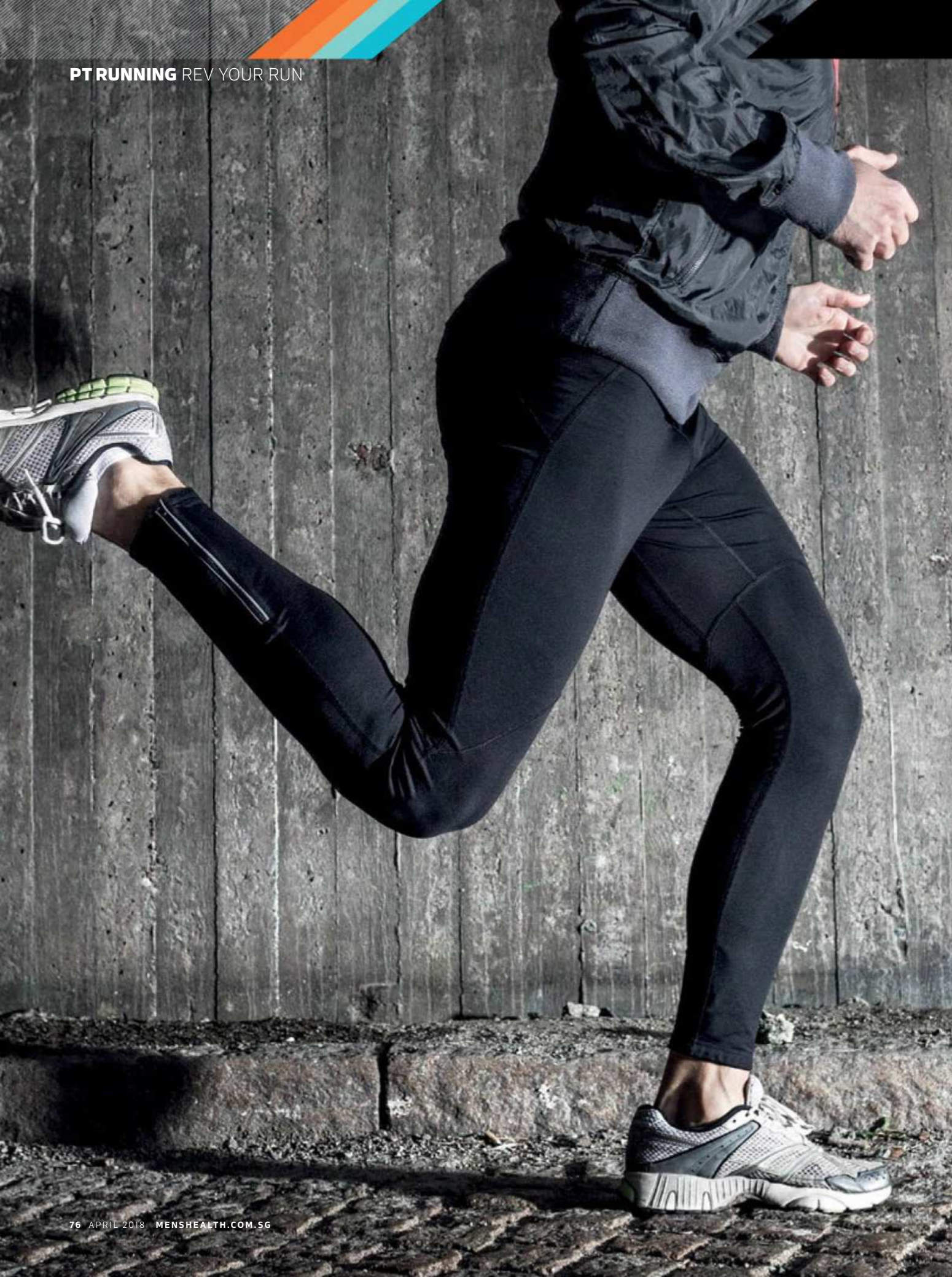
OPEN YOUR HIPS

With a wall directly behind you, assume a lunge position with your left knee forward and your right knee behind you on the floor close to the wall. Your right shin should be running up the wall.

You'll feel your right hip and quad stretch. Switch legs and repeat. This simple move opens up your hips and helps prevent



PT RUNNING REV YOUR RUN



knee, back and hip pain, says Starrett. Do it for a minute on each leg before and after you run.

STRETCH YOUR CALVES

Prevent Achilles tendinitis and shin splints: Stand on the balls of your feet on a step with your heels hanging off the edge. (You can use a railing or a wall for balance.)

Push yourself up and slowly (to a count of 10) drop your heels below the level of the step. Push back up and repeat. Do 3 sets of 15 every day after you run.

4 FOLLOW THESE NUTRITION RULES FOR RUNNERS

DON'T CARBO-LOAD

Step away from the pasta, Prefontaine. Beginning runners often overfuel, not realizing that a 7km run burns only about 400 calories, which is roughly the amount in two candy or energy bars.

Your normal diet will give you what you need until you reach half-marathon distance and beyond, says Dr Metzl.

HYDRATE GRADUALLY

Resist the urge to glug lots of H2O before a run - you shouldn't feel as if you're cramming for an exam, says dietitian and *Runner's World* magazine columnist Pamela Bede.

A better strategy is to simply drink when you feel thirsty, she says. For any outing lasting under an hour - as long as conditions aren't too hot or humid - you really don't need to carry water. You'll be perfectly fine with the fluid you have on board.

5 HOW TO PERFECT YOUR RUNNING FORM

► **Your first runs are critical. Learn proper running**

mechanics early so you can make faster progress and protect yourself from injury.

DON'T OVERSTRIDE

Try to maintain a compact stride and a quick cadence (for instance, step turnover), says former Dartmouth College track coach Mark Coogan, who now coaches pro runners for New Balance Boston. That'll help you avoid landing on your heels too much.

If you're a bigger guy, it could also moderate the impact on your lower back. "It's especially important when going downhill," he adds. "That's when the quads and knees can take a beating, and also when new runners tend to go for it."

RELAX ALREADY

Try not to move like Frankenstein's monster. Imagine you're holding an egg in each hand - you don't want to be squeezing so hard that you'd break it. That helps you stay loose everywhere, including your upper back and shoulders.

BE EFFICIENT

Beginners have a tendency to swing their arms across their body as they gain speed, Dr Metzl says. That motion wastes energy because it's side to side rather than forward.

Swing your arms naturally back and forth. The movement should be a perfect counterbalance to your legs, propelling you forward.

FOAM ROLL

Roll everything. Set a timer for 10 minutes and foam roll back and forth over as many parts of your lower body - glutes, quads, hamstrings, calves - as possible for about 30 seconds each.

When you're really feeling the pinch, dig into achy spots with a lacrosse ball, Starrett says. Align the ball with the

tight area, take a deep breath, and relax around it, letting the ball sink in and knead the spot. Then roll the area very slowly.

6 HOW TO RUN FASTER

► **With a solid base and a plan to become strong and avoid injury, you're ready for the long haul. Follow these rules of the road.**

BUILD MILEAGE SLOWLY

An abrupt build-up in distance - say, more than 30 percent over a two-week period - dramatically increases a new runner's risk of injury, according to a 2014 study in the *Journal of Orthopaedic & Sports Physical Therapy*.

You can stay off the disabled list by allowing your body sufficient time to adapt: Increase your mileage by no more than 10 percent a week.

FINESSE YOUR SPEED

Now let's go fast. Speedwork can help you burn more calories and train you to run fast without having to

suck wind. Coogan recommends "strides."

They're simple: In the middle or at the end of a normal run, just increase your pace to a near sprint for 100m, then resume your normal pace.

If you do 8 to 10 of these, recovering after each one, every other day for two weeks, you'll start to see your times improve.

TACKLE A HILL

Add a weekly hill workout and you'll quickly become a stronger runner, says Coogan. He recommends finding a gentle hill - at least 100m high - and running quickly up it.

"Try to do it five times the first week. Add a couple more every two weeks," he says. "When that becomes too easy for you, find a steeper, longer hill."

RECRUIT A FRIEND

You'll be more likely to stick with the sport if you have a running partner. If your buddies hate running, join a club. Many, like the Nike+ Run Club, are free and draw big crowds - and fit women.

BECOME A RUNNER IN 21 DAYS: THE PLAN

To build your endurance and pace quickly, use this chart to guide your training. Over the course of 21 days, you should be able to work up to 30-minute runs.

The Basics: Run by time, not distance. If you tire, just walk for a while. Recover between days. By week 3, you'll have better endurance.

DAY	RUN / WALK TIME
1	15 minutes
3	15 minutes
5	15 minutes
7	20 minutes
9	20 minutes
11	20 minutes
13	25 minutes
15	20 minutes
17	25 minutes
19	20 minutes
21	30 minutes

Mission: Invincible Strength

BUILD A BODY STRONG ENOUGH FOR ANY BATTLE, ANYWHERE.

06



01



03



DIRECTIONS

Gauge your performance with the test below. Rest the next day, and then end the week with one bench press/front squat day, one deadlift/get-up day, and one endurance day. Train Monday through Friday for the next 2 weeks, doing the moves in order. On Mondays and Thursdays (bench press/ front squat), do moves 1, 2, 5 and 6. On Tuesdays and Fridays (deadlift/getup), do moves 3, 4, 5 and 6. On Wednesdays, do 4 rounds of 5 walking lunges, 10 push-ups, 10 sit-ups, and a 100m run, then three 1.6km runs while wearing a 10kg pack or vest (rest 8 minutes between runs). After 3 weeks (or 13 workouts), retest and see how you improved.

01

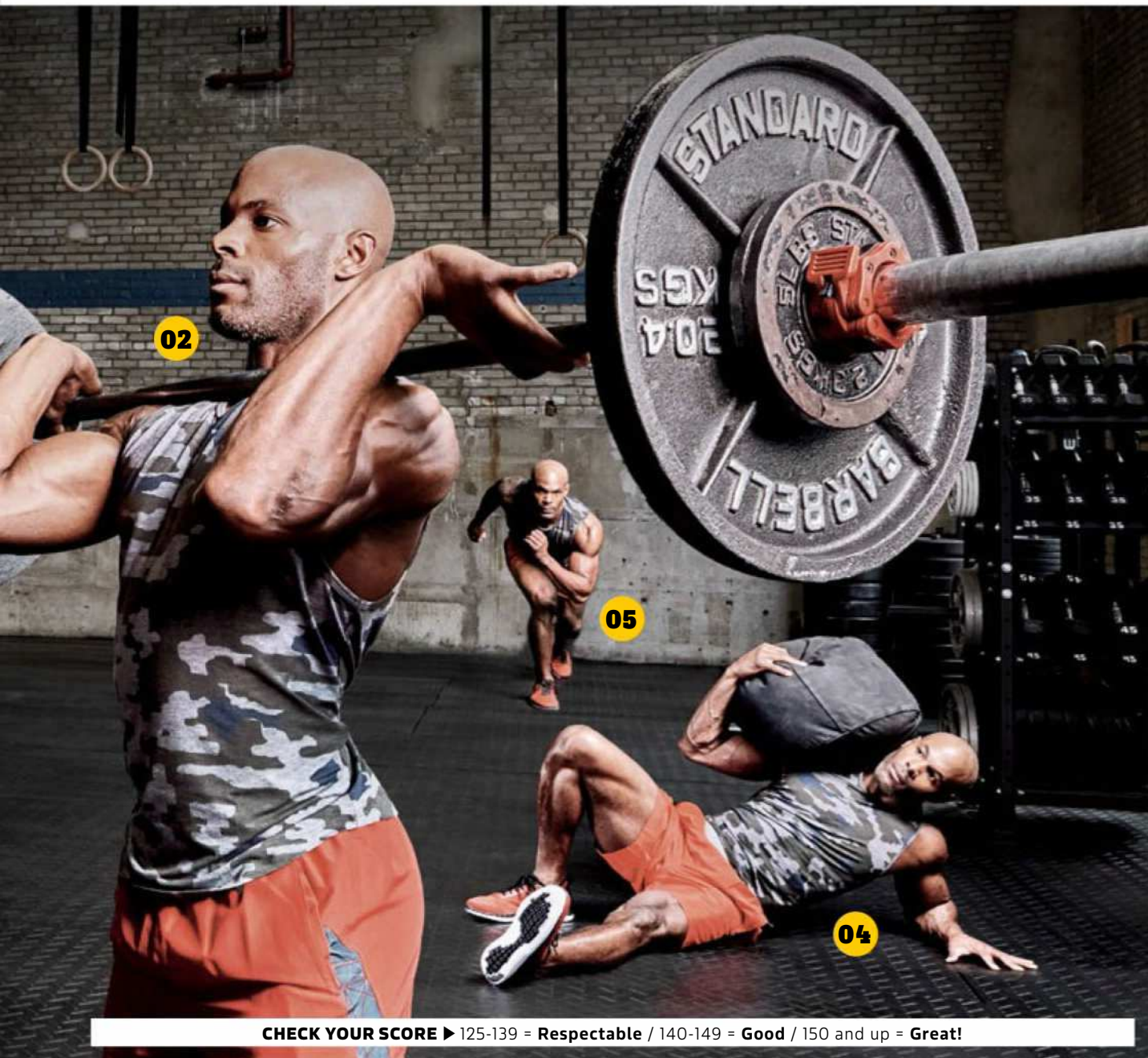
BENCH PRESS

During testing, do as many reps as possible with 70kg. For the first two bench workouts, do 6 sets of 35 percent of your total tested reps with 70kg, resting 90 seconds between sets. Do 40 percent of your total tested reps during the next two chest workouts. Do 45 percent during the final workout.

02

FRONT SQUAT

During testing, do as many reps as possible with 70kg. Do 6 sets of 35 percent of your total tested reps at 70kg during your first two squat workouts. Rest 90 seconds between sets. Do 40 percent of total reps during the next two squat workouts. Do 45 percent of total tested reps during your final workout.



CHECK YOUR SCORE ▶ 125-139 = **Respectable** / 140-149 = **Good** / 150 and up = **Great!**

03 DEADLIFT
Do a deadlift. Lower the bar, then pause 1 second. That's 1 rep. Test by doing as many as you can with 83kg in 60 seconds. During training, do 6 sets of 35 percent of total tested reps in the first two workouts. Rest 90 seconds between sets. Do 40 percent the next two workouts, and 45 percent the final workout.

04 SANDBAG GET-UP
During testing, do as many reps as possible in 10 minutes with a 27kg bag. Switch sides every 5 reps. Train by doing 10 sets of 10 percent of total tested reps in your first two workouts. Rest 90 seconds between sets. Add 1 rep per set during your next two workouts. Then add 1 more rep per set in your final workout.

05 SPRINT
During testing, set two cones 24m apart. Sprint between them for 60 seconds. Each full sprint is 1 rep. Do 4 sets, resting 60 seconds between sets. Train with two cones 12m apart. Do 6 sets of 40-second sprints. Rest 40 seconds between sets the first 4 workouts, 35 seconds in the next 4, and 30 in the last 2.

06 STRICT PULL-UP
Do a pull-up. Lower until your arms are fully extended. Pause. That's 1 rep. Test by doing as many reps as you can. Train by doing 6 sets of 35 percent of your tested reps in your first four workouts, then rest 90 seconds between sets. Do 40 percent of total tested reps during your next four workouts, and 45 percent in your last two.

No, You Don't Have to Eat Less to Lose Weight

THE QUALITY OF YOUR FOOD MIGHT PLAY A BIGGER ROLE THAN THE AMOUNT.

W

When you want to lose weight, one of the first pieces of advice you'll hear is "eat less."

But according to a new study from Penn State University, simply choosing to eat more of your favourite healthy foods may be a better approach to weight loss than reducing your portion sizes.

In the study of about 100 women, two groups – one of which had prior training on weight loss strategies like portion control – came into a lab once a week for four weeks to eat lunch. Their meals consisted of seven foods with different calorie loads, and the portion sizes they were served varied each week.

The researchers discovered that both groups ate more food when their plates contained more food, lead study author Faris Zuraikat, a graduate student in Penn State's Department of Nutritional Sciences, told *Men's Health*.

This was surprising because even though the trained group should have eaten less, they couldn't resist the amount of food that was put in front of them. There was no significant difference in the total volume of food that both groups ate.

There was a silver lining,

though, he says. "The women who were trained in portion sizes still ate less calories compared to the controls," Zuraikat explains. "And they did not by eating less, but by eating more of the lower-calorie dense foods and less of the higher-calorie dense foods."

This particular study didn't measure whether or not the women lost weight and was likely not long enough to see a direct effect, but past clinical trials support the idea that eating more foods with a lower-calorie density can lead to weight loss.

People who were told to eat more foods with a lower-calorie density, like water-rich vegetables, ate a greater weight of food and felt less hungry.

That's because an "eat more" message may be a better approach when it comes to weight loss, says study co-author, Barbara Rolls, author of *The Ultimate Volumetrics Diet*.

"Research finds that people have a tendency to eat a very consistent weight or volume of food, more so than managing calorie intake," she explains. "It's really hard to recognise subtle differences in portion sizes."

Plus, "fullness" is heavily weighed by the amount of food you eat, rather than the calories they contain alone, explains Zuraikat. If you can reduce your calorie intake by eating a satisfying amount of food, you

can still lose weight.

Even though the study only included women, the message is completely universal. "Men really like this approach," says Rolls. "It makes sense to them, and they like that they can have a full plate of food."

They both agree that you don't need special training to take this approach. The easiest thing you can do is make small changes that add up to a huge difference in your daily calorie intake.

"For example, take a sandwich. Go for the whole grain bread for more fibre, go for a leaner cut of meat, manage your spread and choose mustard over mayonnaise," says Rolls. You'll eat the same amount of food, but take in fewer calories without even realising it.

CAL



“
Eating more
foods with a
lower-calorie
density
can lead to
weight loss.
”

ORIES

YOUR 29-DAY CHALLENGE

MASTER THE SUPERMAN PUSH-UP

FEW BODY-WEIGHT MOVES ARE AS IMPRESSIVE AS THIS ONE, WHICH HAS YOU BRIEFLY TAKING FLIGHT - JUST LIKE THE MAN OF STEEL. YOU CAN DO IT: FOLLOW OUR FIVE-WEEK PLAN TO LIFT-OFF.



BACK-UP PLAN

Strong middle-back muscles will help you elevate your arms. Keep doing prone Supermans.

IN A ROW

Use dumbbell rows to build the strength you'll need to pull your arm backward.

BUTTING EDGE

Your glutes help elevate your legs in flight. Train them with 3 sets of 10 glute bridges.

TEXT: JAY MARYIAK ■ PHOTO: JUSTIN STEELE ■ ILLUSTRATIONS: JSM



▲ **FLY HIGHER:** GIVE THIS SINGLE-ARM EXTENDED VARIATION A TRY 3 TO 4 WEEKS AFTER YOU'VE MASTERED THE FORM FOR THE CLASSIC SUPERMAN PUSH-UP.

WEEK 1*

❑ Do **CLAPPUSH-UPS:** At the top of the move, push off the floor and clap your hands together. Then descend.



- DAY 1 5 SETS OF 6
- DAY 2 5 SETS OF 6
- DAY 3 5 SETS OF 8
- DAY 4 PRONE SUPERMANS. LIE ON YOUR BELLY, ARMS EXTENDED FORWARD. LIFT YOUR LEGS AND ARMS. THAT'S 1 REP. DO 5 SETS OF 10.
- DAY 5 5 SETS OF 10 CLAPS
- DAY 6 5 SETS OF 12
- DAY 7 TEST: DO 15 STRAIGHT CLAP PUSH-UPS. CAN'T? REDO WEEK 1.

WEEK 2

❑ Move on to **SHOULDER-SLAPPUSH-UPS,** slapping your shoulders with both hands at the top of the rep.



- DAY 8 5 SETS OF 4
- DAY 9 5 SETS OF 4
- DAY 10 5 SETS OF 6
- DAY 11 PRONE SUPERMANS, 5 SETS OF 10
- DAY 12 5 SETS OF 6 SHOULDER-SLAP PUSH-UPS
- DAY 13 5 SETS OF 8
- DAY 14 TEST: COMPLETE 10 SHOULDER-SLAP PUSH-UPS. BACK-TO-BACK. NOT THERE YET? REPEAT WEEK 2.

WEEK 3

❑ Do **HANDS-FLYING PUSH-UPS,** extending your arms forward at the top of each rep before descending.



- DAY 15 4 SETS OF 3
- DAY 16 4 SETS OF 3
- DAY 17 4 SETS OF 4
- DAY 18 PRONE SUPERMANS, THIS TIME HOLDING FOR 2 SECONDS, 4 SETS OF 8
- DAY 19 4 SETS OF 6 HANDS-FLYING PUSH-UPS
- DAY 20 4 SETS OF 6
- DAY 21 TEST: PERFORM 1 SET OF 8 HANDS-FLYING PUSH-UPS. CAN'T? TRY WEEK 3 AGAIN.

WEEK 4

❑ Do full-body **EXPLOSIVE PUSH-UPS,** "jumping" your whole body off the floor on each rep.



- DAY 22 3 SETS OF 2
- DAY 23 3 SETS OF 2
- DAY 24 3 SETS OF 3
- DAY 25 PRONE SUPERMANS, HOLDING FOR 2 SECONDS, 4 SETS OF 8
- DAY 26 3 SETS OF 4 FULL-BODY EXPLOSIVE PUSH-UPS
- DAY 27 3 SETS OF 4
- DAY 28 TEST: DO 5 FULL-BODY EXPLOSIVE PUSH-UPS. MISSED IT? REPEAT WEEK 4.

WEEK 5

DAY 29 SUPERMAN PUSH-UP



▶ LOWER YOUR BODY. THEN EXPLODE INTO THE AIR. EXTEND YOUR ARMS; SQUEEZE YOUR GLUTES. LAND. RESET. SMILE.

***PREREQUISITE** ▶ Before starting Week 1, do 1 set of 10 explosive push-ups, pushing your hands off the floor on each rep.

Death to Calories!

THERE'S A FAR SMARTER APPROACH TO EATING YOUR WAY TO A BETTER BODY AND A LONGER, HEALTHIER LIFE. FINALLY.

R

Rejoice, eaters! The era of meticulous calorie counting is over. And good riddance, because the conventional “calories in/calories out” model ignores one key factor: the quality of your food. Instead of counting calories, consider a 2017 New Zealand study suggesting that a diet centred on consuming whole foods like vegetables, legumes, whole grains and fruits freely until you're satisfied can lead to sustainable weight loss.

To break it down even more: “Monitoring the macronutrient composition of your diet – protein, carbohydrates, fat – is more important by far than counting calories,” says Mike Roussell, author of *The Metashred Diet*.

Do that and you'll cut the junk, net more disease-fighting antioxidants, and drop the kilos you've wanted to lose for years.

Part 1 shows you how. Part 2 tells you why.

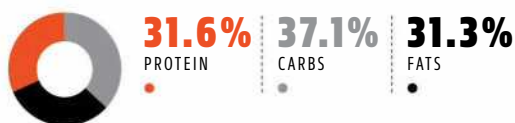


PART

1 MACRO YOUR MEALS

1 Find Your Basal Metabolic Rate (BMR)
 Here's the formula: $66 + (6.2 \times \text{your desired weight in kg}) + (12.7 \times \text{your height in centimetres}) - (6.76 \times \text{your age in years})$. It may sound complicated, but stay with us. Say you're 35 and 185cm and want to weigh 80kg. Your BMR is 1,873. Note: The rest of the data and meals on these pages follow this hypothetical guy.

1 Multiply Your BMR by Your Activity Factor
 Now gauge your fitness. Be honest!
Little to no active: 1.2
Mildly active: 1.3
Moderately active: 1.4
Extremely active: 1.5
 The result is the number of daily calories you take in to reach your goal for your activity level. So for our inactive 35-year-old, that's 2,248 calories. If he then becomes active, he adjusts the math.

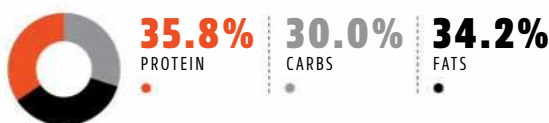


BREAKFAST

EGG SCRAMBLE WITH SWEET POTATOES

Preheat the oven to 225 deg C. On a baking sheet, toss a diced 226g sweet potato, 1/2 cup chopped onion, 2 tsp chopped rosemary, and salt and pepper. Spray with cooking spray and roast until tender, for about 20 minutes. Meanwhile, whisk 4 large eggs, 4 large egg whites, and a pinch of salt and pepper. Spritz a pan with cooking spray and scramble on medium, for about 5 minutes. Sprinkle with 2 tbsp chopped chives and serve with the spuds.

571 CAL
 44G PROTEIN
 52G CARBS (9G FIBRE)
 20G FAT



LUNCH

TRIPLE-DECKER CHICKEN CLUB

Spread 2 slices of whole wheat toast with 1/2 tsp mustard, and an additional slice with 1/2 tsp mayo on each side. Top 1 mustard-slathered slice with a piece of cheddar (14g), 1 lettuce leaf, 2 slices of plum tomato, and 42g premade rotisserie chicken. Top this stack with the mayo-slathered slice, then repeat with the same filling. Finally, top everything with the last mustard-slathered slice. Cut diagonally down the middle and serve.

508 CAL
 45G PROTEIN
 38G CARBS (6G FIBRE)
 19G FAT

TEXT: MEN'S HEALTH EDITORS & BILL GIFFORD ■ PHOTOS: SAM KAPLAN
 FOOD STYLING: JAMIE KIMM ■ PROP STYLING: OLGA GRIGORENKO/HONEY ARTISTS

NOTE: DON'T BECOME OBSESSED WITH 100 PERCENT ACCURACY," SAYS ROUSSELL. TREAT YOUR MACRO PERCENTAGES AS A GENERAL GUIDE. NOT A NUMBERS GUY?

On this plan, calories play a guiding role only in determining the macronutrients you need each day. But they are no longer your master. Instead, eat your macros - and then watch your weight drop and your muscle stack up.

1

Determine Your Macros

2

Protein: 1g has 4 calories. Aim for 1g per kg. If your goal is 80kg, you need 180g of protein a day. That's about 720 calories, or roughly 34 percent. Carbs: 1g has 4 calories here too. Aim for 34 percent. Fat: The leftover. In the example, that's 32 percent. Fat contains 9 calories per gram, so less is more.

3



36.2%
PROTEIN

30.8%
CARBS

33.0%
FATS



DINNER

LAMB CHOPS WITH ROASTED VEGETABLES

Preheat the oven to 225 deg C. On a large rimmed baking sheet, toss 1½ cups each chopped carrots and halved brussels sprouts, 1 quartered shallot, 2 tsp maple syrup, 1 tsp olive oil, and salt and pepper. Roast until golden brown, for about 20 minutes. Heat a large cast-iron skillet on medium high and add another 1 tsp oil. Season 4 lamb chops with salt and pepper. Sear until browned, around 4 minutes per side for medium. Serve with the vegetables.

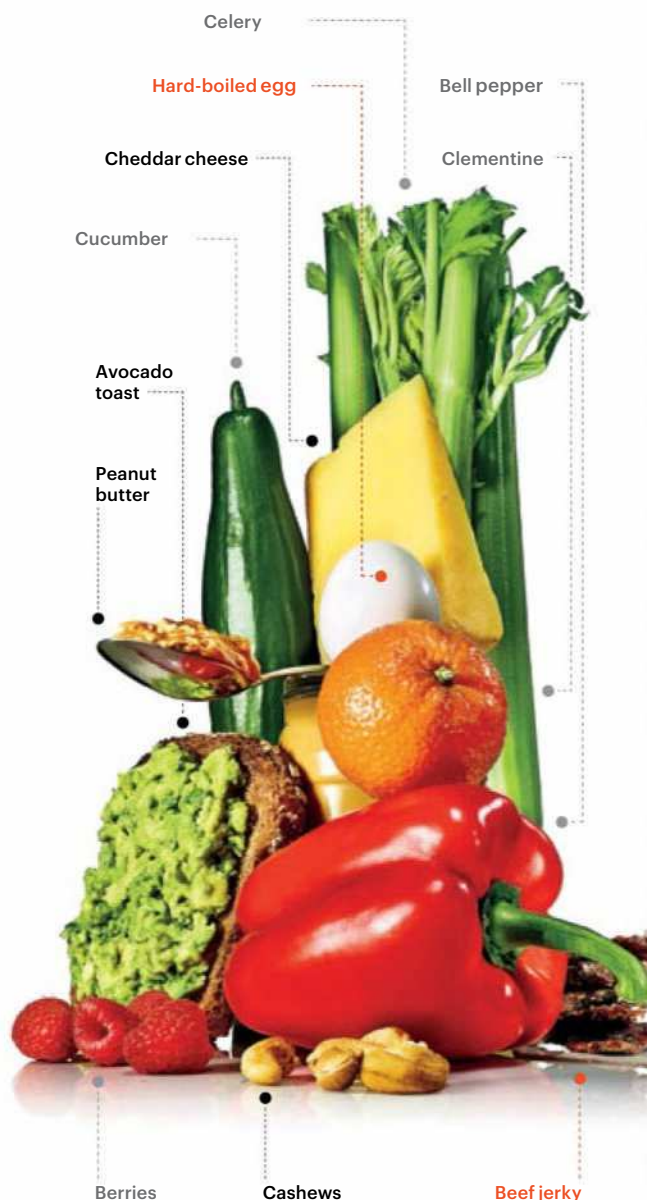
682 CAL
63G PROTEIN
53G CARBS (13G FIBRE)
25G FAT

THE MYFITNESSPAL APP HAS A MACROS TRACKER.

TACTICAL SNACKS

You don't have to eat all your macros at mealtime. Fill in with a variety of bites that adhere to your macro breakdown.

● PROTEIN ● GOOD CARBS ● FATS





C

Count calories, skip the fat: For 40 years, these have been the twin pillars of most mainstream weight loss advice. But according to Dr David Ludwig, author of the 2016 best-seller *Always Hungry?*, the best way to lose weight is to do neither.

Fat is not the villain, he writes; processed carbohydrates are. And put down the low-fat Twinkies! "For 40 years, we gobbled up low-fat foods," he says, "but they were actually making us fatter because they were filled with processed carbs instead of fat."

Epidemiological data backs him up: The rise in obesity rates began in the late 1970s, around the same time the US Department of Agriculture began

PART

2

THE CALORIE BACKLASH

So, you want to lose 5kg? Science has a few different variations on how to go about it (and the internet has hundreds more!). Amid the debate, though, one thing is growing increasingly clear: The once-all-important calorie is busted.

BY **BILL GIFFORD**

Best Spud?

Could this fresh-from-the-earth, vitamin-rich, high-fibre food be contributing to your weight gain? One scientist thinks so.

Or Sugar Shock?

One reason food producers have piled on the sweet stuff in the past few decades: Low-fat food tastes so darn terrible.



recommending that Americans eat a low-fat diet. After 30 years of scientific research and watching his patients struggle with their weight, Dr Ludwig decided there had to be a better way to eat.

Perhaps because he is also a professor at Harvard Medical School, Dr Ludwig can't resist including pop quizzes in *Always Hungry?* to see if you're with him so far. "What is the minimum amount of carbohydrate required for long-term survival?" he asks in Mini Quiz #1. The answer: zero. We must have fat and we must have protein, but we can survive without carbs, he says.

As an endocrinologist, Dr Ludwig has long focused on what happens when the carbs we eat turn into sugars in our bloodstream, spiking levels of the hormone insulin. This is why he's more concerned with starches than butter: All the simple carbs we consume are making us gain weight, he says.

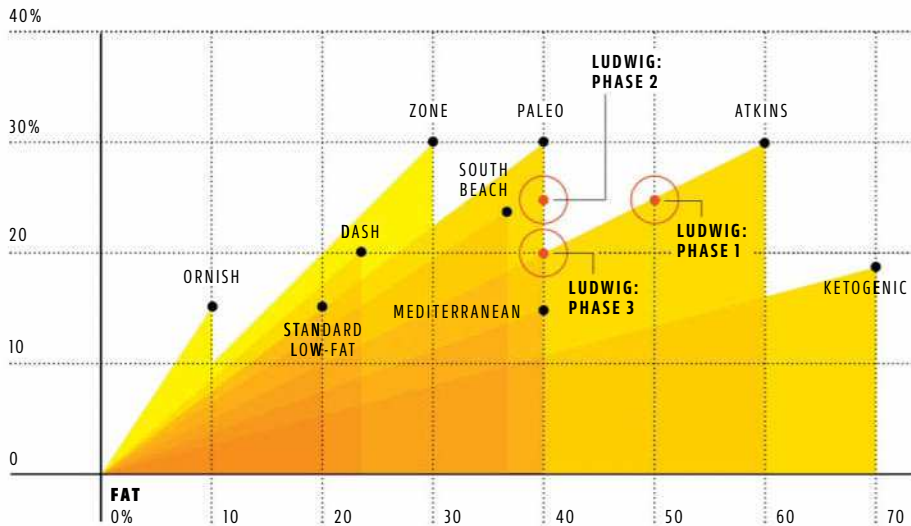
Here's Mini Quiz #2: "Which of the following raises your blood glucose and insulin the most after consumption, calorie for calorie?" Your choices: (1) white potato (baked); (2) ice cream, or (3) pure table sugar.

His answer: The potato! Dr Ludwig would prefer you ate a half cup of ice cream than a large baked potato. One

THE DIET MATRIX

Confused about what to eat on each diet? No wonder. Here are what a few methods advise.

PROTEIN CONTENT



nutrition blogger disparaged Dr Ludwig as a "hater of the lowly potato" - a charge he readily pleads guilty to.

The tuber's nutrients - fibre and potassium, plus vitamins B6 and C - are not enough to redeem it because it too easily becomes fuel for our fat, Dr Ludwig says. You might think butter is worse for you than white bread, but according to Dr Ludwig, you're wrong.

Obviously, Dr Ludwig isn't the first to champion a low-carb diet. It's been around since the late 19th century, when a British casket maker named William Banting became the low-carb originator. Then there was that Atkins guy, who championed the weight loss power of steak and bacon, much to the horror of the American Medical Association.

Low-carb variants range

from ketogenic (an ultra-low-carb plan that uses fat-derived ketones as the body's main fuel) to paleo, which disses cultivated grains, sweeteners and processed oils. And a plethora of other eating plans and apps focus on ratios of the big three macronutrients: protein, carbs and fats.

"The basic problem is that we are eating and

living in a way that puts our fat cells into calorie storage overdrive," says Dr Ludwig. "Those fat cells suck up and store too many calories, leaving too few for the rest of the body. We think of obesity as a state of excess, but it's really a state of starvation."

At the heart of Dr Ludwig's approach is the "carbohydrate-insulin hypothesis," a summation of decades of research and thousands of patients. The process of losing and gaining weight, Dr Ludwig argues, scrambles your hormonal signals that tell you to stop eating.

When you do happen to shed kilos, those same hormones can cause you to gain the weight right back. People aren't fat because they overeat, Dr Ludwig contends. They overeat because they're fat.

"Calorie counting to lose weight is like holding your breath," says Dr Dariush Mozaffarian, dean of the Friedman School of Nutrition Science and Policy at Tufts University. "You can do it for a while - that's why all fad diet books work - but there are these powerful pathways in our bodies to control our weight, and ultimately they overwhelm our willpower."

Dr Robert Lustig, a neuroendocrinologist at the University of California at San Francisco who has also studied links between insulin and obesity, puts it more succinctly: "Calories are bulls--t."

But Drs Lustig and Ludwig and their adherents have critics too, many of whom believe that they've oversimplified the interplay of carbs, fat and insulin, and their effect on weight gain.

Kevin Hall, a senior investigator with the National Institutes of Health and Dr

Ludwig's most vocal critic, has made it his business to call bull on the carb-insulin theory as a whole. Where Dr Ludwig sees a clash of two paradigms, Hall sees confusion and misinterpretation. And there the battle lines are drawn.

"This is a violation," Dr Ludwig says as he pours himself a small glass of sauvignon blanc. "I don't normally do this during the week." It's dinnertime at the Ludwigs' cosy home in Brookline, a short walk from the doctor's office at Boston Children's Hospital. His wife, Dawn, is busy at the stove. (They met at a macrobiotic food conference.) Their eight-year-old son, Benji, looks on hungrily.

After communicating with Dr Ludwig regularly for nearly a year, I finally invited myself to his home for dinner. As soon as I walked in, I was glad I had. Moroccan-spiced lamb stew bubbled on the stove. It's a dish that Dawn, a trained chef who once ran cooking schools in Texas, contributed to *Always Delicious*, the cookbook companion to *Always Hungry*?

Early in his career as a

physician, Dr Ludwig himself had prescribed low-fat diets to his patients who were struggling with obesity, only to watch them grow heavier. He now recommends foods that are higher in fats, including full-fat yogurt and cheese, as well as olive oil, avocado and fatter cuts of meat, like lamb.

Brian Goodhart, 47, has followed Dr Ludwig's programme after trying and failing several other diets. He's continued to shed kilos on Dr Ludwig's plan despite his talent for preparing his own homemade pork sausage. "What can I say? I love to cook," Goodhart says.

He blew past his original goal - 90kg, down from 115kg - and then just kept going. Now he weighs about 70kg and shops for 31-inch-waist pants. Not only that, he claims he doesn't feel hungry at all. "I can't get across to people enough: I don't deprive myself," he says. "They say, 'There's no way you haven't counted calories.' And I'm like, 'No - not one!'"

"You can actually eat the fats. For guys, that makes it easier," says Matthew Carr, 61, another convert to Dr Ludwig's theory. He dropped from 95kg to 79kg. "It's dramatic how much more energy I have now."

Some kind of carbohydrate forms the staple for nearly every world cuisine: Rice, corn and wheat make up a staggering 60 percent of the world's food energy intake. Dr Ludwig's diet doesn't ban carbs completely and forever; it's only for an initial two-week period in order to reset your metabolism, he says.

After that, you reach a new normal during which you can carefully reintroduce carbohydrates - preferably complex carbs like vegetables and whole grains - until you

reach a personally optimal balance of fat, protein and carbs.

Dr Ludwig recognises that people like eating carbs - and indeed, research shows that a whole-grain, pasta-based meal can be satiating. There's even a recent theory, advanced by an Australian study last year, that some people are more sensitive to the taste of carbohydrates in food. That could be one reason why some dieters find it difficult to stay on stricter low-carb diets.

While there is no pasta in sight at the Ludwig family table (tonight, the role of couscous is being played by riced cauliflower), dessert is present and accounted for.

As Dr Ludwig talks, Dawn is scooping out round balls of chocolate chip cookie dough. I'm wondering if these might be off the record, but nope. Thanks to almond flour and coconut oil, "they're soft and gluten-free," Dawn says.

I could eat about a hundred of those, I mutter to myself. Dr Ludwig nods. "There are no pure-fat binge foods," he says. "Nobody is bingeing on butter. And it's not a question of taste; it's biology. The biology drives your taste."

A few weeks after my Brookline meal, I sit down for lunch with Hall. "I like David Ludwig," Hall says over a healthy-looking nicoise salad. "He's a nice guy, and he's been kind to me in the past. But here's where I have some moral issues: You need to be really sure about something from a scientific standpoint before you go to the public with a book and make diet recommendations."

In Hall's view, the carb-insulin model is overly simplistic - and wrong in a few aspects. One 2016 study he published placed a group of 17 overweight and mildly

Nobody is bingeing on butter and it's not a question of taste; it's biology."

obese men on two calorically similar diets - a high-carb diet immediately followed by a low-carb diet - for four weeks each. Participants had a significant drop in insulin secretion after going from a high-carb to a low-carb diet.

But fasting glucose (a marker of insulin resistance) and fat loss were comparable, with a slight uptick in calorie burn for the low-carb diet. This may put a kink in the carb-insulin theory, which proposes that going low-carb will lead you to burn an extra 300 to 600 calories a day.

A few months later, at Obesityweek, the world's largest obesity conference, Hall and Dr Ludwig faced off in front of a standing-room-only crowd. Hall argued that his studies meant that certain parts of the carb-insulin theory had to be thrown out, and that the overall theory needed drastic modification, while Dr Ludwig said Hall's study was too brief and the sample size too small.

Using another method of measuring energy expenditure, called "doubly labelled water," Dr Ludwig said that the test subjects did in fact see metabolic improvement.

A mild-looking 46-year-old, Hall toiled at the NIH for nearly a decade before a series of high-profile papers lifted him to prominence. A physicist by training, he specialises in rigorous quantitative analyses of energy expenditure - that is, how calories are burned (or rather not burned) by the body.

"I don't believe a calorie is a calorie, in the sense that it doesn't matter whether it comes from Twinkies or a chicken breast," he had previously told me. Over lunch, he elaborates: Calorie balance alone does not

explain obesity; it's a complex phenomenon involving how our environment interacts with multiple biological mechanisms. And he's not convinced that low-carb is the answer for everyone.

At a rematch debate at Columbia University last April, Hall ran slides headed "Ludwig versus Ludwig" that purported to show instances in which Dr Ludwig's own data seemed to contradict the carb-insulin theory.

In a recent review, Hall reported that there was no reason to fund more diet trials evaluating whether low-carb diets achieved marginally different average weight losses than other diets. Instead, he said, more resources should go towards tailoring effective diets to individuals and to identifying factors that help sustain people over the long haul. One diet cannot possibly rule them all.

"It seems like there's an effort to close down a promising line of investigation," Dr Ludwig responds. "Both Hall's study and our study showed previously unrecognised effects of diet on caloric expenditure. We need more research, not less."

"Proponents of different diets are often convinced that their diet has a good scientific explanation," Hall counters, "but is the science behind it that strong? How well has it been directly tested?" He insists that he doesn't favour one diet over another, but adds, "Not everything you think you know about nutrition is wrong."

Seeking a way to resolve this polarized debate, I turn to Christopher Gardner, director of nutrition studies at the Stanford Prevention Research Center. Gardner has just completed his own lengthy

comparative diet study. Called Dietfits, its aim, in part, is to compare healthy lower-fat and healthy lower-carb diets but in free-living people. His study participants were not confined to a hospital as Hall's had been.

Gardner has gained a reputation in the scientific community as an honest broker. His rigorous 2007 clinical trial found that low-carb diets (Atkins and Zone) were no better for weight loss than a standard low-fat diet or an ultralow-fat Ornish diet. In follow-up research, Gardner found that people who were considered insulin resistant responded better to a low-carb diet than to a low-fat diet.

Gardner's Dietfits study was inspired in part by Dr Ludwig's work, which hinted at a possible mechanism that would explain low-carb's better results.

As of this past September, he had preliminary results and they were... curious. He again found no particular advantage for low-carb versus low-fat diets. In total, his 609 volunteers lost 2,900kg, but it didn't seem to matter which diet they were on.

Some of them actually gained weight, despite intensive nutritional counselling for both diet groups. "We saw huge successes on both diets, and we saw huge failures on both diets," he says. "It was humbling."

Gardner isn't alone in having difficulty explaining aberrations. Dr Ludwig himself has changed his approach by taking individual responses to certain diets more into consideration.

In a study to be published this winter, Dr Ludwig and his coauthors correlated genes for higher insulin secretion with increased weight gain,

which he argues strongly supports the carb-insulin model - but it also hints at why his diet might work better for some people (like Goodhart) than for others.

Perhaps obesity and weight gain are a highly individualised phenomenon, making blanket dietary advice almost impossible. Harvard University researcher Dr Lee Kaplan has identified more than 50 distinct subtypes of obesity. What's more, probably other variations are yet to be identified, Dr Kaplan says.

What if, as Gardner suggests, we simply forget about the low-carb/low-fat wars and instead focus on clear directives that scientists agree on? "Instead of bickering about 'Is a calorie a calorie,' how can Americans cut added sugar?" he asks.

As it turns out, that's one question that Hall and Dr Ludwig answer the same way.

"My hunch is that we engineered changes in our agricultural policy and our food supply in the 1970s to maximise the production of cheap calories," Hall says. He'd published a 2011 paper in *The Lancet* concluding that we were absorbing 220 more calories a day than we did about 40 years ago.

And in a 2017 study, Hall proposed that the increase of cheap calories were from fat and carbs.

So do you really need Hot Pockets and breadly frozen pizzas when you could be eating lamb stew and chocolate-chip coconut cookies?

TALK SHOP

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UNDER ARMOUR Optimise your run with the **Speedform Gemini Vent**, with innovative UA SpeedForm construction that moulds to your foot for a precise and comfortable fit. Key features include a ventilated midfoot panel to increase breathability, internal heel counter that provides seamless, lightweight support and structure, and its Charged Cushioning, which uses compression-moulded foam for even greater responsiveness and durability, providing optimal cushioning and energy return. **\$219, available at UA brand houses (Orchard Gateway, Collyer Quay, Tampines One, Bugis Junction and Vivocity).**



TRIPLEFIT Priding itself as Singapore's ultimate fitness performance and retail hub, the lifestyle and sports company Triple Group opened Triplefit, a one-stop destination for fitness aficionados. Its downtown space not only houses a gym that offers a wide range of group exercise training fitness programmes like high-interval intensity training, yoga and boot camps, it also includes a retail zone that carries the latest range of activewear and sports fashion from well-renowned brands worldwide. Furthermore, its group exercise training is incorporated with top-class fitness technology, which will help members reach new realms of fitness levels. **Located at #02-63 Millennia Walk, 6.45am to 9.30pm on weekdays, and 8am to 8pm on weekends; the retail section opens from 11am and closes at 8pm on weekdays and 10pm on weekends.**

AMARIS B. CLINIC Lifting weights, swimming and other forms of exercise increase metabolism, which leads to weight loss. But sometimes, no matter how much you work out, the excess weight is determined to cling on. At Amaris B. Clinic, it can help you lose that gut and look more masculine with a variety of weight loss programmes for men. After a physical evaluation, the doctor will be able to better determine what will work for you. The clinic offers programmes that involve medical weight loss as well as traditional weight loss management techniques that will have you feeling better about your appearance. We highly encourage that you do something good for yourself: Get in shape! **For more information on Amaris B. Clinic's body sculpting and weight loss programmes, visit the clinic at 140 Arab Street, or call 6536-4211.**



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CITY CHAIN

Celebrating its 130th Anniversary, **Solvil et Titus** will be launching the limited 130th anniversary edition of the **Sonvilier** timepiece, each engraved with "130 Years Of Watch Making Heritage" to mark the brand's rich history in the industry. This Swiss-made automatic movement model is limited to only 16 pieces in Singapore. A similar one for women is also available in limited quantities. **\$855, available at selected City Chain stores. For more info, visit www.citychain.com.**

JONSSON PROTEIN

Protein forms 91 percent of our hair structure – it is the greatest contributor towards thick, lustrous mane. A lack of protein in your follicles may cause your hair to become frail, brittle and lifeless. With Jonsson's **VE Protein treatment**, you can regain thick, healthy hair by replenishing the natural protein content in your hair. Unlike most treatments where protein molecules used have a high molecular weight, its unique VE Protein formula contains hydrolyzed protein, which penetrates the hair shaft more easily due to its smaller molecular weight, quickly improving the condition of your hair.

For more info, visit www.jonssonprotein.com.sg.



THOMAS D'ESTHETIQUE

So your buddy is getting married soon, and his wedding day is a week or so from now. If you haven't had a bachelor party yet, consider having a Brazilian waxing session done by Thomas D'esthetique. It may sound like an unusual idea, but waxing parties are getting more popular around the world. In Singapore, bachelor waxing is a new experience that will leave your soon-to-be-married buddy slick, suave and ready to kiss the bride.

For more info, call 6337-6585 or visit the salon at #03-01 Excelsior Shopping Centre.

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For more info, call 6532-2400, or visit #01-03 Clifford Centre.



TALK SHOP

• PRODUCTS • PROMOTIONS • EVENTS •

ROYAL SPORTING HOUSE Situated in the heart of Singapore's premier shopping belt, RSH's flagship store offers sporting enthusiasts a deeper selection of sports apparel and equipment in the four main performance categories of running, swimming, training and tennis. This approach marks a departure from its regular suburban stores, which typically carry basic to mid-range performance and lifestyle brands. The multi-brand sports retailer will also offer a complimentary gait analysis there for customers, as well as an in-house tennis specialist who will be on hand to provide recommendations for the right racquet.

#01-21/24 Tanglin Mall, open daily from 10.30am to 9pm.



TISSOT Dressing well means wearing the right outfit and accessories to complete your look. The **T-Race Marc Marquez** has the perfect blend of style and substance as it combines the sporty body of the Tissot T-Race with design touches that are a homage to the celebrated new Tissot ambassador, Marc Marquez. The youngest ever four-time MotoGP world champion speeds to victory in his orange team colours, reflected here in pops of bright hues and exuberant orange stitching on the sporty black rubber bracelet. Inspired by motorbikes, the timepiece incorporates the athletic body of the Tissot T-Race Limited Edition 2018. Marquez's silk-printed logo is proudly displayed on the glass caseback, making this a limited edition, with only 4,999 pieces available. **For more info, visit www.tissotwatches.com.**

BATA If you want something that can take a beating while also providing comfort for the amount of walking you'll do on the road, look no further. Bata introduces its exclusive capsule collection: **The Globetrotter Edition**. The "athleisure pumps for men" can handle any type of physical activity, and offers the perfect balance of power and rest. The sporty build and upper mesh will not only amplify your outfit but provide an effortlessly comfortable and firm footing, while its performance fabric ensures your feet stay dry and odour resistant. **For more info, visit www.facebook.com/Batasingapore.**



SIGNATURE IMAGE ACADEMY Planning to build up on your corporate attitude and networking skills? Celebrity Master Branding Consultant Joshua Luke has it covered. Together with his trainer coaches, Signature Image Academy has conducted trainings and individual consultations on personal branding, business etiquette and more for thousands of people both in Singapore and overseas. Some popular topics include Personal Branding in Image Projection (for Men and for Women), Business Protocol and Etiquette in Charismatic Networking, Specialised Communication Skills in Presentation, Body Language and Negotiation. **For any of your organisation and personal training needs, e-mail consultant@signatureimageacademy.com.**

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EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

SNEEZE LIKE A VAMPIRE

Taking a couple of minutes to teach your children the “vampire sneeze” will go a long way towards protecting you from the multitude of germs those little buggers carry. Make a game of it, by having them sneeze and cough into the crook of their arm – like Dracula ducking his face behind his cape – instead of into their hands, the air or onto you.

SWIPE LEFT, RIGHT AND EVERYWHERE

One of the smartest things you can pack in your carry-on for travel is a packet of disinfecting wipes. Use them to sanitize your plane seat in coach by swiping disease-carrying microbes from high-threat areas like tray tables, seat buckles, air vent dials, seat pockets and, of course, when it's time, bathroom door handles.

SWIG THIS BEFORE EATING OUT

Worried you'll overeat at the sports bar? *Men's Health* nutrition advisor Alan Aragon suggests fixing a two-minute “snack” before you leave home: Mix 20g of whey protein with 500ml of water. It can help you cut your calorie intake at restaurants, where meals tend to be hyperpalatable and high in calories – “a recipe for overconsumption,” he says.

HANG LOOSE – LITERALLY



TO BUILD BIG MUSCLES, YOU GOTTA LIFT HEAVY. BUT THERE'S A BAD SIDE EFFECT: COMPRESSED SPINAL DISCS FROM HEAVY SQUATS, DEADLIFTS AND SHOULDER PRESSES. “HANGING FROM A PULL-UP BAR STRETCHES BACK MUSCLES AND CREATES SPACE FOR BLOOD FLOW BETWEEN THE DISCS,” SAYS STRENGTH COACH LEE BOYCE. HANG FOR 30 SECONDS AT A TIME, OR ANYTIME YOU FEEL TIGHT.

WOLF PACK

You're 42 percent more likely to lose weight when you're in it together. Set up a WhatsApp group to share your workouts and recipes. Source: *Journal of Consulting and Clinical Psychology*

REPETITIVE GAIN

Sick at the mere sight of broccoli? Repeated exposure to veggies actually increases their appeal, helping restore your nutrition plan enthusiasm. Source: *Appetite*

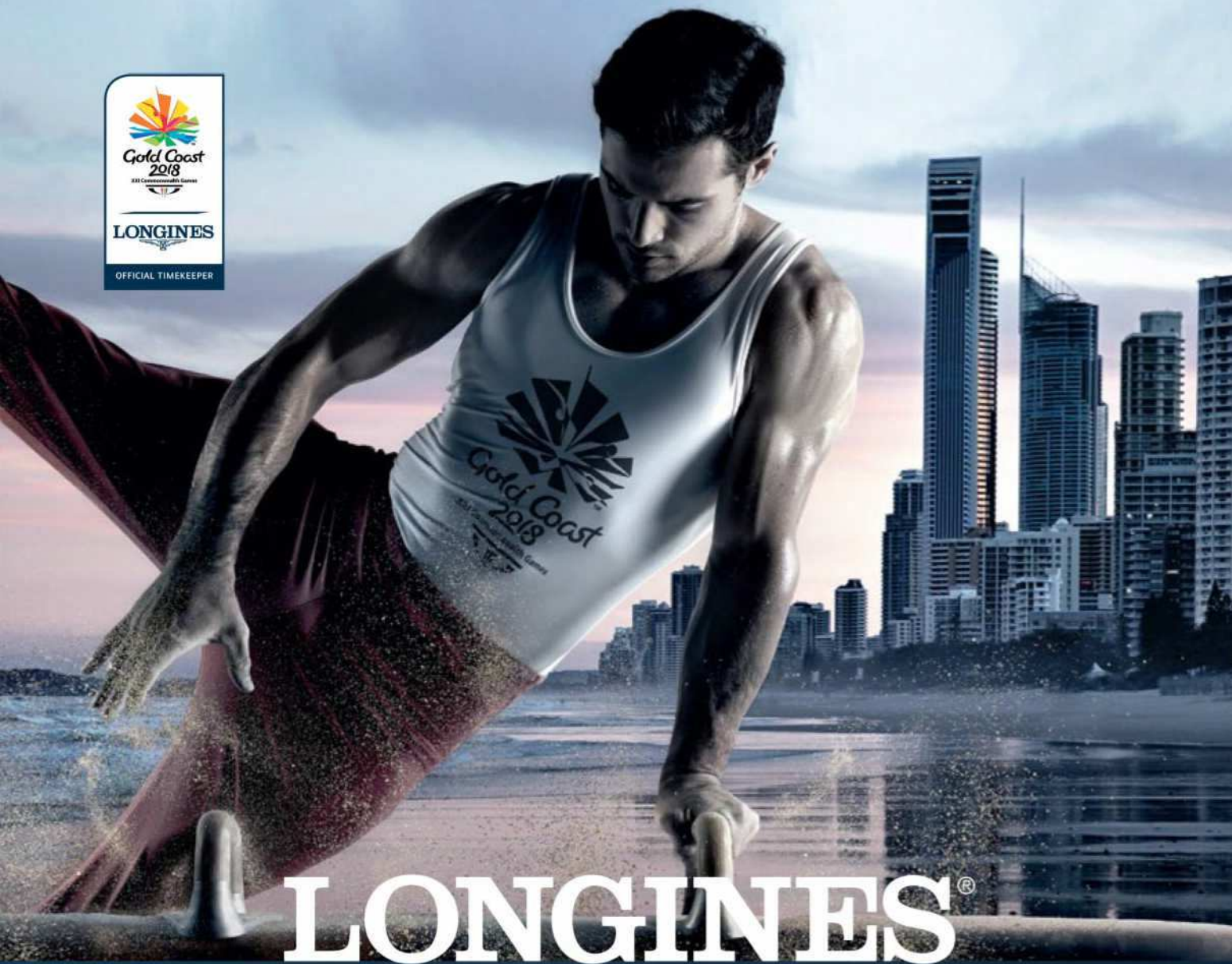
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