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NEVER GET SICK Dodge Flu This Winter



28

DAVID POCOCK POWER + PURPOSE

Ways to Turn

CHICKEN Into Muscle



MASTER OF MATERIALS



RADO HYPERCHROME CAPTAIN COOK INSPIRED BY OUR VINTAGE ORIGINAL. SERIOUSLY IRRESISTIBLE.

Contents 07.18



COVER GUY: DAVID POCOCK Photographed by Jason Ierace

Despite his greatness as a rugby player, the Wallabies' David Pocock is facing up to a universal issue: how do you find your life's purpose?





Mei Doc loss

Melt Your Gut Dodge deprivation and hack your fatloss genes to get your leanest body.



Rise With Her Copy the morning ritual of actress Emmanuelle Chriqui to get your day off to a flying start.



The Masochist's Marathon Our writer stalked unmarked trails in the Appalachian mountains to learn the secrets of the world's best ultrarunners.

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The Evolution of Man

d's Letter If Facebook Mer's Health Magazine Australia

WHY IS DAVID POCOCK on the cover of this month's issue? Well, partly it's because he can deadlift the leg of a tranquillised elephant (see p22). But there's a lot more to admire about the Wallabies man-mountain than astonishing physical strength.

Few people truly live by their values, but Pocock never shirks a tough call whatever the personal fallout. Famously arrested for chaining himself to a digger at the Maules Creek coal mine, Pocock also made headlines when he refused to marry his long-term girlfriend until gay marriage was legalised. This isn't the territory of your average sportsman.

The expectations of others don't faze him. Playing careers in a contact sport as intense as rugby are short and Pocock has missed more games through injury than most. Yet that didn't stop him taking a controversial sabbatical last year in which he took on conservation work in Africa, worked on his grandfather's farm and did

"Few people truly live by their values, but Pocock never shirks a tough call whatever the personal fallout" a leadership course at Harvard. Put simply, Pocock runs his own race. And it tends to be on some weird, higgledy-piggledy, cross-country route that steers him far from the footy pitch. Sport may be his day job, but it doesn't define his life.

Strangely, this lack of professional monomania doesn't seem to harm his performances with an oval

ball. He's returned from his time off apparently hell-bent on affirming his status as one of the top rugby players in the world. "Is David Pocock version 2.0 better than the first?" asked *The Sydney Morning Herald* in a recent article that showed the flanker is now making more runs, gaining more metres and making more tackles than ever.

Pocock manages to perform at this level because for him complacency is an alien concept. When *Men's Health* met him, we encountered a deep thinker agonising over whether he was living a life that his younger self would be proud of. He may already be a man of genuine stature, but Pocock refuses to settle: he constantly demands more of himself and, you suspect, he always will.

Suffice to say I'm a big fan. That's why when I became editor of *Men's Health* a few years ago, I immediately stuck Pocock on my first cover. This month, I'm excited to do so once again.

Jule Beedictie

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The all-new Audi RS 4 Avant.





Overseas model with optional equipment shown.



LIFE QUESTIONS, ANSWERED

• The more exhausted I feel, the more I struggle to sleep. Is it really possible to be overtired?

THE IDEA that exhaustion can prevent shut-eye might be counter-intuitive, but your fatigued brain isn't playing tricks on you. "Overtiredness" occurs when your mind and body are out of sync: you're mentally burned out but not physically ready to hit the hay. This is the difference between fatigue, which is corporeal, and sleepiness, which is the inability to stay awake.

"The frenetic pace of modern life means we're often in danger of depleting our mental energy without taxing our bodies," says Dr Nerina Ramlakhan, the author of *Fast Asleep, Wide Awake.* "The result is that we end up tired but wired."

Training when you're brain-dead might be the last thing you want to do, but you need exercise. "After a stressful day your body continues to produce excess adrenalin," says Ramlakhan. "A workout will stem this adrenalin spike and release adenosine, helping the sleep hormone melatonin to work more effectively."

Don't hit the 30kg dumbbells, though: go too hard and you risk further elevating your adrenalin levels. Opt for simple bodyweight moves such as push-ups. And try to resist the whisky bottle: after its initial relaxant effect, alcohol disturbs deep sleep. Whatever you do, don't panic about your lack of rest, as it will only make it worse. Chill out and you'll be out like a light in no time.

WE HAVE DRIFT OFF END THE NIGHTMARE OF LOST SLEEP WITH OUR TIPS FOR EASY ZS

n TIME TO COOL IT

Set the thermostat at 15-20°C. This will reduce your core temperature, which signals your body to drop off.

SUPP ALL NIGHT

Take a magnesium pill as part of your nightly routine. It lowers your cortisol levels and relaxes tight muscles.

KEEP THE CARBS

Foods that cause a slight spike in blood glucose help you nod off when eaten at night. Think jacket potatoes, not tiramisu. Don't let a lack of sleep alarm you.

• My Instagram feed is going *#ketocrazy* these days. Should I be following suit?

LET'S SET THE RECORD straight on what a ketogenic diet actually is. When you deprive your body of carbs – its preferred energy source – you go into ketosis, burning fat for fuel instead. The purported benefits include weight loss, increased focus and more energy. Many people on the diet make the mistake of thinking they need to add butter to their coffee or cook everything in coconut oil – but the reduction in carb alone is enough to initiate the process.

It isn't for everybody. The diet may help if stamina is your sole objective (marathon runners hit "the wall" when they run out of glycogen). But according to nutritionist Martin MacDonald, "If you stay in shape by mixing regular weights and cardio sessions, going keto isn't optimal, as it can reduce high-intensity performance."

A big drawback is the diet's rigidity. Ketosis stops as soon as you reintroduce carbs. To stick to the plan, you need a level of commitment that is very difficult to maintain in the long term. Is it worth it? That's down to you - and how much you rely on the occasional doughnut.

СН

Q Is falling asleep on the couch a bad thing?

Here is what's bad: passing out in front of the TV at night only to wake at 2am and slink off to bed. First, those hours aren't helping much: "The noise and light of the TV is hell on deep sleep," says sleep specialist Dr W. Christopher Winter. Second: do this too often and you'll train your brain to see the couch as a sleeping spot instead of the bedroom. To nap right: keep it to 20 minutes, ideally before 2pm. Consistency is key. Feel yourself nodding off at the wrong time? Get up and find some bright light.

Q I cheated on my wife, a one-night stand. Do I tell her?

RA

Why would you want to? If you want to relieve your guilt, then no, probably not, says psychologist Les Parrott. Confess to a confidant or therapist. Then ask yourself why you cheated. Were you feeling sexually neglected? Trying to get back at your wife? Whether you confess or not. share those feelings with her. Say, "I want our relationship to be the best it can be and to know how I can be a better husband." That gives her an on-ramp to share anything, and she'll be more open to hearing you out. Now if you think you might cheat again or she could find out, then confess. Say, "I need to tell you something that's going to be painful. I want to preface it by saying that I love you but I made a mistake." Brace yourself. It will cause her pain. But it may also save your union.

Q I always eat crap when I drink alcohol. How do I put a stop to that? TN

It's easy to

make a hash of a

ketogenic diet.

Pre-game your eating. Preemptive measures while vou're still sober can work. By "crap." we'll assume vou mean food that's sweet, salty, energydense or all three. Those are exactly what humans have an innate liking for, says experimental psychologist Martin Yeoman. Alcohol turns Thoughtful You into Uninhibited You, making these foods harder to resist. Before you go out, eat some nuts or avocado, says Boston University nutritionist Joan Salge-Blake. Healthy fats stay in your stomach longer than carbs do and help delay your body's absorption of alcoholpossibly helping you make more deliberate food choices as a result. At the bar. alternate between alcohol and water. And if a craving does hit, try popcorn. It's not kale but nor is it total crap.

ALMOST KETO

HOW TO BENEFIT FROM EXTRA FATS AND FEWER CARB SWITHOUT LOSING YOUR SANITY



Swap your lean piece of chicken for a rib-eye steak at the weekend. The fat in beef predominantly consists of oleic acid – which perhaps surprisingly, is the same hearthealth fat found in olive oil.



Don't fear the saturated fats in pork. De Montfort Universityfound that when heated, lard produced lower levels of potentially cancer causing alde hydes compared with "healthier" cookingfats such as sunflower oil.



Intermittent carbcutting two days a week is enough to help fat loss and reduce insulin resistance, according to the American Association for Cancer Research. Try eating your boiled eggs without soldiers next weekend.

Q Do I really have to clean my dishwasher? JO

Maybe. Fungi and bacteria can infiltrate a dishwasher through the water, food particles and even pets. And some can survive heat and detergent. When scientists in Denmark and Belgium swabbed the rubber seals of 24 dishwashers in private homes, they found potentially pathogenic fungi and bacteria on every one. That can be harmful to people with cystic fibrosis or chronic illnesses, infants and older people if they breathe in the dishwasher steam. So use high heat and wipe down that rubber seal at the end of a cycle.



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SUBWAY

Tons of tips, tricks and strategies for life

evening spent slumped on the sofa might seem like the ideal way to decompress, new research suggests that you need to be proactive. The study, published in Art Therapy, found that spending 45 minutes at a pottery wheel has the

power to rebuild fragile mental

health by reducing levels of the

stress hormone cortisol in your

of participants exhibited.

of constant social media and

emails, experts believe that

artistic endeavours offer a valuable outlet. The chance to produce something original, rather than simply responding to others, serves as a stress-release valve. The physical benefits of lowered anxiety are well documented. But the act of being creative has more wide-reaching advantages than

simply addressing the negatives. Separate reports suggest that taking up crafts can shape a 45 per cent reduction in your risk of developing dementia, as creative tasks promote the production of new neurons, which are crucial for maintaining a healthy central nervous system as you age. Plus, should you ever run into Demi Moore, you'll have something to talk about.

blood - something that 75 per cent

In today's "always-on" culture

07/2018

SACK CAREER Stress and Mould creativity

If your Monday blues have a habit of dragging their heels until 5pm on Friday, you're not alone. A recent survey of the Australian labour force by the think tank Reventure found that a staggering 73 per cent feel stressed about their 9-to-5 due to workload and job insecurity. And though an

An artistic hobby will give your mood a crafty boost.

LEAN, FAST, FIT

This once-a-week lung-buster to break up your weights workouts will strip fat and up your VO2 max while addressing your need for speed

For a lot of guys it can be tempting to do nothing but shift iron and call that your fitness program. Sorry, that won't cut it where I come from. Once a week at a minimum you need to move like you did as a kid, mixing all-out sprints with endurance to get your heart pumping like a Jamaican dance hall. Don't think of this as just hard, thankless work – though it *is* hard. It will complement your efforts in the gym, stripping fat to make your muscles appear more defined. It will also make you a nimbler, more challenging force in whatever sport you play. Don your runners and head to your local park.

Winders

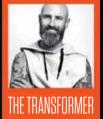
If you can find a 400m track, great. Otherwise, any big green space will suffice. Sprint the straights and walk or jog the corners for 10-15 minutes (depending on your fitness level). By sprint, I mean 90-100 per cent effort. Recover for 6-8 minutes.

400s

A No let-up, I'm afraid. Now run 400m and walk for 200m. Repeat this four times. Dig deep to keep your 400m times reasonably consistent, though expect some fall-off if you're pushing yourself. Recover for 6-8 minutes.

Pyramids

I know – there's not much left in your pins. So let's finish up. Sprint 100m; walk 50m. Sprint 200m; walk 100m. Run 400m; walk 200m. Then go back down in corresponding increments. Nice job. Now go home and rest. You've earned it.



MH fitness director **Chief Brabon** has done it all, from the most insane ultra events to transforming some of our top cover guys. And now? He's focused on you.



Struggling to go the distance in the sack? Help may be at hand. Prolong, a climaxcontrol device coupled with a training program designed by clinical psychiatrists, has hit the market. To find out more go to **innovaderma.com**. In the meantime, check out these stats on premature ejaculation from a survey of Australian men.





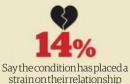
Wish they had more control over how long they last



Have felt embarrassed over a perceived lack of stamina



Have lost confidence in the bedroom due to PE



12% Say they've turned to alcohol to try and last longer

SOURCE: InnovaDerma

ASK CHIEF

Chief, I've just hit 40. Are there exercises I shouldn't do any more? st Not really. If there's a change to be made it's stepping up compound movements. As you get older, fitness and function are more than ever about the way you move rather than how you look. Excessive focus at your stage of life on training individual body parts like a bodybuilder is likely to lead to **muscular** imbalances and dysfunction. You need to make sure you're

working opposing muscle groups and moving naturally, while perhaps backing off on the heavy loads. Focus on moves like walking lunges, farmer's walks and thrusters where your body has to work as a unit. And emphasise pre-hab and rehab with resistance bands, foam rollers and massage balls.

WATCHBEY D 0 Ν

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TIME INSTRUMENTS





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AMAN, APAN, APIAN MEAT-FREE LASAGNE

Simple swaps in the classic lasagna recipe can make going flexitarian a far tastier prospect, while beefing up the nutritional payload of your weekday lunch

Despite your probable aversion to smug #MeatFreeMonday photos of quinoa salads, you'd be increasingly aware of the rise of veganism. And though you have a deep love for ground beef, you also know that cutting back is good for both the environment and your health. So, to convince you that ditching mince is worth it, every bite of this lasagne needs to achieve multivitamin status. The continued presence of melted cheese should also soften the blow.

WHAT YOU'LL NEED

- Olive oil, 1tbsp
 Garlic cloves, 2,minced
- Onion. diced
- A tin of whole
- tomatoes, drained
- Ricotta, 500g
- Lemon zest, 6 tbsp
- Basil leaves, 6, sliced
 An eggplant, sliced
- A zucchini, sliced
- Mozzarella, 225g

WHAT TO DO

- 1/ Heat the oil, onion and garlic in a cast-iron pan for five minutes, then add the tomatoes. Stir for 10 minutes.
- 2/ Mix the ricotta, zest and herbs in a bowl, seasoning with salt and pepper, while heating the oven to 200°C.
- 3/ Spoon out and set aside half of the sauce. Create layers in the same pan using the veg and ricotta mix.
- 4/ Cover with the rest of the sauce and mozzarella and place in the oven with a lid on to bake for 25 minutes.
- 5/ Uncover the pan and cook until the cheese bubbles, then remove it using oven mitts. Cool, slice and serve. Serves 6

1315 kilojoules, 21g protein, 16g carbs, 20g fat

QUADRATUS LUMBORUM

READERS DIGEST Each bite brings more

to the table

Younger brain

000

Anti-Cancer

Immunity

boost

цЭ

Melted

aoodness

A muscle linking pelvis and spine, it's often a cause of back pain.

ERECTOR SPINAE

These muscles work to straighten and rotate your back.

HIP CORE Developed deep core muscles keep your hips in good running position.

35

<u>Percentage of women who</u> <u>are interested in role playing.</u> <u>Work on your accent.</u>

SOURCE: PLOS ONE

HTNESSCORNER BUILD REAL AB STRENGTH

If you love to run and hate back pain, you might want to rethink your core workout. Ohio State scientists found that runners who focused on superficial abs were more prone to lower-back pain than those who had strong deep-core muscles. Located along your lower back, these help your torso twist and straighten.

Your plan: do bench side planks. Lie on your left side, hips stacked, right foot on a bench. Prop yourself on one elbow and lift your hips off the floor; your left leg should float in the air. Hold for 20-60 seconds; do 2-3 sets per side.

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Menshealth THE 21-DAY

GET A BEACH-READY Body in Just 3 Weeks!

The 21-Day Metashred is a revolutionary new online workout program that will help you incinerate fat and stack on muscle in time for summer!



RIDING HIGH

The newest member of Harley's Softail range has more than a little something for every biker By Drew Haywood

So you want a tourer but you also want the snappy manoeuvrability of a cruiser? Or you want a cruiser with the creature comforts of a tourer? Until now you had one or the other. Harley has blessed us with the 2018 Sport Glide. It's the best of both and it is really good.

The Sport Glide rocks onto the roads as a 'two-forone', melding the comfort and coolness of both styles. A battle-ready front end with a *Sons of Anarchy* cowl bulldogging over the LED headlight is backed up on the booty with always-useful blacked-out panniers – and both clip on and off in seconds if you want a stripped back hardtail style. And just because ... you get a USB charging port and keyless ignition with Harley's Smart Security System and a really user-friendly electronic cruise control.

The balanced 107 engine goes hard and a 17kg lighter frame gets you super-low on the corners.

÷

Single-disc front brakes still have the necessary stopping power. And the all-new Softail monoshock rear suspension with remote hydraulic spring preload adjustment keeps you and the person on the back comfortable and relaxed.

Strip it of the panniers and the fairings and you have a chameleon. Clean and mean, it's a completely different bike. It's a Swiss Army bike. You pay \$27,750 for Vivid Black and pretty much get three bikes. Harley is evolving and future-proofing, and if you're going to invest in one, the 2018 range is at the apex of bike innovation. The Sport Glide proves this. Go touch, test and ride for yourself.



AT A GLANCE

Engine:	1745 V-Twin Petrol
Torque:	145 Nm
Transmission:	6-speed manual, rear-wheel drive
Fuel Use:	6L/100km
Price:	\$27,750

PREVENT PIZZA BURN

We get it. Pizza is good. But to avoid the meal-wrecking agony of a mouth burn, try these science-backed hacks from chemistry professor Mary Anne White. First, suck on ice. The pizza's thermal energy will have to warm your pre-cooled gob, limiting the potential for a burn. Also, use a serviette to dab off heat-retaining grease. Take a knife (the bigger and colder the better) and slide it between the crust and cheese - the metal will absorb some of the heat. Too slow? Fold the slice so the crust is now on the outside; you'll protect the roof of your mouth from the full force of the cheese. The damage is done? Drink milk to ease the burn and avoid spicy food, says clinical nurse specialist Mindy Zenke.



Percentage of guys who'd rather give up burgers if they had to choose between a nopizza and a no-burger diet.

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GENEVE

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O /raymondweil_australia



GET BUSY FOR A LONG LIFE A growing body of

A growing body of research shows regular sex can extend your days

Too often, the emphasis is on what we can do for others. Admittedly, the health benefits of altruism are well established – it can lower your cholesterol (Harvard) and reduce your Alzheimer's disease risk (University of Calgary). But not all boosts need to be sacrificial.

boosts need to be sacrificial. Research suggests a little selflove can work wonders, too. A study conducted by epidemiologists from the University of Bristol and Queen's University Belfast revealed that regular sex can halve your chance of death, from any cause, over a 10-year period.

over a 10-year period. The researchers found that for every 100 orgasms that a man has in a year, his mortality risk falls by as much as 36 per cent.

much as 36 per cent. The role of sex as a health panacea goes beyond the release of (very) happy hormones. Research published in the journal *Plos One* suggests that it stimulates the growth of brain cells in the hippocampus, the region associated with memory, potentially helping to prevent the advance of dementia.

Add to this the news that having sex at least twice a week can halve your heart-attack risk and that regular ejaculation can significantly reduce your likelihood of prostate cancer, and the sense of invincibility you feel in the immediate aftermath makes a lot more sense. So go at it <u>as if your</u> life depended on it. NUTRITION KNOW-IT-ALL

Jacqueline Alwill Adv Dip Nut Med

I buy my fish frozen

and crumbed from the supermarket. Cool? R.I No, sorry. I pulled one of the better-known brands out of the supermarket freezer and found the product to be a pathetic 51 per cent fish. The rest is basically fillers that make up the crumb. For my "fish meal" I want to be having quality fish, not a whole lot of shit like wheat flour, canola oil, wheat starch and potato starch. That's not good nutrition. Go frozen every now and then. Mostly buy fresh and team with a baked spud and a kaleidoscope of fresh veg.

Post workout, I combine a cup of oats with yoghurt, fruit, almonds, pepitas and milk. Is my wife right calling this a calorie bomb? KW

Tough call from your wife because there are far worse things you could be eating. There's plenty that's good about your combo of quality carbs (oats and fruit) and good fats (almonds). I would just up the protein, though, by stirring in a whole egg or a scoop of protein powder. Alternatively, ensure the yoghurt you're using is a plain Greek yoghurt so it's low in sugar and high in protein.

Jacqueline Alwill is a qualified, practising nutritionist and author of Seasons To Share: Nourishing family and friends with nutritious, seasonal wholefoods

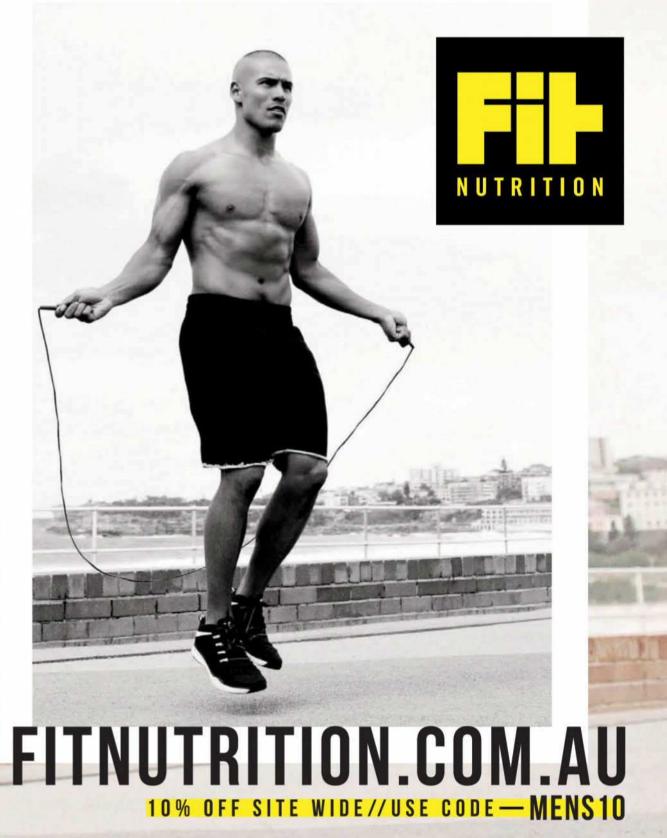
SQUASH HIGH BP

Healthy blood pressure isn't only about sodium. In a Chinese study, people who often ate fresh fruit had lower systolic blood pressure than those who rarely did. Potassium may be the key: it helps recruit molecules that return sodium to your blood, so you flush out more of it as a result. That usually leads to lower BP. Top potassium sources include avocado, squash, spinach, sweet potato, salmon and (yes) bananas.





HEALTH + SPORTS SUPPLEMENTS



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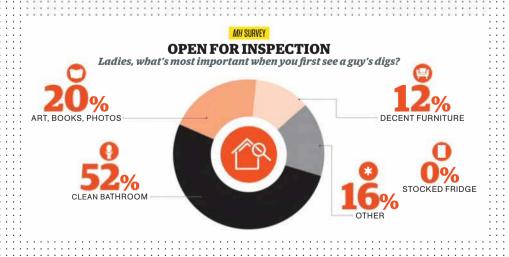
LIKE FATHER, Like son

DAD POWER

If your boy's a chip off the old block, you've given him a head start

A new study from Birmingham University found that new dads whose babies looked like them spent more time with them and – here's the important part – the babies were healthier at 12 months than infants who didn't resemble their fathers.

These were nonresident dads, so part of the effect is probably due to the extra certainty the baby is theirs. More research is needed to tell if the health benefits for the child extend to cohabiting families, but the findings underscore the importance of a father's involvement in child rearing, the study authors say.





JACK THE BARMAN

Straight-up advice on things that drive men crazy

• You've been tending bar all your life. How can I find that kind of job security in this changing world? Miguel

First, a correction: I had 14 different jobs before I found my calling. Cabbie, stock clerk, you name it. Anyway, last year this girl comes in and orders a Pink Flirtini. Yeah, I know, but unlike you, I didn't roll my eyes. I looked it up on my phone – not exactly an old-school move – and made her the best Pink Flirtini she'd ever tasted. In today's parlance, Miguel, that's called a pivot. The flashy patter changes, but the game's the same: learn new things fast.

 She dumped me. But "wants to be friends". Now she keeps texting me. How do I shut that down? John

Well, why can't you be friends? Did she hurt you and now you're getting mixed signals from her? Then just say, "Sorry, I want to move on". Done. She's history. But if she's a good person, you just might want her in your life later on – you never know. So give your bruised heart and ego a chance to recover, and buy yourself some time with a punt downfield: "Sorry, it's too soon".



Percentage reduction in cancer risk in people with the highest vitamin D levels versus those with the lowest.

SOURCE: BRITISH MEDICAL JOURNAL



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PERSONAL BEST

HIGHER CALLING

[BY DANIEL WILLIAMS PHOTOGRAPHY BY JASON IERACE]







OU'VE BEEN HANGING

around in a Canberra log yard with David Pocock. Now it's time to go and suddenly the man has vanished. He was last seen headed out back, from where the barking of a vicioussounding dog is ringing out. The minutes tick by until, lo and behold, Pocock reappears, cool as a sax player. Turns out he'd been searching for the yard boss. He'd wanted to thank him for his hospitality.

"Deep down," Pocock tells me later, "I think we all know what's right."

It's the miniature version of a wider narrative. Pocock takes off. Pocock isn't where others think he should be. But the man himself can shake off their annoyance or disapproval because he's heeding his better instincts.

In case you missed it, Pocock checked out of Australian rugby last year. As good as he is, as important as he is to the fortunes of his Super Rugby franchise, the Brumbies, and to the Wallabies, he took a voluntary timeout from his duties to both. Instead of packing into scrums and winning turnover ball, he spent six months in his birth land of Zimbabwe, doing a bunch of things that simply wouldn't for a second enter the head of 99.9 per cent of people. But that's Pocock. That's the example he sets. Be your own man. Dance to your own beat. Never mind what's typical. Do what's right.

Fortunately for Australian rugby, what felt right for this year was a return to the fold. Pocock's back in headgear and primed for the Wallabies' three-Test series against Six Nations champions Ireland this month. Football is his focus again. But it will never be his world.

TAKE STOCK OF YOUR LIFE

"Hi, how's your day been?" That's how Pocock gets the conversation rolling with Vicky, the hair and make-up person on this pristine afternoon. The game of life seems effortless for him. But it's really not. Strength of character isn't immunity from struggle. It's a basis for dealing with it. "I turn 30 next week," says Pocock. He laughs, mirthlessly. "I don't know. My partner always gives me crap because I usually have a crisis on my birthday."

A crisis? "I guess it's a time to reflect on where you're at," he says. "On how things are turning out. Whether you feel like you're living a life that your younger self would have been proud of."

It's a remarkable revelation. Many of us are justified in thinking we've semi-wasted our time and talents. But Pocock? He's a giant of his sport, universally admired for his courage, strength and skill. Off the field he's made his mark as a progressive who's spoken out on issues from coalmining to sexual equality. You may disagree with him sometimes. But you'd find exactly no one in his orbit who would claim Pocock has been sleepwalking through his days.

"That's why Em [partner Emma Palandri] gives me a hard time," he says. "Because I'm always saying 'I haven't done enough' or 'There's so much more to do'." He seems lost in thought. It's as if you're not there anymore and he's ruminating in solitude. "We'll see," he continues ... "Yeah, we'll see ... You always want to make the most of opportunities ... You don't want to take anything for granted ... It's that thing: how do you live a good life? What are your values and how do you live them? How do you stay true to them in a world that demands so much and there are so many competing forces pulling on you?"

So you ask about his values but there's no pat answer. Instead there's more grimacing as he says our culture has bludgeoned values to death. "We talk about them so much, to the point where they don't mean much anymore."

LEAVE YOUR WORLD BEHIND

While Pocock's musing you look him over, starting at his broad, thong-clad feet. He has several blackened toenails well along the way to falling off. Others are misshapen, as though they've been asked to grow back once too often. His shins are a mess of cuts and scabs; his knees bear multiple scars.

Rugby has left all these marks. Rugby, in which Pocock's knack is to stand astride an opponent and rip the ball from his grasp as *>>>*

Out of Africa: fans have welcomed back Pocock with open palms.



YOU ALWAYS WANT TO MAKE THE MOST OF OPPORTUNITIES. YOU DON'T WANT TO TAKE ANYTHING FOR GRANTED rival behemoths seek to missile Pocock into next week. Who couldn't use a break from that caper?

Feeling weary and battered in late 2016, Pocock approached Wallabies coach Michael Cheika with a request: he wanted a year away from the game. A hiatus, he told Cheika, was his best chance of being fit and fresh for rugby's next big dance: the 2019 World Cup in Japan.

That was one reason. There was another, this one quintessentially Pocock. Playing rugby for a living is a privilege, he says, "but the flip side is you have very little time to do anything else that's important to you. I needed some time." To Pocock's relief, Cheika required no convincing. "He knows me well enough to know I'm a bit of a weirdo and probably wasn't that surprised."

A subset of rugby fans was less sympathetic. To their mind Pocock was a highly paid servant of the game abandoning his post. Pocock was unmoved. "You're always going to get people who don't like you or what you're doing," he says. "I'm happy to cop that. Everyone wants to be liked but you have to be prepared to make those decisions and wear the consequences."

FIRST, GO HOME

Pocock was 14 when his family fled the midlands of Zimbabwe as racially fuelled violence erupted on neighbouring farms. As an adult he'd returned to the country numerous times for short stays. Now, his sabbatical approved, he set his mind on a more substantive trip.

As for what he did over there, it's complicated. Pocock's first response is, "I guess I'm really interested in the intersection of conservation and community development". Oh, boy. At first blush you could be forgiven for thinking that what he did in Zimbabwe is less compelling than the mere fact he was there. He'd had a choice between a) continuing to play rugby on the international stage and b) exploring the fusion of conservation and community development in an African basket case... and he chose b)! The man has depth. Perhaps that's the point, not his itinerary.

But then he gets talking and the trip begins to sound, well, comprehensible. He got to work on his grandfather's citrus farm – one of his first jobs was telling half the staff they would be let go at the end of the month. "It was jarring going from playing rugby to being on the land, trying to make things work and growing a couple of hectares of tomatoes," he says.

He guest-coached at his old primary and high schools, setting them abuzz with the combined power of fame, immense physical



size and approachability. And he joined the fight against rhino poaching, heading out into the Malilangwe veld with armed response units. From his Zimbabwean stay there's a photo that captures him among a group of veterinarians gathered around a fallen, tranquillised elephant. Answering a challenge from one of his companions, Pocock is deadlifting one of the beast's legs.

That was far from the only exercise he did during his six months in Africa. But for someone who once struggled with an obsessive approach to working out as a subconscious means of controlling his anxiety, he did a good job of forcing himself to lay off the training while focusing on other priorities.

After consulting with the Brumbies' strength and conditioning team before leaving Australia, he committed to having three months' "active rest" to let his body recover. That meant labouring on the farm and climbing hills but avoiding the gym, where Pocock's rampant competitiveness and drive for self-improvement invariably kick in, pushing him to move colossal loads in the exercises his body still lets him perform.

In the second half of his stay he added running and "a bit of weights" to his regimen. He also experimented with fasting, on occasions going three days without solid food.

"Fasting's something you can afford to do when you're not playing," he says. "Your body's amazing. I wanted to see how it responded. Basically, I felt the first day and a half was tough. After that, you get used to it."

Pocock squeezed in a leadership course at Harvard before spending the last phase of his sabbatical playing footy for the Wild Knights





in the Japanese Top League, again provoking media ire for supposedly disrespecting Australian rugby. Again he listened to the criticism, weighed it up and held his line. Easing back into the game via a less punishing competition than Super Rugby was the right thing to do, he says.

FIND YOUR PURPOSE

The Australia he returned to in the new year had, in his absence, voted for a Pocockchampioned change to its character: the right of same-sex couples to marry. In 2010 he and Emma had a commitment ceremony rather than a wedding. "For us it was just a small gesture," he explains. "We didn't want to join a club that excluded people we loved."

Pocock and Emma haven't rushed to the

altar since the law change, mainly because he's been content as they are. Then, out of the blue a few months ago, Emma proposed. "I thought she was joking but she did it four or five times," he says. "We've been looking at the calendar trying to nail down a date."

Accepted wisdom is that winners need to have tunnel vision – that unless they're absorbed in their own needs they're handing an edge to adversaries who are. The case of Pocock suggests otherwise: you can direct your brainpower across multiple fields without falling in a heap in your main game.

"On a personal level sport's been a huge part of my life," he says. "I've benefited so much from being able to chase a rugby ball around a field for a living for 10 years." When he was new to Australia, proficiency in a collision sport delivered him acceptance, admiration and friends. "It also taught me the value of teamwork and to respect others."

And winning? "You want to be the very best player you can be," Pocock says. "You want to be part of the best team. And when you do that, you win. But it surely can't be that winning is all there is."

High on Pocock's most-admired list is Jungian analyst James Hollis, author of *Through The Dark Wood: Finding Meaning in the Second Half of Life.* Pocock can simultaneously give the impression of being in that dark wood already while exuding a quiet certainty that he'll find his way out.

Clearly, his life is a quest for meaning. Rugby will sustain him for now and probably until the World Cup wraps up in November next year, but not beyond that, you sense. He seems to have a retirement schedule in mind but is keeping schtum.

Each of us has a mission in life, he thinks, but before you can pursue it wholeheartedly you first need to nail down what it is. "I don't have the answer just yet," he says. "That was part of having some time away. But I'm still not sure. Maybe you never actually get the answer and all you can do is live the questions."

He knows this much: as grateful as he is to rugby, it is not his mission. How could it be? "Because then life would be over in my thirties." He doubts his future lies in politics; more likely it will unfold outdoors. "We have such a connection to the earth, to nature," he says. "I certainly feel most alive when I'm out there. I think deep down we all know what's right for us. And in many ways it's listening to that inner voice, that feeling we get when we know something's right."

Pocock says he draws inspiration from those who are passionate about what they do. "There's something infectious about someone who knows what they love and has found a way to do it in a way that allows them to live. Does that make sense?"

Perfect sense. You might even say it's reassuring. If someone as accomplished as Pocock is still trying to blaze a path to his best life, then why beat yourself up if you are too?

DAVID'S GOLIATH WORKOUT

THIS PROGRAM FROM RUGBY'S ULTIMATE BEAST, DAVID POCOCK, WILL STACK MUSCLE ONTO YOUR FRAME WHILE SIMULTANEOUSLY MAKING YOU A STRONGER AND MORE POWERFUL FORCE

> Pocock is one of the more astounding physical specimens *Men's Health* has clapped eyes on. He's also modest. "There's some genetics at work," he says when asked about his titanic lower legs. "Mum and dad have big calves as well."

But it's well known Pocock trains with a warrior's intensity, and that as a veteran he still tries to match or better the lifting feats of the Brumbies' young bucks.

Do numbers matter to him in the gym? "I'd be lying if I said no," he says. There's a leader board after all. "It's definitely a driver. You want to be up there."

His concession to an oft-damaged body is a sensible approach to training. "I haven't squatted for years because of my knees and back," he says. "When you're in your early 20s you can do anything. Once you've had injuries you need to get smarter and work around them while still pushing yourself to lift heavy."

WHAT TO DO

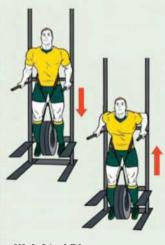
Perform each workout twice a week. You'll be moving big – even maximal – loads so get thoroughly warmed up and use strict form for the duration of every session. We recommend using a spotter. Rest for 90-120 seconds between sets.

WORKOUT 1: UPPER BODY

L-Sit Chin-Up

Jump from the floor to grasp a chin-up bar with an underhand grip. Raise your legs straight up until they're parallel with the floor. Holding that position throughout, heave yourself up until your chin clears the bar, then lower. Do 5 sets of 5 reps each.



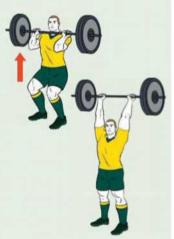


Weighted Dip With a weights plate hung from a belt around your waist, mount a dip station so your arms are straight. Head up, chest out, give at the elbows and lower yourself until your upper arms are parallel with the floor. Explode back up. Do 5 sets of 5 reps each.

Bench Press

Lie back on a flat bench with a loaded barbell held above you at arm's length. Keeping your elbows tucked in, lower the bar slowly to nipple height before squeezing your pecs and driving the bar back to the starting position. Do 5 sets; rep counts: 5, 5, 3, 3, 1.





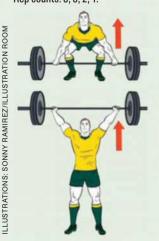
Push Press

Rack a barbell under your chin. With your feet shoulder-width apart, hinge at your knees and hips to go into a quarter squat. Now, in a continuous movement, drive up through your heels to straighten your legs while pushing the bar overhead. Five sets of 5, 5, 3, 3, 1.

WORKOUT 2: LOWER BODY & CORE

Snatch

Stand with your feet hip-width apart. Bend down and grip a barbell with a wide grip. Use explosive power to raise the bar aloft with straight arms while sinking into a deep squat. Hold your form while rising out of the squat. Do 4 sets. Rep counts: 3, 3, 2, 1.

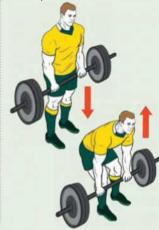




Position yourself inside a hex-bar and reach down to grasp the handles to your left and right. Keeping your head up, chest out and back in a neutral position, drive up through your heels to resume a standing position. Do 5 sets of 5 reps each.

Straight-Leg Deadlift

Standing tall, shoulderblades back, hold a barbell in a dead hang in front of you. Unlock your knees and hinge at your hips to move the bar to just above the floor, stretching the hamstrings. Stand back up via the hips. Do 3-5 sets of 5 reps each.





Plank Kneel down and place your elbows on the floor under your shoulders. Now kick out your legs so your body forms a straight line. Squeeze your core and hold. Do 3 sets of at least 1 minute each. Longer if that's no challenge for an animal such as yourself.

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HEALTH

WHAT HAPPENS WHEN ...

MEDITATE?

The #trending approach to hitting pause on your hectic life may have its detractors. but the science is undeniable. Keep calm and carry om

This stress buster is so easy you can do it with your eyes closed.

Brain Gains Regular meditation not

only reduces fatigue, but protects you against cognitive decline, too. A Frontiers in Human Neuroscience study found that those who practise it regularly exhibit higher levels of gyrification – the growth and folding of the cerebral cortex, which allows them to process information faster. This type of brain growth not only rebuffs Alzheimer's later in life but has been linked with improved attention to sharpen your focus at work today, too.



As well forming new neural connections. meditation can rewire old ones to make weight loss easier. A lesser-known version of mindfulness called "decentring" teaches you to disassociate thoughts from reality. Over time, for example, you can turn your burger craving into a passing idea, easy to ignore. This may strike you as woolly, but this technique has been proven to dull your hunger response on a physiological level, in

Crash Course

If you still need convincing, try diving in head first. Three weeks is enough for you to enjoy the most potent benefits that meditation can offer. Go on an intensive retreat and research claims the enzyme telomerase will flood your system. This helps rebuild and lengthen the telomeres of your immune system to slow ageing and stave off illness from the inside out. You'll emerge feeling younger, healthier and maybe - just maybe wearing a bangle or two.

Don't Waste Your Breath

If endlessly repeating mantras isn't for you, focused breathing is the best way to enter a meditative space. And the benefits are instantaneous. It calms anxiety by reducing cortisol in your blood and stimulates the release of nitric oxide. This helps open up constricted blood vessels, protecting your heart from the effects of stress. Breathe in for four seconds, hold for four, then breathe out for four and hold again. Repeat and relax.

Enter Sandman

With your stress hormones now under control, your calmer state will allow your brain to start shutting down. It reduces the beta waves stimulating your frontal lobe, helping you drift off. Research published in JAMA Internal Medicine found that meditating for 20 minutes per day reduces the number of times you wake up during the night – and helps you feel more refreshed the next morning. Chase this pre-bed routine with a cup of sleep-inducing camomile tea and it'll soon be lights out.

A Light Idea

turn boosting your willpower.

"Its a no brainer!"

THE ONE CONSTANT IN MY ROUTINE SINCE I WAS 17, VITAL ALL-IN-ONE GIVES ME EVERYTHING I NEED IN A DAY.

Elyse Knowles



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Give New Life To Dormant Abs

If your apocalyptic workload has left your fitness plan six feet under, master the gym-free **Zombie Stand** to resurrect your dreams of defined abs

BEFORE YOU HAD KIDS and accepted that promotion, didn't you have so much time? Time to craft a physique that has long since decomposed, that is. When you're staggering from train to office via working lunch, then rushing home in a panic for your toddler's bedtime, it's easy to feel as though your schedule has driven a stake through your training. Luckily, one move can resuscitate the body of yesteryear.

"It's like an extreme ab wheel roll-out," says Eric Leija of Onnit Academy (Instagram's @primal.swoledier). US researchers found that the roll-out stimulates more core muscles than conventional crunches. Drawing in your legs and extending them overhead targets your rectus abdominis for six-pack definition, while the inversion challenges your core and obliques as they fight to keep you upright. It requires no kit and can be practised away from the gym, so you can squeeze it into what little spare time vou have. "I recommend five sets of eight reps, three times a week. You'll reanimate your abs in a month," says Leija. That's just 10 minutes before breakfast between you and a better body.

STACKIT Imagine drawing your belly into your spine to

belly into your spine to engage your core, then stack your hips over your shoulders and tightly pull your thighs into your belly. Here comes the hard bit.



Contract your glutes to extend your legs overhead. Hold for five seconds. Slowly reverse the movement to tax your abs. Seven more reps before you can play dead.



Pull your body forward by engaging your lats and sliding your body along the floor. Come forward until you pull up onto your elbows. Begin raising your hips into an inverted V.





A GYMNAST'S BALANCE

SHOULDERS



Lie face down with your arms extended. Flatten your toes on the floor and make sure you can slide on the surface. Carpets burn, remember. Over 1,500 exercises, workouts and training plans
 Ideal for any fitness level
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THE HEALTH MAGIC OF MUSHROOMS

Take these mighty morsels beyond the pizza and pasta dishes. Cook them right and they'll go down easy

4 FAVOUR FUNGI

1/ THEY PACK POTASSIUM

Think of potassium as the sodium equaliser. It can help remove excess salt from your body, which is important for keeping your blood pressure under control. Each cup of cooked white mushrooms contains nearly 10 per cent of the recommended daily 4,700 milligrams of potassium, a threshold that many men struggle to meet.

2/ THEY'RE D-LICIOUS

Mushrooms are the only vegetable source of vitamin D, a nutrient that's linked to a lower risk of cancer, diabetes and hypertension. Well, technically, they contain ergosterol. This becomes converted into vitamin D2 - a type of D that your body can readily absorb - when sunlight hits them. See the next page for a trick to enhance this process.

3/ THEY'RE FIGHTERS

They detonate a mushroom cloud of beneficial antioxidants. A 2017 study found that mushrooms contain two powerful antioxidants, glutathione and ergothioneine. Low levels of glutathione have been linked with a greater risk of developing heart disease, diabetes and cancer. Plus, mushrooms contain an inflammationfighting fibre called beta-glucan, also found in oats and barley.

4/ THEY'RE KILOJOULE-LIGHT

A half dozen large white mushrooms contain a mere 130kJ. Look, most vegetables are lowkilojoule, but the uniquely meatlike feel of mushrooms is a powerful fullness-inducing factor. In one study, participants in a weightloss program who substituted mushrooms for meat in three meals each week lost about 2.5 kilos more in six months than those who stuck to a standard weight-loss diet. **44** THE UNIQUELY MEATLIKE FEEL OF <u>MUSHROOMS IS A POWERFUL</u> FULLNESS-INDUCING FACTOR

THE MUSHROOM DECODER

Nearly 70 per cent of the musbrooms we buy are white buttons. Boring! Branch out with these other varieties

These are also known as

CREMINIS

baby bellas -portabellos picked while they're still small. They're earthy, meaty crowd-pleasers, says chef Lee Chizmar of Bolete Restaurant. "We serve them with steaks."

CHANTERELLES

With their orange-gold colour, these firm mushrooms look pretty and taste almost buttery."They're very nutty, which is distinct," says Chizmar. Try them with bacon and scallops.

OYSTERS

These mild-tasting 'shrooms have more iron and antioxidants (like ergothioneine) than white, shiitake or portabello mushrooms. Oysters have a nice chewy texture when cooked. They pair well with crisp white wine and fish or shellfish.

MORELS

They're prized by foragers for their honeycombed look and tender texture. Sauté them in lots of butter. Don't tell anyone where you got 'em.

SHIITAKES The stems are tough (use them for stock), but the caps have a pleasingly woody taste. Their fibre content is more than double that of white mushrooms. "Dense and rich, they go well with Asian flavours," Chizmar says.

MAITAKES Their semi-firm texture and earthy flavour are perfect for stir-fry – and they supply higher levels of the antioxidant glutathione than the other varieties described on this page.



Not exactly. Mycelium, the weblike structure from which mushrooms will eventually develop, is grown on sterilised grain and then mixed with pasteurised compost (which, okay fine, does contain manure). The compost is topped with a layer of peat moss in which the mushrooms grow, says Dr Robert Beelman, of the **Center for Plant and** Mushroom Foods for Health at Penn State University. And wild mushrooms grow in enchanted forests, obviously, not in piles of shit. Hope that makes you feel better.

WORK THE 'SHROOM

Chef Lee Chizmar of Bolete Restaurant shows you how

Don't wash the mushrooms: this makes them slimy when you cook them. Just brush away any dirt with your fingers. Now grab a paring knife and trim off any woody stems or stem ends. Cut the edible parts into bite-sized pieces. 2 In a large nonstick pan over medium high, heat about a tablespoon of vegetable oil. Add a handful of mushrooms at a time. Don't crowd the pan – if you cook too many at once, they'll steam in their own juices rather than sauté. Patience is the key to success here: make sure you allow the

mushrooms a few minutes to cook before stirring them. Then keep an eye on them, stirring occasionally, until they're no longer producing any moisture. 4 Now lower the heat to medium; that way you'll reduce the danger of scorching as the mushrooms continue to cook. When they're fully browned, they're done. You'll know because they'll start to smell nutty and delicious. **5** The finishing touches: add a pinch or so of salt, a tablespoon of butter, a sprig or two of fresh thyme, and a few drops of sherry vinegar to balance the mushrooms' earthy flavour. Irresistible, right? Stop tasting and serve 'em now.

Isn't it time you

became a fungi?



Harness the Sun!

Mushrooms are often grown in darkness, so here's an easy way to turbocharge their nutritional profile: chop them up and set them outdoors in direct sunlight — not behind a window — for 30 minutes. According to Virginia Tech researchers, as little as 15 minutes of sunny-day exposure can increase the vitamin D in the mushrooms by upwards of 600 IU per cup (100 per cent of your daily needs).

Rise With Her

The opening moments of Emmanuelle Chriqui's day set her on the right path to health and happiness

BY KIT FOX PHOTOGRAPHY BY ERIC RAY DAVIDSON

Things have changed since Sloan ditched the Entourage boys. Emmanuelle Chriqui (SHREE-kee) has become an assassin and a hypnotist hustler, and recently, in Super Troopers 2, she's a French-Canadian bureaucrat trying to defuse an international crisis. Despite her packed schedule, she's calm. Her day starts around 7:30am. "I'm excited to wake up. It feels great," she says. Credit the meticulous ritual she sticks to whether she's at home or on the road. Follow her lead to take charge of your day.



THE MORNING ROUTINE

1/ Squeeze the Day Chriqui wakes up with a cocktail: hot water with fresh citrus. "I hand-press half a lime or lemon straight into the cup," she says. It's a smart way to tackle hydration. If you greet the morning with H2O, you've got a headstart in case you forget to hydrate later.

2/ Floss Your Brain Twenty-two minutes. That's exactly how long Chriqui spends meditating each morning. "Transcendental Meditation is what works for me," she says, but it's not the only style. "There are a bazillion." Try an app like

Headspace for just five minutes. Do it anywhere (shades will help in public).

3/ Sip Slowly Chriqui has just one cup of coffee, but she takes time to savour it. This focused enjoyment helps her ease gently into her schedule – the very antithesis to slugging back a take-away flat white during a mad morning commute. Note that this step comes after her meditation. She prefers a medium roast, which tends to have more caffeine than a dark roast. Jitters and serene contemplation don't mix.

4/ Fit In Fitness Chriqui does Pilates, but do whatever works for you. Her meditation "clears the cobwebs". Try it – this might keep you more in tune with your body during your workout.

5/ Listen to Your Gut "Breakfast stresses me out." Chrigui says. "I'm just not hungry in the morning, so why forcefeed myself?" When her stomach starts to grumble, she eats mostly plants - like an asparagus salad. Ask yourself: how often do you eat when you're not actually hungry? Your gut talks. Listen up.



RELATIONSHIPS

I'M NOT FREAKING OUT AS BAD AS I MIGHT HAVE ONCE. I MEDITATE, I WORK OUT AND I EAT WELL ►

MH JULY 2018 39



Win the Battle of the Bugs

Cold and flu season is raging. Here's your three-part plan to avoid disease, boost immunity and stay healthy all year long If you're like most working adults, you catch two or three colds and take about nine sick days a year. Doesn't sound like much, but it's hell, we know. How would you like to never again suffer with a clogged head, sore throat, or cold sweats? To learn all about avoiding disease, read on and embrace our stay-healthy tips. (But not too closely – we didn't disinfect 'em.)

KNOW WHERE THE GERMS ARE LURKING



We set our intrepid writer, Joshua St. Clair, loose in the city with a germ detector. Here's what he found - and what you should avoid As I slip into a church, I feel like Jason Bourne. My backpack contains 20 plastic capsules and a small electronic monitoring device. To the security guards, I could look like a bioterrorist. My mission: to procure a sample of holy water.

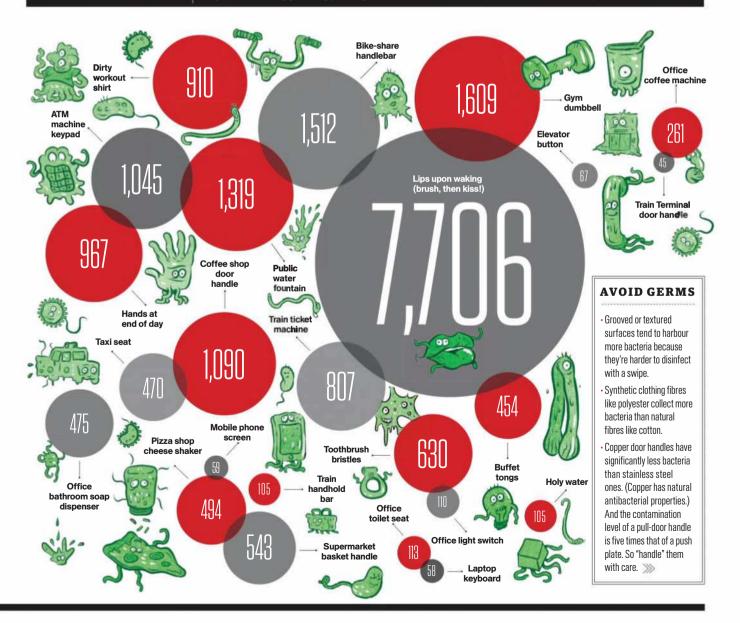
I use a gaggle of tourists as cover and surreptitiously scoop up my sample. Forgive me, Father, for I have sinned...

The device in my backpack is a Hygiena EnSURE ATP luminometer. ATP stands for adenosine triphosphate. Your body's cells use ATP molecules for energy, so the more ATP on a surface, the greater the biological activity. In other words, the higher the ATP reading, the more abundant the bacteria. I skulked around the city for days, swabbing anything that looked suspicious, including myself.

Microbiologist Dr Adam Roberts says we shouldn't obsess over germs. "It may seem terrible to think every surface you touch is teeming with life, but that's just life." Still, in such a "lively" world, it can't hurt to be aware and have a plan for dodging the worst.

• THE ICK METER

Just so you know: these are Josh's luminometer readings from his city germ safari. Big numbers suggest big pathogen parties. Watch what you touch, and wash your mitts!





LISTEN TO GUYS WHO NEVER GET SICK

Meet three busy men who, despite having jobs with more bugs than a free app, never sniffle or hack - by TOM PICCOLO

O THE SCIENCE TEACHER



teacher HEALTH STREAK 520 classes with zero substitutes

JOB High school

HEALTH THREATS

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

"Kids tend to have a high level of contagious viral illnesses and are somewhat less focused on handwashing and hygiene etiquette," says children's hygiene expert Jeremy Friedman.

NEVER-GET-SICK STRATEGY

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

"If you're low on almost any nutrient, your immune system will not function well," says immunologist Dr Simin Nikbin Meydani. She says eating fad "superfoods" isn't as important as getting five to nine servings a day of a range of fruits and vegetables, plus adequate protein, fat and total kilojoules. Foods with probiotics (good bacteria), such as Greek yoghurt, can also promote immunity.

• Easy on the beef. "I rarely eat red meat," says Apanovitch. Research shows that too much of it can inflame the lower intestine, where many immune cells and good gut bacteria live. Prolonged inflammation of this type may add to the higher risk of colon cancer in red-meat eaters, according to a Proceedings of the National Academy of Sciences study. • Drink your polyphenols. Apanovitch has three to five alcoholic drinks a week, "mostly wine or beer." As for booze's immunity payoff, the experts have three big "ifs": (1) You drink in moderation - two drinks a day, max; (2) You're a healthy adult and in good shape to begin with; and (3) You stick mainly to red wine or beer, since both contain the highest levels of polyphenols, compounds believed to confer health benefits.



HEALTH THREATS

Volpe spends up to 10 hours a week commuting by bus and train to and from his tech job. "There are always people coughing and sneezing, and rats running around," he says. "Once I even saw a guy with his pants half off and his bare butt on the seat." Then there's the city itself, where poor air quality increases his risk of respiratory and cardiovascular disease. A University of Melbourne study found vehicle emissions cause 40 per cent more deaths annually than the road toll. And even Volpe's indoor workplace is no haven - his office has an open floor plan. In a 2011 Danish survey of 2,400 workers, people in such an environment took 62 per cent more sick days than those in individual offices.

NEVER-GET-SICK STRATEGY

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

• Exercise 5 days a week, 35-45 minutes. Being physically active is the most important lifestyle predictor of taking fewer sick days in autumn and winter, the riskiest seasons for illness, says exercise immunology expert Dr David Nieman. He found that adults who work out at least five days a week take 40-50 per cent fewer sick days than once-a-week (or less) exercisers. That's why Volpe's at his CrossFit box by 5:30am. for an hour-long class four or five days a week. "I believe the best way to keep a strong immune system is to do something active at least once a day," he says. "I try to challenge my body and break it down a bit [so it rebounds stronger]."

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

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

So how do you find the perfect balance? "There is a huge variance among individuals," Nieman says, "and everyone needs to find their own sweet spot of exercise and health." In general, to gain immunity points from exercise, he suggests following Federal government guidelines of two-and-a-half to five hours a week of moderate physical activity. Of course, if you're like Volpe, your sweet spot would be higher.



THE FREQUENT FLYER



STORIALE JOB Marketing manager HEALTH STREAK 160,000+ kilometres with no sniffles

HEALTH THREATS

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

NEVER-GET-SICK STRATEGY

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

The first part of Storiale's strategy makes sense, says pharmacist Tara Raymaakers. Fostering immunity means developing antibodies against pathogens, so the next time your body meets a virus or bacteria, its antibodies can spring into action. However, she notes, "over-the-counter remedies have nothing to do with immunity because they just treat symptoms of an existing illness". Immunity is about your past exposure to an illness, not your response to the symptoms.

• Whatever you do, believe in it. Storiale may be onto something else, though. His bias against OTC remedies, however flawed, may be his best medicine. He describes himself as "very optimistic," and this may be what's keeping him healthy, says Dr Emeran Mayer, a gastroenterologist and author of *The Mind-Gut Connection*. When you take something you believe is good for you, your brain tells your body it should feel better. And it turns out your body is a good listener.



	The	- REPORTED BY LAURA TEDESCO AND JACKIE FRERE
Vitamin C	€	It can protect against cell damage that would otherwise deter white blood cells from fighting germs. Abbreviate a cold with 500 milligrams three or four times a day instead of one megadose.
Echinacea	()	Its immunity advantages are uncertain and depend on the species, plant parts used and dosage. The above ground parts of the plant can shorten a cold, but you essentially have to take the whole bottle on the first day. That'd cost you.
Probiotics	€	Certain probiotic species may promote secretion of immunoglobulin A, a critical antibody. To promote digestive health, take safe, well-studied probiotics, such as Lactobacillus GG and Bifidobacterium infantis.
Astragalus	€	This herb helps prevent colds by boosting bone marrow's ability to produce white blood cells. Try taking 500-1000 milligrams twice a day, especially when traveling.
Elderberry	٩	It can battle a cold, but evidence is strongest for fighting flu. One study found that elderberry liquid extract inhibits influenza A and B viruses. Try a tablespoon a day of elderberry extract. It's sweet, so you won't gag.
Airborne and other blends	(Some of these proprietary vitamin-plus-mineral supplements contain zinc, which many believe promotes immunity, but there's little evidence to support tha One possibility could be patients experiencing a placebo effect.

Sources: Victoria Maizes, M.D., director, University of Arizona Center for Integrative Medicine; Roger Clemens, Dr.P.H., University of Southern California School of Pharmacy

A Toast to New Stamina

Ice your slice of white to fire up its health credentials and turn it into an endurance superfood

WHITE BREAD may lack the healthy reputation of wholegrain, but that doesn't seem to bother us: it still represents 58 per cent of the bread in Australia's diet. So we might as well make the most of it. According to researchers at Oxford Brookes University, a simple hack can transform this supposed nutritional wasteland into a stamina-popping superfood. Previously, the downside of your favourite sandwich staple was its high score on the glycaemic index (71 compared to wholemeal's 50), which causes a short-term spike in your

blood sugar, followed by a slump in energy. But the hungry scientists have demonstrated that a slice of white can become a pre-workout powerhouse - if you freeze it first.

Freezing before toasting reduces your initial surge of blood glucose by half; instead, the bread drip-feeds your muscles with the carby energy they need for your morning cardio.

Researchers believe that this process makes it harder for enzymes in the gut to convert starch into sugar, resulting in a slower, more sustained release of energy. That's good news if you're hoping to clock a few kays before work or simply want to avoid a mid-morning burnout at your desk.

There's no need to stick to mass-produced, chemically treated supermarket bread, either. White sourdough is higher in fibre, which aids digestion and boosts your gut health. Layer liberally with our performance-enhancing spreads (right) and you'll tuck into extra fitness every morning. And yes, you still have to eat your crusts. FREEZING BEFORE TOASTING REDUCES YOUR SURGE OF BLOOD GLUCOSE

SPREAD The Benefits

Lift your performance levels with these researchapproved combinations



BANANA AND ALMOND BUTTER

The L-arginine in almonds helps athletes maintain intense training for longer. Journal of the International Society of Sports Nutrition



FIGS AND RICOTTA

Ricotta contains more whey protein than any other whole food – proven to boost your performance. Medicine & Science in Sports & Exercise



APPLE AND PEANUT BUTTER

As well as being packed with fibre to manage energy release, apples contain quercetin, which could improve your VO2 max.

American Journal of Physiology-Regulatory, Integrative and Comparative Physiology

THIS WINTER YOU CAN HELP STOP THE DOWNWARD SPIRAL OF YOUTH HOMELESSNESS

A LIFE OF POVERTY, ABUSE AND NEGLECT IS THE COLD REALITY THAT 43,000 HOMELESS YOUNG AUSTRALIANS WILL FACE THIS WINTER.

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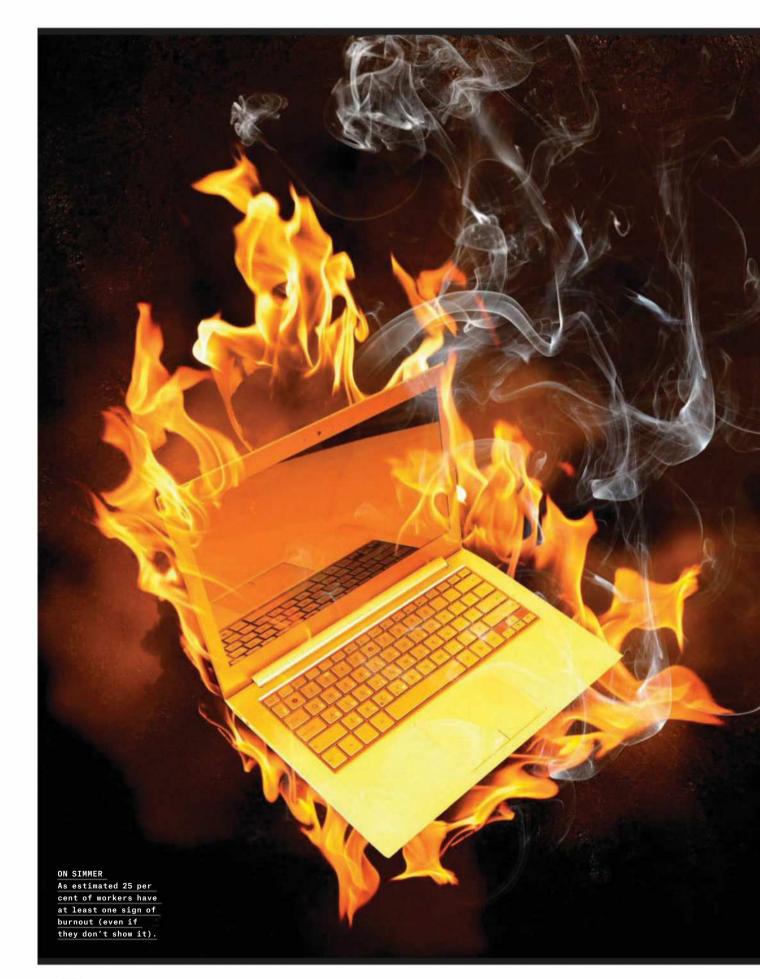


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FLONE



BURNT AMBITION

AVOID THESE 7 CAUSES OF JOB BURNOUT AND ENJOY SUCCESS ON YOUR TERMS **BY DAVID FERRY**

Steve Blank's oh-shit moment came during a Friday afternoon sales meeting. He had been dividing his time between two tech jobs, one for a company serving the defence and intelligence communities, and the other for a microprocessor producer called Zilog. He was good at his work – necessary, even. He put in six or seven 16-hour days a week and accepted the crazy schedule.

At the Friday meeting, "about three-quarters of the way through my workweek," as Blank puts it, a colleague reminded him about upcoming classes he needed to teach. "The devil is in the details," the colleague advised. Blank nodded and went for the obvious defence contractor joke: "I've got it under control, as long as the devil coming at me isn't an SS-18." (He was referring to a Russian ICBM dubbed "Satan"). Expecting at least a chuckle or two, Blank saw only uncomprehending stares. Weird, he thought. Then it hit him: these weren't his defence contractor coworkers. He wasn't even at his defense gig. He was at Zilog and, to his growing horror, he realised that he had no memory of driving across town to get there, no recollection of greeting his colleagues, no idea how he'd gotten through most of the afternoon without even knowing where he was. Blank later left the meeting and sat in his office looking befuddled.

"Take it easy this weekend," the head of sales told him. "You look a little burned-out."

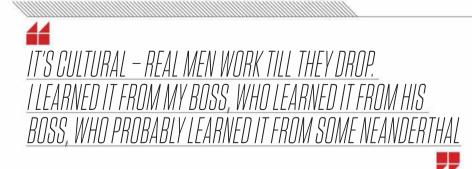
Most of what you think you

know about burnout is probably wrong. Occupational burnout like Blank's is not a simple matter of fatigue or boredom. Nor is it tied solely to level of compensation. Severe burnout can be debilitating. You may find yourself growing profoundly cynical and feel like you never accomplish anything at work; you may hate your clients and colleagues and struggle to find the courage to get out of bed; you might feel detached from your life, almost as if you're operating on autopilot. Burnout syndrome, at its worst, can ravage workers and even entire companies.

According to psychologist Dr Michael Leiter, 25 per cent of the workers he's studied suffer from at least one symptom of burnout, and he suspects that figure is also true of the workforce at large. Burnout doesn't discriminate, and it affects people across the board – blue collar and white collar workers, entrepreneurs, call centre employees, tech pros, teachers. In this always-on age, when reading a new email from the boss on your smartphone may be the first and last thing you do every day, it's not surprising that the problem is worsening.

"It's cultural – real men work till they drop," says Blank. "I learned it from my boss, who learned it from his boss, who probably learned it from some Neanderthal."

"There's no question that we're at greater risk of burnout today than we were 10 years ago," says Dr Ron Friedman, a psychologist who works with private and corporate clients. Men and their supervisors may have misconceptions about what burnout is and have little idea how to stop it. One assumption is that employees crack because they can't handle their workload. This view assumes that something is wrong with you if you're struggling, "that you must be weak. not competent." savs psychologist Dr Christina Maslach. But burnout isn't just about being overworked. In fact, researchers have identified several common causes. Here's a rundown and, most important, how to avoid them. >>>>



You're always connected.

This may be the major reason burnout is on the rise. "We're surrounded by devices designed to grab our attention and make everything feel urgent," says Friedman. "Before the Blackberry and iPhone, leaving your work at the office was the default. Today we're all carrying our office around in our pocket." Indeed, in a recent survey of HR execs by the companies Kronos and Future Workplace, 32 per cent cited "too much overtime/ after-hours work" as a primary contributor to employee burnout. **BURNOUT BUSTER** Your brain loves colour. It responds to it. It delights in it. That's one reason you love your smartphone so much. To ease the compulsion to check it. the Center for Humane Technology suggests turning off the colour. Grayscaling the screen may make you less likely to pick it up and also spend less time online when you do so. Google "grayscale" and your specific phone model for instructions.

Your coworkers are idiots.

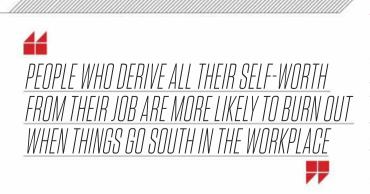
Leiter, a professor of organisational psychology at Deakin University, studies burnout and incivility in the workplace. He asked burned-out nurses what caused them the most distress at work. Many mentioned "unpleasant interactions" with coworkers, namely the woman who doesn't say hello when she walks by, doctors who are rude to anyone "beneath them," and the endless snark from all guarters. To find out if this incivility was contributing to their burnout, Leiter organised meetings during which he encouraged everyone to discuss their feelings. Then, he says, he "basically taught them to talk nice to each other". The result? A year later, with a new social climate in the hospital, nurse absentee rates had declined dramatically, and follow-up surveys were positive.

BURNOUT BUSTER People want to feel valued. If that isn't happening in your workplace, be the change you desire. Say hello in the morning. Don't be

dismissive of support staff, and cut back on your own snark. Civility is contagious. If a colleague keeps acting like an idiot, try respectfully and honestly explaining how his or her behaviour is affecting you. And if all else fails, remember the personal motto of WWII general "Vinegar Joe" Stilwell, popularised by Barry Goldwater and displayed on the desk of former US House speaker John Boehner: "Don't let the bastards grind you down."

You're genetically wired for burnout.

Burnout could be hardwired into your DNA. Studies have recently tied depression to specific genes. Dr Wilmar Schaufeli, a professor of psychology at Utrecht University in the Netherlands, is investigating this connection. Burnout has been shown to be more common in children with burned-out parents or siblings, he says, but that may not mean it's genetic; home life



could have spurred it. A sizable body of research also notes correlations between instances of burnout and depression. **BURNOUT BUSTER** If your family tree has some charred branches, start paying more attention to the state of your mental health. (Mindfulness is all the rage for a reason.) Be proactive; if you're starting to feel burned-out. don't let it fester. Some companies provide a few sessions of free, confidential psychological counseling as part of their HR program. Check if your emplover does and, if so, take advantage of it.

Your job is unfair.

The guy who fails upward. The credit-grabbing sycophant who gets Employee of the Year. The coworker with the same duties who earns more than you do. Workplaces that feel unfair breed burnout. Four out of 10 HR execs in the Kronos/Future Workplace survey named "unfair compensation" as a top contributor to employee burnout; it was the most common response. But unfairness is nuanced. As one worker told Leiter, "the randomness of why some are promoted and others are ignored drains your spirit". **BURNOUT BUSTER** Are you a manager? Then this one might be your fault. Employees may find out if a worker in a similar role makes more money than they do. Salary parity - or the occasional bonus - helps reward employees and may keep turnover rates low. Not a manager? Ask your supervisor what specific responsibilities or achievements it would take for you to get the promotion or pay rise you deserve - and then nail them.

Your job is your identity.

Dr Jari Hakanen, a research professor at the Finnish Institute of Occupational Health, believes burnout stems partly from our fundamental relationship with work. People who derive all their satisfaction and self-worth from their job are more likely to burn out when things go south in the workplace. "Although being passionate and engaged in work can be positive, research shows that it's good to detach from work," Hakanen says. "You regain your energies. You need other things in your life to build your identity around. It's not just work that is your life."

BURNOUT BUSTER The next time a stranger asks you what you do, try responding by not mentioning your job. If you struggle with that, guess what? Your job is probably your identity. Try exploring new ways to define yourself. Take up a new hobby, one that's personally challenging and satisfying. Hakanen is into ice swimming. "I've never seen anybody thinking about work issues when they're in near-freezing water," he says. If that's too Finnish for you, there are a gazillion others out there for you to try.

You feel a lack of control.

Burnout is defined as three feelings: exhaustion, cynicism and something called inefficacy, or the sense that you're incapable of accomplishing anything. A great way to experience this is to get stuck in a job that gives you no control, says Hakanen. If you don't control your schedule, you can't optimise your workload and things can pile up - another big contributor to burnout, according to the Kronos/Future Workplace survey. And if somebody else is setting unrealistic goals and expectations for you without your input, that also makes it easy to feel helpless.

BURNOUT BUSTER Simply letting people schedule their workdays may help reduce burnout. You have three options for this: first, seize the day and just start doing it. As long as you're meeting your overall daily goals, the boss shouldn't care how you're getting there. If that's not possible, try saying "no" to more work requests. Don't get carried away; all it takes is an occasional, "Sorry, but I just can't do that" to make you feel more empowered. Finally, if neither option fits your workplace, make a to-do list of what you can control (stockpile sticky notes, air-dust keyboard) and eliminate items as they're accomplished. Don't just tap "complete" on a productivity app. Write those

items down – on paper, dammit – and draw a thick, aggressive line through each one when done. The satisfaction may help your attitude.

Your job is booooring.

Tedious or unsatisfying work erodes your sense of worth. Nobody likes throwing away eight (or 10 or 12) hours a day on doing nothing. But pulling an Office Space stunt isn't always possible; somebody's got to pay the rent. BURNOUT BUSTER If you're stuck in a decent-paying gig that just isn't doing it for you, Hakanen recommends "job crafting." This means working within the confines of your job to focus on what you enjoy or find fulfilling. Is there another duty you could take on that you're good at and genuinely like doing, even if it adds to your workload? Go for it. That goofy kid right out of uni trying to make his way in the firm? Consider mentoring him. And although this may sound crazy, changing your attitude about your job could help too. Think of it this way: you're not just managing employees and tasks; you're part of a company pushing technology forward and making life better for customers. Go ahead and roll your eyes, but the benefits of such "cognitive restructuring" are supported by research.

Steve Blank learned all these lessons the hard way. After that frightening Friday, he took a couple of days off and drove an unspoiled stretch of coast. Amid the trees, rolling hills, seaside cliffs and scent of eucalyptus, he realised that no one was going to send him a memo to work less. So he decided to work only at what interested him most. And he vowed to forge a life outside work, eventually buying a home on a serene patch of land by the sea.

These life decisions didn't sabotage Blank's career or make him any less successful. No, he went on to eight different startups and was an innovator in startup creation. But by keeping work in perspective, he did it on his terms. You can too.

Feeling like toast is no longer a career boast.

Are you fried?

We all hate our jobs sometimes, but how can you tell the difference between a rough month and serious burnout?Psychologists have questionnaires for employees and work teams that gauge such things as emotional exhaustion. satisfaction, and cynicism. Paula Davis-Laack, a former lawyer (who incidentally became a "stress and resilience expert" after burning out), suggests asking yourself these questions.

Are you chronically - that is, more often than not - physically and emotionally exhausted?

2 Do you feel a persistent sense of cynicism? That everybody and everything bugs you or rubs you the wrong way?

B Have you started to lose empathy for your coworkers or clients?

Do you often feel a sense of ineffectiveness, that you can't process or handle work the way you used to?

5 Are you feeling physically ill more frequently? Do colds and flus come on after the adrenaline from big assignments wears off?

6 Is every curveball a crisis? Do you overreact to minor last-minute changes to plans or assignments?

If you answered "yes" to three or more of these questions, you may be more than just annoyed with your job, says Davis-Laack. That's okay, though. "Help can come in a variety of ways," she says. Depending on your comfort level, you could talk to your boss, find a work and stress coach, or reach out to a counsellor. Signing up for a company-provided training course or even a single-day workshop can teach men how to cope with - and beat - career burnout. Whatever you do,

don't just stew.

The Health Snob's Guide To... CHOCOLATE

Unwrap the physical and mental benefits of your favourite indulgence with our guiltless guide to cacao



SWEET RELIEF

Chocolate has more going for it than the guilty, foil-covered remains of Easter: in its rawest form, cacao proffers powerful health benefits. Still, enjoying its more indulgent iterations needn't mean nutritional meltdown. You just have to be creative. Here, David Demaison of Hotel Chocolat provides a fresh take on this misunderstood superfood.



a) CACAO NIB

Cacao is a potent source of flavanols and procyanidins. Research published in the Journal of Cardiovascular Pharmacology has linked both to improved vascular function and a reduced risk of heart disease.

b) COCOA BUTTER

A high lauric acid content means cocoa butter has a profound impact on your immune function. According to the journal *Nutrients*, this fatty acid improves your white blood cells' ability to combat viruses and bacteria.

c) ICING SUGAR

Sweet news – Cambridge researchers now doubt the veracity of claims that sugar is addictive. It does, however, have a powerful impact on the brain's dopamine reward system that's scientifically proven to make you happy.

d) SKIMMED MILK POWDER

With the same nutritional profile as a glass of skim, this is chock-full of calcium, linked to a revved-up metabolism. Finnish researchers claim it also lowers the risk of developing colorectal cancer.

GAME OF PERCENTAGES

No matter the colour, the chocolate-making process remains the same: it's only the quantities that vary. Reach for the nibs and grind them in a pestle and mortar and put the cocoa butter in a separate bowl. Place both in the oven on a medium heat until the butter melts. Now crush the nibs quickly until they form a thick paste – you need the friction to keep the temperature up and stop it setting early. Add the sugar and keep going for a further 5min, then add the melted cocoa butter and/or milk powder and stir until it's fully incorporated. Use a sieve to transfer into a container to cool. Dipping a finger is very much encouraged.





Step away from the Dairy Milk. There are far more interesting and delicious ways to savour the cardiac, immunological and mental benefits of chocolate in vour diet. These recipes from Demaison at Hotel Chocolat will sophisticate your sweet tooth. While still leaving room for brownies, obviously.



Double-dip your way to better health with the condiments that complement your dim sum's already potent nutritional profile



POPCORN Get this: US researchers have found

300mg of antioxidants in a serving of popcorn, compared to 160mg in a serving of fruit, elevating it to superfood status.



is a stamina superfood – but with four times the fibre of wholewheat, rye bread will maximise satiety, helping leave cravings behind you.



polyphenols to fight the free radicals linked to heart disease. Scientists have found that white wine contains an equal number to red.



CACAO CARIBBEAN FISH **SERVES 3** METHOD

Tomatoes, 3 · An onion, finely chopped

- · Garlic cloves, 2, grated
- Fresh ginger, 3cm
- Curry powder, 4tsp
- Roasted cacao
- nibs, 5tbsp
- · Coconut milk, 750ml
- ·Water, 350ml

Skin, deseed and cut the tomatoes into quarters. Fry the onion, garlic and ginger in a pan with a splash of sunflower oil, then add the curry powder, cacao nibs and tomatoes. Leave to cook for 2min. Stir in the coconut milk and water and bring mixture to the boil. Add the fish, then simmer for 3min before ladling over the heated rice



CITRUS AND WHITE CHOCOLATE SALAD METHOD **SERVES 4** Place the chocolate in a bowl

- · Oranges, 5
- Grapefruits, 2
- · Coconut sugar, 55g
- Water, 2tbsp
- · Salad leaves, 80-100a · Handful of basil leaves
- · Cashew nuts, 15g
- Dressing
- · White chocolate, 125g
- · Sunflower oil, 150ml Juice of 1/2 a lemon

and melt in the microwave, then slowly whisk in the oil, lemon juice and vanilla extract to make the dressing. Peel and segment all the citrus fruits. In a pan, cook the sugar and water until the syrup caramelises and then pour over the fruit. Toss the leaves in the dressing before layering in a bowl with the fruit.

Serve topped with crushed cashews and more dressing



METHOD

DARK CHOCOLATE RAGU

- **SERVES 2** • An onion, 1/2, finely chopped
- · Garlic cloves, 2, grated
- Pancetta, 38g
- Minced beef 250a
- Tinned chopped tomatoes, 100g
- Tomato puree, 100g
- Red wine, 125ml
- Dark chocolate, 50g, in small pieces

Pre-heat the oven to 140°C. In a casserole dish, fry the onion and garlic, then cut the pancetta into 1cm slices before adding it to the pan, along with the minced beef, to brown for 10min. Stir in the tomatoes, puree and red wine and bring to the boil before covering and cooking in the oven for four hours. Finally, boil the pasta as you melt the chocolate into the ragu. Stir through pasta.



MILK CHOCOLATE NUT BROWNIES

- **SERVES 4** Unsalted butter, 200g,
- plus extra for greasing
- Milk chocolate, 370g
- · Caster sugar, 200g
- · Large eggs, 3, beaten
- · Plain flour, 150g, sifted
- Baking powder, 1tsp · Pecans, 75a, broken
- into pieces · Whole hazelnuts, 75g
- Desiccated coconut, 3tbsp

METHOD

Preheat the oven to 180°C, then grease and line a 20cm trav. Melt the butter and 220g of the chocolate in a bowl set over simmering water. Remove from the heat and stir in the sugar and eggs. Fold in the flour and baking powder, then add the pecan nuts, hazelnuts, coconut and remaining chocolate, roughly chopped. Pour the mix into the tin and bake for 30min. Cool and cut into 12 pieces.

Total Asset Recovery

Whether it's a hangover, heartbreak or DOMS, learn how to dodge a double dip and return to form

UP 🔺

Skewer Cure After a night on the tiles, swing by a kebab house. Sat fat in a doner increases your liver's resistance to the oxidative stress that causes cirrhosis. Journal of Nutrition

UP 🔺

Flexible Friend — Get back to your best after your man flu by hitting the mat. Four days of downward dogging is enough to supercharge your white blood cells. University of Texas

UP 🔺

Natural Remedy Watching nature documentaries can significantly reduce anxiety, replacing it with a sense of joy. Thanks, Sir Dave. University of California

IP 🔺 Happy Pills

Going through a hard break-up? Paracetamol can dull emotional as well as physical pain. A less bitter pill to swallow, at least for the short term. University of Kentucky Smooth Operator Metallica may power you through your reps, but slow music – think jazz ballads – helps your muscles quicken the recovery process. Naravana Medical College

UP 🔺



UP 🔺

Beer Necessities Finish your long run at the pub. A post-cardio pint rehydrates the body slightly better than water. Replace essential salts with a packet of potato chips. *Granada University*

UP 🔺 Hot Tip

The vitamin C in red chillis trebles the iron your body can absorb, reoxygenating tired muscles. Douse your steak with chimichurri. American Journal of Clinical Nutrition

UP 🔺

Bend Down Low To catch your breath, bend over with your hands on your knees. This reduces your heart rate by 22bpm more than staying upright. Western Washington University

HOLD ► Walk It Off

Low-intensity exercise – such as walking to work – increases your energy production and reduces your fatigue by 65 per cent after a sleepless night. University of Georgia

O

Clear Head Ditch mindfulness for dark chocolate to reverse the effects of long-term heart stress. When consumed daily, its flavonoids reduce blood pressure. Jama

HOLD ►

Water Works Swimming on your rest day defeats DOMS and helps you recover faster than putting your feet up. Don't let Netflix drown your progress. Journal of Sports Science

DOWN 🔻

Cold Case Cryotherapy's health credentials are bogus. An active cool-down of dynamic stretching builds more muscle mass than icing. Journal of Applied Physiology

C

Key to the Risers and the Fallers



C_NY_U HELP FILL THE G_PS?

One blood donation is needed every 24 seconds in Australia. Without new donors the **A**, **O** and **B** blood types needed to save lives begin to disappear. But you can help us fill the gaps by giving blood.



Lose The Belly, Save Some Money

IF YOU'RE FAT AND FRUSTRATED, IT'S TIME TO PUT YOUR WALLET WHERE YOUR MOUTH IS **BY MIKE ZIMMERMAN**

"YOU CAN NEVER BE TOO RICH or too thin" is an old saying, often attributed to the Duchess of Windsor. Of course, it comes off as snooty – if she had coined it today, imagine her Twitter ratios. Here's the thing, though: body weight and net worth truly are intertwined, and research shows that the more kilos people carry, the less money they tend to have.

This works on different levels. Say you're an obese 20-year-old who drops to a healthy weight. According to a 2017 study from Johns Hopkins University, your estimated lifetime savings in health care and productivity would be \$28,020. For a 50-year-old, it'd be \$36,278.

Dr Jay Zagorsky, an economist and researcher at Ohio State University, has been examining the weight-wealth connection for more than a decade. His 2015 study, published in the Oxford Handbook of Economics and Human Biology, revealed this price tag:

- For every 500g of extra weight gained, \$226 of wealth is lost.
- For every point of body mass index gained, \$1,900 of wealth is lost.
- So by Zagorsky's calculation, if you're 25kg overweight, you're cheating yourself out of more than \$11,000.

Another factor that impacts your income: weight discrimination. Past research has shown that employers find heavier employees less desirable as coworkers and bosses. It works both ways: a German study of nearly 18,000 workers found that underweight men earn about 8 per cent less than those in the upper end of the healthy BMI bracket. The effect was especially strong in blue-collar jobs.

Of course, no one's waiting to write you a

cheque when you hit your goal weight. But if you want to drop kilos and keep them off, bringing money into the equation looks like a smart play. Research shows that money can motivate people toward healthier behaviour.

The amount at stake doesn't even have to be sizable or guaranteed. A study in the journal *Obesity* found that participants in a weight-loss program who were promised varying financial incentives (\$1 to \$10 per week) for logging their progress on the program's website dropped 49 per cent more weight than those who weren't offered cash.

Looking at obesity through lenses like these can be a powerful new way to change thinking and finally get the body you want, some researchers contend.

"Sometimes people need a different and interesting way to think through a problem," says economist Dr Christopher Payne, coauthor of *The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off.* He and his colleague Rob Barnett lost a combined 60kg using basic monetary principles.

So whether you want to lose 5, 10 or 15-plus kilos, applying some behavioural economics could help you cash in. Payne and Barnett are living proof that the strategy works. Here's how to do it.

IGNORE SUPPLY, CUT DEMAND

"Economics was helpful for us because it provides the best explanation for being overweight," explains Payne. "There is a glut of kilojoule-heavy food sold at cheap prices. Supply creates its own demand, which means many of us overeat."

A prime example are stores with memberships such as Costco. A recent Dartmouth study found that members shop more often and buy at least12,000kJ more a month than traditional supermarket shoppers do. In the face of overwhelming supply, we increase our demand.

To break this cycle, realise that scarcity and plenty are perception, not reality, says Barnett. "We discovered that we really didn't need all the food we perceived as necessary. Three square meals a day – what most people consider normal – was way too much. Once we realised that our perceptions were wrong, eating smaller meals every day was easier."

INVEST FOR THE LONG-TERM

It may seem like a good idea to opt for bigger "value" meals and cheap kilojouleheavy food; that way you feel like you're maximising your kilojoule intake per dollar spent and, quite possibly, saving money too. But long-term it'll cost you more. Obesity and persistent excess weight is a leading cause of cancer, heart disease and diabetes; treatments for these and other obesity-related diseases are ultimately going to be very expensive. Resist the upselling and cheap deals; it's bogus economics.

VIEW WEIGHT LIKE DEBT

Imagine if your doctor emailed you a statement every month, just like your credit card company does. It would show everything you bought (kilojoules in) and what you owe in order to zero out your energy balance. You could make a minimum payment, but that would leave the remaining kilojoules to compound, and we've all been down that sorry road. So after your next weekend of indulgence or winter escape, gauge the damage and immediately resume exercising and eating healthy to pay off your debt. Make that your goal every month. Think of it as balancing your belly.

CHECK THE MARKET DAILY

Economists are all about data. That's why Payne and Barnett weigh themselves every morning. "We discovered that our bodies are incredibly reactive to what we eat each day," says Payne. "We can see one day's eating behaviour on the scale the following morning. Without being able to calibrate our eating behaviour against our weight, we would never have understood how little we need to eat."

Example: Barnett realised that eating pizza, more than any other food, affected his morning weigh-ins. Now, he monitors how frequently he eats pizza and maintains his weight loss. "We stuck to good eating behaviour because the number from the scale that morning was firmly implanted front and centre in our minds," says Payne.

Get to know your weight gain instigators (e.g., beers with the boys, Sunday dinner at mum's), and then manage them.

ANNOUNCE YOUR EARNINGS

Letting the world know your weight-loss goals may help you achieve them. One study found that using a social media platform to announce your progress may help you drop more kilos. It keeps the pressure on you to continue the program, and all the virtual back-pats provide added incentive.

PRETEND YOU'RE LOSING MONEY

For some, it may be better to turn the financial weight-loss equation around. Instead of focusing on how much your net worth will rise if you drop a few pants sizes, try focusing on the cash you're losing, or will be losing, due to obesity-related problems. A 2016 study found that among overweight or obese adults, financial incentives for physical activity were most effective when framed as a monetary loss.

EMPLOYERS FIND

HEAVIER EMPLOYEES

LESS DESIRABLE AS

COWORKERS AND BOSSES

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Bim



FIND YOUR TOP GEAR

COLD COMFORT

Beat the freeze with our selection of winter-ready coats

STYLING BY JEFF LACK PHOTOGRAPHY BY VASSI LENA

Affordable shearling is an oxymoron. But considering that anything made from it will look, in 20 years, much as it does the day you buy it, means it's just about possible to justify spending big on a price-per-wear basis. The second-mortgage price tag is because it's so tricky to produce. Shearling is a single piece of lambskin that's removed and tanned with the wool still attached, giving one side of weather-stopping suede and another of air-trapping wool to keep you snug even when it's Baltic.



Bally coat \$3295
Timberland boots \$299.95
MJ Bale sweater @ Myer \$199





Great for winter weekends, this coat is weather-proof, lightweight and also cleverly rolls up for travel. Keep the look smart and simple in earth tones and light layers. Smart white shoes turn up the style volume. Date night? Hell, yes!

- Oliver Spencer coat \$492.15
 @ The Iconic
- Hugo Boss shoes \$749
- Non-Type rib shirt \$140
- Non-Type trousers \$180

For a coat to wear in a corporate setting, make sure there's enough room in the shoulders and arms to wear it comfortably over your business suit. Combine the check tone with your suit colour and mix your prints by combining with a striped shirt to keep things interesting.

■ Hugo Boss coat \$1299 ■ CK blazer \$385 @ Myer ■ Tommy Hilfiger trousers \$180 ■ Hugo boss shirt \$219 ■ Glasses \$199 for 2 -

Ellery @ Specssavers >





F





Nail casual Friday with multiple layers of colour tied together with a classic car coat over the top.

- MJ Bale coat \$899 @ Myer,
- Bally sneakers \$495
- Raey sweater \$325 and trousers Officine General \$261 @ Matchesfashion.com Neuw denim shirt \$149.95,

Trenery weekender bag \$499

A long, black coat goes with anything – even a jumpsuit for the fashion forward. All-in-ones were some of the most popular items on catwalks this year featuring for everyone from Prada to Louis Vuitton.

■ Jac & Jack coat \$679.15 by The Iconic, ■ One Teaspoon Man worker suit @ The Iconic \$249 ■ Non-Type rib T-shirt \$140





\leftarrow

A leather coat doesn't come cheap, but it's also windproof and warm. Pair with dry selvedge double denim and biker boots.

- Calibre coat @ David Jones \$1,200
- Lemargo boots by 124 shoes \$639
- Neuw denim jeans \$179.95
- Denim trucker jacket \$199.95

Watches



Precision spring-and-cog movements are justly considered the acme of horology and come at a premium. Now a handful of brands is making timeless watches that don't require you to remortgage your house

> IT'S EASY to be impressed by haute horlogerie - the "high art of watchmaking". After all, its head-spinning price tags are as mesmerising as the mechanical acrobatics its masterpieces perform. But even watch aficionados will acknowledge that overindulgence can be as unhealthy as it is costly. As François Thiébaud, the president of Tissot, once said: "The baker only makes cakes on Sunday - for the other six days, he must make bread."

Contrary to expectations, the financial upheaval of the past decade hasn't significantly affected luxury spending. But what consumers have demanded is increased integrity, value and transparency in their timepieces - more artisan loaves, in other words, and less rich patisserie. The industry's major players have responded positively, in part by plundering their archives for cleaner designs but, crucially, by making the prestige of mechanical movement more affordable.

All of which are timely developments in our book. Here are *Men's Health*'s picks of new mechanical wonders that deliver on quality without obliterating your life savings. Seiko Presage Cocktail \$850

Seiko is practically a byword for quality timekeeping at an affordable piece, but this watch has a truly opulent feel. Elevating this dress watch is the sunray dial, which boasts a shimmering sense of depth thanks to the pressed pattern that's enhanced by seven layers of gloss finish.

144.101

SATIZ

TRATION: POLLY

← Mido Commander Big Date \$1350

FIKC

Swiss watch brand Mido celebrated its 100th anniversary this year with this handsome dress watch distinguished by a large date window at 6 o'clock. Behind the sunray dial ticks an automatic movement that offers up to 80 hours of power reserve. This is a classic watch that will never look old.

MIDO

Tissot Heritage Visodate Automatic \$900

You'll struggle to find a lowerpriced, hand-assembled Swiss mechanical outside of a Tissot boutique. Design and practicality are perfectly wed in this mid-century classic, with an intricate yet robust mesh bracelet capped by a day-date display, which pays tribute to Tissot's breakthrough self-winding model of the 1950s.



1

Longines Legend Diver \$2775

Sporting an elegant Milanese mesh strap, the latest incarnation of the 1960 Legend Diver is one of the sharpest aquatic timepieces on the market. The Super-LumiNova-detailed dial ensures legibility, while its Super Compressor case means the ETA 2824/2 movement is watertight in depths of up to 300m.

Wind Up

"Manually wind your automatic watch every few days when not worn to prevent lubricating oils from congealing"

> - Oliver Pollock, Founder, Luxury Watch Repairs

Rado Coupole Classic Automatic \$1600

RADO

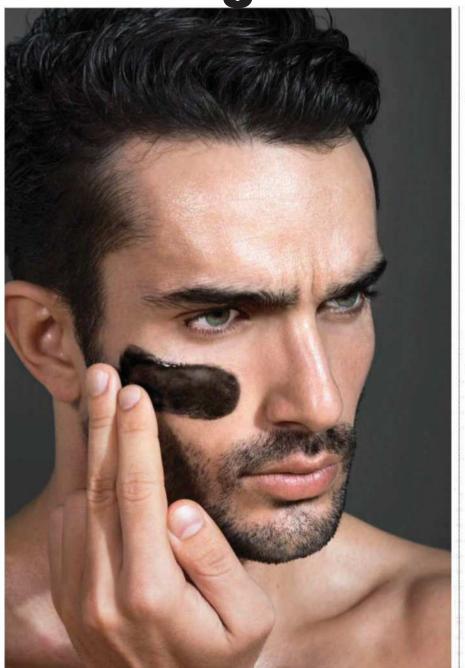
Rado specialises in the stylish fusion of Swiss tradition with sleek industrial design. Perched upon a black alligator pattern leather strap, this exquisite dress watch catches your eye with the textured navy dial. Flip it over and you can see the automatic movement with 80 hours of power reserve through the transparent sapphire case back. This is one smooth operator of a watch.

Victorinox Airboss Mechanical \$3475

Fold away the penknife associations and Victorinox emerges as a formidable Swiss watchmaker. The price tag might seem a touch high for inclusion here, but that's before you take into account that it's a mechanical, self-winding chronograph – the stopwatch/ time-telling hybrid that every watchmaker wants to perfect.

Grooming







A gritty, grimy secret weapon can leave you looking fresher and healthier We love charcoal. It can sear steak to juicy perfection, suck the stink out of a man cave, and keep wrenches rustfree. But you might be surprised to know that its purifying powers can also keep your skin, hair and teeth clean and healthy. Charcoal's porous structure naturally draws out oil, dirt and stains while attracting water to hydrate your hide. Here's our quickand-dirty lineup to improve any grooming issue.



1/ Dirt Buildup Carbon molecules in activated charcoal are like dirt magnets. When pore pollutants come into contact with carbon, they stick together and wash away as you rinse.

Modern Pirate Activated Charcoal Soap, \$11.90, modernpirate.com.au



2/ Dull Hair

Pomades and gels can leave residue that weighs your hair down. This sulfate-free formula combines charcoal and fresh citrus oils to scrub away buildup while going easy on your scalp.

Hask Charcoal Purifying Shampoo, \$14.99, hask.com.au



3/ Stained Teeth Surface stains from coffee, tea and wine surrender when faced with a toothbrush containing charcoal. Through its antibacterial, antifungal and antiviral properties, toothbrushes manufactured with activated charcoal can also help prevent cavities and bad breath.

Colgate® Slim Soft Charcoal Toothbrush, \$3.99, priceline.com.au



5/ Winter Dryness Cold, dry air can roughen skin. Charcoal is winter-friendly because it simultaneously moisturises and cleanses. This gentle foam gets rid of grime without leaving any fragrance or residue.

Clinique for Men Charcoal Face Wash, \$35, clinique.com.au

4/ Greasy Skin

Swipe away sweat, salt and grease wherever you are with these dual-sided travelfriendly, charcoalinfused black wipes. The cleansing side gently removes surface level dirt, while the exfoliating side draws out deeper impurities and dead skin cells.

BLAQ Dual Sided Wipes, \$12.95, blaq.co



6/ Clogged Pores

The alpha hydroxy acids in this mask soak up oils and smooth out bumps. Just don't leave it on longer than advised. The charcoal can absorb too much oil, and your skin will produce more of it to compensate.

Dermalogica Charcoal Rescue Masque, \$70.50, dermalogica.com.au

BRUSHUP on your grooming

All Charmen a guide to man's ing the mast by de right 7 of the best nexts has remo-

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BEYOND THE LIMIT

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O1 Gary Robbins collapses at the finish line after 60 hours of near-constant, exhausting effort A Constant of the second secon

<text>

A man is begging of the side of a Tennessee mountain

His clothes are soaking and he desperately sucks at the air. His wife weeps as she huddles with him. Above them stands a bearded figure in a widebrimmed hat and a worn-out oilskin duster.

"I got all my pages!" pleads the man. His voice is shrill. "I dropped down the wrong side of the mountain in the fog. I had to swim a river." He gasps for air. "I got all my pages!"

Onlookers glance from the broken man on the ground to the inscrutable face of the bearded man. "He got all his pages," repeats a voice in the crowd. "He got all his pages."

For most of us, the 42.195km of a marathon are the epitome of athletic endurance. But for others, there are ultramarathons, which stretch to 160km or more through some of the world's least hospitable regions. The Marathon des Sables is a s ix-day, 250km race across the Sahara Desert. The Hardrock 160km run across Colorado's avalanche-prone San Juan mountains.

Then there are the Barkley Marathons. Officially, the race consists of five loops totalling 160km through Frozen Head State Park, Tennessee, but most participants believe it's closer to 210km. Runners must ascend and descend about 37,000m



of elevation - the equivalent of climbing up and down Everest twice - in just 60 hours. More than 1000 people have attempted to run it. Just 14 have finished.

It costs only \$1.60 to enter. An application must be sent to a closely guarded email address at precisely the right minute on the right day, along with an essay titled "Why I Should Be Allowed to Run the Barkley". New runners, known as 'virgins', must bring a licence plate from their state or country. 'Veterans', the returning runners who did not finish, must bring an item of clothing. One year, it was a flannel shirt. Another year, it was a white dress shirt. In 2017, it was a pack of white socks. The few who have finished the course and are crazy enough to return, known as 'alumni', need only bring a pack of Camel cigarettes.

GOING THE DISTANCE

02 The official T-shirt of the 2017 Barkley Marathons
03 John Kelly struggles through the brutal last kilometres
04 The Brushy Mountain State Penitentiary
05 Lazarus Lake

LUST FOR FAILURE

03

The race can begin at any time between midnight and noon on the closest Saturday to April Fool's Day, always exactly an hour after a conch is blown. Runners are not given a map of the course until the afternoon before. GPS is forbidden.

Competitors must locate 13 books along the course and tear out a page that corresponds to their race number. In 2017, the batch included Unravelled, Lost and Found and There Is Nothing Wrong with You: Going Beyond Self-Hate. After each loop, the pages are counted. There are no aid stations. Those unable to finish are serenaded by the Barkley's official bugler, who plays a discordant rendition of Taps.

"The runners come for something they could fail at," says the course's designer, Gary







when an Englishman, Mark Williams, fuelled by tea and cheese sandwiches, completed the five loops in 59 hours and 29

BRAVE COMPANIONS

minutes.

It is check-in time at the Frozen Head State Park campground. "Tomorrow, I'll be calling you an evil man," says one runner.

"If that's all I'm called," Laz says, "it'll have been a failure."

The map is revealed, taped to a picnic table. The runners crowd around to copy the various sections of the course - 'Gnarly Mouth', 'Rat's Jaw', 'Hillpocalypse' - on to their own maps. They can also consult Laz's directions: "Look for a weird rock at a confluence of two streams... and go down a hillside. If it looks too steep, that's the right one."

Completing three loops of the Barkley is known as a 'Fun Run'. During the last two loops, however, exhaustion sets in and some runners have even found themselves hallucinating. In 2005, one participant became convinced that there were houses on top of one of the mountains and that he was a rubbish collector sent to empty the bins.

Laz says that to finish the Barkley, all you have to do is average 3.2km an hour for 60 hours. How difficult can that be? A few minutes walking the course gives you some idea. The slopes are so steep that they look like they're folding over you. ►

"IN THE FINAL TWO LOOPS, Some have hallucinated From exhaustion"



Cantrell - better known among runners as Lazarus 'Laz' Lake. "The less likely it is that they can do it, the more attracted they are to it."

The course was indirectly inspired by James Earl Ray. Martin Luther King Jr's assassin, who escaped from the nearby Brushy Mountain State Penitentiary in 1977. When Ray was recaptured after 56 hours on the run, he had barely travelled 13km. On hearing this, Laz thought he could have made at least 160km. (As it turns out, he couldn't: he has never completed more than two loops of his course.) The race was named after Laz's friend Barry Barkley.

The first Barkley Marathons were held in 1986. Thirteen people participated. No one finished. The next year, Laz made the course harder. No one finished. And so on, until 1995,



Gary Robbins is the favourite to finish the 2017 race. Powerfully built with a shaved head, Robbins specialises in mountain trails. He ran the Barkley for the first time the previous year and got as far as the fifth loop, an impressive feat for a virgin. Behind him is Mike Wardian from Virginia. In January 2017, he completed the World Marathon Challenge, running seven marathons in seven continents in seven days. Heather Anderson is one of six women competing; she broke the women's and men's records for hiking the 3523-km Appalachian Trail unsupported. Each of the 40 competitors has been chosen for his or her particular skill set.

<u>SMOKE SIGNAL</u>

On the Friday before the race, the weather is looking favourable. Robbins has even predicted that four runners will start loop five, the most ever. "We've got some really fast people this year," Laz says. "But, you know, speed kills."

What does he think of Robbins's chances? "He's good, there's no doubt, but he's put an awful lot of pressure on his shoulders." He points to the hills. "Public opinion ain't going to mean much when he's out there." So who does Laz think can finish the course? "Well, no one seems to be mentioning John Kelly at all."

Kelly is the local boy. His family has lived on the edge of the park for 200 years. This is Kelly's third attempt at the Barkley. The previous year, he was garrotted by the inch-long thorns that lace the course, which left gashes across his neck. By the end of the fourth loop, he was unable to recognise his crew, and he fell asleep less than 100m into the fifth, a spot since christened 'Upper Kelly Camp'.

By 10pm, conversation has



"BY THE END OF THE FOURTH LOOP, KELLY COULDN'T RECOGNISE HIS CREW MEMBERS"

RUNNERS IN THE MIST

- 06 The competitor Adam Lint climbs up the 'Rat's Jaw'
- 07 Robbins descends from the 'Fire Tower' during the first of five loops
- 08 Kelly, the local boy, is sprayed with anti-mosquito spray
- 09 A runner in the thick fog the worst of all weather

quietened to a murmur. At the yellow gate, which serves as the race's start and finish lines, Laz is glancing at his watch. A harsh note booms through the trees. The conch has been blown! Tents light up. It's 12.42am on Saturday, drizzling and foggy. Fog is the worst weather condition to have at the Barkley. "Headlamps are no use," Laz says. "Everything turns into a wall of white. Turn your headlamp off and it's a wall of black." At 1.42am, instead of firing a starting pistol, Laz lights a cigarette. And with that, the runners are off.

08

PLOTTING THE PATH

When I meet Laz at his home outside Bell Buckle, Tennessee, three weeks before the race, he is wearing a flannel shirt over a white dress shirt and, no doubt, a pair of white socks under his boots. A red beanie embossed with the word 'Geezer' covers his thinning hair, which is pulled into a knot. He looks like the hillbilly of your backcountry nightmares, an image only reinforced by Big, his giant red pit bull.

Big had been shot in the chest and abandoned when Laz found him. "Someone wanted him for a fighting dog," he tells me, "but he didn't have the nature for it." Laz nursed him back to health, and now the two are inseparable. Despite his fearsome reputation, Laz is not a fighter by nature, either. He pores over history books and writes stories about his dog's adventures, such as the time Big swallowed a whole skunk.

Laz's house is nestled in dense woods at the top of a hill. Wrens have nested in a box on the porch, where a spider's web stretches across a chair. Inside, there's a room with half a dozen beds covered with quilts made from Laz's old race T-shirts, ready for any itinerant runner who happens to be passing through. The house is full of animal skulls he picked up on runs and arrowheads he collected with his father.

Among the oddities is an intricately sculpted marble ball covered in geometric designs, a gift from a former Barkley runner. It's only when I take a closer look that I notice 1000 tiny spots of glue.

"When it arrived, it was shattered," Laz says. "But I found two pieces I could stick together." He had no idea what it was supposed to look like, but he spent months reuniting the fragments. "I didn't know until it was put together that it had elephants on it," he tells me.

Forty-five years ago, Laz began to highlight every road he had run on a local map. When he exhausted the roads on one map, he'd buy another and tape it to the first. He set out to cross all of Tennessee's 95 counties. Today, the maps stretch 3.5m across. Laz crossed Unicoi, the last county on his list, in 2016.

"I never meant to be Laz," he tells me. Gary Cantrell first came across the rather cryptic name Lazarus Lake in a phone book. Initially, he used it as his email handle, but slowly but surely it morphed into his ultrarunning persona.

In the 1970s, there were only a handful of ultramarathons, and none in Tennessee. \geq



So Laz set up the Strolling Jim, a 64km race named after a champion walking horse. "I wasn't very fast," Laz says, "and I didn't have outstanding endurance, but I could take a lot of punishment."

For most of his working life, Laz was an accountant, a job he enjoyed. "I used to love being given an insoluble problem: you can't figure out how to do it, you're frustrated and you might walk away from it a time or two and say, 'I fucking give up!' Then you let it roll around in your head. When you solve it, you say, 'Man, that was fun.' But no, it wasn't! It sucked the whole time! You kept doing it because it needed to be done. We need challenges to be happy. We need things to be hard."

BREAKING DOWN

Seven hours into the race, three runners have dropped out. It's not until 11.12am on Saturday that Gary Robbins and John Kelly finish the first loop. Robbins hurries to his tent to stock up on food. Their camps are a study in contrasts. Robbins' giant, space-age tent has been dubbed the 'Tent Mahal'. Kelly, meanwhile, is fed and changed at the yellow gate in full view of everyone. A hush surrounds the Robbins camp, whereas the Kelly campground across the road is full of billowing wood smoke and chatter, as family members gather to offer their support.

Other runners arrive in twos or threes. The preferred food here is junk: chocolate doughnuts, Nutella sandwiches, anything



MANNIN

"THEIR EXHAUSTION HAS STARTED TO SHOW. THEY'VE LOST THEIR APPETITES"

> 10-11 Runners wrap their feet, stock up on kilojoules and steal brief moments of rest - but little can prepare them for the ordeal of the next loop

12 Robbins stands dazed at the finish line

13-14 Almost delirious with fatigue, Kelly lays his hands on the yellow gate marking the finish



that delivers the most kilojoules with the least chewing. One runner weeps as her crew shovels macaroni into her mouth. Some competitors finish the first loop but shake their heads at the gate. They're not going back out there. *Taps* is played. Of the 40 starters, 24 begin loop two.

By Saturday night, the temperature has plummeted from 27°C to 4.5°C. Laz stands at the gate, accounting for every arrival and departure. Robbins and Kelly arrive together from loop two at 10pm and immediately head to their campsites to eat and nap. They're out again by 11.10pm. Most runners quit during loop two, and the ones dropping out now seem crushed, their bodies beaten. The off-key notes of the bugler sound through the night.

14

When dawn breaks on Sunday, the place has the air of a battlefield encampment. Feet stick out the back of SUVs. Laz snoozes in a chair next to the gate. Mike Versteeg, who once smashed the record for the 1336km Arizona Trail, has bailed out on loop two. He strums a guitar and says, to no one in particular, "Why can't I be good at something that doesn't make me feel miserable?"

At 10.42am, Robbins and Kelly appear in lockstep. Their exhaustion is starting to show and they've lost their appetites. A member of Kelly's team wedges some pepperoni pizza into his mouth as he starts the next loop. Laz directs five races besides the Barkley. "After so many days on the road, you know you have a job and a family, but that's more like something you read about once in a book," Laz says. "The real is what's in front of you, and you break down your life into: 'Where will I find something to eat? Where will I take a shit? Where am I going to sleep?' That's really all that matters. It strips you down."

Laz doesn't run any more. After 160,000 kays, his legs gave up on him. But he remains a trickster figure to the ultrarunning community, which has vastly grown since the 1970s. Most ultrarunners today like their races to be run on single-cut trails, with plenty of aid stations and high-five congratulations.

"It's much slower now," he says. "Originally, everyone who ran was serious and competitive. People race now not necessarily to finish their best but to finish with the minimum discomfort."

At 12.05am on Monday, two lights are seen on the hill. Robbins and Kelly run in and slam their hands on the yellow gate. Both look awful, though Kelly seems weaker. Falling into his camp chair, he flinches each time his feet are touched. "You look good," a crew member lies.

After 12 minutes, Kelly rises unsteadily to his feet and

touches the gate to signal that he is starting loop five. Eleven minutes later, Robbins emerges from his tent and stiffly walks to the gate as his wife spoon-feeds him mashed potatoes.

At 6.45am, it starts to rain heavily. Kelly didn't take any waterproof clothing with him. "One hour!" Laz shouts at 12.42pm. The rain starts to ease. "Forty-five minutes!" There's still no sign of Robbins or Kelly.

Laz is about to call out "30 minutes!" when a cry comes from down the hill. A deathly pale figure is jogging up it, a plastic bag wrapped around his shoulders. It's Kelly. The crowd cheers, and as he lays both hands on the gate, his face breaks into a sobbing grimace. Laz counts the pages. They're all there. John Kelly is the 15th runner to finish the Barkley Marathons.

There is no prize money. There is no medal. But as Laz says, "Those who know what you did know that you did it."

There's still no sign of Robbins. "Five minutes!" shouts Laz. Robbins' wife appears distraught.

"One minute!" Suddenly there's a sound. It's Robbins. He's sprinting up to the gate but from the wrong direction. Drenched in sweat, he throws himself at the gate before collapsing.

"I got all my pages!" he cries. "I got all my pages!"

"He got all his pages," repeats a voice in the crowd. "He got all his pages."

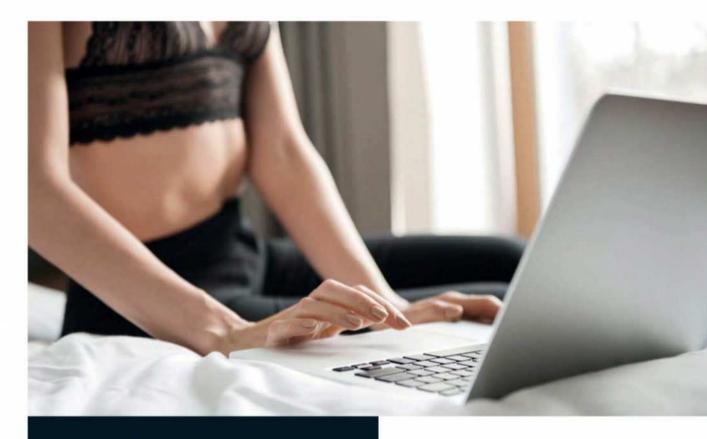
Laz looks at his watch. It reads 60.00.06. Robbins is six seconds too late. Still lying on the ground, Robbins explains that he found the last book but then the fog came down again, and just three kays from the race's end he took a wrong turn.

Laz shakes his head. Robbins went off the course. He's just another dropout. The week after the race, Robbins will receive emails that he'll describe as "wonderful and appreciated", signed Gary Cantrell, not Lazarus Lake. For now, Laz gives Robbins a hug and *Taps* is played. But unlike the previous 38 renditions, this time it sounds genuinely forlorn.

Why I Cheat...

Eight years into her marriage Sarah used online dating service Ashley Madison to find a man to have sex with. Her story of desire and betrayal is a wake-up call to all guys: are you giving your wife what she craves? >





Sarah phoned the Men's Health office at the allotted hour. According to our go-between, she was in her early 30s, married with young children and living in Sydney. She'd also been active on the site for a few months. A little reticent at first, Sarah soon relaxed, though the whines and squawks of a fractious toddler were a constant soundtrack to her tale. Here's what she told us. "I WAS 17 WHEN I MET THE MAN who would become my husband. He was 19, and when you're a teenager a two-year age gap is significant. Truthfully, we were both pretty clueless about the world and sexually inexperienced, but it was thrilling to be going out with an older guy.

I married him when I was 24. Like all brides, I guess, I assumed I'd never sleep with another man. But five years later I was - what's the word? - restless, I suppose.

What went wrong? Nothing really. Nothing earthshattering. Just a realisation that we were different people. My husband's a homebody. He's happy spending one Saturday night after another on the couch in front of the football or a movie. But while I would sit there with him trying not to complain, the fact is I was bored. I wanted to go out and have fun, to socialise with friends, drink and dance a little, meet new people. Lights out by 10pm every Saturday night wasn't my idea of an exciting life.

I was also feeling neglected. Don't get me wrong: my husband isn't a mean person at all and we still get on. But I often have the sense when we're together that he wouldn't care much whether I was there or not. I needed more attention. I needed to feel appreciated and, yes, wanted. I missed being seduced. I missed the feeling of being desired, of having lustful eyes wandering over my body.

Late one night I was watching TV at a girlfriend's house when an ad came on for Ashley Madison, and right away I thought, let's try that. I realised there were people out there in the same situation as me: unfulfilled but with no desire to plant a bomb under their lives. You need that mutual understanding of the need to be discreet and manage expectations, knowing you both have a lot to lose if feelings spin out of control.

When I joined the online service I wasn't ready to take things too far so I chose an option called "Exotic Chat", where you just email back and forth with someone.

The first guy I did this with was married. Unlike me, he'd been meeting with other members for sex. In our chats I would ask him about those encounters and he would tell me his stories in vivid detail.

There were no limits to where our chats went. And sure, they soon turned sexual. We knew what each other looked like by this stage because you have the option of granting someone access to your private gallery.

The chat is really about whetting the appetite. You say what you would do to the other person if they were with you. For us it became explicit. Once I pleaded, "I need to feel

your tongue on me - let me sit on your face".

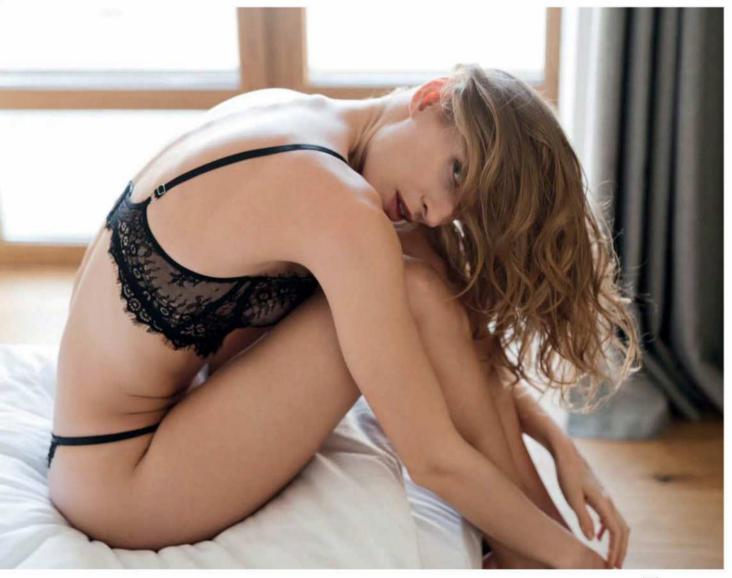
Was it arousing? Absolutely! We started exchanging photos. I sent him shots of my cleavage and breasts. Finally, I sent a shot of my vagina, with a finger inside me.

I'd get so hot from these exchanges that I'd come home from work and basically rape my husband. I've always been a full-on sexual partner, so it wasn't a total shock to him to have me in that state. I've always pushed his limits because he's not one to try anything. He's not into any kink, which I get off on.

Other times I'd think about my secret conversations while I touched myself. That was electric. I had a whole new fantasy world to visit whenever I liked.

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I stopped the chat when I became pregnant with my first child so I could focus on being a mum. After a while, though, the old longings returned and I started a new profile a few months ago.► "I'D THINK ABOUT MY SECRET CONVERSATIONS WHILE I TOUCHED MYSELF. THAT WAS ELECTRIC "





I figured that if I was going to re-enter this world then I might as well see where else it could take me. I had this newfound confidence to break down boundaries.

So I started chatting with this new married guy. We talked about what we did for work and where we lived, and it turned out he was quite nearby.

This one time he had the day off work and we were chatting for hours. Come the evening he was still home alone and there was an opportunity for me to get out of the house and go see him. I was like, Wow, let's try this out! Let's see what happens.

My husband was home from work by this stage so I told him I was going to the gym. I even set off in my gym clothes.

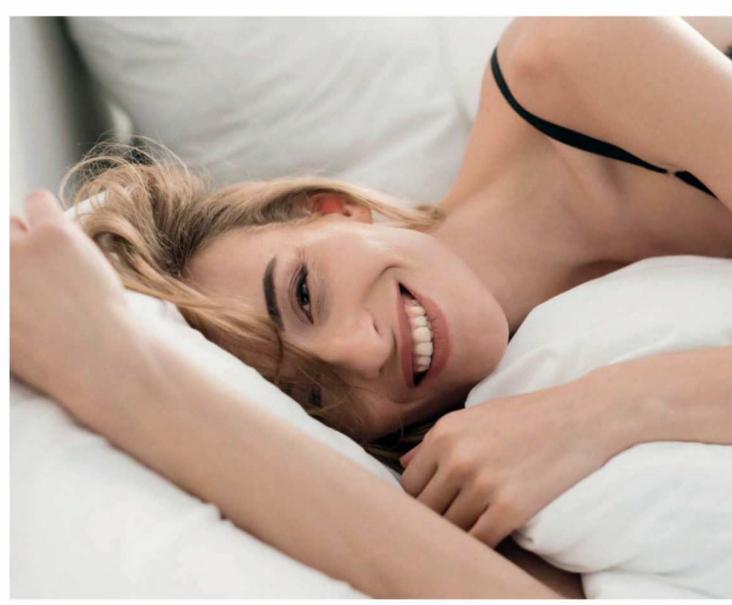
When I got to his house I mucked about outside for a while, asking myself if I was really going to do this. Eventually, I knocked on his door.

Because we'd shared so much already, in some ways it was like visiting a friend, except this was our first meeting. For a while we stood around in the kitchen, chatting about our lives. It was pretty nervous talk - small talk - but once we moved to the lounge things started to warm up. We played a game of who was the better massager, and from there we took it to a bedroom.

On the bed, there was more massaging, kissing. And then clothes started coming off. After some touching he went down on me. I was quite shocked but also excited at the same time, partly because it had been a long time since I'd had that done to me. When he was finished I felt I should return the favour.

We had sex in the missionary position because this was our icebreaker. I don't think either of us wanted to push each other to do anything crazy the first time. We climaxed together and then took a minute to gather ourselves before I knew I had to get going. I'd been gone a couple of hours already - a pretty long "gym session".

Driving home I felt in awe of what I'd just done: I'd had sex with a guy I'd just met! I'd never done anything like that before.



I remember thinking, Wow, what just happened? But it was my decision so I took a breath and owned it.

Since that night my one-time lover has barely left my thoughts. There were moments in that bedroom that I won't forget . . . when I first saw his body . . . when he went down on me. He knew what he was doing. He knew how to please a woman. When I think about it and I'm alone, I'll have to masturbate. I'll be lying on my bed or on the lounge and I'll use my fingers while I think about the things he did to me.

My message to guys would be this: don't take your wife for granted. Spend time with her, and not just on the couch in front of the TV. Take her out. Keep giving her new experiences. Keep surprising her.

withe TV. Take her out. Keep giving her new experiences. Keep surprising her. Were my husband to find out what I did - and what I intend to do again - he would be furious. And unforgiving. It needs to stay a secret because I want my marriage to work for our children's sake. I'll always put them first. But if I get a moment to do what I want to do, then I will seize it."





Even if you're sure your woman would never stray, the urge may pop up at one of these times

1 SHE'S TURNING 25 OR 30 OR 35 OR . . .

Milestone birthdays trigger navel-gazing. "She'll think deeply about her love life and its direction, and if it's not going the way she planned, she might jump at the chance to correct it with an affair," says psychologist Don-David Lusterman, author of Infidelity: A Survival Guide. YOUR PLAN: Be there. There are two nights when every straight woman wants a man in her bed: New Year's Eve and her birthday. Leave her solo and you're giving her permission and reason – to cheat.



Women like to have goals. When she kicks a goal in her career, says Bonnie Eaker Weil, author of Can We Forgive Adultery? Staying Not Straying, she may take on a love-life overhaul as her next project. YOUR PLAN: Brag about your woman's promotion. "Most guys make the mistake of not doing enough to celebrate their girlfriend's accomplishments," says clinical psychologist Scott Haltzman. "When she sees you honouring her, she'll feel as valued by you as she does at work."

SHE'S MOVING IN WITH YOU

Yes, it was probably her idea. But now that you're together 24-7 and sharing every detail of your lives, there's not as great a need to keep the conversation flowing every minute. "She could subconsciously interpret this as meaning that you think she's boring, says psychologist Stuart Fischoff. "If there's someone else around who finds her attractive and intriguing – and shows it – she might go for him instead."

YOUR PLAN: Stick to your A game. Keep winning her over, every day.

4-SHE THINKS YOU'VE CHEATED

Revenge affairs are common. Women have them in an attempt to restore self-esteem and feel desirable again. "It comes down to human nature," Heitler says. "She'll want to get even."

YOUR PLAN: If you're not cheating, you have one insecure woman on your hands. She probably has low self-confidence. Your job: compliment her, sincerely, specifically and often. "You can make her feel better about herself so she won't become vulnerable to these unfounded suspicions," Fischoff says.

5 SHE'S NOT GETTING ENOUGH

Oxytocin, a hormone that plays a central role in our urge to bond, spikes to levels three-to-five times higher than usual just before orgasm. It's more intense in females than in males, so women develop a stronger sense of bonding through sex. "If the two of you are not having as much sex as vou used to, she might interpret this as a sign that you don't find her attractive and that you don't love her," Fischoff says. YOUR PLAN: Have more sex. If she's the one who doesn't want sex, investigate why. Fix it. Get naked.



One more reason a woman might cheat: she wants to dump you. Infidelity can break up couples, so she might cheat on purpose as an easy way out. Psychologist David Buss, author of *The Evolution of Desire*, asked 100 men and women which tactic they would use to get out of a bad relationship. One of the most common answers: start an affair. YOUR PLAN: She sucks – let her go. You're free! - By Laura Ongaro

Hack Your Fat Loss Ganes

If you're looking to lose weight, there are options. You could slave away at the treadmill, put down roots in the weights room or just deny yourself pleasure at the dinner table. Alternatively, you could cheat the whole system. That's because, with a little scientific tinkering, you can rewire your brain, hijack your biology and make fat loss automatic every hour of the day. This is our guide to outsmarting Mother Nature. Let's make your genes a better fit >

BY LOUEE DESSENT-JACKSON AND SCARLETT WRENCH PHOTOGRAPHY BY JOBE LAWRENSON



Juice Up Your Metabolism

A dad bod isn't an inevitability. no matter the shape of your own dad's, er, bod. Make your paunch a softer target by upgrading your morning juice. Not only is watermelon lower in sugar than OJ. it's also rich in citrulline. which animal studies by Paris Descartes University found 'loosens' stubborn belly fat, making it easier for your body to burn it up.



Play With Fire

Any man with a passion for Sriracha will be aware of chilli's ability to bump up metabolism. But now, recent research from the American Society for Microbiology has found that capsaicin - the burning core-chemical in chilli - hacks the genes involved in digestion, too, using up extra kilojoules long after your tongue stops tinalina. The homearown Trinidad Scorpion Butch is one of the world's hottest - if you think you can handle it.

Cheat **Day Rules** Scientists now know

willpower can be biological. This means our genetics could affect our response when faced with a mouthwatering menu. savs Johns Hopkins Medicine. Why leave it to chance? Take impulse

out of the equation by making 'burger night' a fixed weekly event, rather than a weakwilled indulgence. Studies show a 11,300-kJ cheat day can binge-proof your brain for the rest for the week.

See Insta Results

Food cravings begin in the brain, not the belly, with the part of your grey matter responsible for visual imagerv particularly active. Next time you find

yourself salivating,



Flaked on your training again? Blame your parents: the extent to which we enjoy exercise could be genetic, says VU University Amsterdam. Still, breaking a sweat needn't be a grind. Studies show social integration and novelty are vital in helping us to stick with a plan. Join

in at a local climbing wall to keep motivation at its peak.

First Orders Yes, a nice Shiraz

impacts fat loss. But so does your bar snack. Peanuts are rich in resveratrol, the 'red wine' compound, which the European Journal of Nutrition found boosts your fat cells' ability to torch kiloioules. And to wash them down? Cold climate grapes boast more of the nutrient.

Lites Out

Dampening your cravings with low-kilojoule fizzy drinks will have rather flat results. Chemical sweeteners such as sucralose hijack fat-cell production, increasing the risk of weight gain, according to George Washington Uni researchers. Instead, sub in this year's trending fat-loss brew chicory-root coffee, for a more 2018 solution.

BHave Good Scents Here's a tip from the

sharp end of science: the smell of grapefruit has been shown to activate 'nerve pathways' to the body's fat tissue, which means you're torching more kilojoules, **Osaka University reports.** Grapefruits aren't exactly the most portable of snacks; happily, a pre-lunch spritz of citrus aftershave has a similar effect.

Dial Down Fat 9 Dial Down A and Ready for the cold, hard truth? Scientists have found a master gene that regulates our levels of 'white' fat cells and kilojoule-burning 'beige' - and 44 per cent of us carry a variant that raises obesity risk. But don't take the stats lying down – not when you can hack the gene during your shower. A daily blast at a breezy 18°C, instead of your usual 45°C, will help rebalance vour ratios. Grin and bear it.





Acquire Taste If an insatiable sweet

tooth is souring your weightloss plans, it's time to reconsider your afternoon pick-me-up. But it's not just the digestives at fault: a Cornell University study found 200mg of caffeine - a double espresso's worth dampens our tastebuds and makes sweet foods less satiating. If you recoil at the word decaf (that's French for 'brown water'). breakfast tea is your best of both.

Follow A Hot Tip

Not only will a warm bath speed your post-avm recovery, but add a few magnesium flakes and you can scrub away at body fat, too. These natural salts - available in most health shops, or your gym, depending on its hipster cred - raise levels of the anti-obesity hormone adiponectin, according to Journal of Nutrition research.

Step Into The Light

You may feel virtuous, but shuffling from bedroom to bus to gym on winter mornings deprives your body of natural light. And that could cast a shadow on your fat-burning plans, too: a study by North Western University found morning light exposure resets your circadian rhythm, positively affecting hormones linked to metabolism. Step out for some brisk winter ravs 20 minutes before work and hit the weights room at sundown.



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rewire your mental circuits by bringing a vivid, compelling or emotive picture to mind. advises Frontiers in Psychiatry. Try a scroll through @natgeoadventure.

13 Seafood And Cheat it

The lower your levels of satiety hormone leptin, the higher your risk of obesity. Fortunately, scientists have devised an opulent approach to overturning this particular problem. Crustaceans such as langoustine and lobster are rich in the mineral zinc - with roughly a third of your RDA per serving - which the journal *Life Sciences* says ramps up production of the hormone. With or without the lashings of garlic butter.



14 Save Your Best For Last

Your lunchbreak workouts may offer respite from office drudgery, but for maximum fat-burn from your weight training, save the heavy stuff for the evening. According to journal *Chronobiology*, our in-built body clocks mean we're strongest at 6pm. Use this time for full-body deadlifts over curls or presses to recruit maximum muscle mass. You'll shift more weight – and can drop them sooner, too.



That a packet of chips looks more tempting after bad meetings is down to science – our 'stress genes' impel us to scavenge for high-fat foods when under pressure. Outwit them: a three-minute gaming session reduces both anxiety and cravings.



Still sticking to your rigid New Year eating plan? Quit it. The University of Tasmania found a 'two weeks on, two weeks off' protocol prevents the drop in your metabolism – part of your body's famine response – that occurs during a strict diet regimen. You'll stand to lose an additional 8kg by summer.

17 Chew Through Fat

If you're really keen to supercharge your kilojoule burn, the muscle you need to be working is your jaw. Chewing thoroughly increases 'diet-induced thermogenesis' – that's 'joule burning, to you and us – while improving blood sugar control, according to *Clinical Nutrition*. Aim for 40 reps per mouthful.

18 The Zen Is Mightier

Eleven-hour working days add as much to your fat stores as they steal from your downtime, as chronic stress disrupts the hormones linked to weight control. Fortunately, Coventry University found on-trend mindfulness suppresses this response at a genetic level. Not the meditative type? Plaving pool is proven to have a similarly 8 soothing mental effect. Pot your belly.

19Empty The Tank

Evolution has hardwired our bodies to store fat. But a tactical food delay could hack your weightloss hard drive. A Uni of Bath study found training on an empty stomach triggers the 'PDK4 gene': a sign your body fat is burning off. An hour is enough, so schedule in your Sunday run before your roast. **20** Dark Magic Upgrade your oats by skipping the usual fruit topping and opting for dark chocolate shavings; its polyphenols suppress genes linked to fat storage, says *Nutrition* journal. Better still, a 2500-kJ cocoa-based breakfast is proven to reduce afternoon bingeing.

22 Get The Best Consumed by cravings

after a late night? A study in *Sleep* journal found that scraping by on less than five hours' rest raises endocannabinoids in the blood, which are linked to impulse and reduced willpower. If fatigue is leaving you hungry, hit the office stairwell – just 10mins of HIIT jolts your brain in the same way as caffeine.

23 Amp Up Your Fibre Power

Leaner men have healthier gut bacteria than their pudgy peers. But while this is partly inherited, you can flip the switch. A UK study found the fibre inulin is better for your gut than probiotic drinks. Roast Jerusalem

artichoke with garlic and add to soups and salads.

"Morning light boosts hormones linked to fast metabolism"

21 Snooze Control

After a well enjoyed evening of overindulaence, sleeping through the next morning's meal may seem sensible. Well, here's your wake-up call: a study by Ohio State University found that a pattern of gorging and meal-skipping activates genes that lead to fat gain. Spread your meals throughout a 12-hour window - which means making time for bacon and sleeping it off on the sofa later.

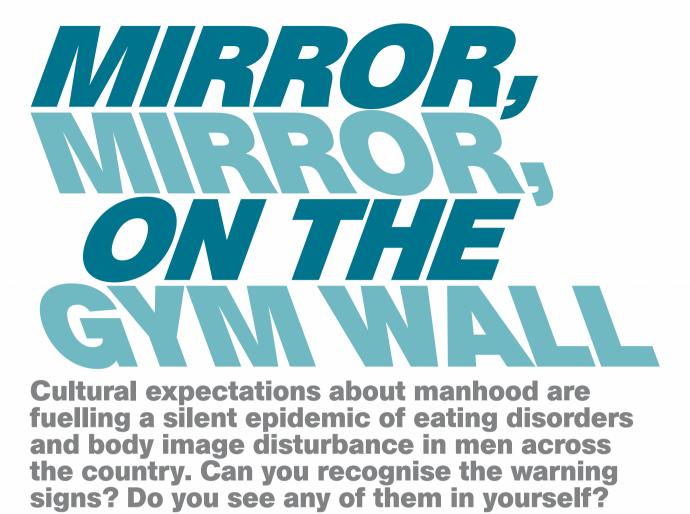
Green Energy

Your fat stores have met their matcha. As well as lending your latte hipster kudos, the green tea powder has been shown to boost levels of the 'marathon enzyme' AMPK, which McMaster University found helps you train harder for longer – and enjoy it more, too. Vitamin C makes the nutrients easier to absorb, so blend a teaspoon of powder with fresh berries as part of your morning shake.

MH JULY 201







BY MATT GAGNE, MILES RAYMER AND DAN SIMMONS

PHOTOGRAPHY BY ROBERT MAXWELL

hris Marvin had a secret morning ritual that he practised at uni. Sunlight creeping through drawn shades, he'd roll out of bed around 7am with a pounding head. After making sure his door was locked, he'd rummage through drawers and the depths of his mini fridge. Then, on a white marble desk that would have been pristine if not for the *Thrasher* and *Mayhem* stickers, he'd line up everything he needed to get through the day.

First he'd pop a caffeine pill to feel alive; then he'd chase it with a couple of painkillers - a preemptive strike against the grind of training two hours a day, seven days a week. ("There is no rest muscle," he'd tell himself.) A hit from his bong would help calm his racing heart. Instead of water, he'd pour a glass of whiskey to wash down his preworkout supplements. Then he'd inject himself in either his glutes or deltoids with black market anabolic steroids. After putting his supplies back in their hiding places, he'd ride his bike 800m from his off-campus share house to uni, where he studied - wait for it exercise science.

"A kinesiology major doing all that shit? I

was a walking oxymoron," says Marvin, now 32. Nothing could keep him out of the gym, not even injuries that would eventually require surgery. "I'd have my training partner hold my shoulder in its socket so I could do heavy preacher curls. In my mind I was indestructible."

By the time he was 25 and working odd jobs, Marvin weighed 95kg, and his back rippled like the Hulk's. When he eventually cycled off the steroids and ramped up his use of synthetic marijuana, ecstasy, sleeping pills and Valium - on top of the booze and painkillers - he dropped down to 64kg and fell into a deep depression. After one wild bender, he spent more than a week locked down in a psych ward.

"I had done so many drugs that I didn't sleep for eight days coming down off them," he says. "From there, I went to a cognitive behavioural therapy program, and that's where they pointed out that I had muscle dysmorphia. I'd never heard of it before. I was like, 'What the fuck is that?'"

If you look closely, you might see a bit of yourself in Marvin. From a young age, men are taught to be bigger, stronger and faster, and to fight through pain. Anger? Selfloathing? Anxiety? Who needs a therapist when you have the gym? And who among us hasn't tried to fix our inward insecurities by addressing our outward appearance?

Unlike Marvin, you probably don't have a mental disorder, much less a substance abuse problem that you developed to cope with it. Muscle dysmorphia, or MD, is a little-known psychological condition first described in scientific literature in the late 1990s. Because formal diagnostic criteria define MD as a subset of a broader group, body dysmorphic disorder, it's impossible to know how many people are affected.

But the current diagnostic parameters can apply to millions of people who just aren't satisfied with their physique. Those who suffer from so-called "bigorexia" obsess over their appearance, perceiving themselves to be insufficiently muscular even though they are indeed muscular, if not ripped. "People would give me compliments," Marvin says, "but in my head I was like, 'This part sucks'. I was super insecure even though I looked better than most people. I would almost give myself dry heaves thinking about my body." >



The difference between someone with muscle dysmorphia and a regular fit guy is one of degree. Early research in the American Journal of Psychiatry reveals that a typical bodybuilder spends about 40 minutes a day thinking about improving his physique. Those with muscle dysmorphia spend about 325 minutes and check themselves out in a mirror an average of 9.2 times a day. The condition usually takes root in late adolescence or early adulthood, and most guys who exhibit hallmarks of MD have been bullied or shamed about their strength or appearance. Marvin's case was textbook. In high school, he was 180cm and weighed around 68kg. Uncoordinated and nonathletic. he warmed the bench for the basketball team and became the butt of jokes in the weight room. "They laughed at me for being the weakest guy there," he says. "I was a lot smaller than everybody. I was picked on a lot."

Research shows that boys as young as six express a desire to be muscular, and that men are more likely to pursue such a physique if they were either teased or received encouragement to do so from parents or peers. And beyond their inner circle, men face constant pressure to look a certain way. We see it in movies: Mark Wahlberg isn't the world's highest-paid actor because of his Boston accent. We see it on TV: fat guys like Kevin James always play the fool. We see it in advertising. We see it in magazines: even at Men's Health, we sell it on our covers. We see it in dating apps: how are you framing your Tinder profile? We see it in social media: The Rock has 100 million Instagram followers. We see it in video games: research shows that men have lower self-esteem about their bodies after using very muscular avatars. "When we see images of muscular bodies, which we are bombarded with, we become less satisfied with our own," says clinical psychologist Dr Stuart Murray. "The established norm is unrealistic in a lot of ways. A lot of the idealised images we see are Photoshopped and by definition impossible to replicate. And models often do extreme dieting for a photo shoot."

he ideal male body in pop culture has a V-shaped torso, big arms, broad shoulders, a flat stomach and a small waist. In one study, nine out of 10 university-age men expressed a desire for greater muscularity. In another, more than 90 per cent of adolescent males reported exercising to look more muscular; two-thirds altered their diet substantially to increase their muscle size or tone; and nearly six per cent admitted to using steroids, which are now also viewed as appearance enhancers instead of just performance enhancers.

A few months before Marvin started uni in 2008, he had a vision not so much of who he wanted to be but of what he wanted to become. "I had these fantasies like all guys have. I wanted to be big, buff, ride a motorcycle, get chicks, be athletic," he says. "I was none of those things." So he started working out but didn't know what to do in the gym or how long getting buff was supposed to take. A few months in, he bought steroids from an acquaintance and learned how to inject them from a classmate's mum, a nurse who gave him syringes that she took from her hospital.

"I was 21 and a half. My testosterone was as high as it was ever going to be. I decided it wasn't good enough," he says. "I wanted that quick fix. And, of course, I put on 13kg and was like, 'Holy shit, this is awesome'. The feelings of power and confidence were pretty incredible. The drugs allowed me to be what I wasn't. I felt smarter, I felt more confident, I felt sexier. I felt at ease."

But the steroids didn't address the underlying pathology of muscle dysmorphia, which led Marvin to focus obsessively on his perceived flaws. "I wouldn't take my damn shirt off because I was so embarrassed about my chest," he says. "Instead of being like, 'Dude, check it out, my arms are growing, my legs are growing, my back is growing', I would zero in on my chest and be like, 'Oh my god, I'm pathetic'. I only focused on my inadequacies."

"Men are socially programmed to not be satisfied, to not be complacent, to always strive for more," Murray says. "What that does is breed perpetual dissatisfaction."

Marvin checked off almost every box for symptoms and associated behaviours of muscle dysmorphia. (See our self-test on the next page.) Mood swings? "If you cut me off in traffic, I'd get angry because I assumed you did it on purpose." Depression and anxiety? He lived in a state of "general discomfort just below panic," especially around muscular guys. OCD tendencies? "I'd do a flex routine in the mirror every day and focus on my weaknesses." Impaired social functioning? "I was incapable of being around people without at least being stoned on marijuana. I needed that buffer to feel okav about myself." Some of his symptoms were associated complications of MD. Substance abuse: "At the inpatient program, they told me I was the most advanced drug user they'd ever met." Suicidal thoughts: after a bad breakup, he says, "I contemplated driving my car off the road every day for about two years."

When he stopped taking steroids in 2013, he faced a new problem: his body no longer produced testosterone naturally, a condition known as anabolic steroid-induced hypogonadism, or ASIH. He now uses a prescribed androgen cream every morning, rotating between sites on his forearms and upper torso. (His girlfriend can't touch the active site for hours to protect her hormonal balance. Even a hug could do harm.)

Because of the damage to ligaments and tendons from his insane workout regimen and steroid use, he wakes up to aches and pains in just about every joint. "I fucked my body up for the rest of my life," he laments. "Part of my therapy was realizing that my outsides do not define my insides. I would assign my morality based on how my body looked, how my workouts went, and what I ate that day."

ating disorders are another hallmark of muscle dysmorphia. Bulking up requires a highkilojoule diet, but even with anabolic steroids, it's extremely difficult for an experienced, genetically maxed-out lifter to do a "clean" bulk - a term for building muscle without also adding fat. The quest to get bigger while staying shredded leads to bizarre diet choices, with grossly inadequate levels of vitamins and minerals.

"Guys can look amazingly healthy, like Greek statues, and yet they're very compromised medically," says Murray. "You can end up with a dangerously low heart rate and electrolyte imbalances."

Clinicians identify three main types of disordered eating. Anorexia is kilojoule restriction; bulimia is purging kilojoules by regurgitating food, using laxatives or diuretics, or exercising to cancel out intake (or a combo of these); and binge eating is losing control, eating when not hungry, or consuming excessive amounts at one time.

Though eating disorders and muscle dysmorphia are listed separately in the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*, current research views them as a constellation of related behaviours. Both are the direct result of overevaluating an idealised body type, which fuels either a drive for leanness, a drive for muscle mass, or both. These body-image disturbances can give rise to disordered eating behaviours - an issue rarely talked about in the lives of men.

"There's a double stigma in males," says psychiatrist Dr Brad Smith. "There's the stigma of having a psychological or psychiatric issue. It's hard to get men to seek treatment even for depression. On top of that, this is typically characterised as a women's illness."

"Society has trained us that we are strong, masculine figures who don't really think about that kind of thing," says Dan Stein, 35, a strong, masculine figure who nearly died from that kind of thing.

Two weeks before he left home for university in 2001, Stein weighed 97kg, thanks to years of McDonald's runs, sugary soft drinks and junk food. "My parents called me husky," he says. "Dad bod, that's probably the most accurate description of where I was at." Determined to get in shape, he began running 10km a day, five days a week, and occasionally lifted weights in the school's gym. By the time he returned home for winter break, he was down to 84kg and, he says, "everyone told me how great I looked.►

Chris Marvin's Best Tip

Because Marvin grew up in a religious household, he was prone to framing his meals as morality tests. Now, he reminds himself to eat smart, or smarter. "Smart" means a biscuit is okay, as long as he doesn't eat an entire box. "Smarter" means filling up on vegies at every meal to avoid eating the biscuits in the first place.

> <u>"My first</u> <u>drug of choice</u> <u>was people's</u> <u>validation.</u> <u>I didn't have</u> <u>my own sense</u> <u>of identity</u>"

WAIT, IS THIS ME? If you exercise, you can improve your health. Usually. But for some people it awakens a monster of anxiety, obsessiveness and compulsiveness. Here's how to check yourself

Spend a few minutes reading about men's eating disorders, and you may start seeing phrases like "working out behaviour," "regulation of dietary intake," and "drive to enhance the visible appearance of muscularity". If it weren't for the word "excessive" in front of each of those examples, you'd assume they describe you and everyone else who reads this magazine. So when does a good habit break bad? Consider these statements from a 50-question eating disorder assessment designed specifically for men. Choose one of six responses – never, rarely, sometimes, often, usually or always – as it applies to the following statements:

I weigh myself many times a day

- Use of laxatives is one way I control my weight
- Others are concerned about my eating habits
- When compared to bodies shown in the media. I feel inadequate
- I check my body several times a day for fatness
- My day is planned around burning kilojoules

Answering "always" to these and other statements suggests you've probably crossed the line. The good news is that treatment yields a high rate of success: 60 per cent of people with an eating disorder make a full recovery with treatment. "The line in the sand: do you control it, or does it control you?" says Dr Stuart Murray, who suggests seeking therapy right away if you think you might have a problem. "Go to a specialist and be clear with your concerns around body image, eating and muscularity."

Dan Stein's Best Tip

When Stein first confronted his body image issues in the early 2000s, there was no social media. "I wasn't able to see everyone's life 24/7," he says, much less feel bombarded with images of people who look better. "We're constantly comparing our behind-thescenes to other people's highlight reels." His advice: put down the phone and reconnect with yourself.

> "<u>I was so</u> <u>unhappy with</u> <u>how I looked</u> <u>that I was</u> <u>happiest being</u> <u>alone. Now I'm</u> <u>happy being</u> <u>around people</u>"

DIETS GONE AWRY Not all eating disorders that affect men are related to body image disturbance, but they can still be dangerous to your physical and mental health. Here are some others seen at treatment

Avoidant/restrictive food intake disorder You avoid certain foods because of sensory issues, or fear an incident will repeat itself (such as choking), leading to significant weight loss and nutritional deficiencies.

• **Purging disorder** In descriptions of bulimia, purging usually gets second billing behind binge eating. But it can be a stand-alone disorder in which you force yourself to throw up or use diuretics and laxatives to control your weight even though you haven't binged.

 Night eating syndrome You're driven to consume excessive amounts of food late at night, which can delay the first meal of the day for several hours. This behaviour, if it's consistent, can cause guilt and psychological stress. Diabulimia People with type 1 diabetes have to take insulin to control blood sugar, which can result in weight gain. Those with diabulimia restrict their insulin dose to control their weight, a dangerous and potentially fatal practice.

 Drunkorexia This widely used nonmedical slang term is used to describe the act of restricting food kilojoules to counter alcohol kilojoules. Because you are often drinking on an empty stomach, you increase your risk of alcohol poisoning.

 Orthorexia You have an unhealthy obsession with healthy foods and what is or isn't "natural". If it's extreme, you may refuse to touch food unless it's certified organic. As a result, you could end up undernourished.



It was an ego boost." By the end of his second semester he weighed 75. "But I was skinnyfat. I didn't have muscles or much definition."

A turning point came early in his second year. Shirtless, Stein was mucking around with a footy with some friends on a grassy field near his apartment. Members of the school's football team, also shirtless, happened to pass through. "Some very attractive girls went over and started talking to them," Stein says. "In my head I was like, 'I've been working out like crazy. What can I possibly do to look like these guys and get that attention?'"

Stein thought the problem must be his diet. He wasn't getting shredded, he figured, because he was eating too much. In truth, he was eating too little to gain muscle. Misguided about how the body works, Stein's diet became so restrictive that breakfast was a handful of Special K or Oats. For lunch, he'd eat a small can of tuna and half a rock melon. Dinner was a bag of microwave popcorn or a protein bar. All the while, he was running up to 80km a week and lifting weights three times a day for 90 minutes a session. He'd often wake up at 2am, do 45 minutes on the stair climbing machine in his building, and then go back to sleep. He was consuming some 4200kJ a day and burning almost 17,000, and says he "started getting weaker in the gym."

Stein skipped so many classes to hit the gym that he bombed out of his course. He moved back in with his parents and began waiting tables at a local eatery. Each night, he brought home the same dinner - pasta with marinara - and locked himself in his room so no one could see him swallow the marinara sauce and spit the spaghetti into the bin. He allowed himself just one cheat meal a year, but only after running a solo half-marathon in the morning. "I was one of those ignorant people who thought the only way you burn calories is by working out," he recalls.

At his lightest, the 177cm Stein weighed just 60kg. He had sunken eyes, emaciated cheeks, and cold fingers and toes. "My hands were ice cold. I started to think I had something physically wrong with me. Did I have cancer?"

A doctor told him he had 20 signs of starvation. "That's when I had the realisation I was anorexic," he says. "My family always knew I had an issue, but they skirted around it, and I just pushed it aside. My body was in decay, and it really hit home that if I didn't change something soon, this could kill me."

ating disorders affect men of all ages, races, ethnicities and sexual orientations. It's estimated that males comprise up to 25 per cent of people suffering eating dirsorders, which have the highest mortality rate of any mental disorder.

"We need to educate people on what to look for and how to speak to our children," says psychotherapist Andrew Walen. "It's not about beauty. It's about what makes you special— your humanity, your empathy, your kindness. These are the messages we need to give our young men, rather than 'Are you the best? Are you the strongest? Are you the fittest?' We've got to tell them that their body is their home. It's not their billboard."

Multiple eating disorders can overlap in people, and men with muscle dysmorphia often cycle through behavioural symptoms of all three; even a cheat meal can be considered binge eating if it causes mental distress. Early warning signs that your body might be compromised include dehydration, a slower heart rate, low blood pressure and reduced body temperature. Compounding the problem: doctors don't always know what to look for in men.

Case in point: Walen recalls being approached by the parents of a 14-year-old boy who had lost more than 20 per cent of his body weight in three months. He had become fixated on running, cycling and lifting weights and he'd also become emotionally disconnected. "This is a classic case of a young adolescent male with an eating disorder," Walen told the parents. But the teen's GP didn't believe it. He patted his patient on the belly and said, "He looks fine. I wish I had abs like that." When the blood work came back, it showed failing kidneys and compromised liver enzymes.

alen, 45, might understand male eating disorders better than anyone. He was a patient before becoming a therapist. In 1997, an MRI revealed that compulsive running had reduced his left hip socket to bone-on-bone. Afraid he'd need hip-replacement surgery before age 30, he began lifting weights. If he couldn't be as thin as he wanted to be, he figured he'd make himself as muscular as possible. He lifted so obsessively that he tore his rotator cuffs and labra in both shoulders. "That is absolutely a male experience of eating disorders, muscle dysmorphia and body-image disturbance," he says.

Hoping to find support, the only book that connected with him, *Making Weight*, focused on anorexia and didn't address the spectrum of his experiences, particularly binge eating and compulsive lifting. So, in 2014, he wrote and self-published *Man Up to Eating Disorders*, to "normalise the experience and create a tribe of recovery."

It's vital work. By the time a man admits he has a problem and gets past his reluctance to seek help, the damage is often perilously advanced. "There's a mistaken belief that this is rare and that men who suffer from these are atypical, emasculated or weird," Murray says. "We have to shift that gym culture."

Dan Stein calls it a "fascinating miracle" that he didn't die or suffer longterm complications from his battle with anorexia, which lasted nearly five years. His recovery included a few sessions with a psychotherapist but was largely a self-guided education. "I learned as much as I could about the human body," he says. "How it survives, how it works, fitness, nutrition, health - literally everything I could get my hands on."

Stein now works for a social media company a few blocks from an outdoor gym. Five days a week, for no more than 75 minutes, he pumps iron. He limits his cardio to 30 minutes a week, he says, "because I don't want to lose weight anymore, and I associate cardio with losing weight." He maintains his 82kg and 9 per cent body fat by eating six meals day, including lean protein (chicken, egg whites, fish), complex carbs (sweet potatoes, quinoa, whole wheat pasta), fruit (blueberries, apples), vegetables (asparagus, broccoli), and healthy fats (coconut oil, almond butter, olive oil). He even has an occasional slice of cheesecake. "I thought I was genetically dealt a bad hand," he says of his old mindset. "When I started to understand that my body doesn't act different from 99 per cent of the public, I realised it wasn't physical; it was mental. I know now that I bring so much more to the table than iust how I look."

hris Marvin has experienced a similar transformation. The man who once popped 68 Percocets in less than 72 hours now attends 12-step fellowships at least three times a week. "My brain got me in the mess I was in, so I shouldn't be trying to figure this stuff out alone," he says. "I air stuff out."

Marvin has been clean and sober since completing an intensive, three-month behavioural modification program five years ago. His new morning routine includes drinking a cup of coffee and saying a prayer that he wrote after finishing the program. It includes this line: "Relieve me of my fear and insecurity, and replace it with self-love and acceptance."

Marvin named his personal-training business One Rep at a Time – a nod to overcoming addiction one day at time and to building muscle over months and years. Some of his clients are also in recovery, and Marvin shares his struggles with them openly. "I feel like I've finally found my calling," he says.

Marvin doesn't swear at himself anymore, and he'll reset his mental focus with deepbreathing exercises. "My old workouts were a way to punish myself. I do this now as a way to improve myself."

But Marvin knows what lurks in the background, waiting for a chance to consume his life once again. Every time he posts a shirtless photo on Instagram - a proven marketing strategy for trainers, but a risky one for recovering muscle dysmorphia sufferers - he fears triggering old insecurities. "My recovery is fluid," he says. "It will always be a balancing act."



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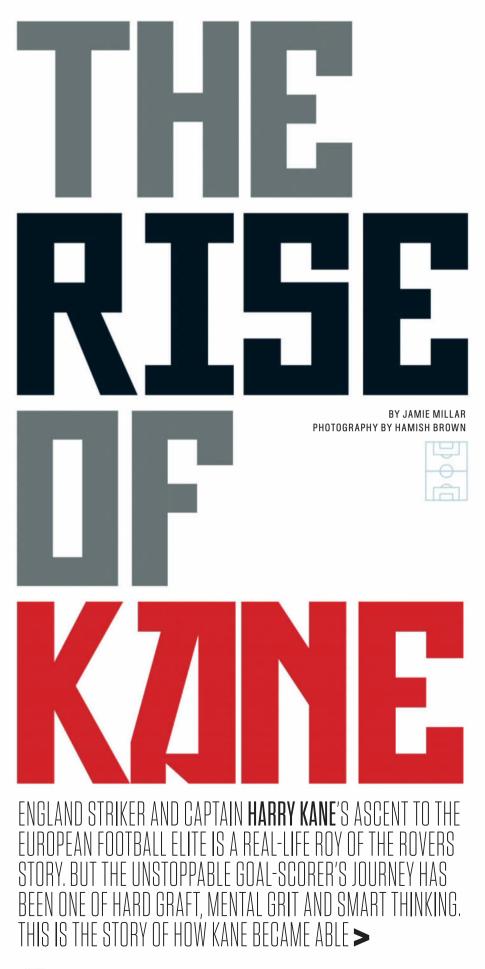


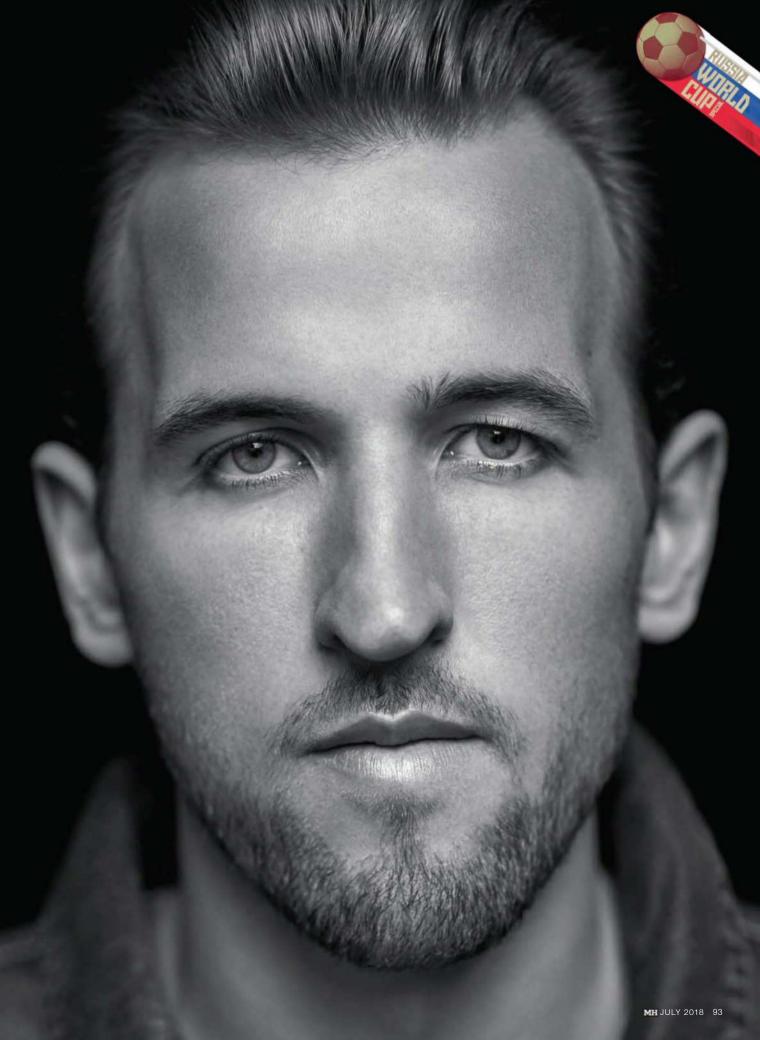
BOSS

NormalityBARREN

As anticipation for Russia 2018 reaches fever pitch, discover the tactics that distinguish the stars and get the pundits' picks for the tournament's top performers >

Once dismissed as an also-ran, Kane has left his detractors behind.





here's an online video, posted in September 2016, of Harry Kane reacting to his rating on the computer game FIFA 17. For the uninitiated, the digitised footballers are given marks out of 99 in six categories - pace, shooting, passing, dribbling, defending and "physical" based on their real-life qualities. They're also awarded an overall rating.

In the video, the Tottenham Hotspur and England striker sucks his teeth when he sees the stats. He's not happy. "I think shooting's definitely got to be in the 90s," he says, quibbling with his score of 84. He insists that his passing is "better than 71". In the end, however, he grudgingly concedes - though only when prompted by his interviewer - that his overall rating of 84 is "half-decent".

More recently, in January, the FIFA Team of the Year was unveiled, voted for by a panel of footballers, journalists and gamers, with stats updated to reflect the performances of the players in 2017. Leading the line in the 4-3-3, flanked by Cristiano Ronaldo (99) and Lionel Messi (98), is Harry Kane (96). His shooting had been upgraded to the maximum 99 and his passing to 93.

"That's closer to the mark," says Kane, laughing, in the dressing room of the north London photo studio where he is meeting *Men's Health*. "There's always room for improvement, of course. I'll just have to keep scoring the goals and they'll have to keep rating me higher."

The occasion for today's shoot



Kane's Premier League goal haul in 2017, which broke Alan Shearer's calendar-year record of 36, set in 1995 - when seasons were 42 games long and not 38 is Kane's signing for United: not Manchester United, who have long been rumoured to be considering a recordbreaking bid for the striker, but Boss Bottled United, the sporty new fragrance from Hugo Boss, for which Kane is a brand ambassador. Fielding questions while he changes looks between set-ups, he gamely plays conversational one-twos wearing nothing more than a spray of eau de toilette and his underwear. "It breaks the ice," he says, shrugging.

By most measures, Kane is now one of the world's best players. In 52 games for Spurs and England last year, he scored 56 goals: more than Ronaldo, Messi, or any other player in Europe's top five leagues, with a superior goals-per-game ratio to boot. But while the stats - and an increasing number of admiring pundits and supporters - argue that he is an equal of those kings of Spain, Kane is cautious not to anoint himself too quickly.

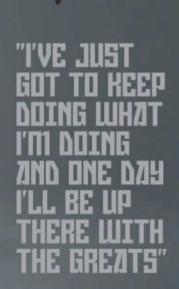
"I think what they've done over the past 10 years has been

Madrid legend Zinedine Zidane describes Kane as "a complete player". incredible, and they'll go down as two of the best players ever," he says. "That's where I want to get to. I'm on the right track - I've just got to keep doing what I'm doing and hopefully, one day, I'll be up there with the greats."

GOLDEN TOUCH

Kane is certainly on the right track, and he's moving fast. The 2016-17 season, in which he collected his second consecutive Golden Boot as the Premier League's top scorer, was only his second full campaign as Spurs' first-choice striker. This year he finished the Premier League season with 30 goals in the league, more than he managed in the previous two when he scored 25 and 29 respectively.

Not bad for a "one-season wonder", as Kane was called in the newspaper sports pages after his breakthrough year of 2014-15 - a campaign that he finished with 31 goals, despite a late start. Such criticisms sound **>**



"I ALWAYS DO WHAT'S BEST FOR THE TEAM. IF THERE'S AN OPTION THAT'S BETTER THAN SHODTING, I'LL DO THAT."



The number of hat-tricks that Kane scored last year in the Premier League (eight in all competitions) – the same amount as every other player in the top flight put together

<u>Unshowy</u> and humble, Kane is a footballer of the old school. risible now, but they underscore the reality that, not very long ago, Kane wasn't so much setting the world on fire as barely warming the White Hart Lane bench. What is his secret? Magic boots? Golden ones?

"Hard work," Kane explains, rather prosaically. "I think the manager [Mauricio Pochettino] has helped me to become better as a player. Obviously I've improved physically, too. I've got bigger, stronger and faster."

EVERYDAY HERO

Pochettino came to Spurs at the start of the 2014-15 season from Southampton, where he had earned a reputation for developing players. His staff designed a "power program" for Kane, consisting of hamstring, glute and singleleg exercises to improve his acceleration and pace, as well as core work for strength and stability. Kane also consulted a sports scientist on the mechanics of sprinting, looking particularly at his arm movement.

Kane's physical development can partly be attributed to his age - he is still only 24, a fact that is often obscured by his mature demeanour. Though he is clearly in decent nick, as Men's Health can confirm, he is no Hulk. Nor is he, to use FIFA parlance, a "pace abuser" who relies on speed to beat defenders. "My finishing is probably my best attribute," Kane agrees. "But I like to think that my all-round game is what makes me who I am: passing, moving, holding it up." Deceptively strong, he frequently surprises markers when he receives the ball with his back to the goal by playing a one-touch pass around the corner that is difficult to see, let alone execute.

Kane is a remarkably unselfish striker. "I always do what's best for the team," he says. "So if I think there's an option that's better than shooting, I'll do that." He calls to mind another Spurs No.10, who happens to be Kane's childhood hero: Teddy Sheringham. While not the quickest, he was considered by many to be among the cleverest - Alex Ferguson claimed that the first yard was in his head. In January Kane broke Sheringham's club record of 97 Premier League goals.

By comparison with Ronaldo,

Messi and Neymar, the world's most expensive player, Kane is resolutely unshowy. He doesn't deal in tricks and flicks - with, perhaps, the exception of the Cruyff turn and strike in March 2016 against the world champions Germany in Berlin, launching a memorable 3-2 comeback from 2-0 down. Kane just scores, and then scores some more.

In terms of personality, he is similarly low key. Chrome-painted Porsches are conspicuously absent from his garage. Perhaps that's why he doesn't always get the credit he deserves: he is just too normal to be superhuman. And it's why, even as an Arsenal fan, I find him annoyingly hard to dislike.

FIELD OF VISION

The most curious thing about Kane's success is that he initially seemed to come from nowhere. In the modern game, any teenage prodigy who can do a decent step-over will be on the radar of every selfrespecting football manager before he has even started shaving. He will invariably be feted for his "tekkers" in techno-soundtracked YouTube compilations and snapped up by a super-club for an exorbitant sum. It's probably safe to wager that few videos of Kane's unglamorous loan spells at Leyton Orient, Millwall, Norwich and Leicester City went viral - after all, this was back when the Foxes were still in the Championship, not yet storming the Premier League.

"He is a complete player," Real Madrid's manager, Zinedine Zidane, said of Kane ahead of los Blancos' Champions League group-stage clash with Spurs at the Santiago Bernabéu Stadium last October. "[At first], he did not seem to be one, but in the end he is." Kane scored in the 1-1 draw (with an uncharacteristic back-heel). The following month, Tottenham beat Real Madrid 3-1 at Wembley, their temporary home while their new stadium is under construction. Kane contributed with an assist.

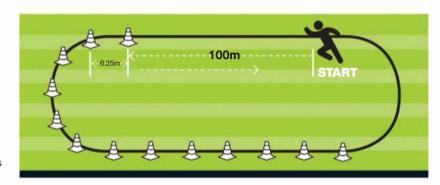
On the day of our shoot, the Spanish giants are rumoured to be preparing a \$360 million "swoop" for Kane. These days, it can seem as if anything were possible in football - but this is hard to believe. Not that Real would break the world transfer record on his behalf, but that Kane, born in nearby Walthamstow to a family of diehard Spurs supporters, would leave White Hart Lane and his boyhood club. At least, not while they're going places. Yet Zidane's words hint at the essential mystery of Kane's ascendance. He wasn't one of the best players in the world. He wasn't even one of the best players on the bench. And then he was. When the Spurs fans chant, "He's one of our own!" it's as if they can't quite believe their luck.

He might be one of their own, but he nearly wasn't. While playing for David Beckham's former youth club Ridgeway Rovers at the age of eight, Kane was scouted by Arsenal and he spent a year at the academy of Spurs' bitter rivals. In 2015, a picture of Kane wearing an Arsenal shirt and celebrating their 2003-04 title win did the rounds on social media. Coincidentally, the image emerged after Kane had just scored a brace in a 2-1 north London derby win.

Neither big nor quick for his age, Kane was picked up and promptly released by Watford before finally joining the Spurs youth set-up aged 11. He initially played as a holding midfielder, moving further forward as he matured. What he lacked in pace >

Spurs' aggressive style under Mauricio Pochettino involves relentlessly pressuring the opposition to force mistakes. The fitness required to maintain this over 90 minutes is built up with intense training sessions. The "Gacon test" is a favourite – of the manager, if not his players. Named after a fitness coach at Paris Saint-Germain, where Pochettino played in the 2000s, it consists of 45-second runs followed by 15-second rests. Start at 100m and increase the distance by 6.25m each time. Two warnings for failing to complete the distance in 45 seconds, and then you're out.





and power, he made up for in vision and intelligence. Even so, his path to first-team football was neither direct nor smooth. He made his professional debut on what was, in effect, a bog at Rochdale while on loan at Orient in League One - a world away from White Hart Lane and the Premiership.

Kane would have been forgiven for thinking he might never make it, especially after being farmed out by his parent club for the fourth time. "I think the one moment [I doubted myself] was when I was on loan at Norwich and at Leicester," he admits now. "When I was at Leicester, I wasn't playing - I was on the bench. In my head at that time was: 'If I can't play for Leicester in the Championship, how am I going to play for Tottenham in the Premier League?'

"I think that was my lowest point. But then, it was also kind of my strongest point as well, because that's the time I had to believe in myself more than ever, work harder than ever, and go on to achieve what I did."

KEEPING IT SIMPLE

Kane received inspiration from the story of an American football player - the New England Patriots' quarterback Tom Brady. "I watched a documentary about him around the time I was struggling, called *The Brady 6*," he recalls. "It showed how he made it to where he is now, and how much he believed in himself."

Brady was picked 199th in the 2000 draft and wasn't expected to go on to great things, much less become the greatest of all time. His report from the NFL scouting combine was unfavourable: "poor build", "skinny", "lacks great physical stature and strength".

"At that time, I remember watching the film and it was, like, 'Okay, it's not impossible. There are people who have done it,'' says Kane. "I just needed to do what he'd done: work harder, believe in myself more, and hopefully, one day, become one of the best. It sounds silly, but it was a big moment in my life." As an NFL fan, Kane supports the Patriots mainly because of Brady, which is also the name he gave to one of his two Labradors. The other, Wilson - after the Super Bowl-winning Seattle Seahawks quarterback Russell Wilson - was named by Kane's fiancée, Kate Goodland, a fitness instructor he met at school. They announced in January that they were expecting their second child.

Tom Brady is well known for his commitment to fitness. which has enabled him to play at the age of 40 in a sport where the average career length for quarterbacks is four years. While some of his practices border on pseudoscience, if there's an edge to be gained, Brady's not sleeping on it. He goes to bed every night at 8.30pm wearing bioceramicinfused Under Armour pyjamas, which reflect back something called "far-infrared energy". He doesn't consume alcohol, caffeine, dairy or "nightshades" (tomatoes, peppers, mushrooms and eggplant), which he believes cause inflammation. All of this is outlined in his TB12 Nutrition Manual, available from his website for \$200.

If Brady's theories sound far-fetched, Kane isn't one to criticise. "It's worth it," he says. "I've got it at home. I haven't read it all yet, but when you look at his dedication, there are always little percentages [to gain], whether it's training, diet or recovery. They're the big differences, because in our football, the margins of error are so small."

Kane partly credits his improved form and recovery in 2017 to a personal chef with expertise in sports nutrition, who, among other things, tailored his carb intake for training and games. Kane also refrains from drinking during the season - it just isn't worth it.

He keeps himself on ice as much as he can. "My schedule is all about recovery," he tells me. If he's not soaking, stretching or having a deep-tissue massage, he'll chill at home, which is an important part of the process. Nothing more strenuous than some golf or walking the dogs? "Right. I think that's where a lot of footballers maybe get it a bit wrong. They try to do too much, especially at a young age," says Kane.

When he mentions that Boss Bottled United is "good to have whenever I'm out", I ask him whether his strict regimen allows him to go out very often.





"Not really, no," he says, with a somewhat rueful smile. "Now and then, with the missus. More for meals."

It's a mental image that sits well with the perception of him as a player from a more wholesome, bygone era. With his old-fashioned name and haircut, Kane gives the impression that he would be more at home on a cigarette card next to Stanley Matthews than on a Milan catwalk. "I'm fine with that," he says. "My style is quite simple, quite plain. It'd be great to be a fashion icon, but I think it



comes with being one of the best players. In his prime, that's how it worked for Beckham."

Kane is too modest to say so, but with a Hugo Boss campaign under his belt, it's how it seems to be working out for him, too. And it's clear that he is playing it down - it's not lost on the *Men's Health* stylist that the footballer has a keen eye for when his suit trousers don't fit properly, or don't match the jacket that they come with.

A recurring theme in *Brave New World*, Mauricio Pochettino's 2017 book with Spanish football journalist Guillem Balagué, is that too many footballers lack motivation - at least, of the right kind. "If as a player you lose your passion for the game or your love for being in contact with the ball," Pochettino writes, "if you use football as a way of achieving other things (money, being in the press, enjoying perks, Twitter followers...), if you like all that more than training or sharing moments with your teammates, if running or going to the gym bores you, if you don't fancy taking care about what you eat or the amount you rest or if

you don't keep yourself in good shape, you should revisit your targets."

There is an exception. "I believe Harry Kane is the best player in the world in terms of mental strength, willpower and endeavour," writes Pochettino. "He is completely focused on his football. He has a house in Essex but spends the week at another one that he owns closer to the training ground. He's the first person to arrive and the last to leave."

Kane regularly sets himself "little targets", such as the



number of goals he wants to score, keeping them to himself while reviewing the results and revising his strategy. Trite as it might sound, his loans out were the making of him - but only because of his self-belief and a competitiveness that goes back to his relationship with his elder brother, Charlie. "As a kid, I hated losing," says Kane. "I used to cry a lot."

If Kane misses a chance today, he doesn't cry; instead, he tells himself that his likelihood of missing another is reduced - a hack he learned from the former Spurs striker Jermain Defoe. It's questionable as an analysis of probability, yet smart in terms of psychology. Against Liverpool at Anfield in February, Kane missed an 87th-minute penalty, which would have made it 2-1 to Spurs and marked his 100th Premier League goal. When Liverpool's Mo Salah scored a 91st-minute wonder goal, the camera zoomed in on Kane's anguished face. Then Spurs were given a 94th-minute penalty. Rather than hide, Kane decisively equalised. At full time, he turned to the camera and said: "You can't give me two tries." If the FIFA video games had a stat for "mentality", he'd have a perfect 99.

"I've got to where I am by working hard. But now I have to work even harder to stav here," says Kane, "because there's that next person who wants to take my position. That's my mindset: someone is always trying to be better than me, so I've got to make sure I work harder than anyone else." Right now, it seems inconceivable that he'll be usurped any time soon. But then, if anyone could believe that another unassuming young journeyman could rise from obscurity to become the leading light of English and European football, it's Harry Kane. 🔳

Harry Kane is an ambassador for BOSS Bottled United Fragrance #BOSSUNITED



LIFE'5

SOCCEROOS STAR AND ASIAN CUP HERO **JAMES TROISI** ROSE TO THE OCCASION WHEN HIS COUNTRY NEEDED HIM MOST. USE HIS TEMPLATE TO KICK GOALS WHEN IT COUNTS

BY BEN JHOTY PHOTOGRAPHY BY SAMUEL COSTIN





JAMES TROISI WAS PISSED OFF. It was the 2015 Asian Cup final and he was starting on the bench. But Troisi wouldn't let his frustration show. Instead, he remained focused and positive, cheering on his teammates as the game ebbed and flowed. When his time came, he vowed, he would be ready.

In the 70th minute he "got the call from the boss". The boss being then coach Ange Postecoglou. His instructions were clear. "He said win us the game," Troisi recalls.

With the score locked at 1-1 in extra time, the Socceroos striker Tomi Juric was battling defenders in the right corner. What happened next now unspools in Troisi's mind like a leisurely Sunday afternoon drive up a looping country lane. In reality, it was a matter of seconds. "I remember Tomi was in the corner and he was playing with it and he got fouled, well I thought it was a foul, I put my arms up. But he managed to get away from him, he did amazing and it's just that split second where you react. The defender was in front of me but I reacted quicker. The ball was wobbling, so I was conscious that I had to keep it down."

He did, slamming the ball into the back of the net before sprinting across the turf with teammates in hot pursuit. "I actually didn't know what to do so I just ran off like a maniac. I still get goose bumps thinking about it. Those kind of moments can't be unwritten."

It seems silly to suggest that your reputation can be defined by a split-second moment but it can, something Troisi knows all too well heading into this month's World Cup. On the biggest stage of all, where the spotlight burns brightest, heroes and villains will be created on the spot. "That's the cutthroat thing about this game," says Troisi. Cometh the hour, cometh the man? Actually it's cometh the second. And yet as fleeting and decisive as such moments might be, they are, of course, years in the making. Repetition and sweat forge instincts and embed muscle memory. "You work hard, you do it week in, week out, day in, day out," Troisi says. "Then you go out there, it's just a man across from you. It's a question of who wants it more?"

Troisi made his mark when it counted most. But as monumental and personally gratifying as that moment was, it counts for little as the Socceroos head into their first game against France next week. "In our game you always need to prove something because people forget very quickly," he says. "There's always something to prove and something to improve on." And if Troisi, the hero of Australian football's biggest triumph, is more determined than ever to raise his game, chances are you probably should be too.



THERE'S ALWAYS SOMETHING TO PROVE AND SOMETHING TO IMPROVE ON"

FIND YOUR EDGE

It's Friday afternoon at a photo studio in Melbourne's Brunswick. Troisi is mucking around with an official World Cup ball, aiming left-footed volleys at a black screen while looking down the barrel of the camera. Suddenly one of his kicks goes astray, threatening an air conditioning unit on the ceiling. He smiles wryly before nodding for the next ball.

Polite and softly spoken with biblical tattoos on his arms, Troisi's low-key demeanour camouflages a steely character who's shrewdly carved out a globetrotting career - one that's taken him everywhere from Newcastle to Turkey - around national team appearances.

"My career has been different because when you're involved in the national team you always have to be playing otherwise you won't get picked," he says. "So if you're somewhere and it's not working out, you need to move on."

It was for this reason that Troisi first returned to Australia to play for Melbourne Victory back in 2013, despite being on the books at the mighty Juventus in Serie A. "Ange called me and said come back to Melbourne, it'll be good for you and you'll get back into the Socceroos." The year after he was at the World Cup in Brazil. This pragmatic approach to

his career began when Troisi was 15 and got signed by Newcastle United. Playing at a Premier League powerhouse, he quickly learned just how competitive the game can be at the highest level. "In Australia when a new player comes in we put our arms over his shoulder and welcome them," he says. "Over there it's a completely different kettle of fish because you're taking a local's spot. You realise very quickly what it's really like. which is that if it's me or him, it has to be me because he's thinking exactly the same thing."

Troisi believes that tough beginning hardened him up, adding grit to his natural gifts. "You see a lot of young players here go overseas and they don't last," he says. "It's not because they don't have the ability. If you're a nice guy you're never going to play at the highest level. It's as simple as that."

MAKE YOUR MARK

But if Troisi thought Newcastle was a cauldron of competiveness and crazy fans, playing for Gençlerbirliği in Turkey was next level. "If you can play in Turkey you can play in most countries in the world," he says, looking back with a smile. "With the fans there, it's really full on. If you're not winning they'll sacrifice a goat and rub the blood on their heads." Conversely, when you win, it's party time. "It's a big thing to win in countries like that, especially at a smaller club. If you beat a bigger club, it's a massive celebration."

From there, football took Troisi to locales as diverse as Saudi Arabia and China, before he returned to help the Victory win the A-League championship this past season. But don't get too used to seeing him in the club's navy blue strip. "To be honest I can't see myself sitting at one club and finishing my career," he says. "I don't know if I get itchy feet or bored, but you don't want to get complacent. Moving keeps me on my toes."

Indeed Troisi's vagabond career has helped forge a survivalist mentality. Opportunities must be seized and you do whatever it takes to make your mark in the time you have. Troisi's motto - "it never get easier, you just get better" - pretty much sums it up. "If you look at me you would say I'm technically a good player ," he says. "I do have that but you get nothing from it unless you work hard."

It's the kind of attitude that allows you to succeed, whatever the stage and wherever your career might take you.

Core Promise

Troisi's game relies on sturdy foundations. "You need your core and glutes firing," he says. "That's your base." Do this workout to build a core you can count on



2/ Hip thrust x 10 on each leg



3/ Bird dog x 10 on each leg



4/ Plank Hold for 2 mins

5/ Running man x 10 on each leg

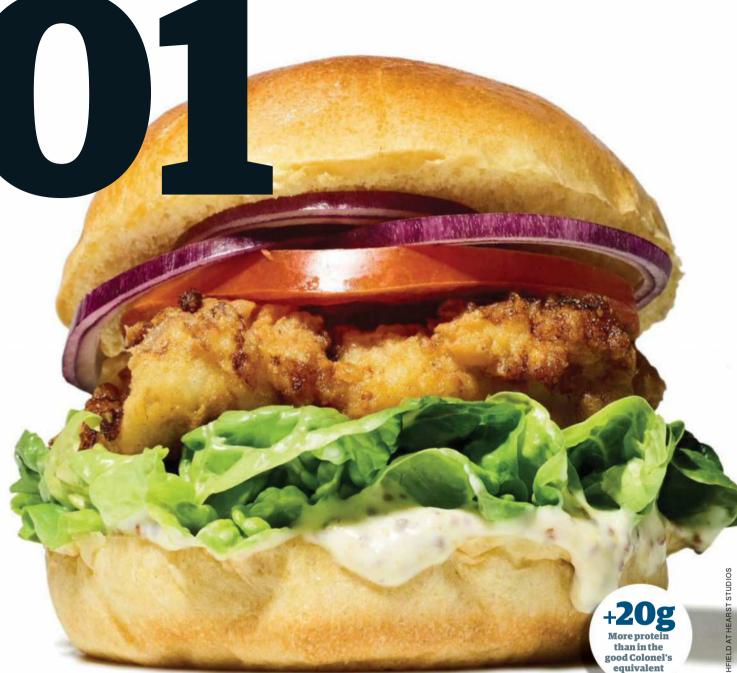


CRYSTAL RALL				
Get your head in the game with picks and predictions from the nation's top pundits	EXPERT PANEL Craig Foster Chief Football Analyst, SBS	Robbie Slater Fox Sports football	Mark Bosnich Fox Sports football commentator	
<u>Players to watch</u>	Ousmane Dembélé (France, FC Barcelona). He's an incredible talent, extremely quick, technically brilliant. A future Ballan d'Or winner.	Antoine Griezmann (France, Atlético Madrid). A fantastic player, scores goals, left and right foot, a creator, pretty much the whole package.	Mateo Kovačić (Croatia, Real Madrid). Outstanding every time I've seen him this season. Could start in the Champions League final.	
<u>DARK HORSE TEAM</u>	England. The style and quality of young English players is different from the past. Plus, in Gareth Southgate, they've finally got a coach who knows what he's doing.	Poland. They're in a good group and they're ranked 6th in the world. Adrian Mierzejewski, one of the top players in the A-League doesn't even make the squad.	Belgium. Impressive in the qualifiers. They've been touted as dark horses before but haven't really done anything. But they've been building, these things take time.	
<u>Game to set your</u> <u>Recorder for</u>	Russia v Saudi Arabia (<i>June 15, 1am</i>) The opening game signals to us that we're back here again so you can't miss it. Four years is a very long time for football fans.	England v Belgium (<i>June 29, 4am</i>) Two promising sides. Belgium has a golden generation of talent and a lot of their stars play in the EPL.	Portugal v Spain (June 16, 4am) Iberian rivals. Spain's one of the best sides in the world – they beat Argentina 6-1 in a friendly – and Portugal are reigning European champions.	
<u>golden Boot</u> <u>Winner</u>	Gabriel Jesus (Brazil, Manchester City) He's playing in a team that could win the tournament. Equal top in goals in South American qualification.	Neymar (Brazil, PSG) Brazil will go far in the tournament which means he'll need to be scoring goals.	Antoine Griezmann (France, Atlético Madrid) France are a favourite and he's a top goal scorer for Atlético Madrid.	
<u>Socceroos'</u> <u>Chances</u>	Getting out of the group would be a great success. The group is not as difficult as last time, it's more manageable. But I'm worried we're going to go there and be overly cautious, which I don't support.	It's very difficult with Ange leaving. Van Marwijk is very much a stop-gap before Graham Arnold takes over. I'd be surprised if we got out of the group.	I think they can make the round of 16 but the most important thing is that they think they can. A lot will depend on that opening game. In 2006 we won that opening game against Japan and built momentum from there.	
<u>WINNER</u>	Brazil. They're back in unbelievable form. They have individual talent that's off the charts and they're all playing well.	Germany . There's only been one occasion when a non-European nation have won in Europe – Brazil in 1958.	Brazil. Superb in qualification. They have a lot to prove after losing 7-1 in the semi-finals last time.	

LANKER NUSCLE

BY SCARLETT WRENCH PHOTOGRAPHY BY MICHAEL HEDGE

At the risk of ruffling a few feathers, we think your meal-prep routine could do with an update. We get it: chicken is your kitchen staple. But by focusing on the leanest, whitest meat in its plainest form, you're missing out on vital nutrients – and, of course, flavour. *MH* is on hand to improve your bird-to-biceps formula with a flock of nutritious feasts that will keep you plump all month. Spread your wings >





Protein needn't be pious. Satisfy your fast-food lust with this stripped-back, spicy offering from the Long Arm Pub

INGREDIENTS (SERVES 4)

Chicken thighs, 500g, cut into 8 pieces Buttermilk, 250ml Rice bran oil Plain flour, 200g Garlic powder, onion powder, salt and chilli flakes, pinch of each Whole milk, 200ml Brioche buns, 4 Honey mustard

METHOD

01 Keep your bird juicy, without using an industrial pressure fryer, by marinating it in the buttermilk. Refrigerate for four hours. Heat a large pot of rice bran oil, which has a high smoke point and therefore maintains more of its phytonutrients when deep-frying.

02 Roll each piece of chicken

in flour and the spices, drop it in the milk, then pop it back in the flour. Deep-fry each piece for six minutes. If you need justification, a University of Montana study found that the macronutrient balance in burgers makes them as efficient for muscle recovery as many sports supps.

O3 Warm the buns under the grill, then assemble your burger with honey mustard mayo and torn gem lettuce. And to wash it down?

burger with honey mustard mayo and torn gem lettuce. And to wash it down? Long Arm recommends a fruity IPA to complement the burger's sweetand-savoury flavour. You've earned it.

NUTRITION



02-05 SOUPED-UP NUTRITION

Don't throw away your Sunday roast carcass – there are useful proteins and minerals hidden within. Use it to concoct this broth, from Michelin-star restaurant Sat Bains

Simmer your carcass with bay leaves, half a chopped onion, sage, pepper and a stock cube in three litres of water for two hours. "Broth is great for digestion," says nutritionist Rhiannon Lambert. "It's also filled with calcium and recoveryboosting collagen." Health hipsters like to drink it as it comes; or you can work it into the recipes below.

REMIXIT!

Blitz your broth with some of Sat Bains' top soup mixes

Pre-Workout

Sweat an onion in butter, then add a can of corn. Whizz into the broth and season with basil. Deploy for a carb boost before the squat rack.



Post-Workout Combine the stock with onion, garlic, thyme, rosemary and 100g of bacon for an extra 17g of protein. Use in place of your recovery shake.



Rest Day

For nutrients without the kilojoules, add Brussels sprouts leaves, spinach, crushed chestnuts and pepper. It's better than any green juice.



Ub A WING AND A DARE

The next time you feel bored of breast meat, fly through this recipe from Long Arm. Slather it with as much heat as you can

INGREDIENTS (SERVES 6)

Chicken stock, 2L Chicken wings, 1.5kg Oil for deep-frying Hickory BBQ sauce, O2 Make the

400ml Chipotle chillies, 150g Brown sugar, 50g Crushed chilli flakes, 20g Hot smoked paprika, 10g



If you eat your chicken skinless, you're missing out on valuable nutrients. This crispy chicken crackling proves it's what's on the outside that counts

Buy your breasts with the skin on, then peel it off and slice it into strips. "The skin contains saturated and unsaturated fats. Our body needs both to function optimally," says Lambert. Also, its gelatin has been linked to a reduction in joint pain. Place the strips on a lined baking tray and sprinkle on toppings (right) with a pinch of salt. Cover with a sheet and bake

for 45 minutes until crisp. >

75% of your protein RDI - and more if you eat your partner's

METHOD 01 If you have

any brothleftsmoky kiover, now's yourboost youchance to use it.boost youBring the wings toa boil, thena boil, thena large psimmer for 10deep-fryminutes.Slather e**92 Make the hot**Slather esauce by blitzingpiece inyour chillies, thensauce orstirring in thecheese orchipotle peppersjust chew(dried jalapeño)the flame

will give it a smoky kick and boost your metabolic burn. 03 Heat the oil in a large pan, then deep-fry the wings in batches. Slather each piece in the sauce once it's ready. Serve with a cool blue cheese dip - or just chew through the flames.

REMIXIT!

In a bowl, combine your choice combination of the flavours below, then add liberally

Sunday Roast Dried thyme, rosemary and sage.



Mexican Heat Pink pepper, chilli, paprika.



Eastern Spice Cumin, sumac, black pepper.



MH JULY 2018 107

10-15 STRETCH YOUR Master the art of waste-free cooking by learning to

Master the art of waste-free cooking by learning to prep in bulk. Perfect your roast with this recipe from butchers Parson's Nose, then adapt your leftovers for a week's worth of meals. Keep your health in check on the cheap

SUNDAY A WHOLE LOTTA BIRD

INGREDIENTS

A chicken, 1.6kg Onions, 2, chopped Carrots, 2, chopped Garlic bulb, broken up Olive oil, 2tbsp Rosemary, large sprig Smoked salt, 1tbsp Butter, 250g An orange, quartered A lemon, quartered METHOD 01 Soak your bird in three litres of tepid water with sugar and salt. Refrigerate for 6-12 hours.

02 Dry the chicken an hour before roasting. Coat the vegetables in oil. Mix the rosemary and salt into the butter. Rub the chicken with butter and stuff the fruit into its cavity.

03 Pop the bird on the veg, cover the tray with foil and roast at 180°C for 20 minutes. Remove the foil; roast for 35 minutes. Don't eat it all tonight.

of protein in a

smallish bird.

were you to finish it

MONDAY AFTERNOON SPRING ROLLS

INGREDIENTS (SERVES 2)

Cooked chicken, 250g Rice paper wrappers, 4 A carrot, grated Spring onions, 2, sliced Beansprouts, handful Coriander and mint, to taste FOR THE SAUCE Fish sauce, 2tbsp Lime juice, 2tbsp Runny honey, 1tsp

x2 These pack twice as much protein as they do carbs. Call them abs roll-outs

METHOD 01 Get creative for

an afternoon snack that beats any protein bar. Dip the wrappers in hot water one at a time and lay them on a damp tea towel. 02 Leaving a 2cm border around the edges, stuff the rolls with your other ingredients, then wrap them up like parcels. 03 Pop the rolls in some Tupperware, then pour the sauce ingredients into a bottle. Shake to mix. Break these out when post-lunch cravings threaten your resolve.

TUESDAY PESTO PROTEIN STRIPS

INGREDIENTS (SERVES 4)

Cooked chicken, 400g Basil, large handful A garlic clove, grated Pine nuts, 25g Freshly grated parmesan, 25g Olive oil, 100ml Cherry tomatoes, 400g Mozzarella, 2 balls, torn



METHOD

01 First, the pesto. Blitz the basil, garlic, pine nuts and parmesan, adding oil to form a paste. Season to taste – with more cheese, if you prefer. 02 Tear the chicken into strips, coat it in pesto, and lay it in a dish. Top it with the tomatoes and cheese (mozzarella packs a helpful 12g of protein per serving). 03 Bake at 180°C for 10 minutes until the

cheese melts. Serve with salad and balsamic vinegar, or tagliatelle if you're in need of workout fuel.

WEDNESDAY MOROCCAN MUSCLE

INGREDIENTS (SERVES 4)

Cooked chicken, 400g An onion, sliced Oil, dash A red chilli, chopped Squash, ½, diced

Curry powder, 2tbsp Rose harissa, 1tbsp Dried apricots, 50g, chopped Flaked almonds, 50g A tin of tomatoes

of tomatoes

of protein and

carbs will keep vour muscles in

one piece

METHOD 01 Feed your muscles after a

heavy session with a simple tagine. Start by frving the onion until it is browned, then add everything else except for the chicken and honey. 02 Mix well, then cover with a lid. Let it bubble for 10-15 minutes. until the squash softens. 03 Finally, add the torn chicken and the honey and cook for a few minutes. Serve with bulgur wheat and coriander for a perfect blend of carbs, protein and vitamins that will have you primed to perform well tomorrow.

THURSDAY CURRY NIGHT UPGRADE INGREDIENTS (SERVES 2)

Cooked chicken, 200g Onion, ½, finely sliced Red capsicum, ½, finely sliced A clove of garlic Ginger, chunk Madras paste, 1½tbsp Sweet potato, chopped Coconut milk, 200ml Peanut butter, 2tsp

a triple hit of

prebiotics for

digestion

METHOD

01 Skip the takeaway and make your own. Soften onion, capsicum, garlic and ginger in a

garlic and ginger in a large pan. Add the curry paste and stir. **02 Add the potato**

chunks, followed by the coconut milk for a hit of metabolism-boosting MCT fats. Reduce to a simmer and cook for 5-10 minutes until the spuds have softened. 03 To finish, add the

chicken and peanut butter and warm it all up. Serve with basmati and a chilled lager. It's almost the end of the week, after all.

Soy, garlic and onions provide

INGREDIENTS (SERVES 2)

Cooked chicken, 200g Fresh stock, 1L Onion, ½, sliced Rice noodles, 120g (dry weight) Fish sauce, 1tbsp Light soy sauce, 1tbsp Raw beansprouts, 50g

METHOD

01 Spare yourself the graft and line your stomach with this Vietnamese soup you can prep in minutes. Bring the stock to a boil, add the onion and simmer for six minutes.

02 Add the noodles and chicken. Don't avoid the

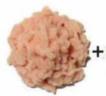
dark meat; it's marginally higher in kilojoules but full of micronutrients. Once the noodles have softened, add the sauces.

03 Divide into bowls and garnish with coriander, fresh red chilli and a big squeeze of lime juice.>



Because you can't dine under the Golden Arches every day, we've created this lean nugget matrix to help you switch up your home efforts, with the help of Joe Sexton. PT and chef at Fat Loss Feast

Different combos, with 30g protein per plate



Minced chicken 500g





An egg

The Base



Breadcrumbs 100g

The Boost





Ancho chilli

+ cumin

Anti-bloating

01 It's time to get

your hands dirty

out your minced

a cup of one of the

three boosters, plus

chosen spice blend.

- but start by

chicken with three-quarters of

1tbsp of your

METHOD



Parsley + lemon zest Immunity



Rosemary + garlic Concentration





Chilli flakes + soy sauce at loss



Paprika + cinnamon More energy

Knead the mixture together. mould it into nugget-sized washing them. Bulk balls and then refrigerate for

30 minutes. 02 When you're ready to cook, roll each ball in flour, dip in beaten egg and add the

breadcrumbs. Flatten the nuggets into an oval shape. 03 Finally, bake them in the oven at 180°C for 20 minutes or until they're golden. Eat with salad, or - if you're a traditional bloke - chips.





superfood. With these indulgent recipes from Paul Hood of the Social Eating House, you won't have to force it down either

INGREDIENTS (SERVES 4)

Chicken hearts, 400g Milk, 500ml Button mushrooms, 150g, sliced Butter, for frying Baguette, 12 thin, diagonal slices Clarified butter, 120g Brandy, 2tbsp Stock, 100ml Double cream, 3tbsp Seedless grapes, 150g, peeled

METHOD

01 Slice through the hearts (our apologies for the violent start) and soak them in milk for an hour to soften the meat. Fry the mushrooms, keeping the juices to one side.

02 To make the

croutons, fry the slices of bread in clarified butter until golden. Sauté the hearts, flambé in the brandy, then tip out the liquid. Add the stock and juice from the mushrooms, then reduce.

03 Finally, add the cream, mushrooms and grapes. Plate up with the sautéed meat and croutons for a hearty dish of meaty fare.



26 OPULENT EPO PÂTÉ

FOR THE CHUTNEY

Pack a little power into your next session with Hood's energising chicken liver dish. It'll ensure you're never spreading yourself too thin

INGREDIENTS

Chicken livers, 500g
A clove of garlic
Cream, 1½ pints
Eggs, 2
Nutmeg, pinch
Brandy, 2tbsp
Red meat jus, 2tbsp

Pears, 300g	
Apples, 50g	
A clove of garlic	
Ginger, 1tsp	
Sugar, 120g	
An orange	
White wine vinegar, 12	oml
Raisins, 50g	
Saffron powder, pinch	ı
Tomato concasse, 200	g

METHOD

01 Blitz the pâté ingredients in a food processor, seasoning to taste. Butter a terrine dish, add your liver mix, then cook it on a low heat for an hour.

02 Now for the chutney. Slice the fruit into chunks, then sweat it with the garlic, ginger and sugar. Once it softens, stir in the orange juice and zest, vinegar, raisins and saffron, mixing well. Add the tomato last. 03 When the pâté is cooked, let it cool, before serving with the sweet chutney and buttery brioche.

Voilà! Consider your muscle glycogen well prepped.

27 THE BEST BIT OF ALL



A tender piece of meat located near the thigh, chicken oysters are also known as "the chef's reward", as they are often surreptitiously devoured before serving. They're a treat for your body, too. "This dark meat is rich in zinc and iron – for immunity and energy production – along with vitamins A and K," says Lambert. Plus, research by the NYU School of Medicine suggests its taurine may have benefits for heart health. Look for two small pieces of meat on either side of the backbone. Just don't tell anyone. ■



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CHEAT TO PROSPER

FULL-RANGE-OF-MOTION REPS HAVE BEEN AN UNCONTESTED TENET OF MUSCLE-BUILDING DOGMA. NOT ANY MORE. IT'S YOUR TIME TO BECOME A WEIGHTS-ROOM RULE-BREAKER >

STICKING POINT

The hardest part of a curl is when your elbow bends 90°. Your biceps relaxes as it moves further from that angle.

GIVE THIS A CURL!

Start with your arm slightly bent. Curl to 90°, pause and then curl as high as you can. Slowly lower to the start. Do 3 sets of 45 seconds per arm. Feel the burn.

DLITE



Small Moves, Big Gains

GET STRONGER AND STAY HEALTHIER BY MIXING PARTIAL REPS INTO YOUR WORKOUTS

BY K. ALEISHA FETTERS

WHAT IF YOU could add muscle and power to your legs without struggling through those painful (and often risky) "arse-tograss" squats pushed by many trainers? Well, a recent Journal of Strength and Conditioning Research study likes that idea: the study participants did full squats at first, and then one group did partial squats as a second exercise while another kept doing full squats, going as low as possible. Which group added more lowerbody power and strength? The partial squatters. This range-of-motion revolution promises to help you build cannonball arms, sturdy legs and a strong back. For years, science (both bro and real) endorsed

working through a full range of motion (ROM) on every exercise. That meant lowering your butt as close to the floor as possible on squats, and fully straightening your elbows after every biceps curl. It's how most guys train in the gym - and yes, you should still be doing full-range exercises in every workout.

But learning how to properly use a limited range of motion can take your strength to the next level. Think about that biceps curl: when your arm is fully straightened, your biceps isn't being challenged by the dumbbell, and it's not really being challenged at the top of the movement either, when it's near your shoulder. "You're not overloading the muscle through much of the exercise," says veteran trainer Nick Tumminello.

But when your elbow is bent 90°, the weight typically feels heaviest because your biceps is at a mechanical disadvantage. And that's when your muscles are working the hardest. "Overcoming this will increase performance and strength through the full range of motion," Tumminello says.

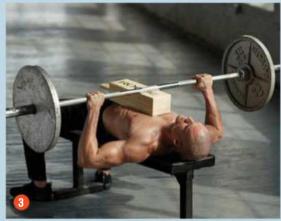
Reps using a more limited range of motion are called partials. With these, you

skip the easy parts of an exercise and focus on the most challenging portions, eventually making it easier to get through the sticking point. And you can use a heavier dumbbell than you normally would on a biceps curl, which can trigger arm growth. "Adding more volume results in greater hypertrophy," says strength mechanics expert Caleb Bayzler. In plain English, that means a stronger you.

Partials also help armour-plate your body. Training in your weakest range of motion even with light weights (think of lifting a barbell centimetres off your torso while benching) strengthens that weak area, which is often where injuries occur. So it's a smart and sensible play as well as an effective one.

If lunging makes your knee hurt, try an isometric Bulgarian split squat: with your back foot on a bench, lower your torso until your front thigh is parallel to the floor, and hold for a few seconds. You're not moving, but you are strengthening your knee. "There's a 15- to 20° carryover above and below the range of motion you're staying in," says Tony Gentilcore of Core Fitness. It's all worth carrying into your next workout. Here's how. THE ROM REVOLUTION WILL HELP YOU BUILD STURDY LEGS AND A STRONG BACK







4 MUST-TRY MUSCLEMAKERS MIX THESE PARTIALS INTO YOUR WORKOUTS TO BUILD STRENGTH AND BULLETPROOF YOUR BODY

1/PERFECT YOUR PULLUP THEMOVE FLEXED-ARM HANG

Stand on a box and grab a chin-up bar using an overhand grip just beyond shoulder width. Your elbows should be bent 90°. Brace your core and pull your shoulder blades together. Raise your feet off the box and hang, maintaining your 90° elbow bend. Hold, and return to the starting position. That's 1 rep; do 3 sets of 8.

3/ PUMP UP YOUR BENCH PRESS

Watched by a spotter, lie flat on a bench with several 2×4 boards on your chest, holding a barbell that's loaded with 10 per cent more than your typical bench-press weight. Squeeze your shoulder blades, bend your elbows, tighten your core and lower the bar until it touches the top board. Pause and press back up. That's 1 rep; do 3 sets of 4-6.

2/ IMPROVE YOUR DEADLIFT INEMOVE FIRST PULL

Load a barbell on the floor with 20 per cent less weight than you usually deadlift, and stand with your feet hip-width apart. Push your hips back, grab the bar and squeeze your core and lats. Pull the barbell 10 centimetres off the floor, hold for 3 seconds, and then stand upright. Pause and return to the start. That's 1 rep; do 3 sets of 4-6.

4/ PROTECT YOUR SHOULDERS

Lie facedown on the floor, arms spread so your upper arms form a T with your torso. Now bend your elbows so your forearms are parallel to your torso. Tighten your middle back, lifting your arms off the floor. This is the start. Rotate your wrists toward the ceiling as high as you can (it won't be high), hold and return to the start. That's 1 rep; do 3 sets of 10-12.

Pause for Big Power

"Pause reps" let vou use a full range of motion while still challenging you in limited ranges of motion. Try this with your next set of dumbbell rows: Instead of simply raising the dumbbell to your chest, pull it toward your chest; halfway through the motion, pause and hold for 1 second. Finish the pull, and then pause for 1 second once the dumbbell touches your chest. That's 1 rep; do 3 sets of 6-8. For a killer triceps pump, apply the same technique to triceps pressdowns. Hold the rope and pause for 1 second halfway down: then pause for another second when you've straightened your arms.



Don't overdo it

Overloaded partials place major strain on your body, so use them sparingly. How sparingly? Limit them to no more than 10 per cent of your total training.

Do be sure to stretch

Reminder: if your hamstrings are too tight for full deadlifts, that's not an excuse to do partials. Correct any muscle imbalance that could lead to injury.

Don't get Olympic

You can't change the range of motion on explosive exercises like the clean-and-jerk and snatch. To stay healthy, avoid altering these moves.

Do train through sticking points

By skipping the full ROM, you may not strengthen your weak points. Target these with light weights and full ROM.

ESSENTIALS Our guide to what's happening and what's new

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WHEN RELIABILITY Really counts

SEIKO has released a new collection of Prospex dive watches for the new season.

Model SRPC91K features an automatic movement, is 200m water resistant, has a one-way rotating bezel and a comfortable urethane strap.

The dial design is inspired by the blue whale's body patterning.

RRP \$725

Visit seikowatches.com/au-en/ products/prospex



ALL-IN-ONE VITALITY

Vital All-In-One, formerly called Vital Greens, is a comprehensive multi-nutritional supplement to support optimal health. It's a carefully balanced blend of vitamins and minerals, detox herbs, pre- and probiotics, antioxidants, fibre and a unique high alkalising pea protein. Renamed from Vital Greens to highlight it is more than just greens, Vital All-In-One is the same formula, just with a fresh new name!

Available from Woolworths, Coles, Chemist Warehouse, selected pharmacies and health food stores.

07/18

BUILT TO PERFORM

When you train for strength you focus on movements rather

than muscles. With this approach

you'll move better and be able to

produce more force in different

planes than guys who train for

aesthetics. Stronger people

are always harder

to kill, too.

ELITE

TRADE SECRETS MIGHT IS RIGHT

PRIORITISE GAINING STRENGTH OVER ADDING MASS AND REAP THE REWARDS EVERYDAY, PROMISES IN-DEMAND STRENGTH GURU JAMES BRODIE, OWNER OF SYDNEY'S J-TRAIN ATHLETIC PERFORMANCE CENTRE

EXPERT	JAMES BRODIE
AGE	29
HEIGHT	179CM
WEIGHT	89KG
INSTA	@jtrainathletic

LOAD THE BAR

1 (3 C

In strength training you work towards moving heavy loads with strict form in the big moves: squat, bench-press, deadlift, military press, bent-over row. Rep ranges are 3-5 while rest periods blow out to 3-5 minutes. You need that downtime so you're not flogging yourself into a heap. You want to be 90 per cent recovered before going again.



BEAST BENCHMARKS

All guys have different potentialities but here's my rough guide for qualifying as strong:

1. SQUAT – 1RM of 1.5-1.75 x bodyweight

2. DEADLIFT – 1RM of 2-2.5 x bodyweight

3. BENCH PRESS – 1RM of 1.25–1.5 x bodyweight

BRICKS BEFORE BEAUTY Isolation moves have their place.

Side laterals, for example, are a decent accessory exercise for adding a bit of volume to your shoulders. But you want to start with a compound move like the standing press and work down to those finishers.

START SMALL

Do this safely! That means doing a bunch of high-volume warm-up sets to prepare the tendons and joints for the bigger lifts. We have a guy at our gym deadlifting 315kg but for his first set he'll use just a bar.



STAY A WHILE

You may have realised by now that effective strength training requires a solid time commitment. The warm-up sets, long rest periods and high number of working sets mean you're looking at 90-minute sessions, not half-hour frenzies. There are no shortcuts with this so don't start what you can't finish.

RULE YOUR ENVIRONMENT

Cover guys tend to be genetically gifted and spend hours doing biceps curls – both great for a photo-shoot. But when it comes to moving furniture, Atlas stones or cases of beer, those showy muscles never seem very useful. You only have to watch *Rocky IV* to see who wins in a battle of real-world strength versus high-tech gym-machine training.

ELITE

The Rules Of Fight Club

THIS TRENDING MARTIAL ART WILL TAKE THE FIGHT TO YOUR WAISTLINE AND STOP YOUR FITNESS MOTIVATION TAPPING OUT

WHERE DO I START?

Rolling around on the mats of your local gym. Many chains now offer Brazilian jiu jitsu (BJJ) classes, but to commit to the art rather than the workout, you'll need to find a specialist establishment. Any gym associated with Professor Mario Sergio Yokoyama is a good place to start. Check out possibilities at mybjj.com.au and graciejiujitsu.com.au.

🧿 WHO'S IT FOR?

Anyone. BJJ's ethos is to help people defend themselves, regardless of their size, and its technical focus makes it mentally stimulating. "There's also a social aspect," says black belt Sam Gibson. So strangling classmates is a bonding exercise, then.

DO I NEED ANY SPECIAL KIT?

Your usual shorts and T-shirt will suffice for a starter session - the traditional BJJ gi can wait until you're competing. However, Neoprene knee guards (\$40, thefightfactory.com.au) and Finger Tape Premium (\$8, *fingertape.com.au*) will protect you against painful friction burns from the mat and prevent you having to pop dislocated digits back in after a grapple gone wrong.

Trend Secrets BRAZILIAN JIU JITSU

4 IS THERE A SIGNATURE MOVE TO MASTER?

Gibson recommends the armbar, a lock that hyperextends the elbow. With your partner on their back, sit on top of them at a 90° angle, one leg over their neck and the other over their chest. Hold their free arm between your legs with both hands, the wrist facing up, then pull it towards you. Push your hips up as you lean back to pressure the joint. Then see how long they can last. Prediction: tap out.

📮 WILL IT GET ME RIPPED?

Vou'll never see any marketing overtly promoting its aesthetic outcomes. But a swift google will vouch for the athletic physique that BJJ affords. The physical exertion and isometric holds involved in grappling ensure that earning your belts will help you tighten them, too.



• "Many make the mistake of going into 'beast mode' during sparring," warns Gibson. "Prioritising force over technique isn't what BJJ is about." And it could earn you an injury - especially if you try to rough up the wrong opponent. The first six months of training are about building a technical base. Take it slow,champ.

07/18

WITH GOOD GRACIES

THE GRACIE FAMILY'S SUCCESS IS NOW SYNONYMOUS WITH THE BRAZILIAN JIU JITSU SYSTEM. HERE, WE PRESENT A BRIEF HISTORY OF THE MEN YOU SHOULD BE SEEKING TO EMULATE



1925-51 SPAR IS BOF

Carlos Gracie sets up a jiu jitsu academy in Rio. His brother Helio switches the technique to help small men tackle big assailants: BJJ, as it is now known



1978-80 KICK-STARTE

Helio's son Rorion moves to the US to share his father's system, teaching from his garage. He invites people of all sizes to fight him – and wins.



1993 INTO ACTION

The Ultimate Fighting Championship (UFC) premieres on TV and Rorion's brother Royce, the smallest competitor, proves BJJ's merits by emerging victorious.



STAYING POWER

With the discipline's popularity growing, Rorion's sons Ryron and Rener launch the standardised global training program, still taught today, to preserve its success.

You can help STOP violence against women.

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Learn how you can **STOP** violence against women at whiteribbon.org.au/stop.



ELITE

The Arms Race

PERFORM THIS 100-CURL CHALLENGE (WITH A BRUTAL TWIST) EVERY OTHER DAY FOR 19 DAYS AND YOU'LL SEE YOUR BICEPS AND TRICEPS START TO POP

THE FORMAT:

First, pick a pair of dumbbells you can curl for 20 reps at a moderate difficulty. Your aim is to complete 100 biceps curls. Every time you need to rest, drop the dumbbells and perform 15 close-grip push-ups. So, really, there's no rest. Mind you, we never said it would be easy.

1 CURLING IRON

Hold two dumbbells by your sides, palms facing in. Curl both weights up towards your shoulders, rotating them as you lift, aiming to get your pinky fingers as close to your shoulders as you can without letting your elbows move forwards. Squeeze your biceps hard at the top, before slowly lowering and flexing your triceps hard at the bottom.

2 PRESS IN YOUR REST

When your biceps need a break, drop to the floor and assume the top of a push-up position. To switch the emphasis to your triceps, bring your fingers and thumbs together to form a diamond shape. Lower your body to the floor, keeping your elbows tucked in. When your chest hits your hands, explode back up. That's one rep - 14 more to go.



3 PACE YOURSELF

Don't go out too hard with the curls. "Fatigue will catch up with you," says Tracey. "Once the reps drop, the push-ups will mount up. But go too slow and the push-ups will wipe you out." Instead, maintain a steady pace and rest only when you can no longer control the lowering of your curls.



ON MUSCULAR ACHES AND JOINT PAIN

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WORKS WHERE IT HURTS

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ELITE

STAY IN THE GAME

HOW DO ATHLETES PERFORM AT A TOP LEVEL Beyond age 40? This 41-year-old reveals Strategies that even regular guys can use

BY JEFF BERCOVICI

I'M NOT AN ELITE ATHLETE. I'm just a guy on the precipice of middle age who enjoys running, biking, soccer and tennis. If I can push myself to my physical limit a couple of times a week and still have the energy to crawl around with my daughter, then I'm satisfied.

That makes me a useful filter. The pros have unlimited budgets and few demands on their waking hours beyond making themselves fitter. If you want to spend thousands - or tens of thousands - to sleep in an oxygen pod wearing infrared pyjamas, then knock yourself out. But chances are you care only about things that work, are safe and fit your schedule and budget. So trust the guy with a day job, a bad back and a new baby. Here's what I learned in two years of reporting for my book *Play On*.

Periodise your regimen

The importance of periodising and the risks of not doing so have been drilled into my head by the likes of soccer coach Raymond Verheijen and exercise scientist Trent Stellingwerff. For an elite athlete. periodising can mean creating a structured program of build-up and tapering that yields peak fitness at a precise time. For me, it's more about the principles: ramping up training gradually, preparing my body for specific demands and avoiding fatigue. If you invite me to play soccer and I haven't been keeping in soccer shape, or if I'm nursing an injury I could play through, I say no. Benching yourself sucks, but it doesn't suck as much as missing an entire season because you got hurt.

07/18

Emphasise recovery

Elite lifters end their workouts differently than the rest of us do. Strength coaches talk about loading and unloading - that is, the former should always be followed by the latter. I now think in those terms. "Unloading" for non-lifters can mean yoga, foam-rolling, ice tubbing, running in water or meditating. It encompasses both recovery and range-of-motion work that prevents the sorts of movement limitations and compensations that can build up over time and lead to injuries. I used to consider happy hour a valid cool-down routine. Now I'm a fanatic about stretching and selfmassage and have a closet full of straps, bands, foam rollers and massage balls to show for it. Committing to this is tough if your schedule is packed, which could tempt you to extend your workout and skip the stretching. That's a bad trade-off.

Go hard and easy

A percentage of your workouts should be high intensity, and the balance - say, 80 per cent - should be performed at very low intensity. Again, I don't stick to any formal program of polarisation, but I try to avoid what Stellingwerff says is the most common mistake athletes make: going too hard on easy days and then not being able to go as hard as you want the next time out. Instead, I make my hard workouts both shorter and more intense than I used to. Elite older athletes stav competitive by being more deliberate in their training, focusing their limited time honing specific skills, and correcting their fitness weaknesses. For me, this often means taking two minutes before I start to write up a plan on a sticky note. A little intentionality goes a long way.

Eat for muscle

Much of the nutrition "science" peddled to athletes is bunk. If you're eating a healthy diet - lots of different fruits and vegetables,



proteins and whole grains, not too much sugar or processed stuff - you're probably fine. But if you want to avoid losing muscle as you age, it's worth making a couple of tweaks. I've increased the protein in my diet as well as the number of times I consume it during the day, following the advice of triathlete and nutrition scientist Asker Jeukendrup. A side benefit: adding protein to anything you eat effectively lowers its glycemic index, says Chris Jordan, director of exercise physiology for the Johnson & Johnson Human Performance Institute. So if I want to have an oatmeal chocolate chip cookie without feeling a sugar crash, I'll put a smear of almond butter on it. I also try to consume 3-5 milligrams of creatine powder a day, usually in a smoothie or a glass of milk, just before or after a workout. It's had a noticeable effect on my ability to build and maintain muscle.

Sweat the small stuff

For athletes with a history of injury or physical limitations (that's all of us, eventually), the key to optimal fitness is separating desirable training stresses from undesirable ones. If you have access to an AlterG anti-gravity treadmill or Kaatsu bands, great. If you don't, there are still plenty of ways to embrace this concept. Instead of adding weight to an exercise, I'll incorporate a balance element, like doing push-ups with my hands on medicine balls, or add a second-force vector, like having a resistance band around my knees during squats. Focusing on smaller, neglected muscle groups is not a recipe for getting huge, but it's great for developing functional strength and avoiding injury - higher priorities in the long term.

Learn new skills

Challenging your body in the same ways day after day for decades is an efficient way to chew up your body. Challenging it in different ways is the perfect cure. I marvel at elite athletes and, like most regular guys, I envy what they're able to do. But they should envy us too. There's nothing like trying something new and sucking at it, and then sucking a little less every day. Science hasn't yet made it possible for us to get younger. This quest - getting fitter, faster and better at what we each love to do the most - is the closest thing we have to a fountain of youth.

RUN WITH NO PAIN



This one's not for everyone. Nowadays I see a lot of older runners in "maximalist" shoes made by Altra, with soles as thick as A Game of Thrones paperback, and not caring whether they're landing on their heels or toes. But after wading through the conflicting research and talking to biomechanists, I'm convinced: there are benefits to forgoing a little cushioning and learning to strike the ground with your midfoot or forefoot rather than your heel. Your legs

are springs – the stiffer the spring, the more efficiently the forces you put into the ground return to your body, propelling you forward.

WARNING If you feel strongly about the need to change your footstrike, find a coach who can work with you on it. Recent research suggests that the most energy-efficient running style for most people is the one that comes naturally to them. Your problem may be more stride than strike, though, and biomechanist Jay Dicharry readily concedes this. "The vast majority of runners actually overstride," he says. By focusing on shortening your stride, you may ultimately change your footstrike pattern. This leads to less of a "pulling" and more of a "pushing" running pattern, resulting in less stress on (and potential damage to) your joints. Slower times in exchange for less pounding on my spine is a trade-off I'm happy to make.



UNDER

Traditional French pot roast chicken

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Butternut Squash and Beef Chilli SPOON INTO FIVE BOWLS TO STOCKPILE YOUR WEEK'S FUEL

YOU WILL NEED ...

A small onion. chopped 2 Garlic cloves, 20g, chopped Capsicums, 2, diced Mushrooms, 250g, diced 5 Beef mince (10% fat), 750g II Tinned tomatoes, 800g Cumin, 15g Paprika, 4g Beef stock,100ml Butternut squash, 460g Cacao powder, 15g 12 Avocados, 21/2, sliced 13 Coriander, 4a

METHOD

STEP 1 In a large saucepan, fry the onion and garlic for 5min. Add the capsicums and mushrooms. Leave on the stove for another 10min.

STEP 2 Add the mince, tinned tomatoes and spices and stir well, coating the ingredients. For your last bit of prep, add the stock, boiling water and the squash. Cover the pan and let it simmer for 45min.

STEP 3 Take off the lid and stir in the cacao powder, then simmer for a further 10min. Split into five bowls, topping each with avo for a week's restorative fuel.

Damage Limitation Muscle-cell damage from a tough workout will raise your levels of creatine kinase, which slows recovery. Keep your enzymes in check with the vitamin E crammed in your avocado.



The Antidote Flavonoids in the tomatoes and cacao boost antioxidants, which fight fatigue-causing free radicals. Not on our watch.







Patch Up Pain Using 10 per cent fat

beef mince helps your body to absorb fat-soluble vitamins A and D from the squash and mushrooms, reducing inflammation and negating DOMS.



ELITE

Pack On Sculpted Muscle

PART 2 OF OUR THREE-MONTH PROGRAM BRINGS YOU A STEP CLOSER TO YOUR BEST BODY

BY LOU SCHULER

This was never going to be easy, but you're almost there. Last month, Andy Speer, creator of the Anarchy Abs workout series, jumpstarted your frame with a challenging set of fat-burning routines. Now he's back to deliver some major swole sessions. Prepare to gain strength, power and sleevestretching muscle with Part 2 of our ripped-and-ready series.

SCHEDULE

DAY 1 STRENGTH 1 DAY 2 SIZE 1 DAY 3 REST/CARDIO DAY 4 STRENGTH 2 DAY 5 SIZE 2 DAY 6 REST/CARDIO DAY 7 REST

STRENGTH WORKOUTS Week 1: 15 minutes Week 2: 15 minutes Week 3: 20 minutes Week 4: 15 minutes SIZE WORKOUTS

Week 1: 4 sets of 10–12 Week 2: 3 sets of 12–15 Week 3: 4 sets of 10–12 Week 4: 3 sets of 12–15

1 BARBELL DEADLIFT

Load a barbell with a moderate weight. With your feet just closer than shoulderwidth apart and toes pointed straight ahead, hinge at your hips and bend your knees to grasp the barbell. This is the start. Without rounding your back, stand. Return to the start. That's 1 rep.

2 BARBELL OVERHEAD PRESS

Stand with your feet shoulder-width apart, holding the barbell straight in front of you at shoulder level, using an overhand grip. This is the start. Keep your core tight and knees slightly bent as you raise the barbell overhead until your arms are straight. Lower the barbell back to shoulder level, letting it come to rest on your upper chest. That's 1 rep.



3 DIP

Grasp the bars of a dip station and hoist yourself up so your arms are straight. Lower yourself until your upper arms are parallel to the floor, keeping your elbows in tight to your torso. Pause; then straighten your arms to return to the starting position. That's 1 rep. If that's too hard, do reps with your hands on a chair behind you and your feet on the floor straight in front of you.





4 FARMER'S CARRY

Stand with a heavy kettlebell or dumbbell in each hand; let your arms hang. Now walk forward, tightening vour core and maintaining tension in vour middle back. As you walk, focus on standing tall; don't lean forward or hunch your shoulders. Also, concentrate on keeping your shoulders back and opening your chest. Walk 25 steps in one direction. Turn around and walk 25 more steps for a total of 50 steps. Make each step very controlled.

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5 SINGLE-ARM Overhead Carry

Hold a medium-weight dumbbell or kettlebell directly overhead with your right arm. Your elbow should be locked and your wrist straight. Tighten your core and walk forward, looking straight ahead. Focus on standing tall, and try to avoid tipping to either side. Walk 25 steps total, and then switch arms and repeat. Don't rush the steps; your strides should be slow and deliberate.



7 FOOT-ELEVATED Split Squat

Stand in a staggered stance, holding light dumbbells at your sides. Place the top of your right foot on a bench behind you. This is the starting position. Bend your left knee, lowering your torso as far as you can while still keeping your chest up. Your back leg should also bend naturally as your torso lowers. Pause and return to the start. That's 1 rep. Do all your reps, switch sides, and then repeat.

Stand holding dumbbells at your sides, feet shoulder-width apart,

6 POWER CURL

sides, feet shoulder-width apart, knees slightly bent, palms facing your hips. Keeping your core tight, hinge forward slightly at your hips; then hinge backward, straightening your body. Use the momentum created to curl the weights upwards. Squeeze your biceps for a moment; then lower the dumbbells. That's 1 rep.

TECHNIQUE TIP

Keep your chest up and shoulders

back throughout each set.



EARLY-WEEK WORKOUTS

STRENGTH 1

Do exercises 1 and 2 as a superset, alternating between 5 reps of each move the entire time. Rest briefly; then do exercises 3 and 4 as a second superset. Rest as needed to maintain good form, and use challenging weights. Follow the week-by-week schedule for a training-time breakdown.

SIZE 1

Focus on quality reps, using lighter weights than you did a day earlier. Do exercise 5 first, followed by exercises 2, 1 and 4. Follow the week-byweek schedule for a sets-andreps breakdown. Do all the sets for one exercise before continuing to the next. Rest 30 seconds between each set.



6 HAUKED UAHHY Stand holding a pair of dumbbells or kettlebells against your upper chest near your shoulders, your elbows bent in front of your body. Keep your core tight and work to stand straight up as you walk forward. Walk 30 total steps.

9 SINGLE-ARM DUMBBELL ROW

Stand in front of a bench with a dumbbell in your right hand and feet shoulder-width apart. Hinge forward at your hips so your torso is nearly parallel to the floor, and place your left hand on the bench, keeping that arm straight. The dumbbell should hang naturally. This is the start. Keeping your right arm close to your body, raise your upper arm and pull the dumbbell toward your rib cage.





STRENGTH 2

Do exercises 6 and 7 as a superset, alternating between 5 reps of each move the entire time. Rest briefly; then do moves 9 and 8 as a second superset. Rest as needed between sets to maintain good form, and use challenging weights. Follow the week-byweek schedule for a trainingtime breakdown.

SIZE 2

Use lighter weights than you did a day earlier. Do exercise 9 first; then do move 7, using only your body weight. Finish with moves 6 and 8. Follow the week-by-week schedule for a sets-and-reps breakdown. Do all sets for one exercise before continuing to the next. Rest 30 seconds between sets.



Feel the burn in the kitchen to create maximum workout heat.

QUESTION

What unlikely tonic could douse the burn of legs day?

> ANSWER Tabasco

IT'S AN UNSPOKEN FACT that there's no more courageous display of faux-manliness than keeping your cool in the face of an incendiary chilli assault. That's why Australian sales of hot sauce are increasing year on year, why chilli challenges have become an online staple, and why brands release products with names that sound like horror B-movies. (Anyone for a splash of Grim Reaper Pestilence?)

Beyond the bravado, however, the masochist's condiment of choice could ironically be the best way to take the pain out of your training. A splash of Tabasco could even make your graft in the gym a little less spicy.

In a recent study conducted by São Paulo State University in Brazil, athletes took either 12mg of capsaicin - the key chemical compound in chilli - or a placebo



pill, before hitting the squat rack. Scientists then tested the subjects' ability to push through four squat sets, using 70 per cent of their maximum weight. The results suggested that those who liked it hot were better able to withstand their trial by fire, pushing 25 per cent more weight during their workout and finding it less strenuous. The effect has been attributed to reduced inflammation and an interruption of the body's pain signals.

All of which means that, come leg day, you should make fiery eggs your pre-workout snack. Season them with as many drops of Louisiana's finest as you can handle, then devour precisely 45 minutes before your session - the amount of time it takes for capsaicin to reach peak concentration in your body. Think of it as a little pain now for a lot of gain later.

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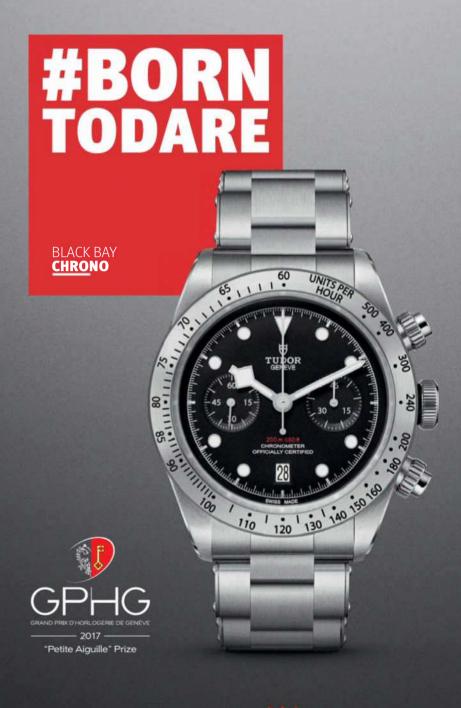
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