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WITH YOUR
MUSCLES**

SUN

SKIN SAFETY

**DON'T GET
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BY THE BRUTAL
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FOR?**

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OUT FAST!**

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JOHNNY SWOLE



#5 Mensfitness.co.za
SUMMER 2020

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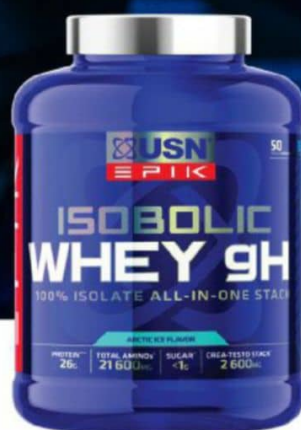
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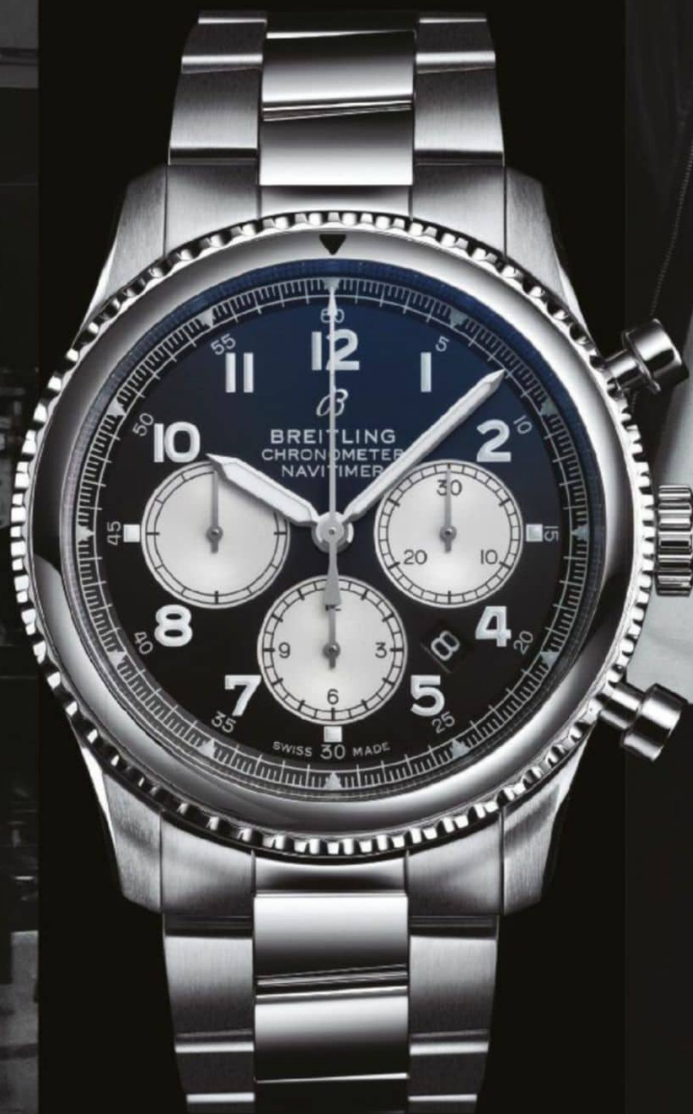
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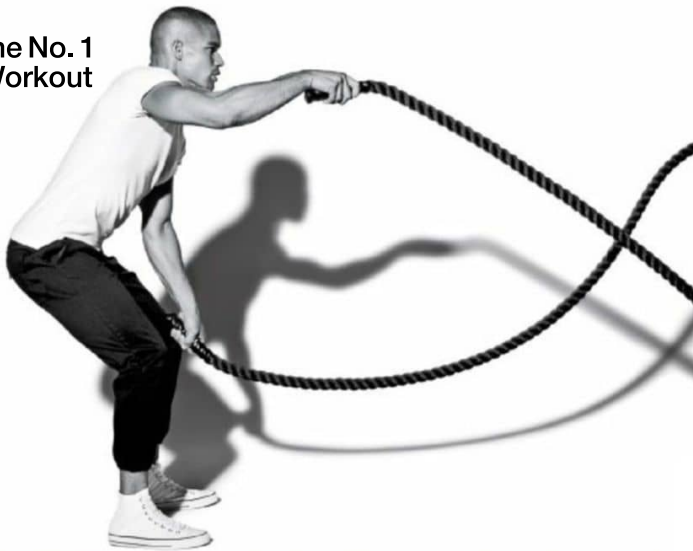


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MEN'S FITNESS

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What winners know

Live smarter, look better, and play harder with tips from *Men's Fitness*

SPECIAL EDITION

Michel Herbelin, Newport 35 Years Auto B/S LE

■ A precision watch combined with attractive sportswear, the Newport collection offers a smart and sporty style. These models have been an integral part of the brand for more than 25 years as they highlight the Michel Herbelin style and demand for quality. Inspired by the portholes of transatlantic ships, the Newport is an invitation to adventure!

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■ Biogen Pre-Amped offers a concentrated pre-workout blend for explosive energy before any exercise session. Pre-Amped is also designed to assist with recovery times, and ultimately improve lean muscle gain. The formula also includes niacin (contributes to the reduction of fatigue), vitamin B6 (necessary for normal protein metabolism) and folate (contributes to normal amino acid synthesis and helps with energy production).

R409.95, biogen.sa.za



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R135.00, finocosmetics.com



BE PROTECTED

Clinique For Men SPF 21 Moisturizer

■ Get much-needed hydration plus daily UVA/UVB protection. It improves skin's condition, is lightweight, and its oil-free formula absorbs quickly.

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MUSCLE MASSAGE

Deep Heat Muscle Massage Roll-on Lotion

■ Easy and convenient to use, the new Deep Heat Muscle Massage Roll-on offers targeted heat therapy. It can be applied before exercise to warm up, and after exercise to ease tight muscles. Heat carries more blood to the muscle along with oxygen and nutrients. When heat therapy is combined with massage, it relaxes tight muscles and soothes painful 'knots'. After application, muscles will have an improved range of motion and stretching will be so much easier.

R49.95, deepheatsa.co.za

Deep Freeze Muscle Massage Roll-on Gel

■ Deep Freeze Muscle Massage Roll-on's targeted cooling therapy is specifically designed to provide fast acting pain relief. It should be applied immediately after exercise or injury as it decreases blood flow to the injured tissue, thereby reducing pain and inflammation. It's a proven fact that sprains, strains and minor sports injuries respond well to the combination of cold therapy and massage.

R39.95, deepheatsa.co.za



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R339.90, sportsmanswarehouse.co.za



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R11 999.00, incredible.co.za



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■ The largest Apple Watch display yet. New electrical heart sensor. Re-engineered Digital Crown with haptic feedback. Entirely familiar, yet completely new, Apple Watch Series 4 resets the standard for what a watch can be.

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R1999.00, hificorp.co.za



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Optimum Nutrition Amino Energy RTD's

■ Living a busy and full life can leave you needing a trusted partner to help you meet the everyday demands of life, work and training. The world's number one sports nutrition brand Optimum Nutrition now brings you essential amino energy in a convenient ready-to-drink format to give you a refreshing, instant energy boost to support your on-the-go active lifestyle. With zero sugars, low calories and 5g of amino acids, it's a better solution to support your energy needs, anytime!

R24.95, dischem.co.za

Game Changers

relax, dude

The secret to a healthier, stronger you is all in your head BY BILL BRADLEY



WHY MINDFUL MEDITATION IS THE NEWEST FITNESS ESSENTIAL

We get it. You're not into this whole "mindfulness" thing.

But know this: The mental wellness discipline, loosely defined as actively practising "acute awareness of the present moment"—whether you're stuck in your cubicle, chilling at the beach, or ploughing through a complex project—isn't just good for your brain, it's also great for your muscles. A study in the *Journal of Health Psychology* recently found that athletes who practice mindful-meditation techniques are far more motivated to exercise regularly and more satisfied with their workouts than less-mindful dudes. They also sleep better, says a new *JAMA* study.

With all this in mind, we sought out Michael Gervais, Ph.D., a mindful-meditation expert and director of High Performance Psychology at DISC Sports & Spine Center, who's advised athletes from the U.S. Olympic Team to the Seattle Seahawks, for an entry-level checklist for getting your head right for relaxation and exercise. All you need are a quiet place and a few spare minutes.



4) It takes practice, so hang in there

■ "The natural state of our minds is like a drunk monkey: curious, easily distracted, a bit sloppy," says Gervais. "When your mind wanders, just gently recognise that you're away from your breath, and gently refocus all of your attention back to your breathing: the inhale, the exhale, the sensations of your body."

It's not as tangible as, say, improving your 5K time, but Gervais swears you'll feel yourself get better. Your mind will be less cloudy with better concentration.

1) Do it first thing in the morning

■ Mindful meditation, or focused breathing, takes steadfast concentration. "You're focusing on each deep breath as if a loved one's life is depending on your being fully connected to that breath," says Gervais. "But do it first thing before you open your computer or brush

your teeth or make coffee—do mindful breathing."

Start with just three minutes, then add three minutes until you top out at 20. "Morning is ideal. It helps to establish that inner space before you start running at full speed," he says. "If you wait, you might just run out of speed, interest, and willpower."

2) Don't think you need to sit there like the Dalai Lama

■ If you feel like it, sure, sit cross-legged on a yoga mat. But for your mindful-breathing exercises, if you'd prefer to post up on your couch, or, hell, even on your La-Z-Boy, in your car, or at your desk, it doesn't matter.

"Be a normal guy and find a spot that's comfortable for you," says Gervais. Just remember to straighten your back so you feel the force of gravity and your weight—because feeling the sense of your own physical presence helps with meditation. Quiet is essential. Aeroplanes, he says, are great for "locking in," especially if you train often.

3) Don't blow the breathing

■ Yes, there is a wrong way to do it. As with all fitness, when you're practising mindful meditation, the breathing is all about proper technique.

"Start in your stomach, let your diaphragm pop out, and then move your breathing all the way up to the back of your chest," says Gervais. "You'll feel a little tension at the top before a long exhale—the exhale is longer than the inhale. And then sit in the bottom of that exhale while your mind is fully connected to what's happening. And then do it again. Set the time on your phone and just fucking breathe."

It can take getting used to, so keep at it.

5) Incorporate it into your workouts

■ Whether you're deadlifting or running a Spartan Race, Gervais says that your experience meditating will crop up in ways you couldn't have imagined. Once you've honed the discipline of being able to streamline your thoughts and focus intently on the present moment, your athletic performance will inexorably improve.

"From an athletic standpoint, when we have increased awareness, we can adjust with greater ease," he says. "If you're staring at that barbell, mindfulness provides wisdom and insight that, once we're in the moment, will help us let it rip."

Pocket Gurus

These days, if you want expert-level meditation instruction, all you need are a smartphone and a pair of headphones. Here are the three best apps on the market for unlocking your mind.

Headspace The blockbuster app, with thousands of hours of instruction, from former Buddhist monk Andy Puddicombe. It also has its own social-media universe.

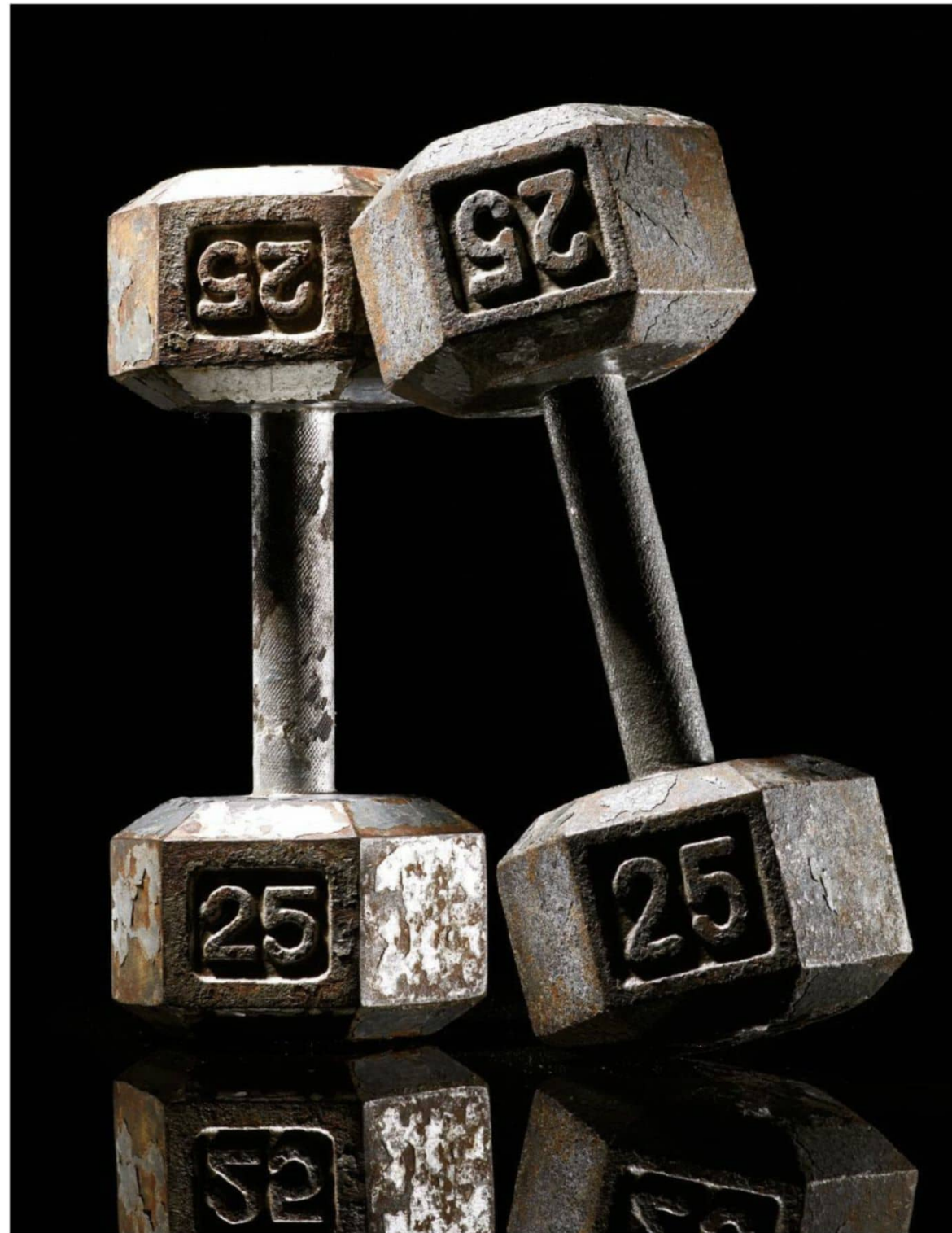
Buddhify More than 80 guided meditation exercises tailored to specific stressful scenarios, such as air travel or relationship troubles.

Stop, Breathe & Think This app customises your instruction to your current state of mind.

Lighten up to bulk up

The best way to build muscle may be to lift less weight, not more
By Sean Hyson, C.S.C.S.

It's one of the most popular assumptions in all of gymdom: To get big muscles, you need to lift big weights. Fitness culture is rife with terms like "Max out" and "Go hard or go home" (although, thankfully, "No pain, no gain" seems to have been retired). But despite the conventional wisdom in strength and conditioning circles, heaving massive loads isn't the only way to build muscle. In fact, it may not be necessary at all, as science is beginning to prove. So if you fear heavy weights, or have injuries that prevent you from using them, lighter training can still lead to the gains you seek.



Just what constitutes "heavy" lifting is open to debate, but exercise science generally defines it as weights that are 80% or more of the heaviest load you can manage for one rep. (This amount will usually allow you five reps or fewer.) Training that heavy recruits a large number of muscle fibres, particularly the fast-twitch ones that have the most potential for growth and power production. If you're a competitive lifter or power athlete, such as a football player, you must build your workouts around low-rep barbell training to see the best results, but if you're merely looking to put on muscle and improve your physique, you may do better to limit it.

The main downside to heavy lifting is the injury risk. "Training like a powerlifter gets you strong but can also beat you up," says Jason Ferruggia, a strength coach and author. Heavy weights can wear down joints over time and lead to chronic conditions like tendinitis. But perhaps more compelling is the

evidence that lighter lifting is just as effective as heavy training. So why risk crushing your joints if you don't have to?

"A muscle needs to be stressed under load for an adequate amount of time to stimulate a growth response," says Ferruggia. "Science has pointed to a duration of 40 to 70 seconds as being the most effective. This is why bodybuilders do eight to 12 reps for upper-body exercises and 10 to 20 for lower-body," which induces greater fatigue in the muscle and causes it to build back up with a better work capac-

ity. "So if you're doing a routine like five sets of five, you're not going to grow maximally."

In a meta-analysis published in the *Euro-pean Journal of Sports Sciences* last year, researchers looked

at 17 different studies comparing low-load training (60% or less of max) with higher-load protocols (65% or more). They found no major differences in subjects' muscle and strength gains, and

even noted that these findings run contrary to current exercise guidelines that specify a need for loads of 65% or greater to achieve gains. Ferruggia agrees: "Textbooks might tell you it's

impossible to gain on high-rep training, but if you add 10 pounds to what you can lift for 20 reps, you'll be bigger—just without the joint stress that comes from chasing PRs."



HARD FACTS

OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS

"DOES THE REST-PAUSE METHOD WORK, AND SHOULD I USE IT?"

Rest-pause is an old-school bodybuilding technique of performing a set to failure, resting a few seconds, then squeezing out more reps. The idea is simply to get a little more work in even after the muscles have been exhausted.

Like most bodybuilding strategies, there isn't a lot of hard science to support it, but last October the *Journal of Sports Medicine and Physical Fitness* did. Seventy-nine subjects with training experience were divided into three groups. One took sets to self-determined failure, others were goaded to work till they couldn't do another rep, and the third used a rest-pause (five to 20 seconds). The ones who stopped their sets when they wanted had insignificant results. The rest-pause group saw good gains in body composition, but those who only went to failure (where they couldn't do more) had the best gains.

The take-home? Rest-pause has value, but the bigger lesson is that pushing yourself and taking the muscles to failure is necessary to change your body, at least when you're beyond the beginner stage.

Sean Hyson, C.S.C.S., is the Men's Fitness training director and author of 101 Best Workouts of All Time. 101bestworkouts.com.



150 CALORIES OR LESS

Green-tea ice cubes, ginger vodka, and other smart ways to build tasty, ab-friendly summer cocktails By Brian Good

Every shot you down is about 100 calories. Knowing that, the last thing you should ever do is add sugar to your drink and make it even more fattening. Good thing, then, that many top mixologists have begun swapping lazy syrups and sugar-laden mixers for more interesting, healthy, natural ingredients. To help you elevate your own cocktail repertoire, we went behind the bar with Carlos Rios, brand ambassador for Stolichnaya vodka. Pick up some pitchers on your way home—you're gonna need them.



BUY A FLAVOURED VODKA—OR INFUSE YOUR OWN
A good flavoured vodka—think wasabi, ginger, or grapefruit—really takes the guesswork out of making a drink, says Rios. “Just add soda and a garnish.” You can also infuse your own. Just get some fresh herbs, fruit, or vegetables, prep them (clean, peel, cut into large cubes), then use them to fill a large jar halfway full. Top it off with vodka, cover, and let it sit in a cool, dark place for a few hours to two weeks, depending on the ingredients.

- TRY IT OUT BY MIXING...**
- 45 ml pepper-flavoured vodka
 - 60 ml lemon juice
 - Fresh jalapeño slices
 - 10 ml agave syrup (diluted 1:1 with water)
 - 120 ml water
- Shake and serve over ice.

Food styling by Brian Preston-Campbell

SPLASH IN SOME BITTERS
Originally sold as a form of medicine at the turn of the century, bitters—concentrated alcohol infused with a potent blend of über-flavorful plants and herbs—are an ideal way to add zing to a drink without too many additional calories, says Rios. “There are literally hundreds of different varieties out there, like celery, rhubarb, chicory, and pecan, and you only need to add a couple of drops to really change a drink,” he says. (Pick up a sampler pack from The Bitter End or Fee Brothers to try some popular flavors and get a feel for your faves.)

- TRY IT OUT BY MIXING...**
- 30 ml vodka
 - 15 ml blue curaçao
 - 120ml diet lemon-lime soda
- Dash of citrus bitters

MUDDLE!
Think “press” not “pulverise” when you toss that fresh fruit or sprig of herbs into the cocktail shaker and whip out your muddler. “The goal is to gently extract the essential oils or juices from whatever you’re crushing,” says Rios. Over-muddle mint, for example, and you break the veins in the leaf, releasing chlorophyll and making the drink bitter. You can muddle everything from melon to cucumbers—each yields tons of flavor with minimal calories.

- TRY IT OUT BY MIXING...**
- Fresh raspberries
 - 2–3 slices lime
 - 1 sprig fresh basil
 - 45 ml vodka
 - 90 ml soda water
- Muddle berries, lime, and basil. Add vodka and soda, shake, strain, and serve.



ADD A JOLT OF FLAVOUR
Those tiny water enhancers (like Mio or Stur) you keep by your desk to kick up the office tap can also add a bartender-approved bite to your drink. Just go easy, warns Rios. “You want to boost your cocktail’s flavor, not define it.” Stick with basic flavors—citrus, berries, tea—and remember, a little goes a long way.

- TRY IT OUT BY MIXING...**
- 45 ml vodka
 - 60 ml orange juice
 - 60 ml soda water
- 2–4 drops coconut liquid flavour enhancer

GET CREATIVE
Most store-bought, zero-calorie flavored waters and teas taste great with liquor. You can also make your own. Just soak fruit or vegetables, like cucumber or red bell pepper, in water and refrigerate for 24–48 hours. Strain the liquid and pair in a 2:1 ratio with vodka, says Rios. You can also pour any of these into an ice-cube tray and freeze for later use.

- TRY IT OUT BY...**
- Filling a glass with green-tea ice cubes. Top with 45ml vodka, a splash of diet ginger ale, and a twist of lime.

MAKE A BETTER MIXER
Simple syrup is a bar staple. To make a low-cal version, heat agave syrup in a 1:1 ratio with water (or maple syrup/honey at 2:1) over medium heat. Let dissolve, then cool. It will keep in the fridge for a month.

YOUR THREE WISE MEN

Your local butcher, baker, and produce manager have more in common than aprons—namely, specialised insider knowledge to help you buy better, pay less, and enjoy more

By Eric Spitznagel

You wouldn't buy a car without asking the dealer a lot of questions, and you'd never get fitted for a new suit without asking the tailor more than just "Can I get this in grey?" Whether you're buying a computer or visiting the doctor, there's no such thing as a stupid question. And yet, when we shop for our food—you know, the stuff we put inside our body—we become like the cliché male driver who won't ask for directions. When was the last time you spoke to the guys stocking your local shop? All too often we walk in blindly and exit with a bagful of best guesses. You have experts at your disposal, experts who want to help you, so don't ignore them. Get these three wise men on your side and start reaping the benefits today.



A cut above. Meat from the butcher will always be fresher than what's at the grocery store.

The Butcher

Rob Levitt

When you buy meat from Rob Levitt, the co-owner and head butcher at Chicago's The Butcher & Larder, he doesn't need to know what cut or grade you want. He would rather hear what you're planning to do with it. "If you come in and say, 'I'm having 16 people over, and I want to do steak tacos,'" he says, "or 'I want to make carnitas and it's a romantic dinner for two,' we can steer you in the right direction."

Like most butchers, Levitt doesn't expect you to have an encyclopedic knowledge of meat. "If you've never heard of a sirloin flap, I'm OK with that," he says. "You don't have to know what you're talking

about. That's what I'm here for." Levitt is especially enthusiastic about working with customers buying on a budget. "I don't judge," he says. "I'm on a budget, too. If you come in and say, 'I'm doing a roast. I have 10 people coming

over, and I don't have a lot to spend,' I can recommend a lot of different things on the lower end of the price scale. For example, buying a chuck eye instead of a rib eye doesn't mean you're slumming it. You're just getting a different cut of fantastic meat."

LEVITT'S GUIDE TO BUYING BETTER MEAT

- All butcher meat is fresh, even if it's a few weeks old. A 14-day-old steak at a butcher shop is going to be much fresher than any steak at a grocery store, even if you buy it a week after we cut it.
- If you're buying chicken that's packaged with an ingredients list, you're buying the wrong chicken. The only ingredient should be "chicken."
- At a restaurant, if you ask where the meat is from they should know the cow's name.
- The ugliest cuts are usually the tastiest. There's a cut called the arm roast, and when we pull it off, it's got tendons and it's all nasty looking. But put it in a slow cooker for five hours, and you've got the most delicious meat you've ever tasted.

The Baker

Chad Robertson

A bakery may not seem like an intimidating place, but it can be. "If people can't pronounce it, they're probably not going to buy it," says Chad Robertson. Take something like kouign amann, a delicious Belgian butter pastry, for example. "There's no English word for it," Robertson says. "So people are usually too embarrassed to order it." Robertson is happy to bridge that gap and explain what the pastry is and even how to pronounce it.

Talking with your baker can be especially valuable if you're trying to stay healthy. Robertson has lots of advice, from being wary of baked goods made with multigrain or wheat grain ("It could still be packed with sugar and butter") to understanding that gluten-free "doesn't always mean healthy. There are also gluten-

free Oreos and gluten-free Cheetos." If you're counting your calories, Robertson suggests trying out a meringue cookie, made from whipped egg whites.

ROBERTSON'S TIPS

- Stick with places that bake in real time instead of a few big batches. If you walk into a bakery and the oven's not on, turn around and walk out.
- Just as you look for certain fruits at specific times of year, fruit pastries and pies are seasonal, too. If you like apple or pear pies, wait until fall.
- If a bakery's pastries are individually wrapped in plastic, they're not fresh or weren't made in-house (or worse, bought at a big-box store).
- Look for bakeries with long lines—not just because they're popular, but because more customers means fresher food. If they're constantly selling out, that means they're constantly baking.

The Produce Manager

Vito Latilla

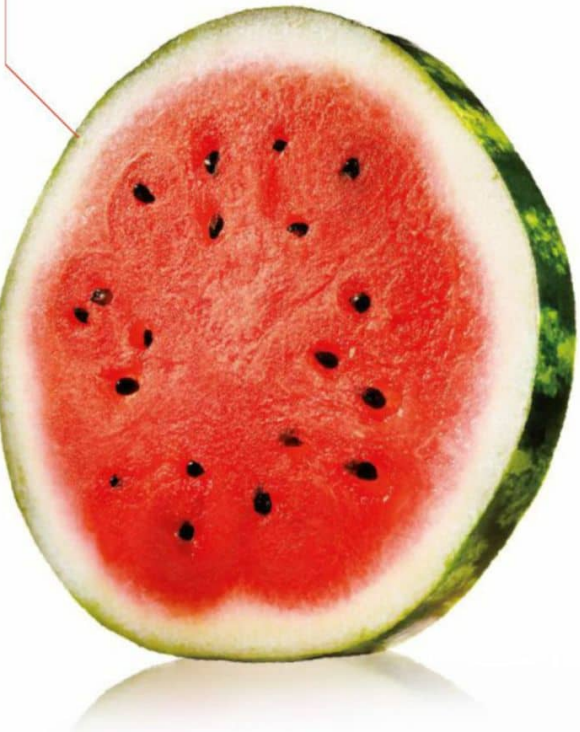
It doesn't take much to get Vito Latilla to start spilling secrets. He can tell you how to pick out a persimmon (they're at their sweetest "when they look like they're ready for the garbage"),

iceberg lettuce ("it should be heavy and tight, like a cricket ball"), or broccoli ("the buds on top have to be closed really tight"). He's also not shy about explaining how some produce grocers

try to trick their customers: "If you see a head of escarole with a couple of leaves missing, it means it was going bad and they tried to clean it up and make it look presentable."

BE A PRODUCE PRO

- Tomatoes sold out of season are usually treated with a gas called ethylene, which helps them get that red, ripe appearance. Opt for tomatoes on the vine.
- Smelling produce for freshness is a myth. Most grocery stores keep fruit and vegetables chilled; unless it's obviously rotting, it won't have a distinct odour.
- Don't go and bite into an apple, but strawberries and blueberries should be sampled. If your grocer complains, take your business elsewhere.
- Avoid produce from abroad. It's travelled too far. The peaches may look and smell like peaches, but they sure don't taste like peaches.



Knock first. Tap a watermelon. If you hear a dull sound, Latilla says it's too watery.

FOODS WITH BENEFITS

OUR MODEL CHEF, CANDICE KUMAI, TELLS YOU HOW TO DO IT IN THE KITCHEN



"I LOVE SUSHI, AND I'M ALWAYS SNACKING ON SEAWEED CHIPS, BUT COOKING WITH SEA VEGETABLES? I'M LOST. ANY POINTERS I CAN USE?"

—REID S.

First off, good call, Sea vegetables like kelp, sea palm, and agar are chock-full of chlorophyll, iron, and other minerals. They can also help boost metabolism and circulation, and improve the health of your hair and skin. My Japanese ancestors have been cooking with seaweed for hundreds of years, so I've inherited

some tricks and tips for preparing sea vegetables directly from an expert—my mom. **Wakame** Dried and prepackaged wakame is delicious when reconstituted and used in stir-fry, miso soup, quinoa salad, or cucumber salad, while fresh, bright green wakame (find it bagged at your grocery store) makes a great green salad. Wakame is traditionally enjoyed over rice and with udon noodles. **Nori** The same seaweed that's used to make sushi rolls

and seaweed snacks can be shredded and used to add flavour—plus iron, calcium, and vitamins A and C—to rice, salads, and Asian noodle dishes. Also keep an eye out for flavoured varieties. **Kombu** Kombu is used to make dashi, a seaweed stock often incorporated in Japanese cuisine. It's also served fresh alongside sashimi or rice dishes, or sliced and added to soba

noodle salads, soups, or kombu-maki, which is served in traditional Japanese oden meals and hot-pot recipes. You can also reconstitute kombu, marinate it, and pair it with cooked vegetables.

Candice Kumai is a regular judge on *Iron Chef America* and the author of *Clean Green Drinks*, available at Amazon or cleangreendrinks.com. E-mail her at askcandice@mensfitness.com.



Jump ship. Swap lettuce for wakame and reel in more minerals.

7 ways to get swiped right

In today's app-dating scene, you have about 0.07 seconds to capture a lady's attention. Here's how to close the deal every time.
By Arianne Cohen

with nearby girls; and Tastebuds, which raids your music collection to find women with similar musical tastes. (Those are just a few of the options out there.) And these apps aren't just for hooking up: A whopping third of new marriages start out online or via apps, a number that's expected to rise, according to a recent study. With so much dating firepower at your fingertips, why aren't you sharing sheets all the time? Well, you're probably doing it wrong, dating experts say. Remember: You have only a split second to catch a girl's attention. So use these surefire, scientifically proven tricks and you'll never sleep alone again.

■ If the dating app Tinder created our swipe-left-or-swipe-right world, a new generation of competitors is piling on to perfect it: There's Hinge, which offers a heightened level of curation—and less of the creepy randomness of Tinder—by linking you to your Facebook friends' friends; Happn, which GPS-tracks your daily wanderings to see where you overlap

5) End with a way for ladies to respond

■ Example: "One time I survived a bear attack, but you'll have to ask me about that." Women will have an automatic way to reply, Bustos says, "so you'll get three times as many responses that way."

6) Message her with an unfinished sentence

■ When you're reaching out via e-mail, try a subject line like, "Did you know..." then finish that sentence in the e-mail itself, mentioning something you have in common, such as, "...that we both know Ben? We're doing a hike next week—how do you know him?"

Says Bustos, "The brain is programmed to complete sentences, so she's more likely to open the e-mail. Some women get 50–100 messages a day, so you need to stand out. 'Hey, cutie' isn't going to work."

7) Meet quickly

■ "If you wait too long, you risk idealisation—she'll have created a fantasy of who you are, and the real person will be a letdown," says Erin Sumner, Ph.D., an assistant professor of human communications.

Her research finds that 17 days from the first message is ideal, so get the girl to the restaurant before she chats up other dudes, and the rest should be smooth sailing.

1) Crack the photo code once and for all

■ "You don't have to be really good-looking; you just have to seem interesting," says dating coach Leonardo Bustos.

You want four or five clear photos that mix head shots and body shots, with one active shot (outdoorsy pics get 19% more clicks) and one clean-shaven, because girls want to make sure you know how to clean up. No bar shots (drinking as an avocation is not attractive), no pets (not sexy), no cars (not a chick thing), no ski goggles or sunglasses (they block your face), no selfies (8% fewer clicks), no topless photos (nudity gets half the clicks), and no grins (women click more on prideful poses—think raised head, puffed-up chest).

2) Ninja trick: Have a pal shoot you in a few 30-second videos

■ Goof around—you'll look more natural and less posed, and because you're

shooting so many images, it'll be easy to find the perfect one. Also, girls feel less threatened when a guy isn't looking directly at the camera, studies show.

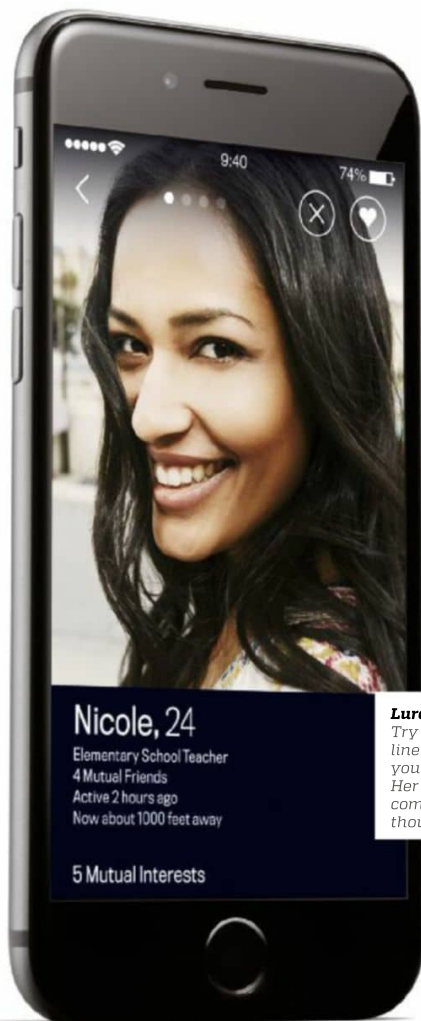
3) Keep it short

■ No girl wants to read a long profile with a guy blabbering on about himself. Avoid lengthy narratives (and be sure to steer clear of TMI, a definite interest killer) and you'll come off as more mysterious.

"Write about your passion for sled dogs or boating in the Atlantic, which will give her easy things to ask about later," says Mona Jain, dating consultant.

4) Throw in a couple of imperfections

■ Flaws are endearing and make you stick out among dozens of dudes proclaiming flawlessness, says Trish McDermott, a former longtime *match.com* staffer. Try "I'm really bad at karaoke" or "I'm completely and utterly addicted to *Game of Thrones*."



Lure her in. Try a subject line like, "Did you know..." Her brain will complete the thought.

BUST STRESS

The author of the *4-Hour* book series offers tips to chill out fast

TIM FERRISS DOESN'T REST ON his laurels. At only 41, he's already become a champion kickboxer, a world-record-holding tango dancer, and the author of three best-selling books—*The 4-Hour Workweek*, *The 4-Hour Body*, and *The 4-Hour Chef*. Ferriss has mastered the art of distilling the most beneficial material from an ocean of information on nearly every subject—stress management included—and his rigorous travel schedule for public speaking and consulting gigs presents plenty of challenges to his peace of mind. Still, no one needs to tell the self-proclaimed "Meta-Learner" to take it easy. When we asked Ferriss for his best tips on how to unwind, he said it's all about minimalism.

MF: FOR STARTERS, WHAT'S THE SIMPLEST THING WE CAN DO TO REDUCE STRESS?

TF: Walking barefoot offers a lot of ROI for very little time. So walk for 10 to 15 minutes on grass every day, or at least every other day. It's also very helpful to the stabilising muscles of the foot, especially if you're a runner. If it's cold or muddy, using minimalist footwear so you can feel the metatarsals working is almost the same. If I wear the Vapor Glove by Merrell, I can wrap my toes over the edge of a step on a staircase. I can roll these shoes up like a newspaper. For practicality, it makes more sense to wear the shoes sometimes, but barefoot is ideal.

IS THERE ANYTHING WE CAN DO FIRST THING IN THE MORNING TO REDUCE STRESS THROUGHOUT THE DAY?

Get 15 minutes of sun exposure. If you can't get real sun, you can simulate it with the Philips Golite—it's a compact, portable light that was developed to treat seasonal affective disorder. I've worked with busy executives who said it's the most incredible thing they took away from *The 4-Hour Body*. Fifteen minutes of this blue-light exposure in the morning fixes insomnia for eight out of 10 people. What it does is effectively course-correct the light cues for sleep. People our age sit up looking at a laptop screen or other electronic devices soon before we go to bed, and it interferes with circadian rhythms and light cues. So by using the light in the morning, you're basically resetting the clock that determines when your body wants to go to bed. If I don't get those light cues in the morning, I find it infinitely harder to get sleep at night. If you're trying to cut back on caffeine, the light can help you replace your morning cup of coffee.

WHEN STRESS HAS YOU FIGHTING MAD, AN ICE-COLD SHOWER CAN BOOST YOUR MOOD.

There's also a free app you can download that will automatically dim [the brightness of] your laptop screen at sundown so that the light won't interfere with your biological processes as much. It's called Flux (download it at stereopsis.com/flux).

Another thing: Really cold showers or ice baths have been clinically studied for their antidepressant properties. They're excellent for accelerating fat loss, too. Brown adipose tissue is the fat your body uses to generate heat, so making yourself cold will cause more fat to burn. I'll routinely

take ice baths or cold showers, focusing the cold water on the upper back or neck. That's where most adults have brown adipose tissue. I'll do it in the morning and right before bed.

SOME PEOPLE FIND GOING TO THE GYM STRESSFUL. WHAT EXERCISE DO YOU RECOMMEND THAT DOUBLES AS A STRESS RELIEVER?

Quadrupedal movement, which basically means moving like a monkey on all fours. One of the "4 Fundamentals of Outside Fitness" I gave to Merrell for its Connect to Your World project (Ferriss is a mentor for the shoe company's outdoor fitness campaign) is the cat crawl. You're crawling, but keeping your hips at the same elevation as your shoulders with your knees inside your shoulders. It works your core and warms up all your joints. It also excites the nervous system. If you did that five minutes a day in the morning and at night you'd prevent the vast majority of hip and back pain people suffer from. It's superfun to do, too—it looks ridiculous from a spectator standpoint. Do crawls for 10 feet backward and then 10 forward. Do four sets like this.

ANYTHING WE SHOULD BE TRYING ON THE NUTRITION FRONT?

L-theanine is an amino acid that is relaxing and associated with alpha brain waves and slow states of mind. You can purchase it separately as a supplement or drink it [in green tea]. Supplementing with magnesium and zinc before bed can also help sleep.

Tim Ferriss blogs at fourhourworkweek.com. Find out more about Merrell's Connect to Your World campaign at merrell.com.



Sun Skin Safety

Plenty of sunscreen is a must to keep your skin protected year-round.

BY KRISTIN MAHONEY
AND ROSE McNULTY

• **SKIN DAMAGE FROM** sun exposure is a serious health concern. During the summer, that risk rises dramatically with the number of hours spent outdoors. According to the Centers for Disease Control and Prevention, more people have had skin cancer than all other cancers combined over the past three decades. So it's no surprise that protecting your largest organ is seen as critical self-care.

"The minute you step outside, you increase your risk of skin damage from the sun," says Julia T. Hunter, M.D., founder of Wholistic Dermatology, in Beverly Hills, USA. "You need a nontoxic yet potent, science-based, daily skin health and environmental shield for protection to help restore, renew, and protect your skin." Hunter recommends applying broad spectrum SPF 30 sun protection (with zinc oxide) 30 minutes before sun exposure, and reapplying every two hours, or sooner if you're sweating or in the water. But here's a scary truth: Some ingredients in your regular sunscreen may be doing you more harm than good.

GO NATURAL—NOT AU NATUREL

■ Some sunscreens are loaded with harsh chemicals that bring along sneaky (and serious) side effects. Since these harsh chemicals are molecularly small, they can seep into

your body quickly. Red-flag ingredients to avoid: avobenzone, oxybenzone, homosalate, octisalate, and octocrylene—especially if you're pregnant, nursing or

trying to conceive. "These UV filters belong to a broader group of endocrine-disrupting chemicals like pesticides, BPA, and phthalates. The World Health Organization

provides scientific data showing these chemicals' links to adverse effects in humans," says Denis K. Dudley M.D., FRCS. Possible issues include skin irritation, infertility, certain cancers,

ADHD, Parkinson's, and Alzheimer's disease. To form a cleaner shield against damaging sun rays, look for sunscreens with ingredients like zinc oxide, titanium dioxide, and

encapsulated octinoxate. These provide protection without the negative side effects, says Dudley. "The best approach: Find sunscreens that contain at least 20% concentration of

zinc oxide," he adds, or go with products that combine a lower percent of zinc oxide (15%) with another safe filter like titanium dioxide or encapsulated octinoxate (7.5%).



Photo by KeithFMD on Reshot

DMITRY SHIRONOSOV/LAMY



Photo by rnscaand on Reshot

Not only are these safer choices but they also help repair your skin faster than products with more harmful ingredients, according to Hunter. “Nontoxic skin-care products and peels are a firm foundation of skin health and beauty, plus they help revitalise and repair skin.”

WHAT’S WITH THE RAYS?

• Make sure your sunscreen has UVA protection, because though all UV rays are damaging, UVA rays are longer than UVBs, which means they can penetrate

deeper and contribute more to skin ageing and wrinkling. “Most products prevent UVB effects like sunburn to some degree, but offer little or no protection against skin cancer or photoaging, where UVA rays play a major role,” says Dudley. “This incomplete protection contributes to rising annual skin cancer rates.”

To stay well protected, keep in mind that ultraviolet radiation is reflected from water, sun, and buildings, says Hunter. “Consider wearing sun-protective clothing and hats on both sunny and cloudy days,” she adds.

MIND THESE MYTHS

Don't fall victim to these 4 common misconceptions about your skin and the sun.

MYTH 1 DARK-SKINNED WOMEN AND MEN ARE NOT AT RISK FOR SUN DAMAGE AND SKIN CANCER.

› People with darker skin tones have a much lower risk of skin cancer than fair-toned people. But this doesn't make them immune to it. Those with darker skin should still take action to protect skin from overexposure to the sun since you can still develop malignancies and suffer all forms of UV damage. Also, cases of skin cancer in people with darker skin are often not detected until later stages, when the cancer is more aggressive.

MYTH 2 PUTTING ON SUNSCREEN BEFORE YOU GO OUT IN THE SUN IS ENOUGH TO PROTECT YOUR SKIN.

› Sunscreen is not 100% effective at blocking UV rays, and it may not provide as much protection as you need. Use about roughly a palm full of sunscreen to cover your arms, legs, and face, and reapply about every two hours. Don sun-protective clothing and hats to help make sure you're fully covered.



MYTH 3 A TANNING BED IS SAFER THAN UV RAYS FROM THE SUN.

› Using tanning beds exposes your skin to UV light that can cause wrinkles, sunspots, freckles, and an increased risk of skin cancer. A safer option is to use nontoxic sunless tanning products.

MYTH 4 PEOPLE WHO TAN EASILY AND RARELY BURN WILL NOT GET CANCER.

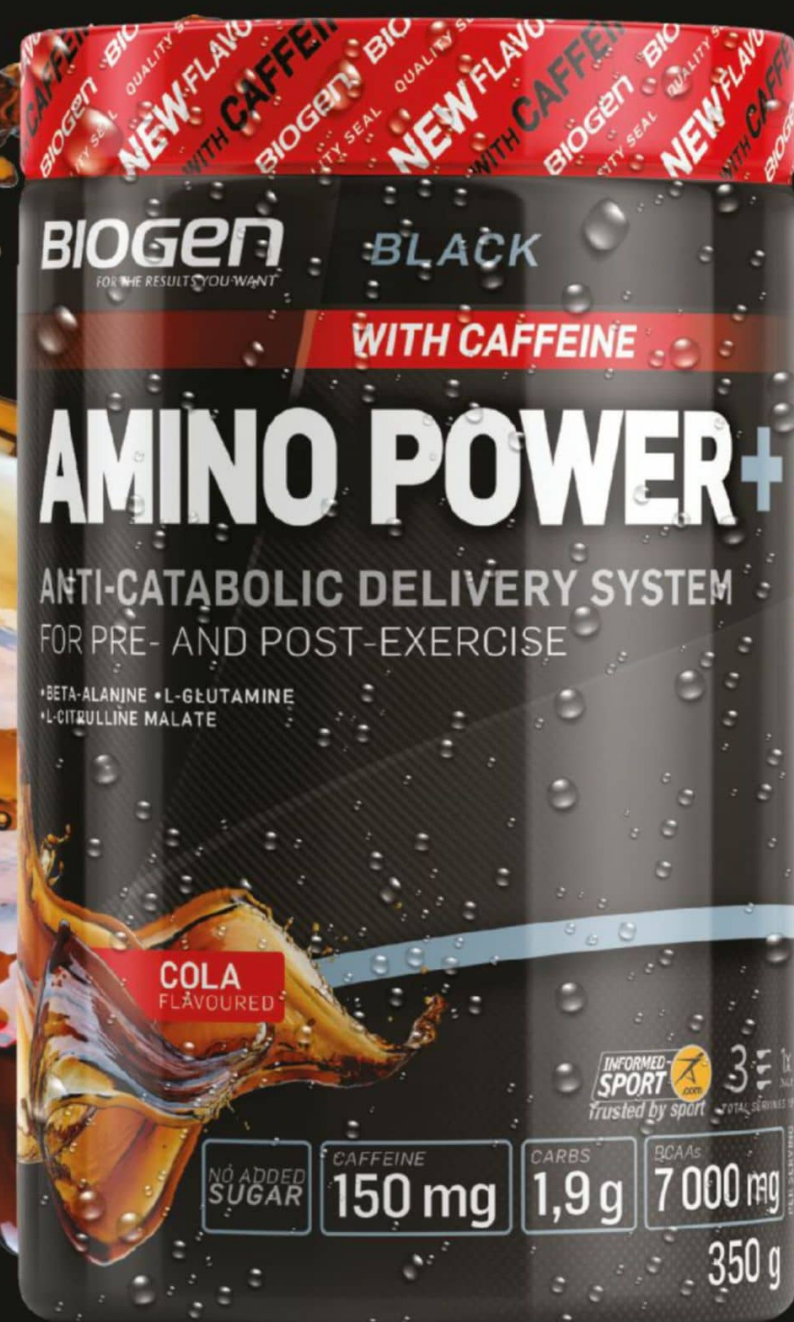
› There is no such thing as a healthy glow! Your skin produces a dark-colored pigment, called melanin, to help shield against the harmful effects of UV radiation. That darker shade may help minimally protect against getting a painful red sunburn, but it won't defend against some of the long-term UV dangers such as wrinkles and skin cancer. Think of it this way: Your tan is just a sign that your skin is damaged.

Source: American Society for Dermatologic Surgery



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Hot damn! Sauna lovers live longer

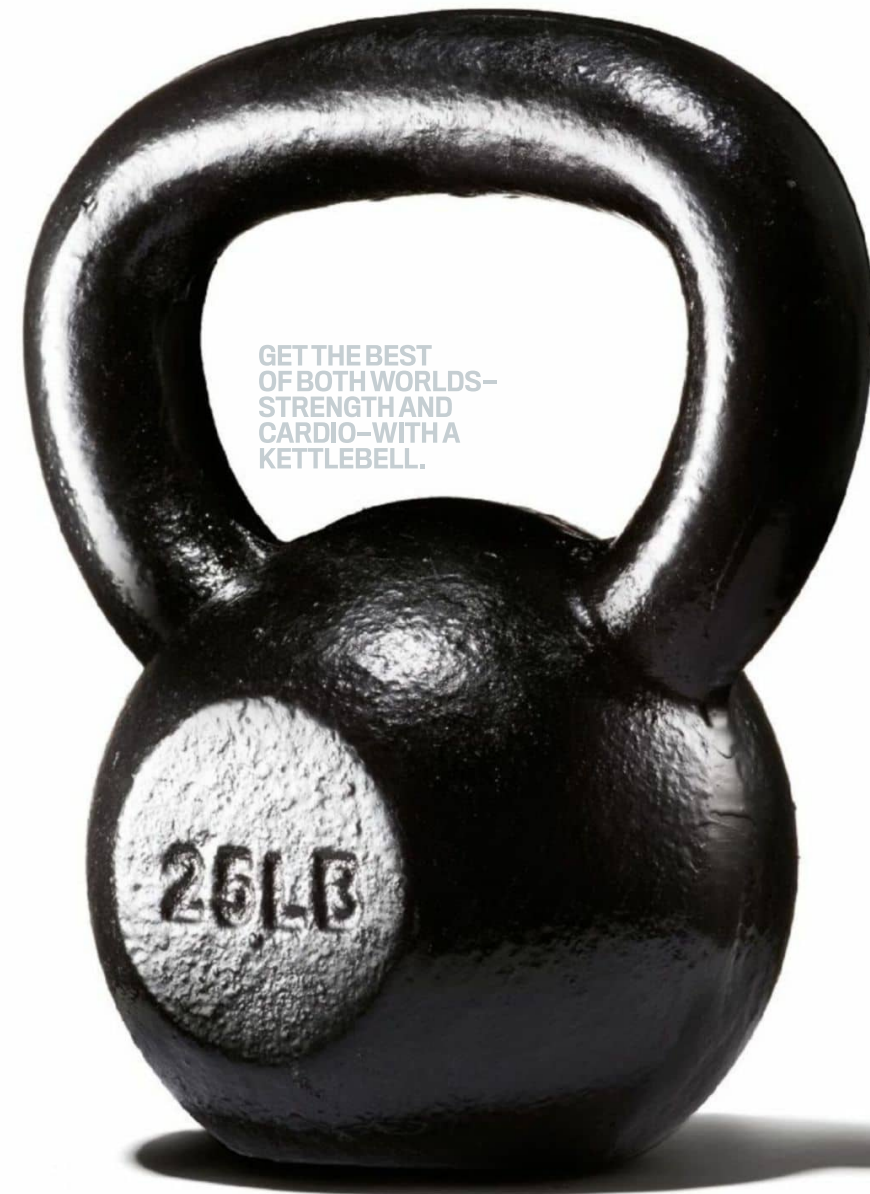
Just stepping into a sauna could lower your risk of ticker trauma. A recent Finnish study published in *JAMA Internal Medicine* reported that, among 2,315 male subjects followed for more than 20 years, men who visited a dry sauna (80-100°C, with only 10-20% humidity) four to seven times a week lowered their chances of dying of heart problems during that time by 48% compared with men who went only once a week; those who went two to three times a week lowered their risk by 23%. Also, those who sauna'd for 19-plus minutes per session had a 52% lower chance of sudden cardiac deaths than those who steamed for less than 11 minutes.

"The changes in heart rate during a sauna mimic the effect of exercise," says study co-author Francesco Zaccardi, M.D. "Both exercise and sauna 'shift' blood flow from internal organs to skin to increase sweat secretion and prevent body overheating." But don't take your sauna adventures to the extreme—they could hasten your demise rather than postpone it. A Russian finalist in the (formerly) annual World Sauna Championships in Finland in 2010 died of third-degree burns after enduring 110°C for six minutes.

Trunk Archive
—ADAM BIBLE



GET THE BEST
OF BOTH WORLDS—
STRENGTH AND
CARDIO—WITH A
KETTLEBELL.



The cardio prescription: more k'bell

Runners like to scoff at weightlifters' "cardio poor" routines. But as it turns out, lifters who use kettlebells are actually getting a great cardio workout.

A study of college soccer players showed that

adding a simple, dynamic, high-intensity kettlebell-snatch routine (15 seconds on, 15 seconds off for 20 minutes) to their workouts increased their VO2 max by about 6% over a control group doing the same free-weight and body-weight circuit exercises but without kettlebells, the *Journal of Strength & Conditioning Research* reports.

"Kettlebells are an awesome conditioning tool," says study head J. Asher Falatic, M.S. "Basic swings with moderate to heavy weight would be a great way to ease KB training into your workout."

RUNNING YOURSELF INTO THE GROUND?

Jogging may be better for you if you do it in small spurts and at a slow to moderate pace.

Tracking 1,098 runners and 413 sedentary nonrunners for 12 years, a new study in the *Journal of the American College of Cardiology* discovered that those who ran one to 2.4 hours a week had the lowest risk of death. The optimal frequency was two to three times a week. Those who hit the road often and hard—more than four hours a week at a fast pace—had almost the same risk of mortality as sedentary subjects.

"Long-term training for extreme endurance events can overload your heart and lead to arrhythmias and other negative effects," says the study's Peter Schnohr, M.D. He advises running a few times a week, at a moderate pace.

Turn on the juice at Orangetheory

Don't roll your eyes at this fitness craze—it's got a pretty cool angle.

Orangetheory Fitness is the name, and getting you into the "orange zone" is the game. At each of the company's 175 gyms nationwide, huge screens overhead display your progress (talk about upping the competitive ante!) as you run, row, and lift your way through an "Orange 60": an hour-long interval session that pushes you to work at 84% of your max heart rate (the orange zone) or higher for 12 to 20 minutes. Or, we should say, try to: We did—twice—and it's a ball-breaker from start to finish.

Each session torches 500 to 1,000 calories and keeps your metabolism burning high for up to 36 hours afterward. Costs run about \$100 for eight monthly classes, with the first workout free. Check it out at orangetheoryfitness.com.

FOR WALKING STATS, YOU CAN PHONE IT IN

When it comes to tracking your walking mileage, a smartphone is just as accurate as some fitness bands.



Researchers tested 10 different fitness devices and smartphone apps and found that the average step counts from the phones were off by about 6%, while the fitness devices could miss the mark by as much as 22%.

Bottom line: Most devices were fairly accurate; phones just had less variability. So whether you use a mobile app or a wearable, keep on trackin'.

Prop styling by Angela Campos/Stockland Martell; iPhone: Sam Kaplan



Get some sleep!

A flood of recent studies is giving us new insights into how important getting enough good sleep is for staying healthy, feeling great, and thinking straight. So take a short siesta and check out the slumber stats below. —ADAM BIBLE

- 1) Sleep deprivation makes you eat more.**

Skip sleep, and the next day you'll eat too many calories from fat and too few from carbs, according to a UPenn School of Medicine study.

When subjects were kept from sleeping, a brain region called the salience network, which regulates emotions and bodily sensations like a racing heart, lit up and raised their fat cravings.

By the way, if you do pig out, just don't do it late at night: Eating when the body's usually asleep can hamper learning, damage memory, hurt the immune system, and even lead to type-2 diabetes, UCLA researchers say.
- 2) Napping can reverse the effects of a night of poor sleep.**

A couple of half-hour naps can relieve stress and boost the immune system back to "Yup, I got enough sleep" levels, the *Journal of Clinical Endocrinology & Metabolism* reports.

The study, on healthy men 25 to 32, found a lack of sleep increased stress hormones (causing anxiety) and decreased antiviral proteins (stimulating immune response)—but those levels returned to normal after two 30-minute naps the next day.
- 3) The sweet spot: seven to nine hours of shut-eye.**

Healthy adults ages 26 to 64 should get at least six—but not more than 10—hours of sleep, a National Sleep Foundation study review has decreed. Get less and you're at higher risk of depression; get more, and you're 21% more likely to become obese.
- 4) Game-day performance could ride on sleep rhythms.**

The time of day when your circadian rhythms—internal cycles that control the body's behavioural/physiological systems—are at their peaks can affect your athletic performance up to 26%, says a study in *Current Biology*.

The peaks come at different times of day for different people, so plan your workouts for when you feel most awake.
- 5) Too little sleep can raise blood pressure.**

The Mayo Clinic reports that missing a lot of sleep can seriously mess with your blood pressure. The study found that four hours of sleep per night (versus nine) didn't just negate the BP drop we normally experience when we sleep, it also raised pressure above normal levels during the night.

Tweets can predict heart health

Twitter posts can predict a region's risk of heart disease, a study in *Psychological Science* reports. Emotionally negative tweets signal that a county's citizens are at high risk of cardiac problems, while happier tweets link to a lower risk.

"The people tweeting aren't [necessarily] the ones dying from heart disease," says lead author

Johannes C. Eichstaedt, who matched tweets with health data from about 1,300 counties. "Rather, they're

'canaries' for the community—they tell us what it's like to live in a place."

Even after you take income and education into account, areas

where people show anger and hostility have higher rates of heart disease—so if you rage-tweet a lot, maybe it's time to chill.

NEWS FLASH: SMOKING STILL SUCKS

Cigarettes will kill two out of every three smokers who continue to puff, a study on 200,000 smokers Down Under has discovered. In the Australian National University, three-year study, smoking 10 cigs a day doubled the risk of dying during that period, and a whole pack made it five times more likely.

Need another reason? Try this: Smoking thins the brain's cortex (outer layer), which affects how well you think, *Molecular Psychiatry* reports. So ditch the smokes—and soon: While the cortex starts healing once you quit, full recovery can take 25 years.

Grooming by Suzanne Katz/Wilhelmina

THE VAULT

FINE TIMEPIECES

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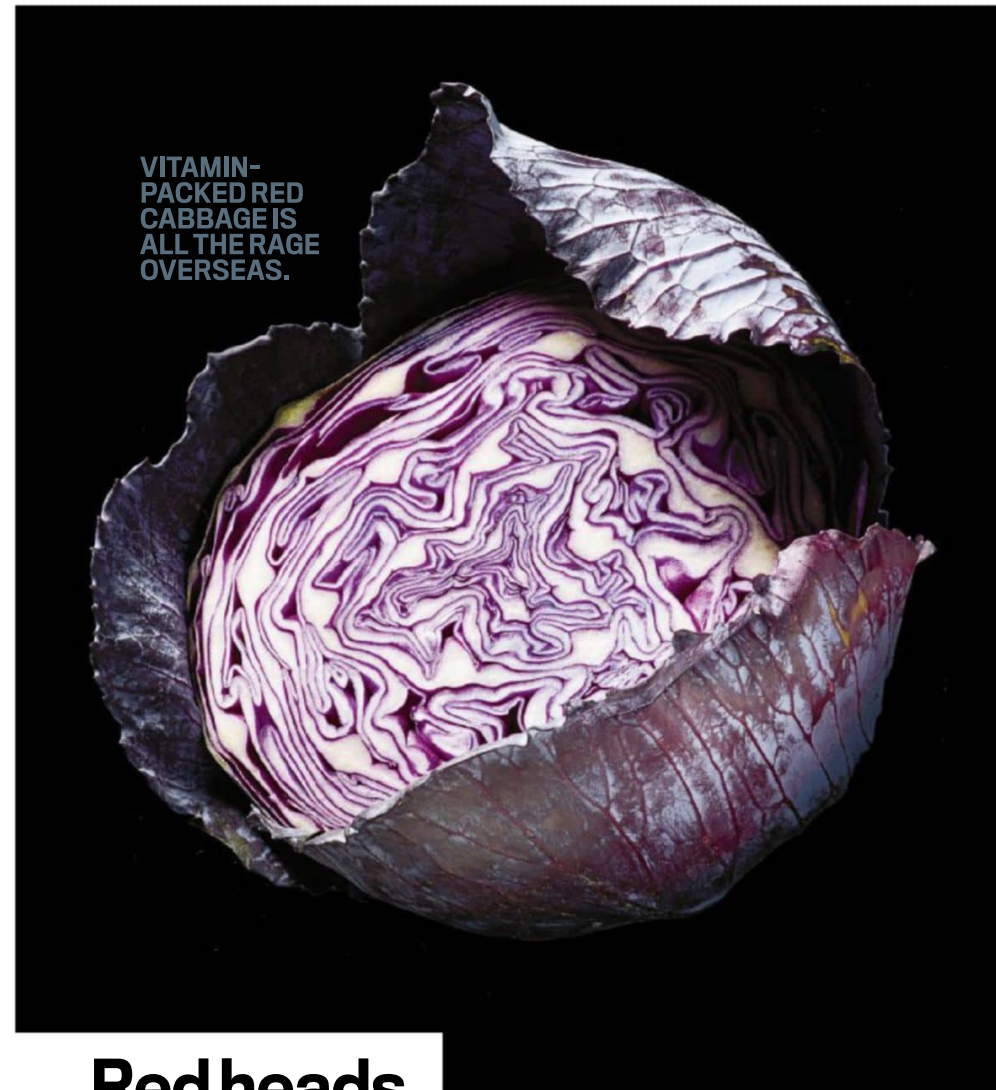
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Sandton City, Johannesburg



Red heads getting picked up more often

Cabbage tips

How to take the slow into your own hands

PICK IT

Select a heavy, bright-red head with crisp leaves.

PREP IT

Pull off the wilted outer leaves, then rinse. Quarter and core, then chop/shred.

COOK IT

Less is better—don't feel the need to boil the hell out of it.

COOL IT

To preserve nutrients, serve it raw, shredded in salad.

Here's one trend we hope to see hop the pond. The U.K.'s never been known for terrifically healthy—or, for that matter, tasty—cuisine, what with all those dishes of girdle sponges (fried sponge cake), spotted dicks (suet pudding), and fitless cocks (oatmeal with chopped onion) clogging the Isles. But there's one area where the Brits may really be on to something: They've developed a serious crush on red cabbage. Last year, red cabbage sales went up 50% in Great Britain—a fairly shocking increase. But then, why not? Prepared properly, the versatile, nutrient-dense veg isn't just good-tasting (again, not necessarily a prerequisite) but also great for you, with 10 times the vitamin A of regular cabbage and twice the iron. (Granted, red cabbage was also used as a treatment for trench foot in World War I, but apparently the Empire's decided not to hold that against it.) If you're not up for eating your red cabbage the way the Brits do—in dishes like “bubble and squeak,” aka fried cabbage and potatoes—you can just slice it thin, put it in a pan with some olive oil, salt, and pepper, and sauté it for about 15 minutes on medium-high heat. Thanks, England. Now, if you could just take back Piers Morgan.

To drop kilos, fill up on fibre

One small diet change—like adding fibre—can make weight loss easier, a study has found.

Subjects who added 7g of fibre to their diets instead of eating a more complex diet had similar weight loss. The high-maintenance dieters lost only 2 more kilos than the other group. Aim for 38g fibre a day from “natural high-fibre foods,” says the study's Yunsheng Ma, Ph.D. *ANNALS OF INT. MED.*

USE OLIVE OIL & GIVE CANCER THE SLIP?

Oleocanthal, found in extra-virgin olive oil, kills some cancer cells completely—without hurting healthy cells—in under an hour, according to a study.

The tests were done on cells from living animals, not on the animals themselves, so still no ETA on when testing might begin on something with a pulse.

In the meantime, you can't go wrong getting plenty of healthy inflammation- and heart-disease-fighting olive oil: “I recommend two table-spoons a day,” says Jim White, R.D.



The quick and the dead. In lab tests, an ingredient in olive oil killed cancer cells swiftly and thoroughly.

Prop styling by Angela Campos/Stockland Martell. Olive oil: Nick Ferrari



Over time, this bronze chronograph will age to become as individual as its inspiration: Carl Brashear, the US Navy's first African-American and amputee Master Diver.

A daily reminder of the power of human potential.

#GoYourOwnWay



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If you want them to confess, don't be a Focker

Good guys finish first (with the ladies)

■ Altruism is the new favorite aphrodisiac, says a new study in *Social Psychological and Personality Science*.

Data collected on 12,775 Germans since '84 showed that about 14% changed their status to "married" or "in a relationship" the following year—but those who regularly helped out others had a 25–46% higher chance of ending up in one of those categories.

Sure, there are other, better reasons for volunteering at a soup kitchen or rescuing a pup—but as excuses go, this one isn't awful.

Stick with it to win

■ It's perseverance—along with optimism, attitude, and positive support—that sets you up to win when the opportunity comes along, says sports psychologist Bob Rotella.

"It's OK to struggle and even lose," says Rotella, who counts

LeBron James and Kentucky b-ball coach John Calipari among his disciples and whose book *How Champions Think* is just out. "That's where perseverance separates the marginal from the champions. While other people feel sorry for themselves when they have a tough time, the champion says, 'Perfect. If I can be strong now, I'm gonna have a huge edge on

everybody.' If you can sustain it—and not many people will—it's hard not to be really, really good at what you do."

Just before this season's Honda Classic, for example, struggling PGA pro Padraig Harrington—winless since taking the British Open and PGA in 2008—met with Rotella for advice. A few days later, he won the tourney.

Score!
With Rotella's tips, Harrington broke a seven-year losing streak.



GET 'EM TO SPILL THEIR GUTS

■ Say you're out to buy a used car and this baby looks hot. But has it been in a wreck? Is the tranny about to drop out? Here's the CIA way to get the seller to sing.

1) Rationalise: "Joe, I really like this car. It's got good mileage, and the body's in great shape. Of course, we all know there's no such thing as a 'perfect used car,' and a new car just isn't in the cards for me right now. I just need to understand what I'm getting."

2) Project blame: "I know no matter how you care for a car, time takes its toll."

3) Minimise: "It's not the end of the world if it's been in a fender bender. I'm in this with my eyes open."

4) Socialise: "I've looked at a bunch of cars, and a few times I was pretty sure the seller wasn't being straight with me—disappointing, since I'm an understanding guy and I get that it's not a new car..."

Next, a few nonjudgmental questions:

1) So, Joe, what's the biggest problem you've had with it?

2) What's the most spent on repairs?

3) What problems do you think a mechanic would find with it?

And when he admits to that pileup on the Grand Central Parkway, get out.

20th Century Fox/Courtesy of Everett Collection; JG Photography/Getty

YouTube therapy

With ASMR, an unlikely sound-based treatment for stress and insomnia, a "brain orgasm" could be just a few clicks away By Dave Bergmann



W

What if we told you there was a way to cure insomnia without pills or meditation, and that it was free and available wherever there's Internet?

¶ Well, there might be—emphasis on "might." ¶ Autonomous sensory meridian response, or ASMR, is a scientific-sounding name for a yet unconfirmed phenomenon sometimes referred to as "brain orgasms." Though ASMR isn't sexual at all—it's a relaxing, highly pleasurable tingling sensation, induced by sensory "triggers," which begins in the scalp and works its way down the spine.

¶ With no peer-reviewed clinical studies on ASMR (a much-anticipated Dartmouth study is still to be published) it's hard to explain, but we'll try.

ASMR-inducing videos have been touted as a therapy for insomnia and anxiety disorders. Some people experience ASMR incidentally in everyday life—common aural triggers are said to include slow, soft speech; instructional videos; and pages turning.

One oft-cited trigger is mellow, bushy-haired PBS painting instructor Bob Ross, for his relaxing voice, the gentle way he addresses the camera, and—a key element—the sound of his brushstrokes.

YouTube has become ASMR aficionados' main stomping ground; but while the videos are ultra-popular, it has to be said: They can be really weird.

There are two kinds of ASMR-inducing videos. The "unintentional" sort just happen to contain the right mix of soft speech, white noise, and/or comforting visuals (like Bob Ross).

Then there's the "intentional" variety—the weird ones, like a gap-toothed British girl with pretty eyes pretending to book you a spaceship flight, or a Russian woman, "Maria," pretending to cut your hair.

Many ASMR videos have millions of views—so maybe they're on to something. But 1.5 million people also bought Pet Rocks in 1975–76, so it's important to not equate popularity with scientific reality.

One reasonable—albeit untested—theory on why ASMR may work: In a 2012 BuzzFeed interview, Ohio State's David Huron noted similarities between ASMR-inducing triggers and the enormous pleasure primates derive while being groomed. "Non-human primates derive enormous pleasure—bordering on euphoria—when being groomed by a grooming partner." And, adds Huron, they groom each other not to get clean, but to bond with each other.

"If people say they feel it, it has to be real in some form," says the University of Sheffield's Tom Stafford, Ph.D. "The question is, what kind of real is it?"

Wrap Your Head Around This

Five steps to inducing ASMR

1. DIM THE LIGHTS

■ You want to be distraction-free; ASMR is meant to be an engrossing experience.

2. USE HEADPHONES

■ The best ASMR videos are recorded with binaural 3-D microphones, to create a virtual "surround sound" experience.

3. SUSPEND DISBELIEF

■ "When ASMR is presented in a relatable way, many people can get their heads around what others are experiencing, and it seems far less foreign to them," says ASMR video creator Heather Feather (total views: 50,000,000+).

4. FIND YOUR TRIGGER

■ "Some people love visuals, while others have purely auditory triggers," says Feather, who creates varied content "in hopes people can find something that will work for them." Start with YouTube. If visuals turn you off, try Spotify, for ASMR audio. Or check out the ASMR subreddit ([reddit.com/r/asmr](https://www.reddit.com/r/asmr)), where videos are marked "[intentional]" or "[unintentional]." If you're uncomfortable with whippers or role-playing, go with [unintentional].

5. DON'T WORRY IF YOU DON'T FEEL IT

■ Feather gets grateful e-mails from people who don't feel ASMR yet use the vids to focus and relax at work or while gaming.

Grooming by Jennifer Brent/Exclusive Artists using Aveda and Boscia



THE TUATARA TRUTH

HOURS AFTER THE SSC TUATARA'S HIGH-SPEED
RECORD, THE INTERNET HAD A BIT OF A MOMENT...

The internet has got itself into a knot in recent times and at the center of that knot is one new hypercar record – the 331mph (533km/h) SSC Tuatara. We shouldn't be all that surprised because top speed runs, since the dawn of the internet, have always come under immense scrutiny. So needless to say, when the SSC Tuatara hit 331mph its celebrations were as high as they were short. Allegations were raised and naysayers nit-picked and dissected the evidence.

First, however, we owe it to the SSC Tuatara to tell the whole story and in the correct order, and that does begin with going over 300mph on a seven-mile stretch of highway in Nevada – indeed the same stretch of road that Koenigsegg used for its own record attempt with the Agera RS.

Steel-nerved racing driver Oliver Webb hopped in the car and clocked a max speed of 301.07 mph (484.53 km/h)

on his first run. To get an average speed, he pointed the car in the opposite direction, buried the accelerator and clocked a speed of 331.15 mph (532.93 km/h). Do the maths and the average speed works out at 316.2 mph (508.73 km/h), making the SSC Tuatara faster than the Bugatti Chiron and ultimately the fastest production car ever! And we do mean bona-fide production car: street legal rubber, and fuel that won't burn off your eyebrows just by smelling it.

“There was definitely more in there”, says Oliver Webb as though he was both warning rival brands and feeling downtrodden as though his small toe perhaps was not all the way down. “And with better conditions, I know we could have gone faster, as I approached 331 mph, the Tuatara climbed almost 20mph within the last five seconds. The car wasn't running out of steam yet. The crosswinds

are all that prevented us from realizing the car's limit.”

“It's been ten years since we held this record with our first car, the Ultimate Aero, and the Tuatara is leagues ahead. Its performance reflects the dedication and focus with which we pursued this achievement,” said Jerod Shelby, CEO of SSC. “We came pretty close to meeting the theoretical numbers, which is astonishing to do in a real-world setting on a public road.”

The Ultimate Aero he refers to is the car that put SSC on Bugatti's list of enemies. The Ultimate Aero took the record away from the erstwhile Veyron, with the Veyron Super Sport deposing the Ultimate Aero three years later.

The Tuatara, first unveiled in 2011, takes all these lessons and pushes them closer to the edge of known science. It's powered by a 5.9-liter V8 with a pair of turbochargers, producing an almost identical 1747bhp (1304kW) as the

upcoming Bugatti Bolide – albeit with a lot less cylinders, turbochargers and obviously, weight – overall the Tuatara is some 1323lbs (600kg) lighter than the Chiron. The smaller engine allows for more compact packaging which is where chief designer Jason Castriota took out his scalpel and proceeded to make the bodywork as lean as possible to counteract the massive effect that drag has beyond 300mph.

So that's the Tuatara, Oliver Webb and the top speed feud in a nutshell but as you know it's far from being that simple when reputations are on the line along with customers' bragging rights.

The problem comes from the video footage that was taken at the event and circulated the planet quicker than COVID. To most of us, it looks insanely fast – and it is – but the obsessed analyzers and

couch critics weren't entirely convinced. Comparing it to Koenigsegg's video on the same stretch of road, the Tuatara doesn't appear to be passing the same markers significantly quicker – the time it took to pass between each dotted white line didn't seem to coincide with that of a car doing 311mph+. Some took the authenticity a step further; they noted that the gear changes didn't match the ratios that were initially published on paper. And, apart from this sound theory, if one zoomed in on the instrument cluster, the speedometer showed only 301mph – significantly slower than the speed recorded by GPS. That said, speedometer readings are usually slightly inaccurate at 60m/h and somewhat gigantically wrong at 311m/h.

In an official response to these questions, we've understood that the

video was edited, meaning that the footage is not synchronized to the speed run. According to CEO Jerod Shelby, they never intended for the video to be used as validation. Adding to the PR misery, the company responsible for supplying all the high-speed tracking equipment, Dewetron, were not present on the day, had not calibrated the equipment to the car and still have not verified the record.

So what now? SSC CEO Jerod Shelby has stated that the SSC Tuatara could be back for another attempt within the next 60 days but hasn't locked down a venue. He has admitted that he dropped the ball on properly packaging the announcement in a way that could be verified and indisputable. Suffice to say next time he'll bring along witnesses as well as additional GPS recording data.

Pawan Dhingara





When we drove the first-generation Hyundai i30 N, we walked away believing that this underdog would be the best performance hatch on the market were it not for a few issues. Top of that snag list was the manual gearbox – engaging but simply not as quick as an auto would be to 60m/h, and not as quick on a twisty road either. Hyundai has now addressed that small problem with a new 8-speed dual-clutch automatic for the i30 N and the result is phenomenal!

The other bits and bobs aren't too bad either – after all former BMW M Chief Albert Biermann helped develop the i30 N around the Nurburgring - when he packed up his desk at BMW he made sure to bring his notebook. This is most evident in the car's configurable chassis settings, but there are other more subtle clues waiting to be uncovered.

This is a midlife facelift for the i30 N so expect many of the main ingredients that

made the previous i30 N so spicy. Power from the 2.0-liter 4-cylinder has been lifted slightly to 276bhp, which can be played with by flicking the paddles behind the wheel or choosing one of the auto's pre-selected modes. Especially cool is the button that unleashes 20 seconds of maximum performance from the engine – say for instance you need to clear a train of cars that sit between you and the start of your favorite mountain pass. And when you do pass them, they'll catch a glimpse of the car's fatter exhaust pipes. Other beefier improvements added to the car's subtle makeover include bigger brakes as well as high-performance tires.

The dynamics haven't changed all that much, but the auto gearbox is the icing on the cake. This is an immensely fun car to drive because it isn't corrupted by power or complexity. The chassis is sprung just about perfect for anything you throw at it and comes up or down to your level of

ability – eschewing none of the fun in the process.

How's it on the inside? The Hyundai delivers a swift kick to the Golf 8 GTI's touchscreen-only interface, Sure the Hyundai's traditional interior doesn't look as next-millennium as the GTI's but it's much easier to use. The facelift also brings a slightly bigger screen to the party with sharper graphics to resemble the ones you are used to seeing on your smartphone.

It's absurd to believe that less than five years ago, nobody outside of Hyundai's top-secret room could tell you a thing about Hyundai's high-performance N models... Now we're confidently mentioning it in the same sentence as a Golf GTI and with loads more exclusivity. And this all bodes well for the rest of Hyundai's burgeoning N range which is rumored to be on its way very soon.

[Pawan Dhingara](#)



BMW's new flagship SUV shows that electrification comes in all shapes and sizes



Not for the first time, BMW has bolted full-electrification into the heavy belly of one of its X-model SUVs – the first being the iX3 and this new flagship simply being referred to as the iX. This new SUV, which is sized like the current BMW X5, will be making the world a greener place by 2021 alongside rivals like Audi's e-tron and the Mercedes EQC.

All of these are big SUVs, which is slightly odd considering that electrified vehicles usually make the most sense for shorter trips in built-up suburban areas. In other words, the last place you want to be threading a humungous SUV that already pays a weight penalty before being slapped with batteries. However as you might be aware, the world is mad for the big Luxo SUV so the fusing of electric technology with the SUV was inevitable.

The design is meant to be polarising and harks back to the iNext Concept revealed in 2018. Suffice to say, time

hasn't dimmed our initial gut-wrench reaction. We should be less shocked by the enormous grille since it's similar to the one carved onto the front of the current BMW 4 Series and M4 but without a purpose to serve – electric cars don't need grilles because there's no engine to cool – it looks out of place. The lights are thin LED slits, the glasshouse is steeply raked and the door handles sit anonymously into doors that are rather bland themselves. The best thing about the design is that it is constructed from lots of carbon fiber and recyclable materials to meet its sustainable ethos while saving weight. And when an electric current is passed through the glass roof it'll turn from transparent to dark in a few seconds.

You also won't be opening the bonnet unless it's with a crowbar – with no internal combustion engine underneath, this is the first BMW in history with a fixed bonnet.

While the iX is powered by 5G connectivity, it's also powered along by BMW's high-output electric motors. Details at this stage are still murky but BMW is

teasing figures in excess of 536bhp, split between the two axles. With enough experience of electric SUVs and a sprinkle of our own speculation, the iX could be as fast from standstill to highway speeds as the flagship BMW X5. Other versions will certainly follow too. Using the same engineer who was in charge of projects like the M5 and M8 can only be a good thing for the iX's performance and dynamics.

The range should be good too for a car that weighs over 2.5 tonnes. Early claims say 373 miles is possible and thanks to BMW's charging infrastructure which supports DC fast charging at 200kW, the battery can take 80 percent of its charge in 40 minutes.

BMW's claim of 25 electric and hybrid models by 2023 no longer seems like an impossible goal. And instead of building small city cars, like the BMW i3, in multiple configurations, the company has gone to the opposite end. Perhaps when the two ends finally meet in the middle, BMW will have found the sweet spot?

[Pawan Dhingara](#)

ROCKSTAR GAMES PRESENTS

RED DEAD II
REDEMPTION II

Cars, Cowboys and Catastrophe

British weather, horse taming and nuclear vaults top this gaming issue. **BY ANDRE COETZER**

RED DEAD REDEMPTION 2

It's been eight long years since Rockstar released their seminal cowboy epic Red Dead Redemption to raving reviews and fan adoration. And after eight long years Rockstar Games finally delivers the sequel everyone has been waiting for and in true Rockstar fashion the sequel is actually a prequel. Set in 1899, 12 years before the original, a robbery goes horribly wrong in the town of Blackwater and protagonist Arthur Morgan and his gang are forced to flee across the heartland of America in a desperate attempt to the avoid long arm of the law, but can Morgan keep this rag tag gang of outlaws together or will they tear themselves apart from the inside? Rockstar Games are known for creating epic adventures set in sprawling open worlds, but they have clearly outdone themselves with Red Dead Redemption 2. The massive open area you get to explore as Arthur Morgan is the most beautiful world ever created in games, from snowy mountains to dark swamps to expansive flatlands, every area is dripping with gorgeous graphic fidelity never seen before. Yet good graphics does not mean it's a good game, but fortunately the gameplay is of the highest level. From the epic gunfights to racing across the grasslands with your trusted horse, everything feels as authentic as possible. With over 65 hours of single player action, tied in with countless side quests and activities, Red Dead Redemption 2 is the only game you'll need this year. *Available on PS4 and Xbox One at btgames.co.za (R915)*

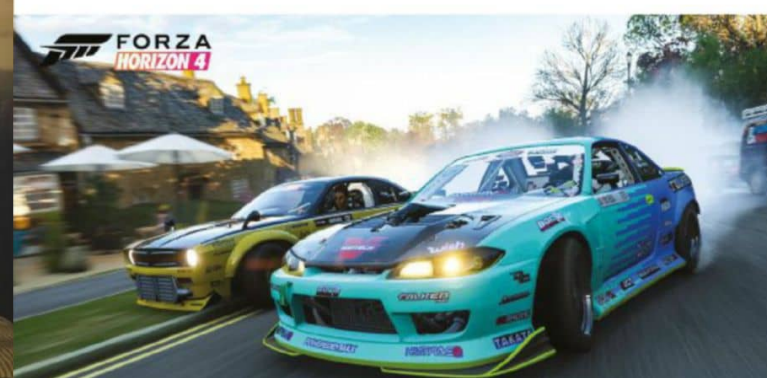


FORZA HORIZON 4

A quality racing games on consoles are few and far between, with only a handful truly hitting the right gear when it comes to recreating the thrill of racing the world's greatest cars, but one name that screams quality racing is the Xbox exclusive Forza series and in 2018 they might have just released the best racing game ever made. Forza Horizon 4 moves the fictional Horizon music/petrolhead festival to the British Isles, a strong departure from the sun-soaked roads of

Australia in the previous iteration. Once again you will compete against the best drivers in various racing forms to be crowned the king of the Horizon festival. However, things are dramatically different this year as one of the biggest features will see the dramatic British weather play a huge role in every race. The weather will not only affect how you race, but it will change the tracks as well, from a beautiful lake in summer to a frozen shortcut in winter, each season will have a massive impact on your car

and track. The race types are varied as always, including stunt driver montages, car documentary shoots and drift challenges, with each mode contributing to your Horizon score. And with over 450 beautifully rendered cars from more than 100 licensed car manufacturers Horizon 4 does not disappoint when it comes to your vehicle of choice. Forza Horizon 4 is the ultimate racing package and an absolute must for any racing fan. *Available on Xbox One and PC at btgames.co.za (R915)*





FALLOUT 76

The Fallout franchise for years has been seen as the pinnacle in single-player story and exploration-driven gameplay, but now in 2018 Bethesda Studios has thrown a spanner in the works. The brand-new Fallout 76 is a purely multiplayer game only, with no single player component in sight and yet it might just be the best decision they've ever made. At its core Fallout 76 is every bit a Fallout game, from creating your own unique character

with the S.P.E.C.I.A.L system to exploring a massive wasteland with hundreds of locations. Only this time the other characters you'll meet, will be fellow gamers out to help you survive or kill you for their own greedy survival needs. You'll have the choice to team up with other survivors or try to survive the dangerous wasteland alone, the latter being quite a nerve wracking and tense experience. You're also given the tools to create your own basecamp where you can stock up on supplies

and even trade with other gamers, a set of tools very similar to Fallout 4's base building gameplay. With a massive open world to explore alongside friends or strangers, Fallout 76 has breathed new life into the franchise, it still contains the incredibly dark humour the series is known for as well as the gameplay mechanics that fans have come to love, but bringing along a new and unique multiplayer experience.

Available on PS4, Xbox One and PC at btgames.co.za (R915)

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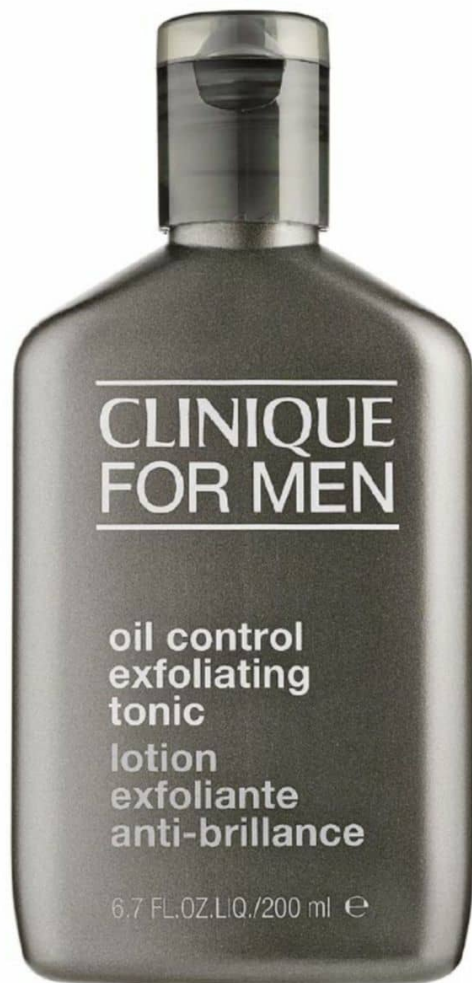
#biogenjourney

Grooming

Grooming essentials every guy needs for summer.

The days of water and gym dispenser soap-suds are long gone. Skincare professionals will agree that skincare for men matters, and it's never too early or too late to develop a regime suitable for

your skin, especially now that we heading for warmer months. Your skin will look better, fresher, and younger for longer – as well as ward off irreversible sun damage.



EXFOLIATE

Clinique for Men Exfoliating Tonic

■ Daily exfoliator for normal to dry skin. De-flakes and smooths skin's surface to reveal clearer skin, prep for shave. Unclogs pores and minimises oil build-up. For normal to oily skin, also available in Oil Control Exfoliating Tonic. Removes excess oil, helping to clearer skin.

R355.00, clinique.co.za



CLEANSE

ClarinsMen Active Face Wash

■ This mild facial cleanser with purifying extract of grindelia and checkerberry gently rids the skin of impurities and all traces of pollution, leaving the face perfectly clean and healthy. The cleansing foam softens skin damaged by razor burn, and tones and shields the skin from everything the day throws at it.

R310.00, clarins.co.za



SMOOTH SHAVE

Cowshed Smooth Shaving Cream

■ Cowshed Smooth Shaving Cream with Hemp Seed Oil provides a smooth, uplifting shave. Hemp seed oil naturally soothes irritated skin and maintains the skin's moisture levels while leaving it shine-free.

R298.00, woolworths.co.za

MOISTURISE AND SPF

Dermalogica pure light SPF50

■ Shield the skin from UV-induced hyperpigmentation (brown spots, discoloration and uneven skin tone) with this medium-weight daytime treatment. It features Oleosome technology, which uses natural plant spheres filled with sunscreens to increase SPF performance. A powerful peptide helps regulate melanin production while a potent blend of Red and Brown Algae combined with botanical extracts helps balance uneven skin tone. Cross-linked Hyaluronic Acid fortifies the skin's natural moisture barrier, reducing the appearance of dehydration lines. Formulated without artificial fragrances, colours or parabens.

R1099.00, dermalogica.co.za



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R565.00, edgars.co.za



CLAY MASK

Lab Urban Blue Detox Clay Mask

■ This powerful purifying face mask uses a blend of clays, charcoal, and high-performance ingredients to help decongest and unclog pores and remove excess surface oil from the skin. Leaves skin looking clean, clear, and healthy.

R565.00, edgars.co.za



PRE-SHAVE

Sorbet Man Pre-Shave Oil

■ Sorbet Man Pre-Shave Oil 125 ml prepared with a blend of almond, olive and castor oils, allows for a smoother and comfortable, nick-free shave and is proudly produced in South Africa.

R165.00, clicks.co.za

Sanet Du Randt

For most people their journey into health and fitness only starts in their adult years. Sanet's journey started in her teenage years already at the age of 14. We found out how the young, active teenager has grown into a successful model, actress and how she became an ambassador for one of the best-known brands, USN. **PHOTOGRAPHER: PIETER PIETERSE**

START OF A JOURNEY

I started training in the gym at age 14 but my eating habits were not up to standard but I was very active in school sports so it balanced out well at that stage. Age 16 I got very interested in the fitness and health lifestyle, but like most people I did not know where to start and what exactly to do. For the following 2 years I got more and more interested in the fitness industry so I started asking advice from a lot of people in the industry and tried different diets and training programs. Naturally my motivation and passion grew stronger for this sport and I knew this is exactly what I want to do.

FINDING CONFIDENCE

I'm a qualified beautician, I am still doing acting and I was featured on several different series episodes on television and was on several billboards across South Africa. My acting and modelling career definitely helped me with self-confidence and I figured the fitness stage is the next challenge I want to pursue. I competed in the well-known Rossi Classic 2015 and was placed 5th in the Bikini under 23 division. It was such a great experience and I loved the stage, I had so much fun.

OVERCOMING ADVERSITY

In 2016 I was very ill the entire year and I just could not get ahead of my diet and training program. I tried my best but at times it truly felt like the worst year of my life. I was in and out of hospitals several times and battled to get back up, but I was brought up to never stop trying.

I believe my mindset and my faith is everything, if you put your mind to anything, you will achieve it. I think I am an over planner and a routine junkie to be honest. I plan every little detail in my life. I always knew fitness is my life and it is something that will be part of me forever.

It is a lifestyle change, not just a diet or a prep. I committed to a date at the end of 2016 and I prepared myself mentally that I will no longer let sickness or negativity influence my fitness life. So I started dieting and training very hard again on holiday and slowly but surely my life started to get better even though I was still hospitalised several times.

I just kept my faith and my mind focused. I learned so much about myself and my body even through the toughest of times. I never stopped praying and I never gave up on what I truly wanted. It is never going to be easy but it is definitely worth it. I think we all go through stages in our life's and that is one stage I have never spoken about, but yes, here I am telling you that everything is going to be just fine.

GIVING UP IS NOT AN OPTION

Never give up and never lose sight of what is important to you and what you truly want from life! If you have a goal don't look in any direction but straight ahead and focus on one thing at a time and I'm not telling you it is going to be easy, because it's not, it's going to take everything you've got.

MY USN

Rascal flavour BCAA
3XT Extreme Pump Cherry
Cola Flavour
BCAA Power Punch Amino
USN Blue Lab Whey



Healthy Festive Flavours

By Izelle Hoffman

Festive Chicken Pie

PREP TIME 10MIN

COOKING TIME 15MIN PLUS 25-30MIN
BAKING TIME

SERVINGS 1 LARGE CHICKEN PIE

INGREDIENTS

1tbsp olive oil
2 medium onions diced
100g diced carrots
100g diced celery
1kg chicken mince
3tsp salt
1tsp ground black pepper
2tbsp honey
3tsp onion powder
2tsp rosemary
150ml unsweetened almond milk
Handful freshly chopped Italian parsley

For the crust

500g sweet potato mash
5 large eggs
1 tsp Oryx desert salt
1 tsp bicarb of soda
2 heaped tbsp onion flakes
1 heaped tsp dried parsley

DIRECTIONS

Preheat oven on 200°C. In a pan over medium heat, fry the onion, celery and carrots in olive oil. Add the chicken mince and season with salt, pepper, honey, onion powder and rosemary and stir well. Once cooked allow to cool off before stirring in the unsweetened almond milk and set aside. Prepare a baking dish with non-stick spray.

For the crust

Whisk the eggs separately till fluffy then add to the sweet potato mash and stir well. Add the salt, bicarb of soda, onion flakes and dried parsley. Transfer chicken mince into baking dish, top with sweet potato mixture and finish off with onion flakes and freshly chopped onion rings. Bake for 25-30min till crust is golden brown and crispy and serve warm.

PARSLEY IS NOT JUST A SIMPLE 'TASTELESS' HERB!

- > Anti-inflammatory and antibacterial
- > Boosts immune system
- > Improves bone-health
- > Blood purifier
- > Reduces arthritis, helps protect against osteoporosis and improves bone health

Honey-Almond Long-stem Broccoli

COOKING TIME 10MIN

SERVINGS 4

INGREDIENTS

400g packet of long-stem broccoli
1tbsp olive oil
25g almond flakes
1/2 tsp Oryx desert salt
1/4 tsp ground black pepper

DIRECTIONS

Cut open 1 of the corners of the packet with a knife or kitchen scissors. Microwave the broccoli for 6min. Preheat a big frying pan with olive oil. Stir fry the steamed broccoli with olive oil and season with honey, salt almond flakes and ground black pepper. Serve warm.

BROCCOLI

- > Natural anti-biotic
- > Anti-inflammatory
- > Anti-viral
- > Great source of fibre
- > Boosts immune system
- > Potent detoxifier



Choc Espresso Biscuits

PREP TIME 15MIN

BAKING TIME 7-10MIN

SERVINGS 20-24 BISCUITS

INGREDIENTS

300g almond flour
50g almond sprinkles
1tbsp cacao 25g (heaped)
1tsp salt
1tsp bicarb of soda
200g almond butter
6tbsp raw honey
2tsp vanilla essence
1shot espresso or a heaped tsp ground coffee or coffee powder

DIRECTIONS

Preheat oven to 200°C. Prepare baking dish with non-stick spray and sprinkle with almond flour. Mix all of the ingredients together till a dough-like texture. Roll the dough into a long roll with a diameter of 2-3cm and cut into pieces of about 3-4cm long. Transfer onto the baking dish. Make use of a fork, place it in cacao and then firmly press down on each biscuit, the cacao will ensure that the dough doesn't stick to the fork. Optional: Garnish with coffee beans and hazelnuts and place in oven and bake for 7-10min. Drizzle with raw honey and sprinkle with cacao immediately once they are removed from the oven. Allow to cool off and refrigerate in an air-tight container.

RAW CACAO

- > Builds strong bones
- > Detoxifies the liver
- > Rich in antioxidants
- > Regulates body's pH levels



WHY
ELITE
ATHLETES,
CEO'S—
EVEN
ROCK
STARS—
ARE
GOING
DEEP
ON

sleep

Thanks to sleep specialists like Harvard's Charles A. Czeisler, Ph.D., M.D., everyone, from celebrities and sportstars, are manipulating their slumber to their advantage

BY KEENAN MAYO
PHOTOGRAPH BY CRAIG CUTLER



In June 2011, after the sixth game of the Stanley Cup Finals between the Vancouver Canucks and the Boston Bruins, in Boston, the series was locked in a tie. The Canucks, based in the Pacific Time Zone, had lost all

the games hosted in Boston. The Bruins, located in the Eastern Time Zone, had fallen in every contest hosted in Vancouver. As the team with the better regular-season record, the Canucks held home-ice advantage for the seventh and deciding game. So when the Bruins arrived in Vancouver the day before that matchup, they went searching for an edge.

“I was getting ready to take the stage for a lecture in Minnesota when my phone rings,” says Charles A. Czeisler, Ph.D., M.D., sitting in a small, windowless conference room outside his office at the Brigham and Women’s Hospital at Harvard Medical School in Boston, where he serves as the chief of the Division of Sleep Medicine. “It’s the Bruins’ team physician, who says, ‘I’m here in Vancouver, and I’m wondering if you have any suggestions for what we might do.’”

Czeisler asked a number of questions about the Bruins’ travel schedule. He discovered that the team planned to take their discipline of napping in the afternoon with them to Vancouver the next day. “I told him that that doesn’t work—the team needs to be napping in the morning in Vancouver, because that is afternoon here in Boston.” In other words, to maximise their energy and mood, the players should keep their bodies on Eastern Time. “There is a circadian rhythm to athletic performance,” he says, referring to the study of the human body’s inner clockwork.

Physiologically, the window for peak focus, strength, reaction time, and physical flexibility arrives in late afternoon or early evening, when “the body is sending out its strongest drive for wakefulness,” says Czeisler. According to him, that’s when most Olympic records are broken. Since the opening face-off was scheduled for 5 p.m. Vancouver time—8 p.m. in Boston—Czeisler understood that if the Bruins napped at just the right time, the game would fall into a wakeful sweet spot.

The team cancelled its morning practice the next day. “All the sports-talk

guys are freaking out—‘They’re not doing the shootaround before the championship game! What are they thinking?’” he says. “I was pleased to see that they won the game, which was pretty cool.”

In fact, the Bruins shut out the Canucks 4-0. Whether or not the three-hour shift in the team’s nap time played a role, it is increasingly common in today’s competitive sports to encounter teams at both the professional and collegiate levels who are working to manipulate sleep to their advantage. Northwestern University head football coach Pat Fitzgerald instituted team-wide naps after arriving, and last season he imposed sleep-monitoring sensors on his players during the season. In professional baseball, East Coast teams playing home games against West Coast-based teams have a measurable advantage. “They win about 5% more games,” says Czeisler. “And on average, they score about a quarter more runs.” In 2013, a colleague of Czeisler’s at Harvard published the findings of a study in the journal *Sleep*, arguing that East Coast-based teams in the NFL consistently underperform when competing in away games on the West Coast.

“It’s one thing to see regular people travelling and changing time zones and, say, visiting the Louvre, and not noticing a split-second change in reaction time when looking at a painting,” says Czeisler, who notes that the brain’s normal reaction time to a stimulus is a quarter of a second—which can quadruple or more if the person is severely sleep deprived. “But for an elite athlete, sleep deprivation degrades coordination and the ability to learn and consolidate memories. Your emotions are more volatile, too. Not getting enough sleep *will* degrade athletic performance.”

Czeisler isn’t the only sleep expert moonlighting in athletics, but he is the only one whose prominence in professional sports has earned him the unofficial title, at least in the NBA, as “the Sleep Doctor.”

“Athletes don’t get coaching on this,” he says. “They get fitness coaching. They get nutritional coaching. They don’t get sleep coaching.” Among other teams, he has consulted with the NBA’s Minnesota Timberwolves and Portland Trail Blazers, Major League Baseball’s Milwaukee Brewers, and nearly every pro sports team in the greater Boston area. When the New England Patriots were preparing to fly to London in 2012 for the NFL’s yearly overseas regular-season game, the team physicians sought Czeisler’s expertise before they left. And 15 minutes into our conversation at Harvard, he left the room to take a call from a Major League Baseball team he preferred not to name, which was working on schedule preparations for the 2014 season.

For Czeisler, however, the importance of optimising sleep extends beyond sports. It’s a public health issue, he says, calling sleep the “third pillar” of good health, alongside diet and exercise. If you don’t get enough over



“Doctor Z”
Dr. Charles A. Czeisler inside a laboratory “sleep suite” at Harvard Medical School.

one another. It would be as if all the buildings in Manhattan shrank, and the alleys and streets got bigger for the garbage trucks. It was remarkable.”

The message is obvious—it’s important to get enough sleep; but for him, it has become a mission. “For someone like Czeisler, it’s not necessarily about individual patients, it’s about everybody,” says Matthew Wolf-Meyer, Ph.D., associate professor of anthropology at the University of California, Santa Cruz, and author of *The Slumbering Masses: Sleep, Medicine, and Modern American Life*. “He’s using athletes, astronauts—exceptional cases—in order to get people to think about sleep, and to maximise sleep for everybody; he’s working to popularise the science of sleep in ways that clinicians and scientists don’t really do.”

In January, Czeisler travelled to Davos, Switzerland, with Huffington Post founder Arianna Huffington, to attend the World Economic Forum, the annual convention of the world’s top political and business leaders. In 2013, he testified in the wrongful death trial of the late Michael Jackson, arguing on behalf of the pop star’s mother and children that the troubled musician had suffered from “total sleep deprivation over a chronic period” by the time he died.

“Chuck has the most effective communication and lecture skills,” says David Dinges, Ph.D., chief of the division of sleep and chronobiology at the University of Pennsylvania’s psychiatry department. “He is a giant. He’s been an extraordinary influence in his ability not only to make these big discoveries in the field of sleep, but to translate them to the public in a way that people actually understand.”

Czeisler’s pupils now include several multimillionaire professional athletes—guys not always up for sitting through classroom-style lectures about

the nature of REM sleep or instructions on when to go to bed. “There’s obviously a learning curve involved, when Chuck is coming from the academic world to the sports world and trying to educate players,” says Ed Lacerte, head trainer for the Boston Celtics. “But it’s easy to work with Chuck—or ‘Doctor Z,’ as I like to call him. He’s been able to sit down with our players one-on-one. The athletes listen to him. We’ve had players go to his lab for sleep studies, and he’s actually gone into their homes to work with them. He’s been accepted fine. His height has certainly helped—I can tell you that.”

Czeisler is 6’4”, with wispy grey hair and an old-fashioned mustache. He is a polite and enthusiastic talker, and a prolific doodler. When you meet him, you discover that he seldom struggles to find the right words to say—but when he does, he squints into the distance as if the rest of his thought lies waiting to be plucked from across the room. As we chat, his smartphone lights up with e-mails and texts. On one occasion he checks his screen. “I guess I did make some friends along the way,” he says, with a squint and a smile. “That was Shaq [former NBA star Shaquille O’Neal]. He’s a really nice guy.”

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Previous page: Styling by Megan Krieman/Judy Casey; Grooming by Lydia Foster/Exclusive Artists using Kiehl’s. Photographed on location at Mercedes Club

Czeisler’s

original area of study wasn’t sleep, but biochemistry. The Chicago native, who attended Harvard for his undergrad work and Stanford for grad school, quickly found himself, in the early 1970s, pulled into the burgeoning field of chronobiology and circadian rhythms. These include, among other things, the fluctuations of blood pressure and body temperature, the sleep-wake cycle, and the secretion of hormones, including cortisol—which was the subject of Czeisler’s first research project. “I became fascinated by the effect of sleep on the release of these hormones,” he says. “That’s how I came into the sleep field.”

In the late ’70s, he began a study of sleep patterns in which he allowed several human subjects to sleep whenever they pleased, freeing them of any “time cues.” “There were many studies in the 1930s and ’40s exploring the circadian rhythms of plants and small organisms, and in the 1950s and ’60s scientists were beginning to understand the effects of light on circadian rhythms in other organisms,” he says. But the prevailing wisdom at the time, largely drawn from mid-century German research, was that humans proved to be the exception to the rule—that somehow we, unlike every other organism, are untethered to the basic rhythm of a 24-hour day.

“One of the weird things that happens when people are living free of time cues, however, is that they exhibit periods of circadian rhythms about an hour longer than the 24-hour day,” he says. “They get to bed an hour later every day and wake up an hour later every day.” With the experiment, Czeisler determined that a human’s duration of sleep is dependent on what time of day it is in the body rather than on how long the person has been awake. “Czeisler demonstrated that the period of the human [circadian system] regulates our biological timing just like other animals,” says UPenn’s Dinges. “It was just a tour de force in science.”

When Czeisler and his fellow researchers published his conclusion in the journal *Science* in 1980, the article ended with a flash of scientific speculation that the findings may have an impact on “shift workers.” “Suddenly I’m in my apartment and I’m getting calls from *The London Times* about shift schedules,” he says.

The story found an audience among factory owners, and he got a call from Ogden, Utah’s Great Salt Lake Minerals and Chemical Co., a major player in the mining of potash, an ingredient used in fertilisers. He learned that the company’s shift schedules recessed “counterclockwise,” a common industrial practice at the time. Employees worked the night schedule (midnight to 8 a.m.) for a week, then the evening schedule (4 p.m. to midnight) for a week, then the day schedule (8 a.m. to 4 p.m.) for a week.

According to Czeisler, this practice was harmful to worker productivity for several reasons.

If you work the 4 p.m.-to-midnight shift, your circadian rhythm dictates that you go to bed sometime around 3 a.m. and wake up sometime around 11 a.m. If you then rotate counterclockwise—to a shift beginning at 8 a.m.—that will require you to force yourself onto an earlier bedtime to wake up at roughly 6 or 6:30 a.m. to get to work. (For obvious reasons, this is not ideal.) But if you rotate in a clockwise direction, from a shift beginning at 4 p.m. to one beginning at midnight, “you are halfway there,” Czeisler says. “The circadian system in humans runs a little more than 24 hours”—demonstrated by his research subjects who unknowingly went to bed an hour later each night—so it’s much easier for your body to roll forward in that

direction. For any corporate road warrior who has flown from New York to Los Angeles and adjusted easily to West Coast time—or suffered the consequences of the reverse—this observation will sound familiar.

After the company in Utah implemented his suggestions, production increased and employees reported happier working conditions. Czeisler then founded the Center for Design of Industrial Schedules, a “fatigue risk-management consulting” nonprofit organisation that led him to 10 years of “working among smokestacks in Texas” and eventually with professional sports teams. He went on to consult for entities ranging from police departments to Delta Air Lines to the Department of Homeland Security and NASA. He also advised the investment bank Morgan Stanley. “Bankers,” he says, “have the worst sleep schedules of all.”

Before long, Czeisler received his first desperate phone call from a road-weary celebrity. It was 1989, and the Rolling Stones were gearing up for their Steel Wheels Tour. “Mr. Jagger was having trouble transitioning across time zones,” says Czeisler. “So I created ‘MJ Time,’ his own personal

“Mick Jagger was having trouble transitioning across time zones,” says Czeisler. “So I created ‘MJ Time,’ his own personal time zone.”

time zone.” Over calls and faxes, Czeisler designed Mick’s schedule and his exposure to light for the tour. He had him black out the windows in hotel rooms, and scheduled his meals to arrive at certain times of the day. “We also shipped special lighting systems so he could be exposed to bright light” when it was “daytime” on MJ Time, but dark in, say, Japan. “I used to get urgent requests before each of his tours, and kept saying, ‘Give me some advanced notice!’ But I did that for like, 10 or 15 years.”

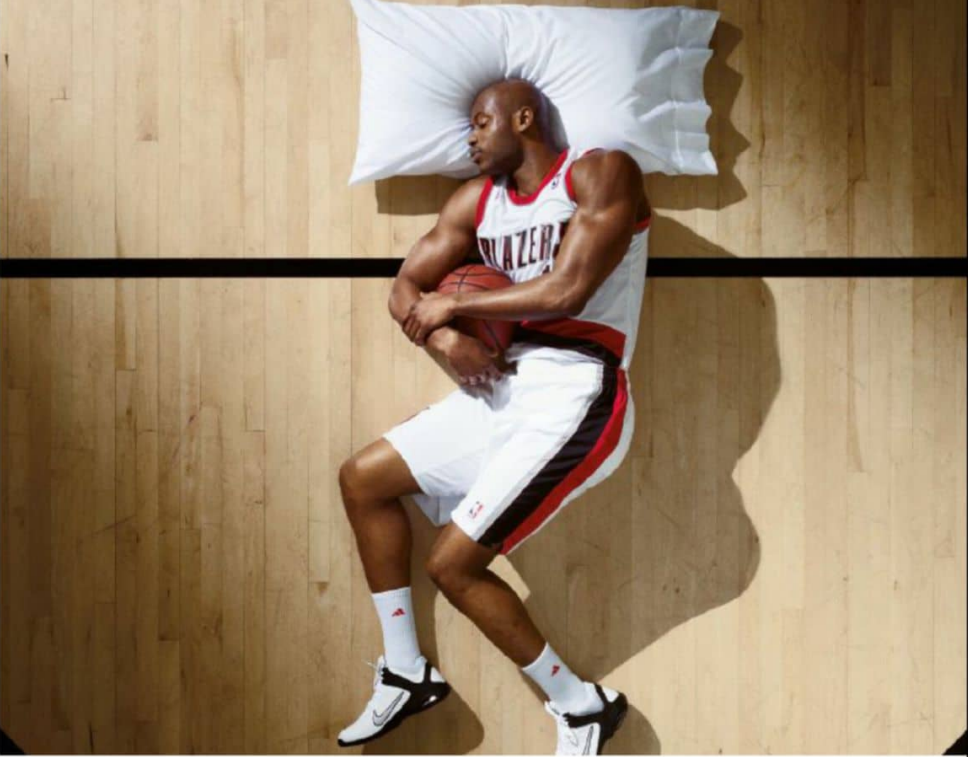
Years later, when Czeisler would get calls from pro sports physicians—the first of whom was a former med school classmate who’d gone on to work for the Portland Trail Blazers—he drew on his work with the Rolling Stones. “Just as we had ‘MJ Time,’ I thought, I’ll take the same approach to the Trail Blazers,” he says. “So I said, ‘Stay on Blazer Time.’”

His work for sports teams doesn’t require him to provide special lighting equipment, but he does pour over the endless airline itineraries, scheduled events, media appearances, and late-night dinners wedged into their increasingly populated schedules across time zones, then engineers the best sleep-friendly schedule he can. And his biggest no-no for everyone, especially athletes, is the red-eye. “It’s impossible to get uninterrupted sleep,” he says.

Inside

the sleep “suites” at the sleep laboratory at Harvard Medical School—the pods where research subjects live during experiments, with electrodes affixed to their bodies—the most glaring feature is the adjustable lighting, which is spread evenly across the paneled ceiling so there are no visible source points or dark areas. Over the years, electric light has become something of a target for Czeisler. When he is on the convention circuit, light is the subject he sermonises about most.

In the 1990s, he proved that a human being’s biological clock can be reset—your entire bodily rhythm shifted—with exposure to artificial light. He then proved that this applies to blind people as well. “Ordinary room light



is only 1% of the intensity of the light outdoors,” he says, “but it has 50% of the resetting ability.” According to him, short-wavelength light is the more insidious influence on your biological clock. These are the beams emitted by your iPad, plasma television, and even eco-conscious lightbulbs. (The old incandescent lightbulbs, according to Czeisler, emit more heat than actual light.)

When this short-wavelength light hits the photosensitive retinal ganglion cells in your eye, it halts the release of “sleep-promoting” neurons and “activates arousal-promoting” neurons. It also suppresses the release of melatonin, the brain’s natural chemical for facilitating drowsiness. In our artificially lit world, he says, it’s likely that most of us have shifted our time zones to the point that sleep—the necessary, healthy kind—is increasingly difficult to achieve.

We go to bed late and force ourselves up too early with caffeine, manipulate our time zones, and burden ourselves with enormous sleep debts that would take weeks of vacation to pay back. In terms of public awareness, “we’re in the 1950s with smoking,” Czeisler says. “A few people on the cutting edge are aware”—such as pro sports teams—“but I wouldn’t say society as a whole is adopting it. Nobody has said, when we release the next [light-emitting] tablet, ‘Look at the health and safety consequences!’ No one is viewing light as something that needs to be evaluated. The light sources are getting brighter and worse.”

So he advises you to dim your lights in the evening, and turn off the TV at least an hour or two before bed. If your phone is your alarm clock, buy an alarm clock. “For uninterrupted sleep, keep your phone in a different place,” he says—otherwise you’ll look at it, and it will invariably buzz. If you need to e-mail, he suggests “installing ‘f.lux’ software on your computer, which changes the wavelength of the light on the screen.”

I mention that people have had light—lightbulbs, candles—for quite a while, yet have always stayed up past their bedtimes. Isn’t this a little overblown? “When I was growing up, 2-3% of the population slept less than six hours; now it’s 10 times as many,” he says. “We’ve increased by an order of magnitude our per capita light exposure. Take all the people who died on 9/11—twice as many die in motor vehicle crashes every year in the U.S. alone due to sleep deprivation. There are about 60,000 debilitating injuries on the highway [caused by under-slept drivers]. And we’re getting more overweight because we’re sleeping less. As sleep has gone down, waistlines have gone up. When you don’t get enough sleep, your brain goes into starvation mode.”

So, what can we do? “I don’t know the answer,” Czeisler says. “But I don’t think the answer is for the culture to unlearn our modern way of life.” So he recognizes the challenge. “When I was meeting with an NBA team, I started off my talk by mentioning that people are sleeping less today than when I was young. Their star player said, ‘That’s because back then there was less shit to do!’” ■

SLEEP YOUR WAY TO THE TOP

Seven surefire tips for maximising your sleep, according to sleep specialist, chronobiologist, and NBA “Sleep Doctor” Charles Czeisler, Ph.D., M.D.

1 Hit the Gym

“First off, being unfit leads to a risk of sleep disorder,” Czeisler says. “And in untrained athletes, exercise will increase your deep, slow-wave sleep phase at the beginning of the night, which is important for consolidating memories and critical ‘housekeeping’ functions, including sweeping the toxic debris from your cells.”

2 Go to Bed Early on Fridays

“This is a dirty little secret,” he says. If you’re really sleep deprived after a busy week and have ‘high homeostatic pressure,’ you can hit the late-afternoon ‘nap phase’ on Friday and ride it all the way to Saturday morning. “There are very few times you can sleep longer than you’d usually sleep, and that’s one of them.”

3 Don’t Hack Your Sleep

Czeisler encourages wearing a sleep monitor because “it’s important to have a scale so that people know whether or not they’re getting enough sleep,” he says. But don’t use the alarm function that wakes you up at a lighter stage of your sleep cycle. “If you’re waking up half an hour earlier just to feel less groggy, then over the long term you’re going to lose more sleep and you’ll become more chronically sleep deprived.”

4 Nap More Often

Remember: If you can sleep, you probably should. “Naps can bring you a burst of energy and help compensate for your sleep deficit,” he says. “Most people, like NBA players, will find they have more energy after a nap. Naps also help consolidate memory.”

5 Set Aside a Core Sleep Period

Make sure to carve out enough time for sleep. “If you can’t be in bed at exactly the same time every night, aim for a ‘core’ that’s consistent,” he says, such as midnight to 6 a.m. Whenever your bedtime is, “always plan to be asleep during those hours.”

6 Lose the Snooze

If you hit your snooze button over and over again for an hour, “you may as well have been awake that whole time,” he says. “You just gave up an hour of consolidated sleep, possibly with a nice long REM episode. So you won’t get the same restorative value you would have. You just degraded the value of the sleep from a 10 to a 2.”

7 Ditch the Pills

Sleeping pills such as Ambien are not a good idea, and can lead to a sleep disorder, he says. “They change the architecture of the sleep, reducing the slow-wave sleep.” If you absolutely must, for personal reasons, use them for only a week or two.

SO! SO!

SWO

Meet **Johnny Jimenez** the master trainer, fitness model, actor, and entrepreneur who recently earned his IFBB PRO status as a professional bodybuilder in the Pittsburgh Pennsylvania North American Nationals which was one of the biggest shows of the year.

People in the fitness industry know him as Johnny Swole, and we can see why. He currently competes in the Men and Classic Physique Divisions with his goal in the IFBB being to compete in Mr Olympia by 2021. Johnny is consistently working hard to achieve his goal and he's determined to win it! He enjoys travelling while competing, meeting fitness enthusiasts and networking with other like-minded people. He's always finding ways to better himself and help others whether it be health, fitness, and bodybuilding.

Johnny's 10-year-old daughter, Jasmine is his reason to become great in life so that he can be the best role model for her. "My main mission in life besides my success is to watch her become a successful independent young lady."

Instagram @Johnnyswole23 | Facebook/Johnnyswole



EVERYONE HAS THEIR OWN SPECIAL STORY ABOUT HOW THEY GOT INVOLVED IN HEALTH AND FITNESS, COULD YOU TELL US A LITTLE BIT ABOUT YOUR JOURNEY TO WHERE YOU ARE TODAY?

I've been personal training for over 16 years now. I've always had a passion for helping others reach their fitness goals, believing in them and watching them change their lives to be healthier, stronger, and confident. That's why I strive to be the best coach and trainer. I've been bodybuilding for 15 years and the goal was always to go professional which I achieved on September 4th, a day before turning 32. Talk about an amazing birthday weekend gift.

HOW DO YOU BALANCE KEEPING FIT WHILE LEADING A BUSY LIFE?

For me, keeping myself fit isn't a question but a must-do every day because it's a lifestyle, not just a goal to be fit. I love how it makes me feel when I feel healthy and confident about myself and how my physique looks like in the mirror. That's what drives me every day to stay healthy and fit.

WHAT ARE THE TRAINING PRINCIPLES YOU STICK TO?

My training principles are simple, get up in the early morning every day and do my fasted cardio for 45 minutes to an hour at a time. I drink a litre of water when I wake up making sure I stay hydrated throughout the day. I have my meals prepared the night before so the next day I have them ready with me wherever I go. My main objective is to train clients throughout the day, send out email programs for online clients, then fit my one hour of weight training routine when I get a chance in my busy schedule.

WHAT IS YOUR TYPICAL TRAINING ROUTINE?

7 days a week I do cardio with 6 days a week of weight training. I prefer more of a mind-muscle connection using a slow tempo with a full range of motion. I also like to train with heavy weight volumes for intensity and growth optimization. I have a personal massage therapist who I see every week, her name is Diana Vasquez at Sports Recovery. She is amazing to have in my recovery process to

remain injury-free, helping my body, joints, tendons, and ligaments and preventing tearing or breaking down. I highly recommend deep tissue massages and stretching the body for growth and great results for your physique.

WHEN IT COMES TO NUTRITION, ARE THERE ANY FUNDAMENTALS YOU DON'T DEVIATE FROM?

My nutrition is very simple, I'm mainly concentrating on getting my protein intake for the day with 180 to 220 grams of protein-lean meats. I eat complex carbohydrates to help with my energy strength to build muscle. I'm also focusing on getting my natural fats of course, and water. I stay away from fast-foods, sodas, beer, and canned foods. I concentrate solely on foods with nutritional value. It's very important to eat the right foods for your body and lifestyle goals.

HOW CAN YOU MAINTAIN MUSCLE WHILE DROPPING BODY FAT?

I am able to maintain muscle and drop body fat by eating lean meats, not eating foods with high fats, saturated fats, or high sugar content. I drink about 8 litres of water a day to help me flush out the toxins so my body can sustain the muscle for growth and recovery. I also do weight training and target every part of the body while doing steady to high intervals of cardio. I make sure I get my 8 hours of sleep every night which definitely helps build muscle. I use supplements such as fat burners, C-LA Globalformulas is my supplement sponsor, they provide me with the best supplements in the fitness industry. I train hard so I demand the best! Check them out at globalformulas.com and enter the code JSWOLE23 when purchasing their amazing supplements.

HOW DO YOU STAY MOTIVATED?

I stay motivated by setting weekly goals for myself or others. I have a vision board in my house where I write down my goals and the deadlines when I want to accomplish them. Now, there are days I am not motivated at all but I remind myself that if I don't get it done, no one else will do it for me. I count all my blessings no matter what. I accept the challenges and hardships of life and I won't stop until I achieve each goal. "Believe to Achieve" is my motto!



WHAT'S THE BEST FITNESS ADVICE YOU'VE EVER BEEN GIVEN AND WOULD LIKE TO PASS ON?

The best advice I can give to anyone is to be the hardest worker in the room. Be consistent, persevere through the obstacles in life, be relentless. Never give up or quit and don't let anyone or anything tell you otherwise. In life, we have one chance or opportunity so take each one and make the best of it! You never know what can happen.

FAVOURITE WORKOUT ROUTINE

My favourite workout routine would be every day when I train. I'm excited to develop a great strong physique. I love any training routine.

PERSON YOU LOOK UP TO IN THE INDUSTRY

Dwayne "The Rock" Johnson. I love the man's personality, drive, dedication and consistency in training and he's a family man. If I can be as successful as him but in my own way, that's what I strive for.

FAVOURITE CHEAT MEAL

I have a few favourite cheat meals but my top two are pizzas and burgers, and tacos too, of course.

FAVOURITE QUOTE

In life, you either do what you love or hate what you do... You choose every day to love what you do.

ALWAYS IN YOUR GYM BAG

My Swole Beef Jerky snacks, always. Globalformulas supplements are always in my gym bag. All for the gains is my slogan. To check out my SwoleJerky and buy some go to swolejerky.com.

HEAVY LIFTING OR HIGH INTENSITY

Heavy lifting is my go-to, but I also like to mix it up with high-intensity supersets. Depending on how the mind-body is feeling, I always tell my clients to listen to your body and mind.


FAVOURITE HEALTHY SNACKS

My favourite healthy snacks will definitely be my Swole Beef Jerky. Each bag has 3 servings with 8 flavours to choose from, being;

- Mango Habanero
- Carne Asada
- BBQ Mesquite
- Teriyaki
- Sweet spicy
- Sracha
- Original pepper
- Korean BBQ (turkey jerky)

There's 125 to 220 calories per bag depending on the flavour with 15 to 25 grams of protein per bag. Its low sodium, low sugar, low fat, and low carbs so if you eat the whole bag it's okay. Its the perfect macro-friendly, prep-friendly on-the-go, everyday snack that's tender, delicious and healthy.





It started with John Rambo and later with the Lord of the Rings movie trilogy, when the characters of Rambo and Legolas fought off the enemy with a bow and arrow, then The Hunger Games star Katniss Everdeen and Hawkeye from the Avengers franchise sparked a renewed public interest in the sport. Without a doubt, the popularity of archery saw tremendous growth thanks to the success of these movie blockbusters. Families were suddenly taking archery lessons, as parents encouraged their children to try a new sport and be just like their favourite cinematic hero.

And while some may see archery as a fun hobby, there is much more to it than meets the eye. Records trace the first bow and arrow back as far as 50,000 BC. It was traditionally used for hunting, but is now a popular sporting contest, and it's even a competitive Olympic sport. Though often perceived as a stationary sport, competitive archers require a significant amount of strength, endurance and focus

to perform well, making it an ideal sport to help keep you healthy and fit.

Once you get into archery, you're going to hear people throwing out terms such as "Olympic," "traditional," "3-D archery," etc.

They're talking about the different styles of archery. And if you're going to get into the game, you've got to know your style.

CREDITS: P.J REILLY, HENRY MYBURG, PIETER LOURENS, ABOUT ARCHERY, MAGNUM ARCHERY, HEALTHFITNESSREVOLUTION.COM.

A+ for Archery.

IN BASIC TERMS, HERE ARE THE SIX STYLES OF ARCHERY:

1) OLYMPIC RECURVE

As you might have guessed, this style of archery is so named because it's what you see at the Olympic Games. We're talking about target recurve bows that have rests, plungers, stabilisers and sights attached. (There's talk that compound bows might someday be allowed in the Olympics, but currently, they are not.)

Competitors typically shoot from 18-90 metres, which is about the length of a rugby field. All Olympic recurve bows are going to be takedown bows. That means the limbs can be removed from the riser. episode. So you won't get the same restorative value you would have. You just degraded the value of the sleep from a 10 to a 2."

2) COMPOUND TARGET

This is a precision-shooting style practised primarily by compound bow shooters who participate in tournament competitions. They primarily shoot at paper target faces that range in sizes of 20cm to 122cm. The tournaments might be indoors, or they might be outdoors. Target compounds tend to be long – 36–40 inches from axle to axle is common – and they usually have brace heights anywhere from 7–9 inches. Both qualities make these bows very forgiving and friendly in an archer's hands. Arrows are built solely with stability and accuracy in mind. Indoor arrows tend to have a large diameter and they're heavy, while outdoor arrows have a smaller diameter and are aerodynamic, for cutting through the wind at long range. Compound target archers use stabilisers of all lengths, and their sights often feature scopes with magnifying lenses. Tournament classifications dictate what equipment is allowed for some archers.

3) 3-D ARCHERY

In 3-D archery, archers shoot at 3-dimensional, foam animal targets. The targets are placed at various distances from the shooting stake, which means archers must shoot at ever-changing yardages over the course of a shoot. Sometimes the distances are marked, but often, the archers have to judge the yardages for themselves. Archers shoot every kind of bow in 3-D archery, so you're just as likely to see someone shooting a target compound as you are a traditional longbow on the 3-D range. Arrow speed is an important consideration for 3-D archers, since faster arrows can make up for errors in judging distances.

4) RECREATIONAL

This is an all-encompassing category that refers to anyone and everyone who participates in archery for the sheer enjoyment of shooting a bow and arrow. Recreational archers shoot all kinds of bows, in all kinds of settings, at all kinds of targets. If you shoot a bow and arrow just because you love it, then you're a recreational archer.

5) BOWHUNTING

Bowhunters use compounds, recurves, longbows and crossbows, all with the goal of taking game. Their gear is going to be camouflaged or of neutral colour, as compared to the shiny, bright-coloured equipment used by target archers.

Bowhunting equipment also tends to be beefier than target gear. Bowhunters must be concerned about their arrows punching through thick skin, fur and bone, so their bows tend to have heavier draw weights and their arrows generally weigh more than those used in target archery. In bowhunting, you'll see bow-mounted arrow quivers, along with various pieces of gear attached to the string and/or limbs aimed at making the bow quieter. Stabilisers and sights tend to be short, compact and sturdy for carrying long distances, often through thick cover.

6) TRADITIONAL

Traditional archers lean toward the equipment that imitates what was used long before the modern era. They shoot recurve and longbows at all types of targets, including stumps. Many of the recurves are going to be one-piece bows, but takedown bows are acceptable. What separates traditional archery from Olympic recurve is the bows are stripped down. Sights generally aren't used at all, and stabilisers, if used, are short and simple. Rests and plungers are used by some traditional archers, although many shoot their arrows right off the shelf of the bow.

Traditional archers usually are the only archers who shoot wooden arrows, although they also shoot carbon and aluminium shafts as well.



Advantages of Archery:

Improved hand-eye coordination and balance: Archery trains the hands to work together while performing different tasks, aiming and firing the arrow based on input from your eyes. Coordination improves with repetition and practice. Balance is also paramount to success in archery, as the body must be held still while aiming and making a shot. Over time, the core becomes better at gaining control of the body's balance and helps with more accurate shooting.

Hand and finger flexibility: Finger and hand strength increase in archery. They also become more flexible because they are fully in use while aiming at the target.

Strength building: The arms, core, hands, chest and shoulders are all used when practising a proper draw. Like lifting weights, the tension on these muscle groups is typically maintained for several seconds before the archer releases the string to fire an arrow. With repetition, the act of drawing and firing a bow leads to muscle development in most of the major muscle groups of the upper body.

Increased patience: Most people can use a lesson in patience, and archery helps with that. This is a sport that requires patience because it is not about speed but about precision – and precision can take time.

Increased focus: Archers need to tune out all distractions, focus on their form, and release the bowstring consistently. The concentration practised during archery can help with coping in high-pressure situations, and in day-to-day life as well.

Improves confidence: In archery, competition can be against others or against oneself. Because of this, results are measurable and improvement in one's form and technique results in a boost in self-esteem and self-confidence.

Is a social sport: People of any age and from many walks of life enjoy archery, almost every age group can participate, competitors from the age of 6 all the way into their 80s are shooting. It also teaches the benefits of teamwork in some cases with some competitions involving groups of people.

Is a form of exercise: At competition level, archers walk the equivalent of 8 kilometres, carrying heavy loads during a day's event, in addition, some say drawing a bow burns about 140 calories per half-hour, the same as walking at a brisk, 5.6kph pace.

Relaxation: Releasing an arrow, watching it fly, and having it hit a target can relieve stress. The act of focusing while building strength and confidence is overall a satisfying and relaxing experience.

Open to all: Archery can be done by both able-bodied and disabled people. People with the most severe disabilities and even the blind, use special tactile equipment and can join in – making this a great family sport!

As with any new sport and hobby, there are some tips that will help:

- Speak to a local club or get additional information on archery at aboutarchery.com. About Archery will also have open days and training days where they will teach and showcase the different styles and options available.
- Go to your nearest archery store or visit magnumarchery.co.za to see which options and gear is available to you. Magnum Archery is owned and run by Seppie Cilliers. Seppie has an extensive knowledge on any archery inquiry you might have. Facilitating all Magnum Archery Academy courses, you are sure to learn something from him.

About Seppie Cilliers:

- 2 x Commonwealth games medallist, numerous National Champion, 3-time world gold medallist and has had more than 18 National records, from which 8 are current.
- He is one of only two people in Africa who has shot a perfect IFAA indoor score of 300/300 with 60/60x's. He has a perfect FITA 30m round of 360/360 and boasts in being the only person on the African continent to have shot a perfect 30m double record of 720/720.
- In 2009 he broke the 30m FITA World Record and has set the bar at 360/360 with 33/36 x's. He has become part of the 1400 club by shooting a 1407 in Durban in 2009. Only a year after that he shot an astounding 1418 FITA round. Only 1 person in the world has ever shot higher than that score.
- He broke the Hunter National Record in March 2010 by shooting a 556/560, with fellow Magnum Archery shooter Koos De Wet, who holds the same record by shooting the same score on the same day.

Your better-body blueprint

The Body Book

EDITED BY SEAN HYSON, C.S.C.S.

beat the ground!

Picking up a set of heavy battling ropes and slamming them into the floor for time raises your heart rate without impacting recovery. In other words, it's one of the most effective (and badass) ways to torch fat.

Body Book

Stronger Cardio

Learn the ropes.
Alternating arms creates imbalance and challenges the core as well as the heart.

THE NO.1 FAT-LOSS WORKOUT

Melt your gut with a circuit that strengthens your heart along with your muscles

By Sean Hyson, C.S.C.S.

Pairing up exercises that work opposite muscle groups (so they don't compete with one another for recovery) burns more calories than traditional training with straight sets. For example, doing multiple sets of a chest exercise paired with sets of a back exercise shuttles blood back and forth between the working muscles, making your heart work harder. Increased heart rate means more calories burned, and training multiple areas of the body at once also leads to shorter, more intense, and more efficient workouts. Science backs it up. A 2010 study in the *Journal of Strength and Conditioning Research* found that noncompeting supersets led to greater energy expenditure relative to training time and subjects burned calories at an accelerated rate.

Want to take it up another notch? Pair up exercises that work the upper and lower body. Now you're forcing the heart to pump blood from the legs back up to the torso and down again, intensifying caloric expenditure even more. The following workout is a circuit routine made up of noncompeting exercises you can do mostly with body weight alone. Remember to eat right, and watch the kilograms fall away.

DIRECTIONS

Perform one set of 8–12 reps for each exercise in sequence (for the battling ropes, perform reps for 15–30 seconds). Afterward, rest 60 seconds—that's one circuit. Repeat for three to five circuits. For the leg exercises, perform all reps on one leg and then immediately on the other before moving on to the next move.

1 ALTERNATING REVERSE LUNGE

Step backward with your right foot and lower your body until your left thigh is parallel with the floor and your rear knee nearly touches down. Keep your torso upright and your front shin vertical.

2 CLOSE-GRIP PUSHUP
Get into pushup position and place your hands inside shoulder width. Lower your body, tucking your elbows into your sides, until your chest is just above your hands.

3 SINGLE-LEG HIP THRUST

Rest your upper back on the middle of a bench, perpendicular to its length, and set your feet on the floor, shoulder-width apart. Extend your right leg in the air and brace your abs. Drive through the heel of your left foot to raise your hips into the air. Don't let your lower back extend.

ALTERNATING UPPER- AND LOWER-BODY MOVES BURNS MORE FAT.

4 INVERTED ROW

Set a barbell in a rack at hip level. Grasp the bar just outside shoulder width and hang underneath it. Pull yourself up until your sternum touches the bar.

5 BODY SAW

Get into pushup position, and then rest your forearms on the floor. Rest your feet on furniture sliders, a towel, or a paper plate so they can slide. Brace your core and use your forearms to push your body back, then pull it forward in a sawing motion. Back and forth one time is one rep.

6 BATTLING ROPE SLAM

Secure a rope around a fixed object and grab an end in each hand. Get into an athletic stance with hips and knees bent. Raise one end at a time, then slam them hard into the floor. Keep alternating the slams. Continue for time.

On-set styling by Mindy Saad/Celestine Agency; Grooming by Adam MacLay/ABTP.com

plug into your pecs

Use this mental technique to pump up your chest in six weeks
By Shelby Starnes

For a lot of serious body-builders, it's simply not enough to lift the weights—they take the extra mental step of actively thinking about the body parts they're working, too (an effort intended to will the muscles into cooperation). Of course, it's not something science can prove, at least not yet, but thousands of successful lifters with incredible physiques swear by the so-called "mind-muscle" technique. (Who are we to argue?) Here is a workout designed to help you tap into that unexplainable yet undeniable connection, and grow a bigger chest in just six weeks.

Don't get benched.
If the bench press hurts you, use a bar that allows your palms to face you.

HOW IT WORKS When you train biceps or calves, you feel the muscles working and burning right away. But many guys have trouble feeling their pecs work in the same fashion. Exercises like the hex press force you to concentrate on the contraction in your pecs throughout the entire set, increasing the muscle activation. This program also uses dumbbell and pushup movements that offer more range of motion than barbell-pressing does. However, we haven't neglected strength: The incline bench press targets the chest even more intensely than the conventional flat bench press, and it's easier on the shoulders. You can load it up and go heavy to give your pecs the maximum growth stimulus.

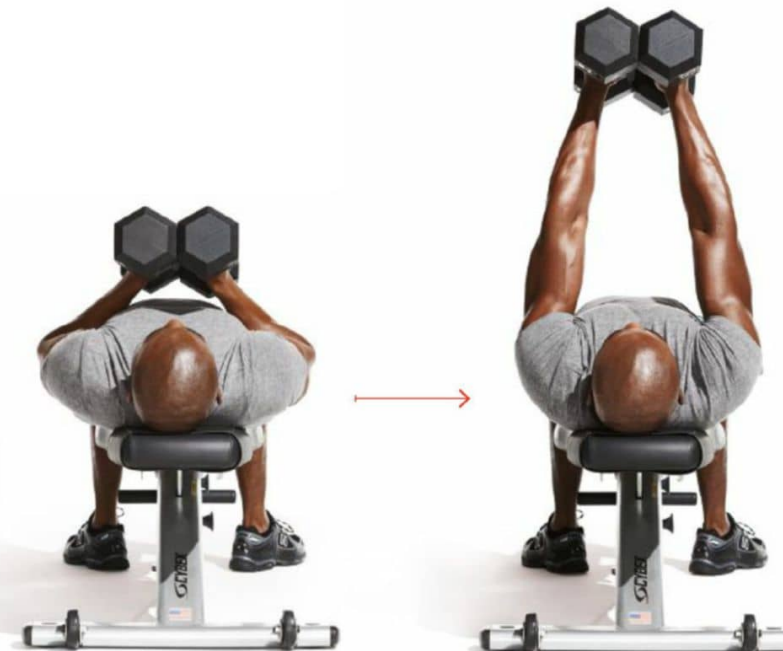
DIRECTIONS

Perform this workout once per week, and give yourself at least two full days of rest before any extra shoulder training. Perform the exercises as straight sets, completing all the sets for one move before going on to the next. Rest as needed between sets but keep the pace intense throughout.

1 ► HEX PRESS

Sets: 3 Reps: 10

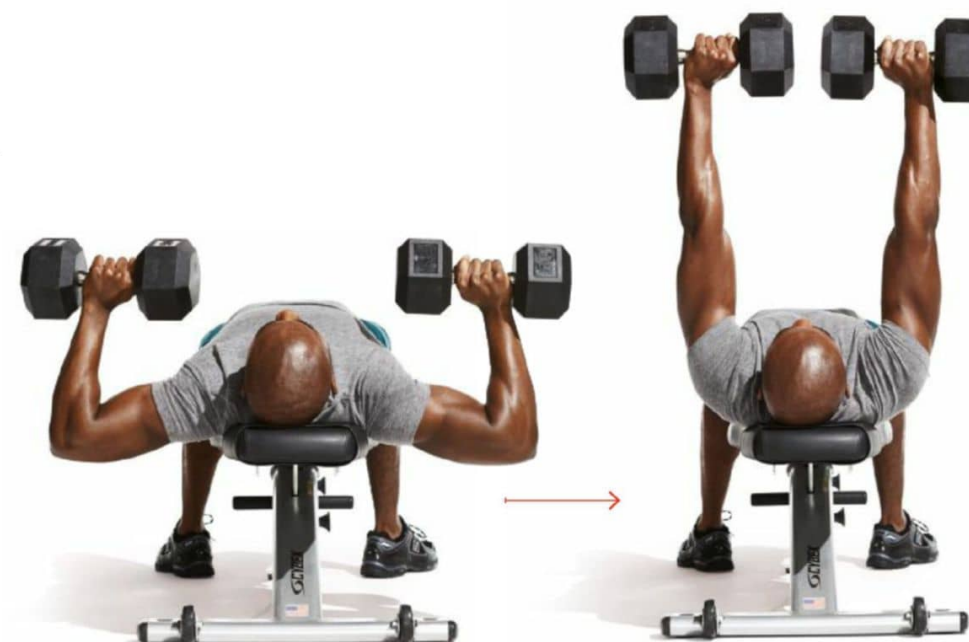
Grasp a dumbbell in each hand and lie back on a flat bench. Hold the dumbbells at shoulder level with palms facing each other and push the weights together hard so you feel your pecs flex. (It's best if you use hexagonal dumbbells so the sides fit against each other evenly.) Press the weights directly above you until your arms are fully extended—maintain the contraction in your pecs. Pause at the top for one second, flexing your chest as hard as you can. Then lower the weights to your chest and pause for one second before beginning the next rep.



2 ► DUMBBELL BENCH PRESS

Sets: 4 Reps: 8

Hold a dumbbell in each hand and lie back on a flat bench. Press the weights up from shoulder level until your arms are over your chest.

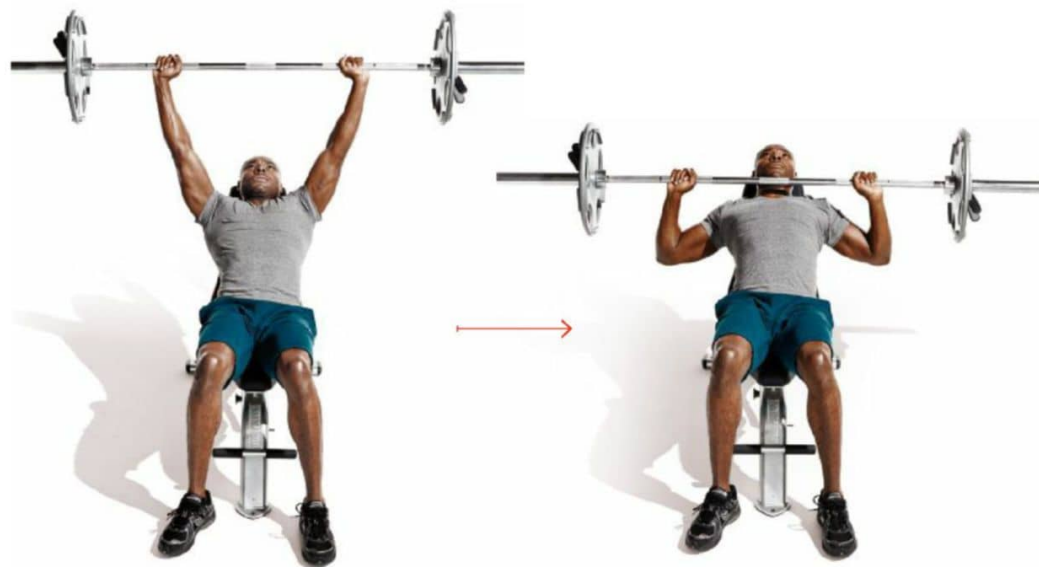


THINKING ABOUT THE MUSCLES YOU TRAIN MAKES THEM WORK HARDER.

3 ▶ INCLINE BENCH PRESS

Sets: 3 Reps: 6

Lie back on an incline bench and grasp the bar with hands slightly wider than shoulder-width apart. Arch your back and pull the bar out of the rack. Lower the bar to the upper part of your chest, stopping a few inches above it. Then drive your feet into the floor as you press the bar back up.



4 ▶ INCLINE DUMBBELL FLYE

Sets: 3 Reps: 12

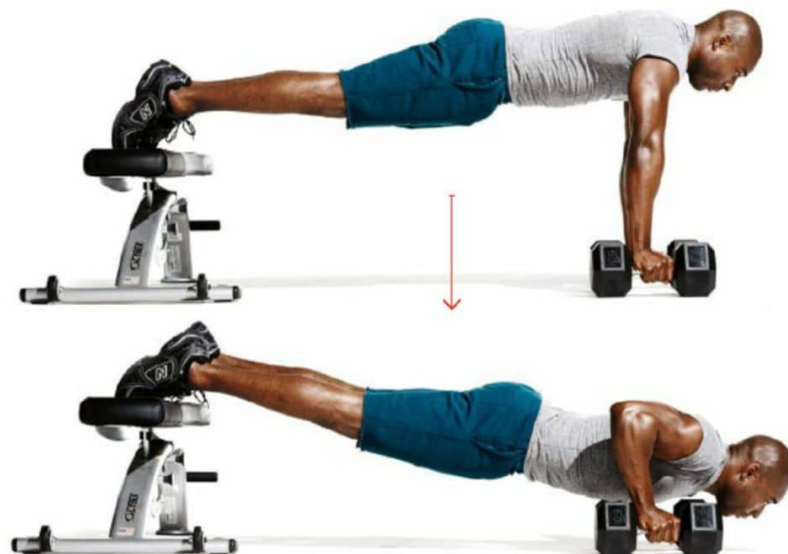
Set an adjustable bench to a 30- to 45-degree angle and lie back on it with a dumbbell in each hand. Turn your wrists so your palms face each other. Press the weights straight over your chest and then, keeping a bend in your elbows, spread your arms as if you were going in for a bear hug. Lower your arms until you feel a stretch in your pecs and then bring the weights back together.



5 ▶ ELEVATED PUSHUP

Sets: 3 Reps: As many as possible

Holding a dumbbell in each hand, get into pushup position. Raise your legs behind you onto a bench. Keeping your abs braced and your body in a straight line, squeeze your shoulder blades together as you lower your body until your chest is an inch above the floor. Press back up three-quarters of the way, then lower into the next rep.



TREASURE CHEST

Valuable advice for achieving fuller, faster pec growth

1. Point your sternum to the ceiling. The more you can stretch your pecs at the bottom of a chest exercise, the more muscle fibres you can recruit. Always keep your shoulders drawn back on dumbbell and barbell presses so your chest is as high as possible.

2. Squeeze. Gripping the barbell or dumbbell handles very tightly throughout a set increases the overall muscle activation on an exercise. It can even increase the number of reps you're able to crank out.

3. Use a spotter. Chest training, particularly bench-pressing, can easily result in injury if you're not careful. Have a partner around to help you get the bar or dumbbells into position on your sets and to rescue you if the weight becomes too much to handle.

AVOIDING LOCKOUT ON PUSHUPS KEEPS TENSION ON THE PECS.

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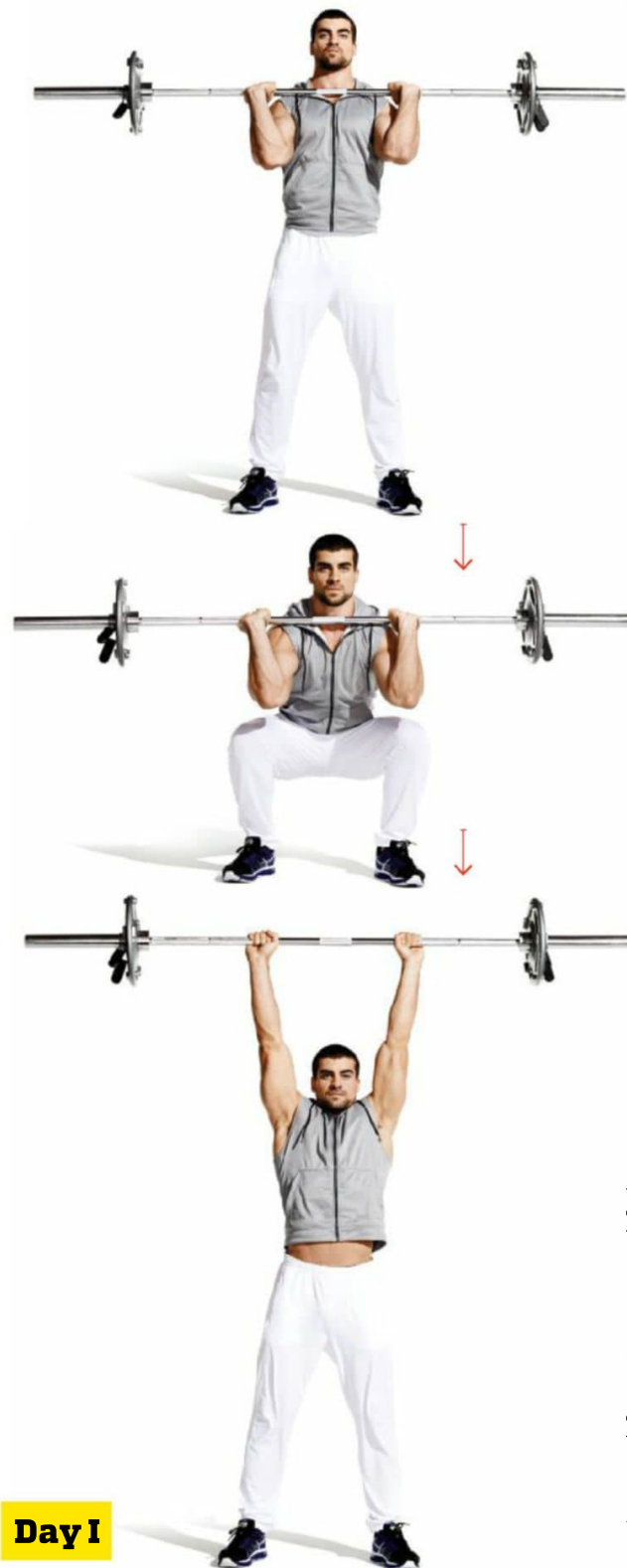
Focus on time and speed—not weight or volume—to lose fat faster By Dan Trink, C.S.C.S.

When you put a time constraint on your workout, you work more efficiently and you work harder, and that's the game changer, because the intensity of your workout is really what supercharges your capacity to burn fat both during your training sessions and in the hours after they're over. So instead of focusing on the weight or volume of your reps, race the clock and work harder.

HOW IT WORKS These workouts will feel more like a game than a training session. You'll either work to complete as many rounds of a circuit of exercises as possible in a specified time, or you'll try to do a set number of rounds in as short a time as possible. We bet you'll be so focused on keeping up your pace that you won't even notice how much harder you're working.

DIRECTIONS Perform each workout (Days I, II, and III) once per week, resting a day between each session. You can add these routines to the end of your existing weight workouts, or you can perform them separately as conditioning sessions.

Complete one set of each exercise in turn (known as a circuit), resting as needed between rounds. One time through the circuit is one round. On Day I, do as many rounds as possible in 10 minutes; on Day II, complete five rounds in as little time as possible; on Day III, do as many rounds as you can in 15 minutes.



Day I

1 BARBELL THRUSTER ▲

Reps: 5

Grasp the bar with hands shoulder-width apart and raise your elbows until your upper arms are parallel with the floor. Take the bar out of the rack and let it rest on your fingertips. Step back and set your feet shoulder-width apart. Squat as low as you can without losing the arch in your lower back. Then come up explosively and press the bar overhead. Lower it back to your shoulders. That's one rep. If you're new to thrusters, use an empty barbell to start. If you're more experienced, use 40 kilograms.

Styling by Shandi Alexander; Grooming by Reiva Cruz/Exclusive Artists using Oribe and Chanel

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2► PULLUP

Reps: 10

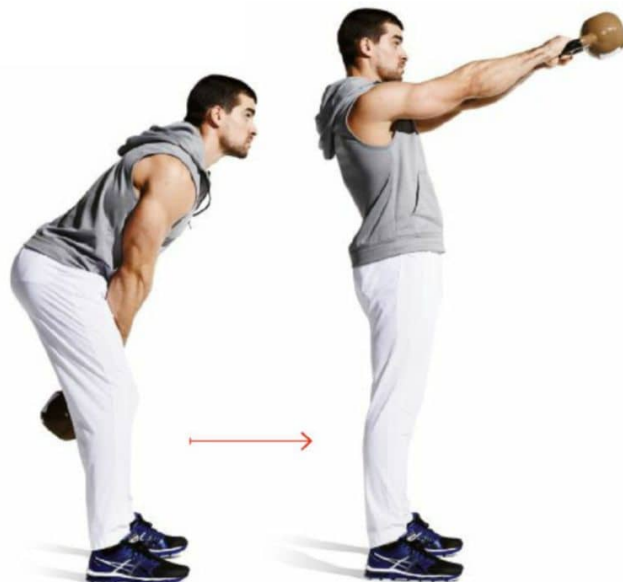
Hang from a bar with hands outside shoulder width and palms facing forward. Squeeze your shoulder blades together as you pull yourself up until your chin is over the bar. You may alternate your grip each round if you like (switching to chinups, for example).



3▼ KETTLEBELL SWING

Reps: 20

Stand with feet hip-width apart and the weight on the floor. Grasp the handle with two hands, both palms facing you, and, keeping your lower back flat, extend your hips to raise it off the floor. Take a deep breath and bend your hips back, allowing the weight to swing back between your legs. Explosively extend your hips and exhale—allowing the momentum to swing the weight up to eye level.



Day II

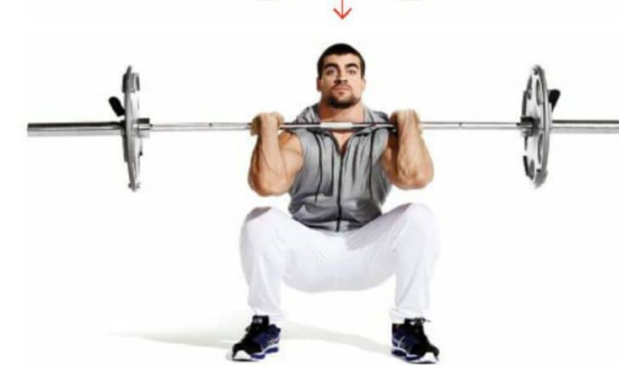
1► OVERHEAD SQUAT

Reps: 5

Grasp the bar with hands double-shoulder-width apart and press it overhead. Stand with feet shoulder-width apart and toes pointed outward. Bend your hips back and squat as low as you can without losing your back's arch.



FOR ALL THREE EXERCISES, BEGINNERS SHOULD USE A 45- TO 65-POUND WEIGHT. INTERMEDIATES CAN USE 40-50 KILOGRAMS.



2► FRONT SQUAT

Reps: 10

Set up as you did for the barbell thruster on Day I but perform only the squat, not the press.

3► SQUAT

Reps: 15

Grasp the bar with hands as far apart as is comfortable and step under it. Squeeze your shoulder blades together and nudge the bar out of the rack. Step back and stand with your feet shoulder-width apart and toes pointed slightly outward. Take a deep breath and bend your knees to lower your body as far as you can without losing the arch in your lower back. Extend your hips to come back up.



Day III

1► PUSH PRESS

Reps: 5

Grasp the bar with hands shoulder-width apart so your forearms point to the ceiling. Dip your knees to gather momentum and then explosively press the weight straight overhead.



2► FARMER'S WALK

Reps: Walk for 50 meters

Pick up the heaviest dumbbells you can handle and walk as quickly as you can. Stand tall with your chest out. Aim to use dumbbells that together total 70% of your own body weight.



3 ROWING MACHINE

Reps: Row for 500 metres

Set the drag on the machine to between three and five, grasp the handle, and sit back so your torso is almost vertical. Drive with your feet to push your body back and then row the handle to your sternum.

A TIME LIMIT WILL MAKE YOU TRAIN HARDER. NO TEXTING BETWEEN SETS ALLOWED.



MUSCLE CHOP SHOP

These power salads will hold down any man's table By Devin Alexander

Unless it's plated next to a 350g steak, most men wouldn't categorise salad as a muscle-building meal. You might consider it as a side, at best—but even then you're probably still opting for the fries, because sometimes ordering a salad is even harder than eating one.

Well, we're not here to sell you on iceberg lettuce and croutons—or vegetarianism, for that matter. On the contrary, we wouldn't have even run this story had it not featured at least one recipe containing bacon (that one, by the way—the Chopped Spinach Cobb Salad—packs a whopping 60 grams of protein). These are muscle meals, built around salmon, beef, chicken, and shrimp. And with fewer calories and carbs than a sandwich, you don't have to worry when you dish up seconds.

Food styling by Brian Preston-Campbell

Mix it up.
The more colours in your salad, the more diverse its nutrient variety.



DIY bacon.
To make your own bacon bits, use kitchen shears to cut strips into 5mm pieces. Add pepper, and fry over medium heat until brown.

GUYS' GREEK SALAD

PREVIOUS PAGE

INGREDIENTS

- 3 cups romaine lettuce
- 180 gram grilled chicken breast
- 1 red bell pepper, cored and seeded
- 1 green bell pepper, cored and seeded
- ½ medium cucumber
- 2 stalks celery, ends trimmed
- 6 Kalamata olives, pitted
- 2 tbsp bottled reduced-fat Greek or Mediterranean dressing
- 3 tbsp reduced-fat feta cheese

DIRECTIONS

- 1) Chop lettuce, chicken, peppers, cucumber, celery, and olives. Add to large bowl. Just before serving, add dressing and toss using salad tongs, two forks, or two wooden spoons. Top with feta.

NUTRITION

456 calories, 52g protein, 30g carbs, 16g fat, 11g fibre

CHOPPED SPINACH COBB SALAD

INGREDIENTS

- 5 cups chopped baby spinach*
- 180 gram lean grilled chicken breast (or chicken deli meat), chopped
- 1 tbsp real bacon bits
- 2 tbsp reduced-fat crumbled blue cheese
- 2 hard-boiled egg whites, chopped
- 1 small tomato, cored and chopped
- 4 black olives, chopped
- 2 tbsp reduced-fat blue cheese dressing

*IF YOU CAN'T FIND BABY SPINACH, USE REGULAR SPINACH WITH THE STEMS REMOVED.

DIRECTIONS

- 1) Put all ingredients except dressing in a large bowl. Just before eating salad, add dressing and toss using salad tongs, two forks, or two wooden spoons.

NUTRITION

474 calories, 60g protein, 21g carbs, 17g fat, 7g fibre

THAISHRIMP SALAD

- INGREDIENTS**
- 3 cups napa cabbage, finely sliced
 - 1 cup red cabbage, finely sliced
 - 2 green onions (green and white parts), ends trimmed, finely chopped
 - ½ cup mung bean sprouts
 - 3 tbsp reduced-fat Thai, peanut, or ginger salad dressing
 - 180 gram medium or large grilled or steamed shrimp (steamed, or "cooked," shrimp can be found at the seafood counter or in the freezer section of most grocery stores)
 - 1 tbsp dry-roasted peanuts

- DIRECTIONS**
- 1) Mix cabbages, onions, and sprouts in a large bowl. Just before serving, add dressing and toss using salad tongs, two forks, or two wooden spoons. Top with shrimp and peanuts. Serve immediately.

NUTRITION
355 calories, 44g protein, 25g carbs, 8g fat, 7g fibre

Special K. Mung bean sprouts are high in vitamin K, which strengthens bones and lowers risk of cardiovascular disease.

Mexican Kale Salad

- INGREDIENTS**
- 1 tbsp salt-free Mexican or seasoning, or season to taste
 - 180 gram 96% lean ground beef
 - 3 cups kale leaves, finely slivered
 - ¼ cup canned no-salt-added black beans, rinsed and drained
 - 3 tbsp fresh or no-salt-added canned corn, rinsed and drained
 - ½ green bell pepper, cut into bite-size pieces
 - ¼ small avocado (optional)
 - ⅓ cup fresh pico de gallo, or salsa, drained
 - 2 tbsp reduced-fat ranch salad dressing
 - 30 gram low-fat cheddar cheese
 - 6 baked tortilla chips, broken

- DIRECTIONS**
- 1) Mix seasoning with beef. Toss kale, beans, corn, bell pepper, and avocado in a bowl.
 - 2) Place a frying pan over medium heat and "crumble" the beef into it. Cook until no longer pink, about 5 minutes.
 - 3) Add pico de gallo and dressing to the veggie bowl and toss. Top with cheddar, chips, and beef. Serve immediately.

NUTRITION
574 calories, 57g protein, 50g carbs, 20g fat, 12g fibre

THROW IN EXTRAS LIKE CHIA AND HEMP SEEDS TO ADD OMEGA-3 FATS AND PROTEIN.

TUSCAN SALAD

- INGREDIENTS**
- 6 sun-dried tomatoes (be sure not to buy sun-dried tomatoes packed in oil)
 - 4 cups arugula
 - 1 cup asparagus pieces
 - 30 gram low-fat mozzarella cheese, cubed
 - 1 roasted red pepper, cut into bite-size strips (roast it yourself or find it in a jar near the pickles in most grocery stores)
 - 2 tbsp reduced-fat roasted red pepper, balsamic, or Italian dressing
 - 180 gram grilled salmon (either fresh or pre-prepared)

- DIRECTIONS**
- 1) Rehydrate sun-dried tomatoes, if necessary, by placing them in a small soup pan and covering with water. Place pan over high heat. Boil until soft, approximately 6 minutes. Drain and run tomatoes under cold water.
 - 2) Meanwhile, mix the arugula, asparagus, mozzarella, and roasted red pepper in a large bowl. Chop the sun-dried tomatoes and add them.
 - 3) Just before serving, add dressing and toss using salad tongs, two forks, or two wooden spoons. Top with salmon. Serve immediately.

NUTRITION
521 calories, 46g protein, 24g carbs, 27g fat, 7g fibre

AFTER WASHING, DRY ALL YOUR INGREDIENTS BEFORE USE.

Soften it up. If you like your asparagus less stiff, steam it before adding.

Tuna up.
Fish—high in protein, low in fat, and completely carb free—is a macronutrient all-star. Take advantage!

THE NO-BULL GUIDETO BULKING

Forget the myths. Here's the truth about when, what, and how much to eat to build muscle. Hint: It's less than you think.
By Sean Hyson, C.S.C.S.

Bulking, as commonly understood, is B.S. We said it, and it's time you accepted it, too. Telling yourself you can eat anything you want because you're skinny and trying to put on muscle is just an excuse to eat like a pig, and you'll pay for it. Yes, you'll gain some muscle, but you'll also gain fat, and that fat will obscure your muscles until you decide you desperately need to lose it—and then you'll have a hell of a time dieting it off. We're telling you now: Stop bulking before it's too late. The solution to your skinniness might actually require less food than you think, and no fancy supplements or uncomfortable force feedings. (On the downside, it doesn't warrant pizzas or Big Macs, either.) Discover the real science of gaining weight, and never get fat in the process again.

THE HARD TRUTH

Your body can only gain so much muscle in a given period of time; it's dependent on your genetics, age, and training age (how long you've been lifting). According to a San Francisco-based nutrition coach to physique competitors, a beginner in his teens up through his 30s can expect to put on one to two kilos of lean muscle per month for the first two or three months of his training. An intermediate (several months' to a few years' experience) might see 2 kilos per month. An experienced lifter, on the other hand, should be happy with just a few kilograms per year.

This means that when you hear about somebody who "gained 10 kilos in a month," he really put on closer to one kilogram of muscle and 8 kilograms of water and fat. Trainers, equipment manufacturers, and some muscle "gurus" like to exaggerate results, but if you measured the body fat of their subjects, you'd see only a modest increase in lean mass. And that's fine.

"Go pick up a 1 kilogram top-round steak and envision what that would look like on your body," says Miyaki. "Very few guys on this planet have the potential to gain 10 kilograms of rock-hard muscle in a month." That is, not sans the aid of certain muscle-building drugs.



EATING BIG

This is how a 180-pound man could eat to gain muscle.

BREAKFAST

- 8 oz black coffee
- 3 scrambled eggs
- 1 apple

LUNCH

- 3 oz grilled salmon
- Large raw salad with 2 tbsp olive oil and vinegar
- 2 cups sweet potato (cooked)

SNACK

- Meal-replacement shake with 50g protein, 25g carbs, 5g fat

POST-WORKOUT

- 25 g whey protein
- 1 banana

DINNER

- 6 oz grilled chicken breast
- 3 cups white rice or potato (cooked)
- Steamed broccoli

DESSERT

- 2 tbsp almond butter, mixed with
- 1 scoop chocolate protein powder
- 1 cup white rice (cooked)
- Water (to make pudding)

growth] is about the training stimulus," says Miyaki, "and then adequate amounts of protein. Calories and carbs are for providing proper fuel for training and preventing the body from breaking down protein, your muscle tissue, as a reserve fuel. If I had to rank them in order of importance, I'd say hard training comes first, then protein, calories, carbs, and fats."

Alvino seconds the notion of training over feasting. "The key element to focus on is increasing strength," he says. Stronger muscles inevitably become bigger muscles, so while you can't quickly eat your way to 10 extra muscle kilograms without storing a lot of fat, you can—eventually—train your way there.

Stick with your eating plan for at least two weeks before making adjustments, and take photos every couple of days to assess your progress. "One of the simplest ways to tell if you're gaining muscle instead of fat is to measure your waist circumference," says Miyaki. If your belly is getting bigger, it's the wrong kind of weight.

A 80 KILOGRAM MAN SHOULD CONSUME BETWEEN 2,500 AND 3,200 CALORIES A DAY TO GAIN MUSCLE.

will do the trick," says John Alvino, a nutrition expert and strength coach.

Start by eating 14–18 calories per kilo of your body weight, and adjust from there. Consume one gram of protein per kilo of your body weight daily, two grams of carbs, and 0.4 grams of fat. In other words, a 80 kilogram man looking to gain weight would eat between 2,500 and 3,200 calories daily, consisting of approximately 180 grams of protein, 360 grams of carbs, and 70 grams of

fat. To make adjustments, tweak your carbs and fat, but keep your protein intake constant.

The fatal mistake bulkers make is eating too much too soon. They may start out following an intelligent diet, but when the scale doesn't jump two kilos in a week, they assume the program isn't working and start swallowing everything in sight to see gains—and then they get fat. Of course, it's true that more calories provide more raw material for muscle, but the body is

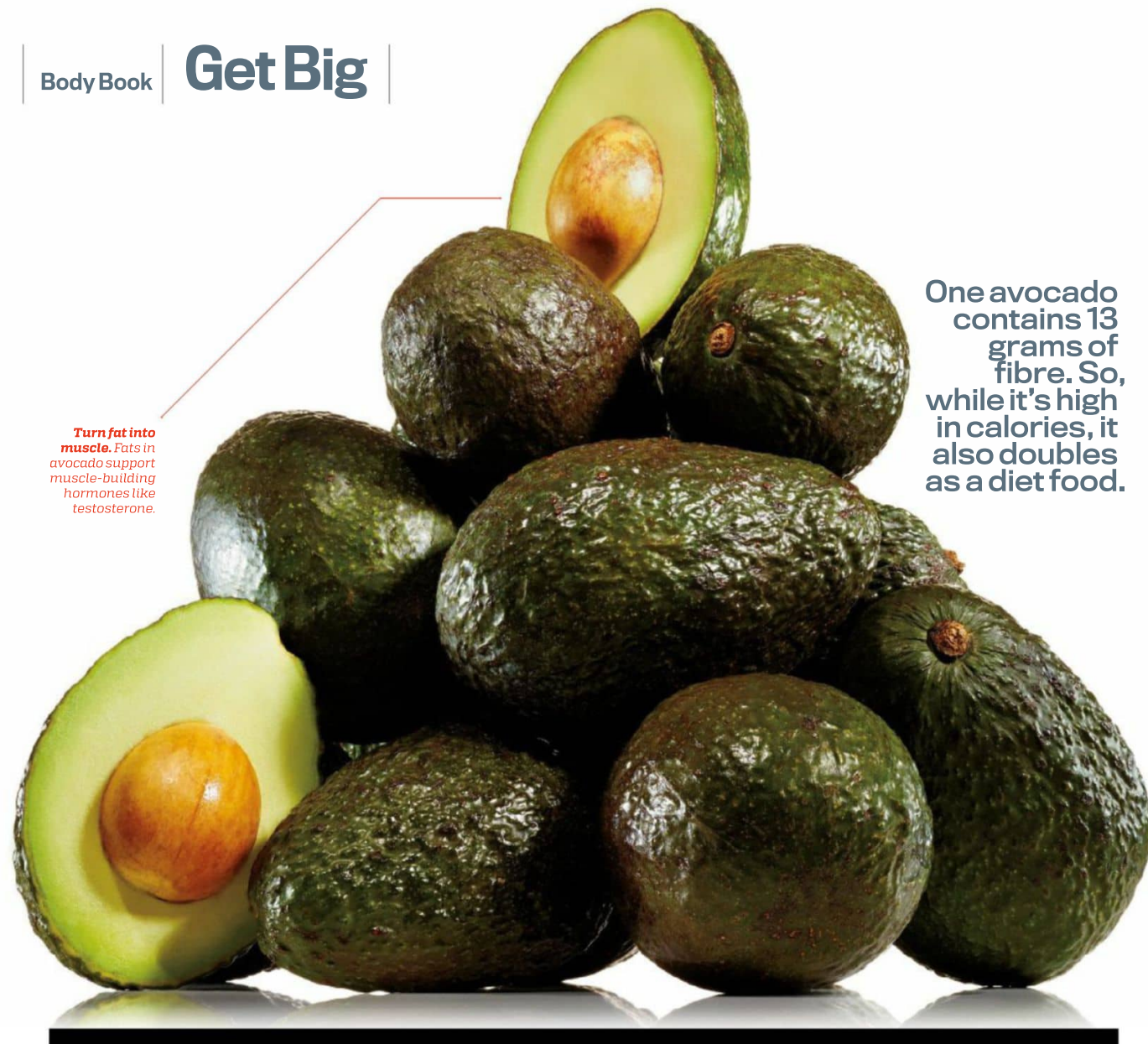
still capable of building muscle without them. In fact, it's been shown that muscle growth can occur even while in a caloric deficit.

An *American Journal of Clinical Nutrition* study found that subjects who dieted and weight trained for 90 days lost an average of 16 kilograms while gaining significant muscle mass. Don't get too excited, as the subjects were obese women, but it proves that muscle gain isn't dependent on big eating alone.

"Hypertrophy [muscle

HOW TO BULK RIGHT

Because of the body's limited muscle-building potential, it makes no sense to bombard it with a great excess of calories. A small surplus is enough. "Eating 200–300 calories above maintenance level



Turn fat into muscle. Fats in avocado support muscle-building hormones like testosterone.

One avocado contains 13 grams of fibre. So, while it's high in calories, it also doubles as a diet food.

TIMING IS NOTHING

For the past decade, bodybuilding hype has stressed the importance of the so-called "pre- and post-workout windows." The idea here is that ingesting protein and carbs up to an hour before weight training and within an hour after training will result in better absorption of these nutrients for superior muscle growth. Some product marketers and so-called nutrition experts have even threatened that

your workout will be a complete waste if you don't ingest protein and carbs at these times.

But the science to back this notion doesn't exist. A 2013 meta-analysis published in the *Journal of the International Society of Sports Nutrition* found no significant benefit to rushing protein intake within one hour before or after training. In other words, as long as you eat the food you need over the course of a day, you'll have no trouble growing muscle.

That said, it's still a good idea to have a protein-rich shake after training. It may not offer any extra muscle-building benefit beyond that of eating later, but it will provide a convenient and easily digestible meal to tide you over until you do eat again.

FOCUS ON STRENGTH. STRONGER MUSCLES INEVITABLY BECOME BIGGER MUSCLES.

THE BEST BULKING FOODS

Make this list your go-to menu to gain muscle without fat

■ Protein is the main ingredient of muscle tissue, carbs power your workouts and prevent muscle breakdown, and fat supports hormones like testosterone that help muscles grow. The following are the healthiest sources of each nutrient.

PROTEINS

Lean meat (any kind), including chicken, beef, and turkey
Fish and seafood
Eggs
Protein powder

CARBS*

Potatoes
Sweet potatoes
Rice
Fruit

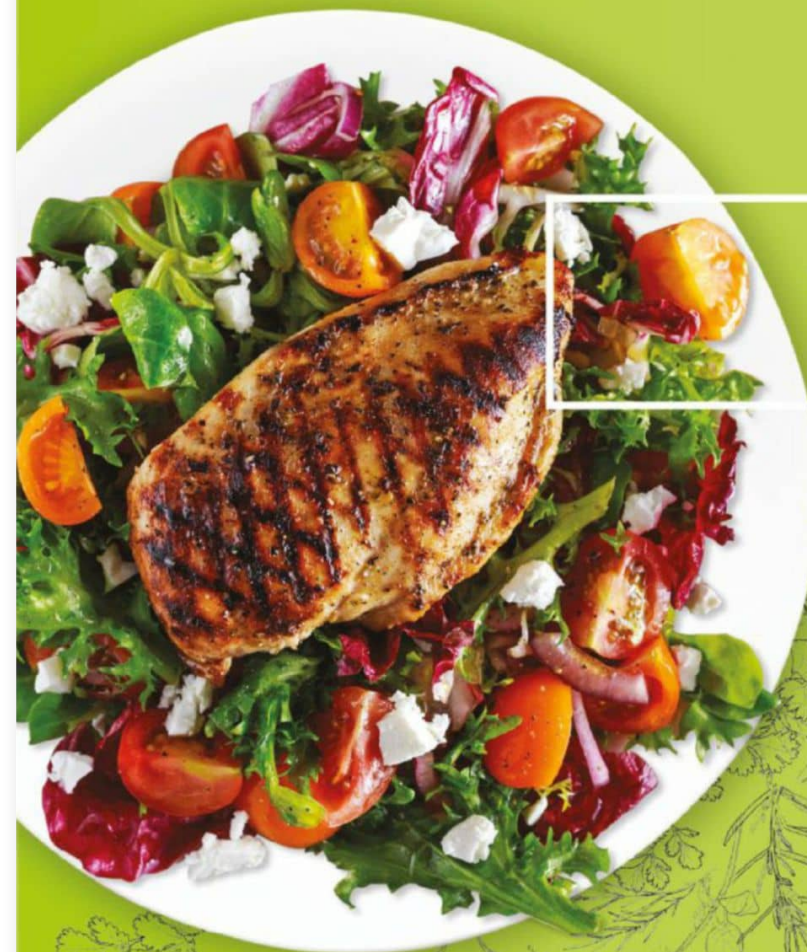
FATS**

Avocado
Nuts (all kinds)
Seeds (all kinds)
Oils (including olive and coconut)

*NOTE: WE'VE EXCLUDED GRAINS AND VEGETABLES FROM THIS LIST. GRAINS SUCH AS OATS AND WHEAT CONTAIN COMPOUNDS THAT MAKE THEM DIFFICULT TO DIGEST FOR MANY PEOPLE AND CAN CAUSE STOMACH UPSET AND BLOATING. HOWEVER, IF YOU FEEL YOU DO FINE ON THESE FOODS, YOU'RE WELCOME TO CONSUME THEM IN SMALL DOSES, BUT MAKE STARCHES SUCH AS POTATOES AND RICE YOUR MAIN CARB SOURCES.

GREEN VEGETABLES, ON THE OTHER HAND, SHOULD BE CONSUMED LIBERALLY, BUT BECAUSE OF THEIR VERY LOW CALORIC VALUE, AREN'T TO BE COUNTED TOWARD YOUR DAILY CALORIE AND MACRONUTRIENT TOTALS.

**MOST OF YOUR FAT INTAKE SHOULD COME AS A BY-PRODUCT OF YOUR PROTEIN FOODS. FOR INSTANCE, EGG YOLKS CONTAIN PROTEIN AND FAT, AS DO EVEN THE LEANEST CUTS OF BEEF. HOWEVER, IF YOU NEED EXTRA FAT TO HIT YOUR ALLOTMENT FOR THE DAY, YOU CAN PICK FROM THIS LIST OF FOODS.



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Hulk up.
Looks like grass clippings; tastes like a tropical cocktail.



FEEL-GOOD FILLERS

Cover your key nutritional bases with just three foods
By Joy Ronson

Consuming protein, omega-3 fatty acids, and fibre is crucial for boosting muscle growth and improving your overall mood. But getting the recommended amounts of these nutrients via your daily diet can be a real challenge, especially with a busy schedule and limited food options. The fix is simple: Just work the following three snacks—you'll find them all at your local health-foods store—into the meals you're already eating.

HEMP SEEDS

These little guys don't contain THC, the active ingredient in marijuana, but they do have some high-flying properties, including omega-3 fats and protein. At five grams per two tablespoons, the protein content in hemp is much greater than in most other non-animal foods, and it's also complete (it contains all the necessary amino acids, just as animal foods do). Sprinkle them on yogurt or salads to add nuttiness, or pick up Nutiva Organic Hemp Protein if you just want a concentrated source of protein to supplement your training.

PSYLLIUM HUSK

Yes, most fibre supplements are for the geriatric set, and they contain sugar to make them taste less like dirt. But psyllium husk, the main ingredient in most of these products, works fine on its own, and you can make up for its dryness by combining it with your protein shake (add two tablespoons for an extra seven grams of fibre). You won't taste it, but you will notice how it helps you digest the protein better, especially if shakes typically leave you bloated or sitting on the throne for longer than average. Optimum Nutrition's Fitness Fibre, a sugar-free fibre supplement, contains psyllium as well as polydextrose, a form of synthetic fibre that a 2013 study found increased feelings of fullness.

CHIA SEEDS

If your only knowledge of these brown Mexican seeds is based off the commercial jingle for Chia Pet, it's time to get up to speed. Chia packs five

grams of heart-healthy omega-3 fats per ounce, and 11 grams of fibre. The seeds are flavorless, so they blend well in any food. You can even make meatballs with them: Use two to three tablespoons per pound of meat (they act as a binder instead of bread crumbs). Prefer to drink them? Jamba Juice's new line of Whole Food Nutrition Smoothies, including Kale-ribbean Breeze (shown at left), features chia seeds.



CHIA-SEED MEATBALLS

INGREDIENTS

- 500 gram lean ground beef
- 2 tbsp tomato paste
- 2 cloves garlic, minced
- 2 tsp dried Italian herbs
- 1 tsp sea salt
- 1 tsp ground pepper
- 2 tbsp chia seeds
- 2 tsp olive or avocado oil, for sautéing

DIRECTIONS

- 1) Combine all ingredients except the oil in a large bowl and mix well. Let rest for 5-10 minutes.
- 2) Heat a large skillet over medium heat and add the oil. Shape meat mixture into 8 evenly sized balls. Cook meatballs until brown, turning as needed until all sides are done.
- 3) Move meatballs to a plate to rest. Serve over pasta of your choice and top with pasta sauce.

Food styling by Karen Evans/Apostrophe



GAINS YOU CAN SEE

Creatine is one of the most researched and sought-after sport supplements in recent times for two reasons; it's simple and highly effective. HMB (HYDROXY-BETA-METHYLBUTYRATE) is a metabolite of the very popular amino acid leucine, which is widely known for its ability to synthesise new muscle. Another benefit of this process is that it also reduces body fat making it a win/win for you. This supplement has been shown to be very effective at reducing the risk of protein breakdown or catabolism within a muscle, especially when in a calorie deficit where muscle sparing is when you need it most. HMB is recommended to take near your workout so it can enhance your performance but also doubles as a recovery supplement at the end of your workout. USN's Creatine HMB Armor is a breakthrough supplement containing both Creatine Monohydrate and HMB, meaning you can benefit from them both; at the same time!

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INTERMITTENT CHEATING

By combining intermittent fasting with a wild cheat day, you can eat whatever you want and still lose fat. Believe it.

IF THIS ISN'T THE FIRST TIME you've leafed through a fitness magazine, you've come across intermittent fasting (IF) before. It's everywhere in the fitness world, and it's one of the nutrition concepts we're most excited about. There are many ways to implement IF, but it always involves a prolonged period of simply not eating. The benefits to this approach are legion, including a natural boost in growth hormone release, improved insulin sensitivity, and more fat loss, in addition to myriad health bonuses such as a decreased risk for heart disease and even Alzheimer's.

The reason? It's simply a matter of rest. When you're not eating or digesting food, your system is free to clean house. In a process called autophagy, your body reallocates nutrients that would otherwise be used to process and break down food for healing and recovery. It's your body's own innate cleansing and detoxification system, and it has powerful anti-aging properties.

A diet that lets you live

The most appealing aspect of IF is probably the social one: You don't have to carry perfectly proportioned meals around with you like a bodybuilder if you want to be lean and muscular. Rather, you can forget about food for much of the day and then eat at night when your work is done or you're out with friends. It provides the flexibility to get lean in a modern world where time is short and interruptions are constant. A study published in a 2009 edition of the *American Journal of Clinical Nutrition* showed that obese subjects practicing IF lost body fat and improved their blood markers to reduce the risk of cardiovascular disease. More interestingly, and possibly because the fasting meshed so well with their lifestyles that they were able to stick with it more easily, the subjects' adherence to the diet was 89%—a rarity in any diet study. (News flash: Dieters tend to cheat.)

THE ONLY WAY TO LOSE MORE WEIGHT GOING FORWARD IS TO EAT A LOT ON YOUR CHEAT DAYS.

Cheating to lose

Okay, so intermittent fasting may make you less inclined to cheat on your diet, but cheating doesn't have to be a bad thing. In fact, when you combine fasting with a cheat day—the most beloved part of any diet—you've got an awesome strategy for both staying sane while trying to lose weight, and perhaps even enjoying your fat-loss diet.

Cheat days aren't just a satisfying reprieve from the monotony of a diet, they're an essential part of its success. You see, when you restrict calories for a few days, leptin levels begin to drop. Leptin is the satiation hormone, and it plays a part in influencing your thyroid, which regulates metabolism. When leptin levels go down, so do the levels of certain thyroid hormones—and that puts the brakes on fat loss. That means you can keep eating less, yet not lose any fat. It's not fair, but that's what happens when your hormones work against you. Thankfully, there's a way to get them working for you.

While leptin falls when calories are low, it rises when calories are high—and it rises even higher if you take in a lot of calories in a short time. Periodically eating calorie-dense, carb-rich food boosts the metabolism, restoring the leptin that indirectly controls it.

Portrait by Jimmy Fontaine

MUSCLES NEED TO BE FED PROTEIN CONSTANTLY—GOING LONGER THAN THREE HOURS WITHOUT FOOD WILL CAUSE THEM TO WASTE AWAY...RIGHT? WRONG!

This means that once a week you can spend an entire day gorging on whatever you want. This cheat feast bumps your leptin levels back up and allows you to lose fat again, especially when followed by a fast. Consider a 2003 study published in the *European Journal of Internal Medicine*, in which 30 obese people followed a calorie-restricted diet for 21 days, at which point their fat loss slowed. When they were administered leptin, the subjects were able to continue losing fat.

The fast-and-cheat plan

So here's what we want you to do:

- Follow a low-carb, calorie-restricted diet for five days straight. Eat about 500 calories less than what you need to maintain your weight (you can use the calculator at mensfitness.com to determine this number and find meal options, too).
- On Day 6, eat as much as you want of any food you like. Yes, pizza, ice cream, and buffalo wings are not only acceptable, they're also encouraged. The only caveat is, don't eat to the point of being stuffed—get your fill but don't overfill. If possible, make this a day when you lift weights and do your training in the morning, before you begin your feast. This will help your body use more of the incoming calories for recovery and muscle growth, and give your metabolism an extra kick as well. Feel free to continue eating right up until bedtime. Seriously, don't skimp here, thinking that eating less will help you lose more quickly. The only way to lose more weight going forward is to eat a lot on your cheat days to restore your leptin.
- The next day, Day 7, don't eat at all, except for some black coffee or tea, if you like, and plenty of water.
- Note that your feast and fast days don't need to occur on any particular day of the week, so schedule them any way it's convenient for you. Just make sure the two days are back to back and are done in that order (feast then fast).

After having eaten so ravenously on Day 6, you're not likely to feel very hungry during your fast on Day 7. If you were to eat normally the day after such a gorge-fest, you might feel bloated or get indigestion; but taking a break from all food prevents that. Fasting optimises your sympathetic nervous system—which governs your “fight or flight” response—so, rather than feeling sluggish, you'll be more focused and alert all day long. And without carbs to raise your blood sugar then cause a sudden crash, your energy

will stay steady throughout the day.

When you choose to break the fast is up to you. You can end it the evening of Day 7, with dinner, or wait till breakfast (for a full 24 hours of fasting), lunch, or even dinner (for 32-36 hours of fasting) the next day. When you're ready to break the fast, go back to the lower-calorie foods on your normal diet. Experiment and see what amount of fasting feels best to you. And remember: The longer you fast, the more fat you'll burn.

Fast muscle

Of course, one question gym rats always ask is whether fasting will cause their muscles to break down. After all, one of the most popular myths found in bodybuilding magazines is that muscles constantly need to be fed protein to maintain size or grow, so going more than three hours without food will cause them to waste away...right?

We have to suspect that whoever wove this yarn must have been trying to sell more protein powder, because in our experience, and that of thousands of very fit fasters, it's nonsense. In fact, IF seems not only to spare muscle, but also to do so better than your typical lower-calorie diet. In 2011, the International Association for the Study of Obesity compared normal dieting (daily calorie restriction) with an IF approach: 24 hours of eating as much as subjects wanted, alternated with 24 hours of little or no food. The results in weight and fat loss were similar, but the fasters retained more lean muscle mass than the conventional dieters. If you're especially worried about losing muscle, end your fast no later than 36 hours after your feast. That will give your body enough time to burn fat, but not so much that it switches over to burning muscle for fuel.

It may take a little practice to go a day or more without food, but when you see the results in the mirror, that should be incentive enough to keep going till you get the hang of it—that, and the pizza and ice cream you can reward yourself with every week.

Adam Bornstein and John Romaniello are the authors of Man 2.0: Engineering the Alpha, available now from HarperCollins. engineeringthealpha.com

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