

Men'sHealth

GET STRONGER FOR LONGER

Muscle Up at Any Age

THE SECRETS TO YOUR
FITTEST BODY YET

7 Steps to
Amazing Abs

+

TRANSFORM
**YOUR CHEST,
ARMS, BACK**



HEARST
specials

Men'sHealth



STRONG & FIT AT ANY AGE

The opportunity to build a lean, healthy body doesn't come along once a year. It comes along every day of your life. Are you going to seize that opportunity today—or will you still be thinking about it tomorrow?

THE "MEN" IN *Men's Health* refers to all men, no matter their chronological age or their physical condition. We care as much about what wellness and fitness means for a 22-year-old as we do an 82-year-old. Can an octogenarian drop and do 50 burpees? Maybe not. (Although we met this amazing guy once...) But he can do something. And he can improve his condition. We all can.

We can all be stronger and smarter and more capable, starting right now. Every one of us can make simple moves that can have long-term and life-changing effects. In this essential guide, we've outlined specific actions you can take to increase your physical and mental fitness, so you can remain strong and vital and as prepared for the next year as you were for the last...for the rest of your life.





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PART 1



MAKE SMALL CHANGES FOR A HEALTHIER LIFE

Here's how to call time on creeping weight gain and start on a path towards a leaner, healthier you. BY ANNIE HAYES

IF THE NUMBER on the scales is heading skywards with every extra candle on your birthday cake, you're not imagining things. Even the most dedicated fitness buff can't completely sidestep the physiological changes that come with growing older.

As you age, your body becomes inefficient at processes it once excelled at, says Joe Mitton, a physical therapist in the UK. That's why it suddenly may seem

harder to shed weight than it did before.

Some people accept the extra few pounds. But keeping your weight in check and your muscles strong can help you lower your disease risk and protect your body from injury, so you can stay active and healthy for years to come. Here are four things that may be affecting your weight as you age—and how to fight back against them.





1. YOUR TESTOSTERONE LEVELS DROP

As the years stack up, your T-levels droop—around one percent each year from the age of 30 onwards, in fact. When they do, there's far more than your hairline and libido at stake. Testosterone is a hydrophobic molecule, which means that it likes to stick to fat, explains Bevan Viljoen MSc, National Academy of Sports Medicine-certified performance enhancement and corrective exercise specialist in the UK. "It

also helps to build muscle, fuels metabolism, and maintains insulin sensitivity, which can help in the prevention of type 2 diabetes," he says.

When your T-tank is low, your body becomes less efficient at these essential functions, which increases your risk of weight gain and ups your odds of chronic conditions like diabetes and heart disease. What's more, studies have found obesity impairs the production of testosterone. The takeaway? Low testosterone makes it easier to

store body fat, and excess body fat lowers testosterone levels.

Fat cells promote the conversion of testosterone to estrogen and estrogen encourages your body to store fat. As testosterone is also needed to build muscle, a decrease in the hormone makes it increasingly harder to improve or maintain physical fitness as you age.

WHAT YOU CAN DO:

Get moving. A study from Tsukuba University and Ryutsu



“AFTER AGE 30, YOU LOSE ABOUT HALF A POUND OF MUSCLE A YEAR, WHICH TURNS INTO 2.6 POUNDS OF FAT PER YEAR.”

levels. Research published in the *Journal of Applied Physiology* found that people who ate diets with higher amounts of monounsaturated fats saw larger boosts in their t-stores than those who skimped on the good-for-you fats.

Monitor your stress levels and your sleeping habits.

Having excess amounts of cortisol, a stress hormone, in your body, saps your T-levels, according to research from the *Journal of Sports Science and Medicine*. But getting a decent night's shut-eye will help you preserve what you've got.

2. LESS MUSCLE = MORE FAT

Electrical forces bind all of your body's molecules together, but these forces begin to weaken in your 30s, so some of those molecules begin to malfunction. Strength and coordination are usually the first to go, and muscle mass drops. If you don't take steps to prevent it, you'll lose about five pounds of muscle by the time you hit 40.

This is bad news beyond your diminished strength. “After age 30, you lose about half a pound of muscle per year if you're

sedentary—which turns into 2.6 pounds of fat per year, just because of metabolic slowdown,” says Tom Seabourne, Ph.D., C.S.C.S., an exercise physiologist at Northeast Texas Community College and author of *Athletic Abs: Maximum Core Fitness Training*. In that trade-off, everybody loses.

WHAT YOU CAN DO:

Add a pound of muscle.

Muscle tissue needs more calories for maintenance and rebuilding processes than fat tissue does. The more muscle you have, the more calories you burn—even at rest. “Gain just one pound of muscle, and that's an additional 50 calories you'll burn each day,” says Seabourne. Try a workout that calls for a slower lifting tempo but keeps the weights fairly heavy, so you can build muscle mass. “It's still cool to lift heavy, but you need to pay strict attention to your form and protect your joints,” Seabourne says.

Build muscle for daily activities.

Switch your fitness focus from mirror muscles to functional strength, flexibility, and balance. Your tendons and joints aren't as sturdy as they used to be when you were a kid;

Keizai University in Japan found that 12 weeks of aerobic exercise—activity that gets your heart pumping and you breathing heavy, like sprinting or lifting a heavy weight—significantly increased the testosterone levels in overweight and obese men.

Up your intake of “good” HDL cholesterol and healthy fats.

Filling your plate with foods like olive oil, avocados, egg yolks, and nuts could also help you boost your testosterone

pay attention to form to prevent injuries. Slow-tempo exercises are safer for your joints, but you'll still want to maintain a high intensity.

Play with heavy metal. Don't shy away from heavy weights because you think you're susceptible to injury. As long as you use proper form, which you should master now if you haven't already, heavy weights will keep your bones strong and your muscles large. Doing moves with correct form will also help you develop your balance.

3. YOUR METABOLISM SLOWS DOWN

Just in case muscle loss wasn't enough, your fat-burning engines start to sputter as well. "If your body were a car, it'd require less gas to run as it grew older," says Jordan Metzl, M.D., author of *The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life*. In fact, your body consumes 12 fewer calories per day for each year after 30.

This is why the weight can quickly pile on, even if your diet remains the same. If you notice your weight creeping up but

you're not eating any differently, you may be tempted to slash calories in an attempt to stop the uptick, but this strategy can backfire. When you crash diet, you can end up losing around 25 percent of that weight from muscle, making the problem worse, say experts.

WHAT YOU CAN DO:

Limit your fuel. You need less now, so don't feel obligated to clean your plate at every meal—leave that to the dishwasher. When you snack, don't eat from the box or carton. If you dole out a reasonable portion, you'll be less



likely to absentmindedly eat the whole container.

Try eating six small meals daily instead of three big ones. It'll keep your furnace stoked, making it burn fat more efficiently. And it'll also boost HDL (good) cholesterol and cut LDL (bad) cholesterol.

4. ACHEs AND PAINs CAN DERAIL YOUR WORKOUTS

Flexibility starts decreasing in your 30s, not only because you're likely to sit in an office chair for hours every day, but also because many of the activities you do—running, weightlifting, even basketball—don't call for a full range of motion. "There's actually a shortening of both muscle and connective tissue," says Brent Feland, Ph.D., an aging and flexibility researcher at Brigham Young University.

By the time you're in your 40s and 50s, many men begin to have joint trouble, which is often a result of overuse injuries and osteoarthritis.

Also looming: Bone loss. Bone minerals are lost and replaced throughout life—it's a natural process—but after age 35, the loss begins to outpace the replacement. By the time you hit 50, this imbalance can hurt you.

WHAT YOU CAN DO:

Say yes to yoga. "Yoga requires you to go through full ranges of motion and to hold those positions," says Feland. Take a class once a week and use the moves everywhere. "Get out of your chair and into a stretch while you're watching TV," says Feland. "It's really easy to do. You just have to develop the habit."

Ride a bike. Researchers at Arcadia University studied 39 people suffering from osteoarthritis of the knees and found that cycling just 25 minutes a day, three times a

week, significantly improved pain relief and performance in walking tests. So saddle up.

Strengthen your bones by stressing them. Walking beats swimming, running beats walking, and strength training is the best bone builder of all, says Wojtek Chodzko-Zajko, Ph.D., head of kinesiology at the University of Illinois.

Roll your foam. Inactivity can tighten your spine and pelvic muscles, forcing your knees and lower back to compensate.

That's why they ache, explains Mark Verstegen, author of *Core Performance*. Exercising with a foam roller can loosen the muscles around your pelvis and torso, making it easier—and less painful—for you to move around. Add this move to the end of your next workout: Lie on top of the roller with your arms crossed over your chest. Keep your abs tight and your feet on the ground. Glide on the roller from your shoulders to the base of your spine several times until you feel the muscles release.



WELLNESS LIES YOU NEED TO STOP BELIEVING

Here are the health virtues that shouldn't be—and a few tactics you can use to actually see the better-body results you crave. BY ALICE OGLETHORPE

1 Sitting Is the New Smoking

THE CLAIM: Sitting all day can kill you (or, at the very least, pile on the pounds); as a result, every work place has at least one person with a mild standing-desk superiority complex.

THE TRUTH: Standing won't burn more calories. "The difference in metabolism between sitting and standing is almost zero," says David Rempel, M.D., a professor of medicine at the University of California, San Francisco.

Standers also have more foot, leg, back, and joint pain, "especially when people go from never standing to doing it for eight or more hours a day," says John-Paul D. Hezel, M.D., a sports-medicine physician at Beth Israel Deaconess Medical Center.

TRY THIS: Instead of thinking "stand," think "don't sit all day." Get up and move for five or ten minutes after every 45 spent sitting. Treadmill desks aren't the solution either. Research found that people's memory and concentration were worse when they used them.





2 Vaping Cannabis Is the Ultimate Natural Medicine

THE CLAIM: You can enjoy all the benefits of marijuana, like relaxation and pain relief, without any of the toxins that result from burning it.

THE TRUTH: If the vaping deaths that made headlines in 2019 haven't made things clear, how about this: "Vaping any compound isn't healthy," says Michelle Peace, Ph.D., an associate professor of forensic science at Virginia Commonwealth University. And while cannabis may be useful for certain medical issues, vaping it puts you at risk for others.

TRY THIS: There are other ways to take cannabis, such as in edibles. Though if sleep, anxiety, and pain are your problems, figure out what's causing them and tackle that before turning to a drug.

3. CORPORATE MEDITATION PROGRAMS HELP YOU WORK

THE CLAIM: Meditation and mindfulness reduce the mental chatter that can leave you exhausted and unproductive. Corporations that provide opportunities to learn and practice these include Google, Apple, and Nike.

THE TRUTH: When companies offer these programs, the

message employees hear is that stress is their fault, says Ronald Purser, Ph.D., author of *McMindfulness*. This takes pressure off the higher-ups to truly reduce burnout, he says. **TRY THIS:** Take advantage of a corporate meditation class to learn the techniques. But then use some of that newfound clarity to ask the company if there are other ways it can help cut down on employee stress overall.

4. XYZ FOOD PREVENTS CANCER

THE CLAIM: A study reports that a fill-in-the-blank superfood fights the Big C.

THE TRUTH: No single food will end cancer. And these studies tend to "involve taking some extract from a fruit or vegetable and injecting it into mice," says Saad Khan, M.D., an assistant professor of medicine in the oncology department at Stanford University.

TRY THIS: While you can't totally eliminate your cancer risk, adopting healthy habits can help you stay well. So eat produce. Don't smoke. Exercise.

5. SWISHING OIL CAN HELP YOUR TEETH AND BREATH

THE CLAIM: Using a tablespoon of oil—most often coconut—like mouthwash for about 20 minutes pulls out toxins. This whitens teeth, prevents cavities, and freshens breath.

THE TRUTH: That's a long time to do something that's too unconvincing for the American Dental Association to recommend.

TRY THIS: Less than a third of Americans floss daily, so invest your time in that.

6. IV VITAMIN DRIPS FEND OFF DISEASE

THE CLAIM: Head to an IV lounge, sit back, relax, and have nutrients injected into your bloodstream for more energy and better immunity.

THE TRUTH: "Unless you're severely malnourished and in a hospital, there's nothing superior about getting IV vitamins," says Abby Langer, R.D., owner of the Toronto-based Abby Langer Nutrition.

TRY THIS: Eat decent food. "People who have actual deficiencies can benefit from taking a vitamin, but everyone else is getting adequate nutrients through the food they eat," says Langer.

7. MCT OIL MANAGES YOUR ENERGY AND WEIGHT

THE CLAIM: A splash of MCT (medium-chain triglyceride) oil in your morning coffee gives you more energy, helps you focus, and trims your waist.

THE TRUTH: MCT-oil fervor is a case of a little good science taken way too far. Though your body absorbs MCTs easily, this does not mean it will use them for energy instead of storing them as fat. “The only people who would benefit from eating more MCTs are those with health issues like Crohn’s disease or colitis, since they are easier on the digestive tract,” says Saroja Voruganti, Ph.D., at the University of North Carolina at Chapel Hill. The oil isn’t dangerous; it just doesn’t have the powers people hope for.

TRY THIS: Add milk or cream to your coffee. Both have vitamins and even some protein.

8. YOU HAVE TO HYDRATE ALL THE TIME

THE CLAIM: The best way to treat your body like a temple, banish fatigue, ace your workout, and end headaches for good is to keep it well watered. Preferably from a trendy water bottle that you sip from every few minutes.

THE TRUTH: “Hydration is important, but it’s been made far more complicated than it needs to be,” says Douglas Casa, Ph.D., a sweat and hydration researcher at the University of Connecticut.

TRY THIS: Listen to the National Academies of Sciences, Engineering, and Medicine: “The vast majority of healthy people adequately meet their daily hydration needs by letting thirst be their guide.” Which means drink when you’re thirsty and stop when you aren’t.

9 Eating Activated Charcoal Is a Smart Way to Detox

THE CLAIM: The charcoal in ink-colored croissants, soft-serve cones, and lemonade will remove toxins.

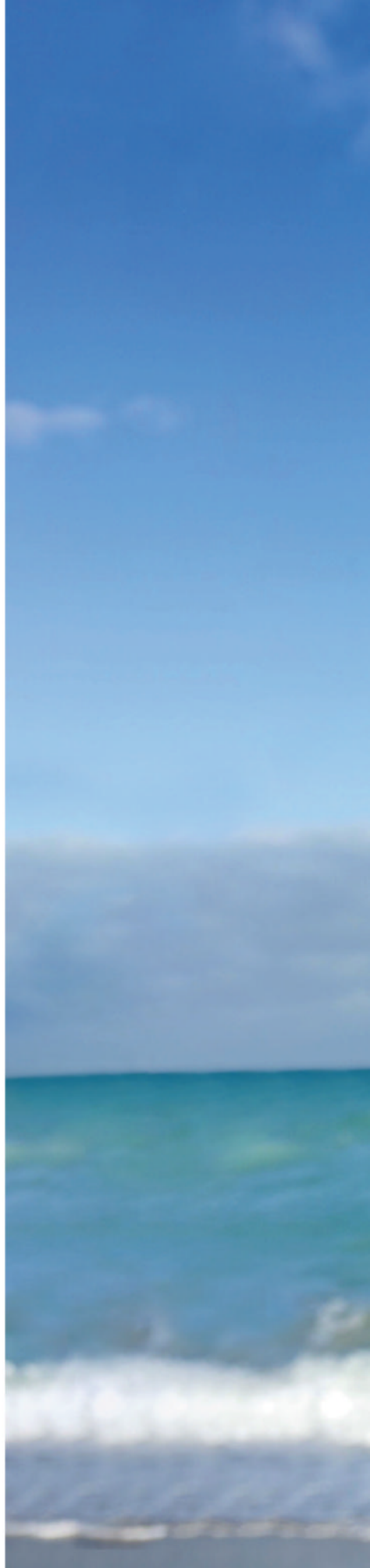
THE TRUTH: “Activated charcoal is used in emergency rooms for people who have been poisoned, but charcoal smoothies or charcoal whatever isn’t going to detox your body,” says Langer. Your liver handles toxins. And activated charcoal can interfere with certain meds.

TRY THIS: Treat your liver right. Nourish it with minimally processed foods to keep it healthy.



SMART WAYS TO LOSE WEIGHT

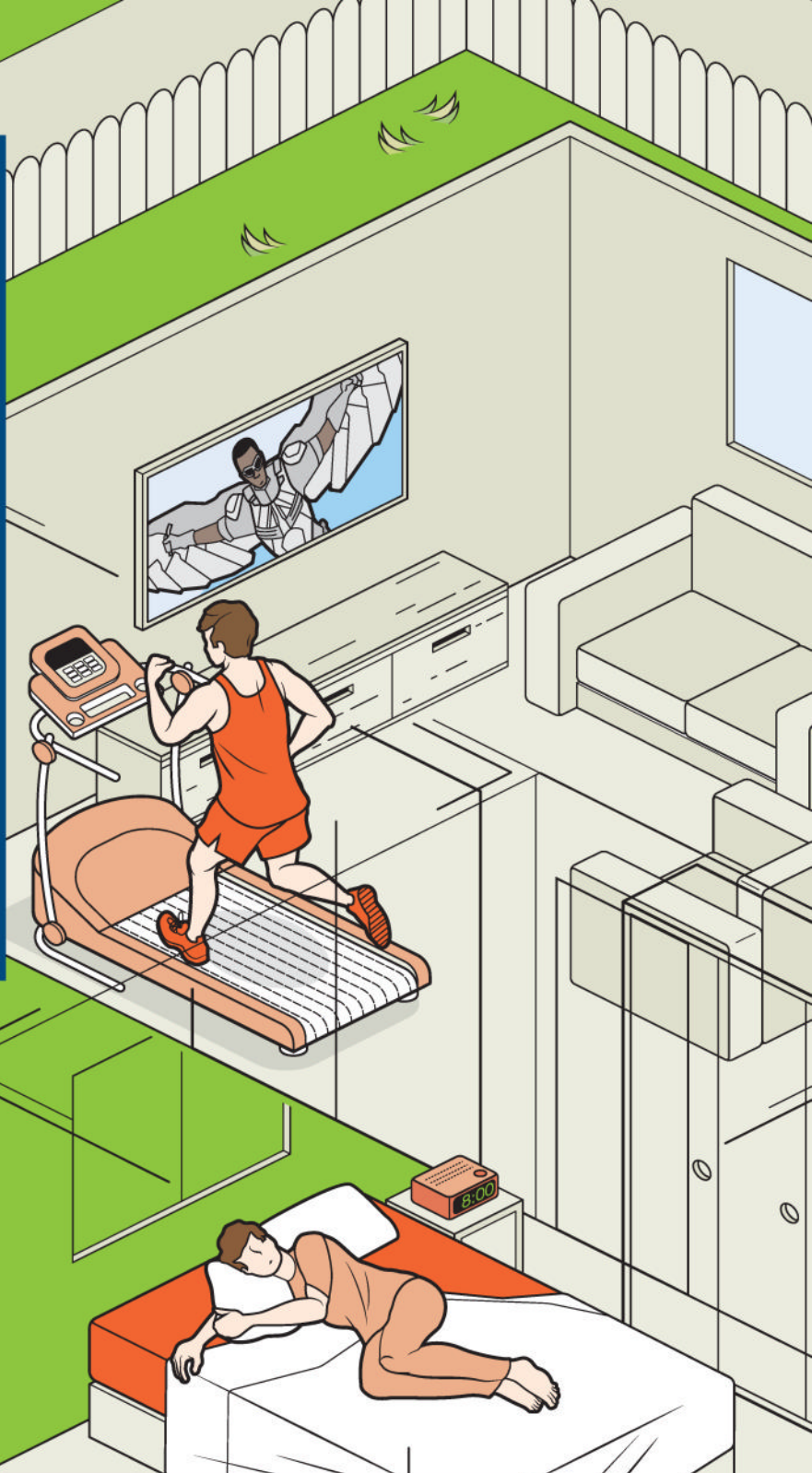
Dropping stubborn pounds as you age has as much to do with your lifestyle as it does the hours you spend exercising. If you're looking to slim down, here are some of the best ways to do it. BY CHRIS MOHR, PH.D., R.D.





SWEAT IT OFF

Emerging research shows HIIT training—short bursts of intense cardiovascular exercise—fuels weight loss not because of the calories you expend during exercise but because of the calories you continue to burn after exercise. “Interval training seems to change the metabolism and promotes many physiological changes that might favor long-term weight loss,” says Paulo Gentil, Ph.D., C.S.C.S., an exercise-science professor at the Universidade Federal de Goiás in Brazil. Translation: Interval training makes your body more efficient in burning fat by way of oxygen. But don’t associate HIIT with “hard.” “One or two days of high-intensity interval training weekly is enough and realistic when it’s part of a long-term plan,” says Brett Klika, C.S.C.S., author of *7 Minutes to Fit*. Don’t go overboard. If you’re new to working out, up the incline by a few notches for a minute two or three times during a 30-minute walk or jog. If you’re more advanced, try adding hill sprints or jump rope to your usual workout. It’s not hard. It’s fun, actually. Promise.



SLEEP IT OFF

One study published in the journal *Sleep* purposefully manipulated its subjects’ rest to be 60 to 130 percent of their normal sleep totals. Modest sleep loss resulted in a significant increase in food intake, with a greater number of calories coming from less healthy, calorically denser foods, often with lots of sleep-disrupting sugar. “Put simply, you’re practically eating yourself awake,” says W. Christopher Winter, M.D., a sleep-medicine doctor and author of *The Sleep Solution*. When you treat lost sleep as extra pounds, you can try and sleep it off. No matter how old you are, it’s worth it to set a bedtime and wake-up time. That also means your devices—the single greatest driver of poor sleep habits, Dr. Winter argues—should be put away. Then, after you’ve set this goal window, work backward or forward toward it in 15-minute increments every few days, he says. This way, you’re not jarring your system or schedule.

FAST IT OFF

"Window" eating can work. Obese people who followed a 16-hour fasting schedule lost weight without counting calories, found a 2018 study in *Nutrition and Healthy Aging*. I have a friend who raves about fasting for 16 hours and eating only during an eight-hour window. Because she's stopped eating after dinner, she doesn't snack or have a glass of wine later in the night. No breakfast means she's truly hungry at lunch, eats her fill, and is less likely to snack in the afternoon. It is simply harder for her to overeat throughout the day. I tell my clients that if you're good with rules, try setting some boundaries in terms of when you eat. But if the thought of such a highly structured life makes you want to dash out and eat a whole pizza, target "trouble times" during your day. If you tend to return to leftovers after leaving the dinner table, make the hour after dinner a no-calorie hour. If you find yourself mindlessly snacking at your desk come 4:00 p.m., see if you can abstain till dinner. Spot-treating trouble times can offer the benefits of intermittent fasting without having you be a slave to the clock.

CHOW IT OFF

Even though it's far less sexy than protein right now, fiber has the same power to satisfy. High-fiber foods take more time to digest, but they also tend to have a high water content—like oranges, tomatoes, and grapefruits do—and water helps to fill you up, eat less, and lose weight. Plus, they require chewing, which sounds silly, but consider how many spoons of peanut butter you can put away in the time it would take to eat an apple. The longer it takes you to eat something, the more time hunger hormones have to decline, and the less you feel like you have to eat to become full. New research shows that eating produce with other high-fiber foods, such as legumes and whole grains, may improve how your digestive system works, helping you maintain a healthy weight. "Healthy guts have a wide variety of bacterial species," says Julie Miller Jones, Ph.D., a fiber researcher at St. Catherine University. She says that the best way to feed and diversify those bacteria is to try to hit 38 grams of fiber a day by way of a broad range of fibrous foods.



RUN (FAST) FOR YOUR LIFE

Want to feel younger, move smoother, play safer, and turn life into a peak performance? Try upping the tempo with these running workouts.

IF YOU SLOG THROUGH the same interminable miles week after week, if you go out too fast, if your high school coach used laps as punishment...of course you're gonna hate running. Forty-six percent of the 1,800 people who answered a recent *MH* poll said they do too.

But here's the thing: Running's not about banging it out anymore. It's still an incredibly efficient cardio workout that you don't get with

weights alone. Now, however, running itself isn't really the point. It's just what happens to be going on in the morning, with friends. Or at night, when the city's yours and you may or may not be breaking some rules. It's a game you play with yourself, a way to test yourself, a way to find yourself, a way to forget.

You don't really hate running. You hate the way you've been running. And we've got the cure for that.





Running after dark can be freeing, whether it's a gritty urban run or a group training session. If Google can't help you find a route you love or a group to safely train with, your local run shop probably can.

CURE 1: Run At Night

Add a new level of exploration—or competition—by lacing up after dark.

THERE'S A VERSION of running in which you don't wake up early, you don't pay hundreds in race fees, and the finish line, at least sometimes, involves a beer or two. It doesn't have a name, or it hasn't been branded yet. It's punk rock. It's returning running to the people from the hands of corporate sponsors and Type A, pre-dawn slogs.

Call it night running if you want, since that's when it happens. Many groups start weekly workouts around 8:00 P.M.—not too late for us normies, but late enough for the pack to be defined by the flecks of light bouncing off hidden reflective patches on clothes, shoes, and caps. But there's another kind of night running that really sets you free. It's not as much about a time of day as it is about a mind-set. These are unsanctioned adventures—mostly word-of-mouth buzz

gathering a small group of like-minded friends. You can hash out a casual route for everyone to follow, or challenge your buddies to chase a win by running between checkpoints by themselves, picking whatever route they want. There are no closed roads, no signs, no aid stations or port-a-johns. Some folks love a route that's pretty hardcore—strategic, competitive, and ruled by local studs. Others choose a path that's less aggressive, with a finish time that includes drinking a can of beer.

That type of gritty night running is the closest you can get to the pure spirit of racing—of grinding your body into the pavement until you're doubled over. The streets have quieted down, and you're out in them on your own, along with every other runner who shares this passion.

—MATT ALLYN

CURE 2: DON'T RUN. GLIDE, BOUND, AND SOMETIMES WALK.

As the editorial director of a group that includes *Runner's World*, I spend more days than not surrounded by real runners, so what I am saying to you is not opinion but lived and learned fact: Real runners rarely seem to be running. They glide. They bound. They kiss the earth with their tippy-toes as a courtesy to gravity rather than a necessity of physics. I, however, run as if I got into a brawl with a much bigger opponent and am paying for it.

Yet: I run. It's more efficient than cycling (my sport of choice), and you don't need any special equipment.

I highly recommend getting the shit kicked out of you by a run. But you can't be afraid to walk. If you only run for as long as you can actually run, you're not going to be out there long enough to do yourself much good. At first, the only way I could do a 30-minute "run" was to run for a few minutes, walk a few, then run some more. Walking is not only okay but pretty much mandatory. Real runners know this and won't shame you for not running while you run. Anyone else can go suck it, because they're not even in the damn fight.

—BILL STRICKLAND

CURE 3:

Have a Little Cannabis With That

There's no science yet that says THC or CBD (both of which come from cannabis) makes you a better runner. But that's not stopping a lot of runners, who say it helps them either enjoy a long run more or recover better. Unsurprisingly, pro-cannabis running groups are springing up across the country, often starting at dispensaries or CBD shops, which stress that consumption is optional. "It's a way to bring people together and raise their fitness," says Thai Richards, founder of Rage & Release, a cannabis lifestyle brand in New York City. "We're getting something accomplished together and pushing one another." In more ways than one. —MARTY MUNSON

CURE 4:

Sprint And Get It Over With

Forget 30 minutes. Crash through six all-out 100-meter sprints with two minutes' rest between each (you'll need it), and you'll be done with all your running in less than 15 minutes. Here's how. —EBENEZER SAMUEL, C.S.C.S.



1. A TIGHT CORE

A rock-solid core keeps you exploding straight ahead. Train this with mountain climbers. Do 3 sets, working for 30 seconds, resting for 30. Avoid the common flaw: Don't let your butt rise!

2. EXPLOSIVE ARMS

Pump your arms to generate speed. Struggling? Sit on the ground, legs extended, then pump your arms as aggressively as possible, as if running. Focus on moving from the shoulders. Do three 30-second sets, resting 30 seconds after each.

3. BACK STRENGTH

Don't throw your arms forward when you run; build back strength to drive your elbows high. Do 3 sets of 8 to 10 dumbbell rows per side at least twice a week.

4. STRONG FEET

Toe and foot strength is key for sprinters. Build it with single-foot jump-rope hops. Jump for 45 seconds, then rest 15 seconds. Do 3 sets.

5. HIGH KNEES

Drive your knees powerfully on every stride. Practice this by doing high knees in place for 15 seconds, then resting 15 seconds. Do 3 sets. Focus on driving your knees higher than your hips.

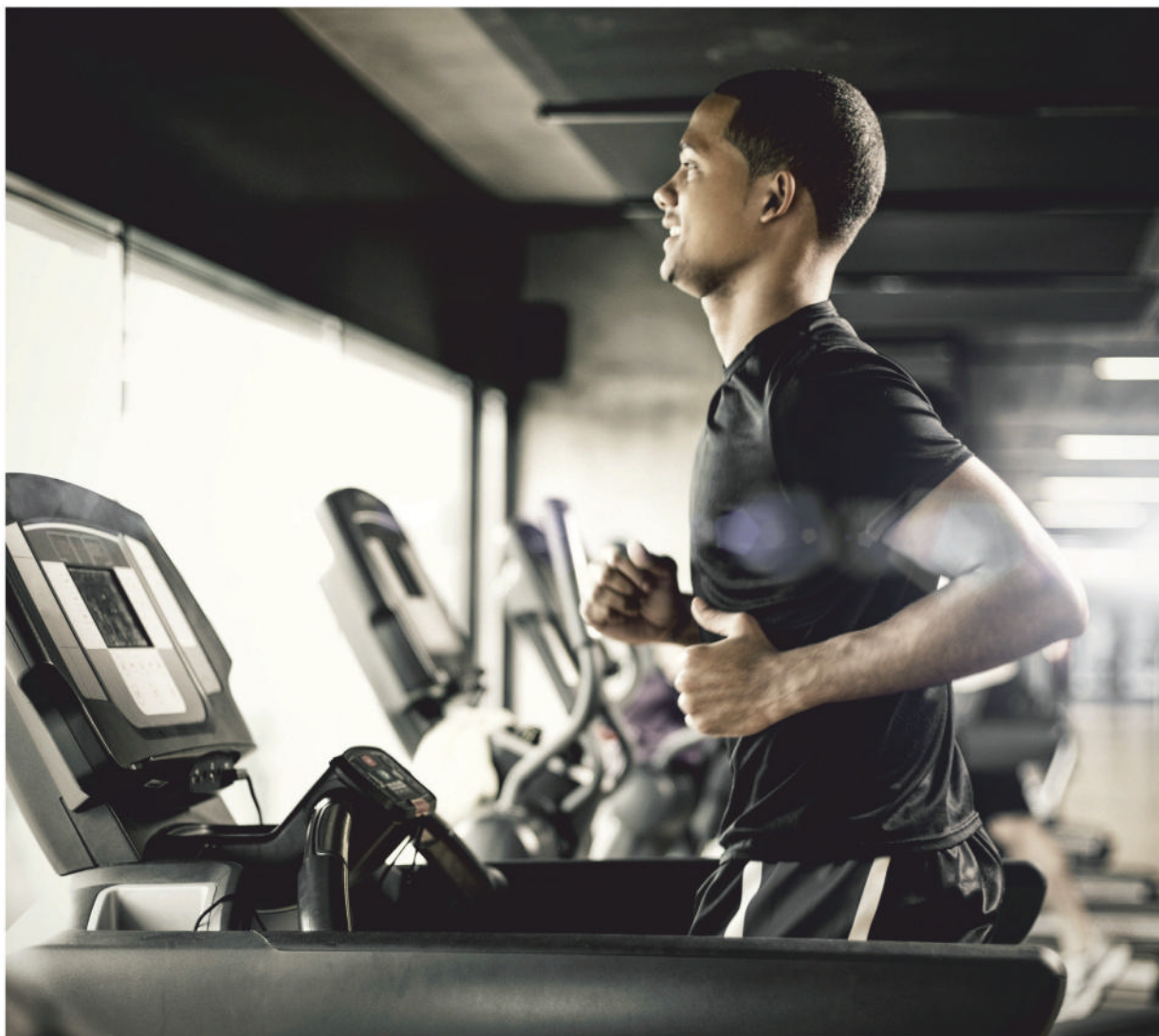
CURE 5:

RUN WITH FRIENDS

About two years ago, after I'd put on about ten pounds, I sent a text to two friends at 8:00 on a Sunday morning, saying, "I'm going running at 9:00. Would either or both of you like to join?" Although we'd never discussed running together, I got a "Yup" from one and a "Sure" from the other. Then I got an "I don't understand what's going on" from the "Yup," but—too late!—we had a plan. An hour later, we met up and ran five miles at the slowest pace I've ever run, and we've run together almost every weekend since then.

Now it's a ritual. We're a lot faster, but that isn't the point. We keep it up because we want the exercise, sure. But we also don't want to fail at the opportunity we've created. When else do three fathers—three people—get an hour of uninterrupted weekly conversation? That the conversation has the added benefit of regulating our breathing, keeping us at a sensible pace, means we never go too hard—and going too hard is probably one of the reasons I used to stop running. —**ROSS MCCAMMON**





CURE 6:

Try the (New, Gamified) Treadmill

Now that we're all spending more time at home than we used to, the treadmill's no longer a cataclysmic-weather default. Tech has brought competition and camaraderie to what used to be just running on a belt in your basement. These three options are changing everything.

Top the Leaderboard: PELOTON

On-demand streaming puts the workout you want right in front of you, along with everyone's stats on a leader board so you can outpace that 18-year-old in L.A. (or your dad). Buy the treadmill, which features a special belt for softer landings, starting at \$3,495) or get the workouts, but not the stats, on your own treadmill via an app for \$44 a month. [OnePeloton.com](https://www.onepeloton.com)

Run With Far-flung Friends: ZWIFT RUNNING

Run with a friend—even if you're in St. Louis and they're in Toronto—via this app. Set it up on a tablet or computer by your treadmill, pick an avatar, and have your friend do it too. You'll both show up on the same virtual course. The app is free, but you'll need a foot pod (as little as \$30)—a device that clips to your shoe and sends your pace and distance to the app. [Zwift.com](https://www.zwift.com)

Run Together: TREADMILL CLASSES

Treadmill classes offer a refreshing break from solo sessions on your own. Studios nationwide offer a variety of classes, including virtual options, which you can access from anywhere. Try Mile High Run Club in New York City; Stride in Pasadena, California; and Precision Run from Equinox. —M.M.



CURE 7:

Engage in Some Healthy Competition

I grew up buttressed by two brothers way faster than me. Thanks to inverse fitness trajectories after high school, they got slower and I got faster. And I knew it. So I used our hometown's annual Turkey Trot to institute a redemptive challenge. Smoked them. It felt great.

To get a similar competitive buzz, challenge a few family members or friends to sign up for an in-person or virtual 5K race with you. Start training now to build up enough speed to subsequently dust people you've been looking to one-up for years. —MATT GOULET

CURE 8: MASTER THE MILE

For the past few years, Iron-people and cardiovores have tried to one-up one another with epic training efforts, competing on the number of miles they run, the number of Ironmans they do, and the number of ultra-early-morning sessions they knock out. Yet one of the most effective ways to train—and one of the most beneficial for your physical and mental health—has always been the shortest and the simplest: mastering the mile.

"The mile is an amazing blend of speed and endurance, and a good indicator of your overall cardiovascular health," says Danny Mackey, head coach of the Brooks Beasts, an elite pro track team. "You can hammer it, and because it doesn't take long to recover, you can run it again soon to see how much you've improved. You can't say that about a marathon, where most people are just trying to finish."

Even better, Mackey says you'll notice yourself getting faster in three weeks. While a typical in shape guy can run a mile in ten minutes, running one in 6:30—under the 6:47 average time for a man in the 5th Avenue Mile, the largest one-mile race in the country—can win you bragging rights. (The fastest finishing time in that race last year was 3:52.) Here's exactly how to get after it.

—MARISSA STEPHENSON

3 KEY WORKOUTS TO RUN YOUR FASTEST MILE

To incinerate your current mile PR, tackle each of the following workouts from Mackey every week for eight weeks. Order doesn't matter, as long as you're taking a day in between workouts to give your body time to soak up your gains and recover.

200-Meter Repeats

Run 200 meters // Rest // Repeat 10 times

Run these repeats at a pace that's 2 to 4 seconds faster than your mile pace. However long it takes you to run one, rest for three times that long before the next repeat. (If you do the 200 in 45 seconds, take a 2:15 rest.) Run the tenth sprint as fast as the first.

Sprints build the muscle strength and power it takes to hold speed over the entire mile, and doing them in this repeating format will help you dial in your form.

Hill Endurance Session

Run up a hill for 60 to 90 seconds // Walk back down // Repeat 8 times

Find a long hill outdoors or set a treadmill to an incline. (The hill should be steep enough that running up it feels like a nine out of ten in terms of effort.)

This increases your stamina and prepares you psychologically to go all out in the homestretch. "It will be painful in the final 400, and this gets you familiar with that feeling," Mackey says.

Tempo Run

Run 3 miles

Start at a pace that feels like a six out of ten in terms of effort and gradually increase to a seven, Mackey says. This should be about 45 seconds to 1 minute slower than your mile pace and feel consistently challenging.

A tempo run pushes you out of your comfort zone with a pace that feels just a touch faster than you'd want to be running, and this constant effort builds your endurance for race day.

AND IF THAT'S NOT ENOUGH

1. RUN TO CHANGE SOMEONE'S LIFE.

Run with a charity like [Back on My Feet](#), through which homeless people commit to running three times a week (with you!) as part of their plan to get mentally and physically stronger. [BackOnMyFeet.org](#), in 12 cities

2. RUN A BEER MILE.

Chug a can. Run one lap of the track. Repeat three more times. It's a real thing, complete with rules and records. [BeerMile.com](#)

3. RUN A STREAK.

See how many days in a row you can run (even for ten minutes). British Olympian Ron Hill ended his streak in 2017 after 52 years and 39 days. Top that.

—M. M.

TRADE FAT FOR MUSCLE

Building muscle is key to staying lean and fit for life. The challenge of these moves will also rev your heart rate for major calorie burn.

DIRECTIONS

Do this workout 3 or 4 times a week. Stay active on all other days; aim to at least take a half-hour walk.



TRAINER
Gideon Akande,
NASM, creator of
Men's Health
Riptensity
workout video



THE WARMUP

Do 3 minutes of plank walkouts, working for 45 seconds of each minute and resting for just 15.

1 Plank Walkout

Start standing, then place your hands on the floor. Keeping your core tight, walk your hands forward (a) until you're in plank position (b). (If you bent your knees to put your hands on the floor, straighten them now.) Pause. Walk your hands back to your feet and stand up. That's 1 rep.



THE WORKOUT

Run this as a circuit. Do each move for 45 seconds, then rest for 15. Do 5 rounds. Rest 1 minute between each round.

1 Pushup to Side Plank Kick-Through

Start in pushup position (a). Lower your chest to the floor. As you press up, reach your right hand toward the ceiling as you rotate your torso into side plank. Kick your left leg under you, placing your foot in front of you for support (b). Hold. Rotate back to pushup position. That's 1 rep; alternate sides with each rep.



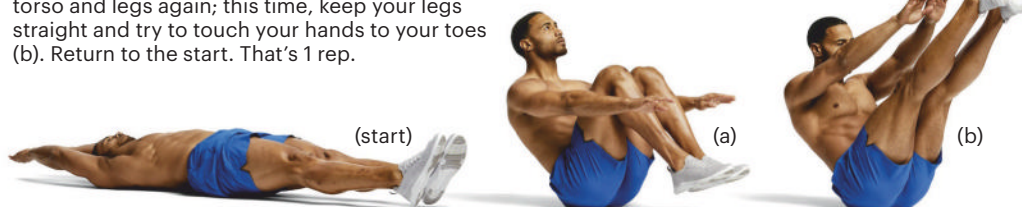
2 Lateral Lunge to Knee-Tuck Jump

From standing, step to the right, shifting your weight to the right leg. Bend at the hips, push your butt back, and straighten your left leg (a). Press back to the start explosively and drive your right knee into the air, jumping (b). Land softly. That's 1 rep; do 30 seconds of reps on your right leg, then 30 seconds on your left.



3 Modified V-Sit to V-Sit

Start lying on your back, arms extended overhead. Press your lower back into the floor. Lift your torso and legs, trying to touch your knees to your chest (a). Return to the start, then lift your torso and legs again; this time, keep your legs straight and try to touch your hands to your toes (b). Return to the start. That's 1 rep.



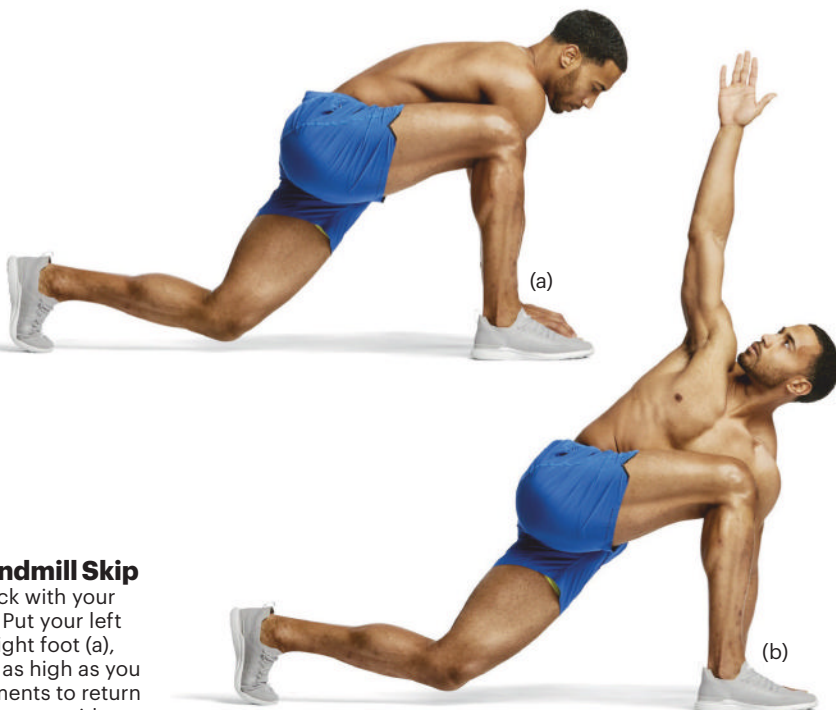
4 Squat Pulse to Squat Jump

Start standing, feet shoulder-width apart, then bend at the knees and hips, sitting down until your thighs are nearly parallel with the floor (a). Shift up 2 inches, then down 2 inches; repeat this 5 times. After the fifth pulse, squat down to nearly parallel, then explosively stand up, jumping into the air (b); do this 5 times. Alternate the two movements until time is up.



5 Pushup to Croc Roll

Start in pushup position (a). Lower your chest to the floor. As you push up, lift your right arm and flip over so your chest is facing upward. (You'll need to lift your right leg, too.) Once you've flipped over, bend at the hips, sitting into the position (b). Pause. Flip back to return to the start. That's 1 rep; alternate sides with each rep.



6 Reverse Lunge Windmill Skip

Start standing. Step back with your left leg; lower into a lunge. Put your left hand on the floor by your right foot (a), then reach your right hand as high as you can (b). Reverse the movements to return to the start. That's 1 rep; alternate sides with each rep.

GET INSPIRED

No matter your challenge—obesity, addiction, increased disease risk—you can change your life for the better. It all starts with taking a first step. These comeback kings (and queen!) show you how.



“I Had a Dream That Death Was Near.”

How music producer Tim Mosley—you know him as Timbaland—stared down death, battled addiction, and shed 130 pounds.

FOR MORE THAN TWO DECADES,

Tim Mosley, known to the world as Timbaland, has helped propel many of this era’s most successful musicians, including Missy Elliott, Beyoncé, Jay-Z, Drake, Rihanna, and Justin Timberlake. In his run as a producer, performer, and label owner, he has thrived in the mercurial world of popular music. Yet he also understands the elusiveness of that shimmering view. A few years ago, Mosley was staring into a different kind of emptiness, as the most important things in life—family, finances, and health—tumbled chaotically around him. He almost lost it all, and that threat sparked a renaissance. It’s a journey he’s still on, but it has included years of boxing, dropping more than 100 pounds, and gaining a new perspective. But first he had to kick the drugs.

It started simply: In 2011, after receiving a prescription for painkillers following a root canal, Mosley started abusing OxyContin and Percocet. Then “my arm started bothering me,” he says, the remnant of an old injury—at 17 he was shot

accidentally while working at a Red Lobster. More pain gave him an excuse to ask for more pills.

As pressures in the rest of his life mounted, his pill abuse worsened. Divorce proceedings with his wife, Monique, which began in 2013, dragged on for years. His finances fell into disarray. The IRS filed a \$4 million lien for three years of unpaid taxes, a lapse that he attributes to confusion and inattention during his addiction. The painkillers put him in a place where everything felt all right, even when it wasn’t. “It put me in a great feeling of not caring, of just being free,” he says. “I’m like traveling, doing shows, popping ‘em, having fun, just being ignorant.”

Soon, though, instead of feeling free, Mosley began to feel foggy, dull. He also started putting on weight and developed prediabetes. He grew sluggish. Tired. Lost. And then there was a nightmare. “I had a dream that death was near,” he recalls. “I saw myself with a white face.” That’s when he woke up. Mosley has a daughter, and two sons. He realized he needed to save himself for them. “It’s like a





bright light going on in your brain,” he says about raising children. “That’s how you know what true love really is.”

Crawling out of the hole his life had fallen into required strategy and planning. “I had to downsize, get all that superstar stuff out of the way,” he says. He settled with the IRS. Then he worked to settle with his ex-wife.

That left his addiction, which he decided to quit all by himself. His method was to take fewer and fewer pills from his existing stock until there was nothing left. That took about two weeks. Afterward came withdrawal. “One of the toughest things I’ve been through,” he says, shaking his head at the memory. “The only things that got me through it were my kids, my girl, the help of God keeping my mind still.”

It was Mosley’s girlfriend, Michelle Dennis, who led Mosley to Punch Elite Fitness, in Miami’s Wynwood district.

When he walked into the gym the first time, he was in rough shape, weighing about 350 pounds at five-foot-seven, recalls gym co-owner Ricardo Wilson. (Boxing coaches remember these kinds of details.)

Before he ever stepped into a ring, Mosley had to work on posture and range-of-motion exercises, Wilson says, including hip openers, posture squats, and standing leg curls. Then came shadowboxing, jumping rope, and hitting the bag for ten three-minute rounds at a time. Eventually Mosley graduated to sparring. The workouts were hard, but nothing compared to withdrawal. “When you get beat up the way I got beat up mentally, this ain’t hard,” he says.

As Mosley began losing weight, Wilson noticed another change: “His energy levels increased, and then he started challenging other clients in the gym, to push them.” And Dennis

kept pushing Mosley. After a year, he had lost 50 pounds, and had started working out twice a day, boxing in the mornings and doing cardio and weights at night.

When Mosley had dropped 40 more pounds, he decided he wanted to “level up” and train where the athletes train. While continuing to box on Sundays, he moved his weekday workouts to DBC Fitness. The gym specializes in biomechanics and works with a roster of pros, including Dwyane Wade, formerly of the Miami Heat, and Reshad Jones, former strong safety for the Dolphins.

DBC co-owner David Alexander designed a program around seven general movement patterns: squat, lunge, hinge, push, pull, twist, and gait.

“He has a no-quit mentality,” Alexander says. “He understands that this is his new life. It’s not something that’s going to go away in three months. And he’s committed. Tim is one of the most mentally strong guys out there.” Alexander put together a nutrition plan and hired a chef to create a menu of weekly meals to be delivered to Mosley’s home. Chicken, salmon, vegetables. Three and a half liters of water a day. No processed foods. “If it didn’t run, grow, crawl, or swim, we don’t eat it,” Alexander says.

These days, Mosley says he’s clearheaded and newly inspired, focused on growing what he started nearly 30 years ago. “I’m more about the team building,” he says. He recently finished work with Swizz Beatz and has been teaching on Masterclass.

“God has me under construction, which I’m still under,” Mosley says. “I don’t feel like I’m complete. I don’t want to ever feel like I’m complete, ’cause my mind would probably get idle. God needed me to be clear so I could see what is needed, not what I want.”

—TRISTRAM KORTEN



“HEART MEDS PUT ME IN A FOG, AND I WAS 100 POUNDS OVERWEIGHT.”

Eric Dencklau, a mechanical engineer, trained seven days a week, lost 90 pounds, and ran a marathon. He takes you through the steps.

I was in a cycle of setting a goal to lose weight for an upcoming vacation or event, falling short, and then putting the weight back on. The medication I was on for my heart put me in a fog. When I was cleared of heart issues in 2013, I wasn't happy with myself. So I made not a goal but a plan.

FIRST STEP: I committed to working out seven days a week. Always. Sometimes that meant getting up at 4:30 A.M. to fit it in. Sometimes that meant a 9:00 P.M. workout.

NEXT: I improved what I ate. One week I started packing salads for work. Another week I dialed back how many times I'd eat fast food. Then I'd pick something else I could cut out or cut back on. About 18 months later, I was 90 pounds lighter.

POWER MOVE: Tenacity. I gradually built up my cardio endurance and ran a marathon. I was able to go from 275-plus pounds to doing something I never thought I would or could do.

—AS TOLD TO MARTY MUNSON

“Sleep Apnea Almost Felled Me.”

Signing up for a fitness challenge was the first step in Dustin Worth's journey to get back in shape.

BEFORE DUSTIN WORTH decided to make a change, he couldn't remember a time in his life when he was healthy. He snacked on too many empty calories. He avoided the scale. Denial persisted. “I tried to avoid being in photos because I didn't want

to be confronted with the fact that I was overweight.”

Worth reached a breaking point in early 2018 when he hit 270 pounds. From the outside, his life looked great. He was married and a father of four, with a good job at Apple, and

his photography—a longtime hobby—was gaining recognition internationally. Inside, the damage grew. “I was spending ten hours a day at a desk and eating a lot of fast food.”

And his weight started affecting him in bed. “I had developed sleep apnea and would sleep on the couch sometimes so as not to scare my wife when I woke up gasping for breath in the middle of the night. It wasn't fair that my lack of health should harm her, too.”

In June of that year, Worth signed up for Apple's annual company-wide fitness challenge. “My wife had recently completed a marathon, and she was the motivational spark I needed to take up running,” he says. “I also wanted to be closer to her—I was proud of what she'd accomplished, and she was proud of me, but I wanted to build something together, and I thought that running would bring us even closer.”

Almost every night, in the basement of his home, Worth racked up the miles. And the weight started to melt off. Motivated by the changes to his waistline and well-being, he turned to his diet, using the Lose It! app for calorie tracking.

“Once I understood the fundamentals of energy balance, I felt agency over my ability to control my body fat that I'd never felt before,” he says.

Later that year, Worth and his wife decided to move to Florida, which “has been like a second honeymoon to us,” he says. “I run with her, and she recently started weight training with me. It's like our lives have become even more entwined, and we're more in love than ever.”

Worth says that he's the healthiest he's ever been. After dropping to 170 pounds, he added about ten pounds of muscle while maintaining 12 to 15 percent body fat. His sleep apnea has disappeared.





“I WAS WEARING 4XL T-SHIRTS.”

Counting calories every day helped Anthony Brown, an information-technology worker, lose more than 185 pounds.

At six-foot-five, Anthony Brown had always been a “big guy,” he says, and a steady diet of fast food didn’t help. But when his sister was diagnosed with diabetes in 2010—and he was wearing 4XL T-shirts—“I knew something had to change if I wanted to save my own life.”

FIRST STEP: He researched healthy diets. After realizing that he couldn’t picture himself eating chicken breast, oatmeal, rice, and broccoli for the rest of his life, Brown focused instead on creating a calorie deficit. If his 375-pound body needed 4,100 calories a day, he figured he’d give it 2,400, in whatever form those calories took. “My only rules were: Stay in a calorie deficit, and if you can’t count it, don’t eat it,” he says.

NEXT: Within six months, he was down to 300 pounds, but “like most overweight people, I was afraid of the gym. I didn’t want to be ‘the fat guy’ everyone would laugh at.” So he eased into workouts three days a week at his apartment building’s fitness center. When the weights there grew too light, he found himself a bigger gym.

POWER MOVE: Intermittent fasting. “To maintain a caloric deficit, some people choose to eat several small meals that add up to their daily calories, and they don’t feel full after eating,” Brown says. “I choose to eat my calories all at once and feel stuffed.”

—JESSE HICKS



“Our Grandmother Died Of Diabetes.”

How the McGillivray family started working out together and lost 91 pounds.

YOU KNOW THE OLD ADAGE:

Families that shred together stay together. Okay, fine, so maybe that’s not how the saying goes, but it’s certainly true of the McGillivrays from Manchester, England.

Following the death of her mother from diabetes, Sue and her husband, Roy, decided to start taking their health and nutrition seriously. Their sons, Ben and Simon, were already gymgoers, and the boys welcomed the idea of a family challenge, so all four of the McGillivrays began working with trainer Anthony Paulhe at Manchester’s Ultimate Performance Fitness.

Ben and Simon knew their way around the weight rack, but Paulhe wanted the entire family to address their diets before they all started exercising on a regular basis.

“There’s no need to do any of the training if you’re not going to sort out your food first,” Paulhe says.

Paulhe created a nutrition plan for each of the McGillivrays. And executing that plan meant they would have to step up in the kitchen.

“The main challenge was the cooking,” says Paulhe. “The dad was 56, the youngest was 24—they had very different needs. They all had different jobs and routines and ate at different times.” As the family’s best—and primary—cook, Sue took on the task of developing meals centered on a nutrient-packed protein and rounded out with a vegetable and a good fat.

Once the family began to eat better, Paulhe added on the fitness. Roy says the arduous first leg of training felt like all pain, no gain.

Those first few weeks were tough for the whole family, Paulhe says, but that challenge isn’t unique. “It can feel like a chore, but within a relatively short period, it becomes enjoyable. You start looking forward to your sweat session and your healthy meal. It becomes habit.”

These days, Roy is a convert. “I started to feel ten or 20 years younger,” he says. “It’s only when you start working on your fitness that you discover how unfit you were.”

Simon adds that the family dynamics gave their training an extra layer of accountability: “I worked out a fair bit with my brother. We’re fairly similar in terms of our fitness, so things did get a little bit competitive. Also, having the biweekly measurements and the progress pics really helped keep us motivated.” Roy and Sue fed off the competition between their sons, and soon the entire family was comparing pounds dropped and strength PRs achieved.

And the benefits go beyond the fact that they all now look amazing. “We’re a lot more resilient, stronger, more proactive,” says Ben. “We’d become guilty of living quite a lazy lifestyle. We weren’t very active; weekends were all about TV and junk food. But because we wanted to get in shape together, we didn’t want to let each other down. It was really intense and difficult, but it’s something we can look back on and say, ‘We did this together.’”

—PHILIP ELLIS

“MY BLOOD SUGAR AND CHOLESTEROL LEVELS WERE POINTING TO DANGER.”

Tanvir Hussain, a cardiologist, got his life together by going on a low-carb diet.

IF YOU’VE EVER been to the doctor and been told either that you’re prediabetic or that you have buildup in your arteries, you know what that feels like. You feel some embarrassment, maybe. There’s a certain sense of helplessness. And then there’s the impending doom of being faced with your own mortality. Now imagine that you are a heart doctor being told not just one of those things but both. Hearing that my blood-sugar levels and cholesterol numbers were off—and dangerously so—jolted me awake. I monitored my food

intake with a calorie tracker and reduced my carbohydrates to less than 20 grams a day. That’s extreme, but I made sure to eat plenty of lean proteins and healthy fats for balance. Soon I found that my mood swings lifted and I was less hungry (not to mention less “hangry”) throughout the day. Granted, I also kicked it into high gear by walking three to five miles a day and hitting the gym three times a week. When I go to my doctor now, he’s amazed at my lab results.

—AS TOLD TO JESSE HICKS



“Even Though I Was Taking Testosterone, I Thought I Looked Awful.”

Parker Price explains how the gym empowered him during his transition.

When I started transitioning, I thought that I’d start taking testosterone and, boom, I’d stack on muscle and look amazing. But when my appearance began to change, I thought I looked awful. Even though I believe that if you’re happy and healthy you can be content with however you look, that’s not how I felt about myself. At the time, I didn’t have a lot of support in my life, and so I turned inward and more negative.

Then I remember thinking, *Man, if I’m going to be in this much mental pain, maybe going to the gym and putting myself through physical pain will distract me.* I figured if nothing else, the endorphins might make me feel better. I found a trainer who asked me about my goals. I kept telling him that I wanted to get shredded, but he kept asking me why. His prodding made me realize that what I really wanted was confidence and to feel like I belonged.

This sense of power through fitness became my motivator. It’s what pushed me to keep trying after I struggled to do just one pullup. It’s what allowed me to work up the nerve to ask for a spotter. And it’s what helped me grow into the man I am today—a man who doesn’t just feel more confident in the gym, but outside of it, too.

—AS TOLD TO PHILIP ELLIS

"I WAS A DRUG ADDICT."

Finding a workout group helped Carlos Hernandez get clean and off the streets.

Everyone experiments when they're young, Carlos Hernandez thought. That's what he saw his friends doing. Bad grades and a tough home life led him to drop out of middle school, and soon he filled his free time with partying. Even though, in his 20s, he was married and had two kids, the specter of addiction lurked. A few years later, Hernandez was homeless and nearly hopeless. In January 2019, he went to the Salvation Army Adult Rehabilitation Center in Dallas, where he found treatment.

FIRST STEP: Hernandez noticed that one of his roommates at the Salvation Army was looking fitter. "I started asking him a ton of questions." That's how he learned that his roommate trained with Back on My Feet, a nonprofit that helps the homeless through running.

NEXT: The first time Hernandez went out with the group, "I only ran for 200 feet and I was out of breath," he says. But he went back three times a week (a group requirement) for the next three months. He lost 50 pounds, and he completed his first 5K with Back on My Feet in April 2019. He's remained sober and has found his own house and steady work.

POWER MOVE: Leaning on others. "Getting a support team behind you that puts their hand out and says, 'You're not alone; we can do this' saved my life," Hernandez says.

—EMILY SHIFFER

"I Barely Recognized Myself In A Photo."

Matt Ellengold, who works in private-equity investor relations, shed 60 pounds in 24 weeks.

IT WAS A "THAT'S ME?" photo that made Matt Ellengold realize, after years of promising himself he'd do it "tomorrow," that he had to go to the gym. And not just go, but be held accountable for continuing to go. So he hired a trainer, James Ellis-Ford, who he felt had his back. "He believed in me from the beginning, when I definitely didn't believe in myself," Ellengold says. They worked out four days a week, while Ellengold did cardio on his own. Ellis-Ford taught him how to keep track of his

macronutrients (protein, carbs, fat) in a log, where Ellengold also tracks his training progress. "I know I need to do at least the same thing the next time to keep moving forward," he says. "I started doing barbell back squats after about six months. Now they're my favorite lift. I love standing back a few paces, focusing on the bar, telling myself it's me versus the bar and that I'll get through the set. That squat down and driving up—really, literally pushing myself up—I love that."

—MIKE DARLING





What do you believe has been the key, both physically and mentally, to your maintaining a healthy weight?

It's all about balance: lots of the good stuff and a little bit of what you fancy. Embracing vegetables is a massive part of that. Me and the family eat meat-free at least three or four days a week now, and I think that's a really healthy approach to take, both for your own health and for the planet. Writing my cookbook, *Ultimate Veg*, gave me the chance to celebrate a whole range of wonderful vegetables and think about really exciting, fun ways to cook and serve them.

Has your view of vegetables changed over the course of your career, and if so, how?

I've always respected vegetables. A lot of Italian food is naturally vegetarian, and when you eat seasonally, which we should all be doing whenever we can, you really get the best out of veg. So I wouldn't say that my view has changed, rather that it's been a pleasure to see the industry and the public's view evolve over the years. Veggies are brilliant, and we should seize every opportunity to celebrate them.

Is there one recipe that you turn to time and time again when you need something healthy and quick? And why that recipe?

At the moment, I'm cooking a lot of quick noodle dishes. The possibilities are endless, and you can use whatever you've got in the fridge, and actually having odds and ends of stuff is perfect, as you can just shred it all up and chuck it in. In *Ultimate Veg*, for example, I've got a lovely mushroom noodle broth, a Malaysian-style noodle dish that's more fragrant and spicy, and even a quick Thai-style noodle salad. And you can't go wrong with a chopped salad. —PAUL KITA

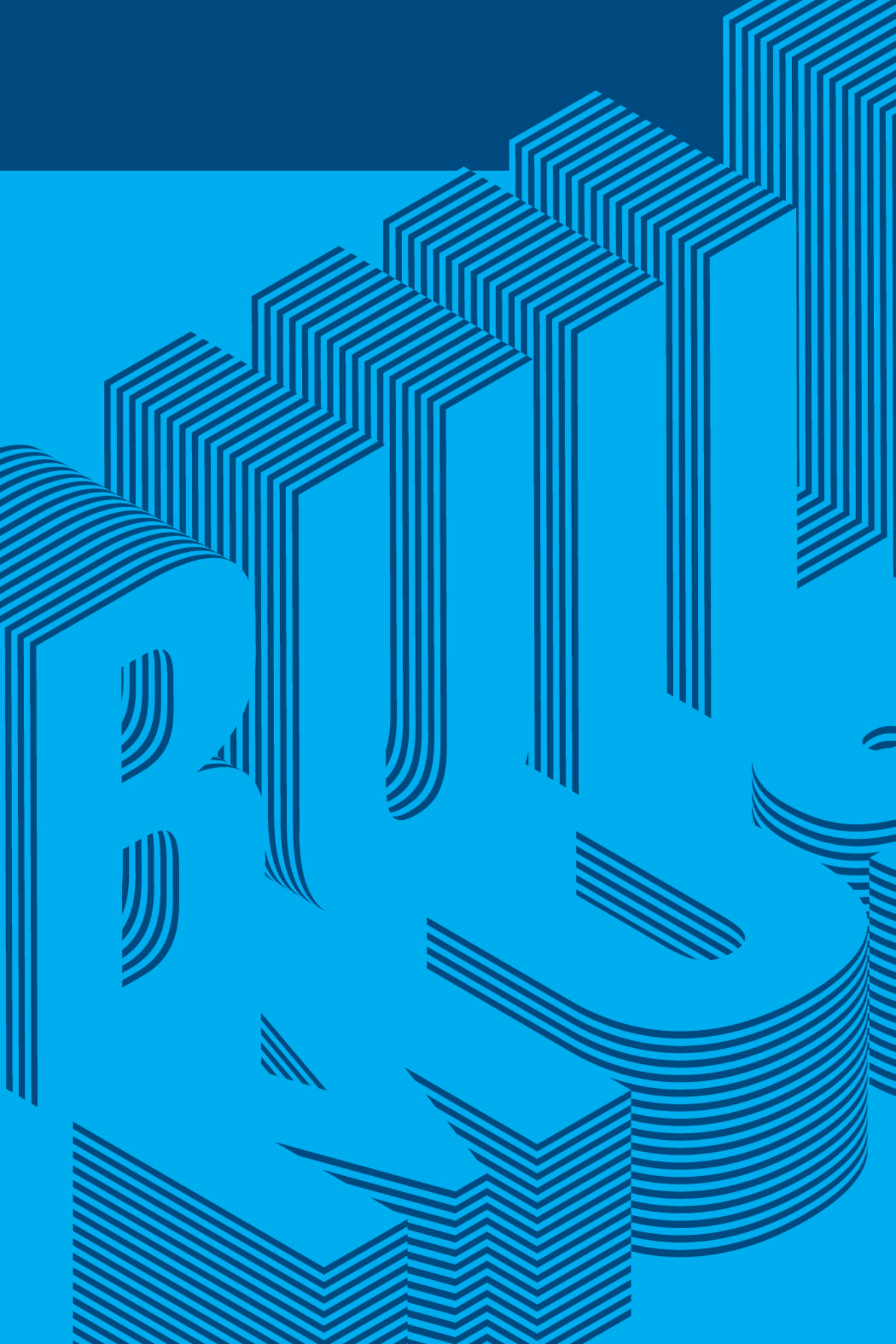
“I WAS PHYSICALLY AND MENTALLY EXHAUSTED.”

Jamie Oliver suffered burnout. So he recalibrated, starting with his diet.

MH: Was there ever a point in your life when you realized that you were not practicing what you preached?

OLIVER: When I wrote my *Everyday Super Food* book [in 2015], it was because I'd gotten to a point where I was physically and mentally exhausted. I was only getting a few hours' sleep and wasn't taking enough care of myself. Writing that book, I really focused in on creating

nutritious recipes that delivered big flavors but were also good for you, and I also started to study nutrition around that time. I now have a Royal Society for Public Health Level 4 Nutrition Award. It got me back on track, and I've carried all those principles forward. I'm really in tune with my nutrition team now. Don't get me wrong, we still have the odd debate, but generally I know what they expect of me.



PART 2



UP YOUR STRENGTH, SAVE YOUR LIFE

All those hours you spend in the weight room aren't just good for your looks. The longer you spend getting stronger, the longer you might have to live. BY BRETT WILLIAMS





WANT TO BE STRONG, healthy, happy—and feel years younger? Then it's time to pick up the weights. That's right, science is now backing up what fitness enthusiasts already know from experience: The secret to a longer life may be a barbell. More and more research finds that strength training as you age reduces your risk for death.

Of course, no amount of physical activity can stop us

from getting older, but there's plenty of evidence that proves that physical activity can increase life expectancy by limiting the development and progression of chronic diseases.

In one study from Penn State College of Medicine, researchers surveyed people age 65 or older about their exercise habits and then tracked them for 15 years.

Less than 10 percent of the subjects strength trained, but

those select few that did were 46 percent less likely to die during the study than everyone else. Sure, you could say that older folks who lift must be in better health to begin with. But even after adjusting for BMI, chronic conditions like diabetes and hypertension, and habits like total physical activity, drinking, and smoking, lifting was still linked to a 19 percent reduced risk of death.

“OLDER ADULTS HAVE THE ABILITY TO ACHIEVE STRENGTH SIMILAR TO THOSE DECADES YOUNGER BY ENGAGING IN SIMPLE STRENGTH TRAINING ROUTINES.”

Plus, you'll burn more calories throughout the day just by having more muscle mass on your frame, which helps you maintain a healthy weight, Dr. Kraschnewski says.

So if you're already lifting, don't retire your dumbbells—and if you don't have a regular weight routine, it's never too late to start. “Older adults have the ability to achieve strength similar to those decades younger by engaging in simple strength training routines,” says Dr. Kraschnewski.

Another study from the University of Michigan backs up those findings. The study, led by social epidemiologist Kate Duchowny, Ph.D., concluded that people with lower levels of muscle strength are 50 percent more likely to die earlier than individuals who are stronger than a baseline measurement of grip strength.

Grip strength is specifically important because it can be

used as a predictor of overall health and longevity, and might even be more effective for the task than other commonly-used measurements like muscle mass, according to Duchowny.

The researchers found that 46 percent of the people in the data group were classified as “weak,” a finding which led Duchowny and the team to emphasize just how important measuring grip strength should be for doctors in patients, even before they begin to show other indicators of aging-related health problems.

“Having hand grip strength be an integral part of routine care would allow for earlier interventions, which could lead to increased longevity and independence for individuals,” Duchowny said.

The good news? You can stay healthy at any age by keeping up a strength training regimen—and any of the workouts in this section will help you get there.

Strength training can keep you active and independent in your golden years, says study author Jennifer Kraschnewski, M.D. Not only does it strengthen your muscles, resulting in better stamina and balance, but it also increases your bone density.

Together, those factors reduce your risk for falls and fractures—both of which are major causes of disability for older people.

BURY THESE FITNESS MYTHS

Time to debunk Instagram bro-science and other web BS to help you get stronger, faster. BY ANDREW HEFFERNAN, C.S.C.S.

1 Muscle Soreness Is Essential to Muscle Growth

THE MYTH: You may think the ache and tightness you feel a day or two after you've blasted a muscle, technically known as delayed onset muscle soreness (DOMS), is a gym badge of honor. First described in 1902, it's sometimes a result of musclefiber micro-tears that occur as you lift. New to training? These can spur growth. But more damage doesn't equal more growth, says Andy Galpin, Ph.D., C.S.C.S.*D,

a professor of exercise physiology at California State University, Fullerton: "On a scale of 1 to 10, pushing yourself to a level 7 of soreness might stimulate some growth, or it might not."

YOUR MOVE: Track your workouts based strictly on effectiveness. Choose key exercises (e.g., the squat, the pushup, and the pullup) and do them at least once a week. If you're improving your reps, form, or weight on these movements on a monthly basis, you're on the right track to improve your strength, even if you're only mildly sore.





2 You're Born an Explosive Athlete or a Slow Plodder

THE MYTH: Exercise scientists long divided muscle fibers into two categories: slow-twitch fibers, the kind that get you through a marathon, and fast-twitch fibers, the ones that power a dunk. Decades ago, researchers believed their distribution was genetic, so no training could turn a skinny, slow-twitch distance runner into a muscular sprinter (or vice versa). A landmark 2018 study, coauthored by Galpin, of identical twins—one sedentary and one a lifelong distance runner—changed that. Thanks to miles of running, the active brother's muscles were almost entirely slowtwitch. The sedentary brother's? Fifty-fifty split between fast- and slow-twitch, which is what happened because he didn't train at all.

Translation: You can work toward dunking a basketball.

YOUR MOVE: To build total-body function, resilience, and overall health, include both fast- and slow-twitch exercises in every workout. Lead with a fast-twitch move, like an explosive bench press. End with slow exercises, like rows in which you take three seconds to lower the weight.

3 If You Binge on Pizza, You Need to Do a Longer Workout the Next Day

THE MYTH: It seems logical—working out burns calories, so to burn more calories, just work out more. Except that's not what researchers at New York's Hunter College found when studying the Hadza, northern Tanzanian huntergatherers. The Hadza got about four times as much exercise as an average American,

yet they burned virtually the same number of calories. Here's why: Exercise pushes your body to burn calories, but there's a cutoff point, one that's different for every person. Approach that cutoff in your workout and your body starts burning far fewer calories, instead possibly shutting down certain functions—like building new muscle tissue—to operate efficiently.

YOUR MOVE: If you're trying to maintain a calorie deficit, calculate that over the course of a week, not a day. This allows you to have cheat days. And schedule workouts so that you're consistently burning calories. If you want to burn a few extra, don't make your workout longer. Just spend the last ten minutes doing high-intensity interval training.

4 You Should Never Do Isolation Exercises

THE MYTH: An isolation exercise works just one muscle (think biceps curl). But the rise of CrossFit convinced most trainers that you don't need moves like that. Why do a curl when you can squat or deadlift? These moves use more muscles, so wouldn't they build real-world strength? Not so, according to a recent review of research on the leg extension. The weighted leg extension is simple, asking you to straighten your knee. But a Tufts University study found that doing just that still increased the walking speed of elderly men by almost 50 percent. Even isolation exercises recruit stabilizing muscles if done correctly.

YOUR MOVE: Turn every move, whether a squat or an isolation move like a skull crusher, into a full-body move by starting with three steps: Flex your abs, squeeze your glutes, and tighten your shoulder blades.

5 Lifting Maximum Weights Is the Fastest Way to Max Muscle Growth

THE MYTH: The biggest guys in your gym are the ones lifting the most weight. So you've got to go heavy, right? A Brazilian study published in *PLOS One* indicates it's not that simple. Scientists had young men do sets of either seven to nine reps or 21 to 36 reps. The first group lifted more weight, but both of the groups showed similar muscle growth. Should you lift heavy sometimes? Definitely. But if you're feeling beat, you won't lose any muscle (and you just might gain some) by

ditching heavy bench presses for pushups.

YOUR MOVE: Try varying your rep ranges every few weeks, says action-star trainer Don Saladino, NASM. For two weeks, do 12 to 15 reps per set; for the next two weeks, do eight to 10 reps per set; and for the final two weeks, do four to six reps per set. "The body needs to train with a variety of rep ranges," says Saladino.

6 You Have 30-Minutes After Lifting to Fuel Up With Protein

THE MYTH: Gyms sell protein shakes because bro-science states there's a 30-minute post-

workout "anabolic window" for protein. Part of this is true: You need protein. If you're chasing muscle, you require about 0.7 to 1 gram of it per pound of bodyweight daily. The easiest way to consume that is in three to five small meals—an after-lift shake makes sense. But according to a *Journal of the International Society of Sports Nutrition* review, your muscles are primed for protein within three to four hours of your workout.

YOUR MOVE: Focus on your daily protein intake by eating those three to five small meals. Funny thing about that: You'll likely eat protein within the three- to four-hour "anabolic window" before or after your lift.

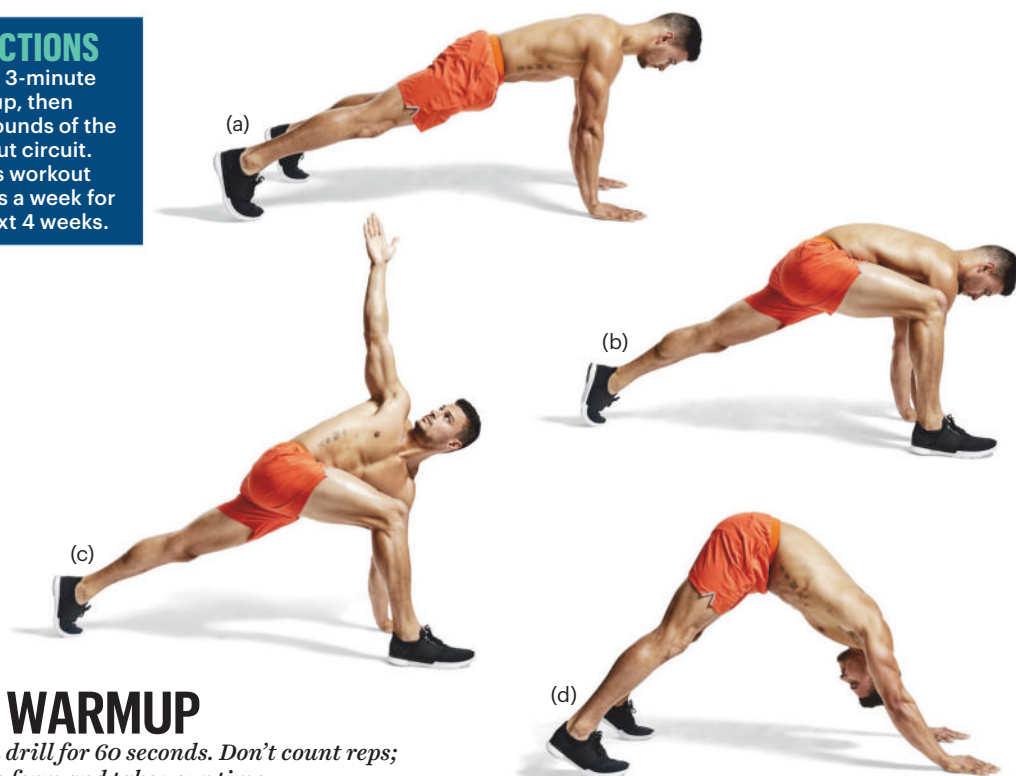


YOUR TOTAL-BODY TUNE-UP

Whether you've always had a solid fitness routine—or you're just starting out—it's possible to build your best body without turning every workout into a suffer-fest. This plan shows you how.

DIRECTIONS

Do the 3-minute warmup, then do 3 rounds of the workout circuit. Do this workout 3 times a week for the next 4 weeks.



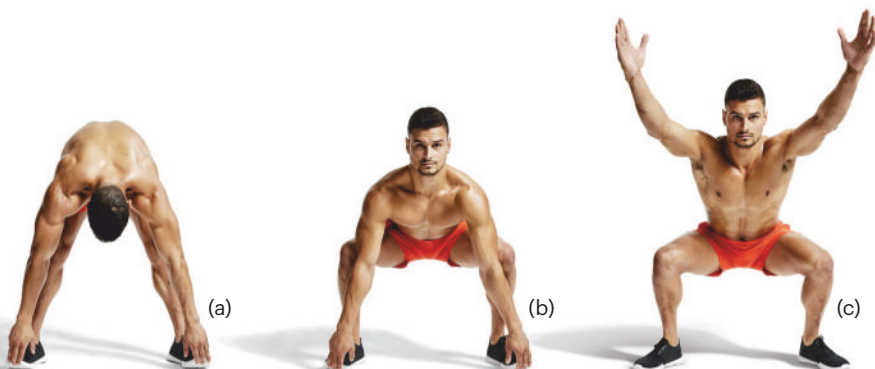
THE WARMUP

Do each drill for 60 seconds. Don't count reps; focus on form and take your time.

1 T-Spine Rotation to Downward Dog

Start in pushup position (a). Keeping your left leg straight, place your right foot just outside your right hand (b). Hold. Lift your right arm and reach for the ceiling (c). Hold, then return to pushup position. Shift your feet forward slightly, then raise your hips high. Try to form a straight line from your hands through your hips while also trying to keep your legs straight (d). Hold, then return to the start. That's 1 rep.

TRAINER
Sean Garner,
N.S.C.A.-C.P.T., a
fitness expert in
Oklahoma



2 Toe-Touch Squat

Start standing, feet about shoulder-width apart, arms held in front of you. Keeping your back flat, bend your knees slightly and hinge forward at your hips until your hands touch your toes (a). When they do, bend at the knees so you finish in a low squat position (b). Reach your arms overhead (c). Stand back up. That's 1 rep.



3 Sprint Buildup

Start standing. For 15 seconds, march slowly in place, lifting each knee as high as you can on each step. Then jog in place for 15 seconds. Finish by speeding up to an all-out sprint for 30 seconds, moving as quickly as you can. Aim to lift each foot up as fast as possible once it touches the floor.

MOVE LIKE MH:

During the march, lift each knee so it's at least as high as your hip. Pause, balancing on your grounded foot. It's an underrated challenge.

STRENGTH

Do the exercises in order. Rest for 60 seconds between rounds. Each week, on all moves except the hollow body hold, reduce the reps you do for each exercise by 1 and slightly increase the weight.

1 Dumbbell Romanian Deadlift

Stand holding medium-weight dumbbells at your sides, feet hip width apart, core braced, knees slightly bent. This is the start (a). Hinge at your hips and push your butt backward, lowering your torso. Hinge until you feel a slight stretch in your hamstrings (b). Pause, then stand up, squeezing your glutes. That's 1 rep; do 12.



(a)



(b)

2 Alternating Dumbbell Row

Stand holding medium-weight dumbbells. Hinge at your hips until your torso is almost parallel to the floor. This is the start (a). Squeeze your shoulder blades and row the right dumbbell to your chest (b). Lower it and repeat with the left dumbbell. That's 1 rep; do 12.

MOVE LIKE MH:

This is great core work, too. Contract your abs hard on every rep and fight the urge to rotate your torso as you row the weight upward."



(a)

(b)

3 Side-Plank Press

Start in a left-side plank, your left elbow on the floor and your torso and hips tight, a light dumbbell in front of you. Grasp the dumbbell with your right hand (a). Continue pressing your hips upward as you lift the dumbbell off the floor and pull it close to your right pec. Press it toward the ceiling (b), then return it to the floor. That's 1 rep; do 12 per side.



4 Glute Bridge Floor Press

Lie on the floor holding medium-weight dumbbells, upper arms on the floor, elbows bent 90 degrees (a). Tighten your glutes and push your hips upward (b). Press the dumbbells upward (c). Pause, then lower them back to the start. That's 1 rep; do 12.

MOVE LIKE MH:
This move shouldn't just build muscle; try to feel a strong stretch in your back leg's hamstring and hip flexor.



5 Bulgarian Split Squat

Place your right foot on a bench or box that's about knee height, bending your knee slightly, and step your left foot about 18 inches away. Your left leg should be almost straight. Hold medium-weight dumbbells at your shoulders (a). Bend your left knee, sitting back; your right knee will bend more as you do this and nearly touch the floor. Hold when your left thigh is parallel to the floor (b), then stand back up. That's 1 rep; do 12 per side.

6 Hollow Body Hold

Start lying on your back, arms and legs extended (a). Tighten your abs, pressing your lower back into the floor as you do so. This should lift your legs off the floor; work to keep them straight. Lift your shoulder blades off the floor as well; keep extending your arms back as you do this (b). Hold for 30 seconds. That's 1 rep; do 3 to 5.



THE PERFECT HOME WORKOUT

With this hassle-free routine, you'll fire up your back, hamstrings, and glutes, then dive into bodyweight moves infused with boxing flavor.

DIRECTIONS

Do this workout 3 times a week, resting at least 1 day between sessions. On your off days, go for a 20-minute run.



(c)

THE WARMUP

Start with 30 seconds of jumping jacks, then do 30 seconds of high knees, running in place while driving your knees upward. Then do 1 Spider-Man T-spine stretch (see below) on each side. Rest 30 seconds. Repeat twice.

1 Spider-Man T-Spine Stretch

Start in pushup position (a). Step your left foot to your left hand, keeping your right leg straight (b). Press your left arm into your left leg. Reach your right arm toward the ceiling (c), feeling the stretch in your back and abs. Step your left foot back to pushup position. Repeat the move on the opposite side. That's 1 rep.



TRAINER
Ngo Okafor,
two-time Golden
Gloves boxing
champ and a
certified
personal trainer
in New York City

MOVE LIKE MH:

If you haven't worked out in a while, don't overcompensate by pushing your body too far when you get going again. Prime your muscles for months and years of strength ahead.



THE WORKOUT

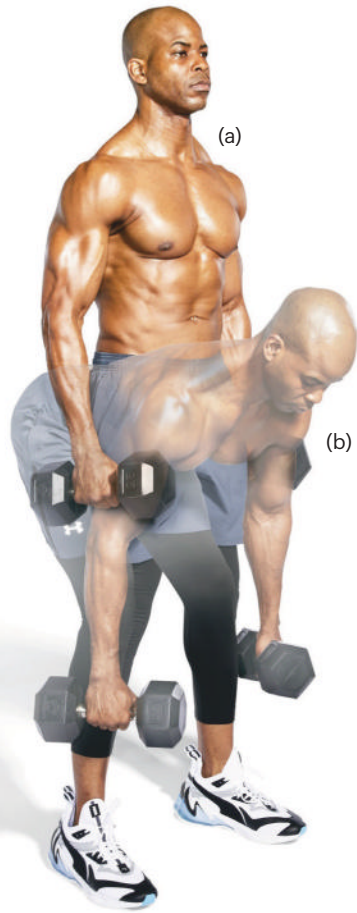
Do this workout as a circuit, resting 30 seconds between exercises. Rest 2 minutes between rounds. Do 4 rounds. Use dumbbells that you can handle comfortably.

1 Bent-Over Row

Stand holding dumbbells at your sides, core tight. Hinge forward at the waist and push your butt back until your torso is nearly parallel to the floor. Let the dumbbells hang naturally. This is the start. Keeping your core tight, row the dumbbells toward your rib cage. Pause, then return to the start. That's 1 rep; do 20.

2 Romanian Deadlift

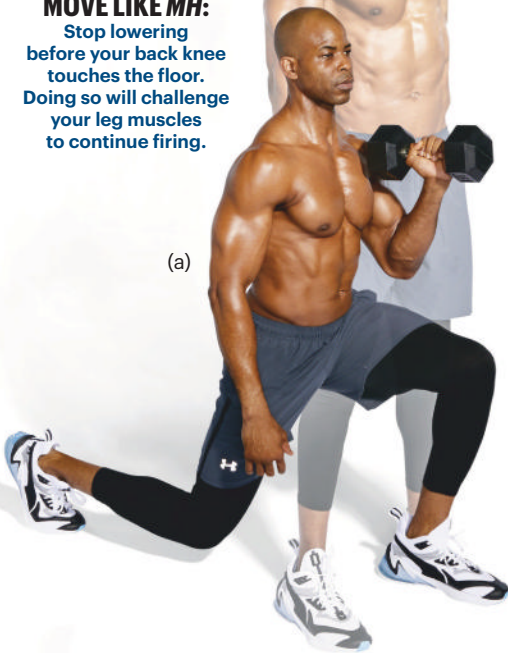
Start standing (a), and hold dumbbells at your sides, core tight, shoulder blades squeezed, and feet hip width apart. Hinge forward at the waist and push your butt back, lowering your torso. Lower until your torso is parallel to the floor or you feel your hamstrings tighten—whichever comes first. Pause (b), then straighten up, squeezing your glutes. That's 1 rep; do 20.



(b)

MOVE LIKE MH:

Stop lowering before your back knee touches the floor. Doing so will challenge your leg muscles to continue firing.



(a)

3 Reverse Lunge to Overhead Press

Start standing with a dumbbell at your left shoulder and core tight. Step back with your right leg and lower into a reverse lunge, keeping your chest up (a). Once your left thigh is parallel to the floor, pause, stand, and then press the dumbbell overhead (b). Return the weight to your shoulder. That's 1 rep; do 10 per side.



4 Pushup

Start in pushup position, core tight and glutes squeezed, hands directly below your shoulders. Bend at the elbows and shoulders, lowering your torso until your chest is an inch from the floor. Pause, then push back up. That's 1 rep; do 20.

(b)

(c)

5 Burpee to Punch Combo

Start standing. In one motion, place your hands on the floor, get in pushup position, and do a pushup (a). Stand quickly and throw 6 punches at the air. Start with 2 jabs and 2 hooks (b). Finish by throwing 2 uppercuts (c). That's 1 rep; repeat reps for 60 seconds.

(a)

MOVE LIKE MH:

Think of each punch as an opportunity to strengthen your abs. Rotate through your hips and be powerful.



MOVE LIKE MH:

It's convenient to let your butt ride up high when you get fatigued during mountain climbers. Resist that urge and keep your butt below (or on the same level as) your shoulders.

6 Mountain Climber

Start in pushup position, core and glutes tight, eyes on the floor directly below. Keeping your core tight, lift your right foot, driving your right knee to your chest. Return your right foot back to the floor and quickly repeat on the left. Continue alternating, picking up speed as you go. Repeat for 60 seconds.

GET THE RESULTS YOU WANT IN THE TIME YOU HAVE

Train every single muscle with this five-exercise, 25-minute routine that boosts your heart rate while building critical strength.

DIRECTIONS

Do this workout 3 days a week, resting 1 day between sessions.



THE WORKOUT

Set a timer, then perform the exercises in order. Do four 1-minute intervals of each move, doing reps for 40 seconds, then resting for 20 seconds. Focus on form, even if it costs you a few reps each interval.

1 Elevated Plank Row

Get in plank position with your left forearm on a bench or a box. Your legs should be shoulder width apart. Grasp a dumbbell in your right hand; let your arm hang naturally. This is the start (a). Row the dumbbell toward your rib cage; keep your hips square to the floor as you do (b). Return to the start. That's 1 rep. Switch sides every set.

TRAINER
Jay T. Maryniak,
NASM, a type 1
diabetic, certified
personal trainer,
and creator of the
JTM FIT training
programs

(b)



(a)

MOVE LIKE MH:
It'll be tempting to let
your rowing-side hip
shift upward. Battle that
by actively squeezing
your core and glutes as
hard as you can.

2 Glute Bridge Floor Press

Lie on your back holding medium-weight dumbbells directly over your shoulders, arms straight, feet near your butt. Tighten your abs and squeeze your glutes, raising your butt. This is the start. Bend at your elbows and shoulders, lowering the dumbbells until your elbows touch the floor; pause, then straighten your arms. That's 1 rep.

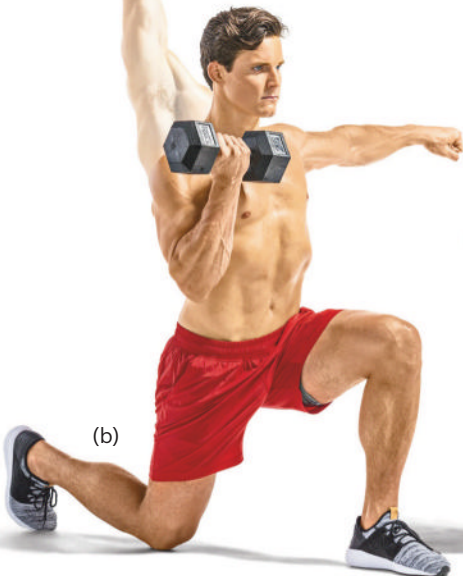


MOVE LIKE MH:

Protect your lower back by continually refocusing on your abs, contracting them hard once you've lowered into the reverse lunge, and again right before you press overhead.



(c)



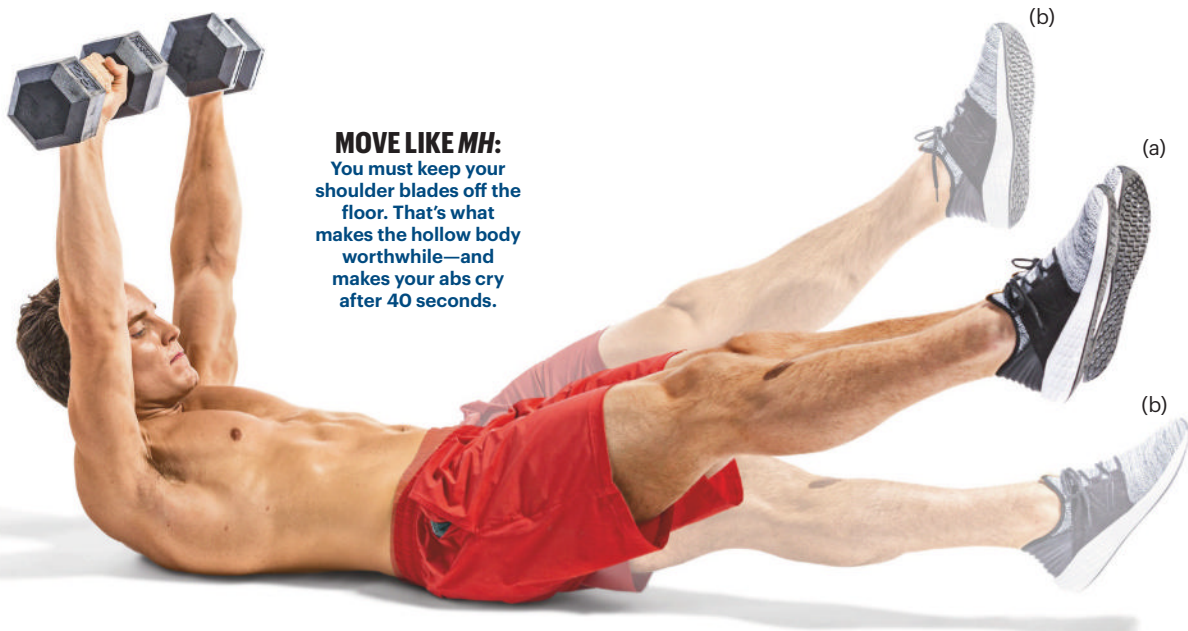
(b)



(a)

3 Reverse Lunge to Single-Arm Overhead Press

Stand with a dumbbell at your side in your right hand (a). Step your right foot back, placing your toes on the floor, and bend at your knees and hips, lowering your torso until your left thigh is parallel to the floor. Curl the dumbbell toward your chest (b), then press it overhead (c). Reverse the movements back to the start. That's 1 rep. Switch sides every set. Struggling to press? Stop with the curl.



MOVE LIKE MH:
 You must keep your shoulder blades off the floor. That's what makes the hollow body worthwhile—and makes your abs cry after 40 seconds.

4 Dumbbell Hollow-Body Flutter Kick

Lie on your back, arms straight, holding dumbbells above your shoulders. Press your lower back into the floor, tighten your abs, and lift your shoulder blades off the floor. Lift your straight legs a few inches off the floor. This is the start (a). Flutter your legs back and forth (b), raising the left a few inches as you lower the right, and vice versa.



5 Goblet Jump Squat

Stand holding a medium-weight dumbbell at your chest, feet shoulder width apart, shoulder blades squeezed, core tight. Bend at your knees and hips, lowering your torso until your thighs are nearly parallel to the floor (a). Stand explosively, squeezing your glutes and jumping a few inches off the floor (b). Land and immediately do another rep.

NO GYM, NO WEIGHTS, NO EXCUSES

You could spend all your time lifting weights, but let's face it, that's not always possible. Train smarter, not harder, and still build the body you want with this bodyweight sesh that'll melt fat, revitalize tight muscles, and layer on the strength you need.

DIRECTIONS

Do this workout at least 3 times a week for the next 28 days. Perform the main workout as a 3-round circuit with no rest between exercises. After the final exercise, rest 1 minute. Do each move for 60 seconds in the first round, 45 seconds in the second round, and 30 seconds in the third.



THE WARMUP

Work through 3 rounds.

1 Squat to Hip Opener

Start standing, and drop into a deep squat (a). Stand, squeezing your glutes, and lift your right leg, driving your knee up. Rotate your thigh outward, flexing your right glute (b). Pause, then return to standing. Repeat on the other side. Do reps for 30 seconds, then jumping jacks for 30 seconds. Complete 3 sets, with no rest between each.

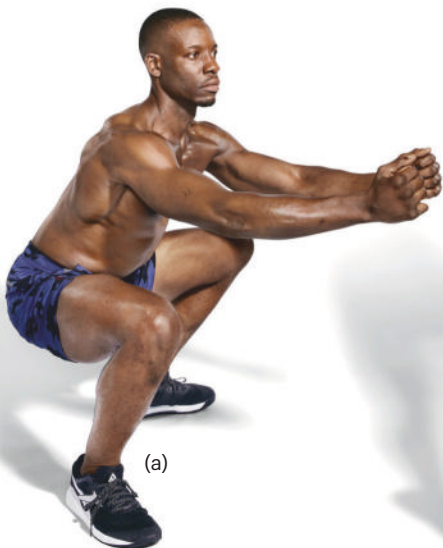
THE WORKOUT

1 Duck Walk to Squat Jump

Stand with your feet about shoulder width apart. Squat until your thighs are parallel to the floor (a). Keeping your chest up and your weight in your heels, walk forward 4 steps. Balance out your feet and jump up (b). Lower back down for more duck walks, take 4 steps backward, and jump again. That's 1 rep.

TRAINER

Alex Isaly, a California-based personal trainer who has created several national group fitness programs



(b)

(a)

MOVE LIKE MH:

To get the most for your abs, keep a flat back until the last possible moment when you need to touch your knee. Take your time; don't rush the reps.

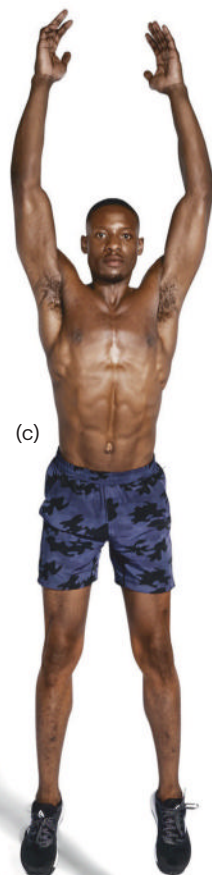
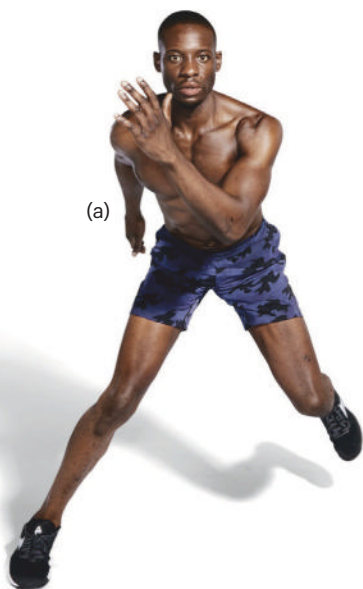


2 Pushup Plank with Knee Touch

Start in a pushup position, hands beneath your shoulders, feet wide. Lift your left hand to touch your right knee. Return your left hand to the floor. Do a pushup. Repeat on the other side. That's 1 rep.

3 Lateral Bound to Burpee

Start in an athletic stance. Leap to the right (a), landing on your right foot only, knee slightly bent; control your landing. Place your left foot on the floor; your feet should be shoulder-width apart. Quickly squat, get into pushup position, lower your chest to the floor (b), hop your feet to your hands, stand up, and jump (c). Leap left, landing on your left foot, and repeat the entire process. That's 1 rep.



4 Crab Bridge to Knee Lift

Lie on your back, palms on the floor, knees bent, feet close to your butt. Lift your butt a few inches and straighten your arms. This is the start. Lift your right foot, tucking knee to chest, and touch your knee with your opposite hand. Pause. Return to the start. Repeat on the other side. Then squeeze your glutes and press up through your heels until your shoulders, hips, and knees form a straight line. Return to the start. That's 1 rep.

MOVE LIKE MH:
One of our favorite moves here. Take your time rolling over and your abs will get maximum benefit.



5 Gator Roll

Lie on your back, arms and legs extended, shoulder blades and thighs off the floor. This is the start. Without letting your arms or legs touch the floor, roll to the right until you're on your stomach. Pause, then roll back to the start. Repeat on the other side. That's 1 rep.



6 Lateral Bear Crawl to Bird Dog

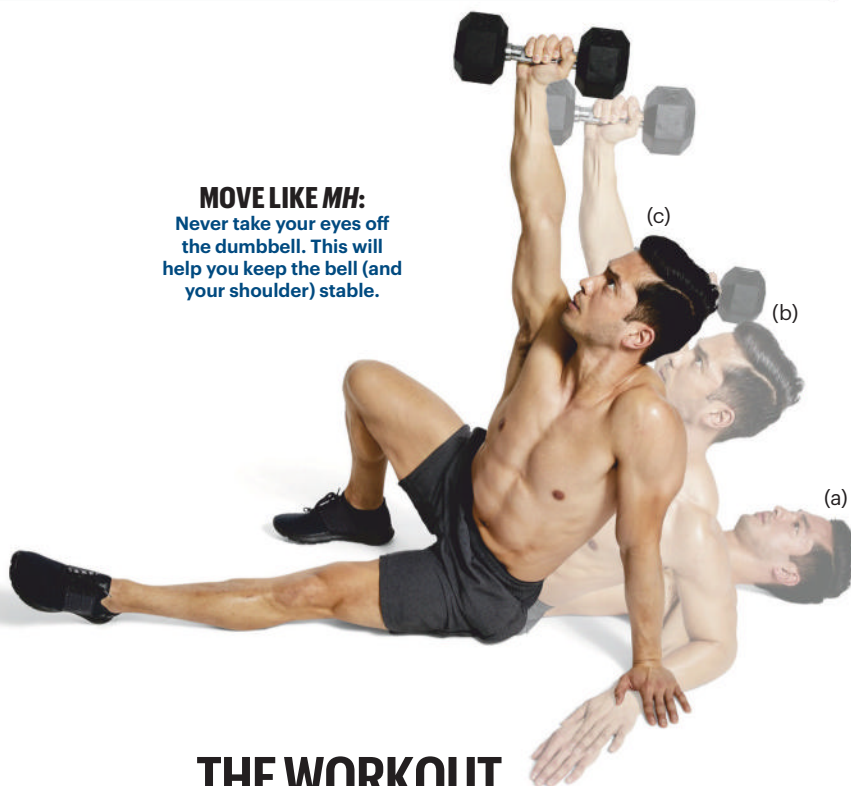
Start on all fours, knees off the floor, core tight. Take 2 steps to the left. Pause. Lower your left knee to the floor, and extend your left arm in front of you and your right leg behind you. Return back to bear-crawl position and take 2 steps to the right; drop to your right knee and extend right arm and left leg. That's 1 rep.

SEVEN STEPS TO AMAZING ABS

You don't actually need six cubes of muscle in your abdomen to live a happy and productive life. You do, however, need an all-around great core workout if you want to fix your posture, avoid injury, and, oh yeah, look pretty damn good shirtless.

DIRECTIONS

Train 5 straight days; rest 2 days. Do this workout 3 days a week, with heavy-weight workouts in between. On your first heavy-weight day, do 4 sets of 10 deadlifts, then 30 minutes of running. On your second, do 4 sets of 10 lunges per leg and 4 sets of 10 dumbbell rows per arm; jog for 30 minutes. Begin every workout with 1 minute of jumping jacks and 5 reps of cat-cow stretches.



MOVE LIKE MH:

Never take your eyes off the dumbbell. This will help you keep the bell (and your shoulder) stable.

THE WORKOUT

Do this as a circuit. In weeks 1 and 2, do each move for 30 seconds, then rest 15; do 3 rounds. In weeks 3 and 4, work for 45 seconds, then rest 15; do 4 rounds.

1 Two-Step Getup

Lie on your back, a dumbbell in your right hand directly over your chest, right knee bent. This is the start (a). Press the bell upward, propping yourself onto your left elbow (b). Pause. Push your torso off the floor (c). Pause. Return to the start. Do 1 set on each side before doing the next move.

TRAINER
Andy Speer,
C.S.C.S., creator
of the Men's
Health Anarchy
workout
video series



2 Ab Runner

Lie on your back, hands touching your head, feet together (a). Sit up and simultaneously bring your left knee toward your chest; try to touch it to your right elbow (b). Pause and squeeze your core, then return to the start. That's 1 rep. Repeat on the other side; gradually try to pick up speed on each rep.

MOVE LIKE MH:

Your main focus: keeping your lower back pressed to the floor. Can't do it? Bend your knees and bring your arms closer to your torso.



3 Weighted Hollow Hold

Lie on your back, feet together and arms extended behind you, holding a light dumbbell (a). Raise your arms off the floor; simultaneously raise your legs 2 inches off the floor (b). Contract your abs, driving your lower back into the floor. Hold until time is up. Too hard? Ditch the dumbbell, but keep your arms extended.

4 Side Plank Leg Lift

Set up in a left side plank, legs straight and feet stacked; your left elbow should be directly below your left shoulder, core tight. This is the start (a). Maintaining this position, lift your right leg as high as you can (b), pause, then return to the start. That's 1 rep. Do 1 set on each side before doing the next move.



5 Inverse Crunch

Lie on your back, hands by your sides and feet together. Raise your legs so your thighs are perpendicular to the floor, then bend at the knees. This is the start (a). Tighten your lower abs, lifting your hips off the floor (b); focus on driving the contraction with your abs as you do this. Lower back to the start. That's 1 rep.



MOVE LIKE MH:

Avoid using momentum by keeping things slow. Think 2 seconds up, 2 seconds down.

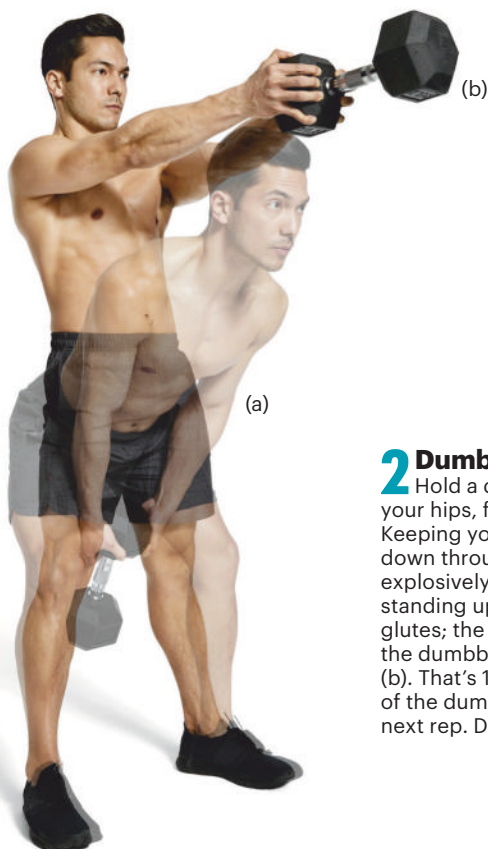
CONDITIONING FINISHER

Set a timer for 8 minutes. During odd-numbered minutes, do a set of the first exercise as quickly as possible with good form, then rest until the end of the minute. During even-numbered minutes, do a set of the second exercise, then rest until the end of the minute.



1 Renegade Row

Set up in pushup position with your hands on dumbbells that are under your shoulders (a). Do a pushup (b). Return to the start, then brace your core and lift the right dumbbell off the floor; row it to your right rib cage (c). Return it to the floor and repeat on the other side. That's 1 rep; do 4 to 5 reps per set.



2 Dumbbell Swing

Hold a dumbbell by its head at your hips, feet shoulder-width apart. Keeping your core tight, let it swing down through your legs (a). Now explosively drive your hips forward, standing up and squeezing your glutes; the momentum should drive the dumbbell up to nearly chest level (b). That's 1 rep; let the momentum of the dumbbell carry you into your next rep. Do 15 reps.

A NO-NONSENSE DUMBBELL PLAN

You don't need a ton of fancy equipment to get a solid muscle-building workout. Case in point: All you need is a set of dumbbells for this four-day-a-week total-body session that'll add strength, boost endurance, and blast fat in 25 minutes a day.

DIRECTIONS

Do this workout up to 6 days a week, aiming for at least 1 rest day. On days you don't train, stay active by taking a 20-minute run. Begin every workout with 3 rounds of this warmup: 5 Superman holds, 5 alternating reverse lunges, a 30-second plank, and 10 jumping jacks. Then get to work.

MOVE LIKE MH:

Focus on keeping your shoulders above your hips at all times. Your goal is to feel this in your hamstrings and glutes, not your lower back.



THE WORKOUT

Do this workout as a 3-round circuit, using medium-weight dumbbells. Rest 30 seconds between each exercise.

1 Dumbbell Deadlift

Place 2 dumbbells at the sides of your feet. Hinge at the waist, bend your knees, and grasp them, keeping your core tight. This is the start (a). Stand, pulling the dumbbells off the floor and squeezing your glutes (b). Return the dumbbells to the floor. That's 1 rep; do 10.

TRAINER
Ebenezer Samuel,
C.S.C.S., fitness
director for Men's
Health



2 Dumbbell Circus Ground-to-Overhead

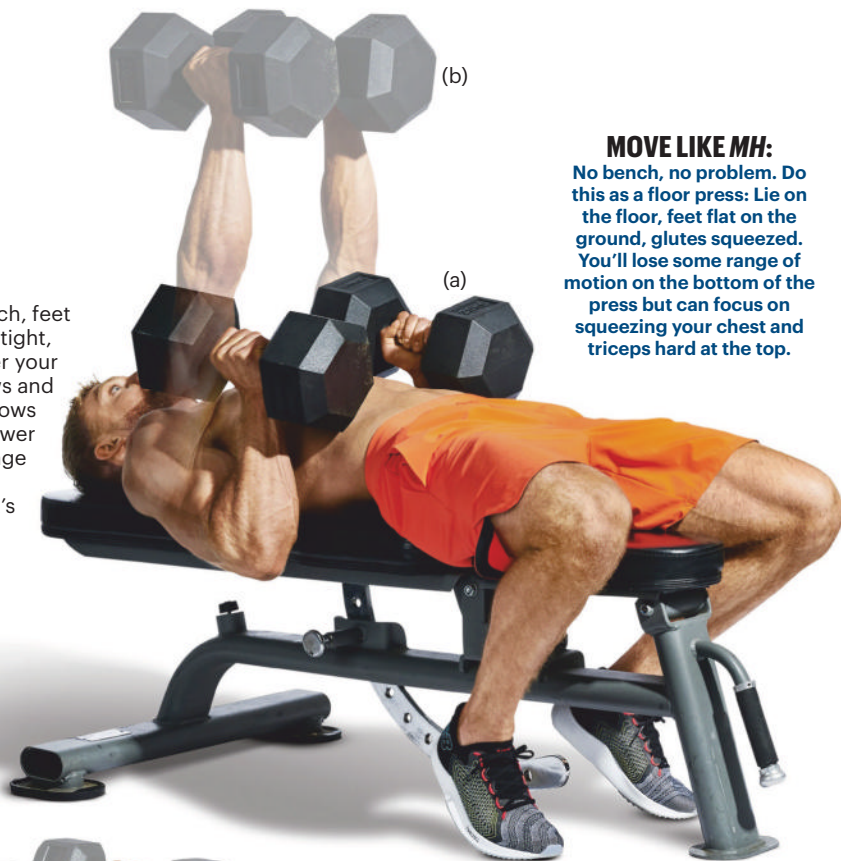
Stand with a single dumbbell between your feet and grasp it with both hands. Tighten your hamstrings and your core, dropping into a low squat (a). Stand explosively (you may rise onto your toes as you do so) and pull the dumbbell up with both hands. As the weight reaches shoulder level, shift it to your right hand and drive it overhead (b). Lower it to your shoulder, then return it to the floor with both hands. That's 1 rep. Repeat on the other side. Do 20 total reps.

MOVE LIKE MH:

Once you learn the motion, challenge yourself here. Use heavy dumbbells if you have access to them.

3 Paused Dumbbell Close-Grip Press

Lie with your back on a bench, feet on the floor, glutes and abs tight, dumbbells held directly over your shoulders. Bend your elbows and shoulders, keeping your elbows close to your body as you lower the dumbbells to your rib cage (a). Pause for 1 second, then press them upward (b). That's 1 rep; do 8 to 10.



MOVE LIKE MH:
No bench, no problem. Do this as a floor press: Lie on the floor, feet flat on the ground, glutes squeezed. You'll lose some range of motion on the bottom of the press but can focus on squeezing your chest and triceps hard at the top.



4 Dumbbell Z-Press

Sit on the floor, legs straight, abs tight, dumbbells held at your shoulders (a). Without arching your back, straighten your arms, driving the dumbbells overhead (b). Slowly return them to your shoulders. That's 1 rep; do 10 to 12.

MOVE LIKE MH:
Don't flare your elbows out; keep them slightly in front of you, like our model. It's a safer pressing angle for long-term shoulder health.

THE FINISHER

Set a timer for 5 minutes. Repeat the moves in order, working to complete as many rounds as possible. Rest as needed, but keep your rest periods short.

5 Overhead Carry

Stand holding medium-weight dumbbells overhead, abs and glutes tight, rib cage in, and arms straight. Walk forward 20 steps. In tight confines? Walk ahead as far as you can, then turn back and walk to the start, aiming for 20 total steps.

MOVE LIKE MH:
Dealing with shoulder issues? Instead of holding the dumbbells directly overhead, hold them at your shoulders.



6 Farmer's Carry to Farmer's Hold

Stand holding the dumbbells at your sides, core and glutes tight. Walk forward 20 steps, aiming to keep your hips and shoulders square. (If you don't have room, walk back and forth for 20 total steps.) After you finish walking, stand, holding the dumbbells at your sides, for 20 seconds.

EXERCISE YOUR HEART LOVES

Not everyone who's considered fit has a super-fit heart, according to research. Here's how to be sure yours is as strong and healthy as the rest of you. BY SELENE YEAGER

WHILE YOU CAN'T FLEX your heart at will, science shows that, much like you can build your arms and your abs, you can actually improve the shape and function of that essential muscle inside your chest. Do the right things and you'll renovate it into a more spacious, more powerful model.

And you need to. "As we age, potentially starting as early as our 20s or 30s, our heart becomes stiffer and smaller—less capable of doing aerobic exercise," says Aaron Baggish, M.D., director of the Cardiovascular Performance Program at Massachusetts General Hospital and part of a team conducting groundbreaking research on heart evolution and plasticity.

The proper type of exercise doesn't just avert that process; it improves the structure of your heart, he says. Specifically, it can make the left ventricle—which receives oxygen-rich blood from the lungs and pumps it to the body with a vigorous twist-and-release motion—larger and more elastic, letting it hold and squeeze out more blood with every beat. Big, elastic hearts are linked to lower blood pressure and better cardiovascular health and fitness compared with smaller, stiffer hearts. And emerging research, including Dr. Baggish's, has found that runners, subsistence farmers (i.e., the kind who walk the land all day to feed their families), and others who engage in sustained aerobic exercise have springy, large-in-the-right-





place hearts, which can reduce the risk of hypertension and heart attack.

Not all people we consider super fit have structurally big, healthy hearts, though. Dr. Baggish's team discovered that NFL linemen and powerlifters have relatively thick, stiff hearts that are disturbingly similar to those of sedentary people.

The reason: Resistance and explosive training are about withstanding pressure. That type of training produces intense, often sudden large-muscle contractions that make your blood pressure surge. To

manage that and keep you from passing out, your heart turns itself into a stiff, round, thick-walled fortress, which raises your risk of high blood pressure and low cardiovascular fitness.

EMOM (in which you complete a certain number of reps in a minute; it stands for "every minute on the minute") and CrossFit-style workouts that combine short bursts of aerobic exercise with resistance training are a gray area. While they're great for building muscle, boosting metabolism, and burning fat, they haven't yet been studied for heart

remodeling, says Dr. Baggish. "But I would not say that circuit training and cardio are synonymous."

So cardio is king for your heart, but you absolutely shouldn't put down your weights, because lifting remodels your muscles to keep you—and your heart—strong for life. You just need the right blend of both, says Dr. Baggish, a self-described "endurance guy."

"I'm a cyclist, triathlete, and runner," he says. "I do lots of volume and some lifting. Here's a plan for making your heart better, too.

The Model Heart Workout

Your heart will do okay with a bare minimum of 150 minutes of moderate (or 75 minutes of vigorous) aerobic exercise per week. But to upgrade from a base-model healthy heart to a spacious, athletic model, you need to do more than that. Use this plan to get what you need.

■ EVERY DAY:

Rack up 15 to 20 minutes of walk breaks every work day. There's nothing your heart likes less than you sitting around all day.

■ FOUR DAYS A WEEK:

Moderate to vigorous cardio, including intervals. You can remodel your heart with duration or intensity. We recommend both—it's like cross-training for your heart. Intervals above 60 seconds work best. Tabatas are great for your sprint but could create pressure fluctuations like heavy lifting does.

■ THREE DAYS A WEEK:

Strength training. Focus on a range of 8 or more. That doesn't create negative-pressure stress, says Dr. Baggish. Do powerlifting—pushing really heavy weights one or two times—sparingly. "It's probably counter-productive for heart-health," he says.

Sample Week

Perform these workouts in any order, and double up if that makes them all fit better in your schedule. If you do hardcore resistance training and cardio on the same day, finish with the cardio. It can offset the artery-stiffening effects of the heavy lifting, says Jamie Burr, Ph.D., a professor at Canada's University of Guelph and director of its human-performance lab, who has done research on heart remodeling in runners and swimmers.

	Daily Plan
MON	■ ■ 30 minutes of easy to moderate cardio. Something to ease you out of the weekend and into the week: yoga, low-intensity cycling, etc.
TUES	■ ■ Strength training.
WED	■ ■ Intervals, 30 to 45 minutes, such as the Ramp It Up Intervals below.
THURS	■ ■ Strength training.
FRI	■ ■ Intervals, 30 to 45 minutes, such as the Take Two Intervals below.
SAT	■ ■ ■ 60 minutes of moderate to vigorous aerobic exercise, like pickup basketball, running, or cycling.
SUN	■ ■ ■ Strength training, plus 20 to 30 minutes of mixed cardio; you can ping between rowing, SkiErg, and bicycling, for instance.

HEART-HEALTHY CARDIO INTERVALS

These two examples of interval workouts hit the cardio sweet spot and can be done outdoors or on indoor equipment, such as a bike or rowing machine.

RAMP IT UP INTERVALS

AFTER A GOOD WARMUP (10 MINUTES OR SO), DO:

8 minutes at a hard but sustainable effort level. About 85 percent of your maximum heart rate (MHR), or 7 out of 10 on a rate-of-perceived-exertion (RPE) scale, 10 being breathing so hard it's impossible to speak.

4 minutes without letting up, increasing effort. You should work at the limit you can sustain for that duration, which is about 94 percent MHR, 8 RPE.

6 minutes recovering at a very easy effort level. About 60 to 64 percent MHR, 1 to 2 RPE.

Repeat. Then cool down.

TAKE TWO INTERVALS

AFTER A GOOD WARMUP (10 MINUTES OR SO), DO:

2 minutes at very high intensity. Crank it up so you're working at 95 to 100 percent MHR, 9 RPE.

2 minutes at very low intensity. About 60 to 64 percent MHR, 1 to 2 RPE.

Repeat 4 or 5 times. Then cool down.

POST-INTERVAL BONUS

TO ADD A LITTLE MUSCLE, DO A ROUND OF PUSHUPS, BURPEES, PULLUPS, SPLIT SQUATS, DIPS, AND KETTLEBELL SWINGS AFTER YOUR INTERVAL WORKOUTS.

BUILD YOUR OWN IRON PARADISE

The best part about having your own gym: You don't have to share it (unless you want to!). No matter your budget or space, you can create your own fitness haven using these tips.



TO HELP PICK the best gear and glean tips on how to build an affordable home gym, we consulted an Avengers-style fitness squad: Hollywood trainer Magnus Lygdback, who creates home gyms for stars like Ben Affleck and Alexander Skarsgård; Cooper Mitchell, editor-in-chief of *Garage-GymReviews.com*; and *MH's* fitness brains, director Ebenezer Samuel, C.S.C.S., and fitness editor Brett Williams.



Assuming you don't have unlimited space or resources, like Dwayne Johnson, you'll need to figure out what you want. Before you do anything, says Lygdback, ask yourself these three questions:

1. What do you like to do?
2. What does your body need?
3. Do you want to get better at something?

Then use that info to guide how you divide your space and budget. If you like doing

bodyweight work and circuits, your biggest costs may be a bench, a pullup bar, and kettlebells. If you like classic strength training, make sure you have enough room for a standard Olympic barbell, which is seven feet long. At minimum, nine square feet should set you up for everything from deadlifts to broad jumps.

Don't have much space? Technology to the rescue. These days, there are smarter do-it-

all machines that enable you to perform hundreds of exercises, whether they're basic like TRX or high-tech like Mirror.

Like all of us, your home gym is a work in progress. After three months, take inventory. Ask those three questions again, and if need be, evict the stuff you're not using and draft new equipment. It's your gym! Whatever your space or budget, we have you covered. Get after it!

In Your Garage

MH Executive Editor Ben Court (top right) suffers from fitness ADD. His favorite workouts involve lots of exercises with different objects to lift, swing, carry, and slam. Samuel (below) helped him convert his home garage into a dynamic space primed for intense metabolic circuits.



1. HEAVY STUFF

Popularized by CrossFit and military workouts, sandbags are awkward to lift, making them good tools for building functional strength whether you're doing bear-crawl drags, clean and jerks, or farmer's carries. **GoRuck's sandbags (from \$130; goruck.com)** are made of rugged Cordura and have padded handles, so they're marginally easier to hold. They are available in weights from 20 pounds to a burly 120.

2. SWING SET

Some trainers say the only weights you need in your gym are kettlebells—they're that versatile. **Kettlebell Kings Powder Coat bells (from \$70; kettlebellkings.com)** are cast from one piece of iron, making them extra durable. They're available in weights from 4 kg to 92 and have a lifetime warranty.

3. POWER BASICS

Don't waste money on fancy flooring. Instead, get six-foot-by-four-foot, three-quarter-inch-thick rubber **Tractor Supply Co. stall mats (\$45; tractorsupply.com)**. They're made for horse stalls and provide dense padding, ideal if you're doing box jumps or you drop your weights. Recruit a friend to help you pick them up. They're heavy!

4. INSPIRATION BOARD

A whiteboard is great for listing your workout and noting PRs. The **Office Marshal magnetic dry-erase board (from \$20; amazon.com)** is easy to mount and clean and comes in five sizes. The **Ikea Kallax (\$50; ikea.com)** provides deep, sturdy shelving for boxing gear, straps, mobility tools, and more.

BARSTAR

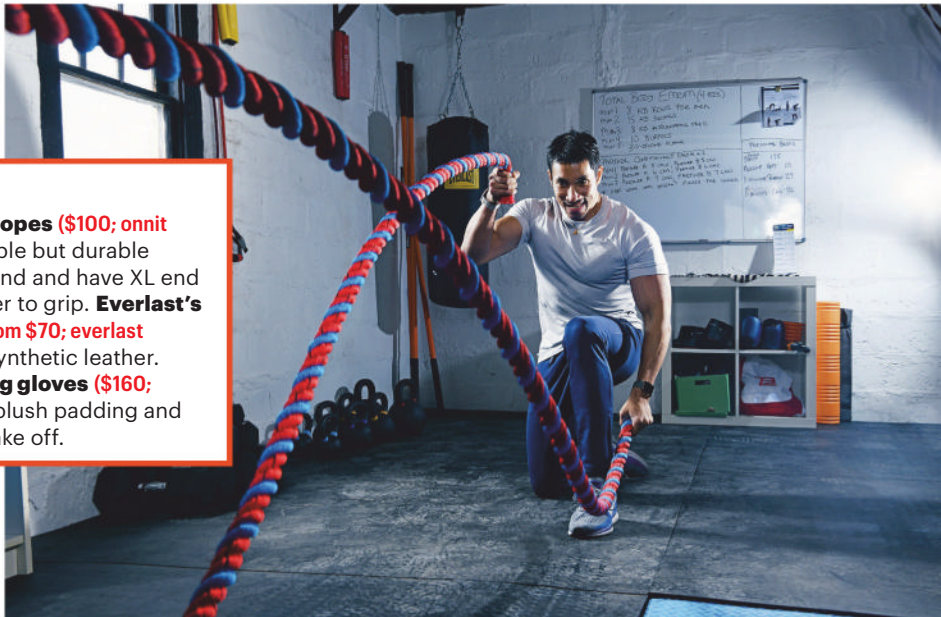
Forged from 11-gauge steel, **Rep's multigrip bar (\$130; repfitness.com)** offers a sturdy platform for pullups and leg raises. Plus, it doubles as an anchor for a **TRX Home2 (\$230; trxtraining.com)**, which links to an app with hundreds of exercises.





BENCH WORK

An adjustable bench like the **Rep AB-5000 Zero-Gap (\$499; repfitness.com)** lets you do standard moves like flat presses as well as incline exercises and ab work. It has seven potential back angles and four seat angles so you can target different muscle groups. Even though it's made of heavy-duty steel, it's easy to move thanks to its wheels.



BATTLE ROYALE

Onnit's 40-foot battle ropes (\$100; onnit.com) are made of a flexible but durable nylon-polypropylene blend and have XL end caps, making them easier to grip. **Everlast's Nevatear heavy bag (from \$70; everlast.com)** is made of tough synthetic leather. The **Hayabusa T3 boxing gloves (\$160; hayabusafight.com)** have plush padding and are easy to put on and take off.



KILLER CARDIO

Few warmups get the blood flowing as quickly as a two-minute spin on the devil's bike. The **Schwinn Airdyne AD7 (\$1,100; schwinfitness.com)** has a bright LCD display showing calories, watts, distance, speed, RPM, and heart rate. Hop on for everything from max-intensity one-minute intervals to 45-minute tempo rides. And thanks to its wheels, you can roll it

away to create space. Med balls are great for home gyms because of their versatility. Use them for explosive spins on the devil's bike. The **Schwinn Airdyne AD7 (\$1,100; schwinfitness.com)** has a bright LCD display showing calories, watts, distance, speed, RPM, and heart rate. Hop on for everything from max-intensity one-minute intervals to 45-minute tempo rides. And thanks to its wheels, you can roll it away to create space. Med balls are great for home gyms because of their versatility. Use them for explosive spins on the devil's bike. The **XD Kevlar med balls (from \$99; xdfit.com)** are grippy and durable and are available in weights from four pounds to 150. **GymNext's Flex Timer (\$179; gymnext.com)** pair with your smartphone, enabling you to set intervals and display your heart rate.

In Your Closet

If you live in an apartment or are just a minimalist, use these tips from *Men's Health* associate fitness editor Brett Williams, who lives in a small Brooklyn apartment, to maximize your space and still get a serious sweat.



SR FIT BANDS

Start with three resistance bands—heavy, medium, and light. SR's bands have Velcro cuffs you can attach to your ankles for more exercises.

From \$14; srfitbands.com

BOWFLEX 552 DUMBBELLS

Easily adjustable from five pounds up to 52. The range is great enough to challenge you on heavy floor presses but light enough to let you do lateral raises. \$429; bowflex.com



XDFIT URETHANE BUMPER PLATE

Even if you can't fit a barbell in your apartment, pick up a 45-pound plate. You can curl it, use it for rows or lunges, and put it on your back for pushups.

From \$200 per pair; xdfit.com

...Living Room

MH fitness director Ebenezer Samuel, C.S.C.S., shares his favorite high-tech strength and cardio machines, which also serve as statement furniture in your living room.

MIRROR

The mirror/display empowers you to do on-demand workouts or get one-on-one training sessions for \$40 with live feedback. \$1,495 + \$17 per month; mirror.co



TONAL

Essentially, this is a wall-mounted flat-screen TV with resistance-training cable arms. It's great for guided solo or partnered workouts. \$3,495 + \$49 per month; tonal.com



NORDICTRACK S221 STUDIO CYCLE

Like a Peloton, it has streaming workouts and a 22-inch touchscreen. But it tilts up and down to better simulate climbs and descents.

\$1,999; nordictrack.com



FOR A BUDGET BODY BLAST

All/Out Studio *Men's Health's* own fitness app is available on Apple TV, Google Play, and your iPhone for streaming workouts to your TV. Build muscle and blast fat with trainers like Andy Speer, Gideon Akande, and *MH* fitness director Ebenezer Samuel, C.S.C.S. \$15 per month; alloutstudio.com

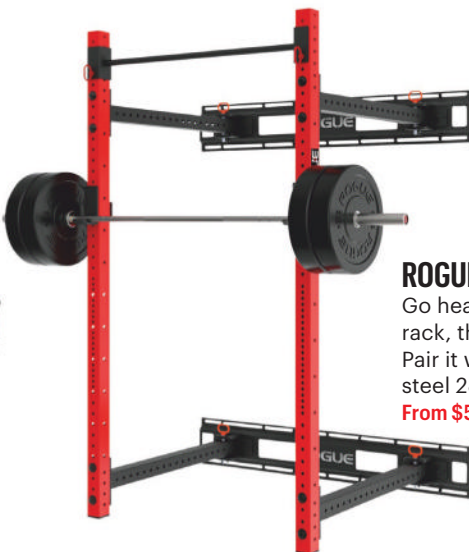
...Spare Room

The entire *MH* fitness squad helped test and select this gear, which is for guys who have space in their homes and want to do both traditional strength work and interval training. Yes, some of it is expensive, but it's worth it. "Where I see people fail is when they compromise too much," says Lygdback. "It's an investment in your body and health."

HOIST M16 FUNCTIONAL TRAINER

A space-conscious cable machine that offers smooth resistance for exercises like cable rows and chops and has a pullup bar, too.

\$3,599; hoistfitness.com



ROGUE RML-3WC POWER RACK

Go heavy with this 11-gauge steel rack, then fold it against the wall. Pair it with Rogue's burly 190 PSI steel 28mm Olympic bar.

From \$550; roguefitness.com

CONCEPT2: MODEL D ROWER

Intuitive to use, smooth, and durable, the model D also has a new display, which features easy programming for custom workouts.

\$990; concept2.com



ROGUE RUBBER HEX DUMBBELLS

Budget so that you have no wider range than 10 pounds—for example, 10, 20, 30 versus 10, 30, 50—to progress safely.

From \$30; roguefitness.com

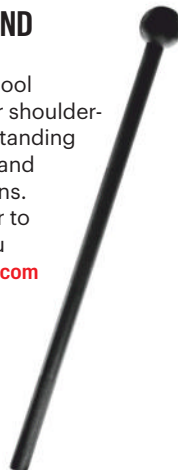


XD KEVLAR FOAM PLYO BOX

Kevlar boxes offer advantages over wooden ones: You don't risk scraping your shins. These wide boys have a 36-inch-by-30-inch nonslip surface. **From \$215; xdfit.com**

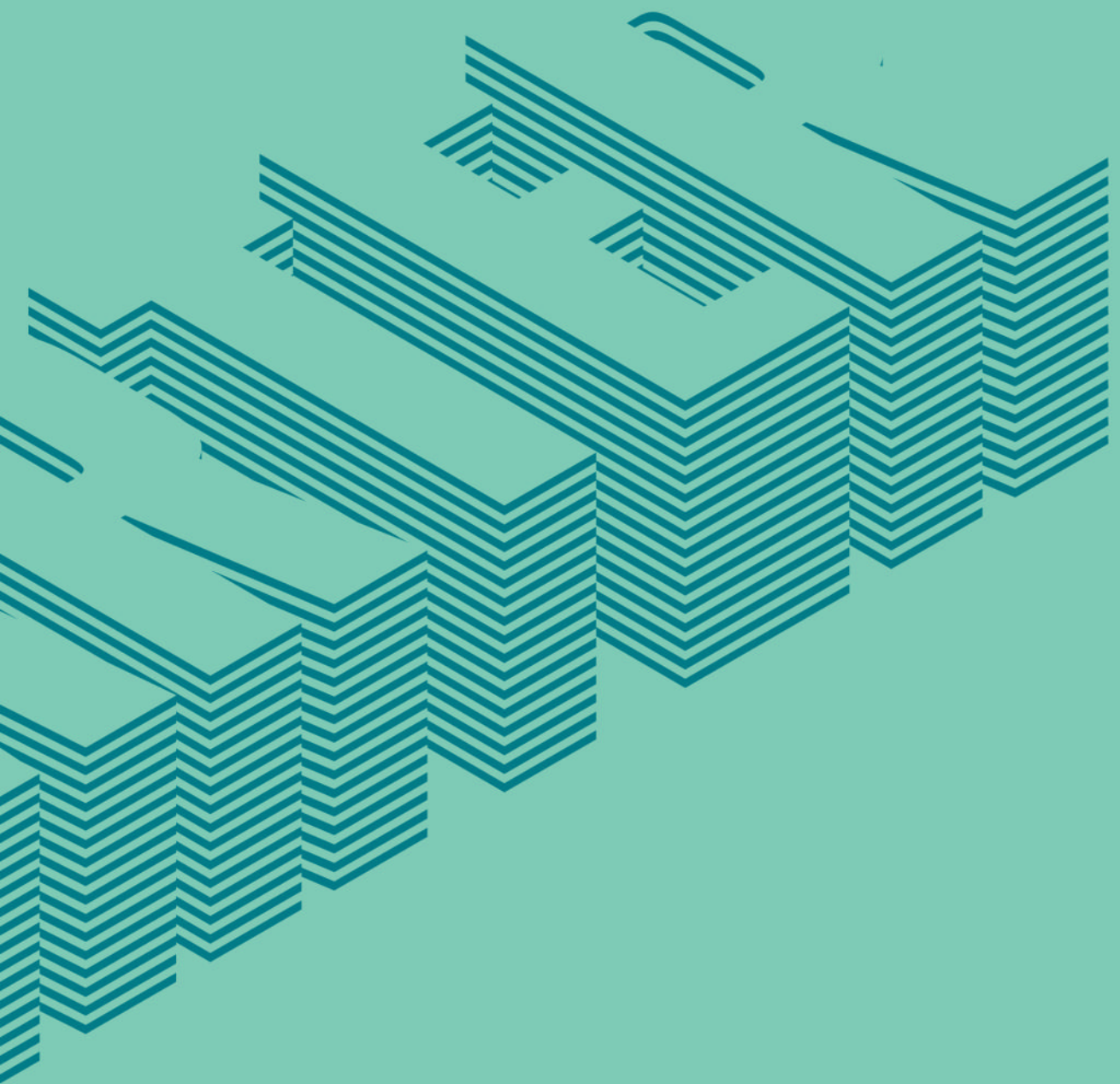
ONNIT 10-POUND STEEL MACE

Use this old-school strength tool for shoulder-mobility work, standing core exercises, and recovery sessions. It's much harder to control than you think. **\$50; onnit.com**





BONUS SECTION



NUTRITION SECRETS FOR EVERY AGE

New research shows that if you adapt what you eat as you grow older, you can prevent weight gain, muscle loss, and a host of chronic disease before they begin. Bonus: It's not all that complicated.

IN YOUR 20s Build Healthy Habits

WHAT'S HAPPENING: Your metabolism is thrumming! Your arteries are pristine! Your muscles and joints move with ease! You're a well-running machine! But you aren't invincible. . . .

THE NUTRIENTS YOU NEED: Fiber and vitamin D. Eating fiber daily will save you from weight gain now and later in life, and stockpiling vitamin D will keep your bones strong. So take in at least three cups of vegetables and two cups of fruit daily. You

don't have to blend and chug smoothies, either. At meals, devote about half of your plate to produce. For snacks, turn to a piece of fruit. These two moves will deliver the fiber you need to stay full and reduce cravings for junk. For vitamin D, just make sure that your protein choices include canned tuna, eggs, Swiss cheese, milk, and salmon. They're all high in the nutrient.

THE HABIT TO BREAK: Dieting. Jumping onto fad weight-loss plans may stoke guilt-associated eating that can wreak havoc in later years. "No food is entirely off-limits," says Brian St. Pierre, R.D., C.S.C.S., of Precision Nutrition. "Instead, categorize each within a spectrum of choice to eat more of, eat some of, and eat less of," St. Pierre says.



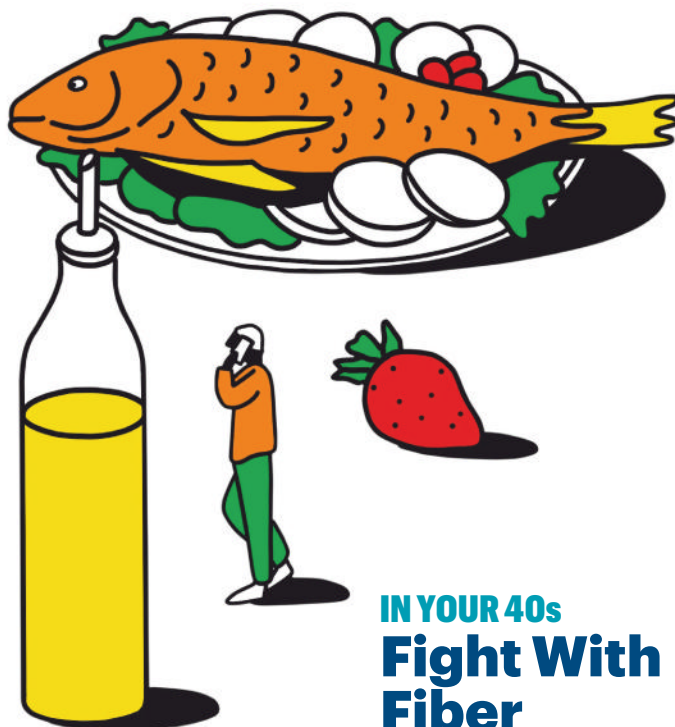
IN YOUR 30s Go Fishing

WHAT'S HAPPENING: Your metabolism starts to slow and so increases your risk of weight gain and muscle loss. Also, it's time to start thinking about your risk of heart disease.

THE NUTRIENT YOU NEED:

Omega-3 fatty acids. Salmon, mackerel, oysters, tuna, trout, and even some whitefish like pollock and perch—they all have the good fats that can help lower your risk of heart disease. Dietitians say you should eat at least two 4-ounce portions of fish weekly. And look, you don't have to cook it. Try canned salmon from Wild Planet. Or StarKist's tuna in a pouch. All you need is a bed of greens or a bowl of rice to make it a meal.

THE HABIT TO BREAK: Binge drinking. From 2009 to 2016, the average annual increase in deaths from cirrhosis was highest in people aged 25 to 34, according to a 2018 study published in *BMJ*. Repeatedly subjecting your liver to five drinks in two hours—how the National Institute on Alcohol Abuse and Alcoholism defines a binge—may lead to liver damage. Go easy.



IN YOUR 40s Fight With Fiber

WHAT'S HAPPENING: If you have no symptoms and are at average risk of colorectal cancer, you won't have to undergo a screening until you're 50. Still, start preparing now.

THE NUTRIENT YOU NEED:

Antioxidants. Science shows that a high-fiber diet rich in antioxidants can battle cancer, especially colon and prostate cancer. Wake up breakfast with guava, mango, and dragon fruit, which are all high in fiber and taste great on top of a bowl of cottage cheese, oatmeal, or yogurt. On your salad, try grilled asparagus, cooked diced beets, quartered artichoke hearts, or pickled cabbage.

THE HABIT TO BREAK: Avoiding all carbs. Yes, excess calories from too many empty carbs may lead to weight gain, which can contribute to diabetes. But don't toss beans, legumes, and whole-grain bread and pasta into the same carb category. These foods all provide hefty doses of cancer-fighting, gut-filling fiber. Did we mention how great fiber is?



IN YOUR 50s

Defend Your Heart

WHAT'S HAPPENING: Your friends are all on statins. Your doctor has told you to cut back on sodium. Your risk of hypertension increases with every passing birthday. Fear not. Research shows that you can still fight heart disease.

THE NUTRIENT YOU NEED: Potassium. It's a nutrient that doesn't get the credit it deserves for blunting the effects of sodium in your diet and, in turn, supporting healthy blood pressure, which is key for heart health. So put dark leafy greens, Brussels sprouts, potatoes, beets, and lima beans on your weekly menu. They're all high in potassium. It's still a good idea to limit your sodium consumption, but most of the stuff comes from processed foods, not the shaker.

THE HABIT TO BREAK: Stress eating. A 2018 German study found that people aged 46 to 65 reported more work-related stress than any other age group, possibly because they deal with a demanding job and worry that finding a new one will be difficult. Emotional eating (a real thing) has been directly linked to a higher BMI, a separate 2018 review found. But stopping the behavior isn't as simple as avoiding fast-food drive-thrus on your commute home. You need to banish the midnight snacks too. Stress can lead to restless nights, and restless nights lead to more waking hours when you might snack.



IN YOUR 60s

Preserve and Persevere

WHAT'S HAPPENING: You love doing the things you're doing. You just worry how long you'll be able to keep doing them.

THE NUTRIENT YOU NEED: Protein. A workout routine will help maintain the muscle you have and fight flab. But nutrient timing is key, says exercise physiologist Jim White, R.D. "Studies show that protein intake distributed throughout the day stimulates muscle growth more effectively than eating it in a single meal. That helps maintain a higher metabolism, which can prevent weight gain." Add a scoop of whey protein powder to your oatmeal. Always order the grilled chicken or salmon on your salad. Diversify your protein. To that point . . .

THE HABIT TO BREAK: Eating the same thing. Try lamb, pork, squid, or whatever else you haven't had in the last month. Each of these foods has its own special makeup of healthful components. The world is your oyster, a bivalve that is also high in protein.

Men'sHealth GET STRONGER FOR LONGER

HEARST specials

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Men'sHealth
**GET STRONGER
FOR LONGER**



EVERY BODY IS STRONG

It doesn't matter what size, shape, or age you are, you can improve your mental and physical fitness—and enjoy a long, active life. You just need to learn how to work with what you've got. Here's how to start.

