

THE MAGAZINE  
MEN LIVE BY

SINGAPORE  
MAY 2018

# Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

MENSHEALTH.COM.SG

## LESS REPS, MORE MUSCLE

TEMPO TRAINING:  
YOUR SECRET TO  
BULKING UP

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# May 2018

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SONY SINGAPORE

**THE NEW ADVENTURES OF SUPERMAN**

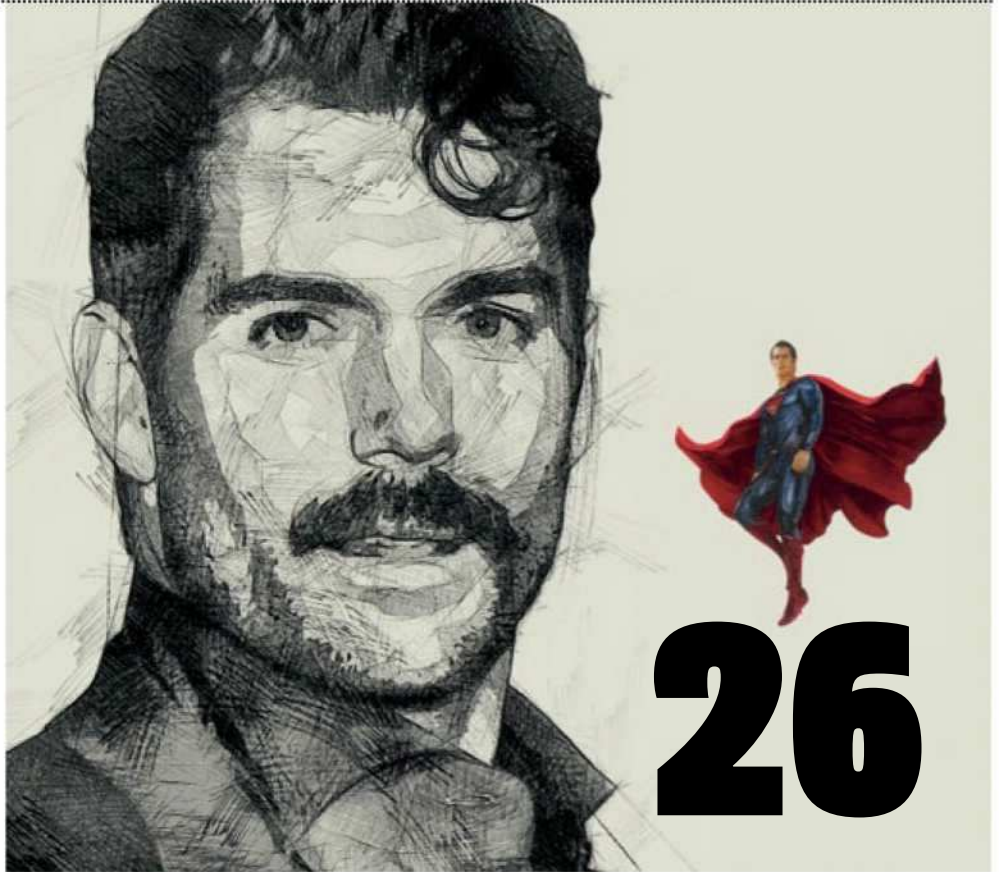
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# IMPRESS FOR SUCCESS

DEVELOP YOUR PERSONAL BRAND WITH JOSHUA LUKE OF SIGNATURE IMAGE ACADEMY, AND CREATE MEANINGFUL CONNECTIONS WITH EVERYONE YOU MEET.



**Y**ou know how some people have that certain special quality to them, but you just can't quite put your finger on it? Joshua Luke, award-winning entrepreneur and business coach, has the answer.

"It's all about your personal brand. It's a perception or emotion. It describes the total experience of having a relationship with you, be it in life, at work or in business," he relates. "It's equivalent to having brand equity – you carry value both socially and professionally. You are recognisable wherever you go."

Joshua should know. Professionally known as "Coach Luke", he is the principal consultant and chief trainer at Signature Image Academy International, an award-winning training consultancy and academy that specialises in professional training programmes and academy certification courses since 2008. Armed with over 15 years of experience, he has helped individuals, businesses and companies develop their

image, brands and strengths. Joshua, who recently won the international grand title of "Mister Culture World 2017 (Advanced category)", reveals how personal branding can boost your life, career and business, and help you gain that competitive edge.

## ■ HOW DOES PERSONAL BRANDING CONTRIBUTE TO ONE'S PERSONAL AND CAREER SUCCESS?

As certain individuals stand out more than others, there is a higher chance they – and the services or products they carry – come to mind first, thus enhancing one's presence in someone else's life, their work and business significantly.

## ■ HOW DOES ONE BEGIN TO BRAND OR MARKET HIMSELF?

Based on the Academy's training on personal branding, I've created five "E" techniques to help you get started.

"Extract" is about coming up with a personal branding statement. "Express" is about projecting the right image through appropriate dressing. "Exude" is about carrying yourself well in terms of social graces and business etiquette.

"Engage" is about communicating effectively to interact efficiently. And, finally, "Excite" is about interacting charismatically to leave a lasting impression.

## ■ WHAT ELSE DOES ONE NEED TO CULTIVATE ONE'S PERSONAL BRAND?

You need to learn to communicate effectively using body language, and know how to network. Be aware of

image projection for first impressions, customer service, and business and sales meetings.

You also need to learn about emotional intelligence for better relationship management, and personal leadership skills for enhanced motivation.

Signature Image Academy International has a team of consultants, coaches and organisational support personnel to help make this happen.

## ■ WHAT ARE SOME OF THE COMMON MISTAKES MEN MAKE IN TERMS OF IMAGE AND ETIQUETTE? AND WHAT ARE YOUR TIPS?

For one, choose clothing with the right colours to complement your skin tone, so that you look your best personally and professionally.

When it comes to etiquette, a handshake is the first physical contact – so do not hold the other party's hand too long, lest someone mistake you for being interested in them or that you're just cheeky!

When networking in any event, ask open-ended questions and be genuinely interested in the other party, especially if you are meeting them for the first time. Avoid talking too much about yourself.

## ■ PEOPLE MIGHT THINK YOU'RE SELF-CENTRED.

Take note of your body language. Some actions are highly culture-specific. Do some research on the culture or people that you will be interacting with, so that you don't commit a big blunder by using inappropriate body language or signs.



For more information, visit [www.signatureimageacademy.com](http://www.signatureimageacademy.com), and its Facebook pages "signatureimageacademyinternational" and "Coach Joshua Luke". Signature Image Academy International is at #01-02 Telok Blangah House, 52 Telok Blangah Road (opposite Vivocity). E-mail [consultant@signatureimageacademy.com](mailto:consultant@signatureimageacademy.com), or call 6278-7855 and 8223-3425 (corporate mobile).

# ED'S NOTE

Men'sHealth

## 5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

### WHEN FICTION CAN MAKE FACT

For the longest time, Hollywood has inspired the world to bigger and better. Arguably, the growing augmented reality market today began while we gaped at Tom Cruise using a gesture-based user interface in *Minority Report*, and Nike's HyperAdapt 1.0- which just got released recently- is really a fulfilling of dreams begun in 1989 when Marty McFly sported a pair in *Back to the Future*.

But it's not just tech where fantasy has become reality. The number of guys who started working out seriously after watching Brad Pitt flex in *Fight Club* is immeasurable, and given we spend as much time on our Playstations as we do watching movies, even fit gaming characters like Kratos have the power to inspire- which is why we put the *Game of War* character on our cover this issue.

Here's two other movie moments I pop into Youtube to watch whenever I need some fitspiration below.

#### 1. Rocky IV's training montage.

To avenge the death of Apollo Creed, the Italian Stallion exiles himself to Siberia to train for a fight against Soviet cyborg Ivan Drago. While Drago trains like a high-tech maniac under the scrutiny of Russian scientists, Rocky goes analog by way of lifting rocks, outrunning cars, and shoulder-pressing ox yokes.

#### 2. Christian Bale's Crazy Cardio In American Psycho

"In the morning if my face is a little puffy I'll put on an ice pack while doing stomach crunches. I can do 1,000 now." So says the titular *Psycho*, played by a lean and ripped Christian Bale. The rest of his routine, which also includes jumping rope and calisthenics, is fairly basic but, hey, it was the '80s. CrossFit hadn't been invented yet.

And here's a bonus one- go check out Jean Claude Van Damme's crazy training route in the old-but-gold classic *Kickboxer*. You're welcome.

*Kelvin*  
Editor



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# ONE FM 91.3 All Geared To Move & Shake up your Diet

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## Period Sex: 5 Reasons To Try It During Her Time Of The Month

The thought of it might gross you out but, once you actually start doing it, period sex can be very enjoyable. If your girlfriend or wife is worried about her flow, do it towards the end of her period or put a dark-coloured towel under you. There's no reason to stop having sex so here are five reasons why you should be doing it.

[www.menshealth.com.sg/sex-women/period-sex-benefits-5-reasons-convince-girlfriend-partner/](http://www.menshealth.com.sg/sex-women/period-sex-benefits-5-reasons-convince-girlfriend-partner/)



## Is It Really True That Indians Are The Fastest Runners In Singapore?

Do our Indian pals really have the advantage compared to the Chinese, Malays and Eurasians? We decided to dig a little deeper and spoke to Dr Ivan Low, from the Department of Physiology at NUS Yong Loo Lin School of Medicine.

<http://www.menshealth.com.sg/running/is-it-really-true-that-indians-are-the-fastest-runners-in-singapore/>

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#### How To Prevent Back Pain When You Squat

Squatting with improper form can often lead to injuries, especially back pain. Here's why it happens and what you need to take note of so that you can prevent back pain when you squat.

<http://www.menshealth.com.sg/fitness/how-to-prevent-back-pain-when-you-squat-video/>



TEXT: KELVIN TAN & GILBERT WONG PHOTO: 123RF

# Meet Gynecomastia - One Possible Reason Why Your Chest Is Flabby

TRAINING HARD TO TRADE YOUR FLABBY-LOOKING CHEST FOR HARD PECTORALS, BUT WITH LITTLE SUCCESS? MAYBE IT'S GYNECOMASTIA.



You've done your homework and Googled, "How do you build up your pecs?"; read *Men's Health*, watched chest training videos and, kept a full routine of bench presses, push-ups, weighted dips and dumbbell presses religiously.

Yet, after months of effort, you're still unsatisfied with the results.

Perhaps the reason why you still don't have Chris Hemsworth-worthy pecs isn't due to what you're doing or eating wrong, but because you're suffering a medical disorder. But what exactly might you have? The challenge comes in diagnosing your condition accurately though.

Meet the twin nemesis of your efforts: gynecomastia and pseudogynecomastia. In the case of gynecomastia, it is characterised by excessive growth of breast tis-

sue which may lead to feminisation of the male breast, and it cannot be eradicated through diet and exercise alone. The exact cause of gynecomastia is not entirely clear, though it could be due to the actions of circulating hormones on specific cells in the breast area. Genetic factors, certain usage of medications and even ageing can lead to gynecomastia while its pseudo counterpart happens as a result of built up fat. To make things more confusing, how a guy's chest will look in both cases is more or less the same!

## **Gynecomastia Or Pseudogynecomastia? How Do You Tell The Difference?**

First things first - you'll be better off consulting a doctor who is experienced in gynecomastia surgery.

That's where the dedicated medical professionals at Amaris B. Clinic come into play. Started in 2004, Amaris B. Clinic has been offering integrated men body sculpting and weight loss practicum. Led by Dr. Ivan Puaah and located in a cosy downtown boutique shop house, there's no better place to ease your concerns.

At Amaris B. Clinic, you'll be able to understand better the composition of your chest - how much of it is breast tissue and fat - whether you have gynecomastia or pseudogynecomastia.

The difference? In the case of the former, you'll feel a firm concentration of tissue around the nipple area in the form of a disk, with or without pain when it's touch or squeezed. The effective treatment to deal with gynecomastia is surgical removal of the overly developed glandular and fat tissue. With pseudogynecomastia, no such ring is formed as fat tissue on palpation is somewhat loose and not firm. Pseudogynecomastia, to a certain extent, can be rectified with regular exercise and healthier diet.

Why suffer from frustration by poor post-workout results, and personal pain and embarrassment caused by gynecomastia? Get professional help, and you'll be ready to whip your shirt off at the beach action-hero style!



**FOR MORE INFORMATION,**  
check out [www.amaris-b.com](http://www.amaris-b.com)



### IS IT WORTH SPENDING THE EXTRA MONEY ON HIGH-END GYM KIT? - CRAIG

"WE TEND NOT TO TAKE PART IN ACTIVITIES THAT WE AREN'T CONFIDENT IN PERFORMING WELL, SO INTERVENTION THROUGH KIT TO BOOST SELF-BELIEF IS HELPFUL."

DIGITAL IMAGING & ART DIRECTION JASON TAN

# Y

Yes, but not for the reasons you might think. It's not that they're better clothes per se, it's because you're more likely to feel like, and therefore become, a better athlete in them. That's according to a recent study\* into the positive effect that quality Lycra has on our emotional mindset. Deep, right? Researchers call this phenomenon 'enclothed cognition', suggesting that what you wear carries a symbolic meaning and thus subconsciously influences the way you act.

In other words, Craig, over and above informing fellow gym-goers that you know your SkiErg from your Skillmill, filling your gym bag with the latest fit kit wires a shot of self-confidence directly to your brain. "We tend not to take part in activities that we aren't confident in performing well, so intervention through kit to boost self-belief is helpful," says Professor Andy Lane, sports psychologist at the Centre for Health and Human Performance. According to Lane, the key to enclothed cognition lies in your outfit's power to make you feel good about yourself when training.

"This could be from channelling elite athletes by wearing the same

## Yes/No/Maybe

**Does soup really help when you're sick?** It actually does!

Soup is a simple way to pack nutrients into one bowl, says Caroline Cederquist, M.D., author of *The MD Factor Diet*. Sodium in the broth keeps you hydrated, while noodles can lift low blood sugar and your energy. Choose broth-based varieties with 350 mg sodium or less per serving.

high-performance trainers [i] as they do, or the sensation of lightness from a sweat-wicking top [ii] making you more inclined to push your efforts." The same can be said for the clothes you wear when strength-training: whether it's the feeling of compact security from squatting in compression leggings [iii] or biting down on a mouth guard [iv] to help focus tension when testing your bench 1RM.

In short, if you want to take your training to the next level, high-end kit is a worthy investment indeed. Remember: it's all in your head, Craig.

*\*The Journal of Experimental Social Psychology*

### Why do I walk around when I'm on the phone? - Nelson

Because you're a thoughtful, attentive guy, which you knew, being so thoughtful and all. Walking is a form of fidgeting

and can help you focus, says NYC therapist Alexis Conason, Psy.D. It can also boost creativity and reduce stress. But don't multitask. Shuffling papers or checking email disrupts the convo--and is obvious to the other party. Pay attention to your breath, she suggests. Apply that same focus to the conversation.

### Can I die from an odour?

- Elaine

No, a horrific odour alone can't kill you unless it contains toxic chemicals, in which case it's the poison that's deadly, not the smell, says olfaction expert Casey Trimmer, Ph.D.

"Someone with no sense of smell would also be affected," she says. The way you perceive smell is determined by your expectations, genetics, past experiences with the odour, and evolution--which explains why the "sniff test" helps you avoid rotting food. Bad smells

## LEGAL EASE

**If someone hurts themselves when they're in my home, can they hold me responsible?**

Yes. Generally, the law imposes a duty of care upon occupiers of premises to ensure that the said premises are safe for the purposes for which others are invited onto them. You should always take reasonable care to ensure that your home is safe for any guests that you might invite into your home - otherwise, you may be liable for any injuries that they might foreseeably suffer as a result of your failure to take such precautions.

### DO YOU HAVE A QUESTION ABOUT THE LAW THAT YOU WANT TO FIND OUT?

Please send it to us at [magmenshealth@sph.com.sg](mailto: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.

can serve as warning signs and keep you safe, says biophysicist and perfume savant Luca Turin, Ph.D. "Many gases can kill you, some fast, some slow, some odourless, some pleasant-smelling, some repulsive"--if they're repulsive, at least you know to run.

## Which Photo Most Resembles YOU?

- Easy life, self indulgent, cuddly bear.
- Flirting with pre-diabetes & heart disease.
- Avoiding family photos.



OR



**\*15 WEEK TRANSFORMATION**

- **Self disciplined**, consistent, road less travelled.
- **Healthy** as a racehorse, turning heads.
- **In control.**

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# HOW THIS SINGAPORE BUSINESSMAN FINALLY GOT THE BODY THAT HE WANTED!

BUSINESS MAN AND ENTREPRENEUR, CHARLES NG, CHANGED HIS BODY IN JUST 12 WEEKS BY ABANDONING HIS OLD FITNESS REGIME AND EMBRACING NEW EXERCISE AND DIET METHODS TAUGHT TO HIM BY ULTIMATE PERFORMANCE (UP), A LEADING EUROPEAN PERSONAL TRAINING BUSINESS WHO HAD RECENTLY OPENED A BRAND NEW GYM IN SINGAPORE.



“ I WAS 39 YEARS OLD AND WORKED WITH PERSONAL TRAINERS IN THE PAST WITHOUT A LOT OF SUCCESS. I WASN'T CONVINCED THAT PERSONAL TRAINING COULD DO MUCH FOR ME BUT I WANTED TO GIVE IT ONE LAST SHOT! ”

**Charles dropped from a respectable but slightly soft 18% body fat to a super ripped and tight 7% in only 12 weeks and here's how he did it.**

In the gym – Charles trained 3-4 times / week with his UP trainer, Fariz Adam. Fariz put together a routine that was specifically designed for Charles' aesthetic goals of improved v-taper, a six-pack, and an enhanced shape and six pack.



Only the best will do. State of the art equipment at Ultimate Performance Singapore.

UP

The gym sessions were no more than an hour in duration and exclusively focused on resistance training, with Charles steering clear of traditional gym cardio machines like the treadmill and

stepper. To really increase calorie burn Fariz had Charles blast out some sessions on UP's 30 metre long sprint track using “modified strongman training”, an exercise modality that uses weighted sleds and loaded carries to build a functional and ripped physique.

Diet is paramount to a successful transformation and Charles followed a strict regime of “carbohydrate cycling” whereby Fariz would manipulate his carbohydrate intake every few days based on how Charles was performing, feeling and looking. Protein intake was kept moderate to high at close to 2 grams per kg of bodyweight, and Fariz ensured that Charles never went hungry as that leaves the door to cheating and binging on junk food. Twice a week Charles was allowed to go out and socialize and eat any meal of his choice. This kept him sane and allowed him to comment on how surprisingly enjoyable the entire process was.

“ EVERYTHING WAS DONE AT A VERY MICROSCOPIC LEVEL. ”

UP recommended some nutritional supplements to Charles, but we have to stress that the key is healthy eating, not popping pills or powders. Charles stuck to the basics such as UP's own

brand of US manufactured fish oils, magnesium and digestive enzymes, plus the healthy treat of “Chocotrients”, a powdered greens and fruit blend that tastes just like chocolate powder and is delicious in water, milk and even yoghurt for a guilt free mousse like dessert!

The end result for Charles is that he says “I've never looked or felt better in my life, not even 20 years ago”.

We leave the final words in this story to Charles himself, a businessman who defies age with his youthful looks and body (he also owns The Skin Botanique, a plant-based skincare practice):

“We live only once and we only have that little time to change and improve ourselves”



Ultimate Performance is located at 8 Cross Street, #01-01 PWC building.

MASTER your MONTH

# Field Guide



M A Y

20  
18

FRIDAY

SATURDAY



## WEEKEND WHAMMERS

Don't expect to have much free time on your weekend's this May- there's so much to do, and so little time.

### YOUR GO PLANNER

1

**MAY 5**

Use The Force

2

**MAY 6**

Pedal Power

3

**MAY 12**

Get Some Gaming Time In

4

**MAY 14**

Your New Party Palace

5

**MAY 29**

Sweet Staycation Spot

TEXT: KEVIN TAN PHOTOS: J23RF



# ARE YOU READY TO RUN WITH THE FORCE?

The Star Wars Run is back, and with new elements and a different event venue, maybe it's time to pick the light or dark side.

### DETAILS

Event: Star Wars Run Singapore 2018  
Date: 5 May, 4pm

### FOR MORE INFORMATION

<http://www.esprimo.com.sg/StarWarsRunSG/>

Participants will be able to pick either route - to join the Rebellion on the Light side, or follow Darth Vader's footsteps on the Dark side. Both routes will feature engagement zones that will bring the Star Wars experience to life with music and light projections and fun photo opportunities. Increasing

from two to three categories this year, STAR WARS RUN Singapore 2018 aims to cater to fans of all ages and fitness levels. On top of the competitive 10km and non-competitive 5.4km, the inaugural 540m Young Jedi Dash for younger children will be added to this second edition.





**EVENT PRO TIP:**

## SO, WHAT'S DRESSING UP IN A STAR WARS COSTUME LIKE?

*Thinking of taking on the Star Wars Run in costume? Our editor discovers why Kylo Ren was so emo- it's the outfit.*

When Kylo Ren first showed up on Star Wars: The Force Awaken's trailers, he entered an echelon of fan-favourite villains from the past: Darth Vader, Darth Maul, General Grievous, and not forgetting the Emperor. However, little is known about him, except that he's a member of the "Knights of Ren"; he's one of the leaders of the First Order (a.k.a. the new Empire), and he has a creepy obsession with Darth Vader, going as far as to retrieve the Sith Lord's burnt mask to hero-worship.

Well, I took it one step further- I went out and got one of the more authentic costumes on the marketplace, one of the more authentic lightsabers on

the marketplace, and one of the most authentic helmets on the market place, spending almost a thousand bucks in the process. And here are three things I discovered about Kylo Ren that we might not see when the movie hits our screens soon.

### His Lightsaber Is Hardly Light

Finding a lightsaber, one of the key elements of getting the outfit right, was harder than it seemed. Hasbro has a line called The Black Series, a premium line where all the toys and collectibles have been designed and produced with greater care for authenticity. Googling brought me to the saber I'd need- the

Kylo Ren Force FX Lightsaber- but buying one was another problem altogether. Apparently they weren't produced as much as the more toy-looking sabers for kids, and every Toys R'Us I hunted down was sold out of it. In the end, I gave up and paid off some guy on Carousell \$450 bucks for it, over a hundred more than it cost at the stores. The price of true love, I guess.

After the initial oohs and ahhs over it, I realized one problem- this saber was heavy as hell- according to the some sites the shipping weight comes up to 8kg! Not exactly the lightest saber to swing around- so when you see Adam Driver doing fancy lightsaber techniques, just remember- he's probably getting a pretty good forearm workout at the same time.

### Kylo Really Likes To Layer

Then came looking for the costume- not an easy task. Once again, a few hours of Googling was necessary, and in the end I had narrowed it down to a vendor on Amazon called The Costume Base. They weren't cheap- with the Kylo Ren outfit priced at USD\$189, but the outfit seemed authentic enough, and included both the inner and outer tunic, as well as pants, a belt and sash. But the trouble was shipping- it'd take forever, and I had only started looking a week before the The Force Awakens would hit our screens! Then, The Force intervened- I found out that The Costume Base was actually based in Singapore! Thank the Maker!

I managed to contact the owner of The Costume Base, Simon, and after an exchange of emails, popped down to pick up the costume from his shop in Macpherson- and lo and behold, everything fit perfectly! I also picked up a pair of gloves to complete the look.

But getting home and putting it all on was another story. I ended up taking



about ten minutes to dress and undress in the costume- there was just so many layers! First came the pants- thankfully that had a comfortable elastic band to hold it up. Secondly, the inner tunic, which required some co-ordination to put it on. And then the tunic. And the boots. And the helmet (more on that later.) And then the sash. And then, finally, flipping up the hood over the helmet. Then the gloves.

Man, just typing that all out is exhausting- imagine doing it, and then taking it all off! It was hot as a furnace inside, and I could only imagine how Driver would have felt in it during filming! Sure, the scenes in a Hoth-like setting would have been fine, even comfortable in the cold- but imagine the scenes for tropical planets!

#### **And Lastly, The Helmet**

Actually, amongst the various bits of the costume, the helmet came the easiest- I chanced upon it in Japan, during a stroll at one of their many toy and tech chains called Yodobashis. It was like the Force guided me to it- out of the myriad of toys and gadgets I chanced upon Hasbro's Kylo Ren Voice Changer Helmet- and best of all it was a Black Series edition, making it look really authentic! It also came with a voice changer that gave a realistically detailed, movie-accurate reproduction of Kylo's voice, which sounded a tad Bane-like from Chris Nolan's *The Dark Knight Rises*. And the damage after taxes was refunded was pretty decent too- SGD\$100 bucks!

Using the helmet though, really needs a Force Sensitive- after some adjustments I managed to get it on fairly securely, but the trouble was seeing through it- the visor was really fairly narrow as well!! Now couple that with putting on the costume and wielding the lightsaber and let's just say in the real Star Wars universe I'd expect Kylo to be lopping off quite a few droid's heads by accident!

# 5 REASONS YOU SHOULD SIGN UP FOR THE OCBC CYCLE

Have fun riding on roads that are closed to cars, trucks, vans, lorries, buses and PMDs just for you!

## DETAILS

**Event:** OCBC Cycle 2018

**Date:** 5-6 May

## FOR MORE INFORMATION

<https://www.ocbccycle.com>

**1** Enjoy Singapore's beautiful scenes as you ride on closed roads.

**2** Take Instagram-worthy selfies along the closed roads without committing a traffic offence.

**3** Bond with friends and families while keeping fit together.

**4** Have fun riding on closed roads even if you don't own a bike. Get a Mobike – without paying a rental fee.



**5** Want to ride against the other companies with your colleagues? The inaugural OCBC Cycle Corporate Chase will allow corporate teams to ride against each other in the first

starting wave of The Sportive Ride (42km) for the prize money, trophy, exclusive OCBC Cycle Corporate Chase tee and, more importantly, bragging rights amongst your peers!

**EVENT PRO TIP:**

## 5 WAYS TO PREVENT CYCLING INJURIES

*Here's how to make sure you finish the OCBC Cycle in the most injury-free condition possible.*

Cycling regularly is a great form of exercise to keep the weight off. It improves blood pressure and diabetes control, and enhances cardiovascular health.

But before you hop on a bike, here are some things to note, shares Dr Dinesh Sirisena, a consultant in sports medicine at Khoo Teck Puat Hospital.

### Adjust The Seat To Avoid Pain

When seated, place your foot in the pedal at the lowest point of the pedal stroke and ensure that your knees are bent at a 25-degree angle.

If the bicycle saddle or seat is positioned too low, you may end up excessively bending your knees. You can develop tightness in areas such as the quadriceps or end up with pain in the front of your knees.

If the seat is too high, you may have to straighten your legs to pedal the bike. This could lead to an overarching of the lower back or pain in the calves. It is simply an inefficient cycling form.

Over time, you could develop chronic lower back pain, even though it may not

be caused by any damage to the joints or nerves.

### Watch Out For Bruises And Sores

If the seat is too small, it can result in bruising, pressure areas and sores on the buttocks, the perineum and, for men, on the scrotum too.

When a correctly fitted seat is combined with appropriate attire (that is, well-fitted cycling shorts), a rider can travel comfortably for several hours.

As with the seat size, correct positioning of the

seat is essential. If it is tilted backwards, the front edge of the seat can put pressure on the perineum and injure this area.

Similarly, if the seat is tilted excessively forward, it can push the pelvis into a forward tilt, which will place pressure on your lower back, knees and forearms.

### Be Aware Of Pre-Existing Conditions

The bikes that are for hire tend to be heavier than the ones you may own as the former have to be robust to

withstand rough handling. Thus, more effort is needed to ride these bikes.

If the hired bikes have no gears, it would require even more effort to get going on them. This will work the heart harder.

If a rider has a pre-existing medical condition such as cardiac disease or a sports-related problem, the exertion might precipitate an acute episode of their symptoms.

### Stop If You Experience Joint Pain

Some bikes have airless or solid tyres, which don't run the risk of becoming flat. They are more resistant to damage and can last longer than conventional tyres.

However, as airless tyres tend to be heavier and firmer than conventional tyres, the ride may not be as smooth.

Also, some riders who have less experience may find bikes with airless tyres harder to handle.

Beginners should use these bicycles for shorter routes and gradually build up the distance.

If you start to develop symptoms such as joint pain, switch to a bicycle with conventional tyres.

### Wear Proper Attire To Limit Injury

Wear clothing that enhances visibility, and protective equipment such as helmets and gloves.

Lightweight, breathable materials help maintain body temperature, while padded cycling shorts can reduce pressure on sensitive areas.

In case of a fall, proper attire will help to limit any injury suffered.



MAY 12

God Of War

# KRATOS RETURNS

The Ghost Of Sparta returns to the gaming world in the latest edition of God Of War. There goes the weekend.

Many years have passed since Kratos took his vengeance against the Olympian gods in God Of War III. Having survived his final encounter with his father Zeus, Kratos now lives with his young son Atreus in the world of the Norse gods, a savage land inhabited by many ferocious monsters and warriors. In order to teach his son how to survive in such a world, Kratos must master the rage that has driven him for many years and embrace his newfound role as a father and mentor.

**DETAILS**  
**Game:** God of War  
**Price:** (PS4 Exclusive, S\$72.90) is out now at all PlayStation Authorized Dealers.  
**FOR MORE INFORMATION**  
<https://godofwar.playstation.com>



**EVENT PRO TIP:**

## DAD ADVICE FROM KRATOS, THE GHOST OF SPARTA

After decades spent unleashing unspeakable violence, Kratos isn't the most emotionally available of dads. Still, here's some worldly wisdom he shares to his son Atreus in the latest edition of God of War.

*"Clear your mind, feet solid, pull and release"* - **Kratos on archery and focus.**

*"Anger can be a weapon if you control it and use it. We do what we must to survive"* - **Kratos on dealing with rage and how to stay calm.**

*"On our journey we will be attacked by all manner of creatures. Close your heart to their desperation and suffering. They will not feel for you"* - **after Atreus makes his first animal kill.**

*"Space your shots. Speed costs accuracy. Your haste will cost us. It does not matter if you fire only once-show me control!"* - **After Atreus wastes arrows on an enemy he can't hit.**

*"You are in your head boy let it go. He would have killed you. To be effective in combat a warrior must be cold and unforgiving."* - **Kratos shares how to get over the emotional trauma of battle.**

Men'sHealth

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SPHmagazines

# TAKE A TIME OUT AT THE ANDAZ

It's the end of the month- you'll find the Andaz a perfect spot to take a breather ahead of June.

**Yes, it's another "boutique-inspired lifestyle hotel". But unlike the others that promote themselves as such, but don't really have much lifestyle to offer apart from the hotel bar and restaurant, the Andaz is for real.** Surrounded by Little India, Kampong Glam and the hipster scene at Haji Lane, it's the perfect spot to chill out at cafes and glam bars, hit back to the hotel for a snooze, and repeat. On top of that, their infinity pool's view might only be second to Marina Bay Sands- it's quite the spot to laze and tan, though perhaps a little tiny. And if you're planning to drive, our suggestion is to park at Haji Lane nearby from our experience- it's cheaper as they don't offer complimentary parking, and also because the directions driving to the hotel are quite confusing. But apart from this- there's little else to complain, with the rooms stylish and chic, and the in-room amenities well-thought out. We were particularly impressed with their Bose portable speakers- we could even bring that up to the pool!



**EVENT PRO TIP:**

## HOW TO HAVE AWE-SOME STAYCATION SEX

*You've splashed a pretty dime on the room, now here's how to get bang for your buck.*

What makes hotel sex so hot? Aside from the fact that your neighbors in the next room might hear you, it's most likely because doing it in a different venue adds variety to your sex life.

"Any time couples try sex in a new place, there's an adventure element to it," says Yvonne K. Fulbright, Ph.D., author of *Sultry Sex Talk to Seduce Your Lover*. "Focus on what's fun about the situation, as this will make the execution easier and have you feeling like you've been transported to

another place for lovemaking."

A massage, whether it's Swedish, hot stone, or deep tissue, will get you both relaxed and ready for even more intimate touching. Pampering her gets her in the 'I deserve this' mind frame, which will have her owning her sexual desires, says Fulbright. "A massage on your staycation can offer so many benefits to you as lovers and as a couple," she says. Take turns playing masseuse, or let the professionals do it— in-home massages provided



by companies like Zeel are a surefire aphrodisiac.

Also, staycation sex feels so effortless because we tend to walk around without a lot of clothing on. "Shedding inhibitions can have you feeling like new lovers again, willing to be daring and indifferent to any restrictions society wants to put on your body or sex life," says Fulbright.

**DETAILS**

**Price:** Rooms start at \$340

**FOR MORE INFORMATION**

[www.andaz.com](http://www.andaz.com)

Plus, seeing each other naked and feeling your body in its natural form can make you feel aroused, she says.



# Men'sHealth

SINGAPORE'S NO.1 MEN'S MAGAZINE

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# SO GOOD THEY NAMED IT TWICE

Looking for a new nightspot to destress after a long weekend? You might want to check out Bang Bang, or it's sister club, Lulu's. And there's no cover charges!

**Yes, Bang Bang's been around for a while- but it's a different animal now since their January re-launch this year. First thing's first- no more cover charge! The owners believe that cover isn't needed if they've done their job in creating a fun space where you're happy to spend money at the bar, and based on our experiences there, they've succeeded. There's always something happening every weekend, be it dancers in cages or dancing mascots, and the party atmosphere is always alive. Or if you're looking for something different, head next door to Lulu's- which celebrates it's first birthday on May 13th! You'll enjoy the sights of burlesque stars and the tunes of retro DJ performances, and the bar grub menu is also particularly tasty. On top of that- free prosecco for the first 100 guests!**



**EVENT PRO TIP:**

## PARTYING ADVICE FROM PARTY GURUS

*Josh and Sarissa Schwartz, the brains behind Bang Bang, share their accumulated party wisdom from what it takes to make a great home party, picking up the right and wrong way, to how to bust-up a fight.*

### How did both of you get into the nightlife business?

**Josh:** My father was a chef, so I grew up in the Food and Beverage industry. I was always intrigued by the energy of nightlife and I had a vision of trying to bring the service level and hospitality of a restaurant to a nightclub environment.  
**Sarissa:** I was in F&B from a very young age. It was a quick way to still go to school and

earn a living, so that's what reeled me in. I did everything from hostess, waitress, door, even email collection. My true love was bartending (I still miss it). As far as how I got in, I didn't have any connections, I hit the ground and walked my resume into places I wanted to work. Luckily, I faked enough experience to land a job at a very popular place where I had lived. Working there

gave me confidence to step out and take on more. I couldn't imagine working in an office, so I pursued what I loved and what I thought I was good at.

### What do each of you think defines a good party?

**Josh:** I have always felt that the greatest parties are built on diversity. I am a strong believer that the most boring

**DETAILS**

**Address:** 7 Raffles Boulevard, Marina Square, Singapore 039595

**TO MAKE RESERVATIONS**

email [VIP@bangbang.sg](mailto:VIP@bangbang.sg)

party you can be at is one in which everyone looks/acts/behaves in the same way. Creating a great party is a lot like cooking in that it takes putting many things together to come out with something tasty.

**Sarissa:** If you went home much later than expected, it was a good party. To me, that means that people were lost in the experience and forgot about the outside world. I think a good party is when time goes by quickly and you stop worrying about your dance moves.

**Food-wise, what are some of the best and worst options you've ever seen at a club?**

**Josh:** I really believe that there is a time and place to eat and a nightclub is not one of those places. A lounge is different but in a high energy, high octane nightclub most food options are

immensely out of place. The worst thing you can serve is anything overly saucy that requires you to use your hands and get messy. Chicken Wings stand out to me as a particularly bad option.

**Sarissa:** I whole-heartedly agree with Josh's response, but I love chicken wings always.

**Having conceptualised Lulu's you both clearly know the power of a good theme. What do you think are great themes for folks throwing a home party?**

**Josh:** I think in throwing a home party the key is not to be overly ambitious. You probably won't be able to turn your apartment into the set of Star Wars so pick themes that rely mostly on guest costumes and food/drink things you can deliver on. It's always a good idea to have some extra accessories for those people who

didn't have the courage to come in theme but still want to participate.

**Sarissa:** A theme party at home is more fun with a wacky element, since it's all of your friends and you can really go all out. Ugly Sweater Parties are my favourite because everyone gets very weird and creative with theirs, and there is a DIY element involved. I am a big fan of Decade parties as well (70's, 80's), because I think it has a sense of nostalgia.

**The art of the pickup post #metoo- what do you both think is acceptable form these days if a guy wants to make his intentions known at a club or party, and won't get him kicked out by your bouncers?**

**Josh:** Probably best if I leave this for Sarissa to answer as I doubt my wife wants to hear my ideas on how to pick up women.

**Sarissa:** The same rules apply- offer a girl a drink and try to start a conversation. If she is not into you, don't take it personally and move on.

**Diffusing fights and tensions- what are some of the best techniques both of you have learnt and used over the years to tone down testosterone at your clubs when you're seeing a fight about to erupt?**

**Josh:** The key is to be proactive. You have to approach and deal with a situation before it reaches the point of no return. There are typically two ways in dealing with people when they are in this state. Through humor or stern rational. Most tensions in nightclubs stem from very silly initial reasons that get escalated because of alcohol. For example: one guy tries to pick up another guys girl. I would ask the offended party, "Did it work? Is she going home with him?". To which they would respond "no". "So why are you offended? He is the one that looks silly." The other way is to give them an ultimatum. Sometimes you have to channel your inner father and tell them to head to opposite sides of the club and never talk to each other again or they will both be asked to leave.

**Sarissa:** The first thing people will do when you get involved is turn their hostility on you, so the number one rule is to not take anything personally. A very close second is to separate both parties so they are out of sight and offer a sense of genuine understanding. If you are being sincere, people are more likely to pick up on that and calm down.



# alpha M

## The New Adventures Of Superman

UNLIKE HIS ALTER-EGO, HENRY CAVILL PROBABLY CAN'T PUNCH THROUGH WALLS. BUT HE WOULD GIVE IT A GO. HE UNCOVERS HOW STEELING YOUR FOCUS CAN POWER UP YOUR OWN TRAINING. BRACE FOR IMPACT.

# L

Leavesden is not a name that's conjured in the mind as readily as Hollywood when one thinks of film locations. But the

TEXT JAMIE MILLAR PHOTOS 1258F

northern suburb of Watford is where movie magic – not to mention the Making of Harry Potter tour – happens on a daily basis.

The 80-hectare Warner Bros studio complex is a veritable department of mysteries, each of the anonymous hangars and workshops its very own chamber of secrets.

The first clue to the current function of Workshop 11 is the welcome mat featuring five superheroic members of the Justice League, the comic book collective that is DC's answer to Marvel's Avengers.

Front and centre is Superman, flanked by Batman, Wonder Woman, The Flash and Green Lantern. Justice League, the movie, stars Ben Affleck as Batman, Gal Gadot as Wonder Woman and Ezra Miller as The Flash.

Beyond the mat is a makeshift gym jury-rigged for the cast of Justice League. It may only be temporary, nevertheless it's so spacious and plentifully stocked – dumbbells, ski-ergs, sleds – that it would put most sweatboxes to shame.

The floor of the free weights area bears a quotation from a Robert Bly poem: "I am afraid there will be a moment when / I fail you, friend; I will turn slightly / Away, our eyes will not meet, and out in the field / There will be no one."

Less literarily, the fingerboard attached to the rig has been graffitied with "Flash, get some, love Aquaman" (another Justice League member, played by former Men's Health cover star and Game of Thrones alumnus Jason Momoa). In the corner lies a Wonder Woman coffee table tome, positioned serendipitously next to a copy

of Jane Fonda's Workout Book.

It's easy to imagine the Justice League cast all training here together, perhaps while wearing those Under Armour Alter Ego compression tops that match their respective costumes. "It happened once," says Henry Cavill, casting his mind back.

"No, it didn't; Ben and Gal were off that day. But we had Superman, Aquaman, Flash and Cyborg [played by Ray Fisher] in the gym. That was fun."

Unfortunately, they weren't repping compression: "I wish we'd thought ahead and done that. If a Justice League sequel happens, maybe we will."

#### OFF-SET ACTION

Cavill has arrived with an unexpected mass of hair covering his top lip, and his handsome, dark-coated American akita called Kal-El. (Fanboys will recognise the name as Superman's Kryptonian moniker.)

"He looks scary, so people think that if they get into a scrap with me or I get pissed off, he may turn into some vicious attack dog – which he is, by the way," deadpans Cavill.

"You should see him when he's angry – it's something else. I've got these pans hanging above the stove in my kitchen and when he barks, they literally ring. With a hangover, it's miserable. But you're very brave, aren't you, bear? You keep everyone away from the house."

The security of a guard dog notwithstanding, Cavill appears more than capable of looking after himself. Warming to the shoot, he demonstrates sequences of martial arts punches and kicks which, more

so than his bare arms, indicate that getting him even mildly pissed off would be unwise. The well-spoken, unfailingly polite former public schoolboy from Jersey (who was once nicknamed "Fat Cavill") might not bark – at least not without provocation. But he can clearly bite.

Directing Cavill on our shoot is Wolfgang "Wolfie" Stegemann, a fight choreographer, stuntman and typically uncredited actor, who first began working with him on the sixth Mission: Impossible film.

Scheduled for July 2018, the forthcoming instalment of the spy franchise is also the reason for the normally clean-cut Cavill's aforementioned facial furniture: He's taking over as Tom Cruise's "right-hand man" from Jeremy Renner who, in some kind of weird symmetry, was tied up with Avengers: Infinity War.

While the combos look pretty impressive to these untrained eyes, Cavill is quick to downplay his apparent proficiency. "I've only just started with Wolfie and we're still trying to execute the basics of technique," he says, assessing his form critically on the photographer's

MacBook between takes.

"You've got to lay a foundation before you can start building a house. And we're very much in the 'pouring the concrete' phase."

Cavill's girlfriend, Lucy Cork, a stuntwoman who he also met on the M:I 6 set, and who is herself a genuinely proficient martial artist, swings by the set to observe quietly in the background and keep tabs.

Cavill has done what he calls "movie martial arts" before. "All you really need is to look like you can do it," he says. "But I want to be able to actually do it. Faking it just doesn't feel right to me anymore."

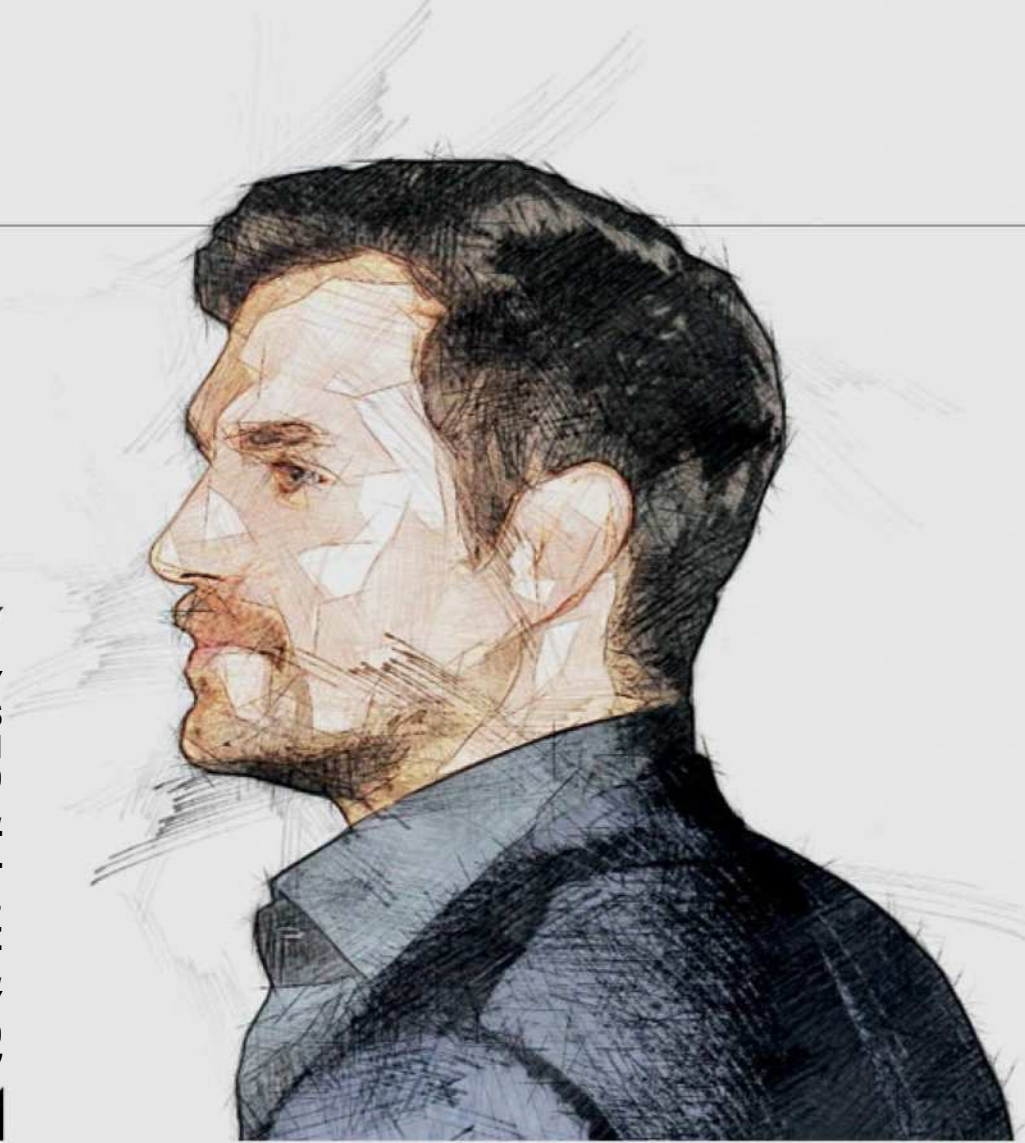
So when his (currently classified) role in M:I 6 called for at least the illusion of capability, he thought he'd fit in some extra practice after work. His motivation was partly professional, but largely personal. "It's handy to be handy," he says. "It's nice to be able to protect those around you, and yourself"

And handily, martial arts training is also a kick-ass form of conditioning: "I like going to the gym. I do. But if I'm going to be sweating and breathing hard, I'd far prefer to be doing it while learning a skill, rather than just for the sake of sweating and breathing hard."

The taekwondo-style striking he's practising is new to Cavill, but he's long been a keen disciple of the grappling-based discipline of Brazilian jiu-jitsu. In fact, he occasionally rolls with the sport's big dogs like Roger Gracie, 10-time world champion and scion of the South American combat sports dynasty. Cavill now lives in London, where the Gracies run a world-renowned academy.

A legit dojo sounds like the

**"IT'S HANDY TO BE HANDY," HE SAYS. "IT'S NICE TO BE ABLE TO PROTECT THOSE AROUND YOU, AND YOURSELF."**



“ESPECIALLY WITH WHAT’S GOING ON IN THE WORLD RIGHT NOW, IT’S IMPORTANT TO HAVE THAT KIND OF OUTLET – THAT FIGURE OF HOPE, RESPONSIBILITY AND GOOD VIBES.”

kind of place where an actor might not dare tread for fear of a bruised ego – or worse. But, thankfully, most fight clubbers are just excited to meet Superman, not try and kill him. And it’s a culture of respect that starts with the guys at the top.

“The martial artists that I know are all very nice, gentle people,” says Cavill. “There’s nothing aggressive or fast. It’s always a big hug – not a bro hug, a two-arm hug: ‘How you doing?’ It’s like, ‘Stop. Take a breath. Let’s engage with each other. We’ll get to training. And when we train, we’ll train hard.’ Everything is relaxed and I like that. It’s enormously refreshing.”

Besides, peacocking is a

waste of energy: “Save it for that moment just before you have to beat the crap out of someone. Because you might need it.”

#### GOING THE DISTANCE

Cavill is into conservation, and not just in his capacity as an ambassador for the Jersey Zoo. He recounts a ribald story – told by Tony in an episode of *The Sopranos*, possibly Buddhist in origin – about two bulls standing on a hill, looking down at a herd of cows. The younger one proposes running down the hill and copulating with a mate of their choice; the older one counsels walking down instead and inseminating them all.

The parallel is woolly,

admittedly, but Cavill applied a similarly pragmatic and paced approach to his prep for Justice League. While he was “really rather strong” for 2016’s *Batman vs Superman*, his emphasis shifted towards improving his movement and definition, both of which are more critical for looking good on camera than a one-rep max.

In league with his long-time trainer Michael Blevins (@gritandteeth), he focused more on Crossfit-inspired workouts: less technical lifts for time, which might invite injury, and more “go really hard, non-stop, which is great for getting lean”.

The change up yielded a mixed response. On the one hand, Cavill’s sessions weren’t



quite as hard as before, "because I wasn't lugging round useless weight". On the other hand, they were still very hard: "You have to be eager to do that kind of thing, because it can be a miserable workout – it really can."

Meanwhile, the post-exercise endorphin high – and sheer sense of relief – will only sustain you for so long when you're putting in the hours at work and not putting much down your gullet in order to chisel off extra fat.

Cavill found himself slowly ground down, physically and mentally, as if with Kryptonite sandpaper: "It wasn't much fun," he says plaintively.

### MOVING TARGETS

When pizza is off limits, you get by with a little help from your superfriends. Training hard is a necessary evil for the superhero-franchise actor, and colleagues tend to be there for each other – even if only in spirit.

"It's more about encouragement than anything else," says Cavill. "Like, if you see someone having one of those tough days, it's about giving them a quick cheer when they're pushing that sled past you, or giving them a pat on the back and saying, 'You're looking great, mate.'"

His on-set conversations with Affleck, however, tended to revolve more around the complicated logistics of urinating between takes while in costume: "Do you reckon we have time to go for a pee?" "How long does it take you?" "It takes me this long." "OK, cool. Do you reckon we have time?" "Yeah, let's go."

This mixture of discipline and levity is key. Now 35, Cavill has

reached a point in his life where he understands the importance of balance. "My perspective has changed somewhat on the things that I want from life and the enjoyment I can get from it," he says.

That's not to say that he doesn't recognise the merits of "working hard and really smashing everything". Neither are his standards any less high or his goals less lofty.

But like the older, wiser bull in Soprano's story, he isn't going to beat the piss out of himself unnecessarily: "If I can create an aesthetic one way without destroying myself, then great. And if I can learn a new skill and get my cardio done that way, then I'll do that. That's just the way I see it now."

Outside the gym and the studio, Cavill is embracing everyday life more. When he's not working on set or working out, he's go-karting, getting his motorbike licence or sleeping in "until my kidneys start hurting from lying on them for so long".

Last weekend, he taught himself how to cook a shoulder of lamb. "It actually went really well," he says, surprised, although he admits the gravy could have been better.

"I just added chicken stock and scraped all the good stuff off the bottom, but I should have poured out more of the fat because it ended up being quite oily," he says. "Still, more water and a bit of red wine vinegar rescued it."

In roast dinners, as in training and life, Cavill has realised it's important not to overdo things. "I think I'm kind of finding my pace now in more of a lifestyle thing," he says. "Like I can do this training and it'll make me

look a certain way. I'll make sure my food is right, but I don't feel like I'm on a diet all the time.

"I can have three cheat days in a row if I want – and then knuckle down, be good for a while and get back to a certain point. You know where your baseline is."

This kind of intuitive approach is more enjoyable and sustainable for a hard-charging and demanding personality like Cavill's: "I'm very single-minded and can be extremely dedicated when given a target. And if that target is constant, I exhaust myself."

### THE NEXT ROUND

Comic adaptations are constantly rolling off the Hollywood – or rather Leavesden – production line. But another Superman movie is by no means inevitable. Man of Steel grossed US\$668m at the global box office and was largely well received; Batman vs Superman was critically bludgeoned, with the US\$860m haul scant consolation.

"From a financial point of view, it was successful, yes. But it should've been more successful," says Cavill. It also killed Superman off when he'd only just been rebooted – and after he'd been loathed by everybody for the whole film. Justice League resurrected him, but the initial fear was that there wouldn't be room in the crowded ensemble piece to do him, well, justice.

"I think there is so much more to be told of Superman," argues Cavill. "And especially with what's going on in the world right now, it's important to have that kind of outlet – that figure of hope, responsibility and good vibes."

If not, then there's always Bond, of course – a role to which Cavill is perennially linked. He's 20/1 at the time of writing, which seems overly generous for someone who only narrowly lost out to Daniel Craig for 2006's Casino Royale and is a much better fit for 007's dinner suit now than he was at 22. But, ultimately, money talks and money is what Warner Bros will listen to. Time will tell.

There's a knock on the door and Kal's barking shakes the whole trailer. Cavill's lunch is served. Before it goes cold, there's just time to ask him about working with the ageless superhuman that is Tom Cruise.

"He is extraordinary," says Cavill. "He also does all his own stunts, as we know. I'm from a family of men who have done a lot of pretty cool things. Two of my brothers are in the armed forces. I'm very hard to impress. But Tom's done some stuff on the film where I really have gone, 'OK, mate, yeah, that's undeniably awesome.'"

Although the uncertain nature of the film industry means that he doesn't know what will happen next week, Cavill hopes to still be able to leap (between) tall buildings with a single bound when he's 55 – preferably without breaking any bones in the process.

"You know, if I ever have kids one day, I want to be the dad who's running round after them," he says. "And if I do have kids, even now, it's starting to get quite late. But I want to be a fit and healthy dad, not hobbling round like, 'OK, I'm just going to catch a breather.' Yeah, I'm going to take care of my body – look good, but not smash it."

# Better Sex With The Latest Tech

LIVING APART? TOO BUSY? UNSURE WHAT SHE LIKES? WHATEVER YOUR BEDROOM CHALLENGE, TECHNOLOGY CAN HELP.



As a Marine, David has spent much of the past five years away from his wife, Penny. They could be nine time zones apart for as long as a month or two. That's an awful lot of Snapchatting.

They're hardly alone in their aloneness. Long-haul truckers, oil rig workers, and even athletes and sportswriters feel the strain of separation. But just as ballistic armour and night-vision goggles have changed soldiering, technology has changed sex for long-distance couples.



(Actually, night-vision goggles in the bedroom...)

David, 33, and Penny are a living, texting counterargument to the notion that technology only wrecks sex. Sure, smartphones distract us from our mates and dating apps can make it difficult to commit. But for every intimacy-killing app on the market, there's a way to use tech to enhance romance.

Technology may lead you to the hottest sex you've ever had. So whether you want to feel closer to your long-distance mate or your long-term relationship needs a jolt, plug in and turn on.

### 1 KEEP IN TOUCH WHEN YOU'RE FAR AWAY

Ever since Antony left Cleopatra on the shore and sailed off to battle, warriors have had long-distance relationships. The key, says David, is constant communication.

He learned that lesson early after making Penny endure radio silence – she had no idea what he was doing. She set him straight, and from that point on it was frequent Facebook messages, then GChat, then Google Hangouts. "Our chat history is swimming around on a Google server somewhere," he says.

Later it was Snapchat. Sexy messages and hot photos vanish but linger in your memory. Like the snap of Penny's new swimsuit: "She was excited to show it off to me – and yeah, it looked great on her."

The Snapchat streak counter helps: "Having a 275-day streak going can be a powerful motivator," says David. Too millennial? Send

pics and messages with Signal, which safely encrypts messages.

>> **Next-Level Mission** Add an app-controlled toy to your next FaceTime session. You can control it remotely. Start slow, teasing with a light setting, then turn it up as she gets turned on. Or just have her stimulate herself over video chat. Best show ever.

### 2 LEARN EACH OTHER'S SECRETS, BLUSH-FREE

Hesitant about divulging your desires? You're not alone. Take Jason, 33, who's been with his girlfriend for four months but hasn't shared some particular sexual interests. "I worry about the stigma of being into sex that isn't 100 percent normal," he says.

Couples therapist Stan Tatkin hears that a lot: "In the beginning of all relationships, we're auditioning," he says. "You're trying to not get into

**"INSTEAD OF NETFLIX AND CHILL, TRY SEX ED AND CHILL. SET ASIDE A NIGHT TO EXPLORE."**



trouble, at the very least." Don't let fear hinder your sex life.

>> **Tech Tactic** Give Blindfold a spin. This app lets both of you check off stuff you'd like to try. It tells you if you score a match and keeps the non-matches secret – no judgment here.

Do it on your own time; there's no need to decide rapid-fire whether spanking is something you're really into or you're just curious. A match is a natural conversation starter.

### 3 FIND SOME CREATIVE WORK-AROUNDS

A penis disability due to injury or illness doesn't have to be a death blow for your sex life. "We have erogenous zones all over our bodies," says Charlie Glickman, a sex and relationships coach based in Seattle. "You can learn to tune into them, but it takes practice." Many areas around the body are ripe for sexual stimulation, and tech can offer something different.

>> **Action Plan** A finger vibrate can turn your digits into a supercharged erotic tool. Have her wear one and slowly trace it down your chest, pausing at sensitive spots. With practise and focus, you may even reach orgasm from this kind of touch. But don't stress: If it feels good, you're on track, says Glickman.

### 4 EMPLOY STEALTH TECHNOLOGY

Some women might prefer additional materiel in their campaign for the Big O. New, stealthy sex toys don't hide from radar, but they're unobtrusive. Treat yourself to a couples toy for a change.

>> **Reinforcements** Use toys in a support role. Choose the right one that requires no uncomfortable positioning. Or

use it to kick off foreplay with a little vibration, and then let your fingers join in. Because fingers, of course, are the ultimate digital stimulation.

### 5 DON'T LET SEX SMOLDER ON THE BACK BURNER

After a few years (and maybe a few children), finding the time to get naked together may become a big challenge. "We live in a culture that deprioritises sex," says psychologist Liz Powell.

>> **The Strategy** Use the decidedly boring Google calendar to schedule sexy time, Powell suggests. Send her an invite for, say, Thursday at 10pm. Set the mood early in the day with a sext, or send her an erotic story from literotica.com.

In the bedroom, try listening to erotic podcasts of hot stories, taking inspiration from the characters' actions. Or use the stories as a soundtrack – candles and wine can't hurt either.

### 6 REALISE YOU CAN ALWAYS LEARN MORE

Think you know it all? You're probably missing out. "Most of us have pretty abysmal sex education histories," Powell says. "There are always new ideas and new approaches."

>> **Advanced Training** There are websites out there that offer videos and livestreams, respectively, from sex educators tackling topics like massage and the basics of blindfolds.

Instead of Netflix and chill, try sex ed and chill. Set aside a night to explore. If you see something you want to do or get your mate's opinion on, pause the video for a discussion – or a trial run.

# Swipe Right Into A Real Relationship

YOU MIGHT THINK IT'S JUST A CASUAL HOOK-UP – BUT SCIENCE SAYS THE CHANCES ARE GOOD IT COULD TURN INTO MUCH MORE.

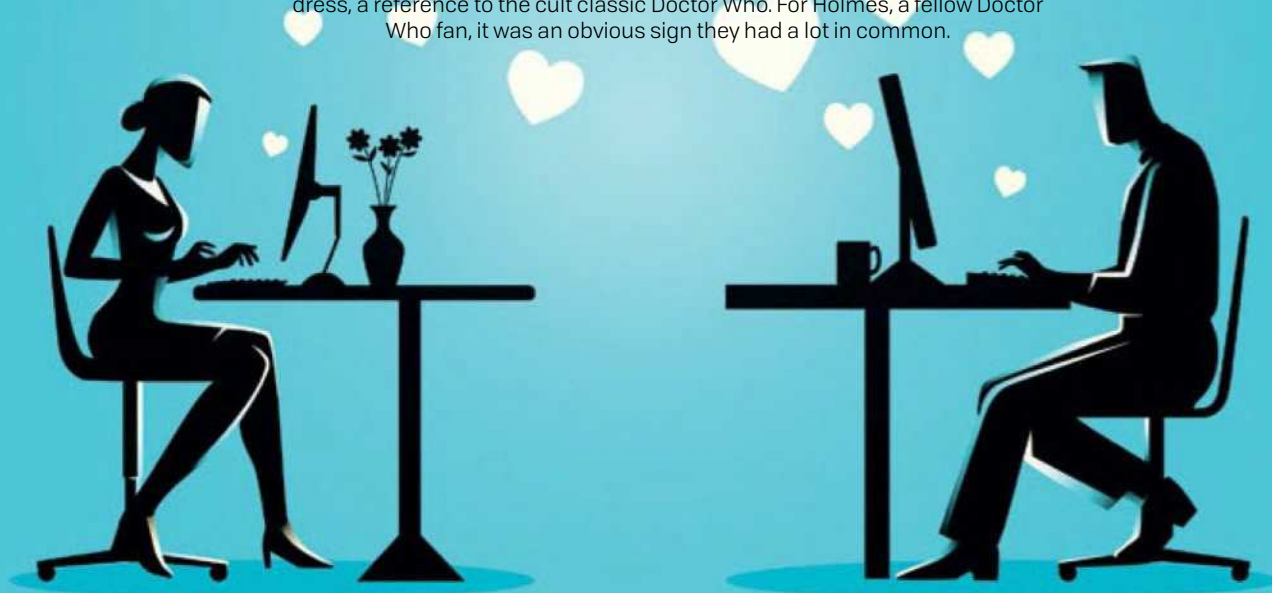
# W

When Tyler Holmes first met Tori McDonough on Tinder, he wasn't looking for a long-term relationship. They'd flirted for a few months before

McDonough had asked him out to dinner at a Mexican restaurant.

"We'd agreed ahead of time that this was just going to be a general meet-up, so we could gauge interest first and make sure neither of us were serial killers," says Holmes, 28, an engineer and pole dance instructor in Seattle. "The idea was to move towards something casual, but there was no intention of anything happening this first meet-up."

The night they met, McDonough walked into the restaurant wearing a Tardis dress, a reference to the cult classic Doctor Who. For Holmes, a fellow Doctor Who fan, it was an obvious sign they had a lot in common.



TEXT: WENDY LU | ILLUSTRATIONS: IZSRF

After dinner, they grabbed ice cream and went back to his place to watch *Penny Dreadful*. That night, they slept together for the first time and discovered they had strong sexual chemistry.

They continued to have sex for the next four months, until one day, Holmes realised he'd developed feelings for McDonough. At first, he was caught off-guard. This wasn't what either of them had expected.

"We were spending so much time together and talking more about ourselves and our lives, just even outside of going to each other's places and banging around for awhile, that I think it just steadily developed in the background without either of us realising it," Holmes says. They've been dating ever since.

Dating a one-night stand might seem counterintuitive. In the age of Tinder and Bumble, it's never been easier to have casual sex, and for many, the purpose of such apps is to hook up with multiple people with no strings attached.

But in many cases, casual sex can lead to something more serious. While there's no reliable data to suggest how often this actually happens, according to biological anthropologist Helen Fisher, as many as 30 percent of relationships have started out as one-night stands.

Moreover, while cultural stereotypes suggest that men are more likely to pursue one-night stands than women, research indicates that the truth is more complicated. In fact, men are three times more likely to want to turn a one-night stand into a relationship, according to Match's annual

Singles in America survey.

One reason for this phenomenon? People who are playing the field may still be subconsciously looking for a good partner, someone who's "a cut above the rest," Grant Langston, the chief executive officer of eHarmony, told *Men's Health*.

The Match survey also indicated that men are 43 percent more likely to believe that sex helps to build a strong emotional connection, which makes a lot of sense when you think about it: Having casual sex right off the bat arguably makes it easier to build a strong emotional connection with someone, because you've already broken through a major comfort barrier (for example, seeing the other person naked).

"You already know how that person is in bed. As you get to know each other, it's just going to get better from there and you have more feelings. You can actually get to know this person," Sameera Sullivan, a men's matchmaker based in Manhattan, told *Men's Health*.

While different factors like luck, timing and compatibility obviously play a role in whether a one-night stand can evolve into something more, some might argue that human biology predisposes us to developing deeper feelings for someone we have sex with only once.

While much has been written about the role that oxytocin, or the "bonding hormone," plays in developing feelings of post-coital attachment, having sex also increases the level of dopamine in our brains, which can also act as a "bonding agent," Langston says.

That said, not everyone is interested in a relationship, and some people might genuinely only be using hook-up apps to pursue something casual and short-term. Although it's not uncommon for a one-night stand to turn into a relationship organically, it's important to note that if you start developing feelings for your partner beyond sexual attraction, they might not be on the same page. That's why it's important to be open about your feelings right off the bat.

Holmes says having low expectations allowed him and McDonough to establish a level of trust without tacking on pressure to make things work. "From the start, there was a great amount of openness and honesty," he says. "It felt like it was going to be something temporary, so it was easy to just kind of lay out wants and needs early."

**IF YOU'RE CONNECTING AND ENJOYING EACH OTHER'S COMPANY BOTH BEFORE AND AFTER SEX, THERE MIGHT BE SOMETHING DEEPER THERE THAT'S WORTH EXPLORING.**



So can relationships that started out as casual flings actually last? Mark Black, who's been married to his wife Mary for 29 years, says absolutely.

In true *When Harry Met Sally* fashion, the Blacks met twice — once when Mark was 20 and spotted Mary on a beach, and then again five years later at a broomball tournament. They started talking and eventually began a casual relationship.

Mark had already been divorced once, and was "dead set" against getting married ever again. But the more time he spent with Mary, the more he developed feelings for her.

"After we got together, it was like I didn't have that desire to go out and see or date other girls anymore," says Mark, 57. "I was thinking, 'This girl is satisfying all my wants and desires, and we get along great. I don't know how I can do any better.'"

So how do you actually know if a one-night stand is the real deal? If you're having amazing sex several times during a one-night stand but you don't have much to say to each other afterwards, that's a good sign it's just lust, Sullivan says. But if you're connecting and enjoying each other's company both before and after sex, there might be something deeper there that's worth exploring.

Langston says: "The best way to understand if a person is a good partner for you is to see them in a lot of different circumstance. You want to see this person after a bad day and after a great day. You want to see this person after they've had too much to drink and when they're bored. You want to have as many data points as you can get."



## Should You Court Your Co-worker?

MAKING A MOVE ON YOUR COLLEAGUE MAY HAVE CROSSED YOUR MIND BEFORE, BUT THERE ARE SOME RISKS TO CONSIDER BEFORE PURSUING ROMANCE IN THE OFFICE.

TEXT: LOCKE HUGHES | ILLUSTRATION: 123RF

says Michele Kerulis, a clinical therapist, dating and relationships expert, and faculty member of Northwestern University.

If you're deciding whether to give it a shot with that cute co-worker, ask yourself these questions first before you make a move.

### **AM I JUST ATTRACTED TO THIS PERSON, OR IS IT TRULY AN EMOTIONAL CONNECTION?**

If you're always in the same meetings, working on the same presentations, or commiserating over the same workplace gripes, it's not difficult to develop a flirty relationship with a co-worker.

"People can become attracted to each other in the workplace when they see co-workers successfully completing tasks, especially when that task takes a high level of skill," Kerulis explains.

But there's a way to tell the difference: When you have just a physical attraction, you think about that person (maybe a lot) when you're together.

However, if you think about the other person often when you are not together, you likely have developed an emotional connection, Kerulis says.

### **DO I KNOW WHAT HE OR SHE IS REALLY, TRULY LIKE?**

Because of the aforementioned "rose-coloured glasses" you may wear at work, it's probably a good idea to take a step back and make sure you like this person for who she really is – gold stars and awesome sales number aside.

The good news? Chances

are you have seen that person in her natural, authentic state, says dating coach and matchmaker Bonnie Winston – since you've seen how she acts as she handles pressure, deadlines and responsibilities.

What happens under those fluorescent office lights makes it a lot easier to see someone clearly than when the lights are dim over a glass of wine.

### **WHAT KIND OF HR POLICY DOES MY COMPANY HAVE?**

This one may be a given, but it's important to be aware of your human resource policy regarding relationships at

work, Kerulis points out.

Many workplaces advise employees against engaging in romantic relationships with people they supervise, for example. Law firms are also typically against inter-office relationships, Winston says.

If you're not sure, consult your employee handbook or ask an HR representative. You don't want a potential encounter to get either one of you in a sticky situation with your company.

### **WILL A ROMANTIC RELATIONSHIP IMPACT MY ABILITY TO DO MY JOB OR MOVE AHEAD AT WORK?**

If entering a relationship might affect you or the other person's ability to gain respect at work, you may need to re-think it. "Some co-workers might view the personal relationship in a negative light, which could impact their professional opinion of you," Kerulis says.

### **CAN WE SET – AND OBEY – BOUNDARIES?**

If you decide to go for it, be sure to discuss boundaries, Kerulis suggests. Remember, even though it's a personal relationship, it shouldn't affect your professional relationship, or your productivity and decision-making at work.

"Set boundaries around discussing personal matters when you are at work, and do the same for discussing work issues while at home," she suggests. Plus, setting these types of healthy boundaries will help you to maintain a good work-life balance as well.

THIS ARTICLE ORIGINALLY APPEARED IN *WOMEN'S HEALTH*.

# W

When you're sitting in a cubicle or working the register next to an attractive person all day, every day, it's almost inevitable that sparks will fly.

Not everyone will act on it, but the thought of romancing a hottie at work has probably passed through nearly every employee's mind.

That's a relatively normal scenario – people have even coined the term "work husband/wife" to describe the pseudo-romantic friendships that develop in the office. But actually acting on your feelings can be a tricky and somewhat risky situation, personally and professionally.

Still, bonding over commonalities, whether they're work-related or cheering for the same sports teams, can be a catalyst to a friendship that sparks into a romantic relationship,



**IF ENTERING A RELATIONSHIP MIGHT AFFECT YOU OR THE OTHER PERSON'S ABILITY TO GAIN RESPECT AT WORK, YOU MAY NEED TO RE-THINK IT.**



## Do Less, Get More Done

WORKAHOLICS, LISTEN UP: STEP AWAY FROM YOUR DESK TO BOOST YOUR PRODUCTIVITY AND YOUR MOOD. YOUR BOSS – AND COWORKERS – WILL THANK YOU.

1

**Take “Microbreaks”** Taking a few minutes now and then can cut work stress while improving your efficiency and mood, a recent study reports. You can relax (“I’m not napping – I’m recharging!”), stimulate your mind (do something that’s not a chore – think Candy Crush, not online banking) or socialise (but don’t complain about work – chat about other topics). You like those Tasty videos? That’s fine. Maybe not before lunch.

2

### **Don’t Do E-mail After Hours**

We get it: You’re a devoted employee. But checking your e-mail after you’ve clocked out can affect your family life and lead to emotional exhaustion, new research confirms. Even if you have no e-mails to read, waiting for that ping can bring on something called “anticipatory stress.” So make this an ironclad rule – confirm it with your boss and coworkers – and you’ll enhance your job satisfaction in the long run.

3

### **Use Your Vacation Days Already**

You’ve heard this before, but evidently it hasn’t sunk in: Last year, 55 percent of US employees left vacation time on the table, letting companies keep US\$61.4 billion in benefits (which they don’t need). Those who take their vacation days come back refreshed and perform better at work, a human resource survey indicates. Those who don’t just annoy their coworkers by going full martyr about all their unused time off.

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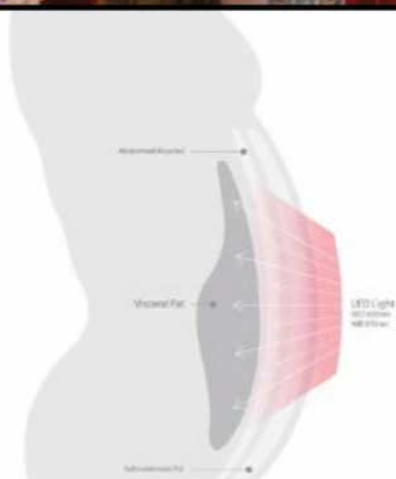
LFRT (Light Fat Reduction Technology) is a newly developed technology that exposes our body to artificial light that has particular wavelength and intensity to help to reduce fat. LumiDiet has developed and applied LFRT to maximize the result of burning abdominal fat. This technology includes differentiated 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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# The Fast Route To Weight Loss

BREAKING YOUR FAST AFTER EARLY MORNING TRAINING MAY BE THE SMARTEST WAY TO SHIFT POUNDS. LOAD UP ON EMPTY PROMISES.



**T**

The big breakfast debate has been settled. Until now, the opposing cases have been presented as follows: Skip breakfast and train fasted to spike your metabolism and increase your total fat burn by 8 percent. Alternatively, wait to digest your morning eggs in order to train harder for faster gains.

Both are enticing – which is confusing. But the latest research from the University of Scranton confirms that fasted exercise is the tastiest prospect for weight loss. And not for the reasons previously thought.

Scientists set out to discover how timing breakfast around a morning workout could affect appetite for the rest of the day. Two groups were fed exactly the same breakfast at different times, before being given the green light to indulge as they saw fit for lunch and dinner.

Subjects who ate their first meal after swinging a kettlebell, rather than before, consumed 900 fewer calories throughout the day. This supports previous research linking exercise to a decrease in the brain's neural response to food imagery.

For anyone looking to lose a few kilos, the prospect of a 900-calorie deficit with zero hunger pangs is most welcome. As is the free pass provided by a hungry morning workout to really make a meal out of your breakfast.

Grab-and-go toast no longer cuts it. Salmon and eggs, on the other hand? Empathically, yes.

## Plate Full

HERE, WE PRESENT THE GOLDEN MACRO RATIO FOR ALL-DAY SATIETY. BALANCE MEALS TO KEEP SNACKING HABITS AT BAY.

### i/ PROTEIN

Eggs are the ideal source for aiding satiety. A University of Washington study found that people who eat a 30 percent protein diet consume 441 fewer calories each day on average.

### ii/ FATS

Moderate-fat diets (of more than 35 percent) are associated with greater weight loss success – but keep them unsaturated. Fancy a switch-up from salmon? Take a spoon to the peanut butter instead.

### iii/ CARBS

Keep them low-GI to slow down digestion. Oats are an excellent option. Plus – if you're working them into your post-run breakfast – the texture of porridge can take a bite out of hunger.



# FACE OFF

THE AQUA PEEL THERAPY AT THOMAS D'ESTHETIQUE CLEANSSES, EXFOLIATES AND HYDRATES THE SKIN – MINUS THE HASSLES.

**W**e don't always understand how a facial works. And most of what the therapist tells us eventually comes to nought midway through the massage. But if you have had a facial before, you would know that the most intense part would be the "extraction". This is when pores are pressed, probed and squeezed to expel the gunk trapped beneath your skin. While this clears up your complexion, it's also when one experiences the most discomfort.

## ■ TRIPLE ACTION

At Thomas D'Esthetique, a men's only aesthetics and wellness centre, the signature Aqua Peel treatment does away with the pain but retains similar, if not better, results.

The three-step therapy begins with the Alpha Hydroxy Acid (AHA) solution that is said to target wrinkles and slow down the signs of



ageing, while firming up and toning the skin. The solution is applied on the dermis by way of a pen-shaped instrument. The tip of the device comprises three holes. As it pulsates to massage the skin and apply the AHA solution, the middle hole siphons away the impurities from the skin.

The treatment ends with a moisturiser (dispensed from the third outlet) that's massaged onto the face, which is followed by a facial mask. The cold, muddy cover provides a refreshing feel and rejuvenates the skin at the same time. More importantly, the entire treatment provides cleansing, exfoliation, extraction, hydration and antioxidants, without the need for any intense "battering" or squeezing of your skin.

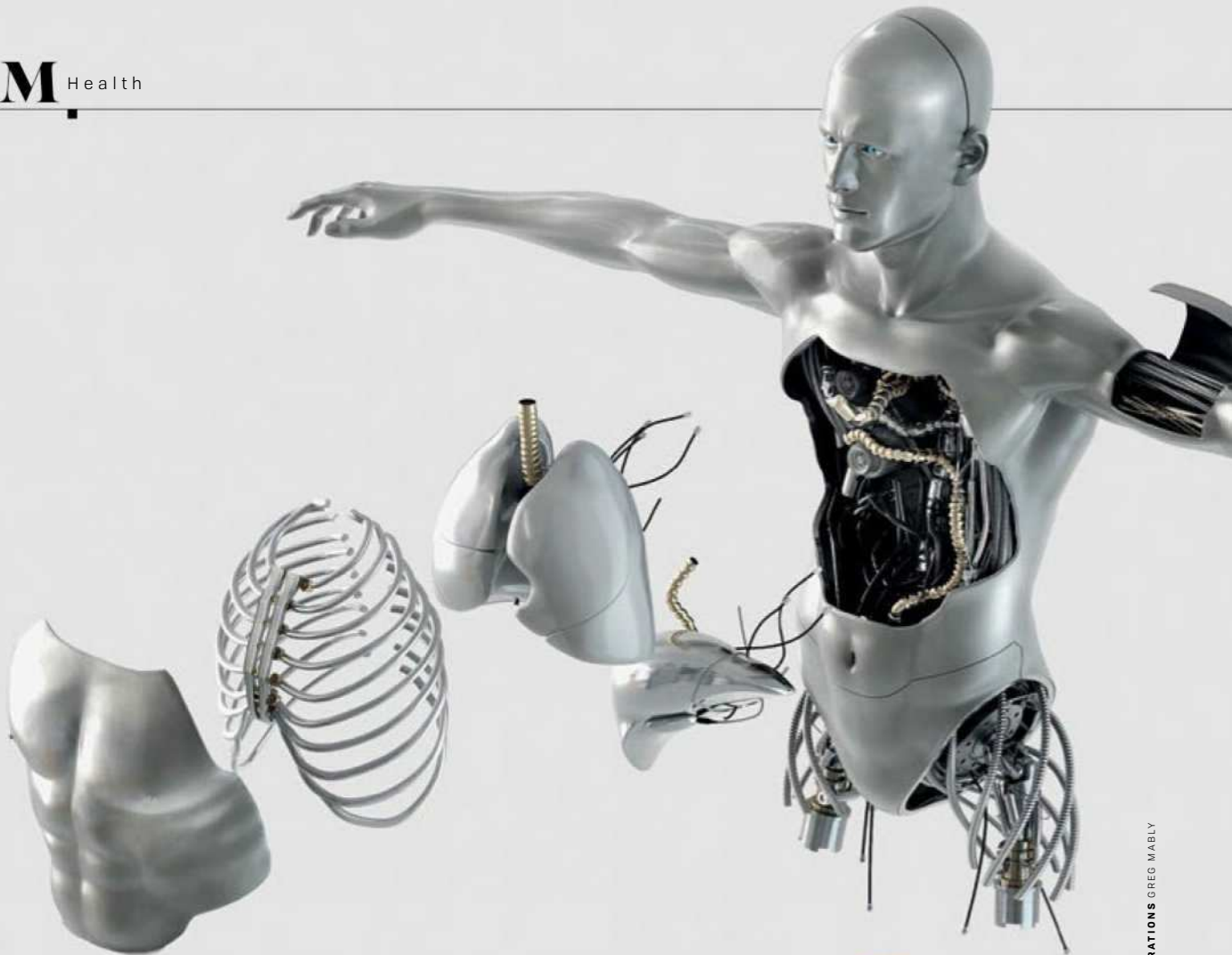
## ■ AFTERGLOW

The Aqua Peel is suitable for all skin types, whether dry, oily or acne-prone. And it requires a first-hand experience for its efficacy to be believed.

While the therapy may leave your face slightly red and tight, the results include an obvious natural glow on the skin. Better still, the sparkle lasts beyond the treatment, and the face feels fresher and rejuvenated with each passing day.

## SPECIAL

Present this page and redeem one Aqua Peel treatment at only \$198. Call for an appointment.



# Fake Health News!

LOW-FAT DIETS ARE GOOD FOR YOUR HEART, AND OTHER DANGEROUS LIES THAT CAN HURT YOU.

**I** met Luke at a professional conference. I'm a public health and behavioural science expert; Luke's a statistician for a hospital system in New York City. I thought he was brilliant—two Ivy League degrees, decades of experience working with top

medical professionals, married to a cardiologist. We stayed in touch. A few months later, after I began speaking out about irrational health beliefs, including the myth that vaccines cause autism, I ran into Luke again.

"I read your piece," he said.

I smiled awkwardly. His son had autism, but we'd never discussed it. What came next shocked me. "How can you say vaccines don't cause autism?"

At first I thought he was joking. But no: Luke is an anti-vaxxer, convinced that childhood vaccines are a pharmaceutical conspiracy. He blames vaccines for his son's autism. He mistrusts doctors in general, and he and his wife (a

**I NEVER THOUGHT SOMEONE WITH LUKE'S BACKGROUND AND INTELLECT COULD DEFEND BELIEFS THAT SCIENCE HAD THOROUGHLY DEBUNKED."**



cardiologist, remember) follow a natural lifestyle that minimises interaction with them. He also believes eggs and milk cause cancer.

I didn't know what to say. I never thought someone with Luke's background and intellect could defend beliefs that science had thoroughly debunked.

Luke isn't alone. Thousands of well-educated people share such erroneous beliefs. With the help of my father, Jack Gorman, M.D., I began to explore why people develop these mindsets and wrote the book *Denying to the Grave: Why We Ignore the Facts That Will Save Us*. You're about to learn the neurological basis for how such thinking "narrows" the brain and how to reverse the process in yourself and others. But first, let's take a look at six prevailing health myths that some people still believe.



### MYTH 1 CHILDHOOD VACCINES CAUSE AUTISM

#### The Origin

In 1998, the British gastroenterologist Andrew Wakefield published a study in *The Lancet* claiming a link between autism and the MMR (measles, mumps, rubella) vaccine children receive. The finding terrified parents and reverberates to this day. According to CDC data, nonmedical exemptions for school-required immunizations are rising in 11 states. Measles is an illness that can kill. Despite that, a 2015 CNN poll found anti-vaxer parents more likely to be wealthier, white, and college educated. Of those surveyed, 57 percent cited "concerns about autism" as the reason for not vaccinating their kids.

#### The Truth

The *Lancet* retracted the Wakefield study in 2010, citing invalid science. Wakefield had committed fraud by taking money from vaccine injury lawyers and falsifying data. He later lost his medical license. The American Academy of Pediatrics now lists 20 pages of studies and other evidence showing no link between vaccines and autism. Researchers also warn that a 5 percent decline in MMR immunizations among 2- to 11-year-olds would triple the annual number of measles cases in this age group nationwide, resulting in \$2.1 million in yearly health care expenditures and needlessly claiming young lives.



### MYTH 2 A LOW-FAT DIET WILL PREVENT HEART DISEASE

#### The Origin

In the 1940s, heart disease was the top killer in the United States. To identify the causes, many studies were launched, including the landmark Framingham Heart Study and the Seven Countries Study. The latter examined risk factors across cultures and linked diets high in saturated fat to heart disease. The American Heart Association endorsed the findings and sounded the alarm on saturated fat. Companies responded with low-fat processed foods. Belief in the heart-healthy benefits of a low-fat diet still persists today, even though heart disease remains the leading cause of death in the nation.

#### The Truth

Hundreds of millions of dollars have been spent trying to replicate the Seven Countries Study, without success. In November, new research in *The Lancet* spanning 18 countries across five continents concluded that "total fats and types of fat were not associated with cardiovascular disease." We now know that sugar is extremely harmful to health. A 2014 *JAMA Internal Medicine* study found that people who get 25 percent or more of their daily calories from added sugar are more than twice as likely to die of heart disease as those who get 10 percent or less. That's regardless of age, sex, and BMI.



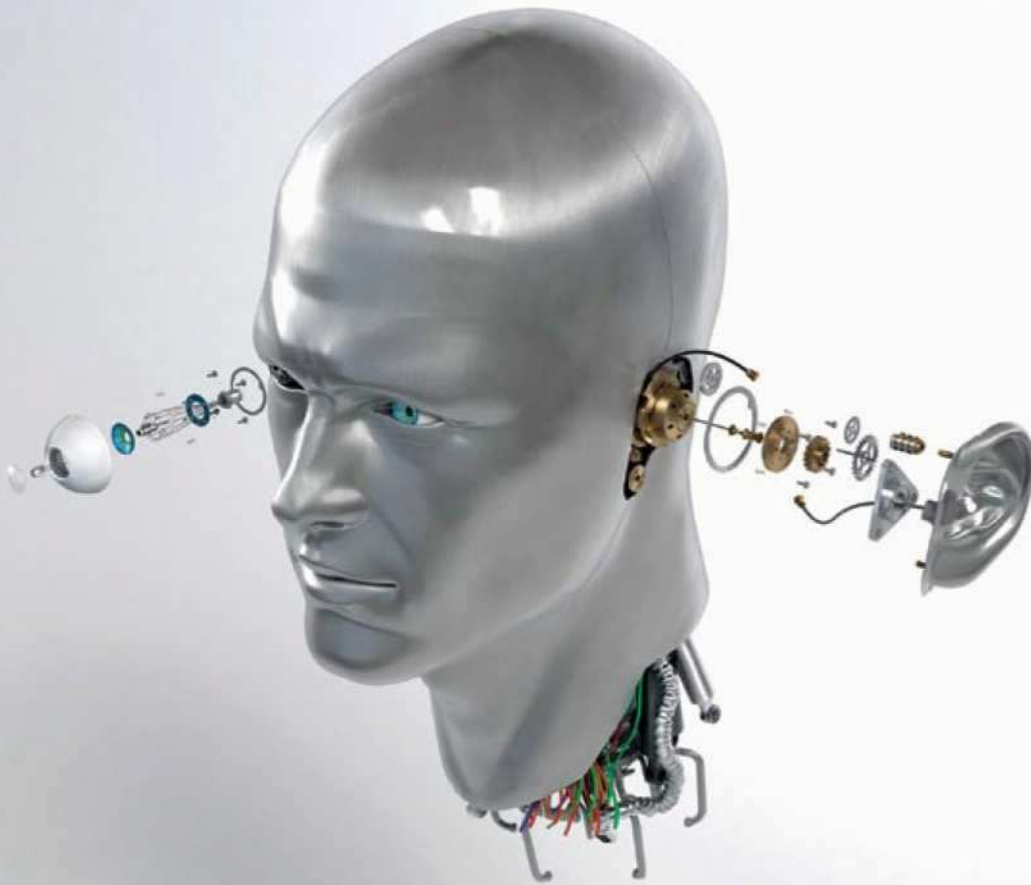
### MYTH 3 PSA SCREENING FOR YOUNGER MEN SAVES LIVES

#### The Origin

Prostate cancer is the most common cancer among men, second only to lung cancer in deadlines. PSA stands for "prostate-specific antigen," and the test measures blood levels of this protein; a high number can suggest prostate cancer. In 1994, the FDA approved routine PSA screening for asymptomatic men. Since it's such a simple, non-invasive way to apparently detect a dreaded disease, physicians prescribe and patients request an estimated 20 million PSA tests annually.

#### The Truth

Mass PSA screening does more harm than good. In a 2010 *New York Times* editorial, even the doctor who discovered PSA called large-scale testing a "profit-driven public health disaster." In 2012, the U.S. Preventive Services Task Force advised against routine testing, citing evidence that about 80 percent of results are false positives. Experts estimate that up to five of every 1,000 men who undergo prostate cancer surgery die within a month. The American Urological Association no longer recommends routine PSA screening for men younger than 55 unless they have risk factors (like smoking, being overweight, or having a family history of prostate cancer).



## THE HARDENING OF A BOGUS BELIEF

Think of beliefs as connections between brain cells (e.g., neural networks containing, say, your knowledge of vaccines and those with your knowledge of autism). As a belief becomes ingrained, the connection gets stronger and your mind becomes more “closed.”

**V** = vaccine info / **A** = autism info

### Step 1 Initial Association

First mention of the topics together



### Step 2 Sporadic Association



### Step 3 Automatic Association

Each time you hear “vaccine,” you automatically think “autism.”



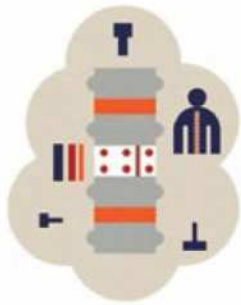
## MYTH 4 RAW MILK IS HEALTHIER THAN PASTEURISED

### The Origin

It's difficult to pinpoint when or where this idea started, but the raw milk movement has been gaining momentum. Twelve U.S. states now permit sales of raw milk in stores, and 13 more allow it to be sold on the farm where it was produced. Pasteurization involves heating milk to kill harmful bacteria, but raw milk proponents claim the heat also kills important nutrients and that consuming pasteurised dairy products causes allergic reactions and symptoms of lactose intolerance.

### The Truth

The FDA says no there's evidence that raw milk is any more beneficial than the pasteurised stuff. In fact, the opposite is true: While unpasteurised dairy products such as milk and cheese are consumed by a little more than 3 percent of the population, they cause 96 percent of the illnesses originating from contaminated dairy products, according to the CDC. That's 840 times more illness and 45 times more hospitalization than from pasteurised dairy products. Infection from harmful bacteria in raw milk (like salmonella, E. coli, and listeria) can result in organ failure, miscarriage, paralysis, or death.



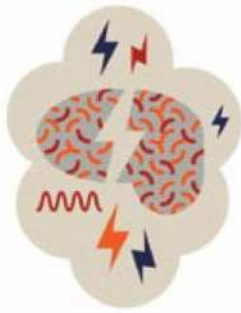
**MYTH**  
**5** FOR LOWER-BACK PAIN, SPINAL FUSION IS BEST

**The Origin**

The vertebrae lining your backbone are cushioned by shock-absorbing discs. Over time, disc damage leads to micromovements that can trigger pain. On an X-ray, CT scan, or MRI, the narrowing of space between vertebrae is often interpreted as disc degeneration and the source of pain. It would seem logical, then, that fusing vertebrae and/or removing bone would limit micromovements, make space for nerves, and ease the ache. This thinking led to a 70 percent spike in such surgeries from 2001 to 2011. About 400,000 are done annually.

**The Truth**

A recent study determined that up to 40 percent of people who undergo back surgery could continue to have significant pain afterward. Rates of complication from such operations can be upwards of 20 percent. Even with today's medical advances, finding the cause of lower-back pain is very difficult. About 85 percent is the "nonspecific" type and surgery is typically not the best option. In 2017, the American College of Physicians published new guidelines, recommending non-pharmacologic, non-surgical options, such as exercise and cognitive behavioural therapy, to treat acute and chronic lower-back pain.



**MYTH**  
**6** SHOCK THERAPY CAUSES BRAIN DAMAGE

**The Origin**

Passing an electric current through the brain to spark a chemistry-shifting seizure seems crude if not barbaric. Hollywood portrays restrained patients convulsing in pain before becoming passive and sustaining permanent memory loss and personality changes. Indeed, in 1950s psychiatric hospitals, electroconvulsive therapy (ECT) was used to "treat" everything from unruly behaviour to homosexuality. And those perceptions persist: In a U.K. survey, about 20 percent of respondents said they fear dying if they receive ECT.

**The Truth**

For people dealing with severe, treatment-resistant depression, ECT is often the only option. While antidepressant meds generally have a 50 to 60 percent success rate, ECT is effective 70 to 90 percent of the time. Studies show that memory loss from ECT is usually temporary and that the treatment is safe. Patients also experience no pain and there's no visible convulsing. Overall, ECT is a highly effective antidepressant treatment—and for suicide prevention, it's significantly superior to drug therapy. Dramatic improvement is often seen after a week or two of ECT, versus six to eight weeks for antidepressants to take full effect.

**HOW TO CHANGE A MIND**

YOURS AND SOMEONE ELSE'S...

**STEP 1 Understand**

When and how did the belief arise? Was it formed or inherited in youth without much independent exploration of the truth? Is it shared by family or friends? Was it formed under heightened emotion? Knowing the motivation for maintaining a belief is the first step in re-evaluating truth.

**ASK YOURSELF**  
"What's my earliest memory of this belief?"

**ASK THEM**  
"How did you come to this idea?"

**STEP 2 Evaluate**

List all the reasons you're holding on to this belief, even if there's mounting evidence to the contrary. Then make another list of how keeping the belief could hurt you. Do this objectively, as you would any other pro/con list. People often cling to opinions without ever evaluating the evidence.

**ASK YOURSELF**  
"What does this belief help me do or make me feel?"

**ASK THEM**  
"What scares you the most about changing your opinion?"

**STEP 3 Introduce**

An opening mind is a delicate thing, so don't rush it. Work in stages. Start by reading a few sources that take the opposite position. Then talk to one or two people who hold that belief. Ask questions. Try living for a day as if you'd changed your mind, and pay attention to how you feel.

**ASK YOURSELF**  
"What if I lived for one day with a different mindset?"

**ASK THEM**  
"Are you open to hearing a podcast that argues a different position?"

**STEP 4 Reinforce**

The more a new belief is reinforced, the stronger and more automatic it becomes. So discuss your new view with others or repeat any behaviours that resulted from it. But be careful not to become close-minded about this new opinion. Put it to this same test periodically.

**ASK YOURSELF**  
"Has my behaviour changed as a result of this new belief?"

**ASK THEM**  
"Have you discussed your new opinion with anyone?"

# The Eater's Guide to Unsung Grains

MODERNISE YOUR DIET WITH THESE ANCIENT FOODS.

**E**

Every week, it seems, some food marketer hawks another "new" grain-based superfood. The hype is half right.

High in fibre and heart-healthy, whole grains are super, but there's nothing new about them. (Historians believe we've been eating them for about 10,000 years.) And as anyone who's choked down undercooked quinoa will tell you, prep matters.

Here are six varieties you should get to know, and strategic tips on cooking them so you'll enjoy every bite.

TEXT: JAMES BRISQIONE. PHOTOS: CHRISTOPHER TESTANI. ILLUSTRATIONS: CLINT FORD

## THE GREAT GRAIN DECODER

Before you go mad in the supermarket aisle, study up.



### 1 QUINOA

► **WHAT IT IS** This seed, a South America native, is grown high in the Andes. Quinoa is gluten-free and also has all nine of the essential amino acids, so it's a

plant-based complete protein.

► **HOW IT TASTES** Properly cooked, quinoa has a texture that "pops." If you're making tabbouleh, try using quinoa instead of bulgur.

🍴 PER ½ CUP COOKED: 111 CALORIES, 4G PROTEIN, 20G CARBS (3G FIBRE), 2G FAT

🕒 COOK IT: 12 TO 15 MIN



### 2 TEFF

► **WHAT IT IS** It hails from Ethiopia, where it's long been a culinary staple. This tiny poppy-seed-size grain is an excellent source of essential minerals, such as manganese, iron

and zinc.

► **HOW IT TASTES** The flavour depends on the colour. Lighter teff will have a milder taste – almost like chickpeas. It's great for adding bulk (and fibre) to meatballs.

🍴 PER ½ CUP COOKED: 127 CALORIES, 5G PROTEIN, 25G CARBS (4G FIBRE), 1G FAT

🕒 COOK IT: 12 TO 20 MIN



### 3 FREEKEH

► **WHAT IT IS** Farmers reap durum wheat before it's fully mature, sun-dry the seeds, and burn away the hulls. Freekeh can have more than double the protein and quadruple the

fibre of brown rice.

► **HOW IT TASTES** Freekeh has a roasted flavour and a texture that is and chewy. Cooked freekeh makes a great base for Greek yogurt and fresh berries.

🍴 PER ½ CUP COOKED: 170 CALORIES, 7G PROTEIN, 33G CARBS (8G FIBRE), 2G FAT

🕒 COOK IT: 20 MINUTES (CRACKED)



### 4 FARRO

► **WHAT IT IS** This hearty stuff has been around since the Roman Empire. Farro is nutritionally similar to quinoa and is a good source of fibre, protein and calcium. Hail Caesar!

► **HOW IT TASTES** The texture is similar to that of brown rice, but the grain size is larger. It's awesome when added to chilli, stew or soup.

🍴 PER ½ CUP COOKED: 200 CALORIES, 7G PROTEIN, 37G CARBS (7G FIBRE), 2G FAT

🕒 COOK IT: 30 TO 45 MIN



### 5 SPELT

► **WHAT IT IS** Spelt and farro are nearly the same in appearance. But spelt's tougher bran layer makes it better for grain-based salads, while farro is better for risotto

and stews.

► **HOW IT TASTES** Spelt has a dense, chewy texture and a hint of sweetness. Combine it with dried fruit, toasted nuts and fresh herbs, plus oil, salt and pepper.

🍴 PER ½ CUP COOKED: 123 CALORIES, 5G PROTEIN, 26G CARBS (4G FIBRE), 1G FAT

🕒 COOK IT: ABOUT 45 MIN



### 6 BROWN RICE

► **WHAT IT IS** You know it as the supergrain from the 1970s, but it still deserves to be on your table today. Processors remove the inedible outer hull but keep the

nutritious bran and germ intact.

► **HOW IT TASTES** Brown rice is denser, chewier and nuttier. Try it cooked in some butter, salt and pepper, with meat and fish.

🍴 PER ½ CUP COOKED: 124 CALORIES, 3G PROTEIN, 26G CARBS (2G FIBRE), 1G FAT

🕒 COOK IT: 40 TO 50 MIN

## 12 Savory Grain Bowl Toppers



Soft-boiled egg, halved



Avocado, cubed



Jarred roasted red-pepper strips



Feta cheese



Watercress

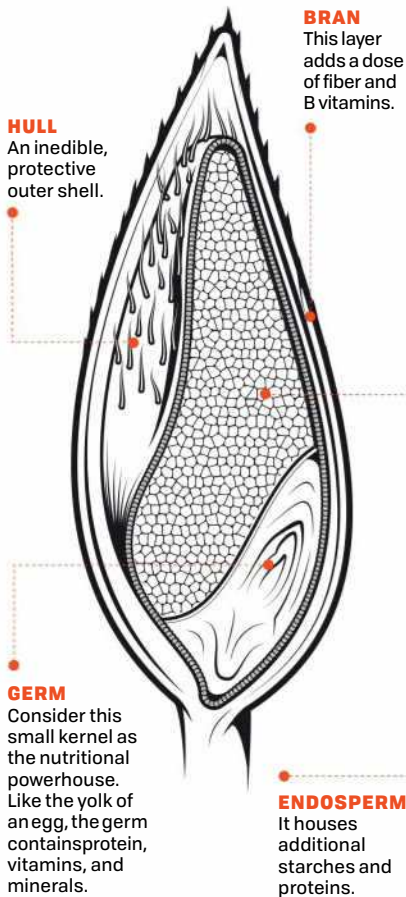


Chili garlic sauce

## GRAINS OF TRUTH

### SALUTE THE KERNEL

ALL FOOD GRAINS ARE MADE UP OF FOUR PARTS.



### FIND NEW FLAVORS

JAMES BRISCIONE'S NEW BOOK, *THE FLAVOR MATRIX*, INSPIRED BY HIS WORK WITH IBM SUPERCOMPUTER WATSON, SHOWCASES THE TASTES THAT PAIR BEST.



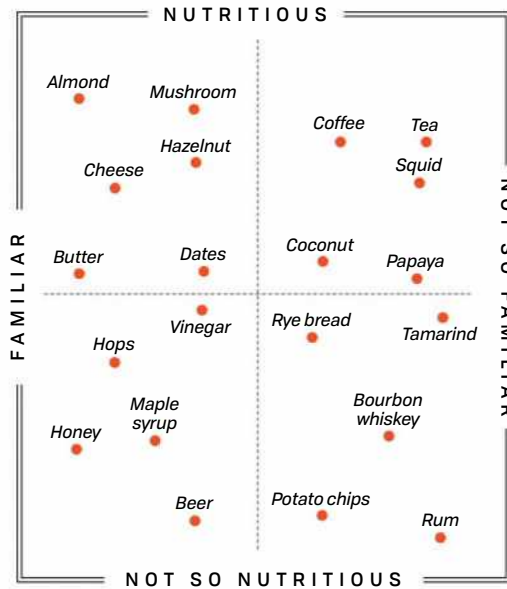
**BEST COMBOS**  
Honey, citrus, roasted meat, butter, cheese, seafood, toasted nuts



**SURPRISING COMBOS**  
Shredded coconut, steamed clams, passionfruit

### PUSH YOUR TASTES

DEPLOY THESE MIX-INS AS FLAVOR SHAKEUPS.

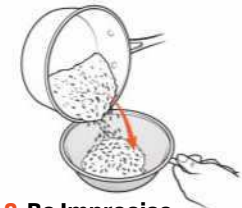


## 3 WAYS TO COOK BETTER GRAINS



### 1. Don't Rinse

Washing grains won't hurt texture or flavour, but it won't improve them either. Possible exception: quinoa. It's usually sold pre-rinsed, but check the package just in case.



### 2. Be Imprecise

Different grains call for different amounts of cooking liquid. Easy fix: In a pot, cover dry grain with 5cm of water. When it's done, dump it into a fine-mesh strainer to drain excess liquid.



### 3. Check Doneness

Taste it from the pot. The grain should feel slightly chewy, not crispy or crunchy. Quinoa gives you a cue: When it's fully cooked, a curlicue pulls from each grain.

## 12 Savory Grain Bowl Toppers



Thinly sliced radishes



Spiral-cut carrots



Pepitas



Thinly sliced red cabbage



Prepared pesto



Bean sprouts





# Stay Woke For Brighter Mental Health

OFFSET THE EFFECTS OF SEASONAL DEPRESSION BY GIVING YOUR PILLOW THE NIGHT OFF.

## Recharge Your Batteries

WHEN SLEEP ELUDES YOU, EXTEND YOUR VOLTAGE WITH OUR VITALITY DOS AND DON'TS.

### +VE - DAYLIGHT

Stretch your legs at lunch: 15 minutes of natural light sends signals to your brain that boost energy and crush tiredness.

### +VE - SINGING

Hitting the high notes triggers an energising response, says the Journal of Music Therapy. Though it's not exactly office appropriate.

### -VE - SUGAR

A study by the Proceedings of the National Academy of Sciences found that while sugar gives you an initial lift, it blocks orexin activity, making you drowsy.

**T**

The Brits are officially living in the world's most exhausted nation. New research reveals that 37 percent of them don't feel they get enough shuteye.

But accepting the inevitability of the occasional sleepless night could actually put your risk of seasonal affective disorder (SAD) and

other mental health concerns to bed.

A study published in the journal *Neuron* found that pulling a single all-nighter – be it to meet tomorrow's 9am deadline or simply binge on Netflix – can swop your seasonal blues for an entire month with more spring in your step.

Scientists have discovered that the receptors in your brain's frontal lobe, which is targeted by medication such as tricyclic antidepressants, can also be activated by sleep deprivation.

It sounds counterintuitive, but manipulating the body's

natural circadian rhythm can lighten your mood. It is the lack of light exposure that can worsen the effects of SAD.

While the initial fix of one month may seem short-term, wake therapy has been linked to more long-lasting improvements for those diagnosed with depression.

Now, we're not downplaying the importance of your relationship with the sandman, the health benefits of which are well-documented. But if removing the pressure to achieve 40 winks can improve your mental health, it's something well worth getting out of bed for.



## Layer Up In Style

HERE'S A FEW OF THE LATEST ATHLEISURE SPORTS JACKETS YOU CAN PICK UP SO YOU'LL FEEL JUST AS COOL AS YOU LOOK.

# U

### UNDER ARMOUR PERPETUAL SERIES WINDBREAKER

The plus about athleisure is that it's suited for our mixture of warm and wet weather in Singapore- be it rain or shine most outfits will work. As Under Armour's marketing director Yvonne Tey explains: "Fashion isn't only about looking good, but how you feel and move in it as well." Their offering here is next-to-skin without the squeeze, and and it's wind-

TEXT KEVIN TAN PHOTOS UNDER ARMOUR, TRIPLE FIT

resistant materials and construction means that if we do get another cold spell that'll come in handy, while on hot days it's micro-mesh underarm and back panels give added ventilation.

What we particularly liked after taking it out on the night on the town- the dark shade of black and its svelte cut means it looks just as great strolling down to the gym at 10am as it does in the club at 2am. "It's comfortable, movement-enhancing and future looking, and that subtle gold detailing also stands out," adds Yvonne. We agree.

>> **How Much, & Where?**  
\$219 at Under Armour stores



**"CONSUMERS NOWADAYS LOOKOUT FOR APPAREL WHICH HAS BOTH AESTHETICS, STYLE, AND OF COURSE THE TECHNOLOGY BEHIND THE PRODUCT."**

we carry, focus on functionality, high-performance technology, and premium fabrications. These designs are simple and clean for everyday use and perfect for consumers to jump straight into workout mode after a brunch or lunch session with their friends."

And that's exactly why we loved this long sleeve top so much. It's just super-breathable, and wearing it felt like we didn't have another layer on at all, despite wearing a cotton tee underneath! And if you're feeling minimalist that day, there's even a flat-locking zip pocket on the back for essentials like your EZ-Link and credit card, keys and some spare change. Yep, that's actually all we managed to cram in when we went out with it- who needs a wallet? And you get a good shoulder and back stretch while reaching for your stuff as well!

>> **How Much, & Where?**  
\$179, TripleFit's Retail Zone, 9 Raffles Boulevard, Millenia Walk, #02-63.

### **EVERY SECOND COUNTS STAMINA LONG-SLEEVED TOP**

First things first, some background here- while the brand isn't that well-known in Singapore, Every Second Counts has been putting out some brilliant athleisure wear for the past few years, with their design aesthetic targeting to perform at the gym and studio during your workouts, but also look good enough after your workout. In fact, Sally Dixon, the brand's founder, left behind a career as a magazine fashion director to fuse her seventeen years of industry expertise with her other love: fitness.

Aznie Kartini Ajtes, the assistant merchandising manager at TripleFit, shares: "Consumers nowadays lookout for apparel which has both aesthetics, style, and of course the technology behind the product. Key elements, especially from the brands that



**NEWLINE IMOTION  
PRINTED JACKET**

From camo to sticker icons, designs on athleisure gear has been increasing the last few seasons to give us more variety than the usual black and basic colours. Darren Marc Tan, brand marketing manager at Triple Fit, shares why this jacket is a must-have in your athleisure collection, saying: "Though it is sports and performance driven it also gives the edgy look of street style, which is the upscaling trend this decade. Even traditional fashion houses like Louis Vuitton and Prada are expanding on their sports category for enhancement to their overall collection."

He adds: "It's all about the "Art of Layering", from casual to avant-grade. The Newline iMotion printed jacket gives the wearer a bold perspective, yet it tones down when pairing it with your basic black compression tights and shorts that you wear in the gym." This was actually our favorite amongst the jackets we tried, as it's printed graphic design was stylish, but not overly loud, and it's lightweight fabric was so thin we could even roll it up and stuff it into our back pocket when we wanted to go jacket-free later in the day.

**>>How Much, & Where?**

\$129, TripleFit's Retail Zone, 9 Raffles Boulevard, Millenia Walk, #02-63.



**"THOUGH IT IS SPORTS  
AND PERFORMANCE  
DRIVEN IT ALSO GIVES  
THE EDGY LOOK OF  
STREET STYLE, WHICH  
IS THE UPSCALING  
TREND THIS DECADE."**



**MOST OF THE ODLO'S JACKET'S ARE LIGHTWEIGHT WITH WINDPROOF MATERIAL, AND LASER CUT BACK VENTILATION THAT GIVES YOU MORE BREATHABILITY. IN FACT, THEY RELEASE HEAT WHEN YOU USE IT FOR YOUR RUNS!"**



**ODLO ZERO WEIGHT JACKET**

Some days you're just going to want to rock out in a lighter colour palette instead of the usual masculine blacks and primary colours, and Oldo's Zero Weight light gray-green offering does exactly the trick. And it's zero-weight promise really does run though- it feels like nothing in our hands, which is perfect for Singapore, adds Darren. "With the hot and humid climate here, breathable and super-light fabrication is very important. Most of the Odlo's jackets are lightweight with windproof material, and laser cut back ventilation that gives you more breathability. In fact, they release heat when you use it for your runs!"

If you're a fan of reflective material then this jacket will also make you stand out at night- as we found that we stood out amongst our friends when taking group selfies over dinner.

**>>How Much, & Where?**

\$179, TripleFit's Retail Zone, 9 Raffles Boulevard, Millenia Walk, #02-63.



# Grooming Sos

STUDIES SHOW THAT WE'RE WORKING LONGER HOURS, GOING OUT LATER AND SLEEPING LESS, ALL OF WHICH IS ENOUGH TO AGE YOU QUICKER THAN A STINT DOWN THE MINES. FORTUNATELY, WE'VE ASSEMBLED A KIT TO HELP YOU LOOK YOUR BEST - EVEN WHEN YOU'RE RUNNING ON EMPTY.



**BEST FOR**  
*Sleepless Nights*

**The Kit**  
4VOO Ubertech Super Restoring Night Formula (\$355, [whatthewants.com.sg](http://whatthewants.com.sg))

**The Science**  
Shut-eye is sacred, so make sure you get the most from yours, however short. The special formula helps to reduce wrinkles and increase skin smoothness, and hydrates your skin, helping you look like you've banked a full eight hours.

**Application**  
Apply the formula on your face after using a cleanser and toner before going to bed.



**BEST FOR**  
*Late-night Eyes*

**The Kit**  
4VOO Rejuvenating Under Eye Gel (\$118, [whatthewants.com.sg](http://whatthewants.com.sg))

**The Science**  
If the tell-tale signs of your long days (and nights) are raising eyebrows, fret not: This eye cream combines potent natural ingredients to penetrate your skin for long-lasting hydration.

**Application**  
Place one drop of gel onto the tip of your pinkie finger and gently dab or stroke it onto the area under the eye, working from the outside of the eye towards the nose.



**BEST FOR**  
*Early-Morning Meetings*

**The Kit**  
Menscience Anti-aging Formula (\$125, [menscience.com](http://menscience.com))

**The Science**  
Designed to keep you feeling fresh, whether you're tackling an early HIIT session, this formula neutralises free radicals that damage skin cells through a process of oxidation, and softens and protects skin while repairing damage caused by the sun and environmental factors.

**Application**  
Gently massage a very small amount on the face until completely absorbed. Use once or twice daily.



**BEST FOR**  
*Last-minute Deadlines*

**The Kit**  
4VOO Ultra Intensive Age Defying Complex (\$335, [whatthewants.com.sg](http://whatthewants.com.sg))

**The Science**  
While unpaid overtime is becoming the norm for many, it needn't take a toll on your outlook. This solution contains an exclusive multi-peptide formulation in the highest concentration to promote skin firmness, and combats against dryness, fine lines and other signs of ageing.

**Application**  
Apply on dry face and neck after using a cleanser.

TEXT SHANE C KURUP, TOM WARD & GILBERT WONG PHOTO 123RF

# Men's Health

SINGAPORE

MAY 2018

**GEAR  
TO PUSH  
FURTHER  
AND  
FASTER**

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## **GUIDE TO RUNNING 2018**

**ONLY THE BEST  
FOR YOUR BEST**

This year's guide focuses on the best of running- from which trends to follow; the mistakes holding you from your best; why running will help you join society's elite, to whats really the best gear to buy to go faster and further. Don't hold back- here's how running can get you ahead.

**HOW  
RUNNING  
CAN MAKE  
YOU A CEO**

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**6 MISTAKES  
THAT ARE  
SLOWING  
YOU DOWN**

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**RUN  
TRENDS TO  
FOLLOW  
THIS YEAR**

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# Running Trends In 2018

FROM MAXIMALIST RUNNING TO ADVANCED FITNESS TRACKERS, TRENDS IN RUNNING ALWAYS CHANGE. FIND OUT WHAT TO LOOK OUT FOR THIS YEAR.



# 1

## THICK SOLES

Forget minimalist shoes with 0mm drops and look for something that offers the complete opposite. Dubbed "maximalist" shoes, Hoka is a brand that's known for their kicks with extreme cushioning. Their shoes offer stack heights of over 30mm (that's the thickness of the outsole between your foot and the ground) and boast comfort like no other. You might need some time to get your feet adjusted to this level of thickness but you may just discover a new favourite way of running this year.

TEXT GILBERT WONG DIGITAL IMAGING ASHRUDDIN SANI PHOTO(SHOE)MASTERFILE



## 2 TECH UPGRADES

A new year means new wearables, and 2018 ushers in a wave of brand new, high-tech upgrades for fitness trackers and smartwatches in all shapes and sizes. Many of the newer offerings from brands like Fitbit now include built-in storage so you can bring your tunes with you, as well as improved weather-proofing and mobile payment options, allowing you to do everything you need to without the added heft of a smartphone. Smartwatches like the Samsung Gear Sport go even further, throwing in weight and nutrition management capabilities (so you can actively track calories) along with remote control capabilities. It's still early in the year, so expect even more enhancements in later months from more brands.

## 3 SAFETY FIRST

Running outdoors at night certainly beats doing it in the daytime heat. But while it does feel good, it can get pretty dangerous if you don't take care of your own safety. Several brands now offer better gear with improved reflective detailing, from jackets to running tights. Look out for more stylish but safe offerings this year and you won't have to worry about cars (and scooters) missing you in the dark.

# 4

## REST AND RECOVERY

It's important to realise that adequate rest is essential when it comes to any form of training, and it definitely has its place in running. This year, maybe it's time to learn how to take a step back instead of running yourself into the ground. It doesn't get more evident than the @restdaybrags on Instagram. The movement was

started by Amelia Boone (@arboone11), Caroline Burckle (@caroburckle) and Jonathan Levitt (@jwlevitt) and emphasises the absolute necessity to take breaks (and how to look good doing it).

Plus, rest days are when the actual growth happens. "As much as athletes focus on their volume of training and the speed at which they do workouts, what

they do outside of running is equally important to becoming stronger and more resilient in the future," says Adam Tenforde, M.D., assistant professor of physical medicine and rehab at Harvard University, and former All-American distance runner at Stanford. It's cool to train 365 days a year, but looks like it will be cooler to stay in and rest.

# “

AS MUCH AS ATHLETES FOCUS ON THEIR VOLUME OF TRAINING AND SPEED, WHAT THEY DO OUTSIDE OF RUNNING IS EQUALLY IMPORTANT.”

# ”



# 5

## CUSTOMISED SHOES

Getting the right running shoes is important, so it really is of no surprise that the customised shoes are becoming available sooner rather than later. Providing the runner with the perfect fit for optimal performance is the name of the game, and brands such as Asics, Brooks, and Salomon have stepped up their efforts in creating the ultimate shoe every runner. With shoe technology improving constantly, this is the year to look out for a pair of shoes you can truly call your own.



their own private customised “races” in the future. With the rise of many fitness and running apps as well as several small running clubs, it won’t be surprising if some people opt to run their own way and skip the pricey entrance fees to such big events. In fact, this is currently the case in the US as the number of people who completed road races has declined every year since 2014 according to Running USA.

## 7 SHORTS VS TIGHTS

We all know tights feel amazing, but could there be a resurgence for a regular pair of shorts? There are pros and cons to both pieces of apparel of course, so there may not be a clear trend to either option. But there certainly are benefits for wearing shorts over compression – pockets for example. Besides, there’s nothing wrong with throwing on a pair of knee-length shorts for a run, as long as they allow you to stay cool and don’t get in your way while you’re clocking those miles.

## 6 RUNNING CLUBS VS BIG RACES

Joining a big race like the Standard Chartered or Sundown marathon is very common here, but it could be possible that people may want to run

“ WITH SHOE TECHNOLOGY IMPROVING CONSTANTLY, THIS IS THE YEAR TO LOOK OUT FOR A PAIR OF SHOES YOU CAN TRULY CALL YOUR OWN. ”

## How To Refuel During A Run

### GUT CHECK

Practice with energy gels or chews during your long training runs prior to the marathon so your gut learns how to handle the fuel. “There are so many options on what to take, trying those ahead of time will help you see what works best,” says Brian Hand, Ph.D., a certified running coach from Boulder, Colorado.

### FUEL YOUR TANK

About 2 to 4 hours before your race,

stock up on your carbs with a breakfast you can easily digest. Think basic foods like oatmeal with slices of banana, yogurt, a bagel with almond butter, or orange juice.

### PLAN AHEAD

“It’s often easy for people to forget about fuelling if they don’t have a plan,” says Hand, so prepare for munching at certain distances or intervals of time. (Have your watch or phone beep to remind you). Start

adding carbs to your system before you crash since it takes time for the fuel to absorb into your system.

### PREP YOUR SUPPORT TEAM

“Have friends or family strategically on the course so you don’t have to carry all those drinks or food” Hand advises. If you’re running solo or missed your kin in the crowd, know beforehand where aid stations on the course will pop up and what brand of energy chew or gel they’ll have, so you can try it ahead of time.

# 8

## LONG RUNS

Are you getting bored of half and full marathons yet? This could be the year for you to explore going even further and pushing yourself to the limit. Ultramarathons are no longer the crazy little niche it once was, and together with more long-distance events popping up, an increasing number of brands have started catering to this group of ultra fit, ultra hardcore runners. With everything from racing socks and shoes to apparel and accessories that allow runners to go the distance, you may look forward to even more offerings from this year to elevate your runs.



## Learn To Love Running

### ► BE YOUR OWN CROSS-COUNTRY CHEERLEADER

Before you hit the pavement, repeat out loud: "One step at a time" or "I'm moving." By declaring positive mantras like these prior to your run, you'll start shifting control from the subconscious part of your brain, where negative thoughts exist, to the frontal lobe, which is responsible for lifting your mood, says former Olympian, Jeff Galloway. And that mood boost only amplifies when the receptors in your brain's reward spots start buzzing during your run.

### ► ADD INTERVALS

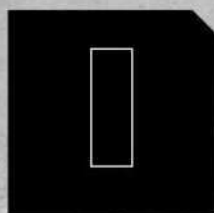
For amateur runners, the best way to ease into long-distance runs is to practice the walk-run method. Begin by running for 30 seconds, then walking for a minute, advises Matt Fitzgerald, author of *Run Faster from the 5K to the Marathon*. British researchers found that people enjoyed high-intensity interval runs more than consistent "slow-and-steady" jogs at moderate exertion. Even though study participants rated the high-intensity workout as more difficult, they also classified it as more enjoyable. "The high-intensity intervals have to be shorter than the jogging recoveries or else the person doing the workout simply won't be able to recover between faster bursts," Fitzgerald says.

### ► GO OUTSIDE

Ditch the treadmill and head outdoors. "You naturally run faster outside," Fitzgerald says. In a study from the University of Stockholm, Sweden, participants were monitored running on an outdoor track and on treadmills in a laboratory. The participants later identified running outside to be less exerting than running indoors.

# Runaway Success

THERE'S A REASON WHY PEOPLE WHO ARE ON TOP OF THEIR GAME TEND TO BE FIT. RESEARCH HAS SHOWN THAT RUNNING AND AEROBIC ACTIVITY MAKE YOU SHARPER.



I can make you smarter in 30 minutes. Not the kind of smart that's acquired through learning something new, like small-engine repair or quadratic equations. I'm talking about improving your brain from the inside out, the kind of smart that leads to faster and more accurate decision making, yields greater productivity, and inspires innovation. If you want to be calculating about it, it's the kind of smart that makes you money. And all you'll need to invest is a half hour, three or four hundred calories, and 80 bucks for a decent pair of running shoes.

For years, aerobic exercise has been touted for its many health benefits; it's no leap to suggest that it can reduce your risk of nearly every known disease. And this is especially true concerning heart health. But the effect of cardio reaches far beyond lipid profiles and blood-pressure readings. In fact, it may do as much for your brain as it does for your ticker; maybe more.



Richard Haig believes it. When he retired early from his position as president of one of the largest security firms on the East Coast, Haig was financially set for life. At 38, he focused on getting his handicap down to 10, but found that he was crushingly bored. So he took up a new challenge: cardio. What started as a daily 3.2km walk became an ultraendurance lifestyle within a year—he once ran 101km non-stop in a charity race. Sure, his fitness level improved, but what he really noticed was that his brain was overflowing. That's when he went back to work.

Once Haig returned as CEO, his company, Haig Security Systems, was as invigorated by his exercise as his body was. He told us at the time: "It's no coincidence that I've done more to increase the company's value in the past 2 years than I had in the previous 10."

It's not hard to find successful men who will swear by the effect cardiovascular exercise has had on their careers and their whole lives. But what may surprise you is the number who credit it not just as a component of their success, but as the catalyst.

For a group of road-hardened examples, look to the competitors in the CEO Challenge, a program for CEOs competing in Ironman triathlons, which require participants to complete a 3.8km swim, a 42km run, and a 180km bike ride in less than 17 hours. At stake: the title "World's Fittest CEO." According to Ted Kennedy, president of CEO Challenge, the Colorado company that started the competition

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YOU'LL FIND THAT THE MAJORITY OF THESE EXECUTIVES BELIEVE THEIR TRAINING IMPROVES ALL ASPECTS OF THEIR LIVES.

”

several years ago, you'll find that the majority of these executives believe their training improves all aspects of their lives, from the family dining room to the corporate boardroom.

"Most of the men who compete in this event say that without aerobic exercise, they wouldn't be CEOs," he says.

You might consider men like Haig and the Ironman CEOs to be a self-selected group: executives who love to run, cycle, or swim, and therefore attribute their success to it. For every successful man who exercises, there are probably two successful men who amply fill, and overflow, the seat of power. And there's no amount of cardio that will lead a career hamburger-flipper to invent Google. But in man-to-man competition—fittest versus fattest—we propose that cardio does grant an earned, unfair advantage. Call it the aristocracy of cardio. And, according to a growing body of scientific research, it all starts between the ears.

## EXERCISE YOUR BRAIN

There have been thousands of studies on how aerobic exercise affects cardiovascular health, but there are equally powerful ones that assess its impact on mental performance. Of course, intuitively, one could argue that cardio is just mentally arousing, like a Starbucks double latte. Exercise, after all, raises your heart rate and increases the flow of oxygen-rich blood throughout your body, including your brain. This is a partial explanation, but the whole picture is more complicated.

One of the first studies to find that exercise improves brain performance was a 1986 investigation of 30 women at Purdue University. During the study, the women boosted their fitness levels by 17 percent and simultaneously netted a 12 to 68 percent improvement in their ability to process information and make sound decisions. This suggested, for the first time in a laboratory setting, that exercise improves high-level cognitive function. The women in the study weren't simply more alert; they were, in effect, better thinkers.

In 1991, a Kent State researcher named Wojtek Chodzko-Zajko proposed that the more complex the mental task, the more beneficial the effect of aerobic exercise. Over the next few years, his theory gained currency, and a name was given to the thought process he described: Appropriately enough, it became known as executive control.

Twelve years later, scientists demonstrated the effect of a single session of exercise on

these higher mental processes. In his lab at the University of Illinois at Urbana-Champaign, Charles Hillman, Ph.D., tested the hypothesis that cardio improves a person's ability to process information immediately after exercise. He recruited 20 college-age men and women to work out at a moderate intensity on a treadmill for 30 minutes, on two separate occasions. He outfitted them with an electroencephalograph—which looks like a 1920s leather football helmet decorated with two ozen electrodes—allowing him to monitor which brain functions exercise affected most.

At one session, the participants were asked to take a mental test before they exercised; at the other, they took the test afterward. When they worked out before the test, they showed increased activity in areas of the brain that control attention and memory. According to Hillman, this should translate into being able to multitask at a greater speed while making more accurate decisions. Does that sound like a guy fit for the boss's chair, or what?

The results of the electroencephalograph may explain the difference in brain activity. The data showed that the single 30-minute bout of cardio had two major effects on an electrical system of the brain called P3. First, the exercise session "decreased P3 latency," which means subjects were able to process information faster. Second, Hillman found that the cardio session "increased P3 amplitude," a measurement of brain activity related to



memory and focus. So their aerobic exercise helped them concentrate better and recall information faster.

A follow-up study in 2004 yielded similar results, although this time, Hillman used both younger and older adults. The study found that 60- to 70-year-olds have worse memory and attention spans than 20-year-olds and are slower at processing information. No surprise there. But, just as in the earlier research, older adults who

regularly exercised showed faster reaction times and better accuracy than the sedentary seniors.

So, if you're keeping score, hard science shows that running for 30 minutes three times a week leads to an improvement in decision-making proficiency, better memory, a longer attention span, and greater mental longevity. Yet it's arguable that data collected in milliseconds with a sci-fi skullcap don't necessarily

manifest themselves in the real-world mental tasks you perform at your job.

### THE SCEPTIC

But one guy isn't buying that: "I work out solutions to complex problems when I train, and put them into action as soon as I get back to the office," says Brian Carroll, president and chief operating officer of Carroll Enterprises, a Boston brokerage firm that provides management services to HMOs, insurance companies, and national banks.

He discovered cardio just before his 40th birthday. "I was 39 and didn't like what I saw in the mirror," he says. He was inspired by the memory of his older brother, who died 4 years earlier of a cardiac condition at 38, and had once challenged Carroll to run the Boston Marathon before he turned 40. At the time, Carroll was 25 pounds overweight and living a high-stress life with three young children. But he persevered, and 3 weeks before turning 40, he finished the race. "Cardio brought on a new lifestyle that I find contagious in my life and my business," Carroll says. He's now a veteran of 14 marathons, all while keeping a hectic work schedule of sales meetings, conference calls, and travel. He refuses to do business on the golf course, instead using that time for exercise. "I feel that the heightened mental focus I get from triathlon and marathon training helps me win more deals than I could playing golf."

### SWEAT TO BE MORE EFFICIENT

There is more lab-based

support for the notion that more cardio in your life means more success in the office. Case in point: Researchers at Leeds Metropolitan University, in the United Kingdom, conducted a study that looked at how exercise affects job performance. It worked like this: They asked 210 workers to provide feedback on their job-related duties and time management, on a day when they participated in an exercise program and again on a day when they did no exercise. They simply reported observations of their own behaviour based on a 7-point scale. For example, they were asked to rate their ability to work without stopping for unscheduled breaks, and how effectively they were able to stick to their "to-do" lists. They also provided details about their workloads and exercise sessions. When the results were tallied, even the researchers were surprised.

Workers scored 15 percent higher in their ability to meet both time and output demands on the day they exercised. "What we found staggered us, and we were left wondering what companies might do otherwise to produce these 15 percent improvements," says Jim McKenna, Ph.D., the lead researcher.

Now consider for a moment what these numbers mean to you: On days when you exercise, you can—theoretically, at least—accomplish in an 8-hour day what normally would take you 9 hours and 25 minutes. Or you'd still work 9 hours, but get more done, leaving you feeling less stressed and happier with your job, another perk that

McKenna says the workers reported. Obviously, the responses that led to these results were subjective. But it's hard to deny that perception is reality when it comes to job satisfaction. And a 15 percent boost in productivity might just give you a case for a similar boost in pay.

Besides showing how Hillman's laboratory findings are expressed in the real world, this study may also explain why busy men who regularly exercise are able to fit cardio into their schedules, while equally busy men who don't exercise claim they don't have the time. Former Arkansas governor Mike Huckabee can relate to both sides of the story. In June 2003, he was sedentary and weighed around 127kg; by 2005, he was running marathons and weighed 77kg.

"I've never found time to exercise," he told us then. "I make time."

Consider him a poster boy for what cardio can do for a man who's already good at his job. Huckabee, ever the conscientious politician, wanted to be clear: He didn't have a problem keeping his schedule or accomplishing tasks before he started running. And it's true; this guy became governor in 1996—7 years before he initiated his exercise program—and was re-elected twice along the way. It's just that he felt even more effective afterward.

"I'm more creative, because I have mental energy. When I finish running several kilometres, it's like my mind is running on overdrive," he said in 2005. And, he added, "It's made a dramatic difference in my ability to focus."

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CARDIO IS ONE OF THE BEST TREATMENTS FOR ADD AND POOR MENTAL FOCUS, AS WELL AS FOR ANXIETY.

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#### PAY ATTENTION!

Focus. It's a word that comes up frequently when you speak with cardio fanatics. It makes sense, given what scientists have already established about the effects of aerobic workouts on mental performance. But focus is really more descriptive of mental state. And in that capacity, cardio appears therapeutic. "Aerobic exercise seems to have a focusing effect similar to that of attention-deficit-disorder medications," says Alex Giorgio, a psychotherapist and founder of a personal consulting group.

Over a span of 15 years, Giorgio worked with more than 10,000 successful people, and by his estimate, 60 percent of them were looking for help with attention difficulties. But there were two subsets in the group: Some had smooth career trajectories; others went through wrenching peaks and valleys. After thousands of interviews with clients, Giorgio identified certain factors that typified smoother career paths. Among the most

important: adherence to an aerobic exercise program. The cause could be simple: Like Ritalin, exercise increases blood-dopamine levels, upping the rate of communication between different areas of your brain. And when your brain is working better, so are you.

Edward Hallowell, M.D., a Harvard-trained psychiatrist and co-author of *Delivered from Distraction*, concurs with Giorgio's observations. "Cardio is one of the best treatments for ADD and poor mental focus, as well as for anxiety," he says. "It's like a wonder drug for the brain."

And shall we add "happiness" to the list, too? Duke University researchers found that performing moderate-intensity cardio three times a week was as effective as the antidepressant Zoloft at reducing major depression.

You can't beat that, even if your insurance carrier only requires a co-pay.

#### IT'S UP TO YOU

Clearly, there are two kinds of men: Those who do cardio and those who don't; the beneficiaries, and the men who are leaving this advantage unclaimed. But if you understand the science—and look at the living, dominant examples of men who embody it—you have to conclude that cardio gives you an edge in life. In the first 30 minutes, it can make you a better man. And if you stick with it, the effects not only last a lifetime, but may even extend it, as well.

Think of it as building sweat equity in yourself. It's truly a no-brainer.

## 5 Interesting Running Stats in Singapore



### 1. AN EARLY START COUNTS

Runners who start their race at 6.30 am instead of 9.30 am run on average, 18 minutes longer. This shows that starting the race early may have a positive impact on endurance.

### 2. MEN RUN FASTER

From the results of the analysis, it was found that male runners clock a performance timing that's approximately 10 minutes faster than their female counterparts.

### 3. AGE IS JUST A NUMBER

Being older doesn't affect your running a great deal. On average, the performance difference between a 20-year-old runner and an 80-year-old runner is approximately 9 seconds apart.

### 4. SINGAPORE RUNNERS ARE NOT THAT SLOW

Singaporean runners are not trailing far behind their foreign counterparts. Overseas runners are only 3 minutes faster on average.

### 5. SOLO RUNNERS BEAT GROUP RUNNERS

On average, solo runners are 13 seconds faster than group runners. However, the study was done on marathons, not short sprints, so the difference in timing might not be markedly significant.

Source: LIV3LY

# Best Of The Best

THERE'S PLENTY OF NEW RUNNING TECH AND GEAR THAT PROMISES TO HELP YOU GO HARDER AND FASTER. AFTER MONTHS OF REVIEWING THE LATEST PRODUCTS IN THE MARKET, THESE TWO ARE THE REAL DEAL.



## UNDERARMOUR HOVR PHANTOM RUNNING SHOES

■ **What They Say:** "UA HOVR® technology provides 'zero gravity feel' to maintain energy return that helps eliminate impact step after step. The Phantom is for neutral runners who need a balance of flexibility & cushioning."

■ **What We Say:** If you're looking for the perfect shoe for regular 10km runs, this would be currently the best in the market. Everything about the shoe works- it's compression mesh energy web, while fancy sounding, really works in eliminating impact step after step. We found our knees and joints taxed far less on runs when we wore the Phantom.

On top of that, the combination of its knit ankle collar and heel counter really did give one of the most stable platforms for multi-directional running, which we tested while doing short sprints during HIIT classes at the gym.

The icing on the cake- it's a beautiful, beautiful shoe- Underarmour has really hit paydirt design-wise with their first foam running shoe. It goes perfectly with all athleisure outfits, especially the white colorway- but good luck keeping it in that colour! Even after spraying sneaker protectors the shoe was turning a light shade of gray after a month of runs and wear.

If there are bugbears with the shoe, we did find that the rubber outsole didn't have as much grip as we liked- on rainy days the knobbed base had insufficient grip on certain smooth pavement surfaces and we had to run more gingerly. But ultimately, almost a perfect 10.

■ **Price:** \$229.00

**For more info, [www.underarmour.com.sg](http://www.underarmour.com.sg)**



## SAMSUNG GEAR ICON X

■ **What They Say:** "Leave your phone at home. The Gear IconX earbuds work as standalone media players when you upload music from your phone. You can also create two more playlists: one favorite and one for the gym. Now you're good to go."

■ **What We Say:** The dream of cord-free earbuds began a full decade ago in the movie *Definitely, Maybe*, when Ryan Reynolds pulled out a pair from his pocket, slipped them on and walked freely into the street in the very first scene. The Internet went abuzz - where do we get these, we clamored, only to be disappointed to find out it was a fictional prop for the scene, and the product never existed. But fast-forward to 2018 and the answer is definitely yes - cord-free buds are here to stay.

Phone makers have started dumping headphone jacks from their latest models, and every tech brand, even the ones whose core business have no link to audio products, have started hawking newer, smaller earbuds. We tested close to ten brands in the past year, from Bragi's Dash, to Jabra's Elite Sport, but were really surprised to find the one that really won our hearts - and ears - was Samsung's latest iteration of their Gear Icon X. Why?

First thing's first - we'll acknowledge they're not the best looking earbuds. But they're really the only earbuds designed well enough that didn't cause our earlobes to ache from extended use. From long 21km runs to 13 hour Singapore-London flights, our earlobes stayed pain-free, which is more than we can say about the rest of the products out there in the market, which seem to only be able to stay fixed on our ears with a whole bunch of silicon holders stuffed into our earbuds.

On top of that, the Gear Icon X does exactly what it should - play music well. Audio quality, while not as great as headphones, was really quite good, with trebles and basses discernable. And it's really the perfect running earbuds too, given it's 7-hour long battery life, and running coach function.

■ **Price:** \$249

For more info, [www.samsung.com.sg](http://www.samsung.com.sg)



# 6 Running Mistakes That Are Killing Your Progress

HAVE YOU BEEN RUNNING CONSISTENTLY BUT DISCOVERED THAT YOU'VE HIT A PLATEAU? IT'S POSSIBLE THAT YOU MIGHT UNWITTINGLY SABOTAGING YOUR PROGRESS.



## You're Wearing The Wrong Shoes

It's important to use the right pair of shoes based on your foot type. This will ensure that you're comfortable as you run.

■ **There are three foot types:** neutral (feet that roll in neither too much nor too little), over pronated (feet collapse inwards) and under pronated (feet with high arches). The best way to find out your foot type is to visit a sportswear store and get a foot specialist to analyse your feet and recommend appropriate footwear.

Other than donning the right pair, it's also important not to run in worn out ones. Generally speaking, the lifespan of a pair of running shoes is 700 to 800km. Here's another way to know when to replace your shoes – when you feel pain in parts of your feet that you've never felt before, it's probably time to toss them out.



## Your Runs Lack Variety

Do you always run on the same days and tend to clock the same mileage each time? That is the quickest way to hit a plateau – doing the same form of training week after week. With no progressive training, your body will naturally adapt itself to run at the same pace.

Challenge your body by varying the speed and distance of your runs. Incorporate sprints to improve your speed or run slower but longer to boost your endurance. Make sure your body doesn't get used to a running pattern so you'll continually improve.

## You're Doing Too Much

You might think that clocking in more mileage will make you a better runner. But it's quite the opposite – focusing too much on the distance can damage your body and even result in injuries.

Possible signs that you need to scale things back include fatigue in your legs that last more than two or three days after a run and feeling sluggish throughout the day despite having ample sleep the night before.

## ■ Here's how you can clock more mileage safely:

During the first week of progression, add 15 to 20 per cent more of your previous week's mileage. The second week, ease off by adding only five to 10 per cent more. Repeat this process.

## You Don't Cross-Train

Doing a combination of exercises such as swimming, cycling and yoga is an effective

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WITH NO PROGRESSIVE TRAINING, YOUR BODY WILL NATURALLY ADAPT ITSELF TO RUN AT THE SAME PACE.

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way for you to improve as a runner. They help to build overall flexibility and strength, and also activate muscles that running doesn't.

By adding a variety of workouts to your training, you'll be less prone to injuries. Better yet, you won't get bored by just running all the time. Start off by replacing one of your runs with one of the cross-training workouts mentioned.

## You're Not Fuelling Properly

Eating might be the last thing on your mind straight after a run. Although a refreshing

drink sounds more appealing, it's better to fill your tummy with something more substantial.

According to the National Council of Strength and Fitness in the US, you should have a snack within 45 minutes after your workout. Eating during this time frame lets your body optimally absorb nutrients. Your post-workout snack should have a 3:1 ratio of carbohydrates and protein, which is the perfect formula for muscle repair. One great post-workout combo would be peanut butter and sliced banana on rice cakes.

## You're Relying Too Much On Technology

Many runners like to track their workouts using a smartwatch or GPS running watch, and use the data as a reference for their next run. However, relying too much on numbers can prevent you from naturally progressing.

When you're running at fixed pace, you can't accelerate or slow down you according to what you feel is comfortable. Make it a point to leave your watch at home for at least one run per week. Instead, listen to your body and let your legs carry you.



## 5 Tips For Efficient Running

### RUN TALL

Gravity and weak core muscles cause many runners to “fold” in the middle when their feet land. This sitting-down movement wastes energy. Imagine that wires are attached to your shoulders, pulling you up slightly. Thrust your hips forward a bit and think “stability” when your foot hits. Running tip: It's easier to run tall if you've worked your core properly; find core exercises here.

### RELAX

Tension in your arms, shoulders, neck, and face reduces efficiency. Arms and fingers should be loose. Unclench your hands and let your jaw jiggle.

### BREATHE RIGHT

Your breathing should be rhythmic and deep, and you should feel your diaphragm, not your chest, doing the work. Exhale with controlled force. When you pick up the pace, don't let your breathing get shallow.

### LAND ON THE MIDFOOT

A heel-first landing is a brake. It means you're extending your leg out too far in front of your center of gravity, so it takes more energy to move forward. And it's shaky, so your muscles are working on stabilisation instead of forward motion. Running tip: Shorten your stride. It'll feel odd at first, like shuffling, but once you get used to it, focus on thrusting backward with force.

### RUN SOFTLY

The louder your footfalls, the less efficiently you're running. Try running more quietly; you'll be unconsciously switching to a midfoot strike and a shorter, quicker stride.

# power list



# 1

## MUSIC TO YOUR EARS

**Get This:** KEF LS50 Black Edition Hi-Fi Speakers

**Ready For:** Listening to your music collection in style. The KEF LS50 Black Edition features improved aesthetics over the original that came out five years ago. Featuring the highly acclaimed Uni-Q driver array in black set in a matt black cabinet coated with metallic powder, the LS50 Black Edition also has a

special plaque featuring a unique serial number for each pair of speakers. The finished product in all black renews the celebratory context of the original LS50 - with added authority and sleek sophistication.

**The Best Part:** Don't let it fool you, the LS50 Black Edition packs a punch. Not only does it feature beautiful black chrome

terminals, it comes with KEF's state-of-the-art acoustic end engineering innovations found in the standard finish LS50, guaranteeing a top-class musical performance to complement the visual appeal. The bookshelf form factor also means that you'll get top quality sound in a small package.

**Cost:** \$1,800. For more info, visit: <http://international.kef.com>

# 2

## WATCH YOUR FITNESS

**Get This:** Fitbit Versa

**Ready For:** Fitness enthusiasts who want style and substance. The Fitbit Versa is their latest and lightest smartwatch and features an updated dashboard, all-new design, and even the ability to store on-device music so you can really cut the cords when you're working out.



**The Best Part:** Not only does it boast over 4 days of battery life and water resistance of up to 50m, it also has 24/7 heart monitoring and even a health tracker for women to track their menstrual cycle and

overall health (if you're thinking of a gift for the women in your life, take note).

**Cost:** Starts from S\$318. For more info, visit [www.fitbit.com/sg](http://www.fitbit.com/sg)

# 3

## A NEW WAY TO COMMUNICATE

**Get This:** Samsung Galaxy S9 and S9+

**Ready For:** Anyone who wants the latest and greatest in smartphones. Samsung has pulled out all the stops and has created the first phones with Dual Aperture cameras along with premium stereo speakers to give you the best visual and audio experience you can get out of a device you can fit in your pocket.

**The Best Part:** The camera on these devices provides some of the best quality pictures you'll get from a smartphone camera. Low light performance is remarkable thanks to the ability to change apertures and the Super Slow-mo function that takes videos at 960FPS will help make those moments you've captured even more special. With a score of 99 on DxOMark ([www.dxomark.com](http://www.dxomark.com)), the Galaxy S9+ beats last year's Google Pixel 2 by one point, and unofficially becomes the best smartphone camera you'll lay your hands on.

**Cost:** Starts from \$1198 for the S9 and \$1348 for the S9+. For more info visit [www.samsung.com/sg](http://www.samsung.com/sg)





# 4

## BUSINESS AND PLEASURE

**Get This:** Microsoft Surface Book 2

**Ready For:** Students and professionals who want the ultimate mobile computing experience. The Microsoft Surface Book 2 is one of the most powerful 2-in-1 laptops you can find on the market now. Available in 13.5" or 15" form factors, they're

packed with the latest 8th gen Intel® Quad-Core™ processors, guaranteeing maximum portable performance on-the-go.

**The Best Part:** If you've got the cash to splash, getting the highest end options will net you with not only the most powerful processors but also discrete NVIDIA graphics cards for all your video editing or gaming needs.

The Surface Books also have a pretty decent amount of memory, starting from 8GB of RAM so you won't ever need to worry about multi-tasking on these devices if you're doing some serious business.

**Cost:** Starts from \$2188 for 13.5" and \$3588 for 15". For more info, visit [www.microsoft.com/en-sg](http://www.microsoft.com/en-sg)



# 5

## RUN WILD AND FREE

**Get This:** Jaybird Freedom 2

**Ready For:** Working out tangle-free. The redesigned Freedom 2 features improved and flexible combined tips and fins. Paired with their SpeedFit cord management system, you won't have to worry about long,

messy cables. The added charging clip means you can also double your battery life from 4 to 8 hours, effectively allowing you to worry about your workout more than if you're running out of juice.

**The Best Part:** The tiny form factor of the Jaybird Freedom 2 means that you may even forget that they're even in your ears. Compared to the Jaybird X3, these feel lighter, and the sound

is pretty similar although they do sound a tad bassier. Finding the right fit will take some time, but thankfully they do have a wide range of ear tips sizes for you to choose from. And despite boasting increased battery life, you'll definitely feel the extra weight if you leave the charging clip on while you're working out, especially if you're running.

**Cost:** \$239. For more info, visit <https://jaybirdsport.com/en-sg>



# 6

## DOMINATE YOUR COMPETITION

**Get This:** Creative Sound BlasterX Vanguard K08

**Ready For:** hardcore gamers where every millisecond and frame counts towards victory. While Creative is known more for their audio products, this keyboard is a surprisingly solid addition for your gaming

needs. The keyboard is designed with custom OMRON mechanical switches which are able to withstand over 70 million keystrokes and feature double cross-point technology for fail-safe contacts.

**The Best Part:** The travel distance is only 1.5mm, shorter than the standard 2.0mm found on most other gaming

keyboards. The keyboard also features 26-Key Rollover Anti-Ghosting Technology so you won't ever have an issue with keyboard lag or input jams, plus, the LED backlight is fully-customisable with 16.8 million colours. Ready to upgrade your battle station?

**Cost:** \$269. For more info, visit <https://sg.creative.com>



# PERSONAL

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## The Eater's Guide to Unsung Grains

Modernise your diet with these ancient foods.

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You have big plans for your bench, but without a good workout strategy, you're headed for failure. Approach it safely with this guide.

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### Go Slower for Faster Muscle Gains

Small changes to your workouts can lead to big results. Welcome to tempo training.

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MUSCLE

## Reel Characters, Real Muscle

Here's how you can build a body that will look at home in any fictional universe.

# P.R. ON THE BENCH PRESS

You have big plans for your bench, but without a good workout strategy, you're headed for failure. Approach it safely with this guide.

TEXT ANDREW HEFFERNAN PHOTO(MAIN) MASTERFILE ILLUSTRATIONS T.M. DETWILER



## WHAT TO TEST:

### SHOULDER AND CORE STRENGTH AND STABILITY

TEST

1

#### 10 PERFECT PUSH-UPS

Video-record yourself from the side doing push-ups. Your head, upper back, glutes and heels should form a straight line. Keep your elbows close to your sides, and lower your chest until it nearly touches the floor.



#### Pass

You perform 10 consecutive flawless reps.

#### Fail

You can't do 10 reps or can't maintain form.

#### DAILY FIX

From an all-fours position, place your left hand behind your head. Keeping your right arm straight, bring your left elbow towards your right elbow. Reverse the move. Do 2 to 3 sets of 15 reps per side.

TEST

2

#### 10 CURL BAR PUSH-UPS

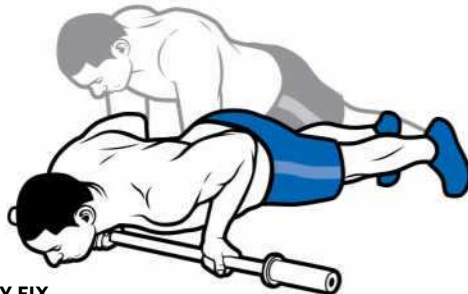
Assume a push-up position on your fists, thumbs facing outwards (as if you're about to do a biceps curl), challenging your shoulder stability. Follow the same push-up instructions as in Test 1.

#### Pass

You do 10 consecutive controlled reps.

#### Fail

You can't keep your back straight or do 10.



#### DAILY FIX

1. Work up to it. Complete a total of 10 reps over 3 sets. Take short breaks whenever needed.
2. Do push-ups off two equal-size hex dumbbells positioned so your thumbs face outwards as above.

TEST

3

#### FEET-ELEVATED BOSU PUSH-UP

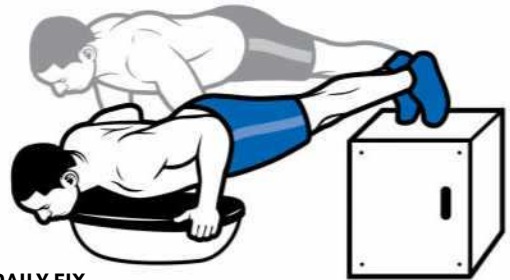
Set a Bosu balance trainer on the floor, round side down. Put your hands on its flat side and feet on a box or bench. Bend your arms, lower your chest so it almost touches the Bosu, and press back up.

#### Pass

You complete 10 controlled reps.

#### Fail

You can't keep your back straight or do 10.



#### DAILY FIX

1. Lessen the load. Place your arms on the Bosu but keep your feet on the floor and do 15 perfect reps.
2. Spend another week doing 15 reps with your arms on the ball and your feet on a 15cm-high box.

## GAME ON

**BENCH PRESS TIME!** Remember, it's an upside-down push-up. Work to pull your shoulder blades down and back as you bench press.

# GO SLOWER FOR FASTER MUSCLE GAINS

Small changes to your workouts can lead to big results. Welcome to tempo training.



W

What is a rep? Exercise science is finding new answers for this basic question.

For many lifts, guys tend to do standard reps: one second up, one down, racing through sets. But by making certain phases agonisingly slow, you may force your muscles to work harder.

The next time you bench or squat, raise the bar explosively and take four seconds to lower it. Now that's a rep.

Tempo training, or the strategic slowing of certain phases of an exercise, may force you to concentrate on the muscle being worked. A study in the *European Journal of Applied Physiology* found that focusing on a specific muscle group in use when doing resistance training may increase those muscles' activity.

The white coats can't say tempo training builds more muscle than fast lifting, but it does have benefits, says trainer Pat Davidson. It's how he turned the Springfield College Ironsports team into a US power.

TEXT MICHAEL EASTER PHOTOS JEAN YVES LEMOIGNE ILLUSTRATIONS +ISM

Tempo training may help you feel each movement through its full range of motion. It also lets you put muscles under more tension without heavier weights.

Use it strategically when looking to set new maxes on certain lifts. (Think of using it for four to six weeks, then going back to normal reps and moving heavier loads, says Davidson.) Here's how to do it.

## YOUR TEMPO DECODER

If your program says...

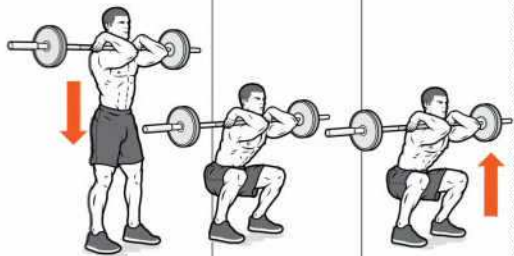
**FRONT SQUAT: 3x5; 3-2-0**

**3**      **2**      **0**

The first digit indicates the duration of the lift's lowering phase in seconds. In this case, you take 3 seconds to reach the bottom of the squat.

The middle number tells you how long you should hold the bottom portion of the lift. Here, you'd sit in your front squat for 2 seconds.

The final number indicates how long the final lifting phase should take. A zero (or x) means you should quickly power back to the start.



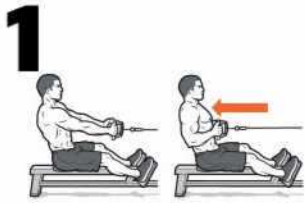
## NOT SO FAST!

Four ways to pace your reps.

TEMPO	BENEFIT	DO IT
<b>6-1-0</b> 	Don't let gravity do the work, says Mike T. Nelson, owner of Extreme Human Performance. Slowing the lowering phase sharpens form, which can improve strength.	Use heavy weights and do sets of 6 to 8 reps.
<b>1-6-0</b> 	Pausing for 6 seconds removes your muscles' stretch reflex. This forces you to use pure strength rather than momentum to power out of the bottom of a lift, Nelson says.	Use heavy weights and do sets of 1 to 5 reps.
<b>2-0-2</b> 	By using a light weight and maintaining tension throughout the lift, you can stimulate your often-overlooked slow-twitch muscle fibres to become stronger, says Davidson.	Do reps in sets that last 60 to 90 sweaty seconds.
<b>3-2-0</b> 	This tempo is an instant form improver, says Ian Creighton, general manager of Brick New York. The slower starting speed forces you to be in a position to stay controlled.	Do 3 to 4 sets of 5 to 7 reps. Great for intervals.

**PACE JAM**

Use these moves in your own tempo workouts or try them in our nine-week plan.



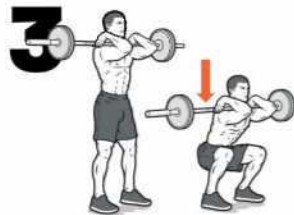
**SEATED CABLE ROW**

■ **WHY** If your goal is to sculpt a V-shaped back, the seated cable rows can help. Used in a tempo workout, it will help safeguard your shoulders from injury.  
 ■ **ALSO TRY** Chest-supported Row



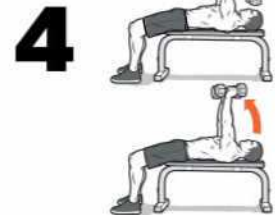
**DUMBBELL FLOOR PRESS**

■ **WHY** The floor press builds upper-body strength while also keeping your shoulders safe – an important consideration when lowering heavy weight slowly.  
 ■ **ALSO TRY** Barbell Bench Press



**BARBELL FRONT SQUAT**

■ **WHY** When it's slowed down, the front squat rocks your lower body and core. And it's safe: You can drop the bar if the long reps become too much.  
 ■ **ALSO TRY** Goblet Squat



**DUMBBELL SKULLCRUSHER**

■ **WHY** The dumbbell skullcrusher strengthens your triceps, the largest muscle in your arm. This will improve your pushing power on all the exercises you do.  
 ■ **ALSO TRY** Cable Pressdown

**NINE WEEKS TO SUPER STRENGTH**



**OFF-TEMPO SOME MOVES AREN'T MEANT TO BE SLOW**



Tempo training may be a brilliant tool to enhance your training, but it isn't meant to be used with all exercises, Nelson says. Avoid using it in these situations.

**1. HIGHLY TECHNICAL LIFTS**

If an exercise has you start by lifting weight off the floor (as in a heavy deadlift), slowing down a phase could lead to injury.

**2. EXERCISES THAT'VE HURT YOU IN THE PAST**

Spending more time in dangerous positions may raise your likelihood of injury.

**3. EXPLOSIVE MOVES**

Olympic lifts, jumps and throws are designed for speed, not tempo.

	TEMPO	BENEFIT
<b>WEEKS 1 TO 3</b>	6-1-0 	In this phase, you'll fortify the weakest sections of your lifts. You're spending extra time on the negative portion of each rep before powering out from the bottom.
<b>WEEKS 4 TO 6</b>	1-6-0 	In these weeks, you'll build more control and the ability to power out of lifts. On each rep, you're holding at the bottom for 6 seconds, eliminating all momentum.
<b>WEEKS 7 TO 9</b>	1-1-0 	By now you'll have more plates on the bar and should do controlled but explosive reps, spurring muscle growth. The tempo work should now yield benefits.

# Best. Dadbod. Ever.

WHILE KRATOS, THE "GHOST OF SPARTA" MAY HAVE AGED AFTER PARENTHOOD IN THE LATEST EDITION OF THE GOD OF WAR GAME SERIES, HIS BODY HAS NOT. FIND OUT HOW YOU CAN BUILD AND MAINTAIN HIS VIRTUAL VERSION OF THE DADBOD IN THE REAL WORLD.

## MAX OUT THAT CHEST

There are two approaches to building an impressive chest. The classic method is to isolate the pectoral muscles and minimise the involvement of other, secondary muscles. However, a smarter plan for more strength and power begins with teaching your chest, shoulders, triceps, and other upper-body muscles to work together.

### ► What You Must Do

Compound exercises that involve your upper body and incorporate functional core strength will get your muscles working together.

## A SIX-PACK BEYOND 60

The best way to craft a six-pack is dependent on your vintage. Now you have to work harder to fight flab, as your metabolism slows in the region of 15-35%. You're also at an age when you need to condition your body, not punish it.

### ► What You Must Do

A DB renegade row from a plank position works your abs safely. It's a fantastic move for stabilising the hips, trunk and shoulders in order to reduce risk of injury. Dietwise, most fish isn't as protein-rich as meat, but it is leaner and, now that calories are harder to account for, that's not to be sniffed at. Three portions a

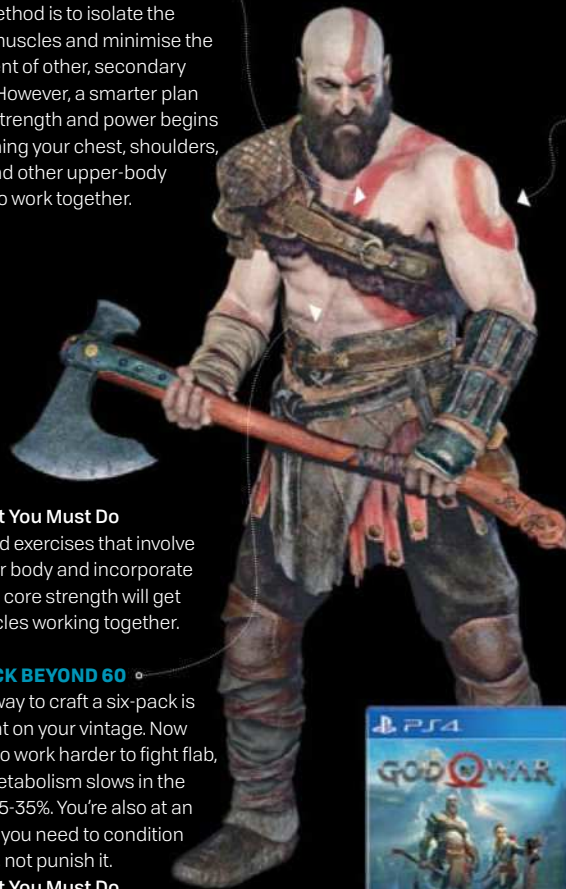
week helps to protect against heart disease and Alzheimer's by recharging white blood cells. How do you think Kratos still manages to keep track of where he's going in the huge God Of War game universe?

## ARM UP FAST AT ANY AGE

Compared to the more complex muscles in your body, biceps are smaller. In fact, the average guy's biceps contain about 450g of muscle - just about three per cent of the muscle mass in his entire body, for both arms combined. Also, biceps need little attention to help them grow. This is because of their long, parallel muscle fibres, which give them the ability to bulge, making them more pronounced.

### ► What You Must Do

You lift weights, sure, but you've probably never paid much attention to lowering them. So start now: Eccentric training, which involves focusing on the lowering (or "negative") phase of an exercise, can potentially trigger greater strength gains than concentric (lifting-focused) training. "Your muscles can handle more weight during the lowering phase, and if you draw out that phase to a minute, as you will with the negative dip and negative chinup, you can recruit up to 40 percent more muscle fibers and enjoy a surge in muscle-building hormones!



**Play God of War**, follow this training manual and diet plan, and you will have Kratos' God (or Dad) of War body in no time. God of War (PS4 Exclusive, \$72.90) is out on 20th April at all PlayStation Authorized Dealers. Follow PlayStation Asia on Facebook ([www.facebook.com/PlayStationAsia](http://www.facebook.com/PlayStationAsia)) and on Instagram ([www.instagram.com/PlayStationAsia](http://www.instagram.com/PlayStationAsia)) for latest updates on God of War.

# LIKE, FOLLOW, SUBSCRIBE

Want a motivational boost? Here are 10 of the fittest social media influencers we think you should follow for your gym #fitspiration fix.



**Roxanne Gan @roxanne\_yoga**

114,000 Followers

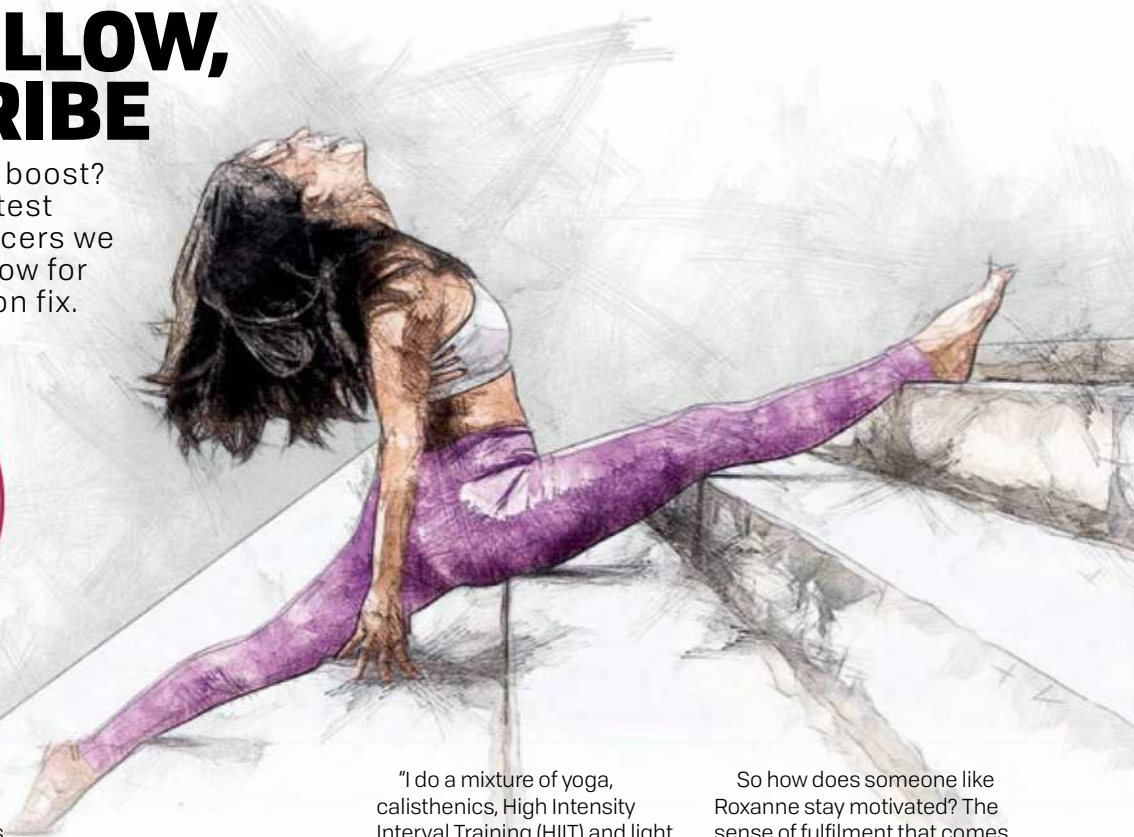
## THE FOXY YOGI

Yoga is not just a workout, but a lifestyle. For Roxanne, it all started back when she was studying and wanted to try something new during her spare time.

"When I was having my break in university, I decided to use the free time I had to pick up something new and that was Yoga," she says.

Yoga would go on to become the choice of exercise that Roxanne enjoys doing, and now, she uses her years of expertise to teach professionally, helping people build core strength, mobility and stability.

Besides her love for Yoga, Roxanne has also incorporated other training styles of workout to achieve the body she has now.



**"IF YOU START PLAYING MIND GAMES WITH YOURSELF TO FIND AN EXCUSE TO SKIP YOUR WORKOUT, THINK OF THE POST-WORKOUT RESULTS AND THE SENSE OF SATISFACTION."**

"I do a mixture of yoga, calisthenics, High Intensity Interval Training (HIIT) and light weight training," the 28-year-old says.

Weight training is something Roxanne feels many women misunderstand as they think that they'll end up bulky and chunky. But it's quite the opposite as it has allowed her to become leaner and stronger.

As for her diet, the yogi admits that she doesn't strictly watch what she eats, but does have cheat meals on weekends.

"I am not on a specific type of diet," Roxanne states. "I eat everything in moderation. On weekdays I try to make healthier choices having lots of brown rice, vegetables and fish."

So how does someone like Roxanne stay motivated? The sense of fulfilment that comes at the end of a good workout is the primary driving force behind keeping her on track.

"If my body feels extremely tired I will rest but if it's just a fleeting thought in my mind, I would just pick up my workout gear, leave the house and head straight to the gym," she says.

She encourages finding a workout buddy and going for as many group classes as you can. Eventually, you will be able to find something you like and stick to it consistently.

"If you start playing mind games with yourself to find an excuse to skip your workout, think of the post-workout results and the sense of satisfaction."

TEXT: GILBERT WONG PHOTO: ROXANNE GAN





**Mok Ying Ren @mokyngren**

30,000 Followers

### LAND AND SEA

Mok Ying Ren isn't a stranger to most folks in the running and fitness world. The double SEA Games gold medallist, national marathoner and record holder is at the pinnacle of health, but some may not realise he actually started in an entirely different sport.

"I was a swimmer in primary school and I swam for the Red Swastika Primary School in inter-school competitions,"

the 30-year-old tells us.

From then on, he has continued being an athlete his whole life, doing triathlons while he was in junior college and then transitioning to being a pure runner when he was in medical school.

Now managed by ONEathlete, the veteran runner did whatever he could to get to his level, running twice a day, every day, while he was in the US for his education. Ying Ren's intense training led to him to clock some impressive mileage.

"I ran up to 220km a week at my prime!"

Ying Ren doesn't have as much time as he used to due to work, but he still squeezes in an hour of running each day, along with longer runs over the weekend with friends.

To run the distances he has is no mean feat, so it definitely takes some serious nutrition for proper recovery. Ying Ren jokes that he eats whatever his wife wants to, but there is an emphasis on having the right amount of carbohydrates and proteins to

refuel especially after a gruelling workout.

While being driven to win was a large motivating factor in the past, he states that it's no longer the only thing as there are other aspects of life that he draws inspiration from to keep himself going.

"Take your time to find your strength and ultimately enjoy the journey," Ying Ren advises. He believes that once you have found your strength, you should use it to encourage others as well. It will not only make a difference to them, it will also make a difference to you.

**"TAKE YOUR TIME TO FIND YOUR STRENGTH AND ULTIMATELY ENJOY THE JOURNEY."**

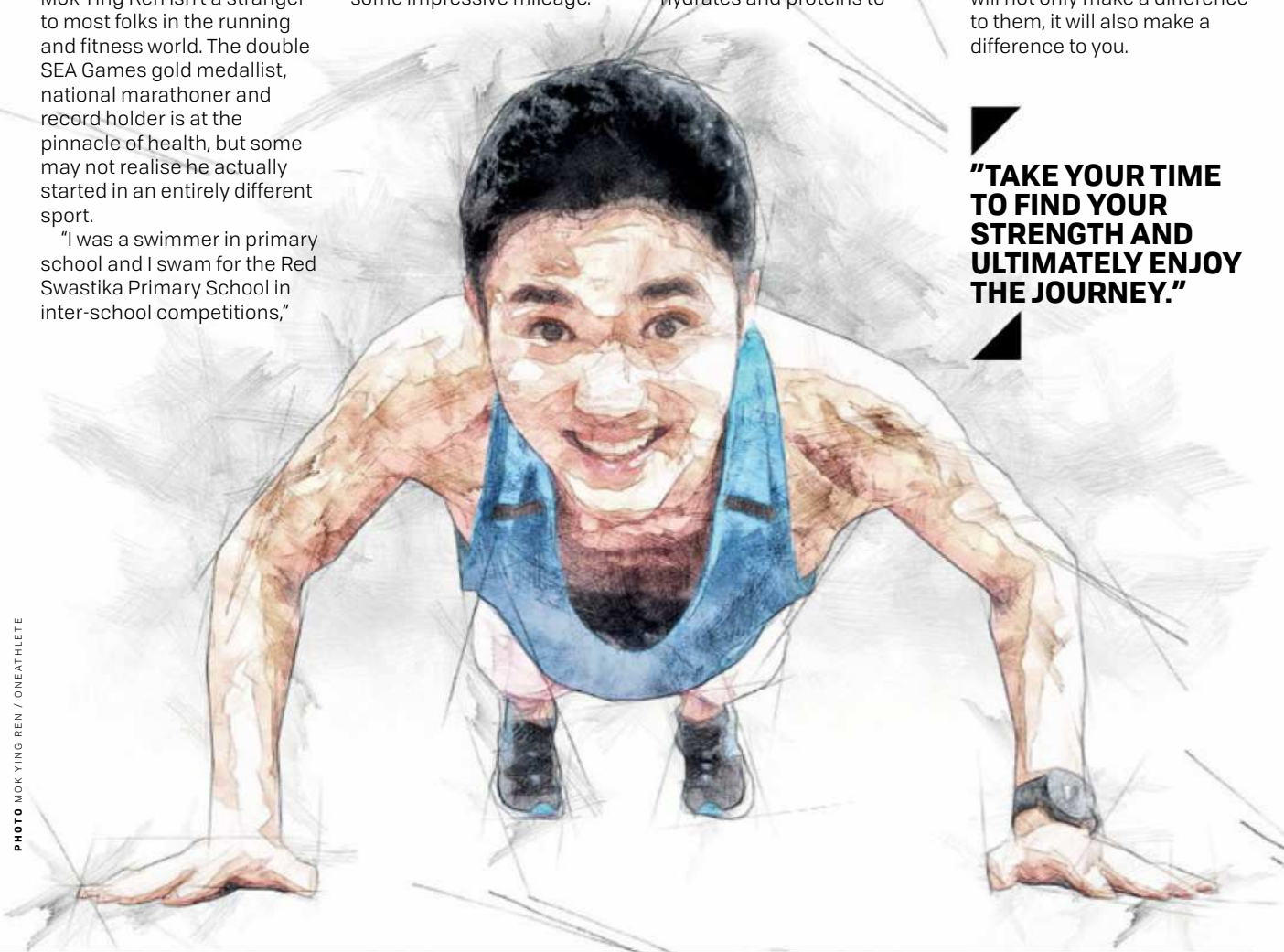


PHOTO MOK YING REN / ONEATHLETE



**Christy Chng @christychng**

14,500 Followers

**FROM SKINNY TO STRONG**

Christy was like many girls when she was younger, where she equated being skinny with being fit and healthy. But it didn't take her long to realise that she was heading down the wrong path.

"I began exercising vigorously roughly four years ago at the age of 15, doing mostly cardio and circuit training," Christy says. "Due to the negativity that fuelled me, exercising seemed like a chore rather than something fun."

Instead of falling deeper into this trap, she transformed

exercise into something positive, as she realised she needed to erase those false ideals of fitness and start to love herself for what she wants to be.

Her dedication is apparent as she currently trains five to six times a week doing an upper-lower body split.

"A well-rounded physique is something I find really admirable so every large muscle group in my body is targeted at least once or twice a week," the Sports Science student says.

"When I do cardio, I incorporate HIIT such as interval sprints and circuits, or low intensity steady-state (LISS) such as incline walking on the treadmill."

In order to maintain her physique, tweaks had to be made with regard to diet.

"My meal selections are conscious and I tend to ensure a side of protein (chicken, eggs, fish, duck, or beef) alongside a good source of carbohydrates

(oatmeal, potatoes, rice) for every meal. For dietary fats, I consume nuts such as almonds, walnuts and peanut butter."

And there's no motivation like self-motivation. Being disciplined enough to hit the gym and watch your calories is never easy, but for Christy, it's not a problem.

"I tend to be intrinsically motivated given my already existing passion for the sport, so there is seldom need for extrinsic motivation to kick start me into gear when it comes to training."

It isn't always easy to keep yourself going, but to the fitness coach, it's never too hard as long as you pace yourself.

"Slowly ease into your journey and don't jump into it full blast! Habits take time to form! Understand that everything takes time, and things that are achieved in a small amount of time with minimal effort will most probably not last!"

**"A WELL-ROUNDED PHYSIQUE IS SOMETHING I FIND REALLY ADMIRABLE SO EVERY LARGE MUSCLE GROUP IN MY BODY IS TARGETED AT LEAST ONCE OR TWICE A WEEK."**

PHOTO CHRISTY CHNG



Leroy Kiang @ketobeast

8,470 Followers

### BEAST MODE ENGAGED

Leroy wasn't always in such beastly shape. Despite dabbling in physically intensive sports like judo and gymnastics and eating as much as he could, he struggled to put on mass no matter how he tried and weighed only 51kg in secondary school.

"I couldn't seem to put on much muscle mass no matter how much I ate, or so I thought," the 26-year-old dentist says. But he persevered and kept up his bulking endeavours

after he enlisted, where he started properly counting his calories and macros to fine-tune his diet.

He finally hit 70kg after one year of serious training and dieting, and no longer wanted

**"I RARELY DO CARDIO UNLESS I'M ON A CUT, BUT IF I HAVE TO, I PREFER HIIT TRAINING OVER STEADY-STATE CARDIO."**

to just be healthy; he wanted to be strong.

Leroy does primarily strength training three to four times a week, which is mainly centred on the squat, bench press and deadlift. A typical training session for him will be doing one or two of the compound lifts before moving to do accessory movements or isolation exercises.

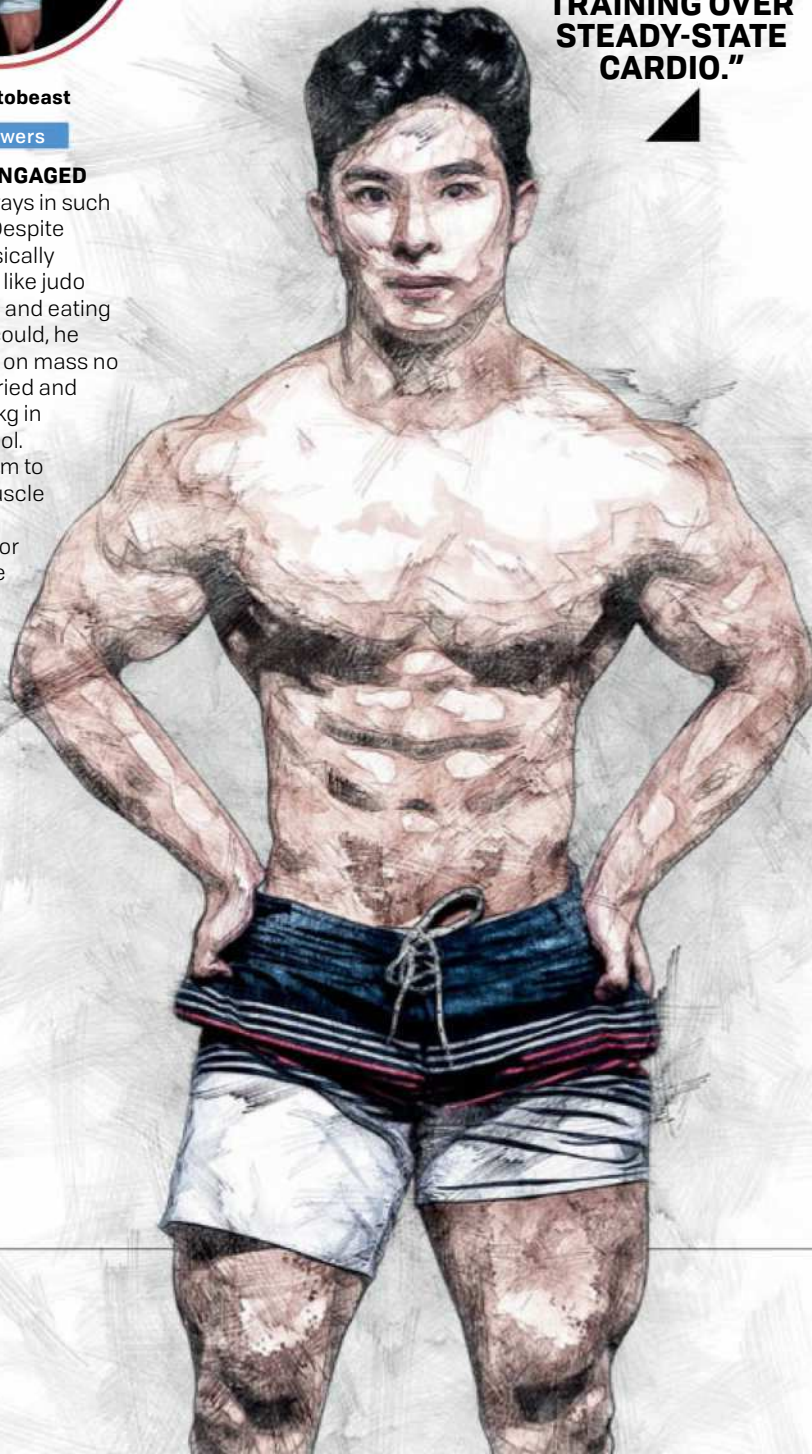
He also enjoys doing calisthenics and bodyweight exercises, though he is not a huge fan of cardio.

"I rarely do cardio unless I'm on a cut, but if I have to, I prefer HIIT training over steady-state cardio."

So, does he live up to his Instagram handle? It sure seems like it. Leroy has extensive experience with the ketogenic diet and advocates going on it when cutting fat. Plus, he has managed to hit a 210kg squat, 150kg bench and a 240kg deadlift.

If you want to be strong like the keto beast, he has some words of wisdom you can pay attention to.

"Set small, reasonable goals for yourself and smash through them! You will be amazed at what you can achieve if you're willing to put in the work."





**Soh Rui Yong @runsofast**

12,000 Followers

**GOING THE DISTANCE**

Soh Rui Yong is another familiar face in Singapore's running fraternity, and his

passion for running started in a sport most people in Singapore know and love: soccer.

During his secondary school days, the long-distance runner would choose the beautiful game over training which inevitably affected his running performance.

"I'd show up for training late and cut short runs because I was so tired from soccer. It

**"I'D SHOW UP FOR TRAINING LATE AND CUT SHORT RUNS BECAUSE I WAS SO TIRED FROM SOCCER. IT DIDN'T GET ME VERY FAR THOUGH. ONCE I FOCUSED ON RUNNING I STARTED TO GO PLACES."**

didn't get me very far though," the 27-year-old admits. "Once I focused on running I started to go places."

Eventually it led him to not only be a national champion and record holder, but a double SEA Games marathon champion as well.

With the amount of dedication it takes to be on his level, a typical workout for him may seem daunting to the average Joe.

"I run both before and after work, covering 140 to 160 km a week," Rui Yong says.

The marathoner usually starts with a 5km warm-up, leading into intervals of segmented running while end off with a jog recovery, as well as adding resistance training to strengthen himself.

Despite having to work long hours at the office, he still manages to keep up with his training routine. With a diet that consists of proteins, carbs, fruits and vegetables, his nutritional discipline ensures that he's always ready to go.

To the national champion, having a goal to chase is always a big factor of motivation, and his target of being the first Singaporean to run a 2:19 marathon and qualify for the Olympics is his biggest driving force.

His advice for anyone who's chasing their goals? Don't hesitate, and go all in.

"Once you find something you can be all in about, commit 100 percent and never look back."

PHOTO SOH RUI YONG



**Tyen Rasif @tyenstagram**

12,800 Followers

**CONFIDENCE IS KEY**

Tyen's fitness journey was a rocky one, but through the years, she's learned the importance of feeling confident of herself, which allowed her to get to where she is today.

The bodybuilder used to be skinny and unhealthy while growing, and it was not until a health scare that she received when she was 18 that marked a turning point in her perception of fitness.

"My friend introduced me to the gym, and I got addicted to lifting. It made me feel stronger and more confident about myself," she says.

As her passion for bodybuilding started to grow,

she eventually competed in bodybuilding competitions and became a personal trainer as she wanted to share the benefits of working out.

But unlike many others who have set programmes when they workout, Tyen normally makes up routines on the fly. It only changes when she is prepping for a competition.

"When I'm training for bodybuilding competitions, I do adopt a split training where I have upper body and lower body focused days, training four to five times a week," the 22-year-old says.

Unlike most diet trends now which shun carbs, Tyen loves it, and she eats frequently on her high carb-protein diet.

"I get hungry every three hours and you will never catch me without food in my bag," she says. "My favourite foods are eggs, pumpkin, mee pok and sashimi."

Tyen gets the struggles of staying motivated when trying to sustain her training intensity. But on days where she doesn't feel like doing anything, she reminds herself that living this fitness lifestyle makes her feel good, and it's this feeling she loves that sparked her addiction to working out in the first place.

"It's hard in the beginning, but once you start you'll get addicted to it too!"

The YouTuber believes that finding a physical activity you like, be it working out at the gym or something else, that can suit your current lifestyle is what will work best for you. And most importantly, "be kind to yourself and love your body."

**"MY FRIEND INTRODUCED ME TO THE GYM, AND I GOT ADDICTED TO LIFTING. IT MADE ME FEEL STRONGER AND MORE CONFIDENT ABOUT MYSELF."**



**Melissa Sarah Wee**  
@melissasarahwee

218,000 Followers

### OVERCOMING ADVERSITY

Melissa's physique looks like it's been chiselled from granite, and her hard work from years of working out for around 16 years is what led to her amazing shape today.

Her first step towards her current level of fitness stemmed from a pivotal point in her life. At 18, Melissa was diagnosed with bulimia, and it was this incident that sparked her transformation.

Now 34, the bodybuilder knew she needed to make a change after she was discharged from hospital.

"I did not want to turn back to the destructive lifestyle of eating and purging my food so I decided to join a gym," Melissa says.

While starting out was hard for her, she slowly grew to love the process of working out, and now it has become part of her life.

Melissa normally trains five days a week focusing on a major muscle group each day. She also incorporates 30 minutes of cardio three times a week. She turns up the intensity when preparing for a competition, with training volume going up as she works

out six days a week, incorporating both weight training and cardio.

She pairs her training with a cyclical ketogenic diet, which involves high protein, high fat and low carbs. She only takes in her carbs during refeed day every two weeks.

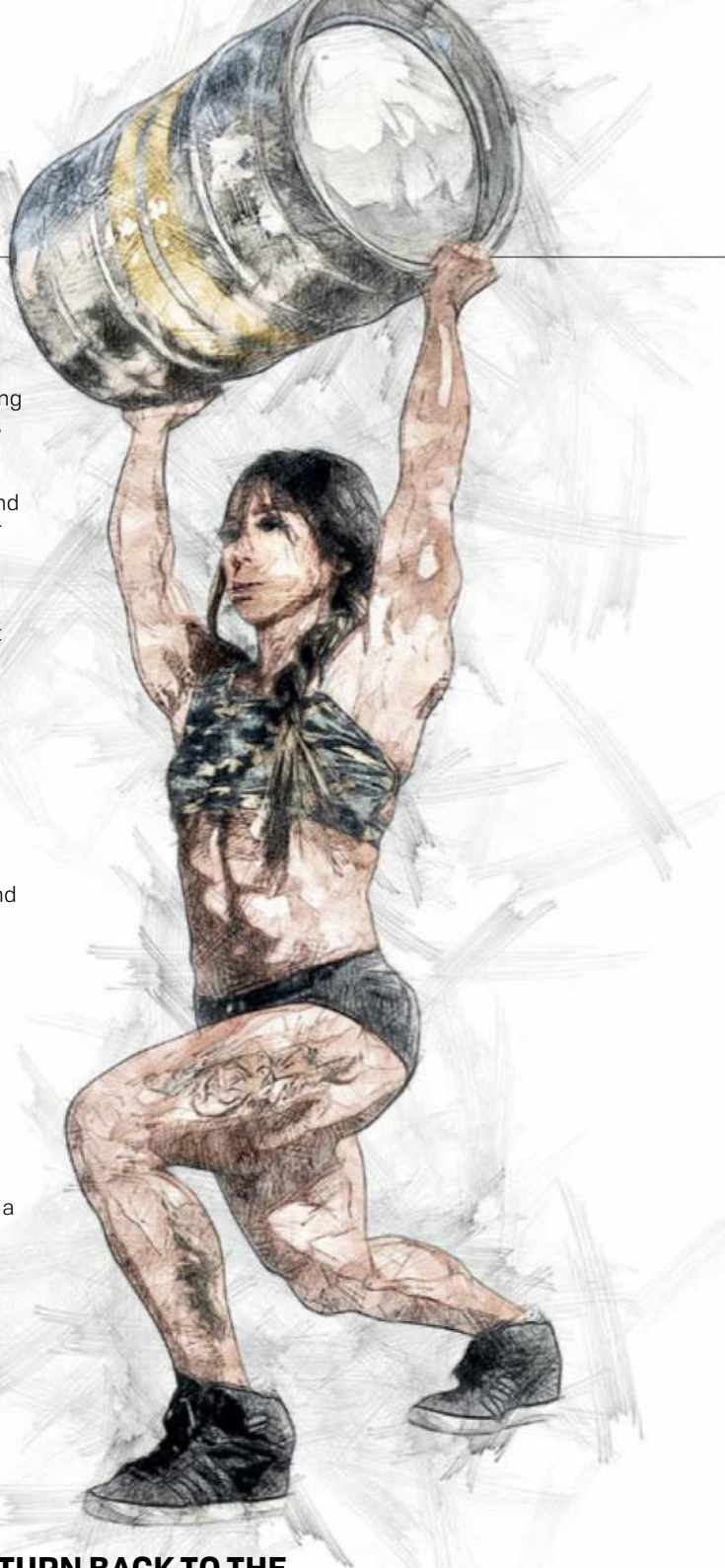
"A typical day in my diet includes eggs, cheese, coconut oil, salmon, peanut butter, coconut butter, bacon, chicken thigh, beef, and baby spinach with sesame dressing."

Being a competitive bodybuilder, her biggest motivation is the aesthetic appeal that comes with her training and diet. She also believes that having balance and being realistic with her fitness goals are the key factors that keep her running in the game.

"I allow myself to indulge in foods that I love once in a while. It's very important to have a balance in everything," Melissa says.

Having undergone the challenges she's had, the 34-year-old believes that the most important thing is to have a plan and stick to it. Do not be greedy for instant success as results do not come overnight.

"As long as you are putting in the work, your results will come. Meanwhile, enjoy the journey; it makes the whole process a lot more fun!"



**"I DID NOT WANT TO TURN BACK TO THE DESTRUCTIVE LIFESTYLE OF EATING AND PURGING MY FOOD SO I DECIDED TO JOIN A GYM."**



**Darren Stephen Lim @dslasher**

▼ 28,700k Followers

### A KNOCKOUT PHYSIQUE

Darren Stephen Lim was an athletic and healthy guy when he was younger, frequently playing basketball and football. Despite this, he found himself falling sick often. It wasn't until he came across a boxing manga series, *Hajime No Ippo* that he started taking fitness seriously, culminating in his incredible shape today.

"Many of the characters within the manga were ripped and I wanted to look like them," Darren says. And he definitely looks like them now. After his national service, Darren signed up for personal training certification at Federation of International Sports, Aerobics and Fitness which kick-started his fitness journey.

He eventually went on to compete in the WBFF Miami Fitness Model competition in 2014, placing in the top 5, and he now owns his own gym called D'Fitness.

Darren's training philosophy is simple: take care of your body. "I take ownership of the condition of my body and my health. I only have this one body for the rest of my life. If I'm not taking care of it, who will?"

He also happens to be one of the lucky guys who doesn't have to watch his diet to attain his chiselled physique.

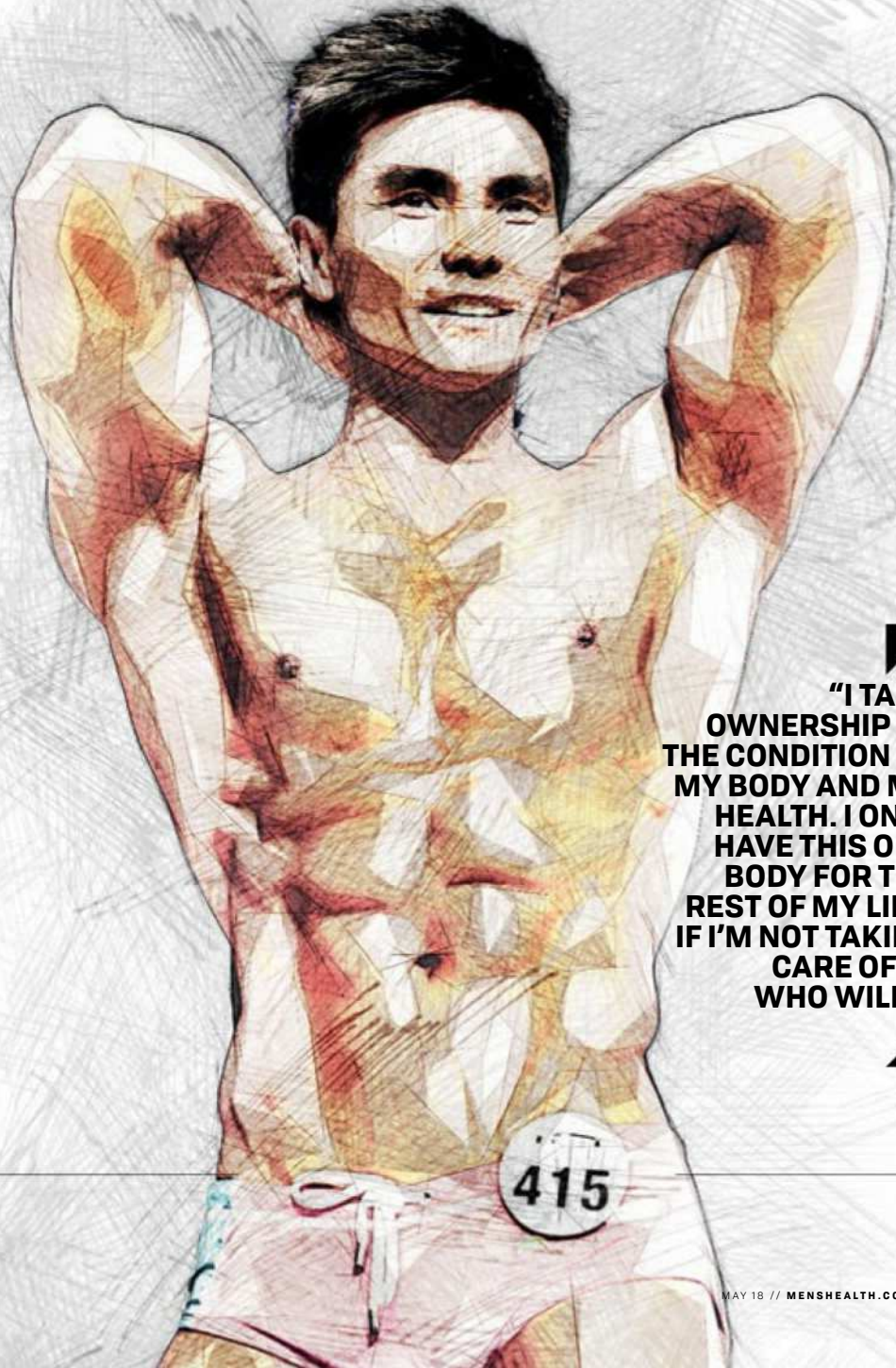
"I have never really followed a strict diet, but as cliché as it

sounds – moderation is key," he says. "I would say a balanced portion of proteins, carbohydrates, and fats should be present in a normal meal."

Sounds simple enough. But

what's his advice to people who aspire to be in shape like he is?

"Don't be like me, be better than me," Darren advises. "Persevere through the good and bad of life, help others along the way, and great things will happen for you."



**"I TAKE OWNERSHIP OF THE CONDITION OF MY BODY AND MY HEALTH. I ONLY HAVE THIS ONE BODY FOR THE REST OF MY LIFE. IF I'M NOT TAKING CARE OF IT, WHO WILL?"**



**Adrian Tan @ adriantfitness**

32,100 Followers

**NO VAIN, NO GAIN**

If you didn't know, you wouldn't be able to tell that this MuscleMania Physique Asia Champion is already in his 40s. Adrian started out his fitness journey way back when he was still studying in secondary school. He was inspired by his friends, at that time doing weight training. Like most guys out there, he wanted to gain muscle and look good as well.

"I was so in awe of their muscle gains and from that point on, I was hooked!" the fitness trainer says.

In order to maintain his physique, Adrian normally does weight training for an hour, four to five times a week. On top of that, he tries to make

time for cardio at least four times a week and roughly spending 30 to 45 minutes on each session.

The bodybuilder takes four to five small meals a day when not preparing for a contest, roughly around 2400 calories,

which is enough for him to sustain his energy levels throughout the day.

And as much as health and fitness are key motivating factors for staying in shape, the father-of-one doesn't sugar-coat why he trains as

hard as he does.

"Vanity!" he says. "I'm doing my best to not look like I'm above 40. And so far it has been working."

He adds that if he starts to feel out of shape, he will do a short cutting phase to get back on track again.

The important thing to note is that Adrian didn't get to where he is overnight. It took hard work and dedication over many years to achieve what he has.

"Remember that Rome wasn't built in a day," he advises. "The secret to my success is patience and consistency with everything from my meals, workouts, sleep, leaving no stone unturned."

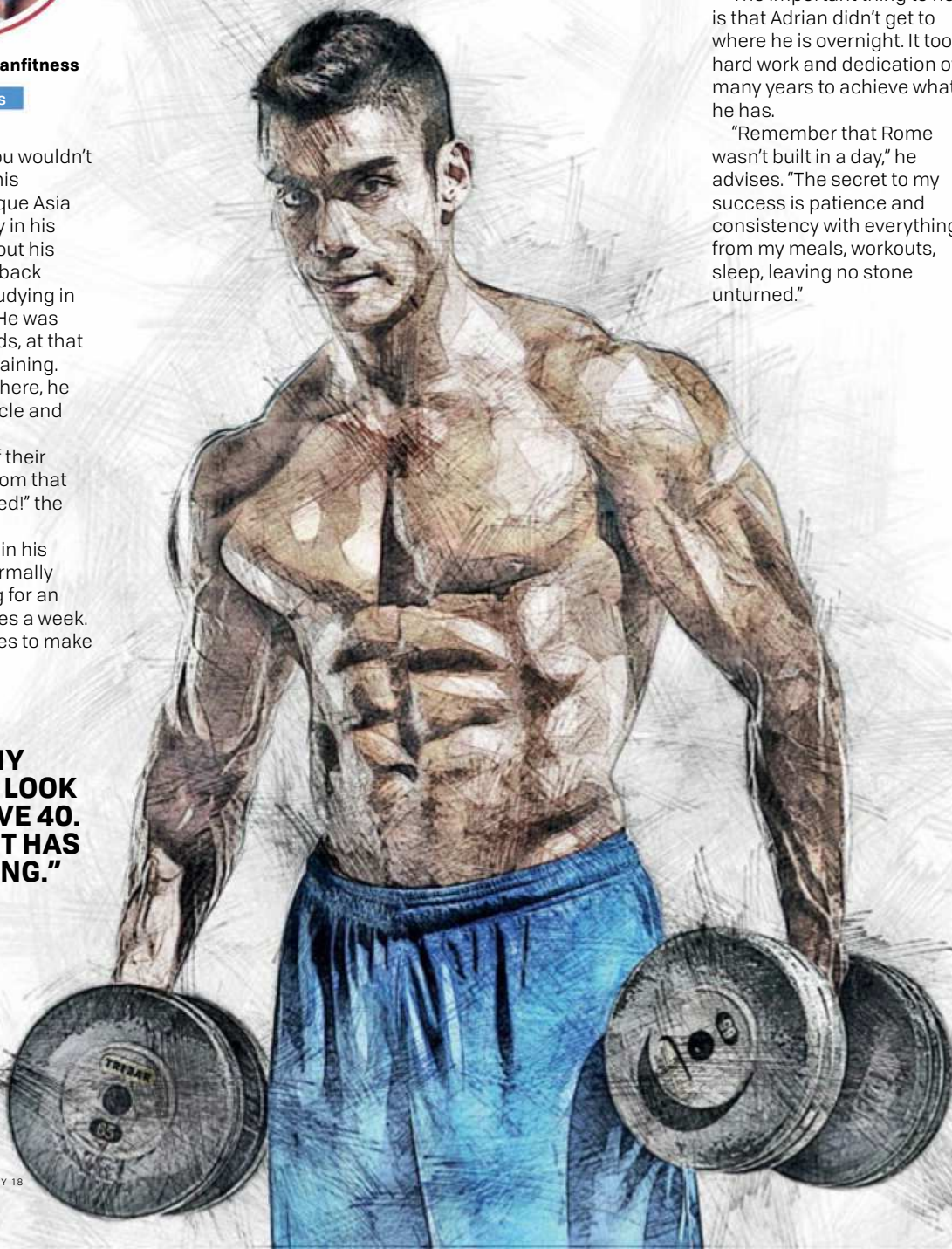


PHOTO ADRIAN TAN

**"I'M DOING MY BEST TO NOT LOOK LIKE I'M ABOVE 40. AND SO FAR IT HAS BEEN WORKING."**





Calvin Kang @frappecal

10,500 Followers

### THE NEED FOR SPEED

Representing Singapore in competitive athletics for a decade, Calvin is an athlete, dreamer and entrepreneur, and it all began in primary school.

"I was talent spotted by my PE teacher back in primary school and decided to hone this skill and to put my 10,000 hours into it," says the sprinter, who was naturally gifted with quick feet.

His efforts proved to be fruitful when he made the national team at 17 years old, broke the Under-20 record at 18 years old, and represented Singapore at the Olympics. Thus far, Calvin has participated in all major competitions from the SEA Games to the Olympics before the tender age of 21.

Training as a track and field athlete means he requires a

type of focus in order to improve in the various aspects of his sport. These comprise speed training, interval training, core and flexibility, explosive gym workouts and plyometric exercises.

"Combining all these training principles into my weekly

training looks like a six-day micro session," the 28-year-old says.

Nutrition is of utmost importance to Calvin, so he takes a direct and practical approach to his diet.

"For lunch, I will often eat more carbohydrates as I would

need that direct source of energy to utilise when I go for training in the evenings," he says. "For dinner, I aim to eat more protein-based food as protein is needed for muscle recovery."

The one thing that resonates the strongest with him is something basketball legend, Michael Jordan once said:

"I can accept failure, everyone fails at something. But I can't accept not trying."

The most important thing to achieve success like Calvin does is as simple as identifying what you're good at.

"I would advise others to find your niche areas, focus on building the community, relationships and credibility through your daily living," he states.

"Keep dreaming as without dreams, the people perish."



**"I WAS TALENT SPOTTED BY MY PE TEACHER BACK IN PRIMARY SCHOOL AND DECIDED TO HONE THIS SKILL AND TO PUT MY 10,000 HOURS INTO IT."**

# REEL CHARACTERS, REAL MUSCLE

Here's how you can build a body that will look at home in any fictional universe.

# W

Winter is coming. Okay, no, not really. Even though season seven of HBO's *Game of Thrones* ended last August, it's always good to prepare yourself for the fights ahead.

As things stand, you're set to experience more dragons, battles, and bloodshed next season. The Lannisters and White Walkers mean business, and if you want to keep up in the power-hungry, ambition-driven world, well, you'd better shape up.

Thankfully, we've devised a workout that will do just that. Follow this plan and you'll bulletproof your upper body so well you'd be able to fit right in to the Seven Kingdoms of Westeros.

Here's what to do. There are two workouts—Workout A and Workout B. Each contains three exercises, and you'll perform each on different days. You'll do each workout as a circuit, smoking your upper body while challenging your core, too.

Add these to your workout routine so you'll be ready when the next season hits. And remember: A Lannister always finishes his sets.

## YOUR HOUSE LANNISTER UPPER BODY WORKOUT



**1. BENT-OVER ROW**  
Holding dumbbells, bend at your hips until your torso is nearly parallel to the floor. Raise the weights until they reach your pits. Pause and reverse the move. That's 1 rep; do 15 to 20.



**2. OVERHEAD PRESS**  
Hold dumbbells at shoulder level, your palms facing each other. Clench your glutes and brace your abs as you press the weights up. Pause and slowly lower them. That's 1 rep; do 15 to 20.



**3. OVERHEAD CARRY**  
Hold weights at the top of the overhead press position and walk back and forth. You're done when your elbows begin to buckle. That's 1 round; do 3 to 5, resting 2 minutes between each.

## WORKOUT A

YOU'LL NEED: A PAIR OF MEDIUM-WEIGHT DUMBBELLS (START WITH 10KG)



**1. CHEST PRESS**  
Lie on an incline bench holding dumbbells above your chest, your arms straight and palms facing forward. Lower the weights to your chest, pause, and reverse. That's 1 rep; do 15 to 20.



**2. CHINUP**  
Using an underhand grip, hang at arm's length from a bar. Pull up, bracing your abs and tucking your elbows to your ribs, until your neck touches the bar; pause and lower. Repeat till failure.



**3. FARMER'S WALK**  
Stand holding dumbbells at your sides. Keep your shoulders pulled down and don't let the weights rest on your thighs. Walk as far as you can until your grip or posture starts to fail.

## WORKOUT B

A PULLUP BAR, A PAIR OF HEAVY DUMBBELLS (20KG IS A GOOD START), AND A BENCH

TEXT (THIS PAGE) EDITORS OF MEN'S HEALTH; OPPOSITE PAGE: ILLUSTRATIONS BY RANDY LOVING

■ DO 30 SECONDS OF EACH MOVE; REST FOR 90 SECONDS. DO 4 TOTAL CIRCUIT ROUNDS.



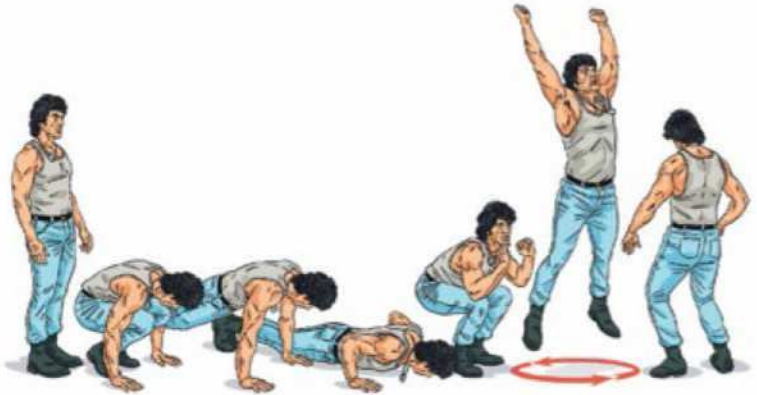
**A BODY RAMBO WOULD KILL FOR**

Back in 1982, Sylvester Stallone ditched his shirt and grabbed a combat knife and bandana to play the titular character in *Rambo: First Blood*. At that moment, an iconic Hollywood action hero was born.

Although the movie came out over 35 years ago, to quote Sly himself, "Nothing is over! Nothing!" — including the battle to stay fit. That's why we came up with a Rambo-inspired workout so you can build your very own action hero body all at once. All you need is a pull-up bar and some 5kg dumbbells.

□ **BURPEE 180**

Stand tall and then quickly drop and do a push-up. Next, leap your feet toward your hands and stand up. Jump-turn 180 degrees, and jump back to the start. Grunt. Repeat.



□ **STRAIGHT-LEG SIT-UP TO PRESS**

Lie flat on your back, holding dumbbells at your ears. Do a sit-up while keeping the dumbbells in place, and then press them overhead. Lower them to your chest, then slowly lie back on the ground. Adjust bandolier. Repeat.



□ **CHIN-UP TO KNEE TUCK**

Hang at arm's length from a pull-up bar using a shoulder-width, underhand grip. Pull your chest to the bar, pause, and then lower. While hanging, bring your knees to your chest (or as high as you can). Lower your knees. That's 1 rep.



# STRENGTHEN YOUR RESOLVE OVER DINNER

If a busy schedule is eating away at your fitness motivation, a hefty hit of comfort food will reboot both mind and muscle.

# h

Having extracted yourself from a barrage of e-mails to squeeze in a midday session at the squat rack, getting your head in the game is no mean feat.

But on those days when even a playlist full of power tracks won't help you, maintaining your fitness needn't be a simple case of mind over uncooperative muscle. In fact, success could very well rest on tonight's dinner.

The nutrient alpha-GPC – found at high doses in calf's liver and best known for its cognitive-enhancing abilities – can also reignite your motivation with the promise of more muscle.

In a study published by the International Society of Sports Nutrition, young gym-going

men who took alpha-GPC increased their power output by 14 percent in subsequent sessions. It also bumped up their levels of human growth hormone, the elixir of increased muscle mass.

Further research by scientists in Louisiana found the nutrient improved athletes' isometric strength after just six days. They speculate this is because alpha-GPC helps to build neurotransmitters – the brain chemicals that facilitate communication between mind and body. Which is some achievement after a morning full of meetings.

While many protein sources will help to bump up your levels, liver has been shown to provide the heftiest dose.

Serve it with bacon, onion

and mash, according to our recipe. Tomorrow's training session will be anything but offal.

## AN ANTIDOTE TO OFF-DAYS

Our simple recipe will revive your hunger for tomorrow's workout.

## LIVER, BACON & ONIONS SERVES 2

- Plain flour, 2 tbsp
- Sage, pinch
- Calf's liver, 400g, sliced
- Bacon, 4 rashers, sliced
- An onion, sliced
- Stock, 300ml
- Tomato puree, 2 tbsp

## METHOD

**1/** Combine the flour and sage – a source of vitamin K, which aids fat loss – and dust the liver. Fry the bacon until crisp, then remove. Brown the livers for 60 to 90 seconds.

**2/** Brown the onions until soft, then stir in the stock and puree with a pinch of pepper. Simmer for 5 minutes while you pack tomorrow's kit bag.

**3/** Add the liver and let it bubble for 4 minutes, then mix in your bacon. Plate up with mashed spuds for a strong finish.



TEXT SCARLETT WRENCH PHOTO(MAIN) TOBI JENKINS/HEARST STUDIOS DIGITAL IMAGING COLIN BEAGLEY

# TURNING BACK THE CLOCK

Derrick Ng was very active until he had serious injuries. After getting osteoarthritis, he knew he had to do something.

## THE SETBACK

Derrick played all kinds of sports when he was younger. However, his active lifestyle led to some inevitable injuries.

"Back in the early 2000s, I had a tibia and fibula compound fracture and was in a cast for a couple of months. I was out of action with no sports at all for a year," Derrick said. "After I recovered, I suffered another injury in my knee – a torn medial meniscus that took me out for another two years."

## THE WAKE-UP CALL

He didn't think much of his injuries back then and remained active. It wasn't until a doctor diagnosed him with osteoarthritis in 2006 that things went from bad to worse.

"I went to see a very well-known orthopaedic doctor in Sydney, and he said that there's nothing he could do for my right knee," Derrick recounted. "The



**AFTER**

two things I had to do were to watch my weight and exercise."

## THE PLAN

To start, Derrick sought help from Ultimate Performance (UP).

"They have a great understanding of your lifestyle and really understand your condition," he remarked.

The 45-year-old saw regular

progress which motivated him to push himself and persevere, and he thanks his trainer, Sam, for assisting him with his transformation by constantly reminding him of his goals.

## FOOD

Derrick is a firm believer of adhering to both a strict diet and training regimen in order to see results. "I don't believe in dieting without exercising or exercising without dieting. I've tried that, it doesn't work. It has to be a balance of both."

## FITNESS

Not only did Derrick need to train hard, he also needed to train smart in order to avoid hurting himself again.

"UP has a great methodology in terms of helping unique individuals with different kinds of configurations and different kinds of sizes," he said.

## THE REWARD

"I go skiing every year with my family, and in my most recent trip, I realised I could ski the whole day without the same pain from the year before," Derrick recalled. "I felt lighter, I felt stronger, and I felt a lot more flexible."

"I think I've been as fit as I was in the younger days," he added.

Derrick still maintains his positive outlook and urges those with similar experiences to listen to their bodies and to be optimistic and focused as it is ultimately mind over matter.

"To me, 80 percent is mental and 20 percent is physical. When you get an injury, the obvious thing is to rest, manage the injury, and manage your body," he advised. "Listen to your body as it tells you a lot of things."

## BEFORE



NAME  
DERRICK NG

PREVIOUS WEIGHT  
**69.3KG**

CURRENT WEIGHT  
**60.3KG**

OCCUPATION  
REGIONAL IT SALES

AGE  
45

TIME TAKEN  
15 WEEKS

BODY-FAT PERCENTAGE  
■ PREVIOUS 37%  
■ CURRENT 14.5%

## What's Your Story?

This month's Belly-off! guy wins a UB+ Eupho Portable Bluetooth Speaker with Expansion Casing Bundle worth \$103! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos.

**E-mail: menshealthsg.bellyoffclub@gmail.com.**



# TALK SHOP

Products · Promotions · Events

**Amaris B. Clinic\*** Are you afraid of going topless at the pool or the beach? Is the shape of your chest bothering you? It sounds like you may have gynecomastia. An overdeveloped or enlarged male chest, known as gynecomastia, can be the result of losing weight or the natural ageing process. This can cause extra tissue around the nipples or create prominent male breasts, which can affect your confidence and lifestyle. Amaris B. Clinic has a solution for you. Gynecomastia Surgery is designed to remove excess fat and sagging skin from an enlarged chest. It's helped many men to regain more natural proportions and had a positive impact on their lifestyle and self-esteem. So stop wallowing in misery and say goodbye to the pain. It's time to lift the worries off your chest! Surgery starts from \$3000. For more info, visit the clinic at 140 Arab Street, or call 6536-4211.



**Tissot** The Tissot PRS516 Alpine Limited Edition oozes class and masculinity. The watch is designed with racing aesthetics in mind, with bold blacks with blue accents eliciting the excitement of the Rally World Championship. Motor sports enthusiasts and watch collectors alike will definitely want to get their hands on this special watch, limited to only 516 pieces.

For more info, visit <https://www.tissotwatches.com/en-sg>.



**City Chain** The new Solvil et Titus Auto MF Collection is a worthy manifestation of versatility and sophistication. This 43mm multi-function timepiece oozes class, and is always a welcome accessory for work and for leisure. The classic head turner features a white embossed dial with black roman indexes and three indicators (24-hours, month and year) underneath a Sapphire glass. \$555, available at City Chain stores island wide.

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

**Ultimate Performance** A Myofascial Release class will be added to Ultimate Performance Singapore's weekly schedule. With modern lifestyles resulting in the restriction of movement and eventually causing bad posture and injuries, this class promises to activate muscles for better mobility and help reduce the risk of injury. Long-term practice can also improve the pace in rehabilitation by releasing tight muscles.

Myofascial Release will be held every Saturday and Sunday at 2pm. Book your place now by e-mailing [sg@upfitness.com](mailto:sg@upfitness.com)



TEXT GILBERT WONG



**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. Their downtown space not only houses a gym which offers a wide range of group exercise training fitness programmes like High Interval Intensity Training, Yoga and Bootcamps, it also includes a retail zone which carries the latest range of active wear and sports fashion from well-renowned brands worldwide. Furthermore, their group exercise training is incorporated with top-class fitness technology, which will help members reach new realms of fitness levels.

*Located at #02-63, Millenia Walk. The gym's opening hours: 6.45am – 9.30pm on weekdays and 8am – 8pm on weekends; the retail section opens from 11am and closes at 8pm on weekdays and 10pm on weekends.*

**Thomas D'Esthetique** Men are increasingly paying more attention to their appearance - and what brings out the most of our eyes are our eyebrows. If you have unruly eyebrows (or worse, the dreaded unibrow) you'll wanna get them cleaned and neat before you head out to any wedding dinner. Thankfully, Thomas D'Esthetique offers latest eyebrow enhancement services such as micropigmentation and feathering, allowing you to have them thickened, arched, elevated, or shaped according to what you fancy.

*Contact 6337-6858 or visit the salon at #03-01 Excelsior Shopping Centre for more info.*



**Luminox** Channel your inner Navy SEAL when you strap on the Limited Edition Luminox Master Carbon SEAL. The rugged timepiece is made up of Carbon compounds using 40% carbon in bar form, making it three times lighter than titanium, more durable, exceedingly hypoallergenic, more scratch resistant than most other materials, and more chemical and heat resistant. Want a watch that can handle anything you throw at it, and then some? Look no further. *Luminox watches are available at leading department stores (TANGS at Tang Plaza and VivoCity, Robinsons The Heeren, O'G Orchard Point) and authorised watch retailers.*

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

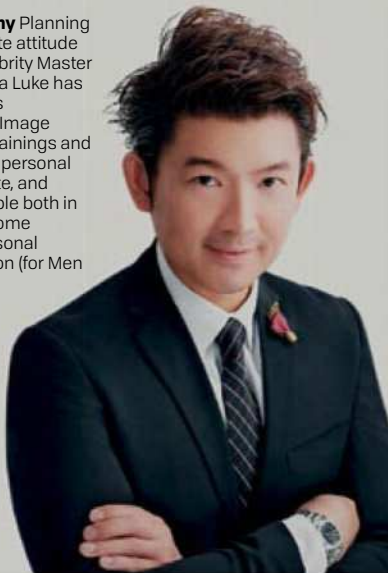


# TALKSHOP

Products • Promotions • Events

**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 & Etiquette in Charismatic Networking', 'Specialised Communication Skills in Presentation, Body Language and Negotiation'.

For any of your organisation and personal training needs, email them at consultant@signatureimageacademy.com.



**Pomi-T** Made from a balance of four food categories – fruit, vegetable, spice and leaf – Pomi-T is a scientifically proven natural supplement that boosts the body's defence against cancer. One of its ingredients is pomegranate, which contains natural antioxidant properties that inhibit uncontrolled growth of cells, as well as help to reduce the migration of abnormal cells and aid in the regeneration of healthy ones.

For more info, visit [www.pomi-t.sg](http://www.pomi-t.sg)



**Longines** Inspired by a model developed in the 1960s, The Railroad mirrors the sober aesthetics of railway watches. Its 40mm steel case houses a highly reliable L888.2 automatic winding calibre, exclusive to its tickers. The 24-hour scale on the off-white polished dome dial, coupled with the fine engraving inspired from the original decorations, make this timepiece all the more unique. For more info, go to [www.longines.com](http://www.longines.com).



**Schick - Dec 17** When it comes to shaving, most men would prefer a fuss-free variant than delivers comfort and efficiency. With a wide range of products available on the market, the Hydro 5 Groomer seems to stand out from the crowd. For a start, it's a 4-in-1 high-performance styling tool that promises to groom, edge, trim and hydrate throughout each shave. It's also an effective beard trimmer that delivers both power and comfort, with the razor end possessing five blades that contribute to this experience.

Available at leading supermarkets and pharmacies. For more info, go to [www.schick.com.sg](http://www.schick.com.sg)





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[WWW.MENSHEALTH.COM.SG/SUBSCRIPTION](http://WWW.MENSHEALTH.COM.SG/SUBSCRIPTION)

# EXTRAS!

## THE SLEEPLESS CURE

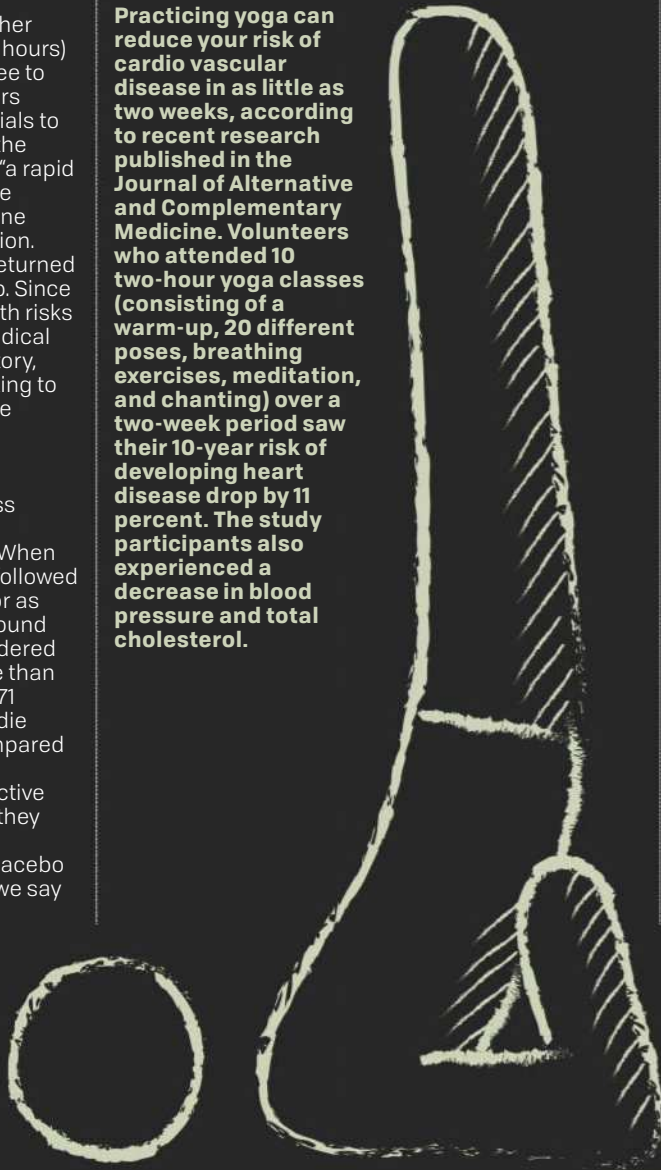
Instead of dampening your mood, a lack of sleep, when used strategically, may actually relieve depression, a new study suggests. Such "therapeutic sleep deprivation" can be either total (staying up for 36 hours) or partial (sleeping three to four hours). Researchers pooled data from 66 trials to find that about half of the 1,593 participants had "a rapid reduction of depressive symptoms" after just one night of sleep deprivation. Symptoms generally returned after a full night's sleep. Since this practice comes with risks depending on your medical and mental health history, never do it without talking to your doctor. Studies are ongoing.

## THINK YOURSELF FIT

Your view of your fitness relative to others' can influence your health. When Stanford researchers followed some 60,000 adults for as long as 21 years, they found that people who considered themselves less active than their peers were up to 71 percent more likely to die within that period, compared with those who saw themselves as more active (no matter how active they really were). A positive mindset may have a placebo effect. By the way, did we say how fit you look today?

## GET IN THE OM ZONE

Practicing yoga can reduce your risk of cardio vascular disease in as little as two weeks, according to recent research published in the *Journal of Alternative and Complementary Medicine*. Volunteers who attended 10 two-hour yoga classes (consisting of a warm-up, 20 different poses, breathing exercises, meditation, and chanting) over a two-week period saw their 10-year risk of developing heart disease drop by 11 percent. The study participants also experienced a decrease in blood pressure and total cholesterol.



**HOT HEALTH NEWS** NEED TO LOWER YOUR BLOOD PRESSURE? ENJOY A SAUNA OFTEN. SCIENTISTS IN FINLAND WHO TRACKED 1,621 MEN FOR AN AVERAGE OF 25 YEARS FOUND THAT THE HYPERTENSION RISK OF THOSE WHO SAT IN A 78°C SAUNA AT LEAST FOUR TIMES A WEEK WAS 46 PERCENT LOWER THAN THAT OF MEN WHO HIT THE HOT BOX ONCE A WEEK. JARI LAUKKANEN, M.D., PH.D., SAYS STRESS RELIEF, SWEATING, AND BLOOD VESSEL DILATION MAY ALL BE FACTORS.

### BALANCING ACT

Rules are doomed to fail. Instead, 'try if-then' protocols. If you have a big night out, then you'll sweat the debt with circuits.

Source: *Psychology*

### LONG AND SHORT

Break down your mission into smaller tasks. Want to lose a kilo? First aim to burn 750kcal in a single workout.

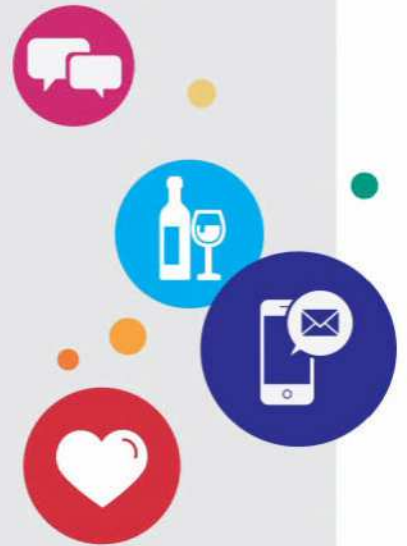
Source: *Journal of Research in Science Training*

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