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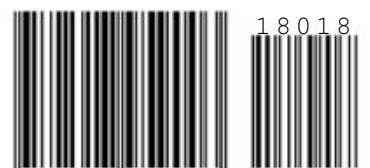
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**147
TOP
SUMMER
GADGETS
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**EMPOWERING OTHERS
THE STORY OF**

Tim Taylor

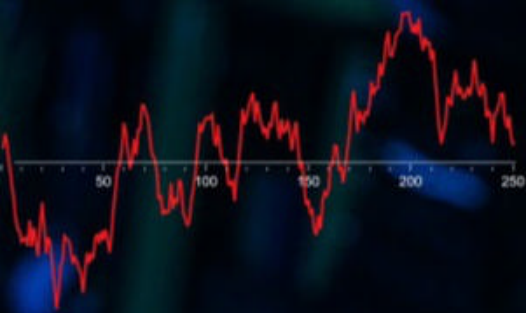


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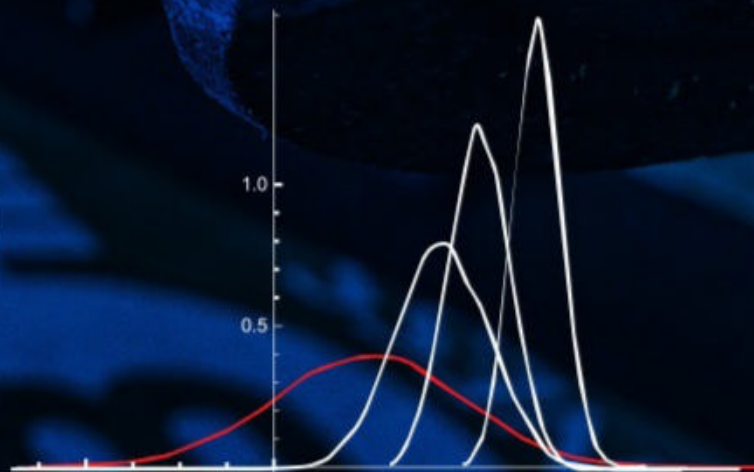
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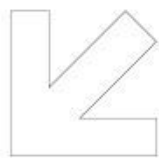
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ALL THE THINGS TO DO IN THE GREAT OUTDOORS



ANYTIME

Lion's Head

CAPE TOWN

For a breath taking view of the Mother City, take a hike up the Lion's Head hiking trail in Cape Town. The hike is not too intense and is suitable for the whole family. Although somewhat steep at times, chains and ladders are available to assist you as you hike up the steep section of rocky faces. The peak forms part of a dramatic backdrop to the city of Cape Town and is part of the Table Mountain National Park

hikingcapetown.co.za

Looking for a show stopping view? Take in the breath-taking view of the Mother City in all of its glory from the top of Lions Head.



ANYTIME

Big Rush

DURBAN

■ Durban is home to the Big Rush Big Swing, which has the honour of being named the world's tallest swing by the Guinness Book of Records. The 80m free fall is not for the faint hearted, and allows you to take the thrilling leap swinging out into a massive 220m arc where you soar into the centre of the Moses Mabhida Stadium. Children over the age of 10 are permitted on the swing, and tickets cost R695 per person.

mmstadium.com

ANYTIME

Wetlands Safari

LA LUCIA

■ Kayak with hippos and crocodiles at the iSimangaliso Wetland Park in St. Lucia estuary, which is filled with some of Africa's most dangerous animals. The iSimangaliso Wetland Park is a UNESCO World Heritage Site and the area is home to giant crocodiles, hippos, and even bull sharks. The 7700ha lake has an average depth of 13m, and is fed from rainwater, an underground stream and seepage.

isimangaliso.com



Hot for surfing! Catch a wave in Durban as you learn to surf this December.

ANYTIME

Learn 2 Surf

KWA-ZULU NATAL

■ If you're heading to the beach this festive season, why not learn how to surf the waves of Durban? LEARN 2 SURF is a surf school based at Addington Beach just north of uShaka Marine World, and they love nothing more than introducing people to the thrill of riding waves. Learn 2 Surf provides all the necessary equipment, and children of all ages are welcome. Once you have bought your vouchers or booked a lesson you will receive all the relevant info via email/sms.

learn2surf.co.za

ANYTIME

Melville Koppies

JOHANNESBURG

■ Melville Koppies is a Nature Reserve and a Johannesburg City Heritage Site. Melville Koppies Plaque It is the last conserved remnant of Johannesburg's ridges as they were before the discovery of gold in 1886. Hikes or guided tours are arranged for every Sunday on Melville Koppies Central. These alternate between morning and afternoons. Cost R50 per adult and R20 per child. No booking required.

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HARD-HITTING NEWS
FROM THE CUTTING EDGE
OF RESEARCH

Breakthroughs

Heads up!

Thought there was nothing left to learn about nutrient-rich, detox-boosting broccoli? Not so fast. Check out all the brand-new intel on page 18.

Food styling by Angela Campos/Stockland Martel

Broccoli bonanza

Broc, stock & barrel

There's some surprising news about broccoli, one of the healthiest, tastiest (if you don't boil the life out of it, that is) vegetables on earth

NO. 1

You're cooking it to death

■ A recent Wakefield Research survey found that 76% of Americans cook broccoli for way too long—10 minutes or more—and 13% think high heat will actually activate its healthy enzymes. In fact, it's just the opposite: Long, hot blasts of heat degrade essential nutrients and deplete the valuable phytonutrient glucoraphanin, which protects against oxidation and cellular stress.

To max broccoli's benefits, follow these cooking steps:

- Cut florets into small pieces and slice stems thinly to rupture cell walls, allowing the enzyme myrosinase, a precursor to glucoraphanin, to form.
- Squeeze a little lemon juice over chopped broccoli to help activate even more myrosinase.
- Let broccoli sit for 5 minutes for maximum enzyme creation.
- Steam the broccoli for up to 5 minutes on stove or in microwave till it turns bright green.

NO. 2

There's a new "super" broc coming to town

■ In the early '80s, British scientists went on a global expedition to find wild broccoli varieties with more phytonutrients. In Italy, they came upon one with naturally souped-up glucoraphanin. They naturally cross-pollinated it with regular broccoli, and eventually one of its descendants birthed a new broccoli that's grown in California and is now on the market. Dubbed Beneforté, the hybrid has two to three times more glucoraphanin than regular broc, so eating just 1.5 cups a week (word on the street is it tastes like regular broccoli) can lower low-density lipoprotein, or "bad," cholesterol 6% in just 12 weeks, independent University of Reading research found. Beneforté comes washed and trimmed in breathable bags to extend freshness. Expect it here early next year. beneforte.com

Sproutrageous: Fresh broccoli sprouts can have up to 100 times more antioxidants than broccoli florets themselves.

NO. 3

Sprouts do your mouth a favor

■ Don't want to gnaw on a head of broccoli tonight? Add some crisp broccoli sprouts to your salad or sandwich, or just eat them plain. It's a smart move: Broc sprouts grown for only three days can have up to 100 times

more glucoraphanin than mature broccoli heads.

Plus, an extract made from sprouts can reduce the number and frequency of oral cancer tumors, a University of Pittsburgh, USA, study on mice has shown. So our anticarcinogen arsenal may soon have one more weapon.

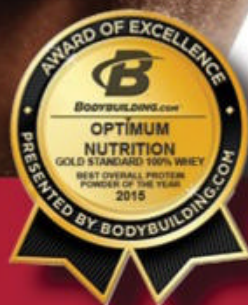
How to grow your own sprouts

- Rinse 3 tbsp organic seeds (available online). Place in bowl of water; soak 6–24 hours. Drain, then rinse again.
- Put wet paper towels in bottom of a sterilized container; sprinkle a thin layer of seeds on top. Cover w/plastic wrap w/air holes.
- Place near window (not in direct sun).
- When thick growth has tiny leaves (usually 3–5 days) rinse & remove seed hulls.

Prop styling by Angela Campos/Stockland Martel



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Holy shiitake! these are some healthy mushrooms

■ Asian mushrooms have been picked and eaten fresh, or dried and powdered for thousands of years for use in traditional Chinese medicine. Now a new study is adding to their mystique—and their street cred. Eating one 114g serving of dried, reconstituted shiitake mushrooms a day for four weeks can boost your immune system by measurably increasing killer T cells and antibody levels—both competent assassins for the immune system, the University of Florida, USA, reports. Pick up dried shiitakes at a natural market and add them while cooking vegetable soup, or soak them for up to eight hours, rinse, and enjoy them with your favourite proteins and veggies.



Fantastic fungi. Adding shiitake mushrooms daily to soups, salads, or veg dishes can boost your immune system.

Maple syrup finally does something right

■ Your favourite pancake topper may be good for more than just, well, topping pancakes. It could actually be added to antibiotics to help them kill germs, say scientists at McGill University, USA, who made concentrated extracts from maple syrup (which raised its antioxidant levels), then applied the syrup solution to common harmful bacteria strains like *E. coli*. When they added antibiotics, voilà: They had an antimicrobial super killer that laid to waste whole bacteria communities. Not very appetizing to think about—but it does mean that adding natural compounds to doses of antibiotics could boost their bacteria-busting power and maybe even fight drug-resistant bacteria strains.

Cut calories, cut muscle?

■ Severely limiting how many calories you eat may combat heart disease and even extend your life, research suggests. But don't try it when you're young or your muscles may pay the price.

In a new study conducted in China, the calorie intake of young and middle-aged rats was cut by 40%. And, surprise: Young rats lost muscle mass, but older rats kept it, along with a more youthful metabolism.

In short, wait till midlife to test extreme calorie reduction; and even then, cut no more than 35%—a 40% drop isn't recommended for humans (not even supermodels).

SOURCE: AMERICAN JOURNAL OF PHYSIOLOGY—ENDOCRINOLOGY AND METABOLISM

Soft drinks' allure continues to fizzle

■ Studies confirming that soda really is as bad for us as we think continue to pile up—so, hey, here's one more.

In the first-ever study to establish a direct link between sugar-added sodas and heart-disease risk, University of California, Davis, USA, reports that subjects who downed drinks with low, medium, and high amounts—read: any amount—of high-fructose corn syrup for two weeks raised their (heart damaging) blood levels of low-density lipoprotein, or “bad,” cholesterol and triglycerides.

And though another UC Davis study found that sugary beverages can relieve stress by blunting cortisol, it also found that stress relief was actually just the start of an unhealthy cycle: Stress → drinking soda → relief → more stress → more soda, which led to weight gain. So hardly a ringing endorsement. With the Centres for Disease Control and Prevention, USA, reporting that almost half of Americans are drinking these sugar bombs daily and 35% of adults are obese, it's clearly time to step away from the pop-top and up your intake of water.



Food styling by Angela Campos/Stockland Martel; Can: Malerapso/Getty Images



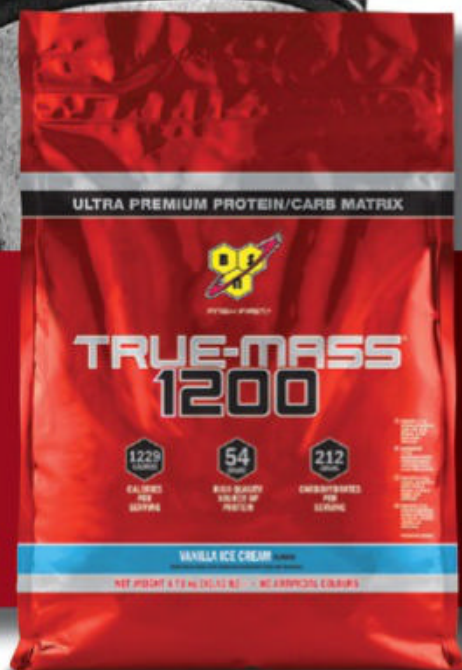
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Brain

Breakthroughs

Checkmate your way to a sharper mind

■ A stimulating hobby can keep your brain firing on all cylinders well into your late decades, a new Mayo Clinic study has discovered. The four-year research project, which involved 256 elderly subjects who showed no signs of dementia, found that those who regularly engaged in hobbies like painting, sculpting, playing board games, woodworking, knitting, and computer gaming showed a significantly lower risk than normal for developing mild cognitive impairment, or MCI. Not surprisingly, participants who began pursuing their hobbies around midlife had better results than those who started later; in fact, the earlier you start, the better, says study head Rosebud O. Roberts: “These activities are important to maintaining brain health, so find an activity that works with your schedule, and continue it throughout your life”. —JAMES ROSENTHAL

Write yourself a love note (then go get that job)

■ Writing down positive thoughts about yourself before an interview or negotiation may sound corny, but it could be the deciding factor when you go to land a job, get a promotion, or negotiate a deal. When researchers put subjects—who played boss and job candidate or buyer and seller—in one on one interview scenarios they’d created, those playing power positions generally performed the best, the Society for Personality and Social Psychology Bulletin reported. But when those playing the less powerful person wrote down self-affirmations—like their job strengths or positive personal traits—beforehand, the tables turned: Interviewees had more confidence and



You are the greatest!
Ali-style self-affirmations can give you the confidence to win.

negotiated better salaries, benefits, and vacation time, and buyers paid substantially less for their purchases. One thing to keep in mind: While participants who simply thought about their affirmations instead of jotting them down did see some performance improvement, those who actually wrote them ended up performing better overall. You are the greatest! Ali-style self-affirmations can give you the confidence to win.

Case cloved:
A carb found in aged garlic and garlic supps can keep your mind sharp as you age.



Garlic fights brain drain

■ Already a nutritional superstar for its antioxidant and anti-inflammatory benefits, garlic may also fight degenerative brain diseases like Alzheimer’s and Parkinson’s. When environmental stress damages the brain, immune cells race to the site and multiply to protect the brain from further harm. Unfortunately, as these immune cells mobilise they produce nitric oxide, a molecule that can

benefit some tissues by opening up blood vessels for better flow to muscles but harm others, as excess nitric oxide is thought to contribute to degenerative brain diseases. Now Missouri School of Medicine scientists have found that a carbohydrate in aged garlic, known as FruArg, can inhibit nitric oxide production and protect the brain against aging and disease. Can you just order linguine with garlic and oil to reap the benefits? Not exactly”. Garlic supplements offer

more beneficial properties,” says lead study author Zezong Gu, M.D., Ph.D., who recommends 300–1,000 mg a day of aged garlic extract powder to get the effects.

Game Changers

Shirt: IZOD

Life lessons from
**The
42-year-old
intern**

Better late than never

Andrew Brill took a midlife crisis and a childhood love of sports and turned them into an incredible second act. It all started with a bold decision to leave his old, monotonous life behind and start at the bottom.

By Josh Dean Photograph by Peter Yang

Grooming by Casey Geren/ABTP.com



Live from New York
Andrew Brill, the New York Giants and Brooklyn Nets beat reporter for ESPN.

Seven years ago, Andrew Brill was more or less your average American guy. He had a job he didn't love, but it paid the bills and supported his family. The New York native grew up loving sports and even once dreamed of making a living in that world. But, like many boys who grow up to become men, it just didn't happen.

In college, Brill majored in business, but by the time he graduated he still had no idea what he wanted to do with his life. "As a kid, you think 20 is really old, and that you have time to think about what you're going to do," he says, looking back. "What you don't realise is that it goes really fast and you have to figure things out pretty quickly".

So when Brill's father offered him a job as operations manager of the family business—an office coffee and refreshment service—he took it. Suddenly, Brill found himself in charge of inventory, trucks, drivers, and all the moving parts that ensured that a vast constellation of office kitchens and break areas across the five boroughs of New York City were stocked. A few years later, after his father died, Brill became the sole owner of the business, one he had no passion for. "All the worries were on my shoulders," he says. "It was a struggle. The business was fine; it just didn't make me happy".

By the early '90s, Brill had gotten married and decided to take control of his career. He chose medical school, going back to college at night to fulfil the prerequisites courses. At 31, he faced a difficult choice: stick with the refreshment business and start a family, or embark on six or seven more years of long hours and low pay in a medical residency. "We ended up starting a family, so I just stayed in the business," Brill says.

As the years passed, Brill's wife could tell her husband wasn't happy; she also knew his unhappiness wasn't bad just for him, it was also bad for the entire family. His misery was evident even to his friends.

Then Brill had his epiphany. "When you wake up and dread going to work, thinking, 'I can't do this for another second,' it's time to change," he says. "Nobody should

live that way". Although he worried what others would say, in the end, everyone rallied around him as he decided to make a change. In the end, people understand that no one deserves to enter into old age and be totally unfulfilled.

So Brill did something very few Americans do: He hit the reset button on his career and,

more importantly, on his childhood dreams. Brill decided to pursue his first love, sports. What exactly that meant, he had no idea.

CHANGING CAREERS LATE IN LIFE

HAS its advantages. Years of life experience as well as business experience helped Brill quickly identify a path toward achieving what most would consider a pipe dream. He decided journalism would allow him to work his way up in the sports world as a reporter. Ironically, his age and experience also meant he was wise enough to know he'd have to start at the bottom. Brill enrolled in college for the third time in his life. And though that meant taking more classes, that wasn't the real goal. He'd made a few phone calls and learned that

the only way to get an internship in TV was to be eligible for college credit. Brill picked the Borough of Manhattan Community College, specifically because he knew it had an internship centre that could help him line up grunt work with local TV stations.

After being shot down by several networks, in 2008, at age 42, Brill joined the sports desk at *WABC-TV New York* when the news director decided he was willing to give him a shot. He was nervous on his first day, so he dressed in the most comfortable way he knew how—like the manager of an office coffee and refreshment business. The other interns were amused, but the higher-ups felt his age was a refreshing change. Evening news anchor and local legend Bill Ritter said Brill's story "resonated" with him: "He was taking the unsafe road, and I liked him a lot". Long-time *ABC-7* sports caster Scott Clark introduced himself and asked Brill where he went to school. Brill launched into his story, but the anchor cut him off. "I don't want to know," he said. "Welcome. Don't mess up". Several days a week, Brill would go to the station straight from working a full shift at the family business and stay until after the 11p.m. newscast, in case Clark wanted to discuss the show. He spent his time logging games for the evening broadcast, sitting in a

The Late-Bloomer Hall of Fame

True success is sometimes born out of starting over. Here are four guys with famous second acts.

Jon Hamm

■ Before *Mad Men*, Hamm was a St. Louis drama teacher who made quite a lasting impact in the classroom. Ellie Kemper—star of

Unbreakable Kimmy Schmidt—was actually a student of his and recalls: "He was just as handsome back then. [Having Jon Hamm] teach you theater, it was like having a hunk in the class."

Ken Jeong

■ Most M.D.s have a few cheesy jokes up their sleeve, but Jeong, of *The Hangover* and *Community* fame, never let his patients in on the secret. "It was really important to me to not be Patch Adams," he told NPR. After his big break as a doc in *Knocked Up*, he left medicine for good.

Dick Costolo

■ Before he was the CEO of Twitter, Costolo was a comedian rising through the ranks of Chicago's *The Second City*, the improv troupe that launched the careers of Stephen Colbert and Mike Myers. "People have Plato's form in their mind of... what a CEO is... a bunch of elements I really don't conform to," he told *The New York Times*. "I came to the conclusion that I don't care."

Michael Strahan

■ The road from gridiron to TV is a well-worn path. But no star has made the transition like Strahan. As he told *Men's Fitness* last year, he owes his success to one simple fact: He has no problem routinely humiliating himself.



Strahan: Lorenzo Bevilacqua/Disney-ABC/Getty Images; Jeong: Neal Peters Collection; Costolo: Rick Wilking/Reuters/Corbis

dark edit room searching for the two or three highlights the sports caster would actually show on the news. In December, that meant basketball and hockey, often four games a night. The hours didn't phase him a bit: "I was watching sports, at work!" he says. It's the happiest his wife had seen him in years, she says, and his kids picked up on it, too. When he turned in one of his required college papers, the teacher gave it an A-plus. "He told me, 'You wrote this as if it were a life-changing experience,'" Brill recalls. "That's because it was". In the spring of 2009, Brill got what would turn out to be his big break. As *ABC* converted to digital and high definition, producers and directors took to learning new systems and equipment by having stand-ins read the news. Brill volunteered. For the first time in his life, he sat in a TV anchor's chair, faced the cameras, and read sports from the teleprompters. One day an executive happened to see the feed and pulled him aside. "You're pretty good at this," he told Brill. "Ever think about doing this for real?" Only every day, Brill thought. As the No. 1 station in the country's largest market, *ABC-7* didn't have an actual job for Brill, but the encouragement was all he needed to convince himself he was, for the first time in his adult life, on the right track. That summer, he sold the family business. He began to take meetings, speak with agents and reporters, and contact every network in town. By February, he'd finally found a job, with *News 12 Bronx*, a hyper local station with no real budget to speak of. But sometimes, a low budget presents opportunity. "It lets you be what they call a one-man band," Brill explains. "You shoot, edit, and write all your own stuff".

News 12 Bronx didn't have an opening in sports but was looking for someone to cover local breaking news. Brill was brought on as a freelancer and put on the street. His wife bought him a computer with editing software, he took a few courses at the Apple Store, and soon he was producing his own segments. Four days after he started, there was a blizzard, and because he was one of the few reporters with a four-wheel-drive vehicle, he was sent out to do a piece on kids sledding. "That was my first on-air experience, and it got me all geeked up," he says. "It's like, 'Wow, I really did that!'" A few months into the job, the station's sports anchor was let go, and Brill saw an opportunity. There were local sports

stories worthy of coverage—in particular at colleges like St. Francis and Long Island University—so he told the sports producer he'd love the chance to start covering them. The producer began to use him nearly every day, and within months he had enough sports footage to make himself a demo reel.

Still being freelance, Brill kept his eye out for staff positions; one day early in 2011, he came across a listing for a sports anchor—but it was in Albany. Brill had only practiced reading the news at that point. Yet, after one interview he was offered a job as the sole sports caster for one of the largest TV markets in the U.S. It was his dream job, but could he take it? Albany was a two-hour drive away, on a good day. With traffic, it could be twice that. Before he even started his drive home post interview, he called his wife. "I got the job," he told her. "Now I just have to figure out if I'm going to take it." "What do you mean?" she asked. "It's in Albany," he told her. He'd switched careers to be happier—but with three kids, ages 11, 9, and 4, at home, with his family wasn't something he was willing to sacrifice. His wife assured him they'd find a way to make it work.

BRILL'S DETERMINATION - AND THE

support of his family—were what made it all work. Brill lived in an apartment in Albany during the week, and went home to see his wife and kids on weekends. They still missed him, but if he had to work a weekend, the family would come up to Albany and sleep on the couch. "It was actually fun," Brill says. "My kids thought it was an adventure. 'Let's go visit Dad!'" Anchoring the evening sports was a dream come true for Brill, and for 2½ years he loved every minute of it. "If that job had been in the city, I'd have done it the rest of my life," he says. When his first contract came up in March '13, the station was so happy with his work, they offered him a two-year extension. Again Brill faced a big decision, one that would greatly affect not just his career but also his family. He decided family came first, and hoped the rest would fall into place. "My oldest was almost 14, so it was time to have Dad around a bit more". He decided to say no. But before he'd told the station, he got a call—from *ESPN Radio*. "I was like,

'Oh wow, I'm working for *ESPN*!'" Brill says. Sure, it wasn't TV, but it was sports, and it was with, well, only the biggest,

most revered sports outlet of them all. At the time, *ESPN NY radio* was the broadcast station for the *New York Jets* and to this point didn't have a reporter covering the *New York Giants*. But that was about to change. Brill had a history of covering the *Giants* when the team had training camp in Albany (it's since moved down to the practice facility in New Jersey), and now he was charged with covering the *Giants*—his favourite football team since he was a kid.

Brill spent most of his time out on the paved swamps of the Meadowlands with all the other reporters at the Giants practice facility, jockeying for tape recorder space around Eli Manning's locker. Just as he did during his internship, Brill faced some nervousness at first. He'd finally be up-close and personal with his heroes—and being a good beat reporter requires earning the trust of the team, the coaches, and the PR folks. Brill didn't talk much at first, preferring to just put his recorder out there and record answers to the questions other reporters were asking. "But after a year, I started asking my own," he says. Last winter, ESPN, clearly impressed, handed Brill a second beat, covering the *Brooklyn Nets*. When the *Super Bowl* came to town, he was assigned the *Seahawks*, and when the *Rangers* made the *Stanley Cup Final*, he covered their opponent, the *L.A. Kings*. True to form, he jumped at every chance he was given. And it paid off—in spades.

After filling in as guest host on *ESPN's* Mother's Day radio show this spring, Brill received some unexpected news: Once the Brooklyn Nets' playoff run came to an end, he'd be named co-host of a new nightly radio show called *ESPN New York Tonight*. "It's validating and overwhelming at the same time," he says. "It makes me humble that I'm able to do something I truly enjoy". It's a job with perks that thrill both the man and the boy in him. At the end of last summer's off-season camp for returning players, Brill's boss dispatched him to a New Jersey *Dunkin' Donuts* to watch Eli Manning announce the winner of a contest who would join the star QB in a future ad. It was the last time Brill would see Manning before training camp, so after a short interview, he said, "Have a good summer, Eli." The two-time *Super Bowl* MVP smiled. "You too, Andrew," he replied. "See you in about a month".

The right plan (for you)

Searching for the “best” workout will hold back your gains. Here's what you need to know about training programs.

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



T

hink about this: “Methods are many; principles are few. Methods always change, but principles never do”. It’s a Ralph Waldo Emerson quote often used by trainers to describe why one workout can be as effective as another even if the two are wildly different. If you’ve been struggling to find the “best” workout program, you’d do well to heed this advice—after all, Emerson was ripped. (No, we can’t verify this, but go with it, OK?) Because there’s no such thing as a perfect program, it’s a mistake to scour the planet for the next 5/3/1, StrongLifts, Starting Strength, or other trendy workout plan when simply learning what makes workout effective can set you up for a lifetime of gains. It’s time you learned what’s been holding you back and discovered the principles behind the programs that build a muscular physique.

**OVERANALYSING
YOUR WORKOUTS
IS HALTING
YOUR GAINS.**

Prop styling by Angela Campos/Stockland Martel

■ Once you get beyond the beginner stage of weight training—when you can do just about anything and see progress—you need to learn to “periodise” your workouts. Periodisation is a general term for any plan that allows you to make long-term gains while avoiding plateaus and injury, but the concept itself doesn’t have to be as complicated as its name. You can add weight to your exercises,” says Jason Ferruggia, a strength coach and author in Los Angeles”. Basically, change the exercises, do more reps, sets, or rest less between sets”. Change everything, in turn, over time, and then change again as needed. Of course, there are more sophisticated and organised systems of periodization out there aimed at strength, muscle size, and sports performance, but one approach isn’t necessarily better than another.

provided it's well thought out and goal oriented. Try gathering a bunch of trainers together, though, and most of them will argue till their protein shakes turn sour that one system trumps all others. Fortunately, research is showing otherwise. This year, the Journal of Science and Medicine in Sport compared Two different programs and their effects on strength in rugby players. One was an old-fashioned linear periodisation model, in which subjects started off using lighter weights and a high volume of sets and then progressed to heavy weights and low volume. The other used undulating periodization, in which the sets and reps change each workout. Ultimately, both groups made gains, and there was no significant difference between the groups. Last year, a study in the Journal of Strength and Conditioning Research pitted linear periodisation against block periodisation, another common

approach in which trainees work toward one specific goal (size, strength, power) at a time in specified training blocks. At the end of 15 weeks, the block group saw better gains in bench press strength, but there were no differences in lower-body strength or body composition". I think [all types of periodisation] work, and there isn't a huge advantage in

one over the other," Ferruggia says". This is especially true for guys at a novice to intermediate level—which is most of us". So if everything works, why are so few getting the results they want? "The guys who never get anywhere are the overanalyses," Ferruggia says". They're always searching for the perfect program, the best angle for their bench on incline curls". They end up changing programs too often to give any one enough time to work. But if they (or you) knew the principles that make a good program, and follow them long term, they could make gains indefinitely. These include the following (at left).

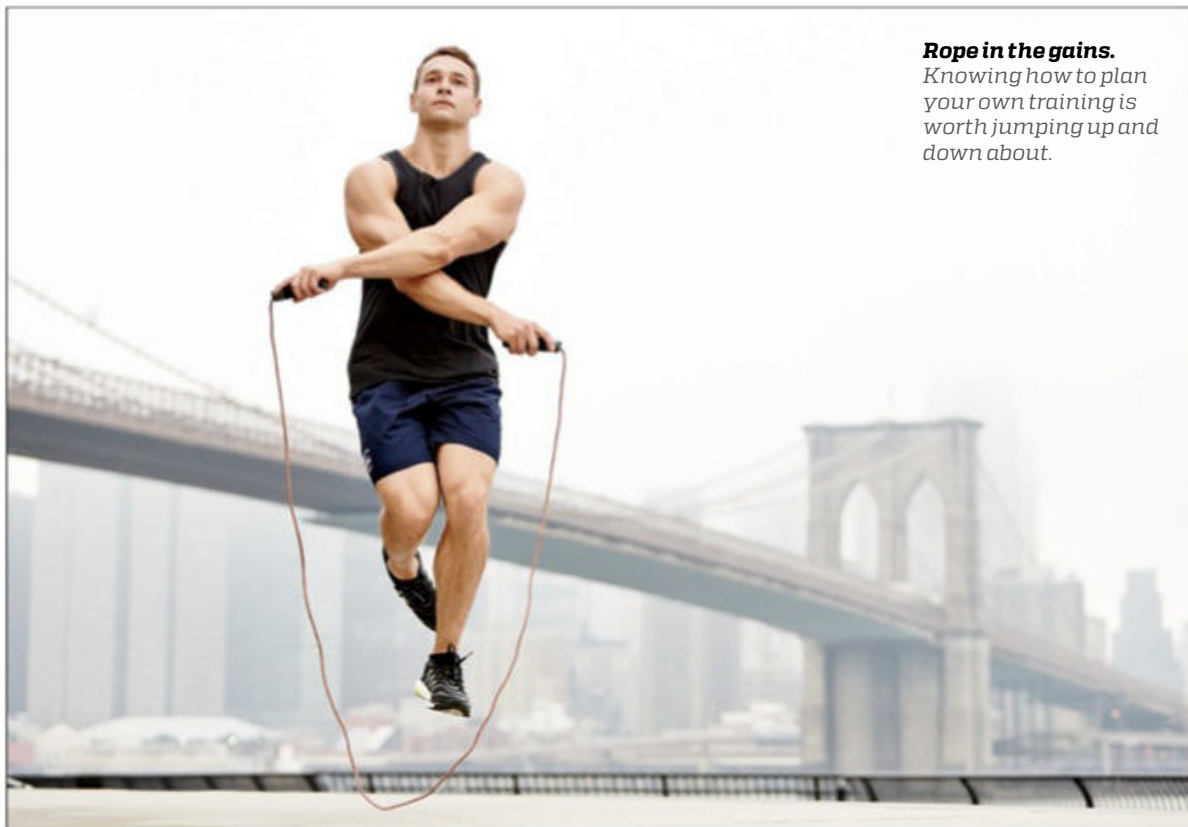
Follow these four tenets to Shredsville

Balance. You won't make any progress if you're hurt. A program that doesn't include at least as many sets of pulling exercises as it does pushing will set you up for shoulder injury. You also need time for recovery, so make sure your workouts are spaced appropriately and don't lift heavy more than three times a week".If you're over 35, it's never necessary to go heavy," Ferruggia says.

Challenge. There's a reason squats and bench presses are used frequently in studies that measure muscle and strength—they work. Base your program around hard exercises that work the most muscles, such as squats, presses, rows, chin-ups, deadlifts, and all their variations.

Specificity. If your goal is to boost your bench press, you need to train on the bench frequently and target your weak points. Doing a high-rep circuit routine won't help you bench more. Focus on one goal at a time.

Variety. “Switch up variables in your workouts every one to four weeks,” Ferruggia says. “The more advanced you are, the more frequently you should change things”.



Knows the game: Knowing how to plan your own training is worth jumping up and down about.

**OUR TRAINING
DIRECTOR, SEAN
HYSON, SOLVES
YOUR WORKOUT
CONUNDRUMS**

CEDRIC L., CONNECTICUT, USA


■ Consider this: A hard aerobic workout can burn about 500 calories in an hour, but a meal of chicken, rice, and vegetables is around 400 calories. Even when you work very hard to burn calories you can easily replace them with food.

What about HIIT?
Well, high-intensity interval training is helpful, but it's a bit overblown. Proponents argue that it revs your metabolism for hours after the workout, but this isn't as dramatic as it sounds. A review in the *Journal of Sports Sciences* found that this metabolic effect amounted to, at best, only 15% of the calories you burned in the session. So if you burned 300 calories, you may burn another 45 over the next day. Whoop-de-doo.

I'm not saying to cut out cardio, but controlling calories with your diet is more impactful. With that said, a cardio regimen can include up to five days of moderate activity for 30 to 60 minutes and two days of interval sessions for 20 minutes.

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



 For examples of programs that work, go to mensfitness.co.za

Smarten up your routine

Five small tweaks to your everyday patterns can make a huge difference to your health

By Adam Bible

E

Everybody loves a quick fix, but playing the long game is the real key to making lasting changes. One recent study from the *American Journal of Public Health* showed that when people use strategies like setting goals and making minor adjustments to a routine—rather than attempting overly ambitious life changes—physical activity levels soared. Sneaking a few new behaviours into each day can add up to a whole new you.

6:30 a.m.

Wake up with a stretch

■ Flexibility work first thing in the morning helps limber up muscles tightened up from the day before and increases blood flow. But don't jump right into the static stretches—dynamic moves ease you into the stretch and gets blood flowing.

Try the Lunge Twist

This will activate your core and legs.

1) Step forward into a lunge with your right leg. Sink as low as you can, balancing yourself by touching your hands to the floor.

2) Now twist your torso to the right, reaching overhead. Keep your lower back flat so you feel the stretch in your hips.

8:30 a.m.

Walk tall to work

■ When subjects in a 2014 Canadian Institute for Advanced Research

study were told to walk with slumped shoulders and less arm movement, they actually reported a worse mood than those who stood up straight. So, to prep mood-wise for the day, push your shoulders back and tuck your tailbone (not your entire pelvis) in slightly.

12:30 p.m.

Eat lunch in the sun

■ A 2005 study in *Psychological Science* found that exposing yourself to the sun for just 30–45 minutes a day can make you happier and help your brain process new information. Sun also boosts vitamin D levels, which is

important for strong bones and immune function. (Three-quarters of us are deficient in vitamin D.) For the D boost, all it generally takes is 5–30 minutes of direct sun at least twice a week.

4:30 p.m.

Snack smart in the afternoon

■ Skip the chips and go for nuts and seeds, which contain protein and healthy fatty acids. A large observational study at Harvard University in 2013 suggested that a daily handful of nuts may play a positive role in health and longevity. The pistachio is among the lowest calorie nuts you can

buy. Plus, in a preliminary behavioural study, researchers discovered that snackers who ate unshelled pistachios took in 41% fewer calories than those who ate nuts that had already been shelled. The empty shells may serve as a visual cue about how much has been eaten, thereby potentially encouraging you to eat fewer calories.



10:30 p.m.

Sleep right

■ Studies show that our body repairs damage done in workouts while we sleep and keeps cells healthy. For the best rest, sleep on a comfortable bed in a cool, dark environment, avoid caffeine, and drop your digital devices 30 minutes before—the blue glow can delay the release of melatonin. Some information for this article relating to pistachios was provided by Wonderful Pistachios

Where do you keep your 'stach? Eating pistachios may also give you visual cues that help you down fewer calories.

Prop styling by Amy Taylor/Bernstein + Andriulli



THE ETERNAL MOVEMENT

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Rough it the right way

Park, hike, braai, stargaze, sleep, repeat

F

FEW THINGS CAN TOP THE SIMPLICITY of setting off into the African bush with whatever you can carry on your back. But there is one thing that has a slight edge: immersing yourself in that same grand and beautiful setting along with a six-pack of your favourite beer and enough wood for a solid three-hour campfire. And for that, you'll need a great place to pitch your tent. From the Drakensburg mountain side, to the open plains of the Kruger National Park, there are countless places to sit back, relax and enjoy a leisurely braai with friends and family.

Turn the page for our top 10 base camps.

Previous page & this page: Styling by Lella Baboi; Grooming by Sonia Lee/Exclusive Artists Mgmt using Murad

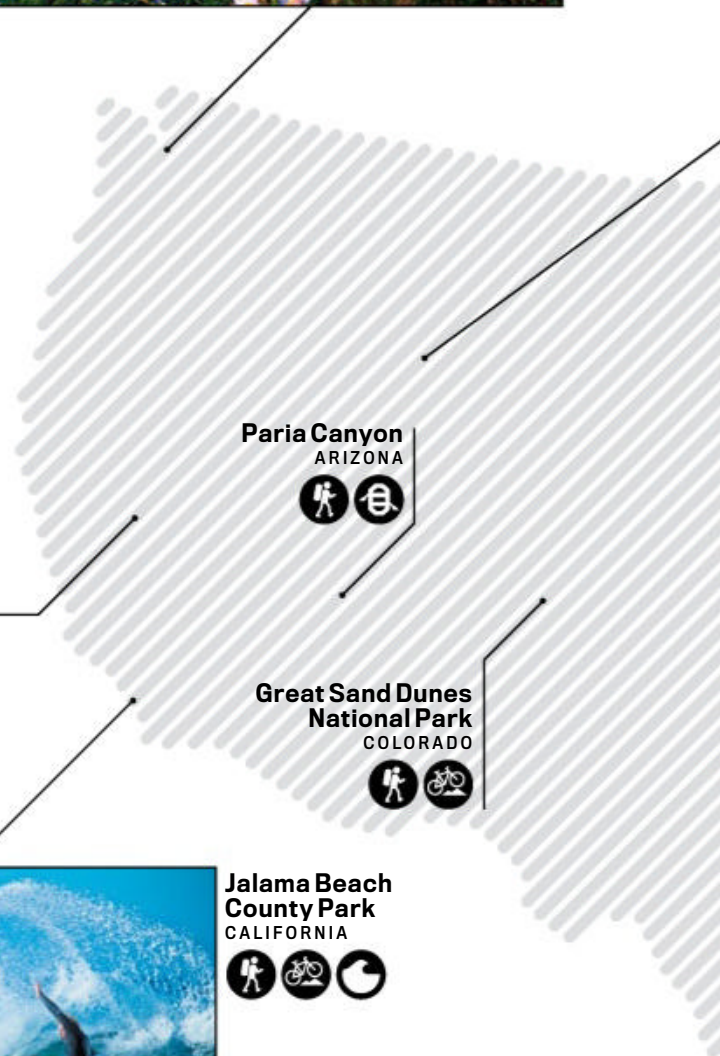
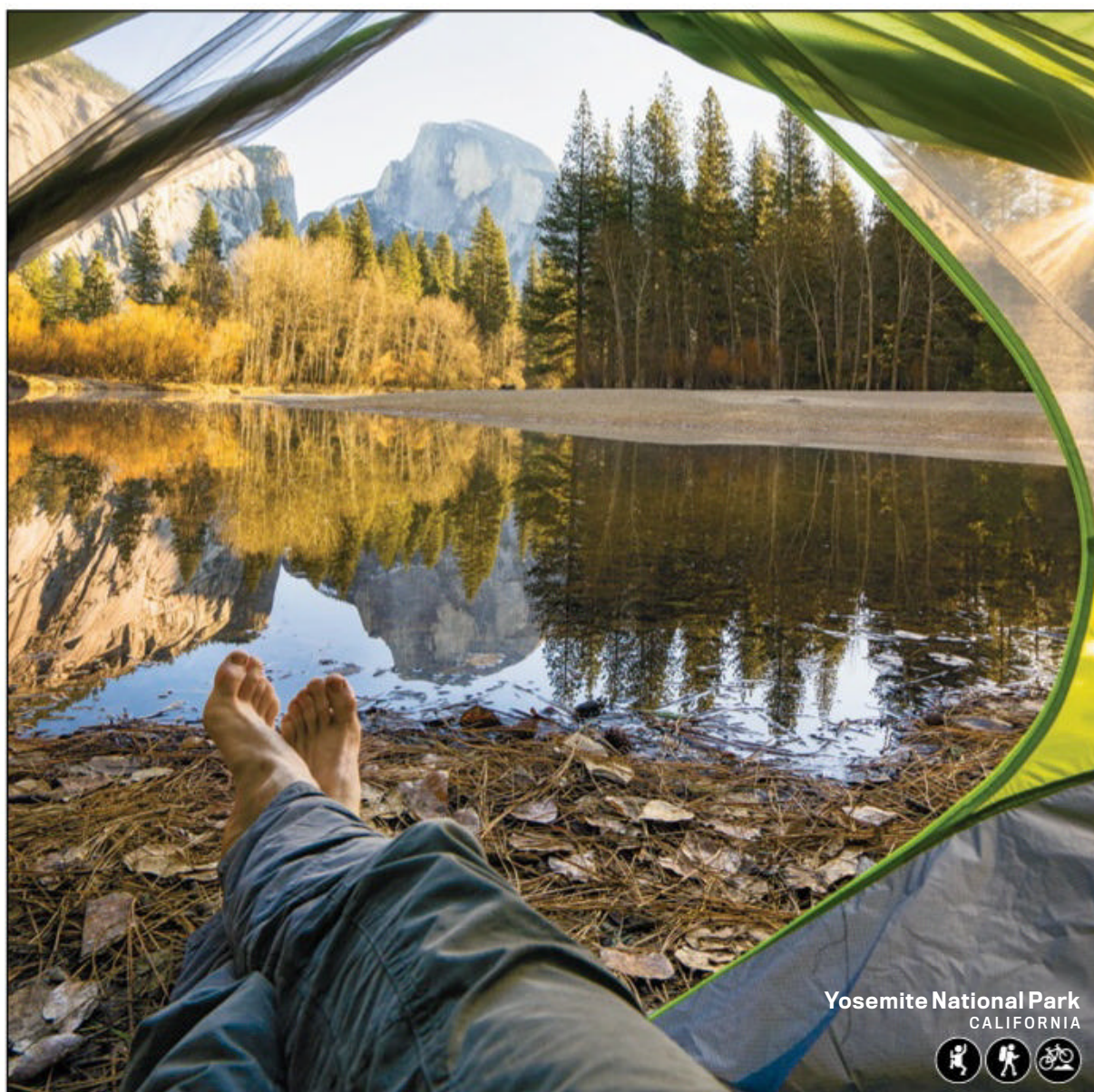


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America's best summer base camps

Planning a June/July holiday to escape the South African winter? Summer is in its peak in the USA, start planning your escape today.

ICONIC ROCK WALLS Yosemite National Park, CA

• The most spectacular view of Yosemite's towering granite walls and cascading waterfalls is looking up at them from Yosemite Valley. North Pines Campground has several riverfront sites and trails heading to Mirror Lake, Nevada Fall, and, much farther on, the roof of Half Dome. Plus, it's a five-minute walk to showers and a grocery store in nearby Curry Village. nps.gov/yose

DESERT AND DUNES Great Sand Dunes National Park, CO

• Many of the tent sites in the only campground in this national park have unobstructed views of the park's otherworldly dune field, full of 230 metre-tall mountains of sand. Rent a sand board in nearby Alamosa and rip down the dunes all day. Then, in the evening, kick back and watch the alpenglow light up the blood-red Sangre de Cristo Mountains. nps.gov/grsa

CARIBBEAN GEM Bahia Honda State Park, FL

• With nothing but powdery white sand, clear blue sea, and gently swaying palm trees, Bahia Honda is one of the few remaining undeveloped islands in the Florida Keys. Pitch your tent at Sandspur Campground (sites 64 to 72 are waterfront) and snorkel the near shore reef to check out huge schools of hard-fighting tarpo. floridastateparks.org/park/bahia-honda

SO-CAL SURF Jalama Beach County Park, CA

• Wake up early enough on this windblown stretch of California coast, and you may have the shifty beach break all to yourself. Grab your board—and a cup of pick-me-up—for a session in the morning, and when the winds rise, dry off and poke around the Jalama Creek tide pools or wander south toward the historic Point Conception Lighthouse. countyofsb.org

SURREAL SANDSTONE Paria Canyon, AZ

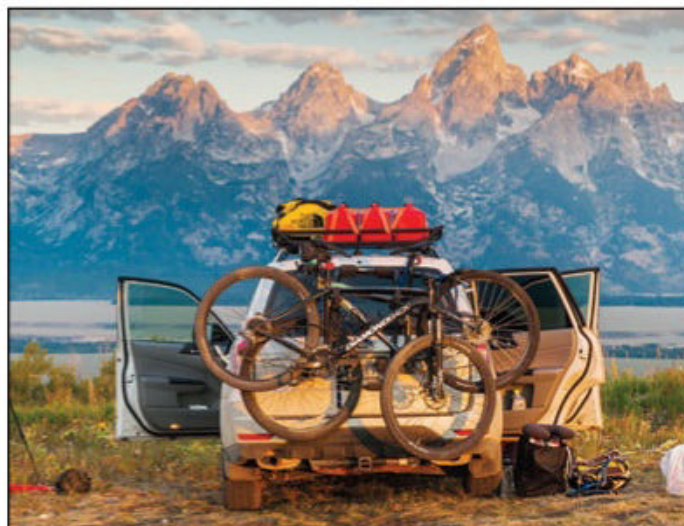
• Vermilion Cliffs Wilderness in northern Arizona's canyon country feels midway between nowhere and nothing. But, in fact, it serves as a primary trailhead for Buckskin Gulch, one of the world's longest and deepest slot-canyon hikes. This narrow sandstone corridor is a daylong reflection on claustrophobia, as well as a lesson in how changing light can soften and bend colour. blm.gov

GLACIER VIEWS Mount Rainier National Park, WA

• Way down the southeast slope of Mount Rainier, Ohanapecosh is set amid an old-growth forest and sits on the banks of the frothy, freezing-cold Ohanapecosh River. Kilometres of lush, moss-laden forest trails fan out from here, including a short jaunt to some natural hot springs, as well as access to the high-elevation Skyline and Wonderland trails. nps.gov/mora

- Climbing
- Hiking
- Biking
- Rafting
- Kayaking
- Surfing

Grand Teton National Park
WYOMING



Adirondack Park
NEW YORK

Ludington State Park
MICHIGAN



Pisgah National Forest
NORTH CAROLINA

Bahia Honda State Park
FLORIDA

CAMP AND KAYAK Adirondack Park, NY

• Set among the Adirondacks' 6 million acres of wilderness, Fish Creek Pond is an outdoorsman's paradise. Paddlers can launch kayaks straight from their campsites. (90% of the campground's sites are waterfront.) And two area resort towns are perfect for a rainy-day respite. (We like Lake Placid Pub & Brewery.) ny.gov; ubuale.com

FAT TIRE FUN Pisgah National Forest, NC

• At Lake Powhatan, you can roll out of your campsite and, minutes later, be shredding epic single-track—this is near Asheville's popular 48 kilometre trail system. Even the two-lane highways are famous for roadies, and the nearby Blue Ridge Mountains have everything non-bikers could ask for—hiking, rafting, and fishing. fs.usda.gov

LAKE SOLITUDE Ludington State Park, MI

• This 22 square kilometre park boasts more than 10 kilometres of sandy shoreline. The Pines Campground is tucked between towering coastal sand dunes and Hamlin Lake, and it neighbours a 34 kilometre trail network and a canoe trail that navigates wildlife-rich shallow waters bursting with northern pike, walleye, and tiger musky. michigandnr.com

COWBOY COUNTRY Grand Teton National Park, WY

• The pristine tent-only Jenny Lake Campground, at the foot of the toothy Teton Range, is the park's smallest and quietest, with access to just about any type of adventure. This is the heart of the park's epic trail network. For something more vertical, hook up with Exum Guides for an all-day ascent of the 4, 2 kilometre Grand. nps.gov/grte

Experience SA's diverse ecosystem

From wetlands to grasslands, South Africa's diverse ecosystem is definitely something worth exploring.

MAGNIFICENT MOUNTAIN VIEWS Drakensberg Mountain Retreat, FS

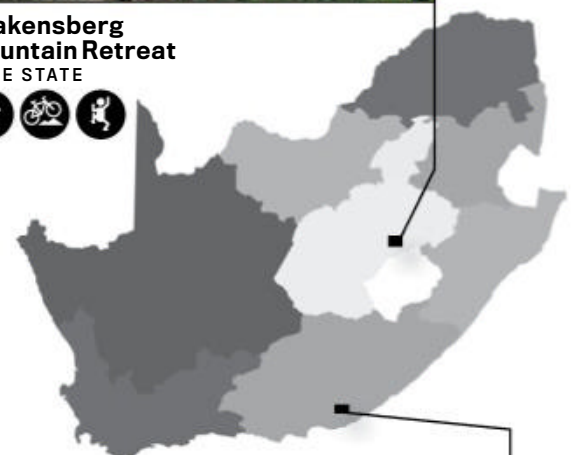
• Situated high on a ridge overlooking the Drakensberg and the Maluti Mountains, many have said that the views are unsurpassed. Affordable country style accommodation is available, with spectacular views, vast spaces, wild winds and superb walks. This is the perfect place to experience the beauty and magnificence of the Drakensberg. nps.gov/grte

ROCKY SHORES MEET FYNBOS Tsitsikamma National Park, EC

• Tsitsikamma is a Khoi word meaning "place of abundant or sparkling water". The Tsitsikamma National Park is a multi-dimensional destination with dramatic coastal scenery, reefs, rivers, lush forest and delicate Fynbos. A hiking and water sports paradise, this region forms the top section of the magnificent Garden Route National Park. nature-reserve.co.za/tsitsikamma-coastal-national-park.html



Drakensberg Mountain Retreat
FREE STATE



Tsitsikamma National Park
EASTERN CAPE



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The toys of summer

Think of the hot, sunny months as an expedition: Outfit yourself with the right gear and you'll discover a whole new realm of fun, relaxation, and adventure

By Nicholas Kavalier and Ben Radding
Photographs by John Lawton



A SHIMMERING COLLECTION Nike 2016-2017 Elite Pack Football Boots Collection

■ The new Nike 2016-2017 Elite Pack introduces stunning silver designs for all of four Nike's silos. The Pure Platinum Nike Hypervenom 2016-2017 soccer cleats boast a spectacular sole plate design to stand out on the pitch, while the Nike Mercurial 2016-2017 Elite Pack cleat fades from light grey in the forefoot area to dark grey in the rear area. A shimmering collection for the first crucial phase of the season.



THE PERFECT TRAVEL TOOL 1) Leatherman Tread

■ The Leatherman Tread bracelet—also available as a watch strap—is intentionally covert. Designed by a Leatherman president after being denied entry to Disneyland with his plier-tool combo, this may be the only tool that can make it through airport security. And it still has most of the utility of traditional models. When you're ready to use one of its 25 tools, including a screwdriver and a bottle opener, just slide it off your wrist and fold the band to expose the tool you need. Works like a charm and won't get you detained.

From R4 200, Cape Union Mart

WAVE WATCHER 2) Nixon Ultratide Watch

■ Surfers want to know what's happening at their local break at all times, and the Ultratide delivers that info to the wrist right as it happens. Powered by Surflife, the consummate up-to-date e-source for everything from water temperature to wave height at more than 2,700 worldwide locations, the Ultratide is battery-operated and syncs via Bluetooth to your phone for its wireless connection.

From R3 000, Zando

BETTER THAN HORSESHOES 3) Rollors

■ A fusion of horse-shoes and bocce—but simpler and requiring far less eye-hand coordination—Rollors was conceived by Army vet Matt Butler between tours in Iraq and Afghanistan. The bowling-style game can be played anywhere from the beach to a park to your backyard. Players stand 25 feet from the pyramid (or goal), then simply roll the discs as close to it as possible to earn points; discs that end up leaning on the pyramid earn double.

From R680, Amazon

A NEW WAY TO COMMUTE 4) Oru Bay + Kayak

■ Ditch the roof rack and throw your boat in the trunk. This 12-foot-long, 25-inch-wide single-person kayak folds down into a 32-inch shoulder bag that weighs only 28 pounds. It's constructed from a single piece of superstrong yet light pre-bent polypropylene that snaps together, origami-style, in less than 20 minutes. On the water, it's surprisingly sturdy and capable; broken down, it's small enough to store behind a couch or check on a plane.

From R14 900, Amazon



AUDIOPHILE IN ACTION

1) Trainer by Gibson Headphones

■ Earbuds sound lousy, but over-ear headphones won't stay on during a run...Here's the answer. Designed with the help of Usain Bolt, Gibson's wireless Trainers have a pop-out headband for stability and come with a blinking LED for running at night. Plus, they have a dampening button in case you hit a busy intersection.

From R3 400, Amazon

SWING CHEAT

2) TaylorMade R15 Driver

■ The R15 has 125-plus adjustment points so you can correct everything from draws to fades and tweak overall launch angles with the twist of a wrench—all while on the course. The simple-to-slide weight dial and front-loaded center of gravity up the launch angle and reduce spin for straighter, more powerful tee shots.

From R6 000, taylormadegolf.com

BODYSURF IN STYLE

3) Slyde Phish Handboard

■ Become one with the sea without the lungful of saltwater. Handboards are tiny, meticulously shaped surfboards for your lead hand that provide just enough lift to let you cruise along a cresting wave with speed and control. This 22-ounce model has nicer curves than a Porsche and a beefed-up core for extra lift.

From R2 800 slydehandboards.com

GO-ANYWHERE GRILL

4) LotusGrill

■ Five minutes. That's all the time this nine-pound, punch-bowl-size portable charcoal grill needs to reach steak-searing temps. Just place a handful of briquettes in its heat chamber, add a few dabs of fire-starting gel, and drop a match: A battery-powered fan in the grill's belly whips air around to kick-start the coals. A dial lets you control the fan and adjust temperature; a 12.6-inch steel grate is room enough for five fillets.

From R2 300, braaishop.com

THE LOTUSGRILL
IS BUILT FOR TINY
SPACES, TRAVEL,
AND TAILGATING.

2



3



4



Fire water

Adding some fresh pepper to your next cocktail doesn't just make it taste better; it also makes it healthier—and more refreshing

By Brian Good
Photographs by Levi Brown

F

From spicy salsas and moles in Mexico to jerk chicken in the Caribbean to curries in India, there's a reason people in the hottest climates are also drawn to fiery foods: When that heat crosses your lips, it raises your body temperature and makes you sweat; improving circulation and helping you cope better with the weather around you. The same is true with cocktails. A spicy drink is actually more refreshing when sipped slowly on a hot afternoon. Plus, by swapping in low-calorie peppers to replace fruit or mixers, you also cut the calories in your drink significantly. All that, and they taste great with every type of liquor—it's definitely time to get lit!

Jalapeño Basil Gin and Tonic

- 1 jalapeño, sliced
- 2 sprigs fresh basil
- ½ small cucumber, sliced
- 60ml gin
- Tonic

TO MAKE: Muddle jalapeño, basil, and cucumber in the bottom of a cocktail shaker. Fill shaker with ice, add gin, and shake vigorously. Strain cocktail into ice-filled glass and top off with tonic before serving. For a more impressive looking drink, layer a couple slices of jalapeño, a cucumber slice, and a sprig of basil between the ice in your glass before pouring the drink. Makes 1 serving.



Drink styling by Angela Campos/Stockland Martel

MORE WAYS TO TURN YOUR DRINKS INTO HOT STUFF

Blood Orange Jalapeño Whiskey cocktail

- 60ml blood orange juice or fresh citrus juice of your choice
- 60ml whiskey or bourbon
- 30ml agave syrup (to taste)

1 jalapeño, sliced

- 120ml IPA beer

TO MAKE: Fill a cocktail shaker with ice cubes. Add juice, whiskey, agave syrup, and jalapeño, and shake well. Strain cocktail into an ice-filled glass, add beer, and stir. Makes 2 servings

Cucumber Thai Chili Lemonade

1-2 cucumbers, sliced

1 cup lemon juice

½ cup agave syrup (to taste)

½ small Thai chili

3 cups cold water

1 cup vodka

TO MAKE: Add lemon juice, agave, Thai chilli, water, and all but 6 of the cucumber slices to a blender and process till smooth. Strain. Stir ingredients in a pitcher filled with ice. Serve, adding a cucumber slice to each finished drink. Makes 6 servings

Rum Red Bell Pepper cocktail

½ red bell pepper, thinly sliced

6 basil leaves

- 60ml light rum
- 50ml grapefruit juice
- Soda water

TO MAKE: Muddle bell pepper and basil in a cocktail shaker. Fill shaker with ice, add rum and juice, and shake vigorously. Strain into ice-filled glasses, topping off with soda water. Garnish with an additional red pepper slice if desired. Makes 2 servings

Pineapple Cilantro Serrano cocktail

1-2 sprigs fresh cilantro

2-3 wedges fresh lime

1 thin slice fresh Serrano pepper

- 60ml tequila
- 90ml pineapple juice
- Agave nectar (optional, to taste)

TO MAKE: Muddle cilantro, lime, and Serrano pepper in a cocktail shaker. Fill shaker with ice, add tequila and pineapple juice, and shake vigorously. Strain into ice-filled glass. Makes 1 serving

Icy hot.
Pepper-filled cubes are cool-looking and delicious when paired with liquor.



4 more ways to generate some heat

- 1) Spike your ice** Cut a couple of jalapeños or cayenne peppers into thin slices and let them sit in one or two cups of water for about half an hour, then use that water to fill an ice cube tray—one that makes large cocktail-size cubes is ideal. Toss one or two cubes in a rocks glass and serve with your favourite whiskey, tequila, or vodka. As the cubes melt, they'll add spice to your drink—while also keeping it cool.
- 2) Chuck in some fire** Add a pinch of ground cayenne pepper, black pepper, or a dash of sriracha to your cocktail before shaking.
- 3) Ignite your rim** If you're making a drink with a salted rim, try adding some dried and ground chipotle or pepper-infused salt as well.
- 4) Light up the surface** Before serving your drink; add a dash of habanero bitters to the top. Or shake on some hot sauce. (It's great on shots as well.)

PEPPER BASICS

Jesse Card, master mixologist for Cruzan Rum, offers three tips for making spicy drinks—without getting burned

- Wear gloves!**
- "I cannot stress enough the need to wear gloves when you cut a spicy pepper," Card says. "If not, the oils can linger on your hands for hours". Forget? Wash your hands completely and don't touch your face or eyes (and be careful in the bathroom!) till you know all the fiery pepper oil's gone. Washing your hands repeatedly with olive oil may also help.
- Start out small.**
- "I use no more than a third of a pepper per drink," Card says. For more heat, leave the seeds in the pepper; for less, take them out.
- Adjust the heat.**
- Alcohol intensifies the flavour of spices, so go easy. If you overdo it, double the recipe to dilute the taste, or add some agave syrup (sweetness fights fire).



**GET FASTER,
STRONGER, AND
USE 150% MORE
ENERGY DOING
SAND DRILLS.**

Your new summer run

■ Whether you're looking to change up your regular running routine or just sneak a workout in during your December holiday, running on sand can strengthen your feet and ankles, not to mention increase overall aerobic conditioning. You expend at least 150% more energy and burn more calories running on sand than on hard surfaces—and it actually makes you faster. Your body has to work harder to get over it," says R. Amadeus Mason, M.D., assistant professor of orthopaedic surgery at Emory Healthcare and a physician for Georgia Tech's track and field team. It adds resistance and fires muscles you're unaccustomed to using. Think of it like putting weights around your ankles, or running with a parachute on". But beware of doing too much too fast—here's how to ease into beach running.

Start by wearing shoes

■ You're essentially introducing an entirely new set of mechanics to your feet, ankles, calves, and hips, and predisposing them to injuries like tendonitis or plantar fasciitis. So start by wearing shoes.

"It sucks, since you'll get all this sand in them," Mason says. But shoes take away the toe splay and stabilise the ankle".

Stick to the shoreline at first

■ "You don't want to take away everything your body's used to all at once," says Mason. Stick to the hard, packed sand down by the water, as it's a closer approximation to the running you're used to.

Gradually raise your wet-sand time from five to seven minutes, then from seven to 10, and so on over the course of several weeks.



Add a sand session to your road run

■ Most runners, when faced with exciting new terrain, will attack it and end up hurting themselves. Think instead in terms of progression. If you've got only a weeklong vacation, you'll probably want to wear shoes the entire time.

When including a beach run in your regular routine, begin with short distances, adding five minutes on wet sand to the end of a pavement run. And come off your normal road pace just a bit to give your body time to react to the new surface. Again, don't push yourself.

Then go barefoot

■ After a week, ditch your shoes but stick to the wet sand. A couple of weeks later, begin transitioning to softer sand, which is where the real benefits of beach running are found. Sand grips your foot, forcing your Achilles and calf muscles into overdrive, strengthening muscles that have all but atrophied

from years of running on asphalt. Start with short runs of five to seven minutes, then gradually up your soft-sand time to 10 to 12 minutes as your body adapts to the surface. You may still notice some mild fatigue in your Achilles, feet, and calves, but don't worry—keep to a reasonable pace and mileage and you'll be fine.

Adjust your pace

■ Decrease your time expectations but not your intensity level. If you're shooting for, say, an eight- or nine-minute 1,6 kilometre on a flat surface, aim for running a 10- or 12-minute 1,6 kilometre on sand. Once you get comfortable and there are no aches or pains, you can dial in your intensity and distance on wet or dry sand.

Sand speed drills

Hard-surface strides in wet sand

■ Start with a 10-minute warm-up at an easy pace, then accelerate for 15 to 20 seconds until you approach your top speed, then gradually decelerate. Do this four or five times, resting between sets. Cool down with an easy 10-minute jog on wet, packed sand.

Intervals

■ Warm up with a 10-minute jog in wet sand, then transition to intervals ranging anywhere from 45 to 92 meters at a pace that's slower than a sprint but slightly faster than a comfortable jog. After each interval, recover with a walk or jog for approximately half the duration of your next interval.

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Lara Bester

Meet the USN Face of Fitness 2014-animal lover and fitness enthusiast.

By Ghia ten Doeschate
Photography by Eric Uys

Tell us a bit about yourself, Lara.

Where did you grow up?

I am a goal driven, fitness enthusiast who loves animals (dogs in particular). I was born and raised in Cape Town, South Africa. I consider myself a social butterfly who loves to wine

and dine. I have a bit of an OCD when it comes to time- I'm always an hour early to everything! I appreciate the small things in life, and it does not take much to impress me. I forgive way too easily but would not consider myself a push over.

■ When did you first start paying

attention to health and fitness, and why?

In 2011, I realised that my unhealthy habits started taking a toll on my body. I use to see all my skinny friends in their bikinis and it made me feel terribly self-conscious! That's when I decided to slowly ease into a new diet and training program. It was trial and error at first, but I think I managed it at the end of the day.

■ Sources tell us that you are currently studying. What are you studying and what made you

decide to follow this career path?

I'm currently finishing my Bcom Marketing Degree. I have always wanted to follow in my dad's footsteps, as he is my role model in the business world.

■ What does a day in the life of Lara Bester look like?

Well, it's quite boring. I wake up and have my first coffee, which is followed by 2 more cups and breakfast. After that I go to the gym to do my 8:15 AM spin class which is about 45 min, from there I attend a 45-min weight training session and, then I'll

eat again and start studying for about 5 hours. Pretty boring if you ask me.

■ What is your most unusual training secret?

Well, I don't think there are any secrets to training in my opinion, but I LOVE resistant bands. They really help with definition.

■ You won the USN Face of Fitness competition in 2014. How has life changed since then?

Besides the fact that it helped me get out of my comfort zone, it really helped me launch my fitness

career, giving me opportunities that were otherwise not seen as possible. It has opened doors to new sponsorship and provided me with a platform where I could help others achieve their goals.

■ What has been the most difficult part of achieving everything that you have achieved, with regard to modelling and fitness, to date? And how did you get passed it?

I would say dealing with the narcissistic, selfish and vain side of the fitness industry. I had crossed paths with people who

would literally walk all over you in order to get what they want. Not granting you anything in life. I was raised to be humble and to help others where ever I can. I have also met friendly people who have helped me tremendously throughout my journey; I would say that it has made up for all the nasty people out there.

Another challenge was to accept myself and not compare myself to any other female athletes out there. This came with time, as I realised that my body is different and unique and I cannot expect myself to have a small waist or well defined quads if it's not in my genetics. I am just happy to be me J

■ **Speaking of USN, do you use any of their products? And what is your go to supplement?**

Oh, but of course! My go to supplements are Phedra-cut LIPO XT, amino lean, glutamine, liquid muscle and USN blue lab whey. I can't go without it.

■ **What do you still hope to achieve in your career?**

Well, i think my biggest wish is to be on the cover of an international magazine. That would be amazing.

■ **What tips do you have for up and coming fitness models?**

Be authentic! I see to many people trying to be something they're not! People comparing themselves to social media pictures and not staying true to themselves. Also,

if you want to be a fitness model, you will need to be prepared to answer a hell of a lot of fitness questions and advice. People will look up to you, treating you as a role model, and you can't get irritated when they ask you the same questions over and over again.

"I LOVE RESISTANT BANDS. THEY REALLY HELP WITH DEFINITION"

The natural edge

There are so many complex diets, methodologies and ideas out there, yet nothing compares to nature's simpler foods which are often the best performers.

By Adam Bible Photograph by Levi Brown

■ Taking supplements is a smart way to fill the nutritional gap, but you always need to ensure that you follow a healthy diet. Since these five may not be on your radar yet, here's all the info you need to make them part of your new menu.

Maintain energy levels with chia seeds

This ancient seed from Mexico is full of fiber, protein, and antioxidants and limits blood sugar spikes (providing steady energy) by slowing glucose absorption. Chia seeds also soak up 10 times their weight in liquids, so they keep you hydrated as they work their way through your GI tract.

THE BEST WAY TO EAT THEM: Crunchy chia goes in most anything—yogurt, smoothies, even meatloaf. Their super-gelling properties can upset your stomach at first, so start with a teaspoon.

Burn fat with green tea

Besides its powerful antioxidants, cancer-fighting properties, and memory-enhancing powers, green tea's active ingredient catechin also boosts metabolism to help burn fat. Plus, new research shows that the caffeine in green tea improves performance in the gym by reducing feelings of fatigue and increasing adrenaline levels.

THE BEST WAY TO DRINK IT: Make a pitcher of iced green tea to keep in your fridge so it's available when you otherwise might opt for soda or juice; when out, order green tea instead of coffee.

Stick with superfruits

Loaded with polyphenols, superfruits are justly trumpeted for their antioxidant abilities. Açai has some of the highest levels, beating powerhouses like blackberries and cranberries; the skin of apples is filled with quercetin, an inflammation-fighter; plums pack in the chlorogenic acid, which helps control blood sugar; and pomegranates have a potent dose of punicalagin, a polyphenol that can help put bad cholesterol in check.

THE BEST WAY TO EAT THEM: Blend açai berries and pomegranate seeds (aka arils) into a smoothie; toss sliced apples into a salad with nuts; and eat ripe plums whole or plop chunks into yogurt.

Boost endurance with beets

Known for boosting oxygen efficiency and lowering blood pressure due to their wealth of nitrates, these root vegetables have been shown to increase endurance by up to 16%. And in a 2012 The Journal of the Academy of Nutrition and Dietetics study, runners who ate beets an hour before a three-mile race finished the last mile 5% faster than beet-less runners.

THE BEST WAY TO EAT THEM: Have beets or beet juice an hour before endurance workouts; steam raw halved beets for 15 minutes—or grill foil-wrapped halves for 30 minutes—and enjoy as a side.

Ward off illness with watercress

Recent research crowned watercress—a small, leafy green with a peppery kick—the most nutrient-dense food in your local produce aisle. And -according to a 2012 study in the British Journal of Nutrition, athletes who ate 85 grams of watercress before intense exercise experienced significantly less damage caused by free radicals than those who didn't.

THE BEST WAY TO EAT IT: Toss sprigs of raw watercress in sandwiches or salads; blend it into smoothies; steam or sauté as a side; or serve it on top of freshly grilled meat as a natural flavour enhancer.

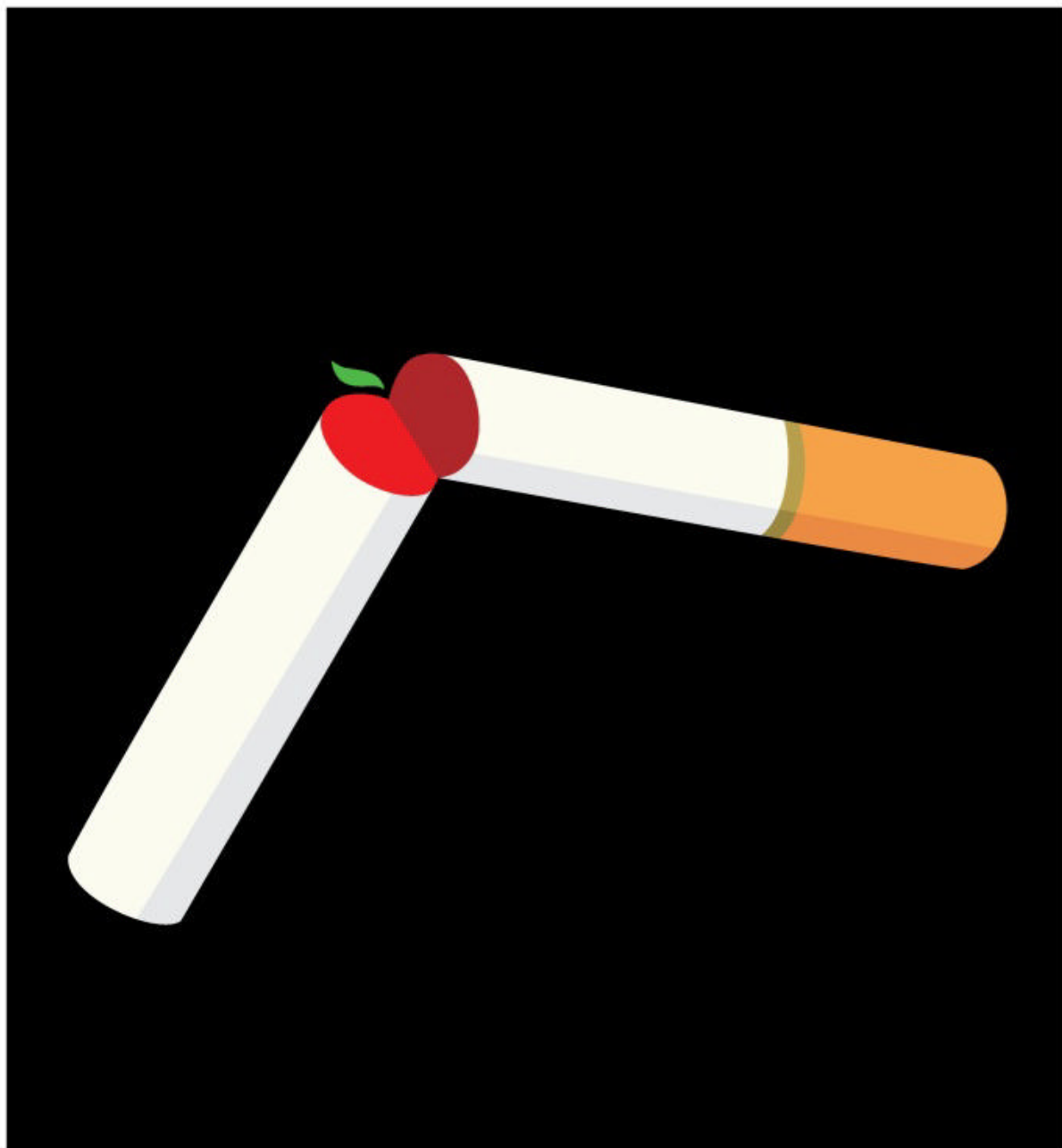




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Overhaul your habits

Creating new habits—or replacing bad habits with good ones—can be a lot easier if you know a few tricks

 Last year on his blog, Jay Z announced that he and Beyoncé were going on a 22-day vegan-only diet, writing, “Psychologists have said it takes 21 days to make or break a habit. On the 22nd day, you’ve found the way.” Nice rhyme—but not necessarily true. In fact, much of what we think we know about habits can be downright counterproductive. It can take months, even years, to build healthy habits, whether you want to quit smoking, start eating better, or just go to the gym more regularly. Here, the best ways to create good habits that will last a lifetime.

1. Give yourself at least 66 days to make a habit stick

That’s right, it can actually take two months or more to create a solid habit, according to a groundbreaking-but-overlooked University College London study, “How Are Habits Formed,” and follow-up paper, “Making Health Habitual.”

So where’d the “21 days” come from? “This myth appears to have originated from anecdotal evidence of patients who had received plastic surgery treatment and typically adjusted psychologically to their new appearance within 21 days,” study head Phillippa Lally, Ph.D., writes.

Hardly the template to follow to hit the

gym more or drop a pack-a-day habit.

In the London study, however, 96 subjects chose an eating, drinking, or activity behavior to carry out daily in the same context (like right after breakfast) and kept a log. When they did the behavior automatically, without thinking, 95% of the time, bingo—they had a new habit.

Here’s the kicker: Studywide, the time subjects needed to reach the “automatic” stage ranged from 18 to 254 days, with the average being 66.

So don’t set yourself up for failure by expecting to change your life in three weeks—it just doesn’t work that way.

2. Understand how a habit works before you try to change it

Perhaps the best treatise on habit building in recent years is the best seller *The Power of Habit*, by Pulitzer Prize-winning journalist Charles Duhigg. He created a system he calls “the loop,” which breaks habits into three actions: a cue (the trigger that reminds you to perform a habit), a routine (the action you do automatically), and a reward (the payoff you feel you get).

Say you’re trying to make a habit of going to the gym in the a.m. First, you need a cue: It could be as simple as laying your clothes out at night so you see them first thing; leaving your gym bag by the door so you trip on it as you leave; or setting the coffeemaker to brew automatically so there’s caffeine to get you going.

Next comes the routine: You go and work out at the gym. This is the part that will, with practice, become automatic once you’ve repeated it so many times it’s an ingrained part of your behavior.

Finally, you need a reward to congratulate yourself for following through. It may sound excessive, but it’s key to the process. After all, how many things in life would you do willingly, over and over, if you never got anything back? (Marriage doesn’t count.) So buy a spiced latte or play your most upbeat song—anything to help rewire your brain to feel better about

the habit and want to repeat it.

Now, to change an old habit or break one like smoking, you'll need to slightly modify the approach, Duhigg writes.

"To change a habit, you must keep the old cue and deliver the old reward but insert a new routine." For example, if every time you exit a staff meeting (the cue) you smoke (the routine) to relieve your stress (the reward), you won't be able to quit till you've found a new reward that follows that cue (the meeting) and provides that payoff (stress relief). Try various rewards till you find one that works—maybe a short walk outside, a funny YouTube break, or your favorite candy.

Of course, tough habits like smoking rely on multiple cues and rewards all day long, so try to figure each one out—not easy, but definitely worth the trouble.

3. Consider variety your enemy

"Changing it up" may be a good way to avoid boredom in the bedroom, but it's the enemy of efficient habit creation.

"Repeating a single action (for example, eating a banana) in a consistent context (with cereal at breakfast) is very different from the typical advice given to people trying to take up new behaviors, which often emphasizes variation to maintain interest (like trying different fruits with or between different meals)," Lally writes in her paper.

Aiming for variety takes extra effort and motivation, she says, which makes creating "automatic" habits even harder. Pick one cue, behavior, and reward, and stick with them till the habit's ironclad.

4. Don't quit if you miss a day—it won't matter in the long run

In the London study, researchers logged when a subject "missed an opportunity" (didn't perform a habit after having done it three days in a row), then calculated

how often those screwups caused subjects to fall completely off the wagon.

Answer: Almost never.

"Missing one opportunity...did not materially affect the habit-formation process," the study found. "There were no longer-term costs associated with a single omission." So don't fret about occasional bumbles—your habit building can still proceed without a hitch.

5. Use mental rehearsals to build your habit "muscle"

In Rewire: Change Your Brain to Break Bad Habits, Richard O'Connor, Ph.D., cites a Harvard study in which subjects practiced a one-handed piano exercise two hours a day for five days. Afterward, it was found, the brain area that controls the fingers was enlarged and enriched.

No big deal, right?

Then researchers asked one group to keep practicing for a month, another to stop practicing, and a third to only mentally practice. At the end, the earlier brain changes had disintegrated in the nonpracticing group, improved in the practicing group—and improved, to almost the same degree, in the group that only mentally practiced.

If you're building a habit, mental rehearsals and internal pep talks could actually improve your chances. Like the piano players, envision yourself performing your habit, for example, eating a healthy dinner instead of pizza, and that area of your brain will grow stronger.

6. Don't underestimate the undertow that can drag you down

"Undertow," or "the seemingly mysterious power that seems to wreck our attempts to escape self-destructive behavior just when we start to feel safe," is the unconscious force that can derail good habits, says O'Connor in *Rewire*.

But there are ways to gain the advan-

tage. Admitting that we're powerless over self-destructive behavior and that the "undertow" is a natural part of building better habits are key. "Accept that you have to make big changes in how your mind works in order to stop your self-destructive behavior," he writes.

One big help: mindfulness. Yes, it borders on cliché lately, but being able to stay self-aware moment by moment can be a boon to habit building.

7. Let technology feed your habit

Sticking with a habit for months on end is tough, but tech can lighten the load.

One great app is HabitBull for Android. It doesn't just remind you to do a task—with funny messages, if you choose—it also creates a "habit streak" ("Ten days straight without a doughnut, whoooooeee!") you won't want to break.

On iOS, the Way of Life app tracks habits in day-to-day charts, so it's easy to visualize both the good and the bad.

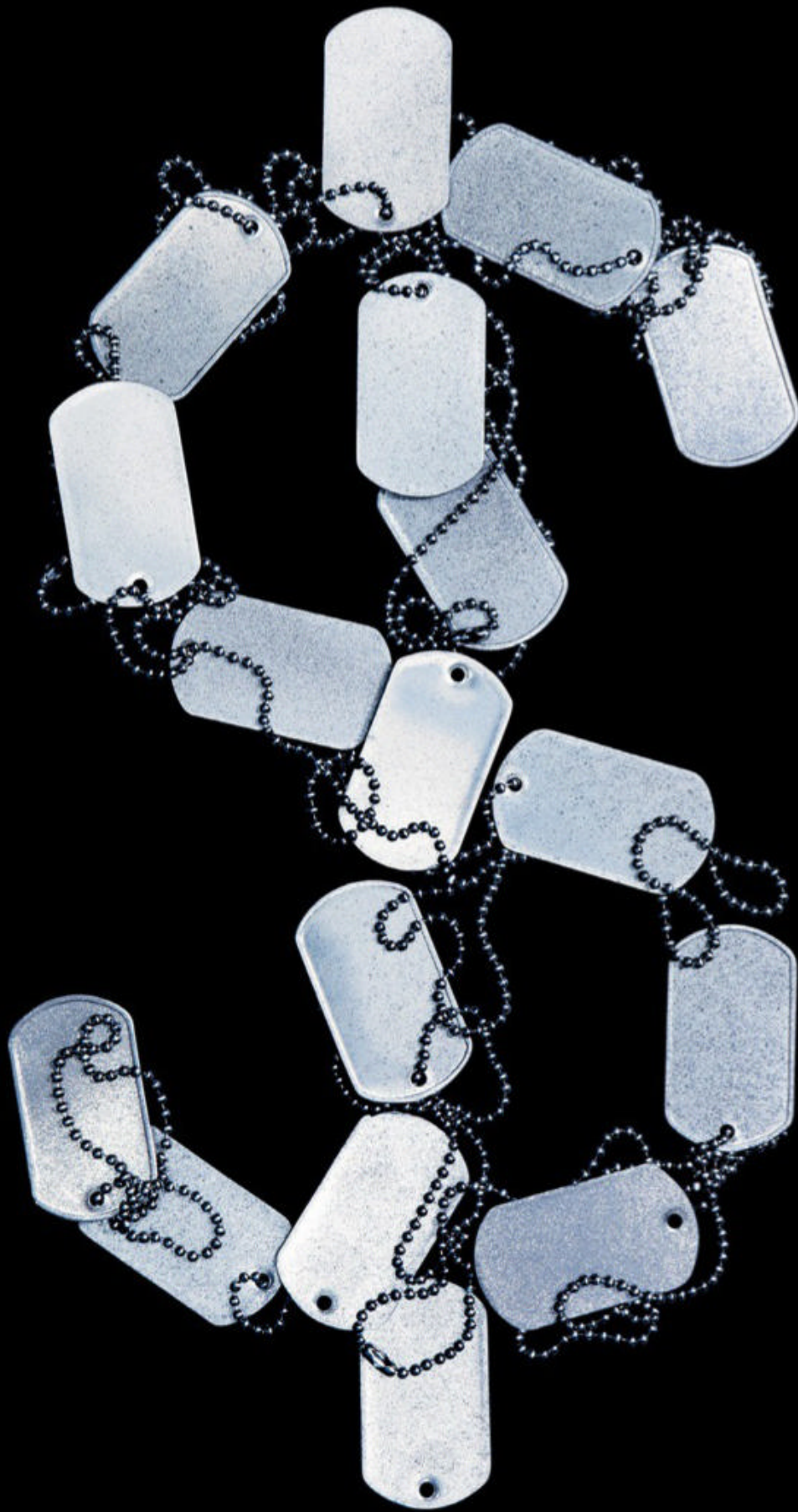
Finally, let Andrew Shamel's Mindful app remind you several times a day to take a mindfulness break, like a brief meditation, a moment of reflection, or deep breathing—great habit reinforcers.

Or just tell Siri, "Set a reminder at 4 p.m. to eat some nuts," or use GPS to alert you the next time you pass a vape store. Habit building's tough enough, so why not use all the help you can get? ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.



by Mario Armstrong



**GREAT INVESTORS
DO THE OPPOSITE OF
WHAT THEIR EMOTIONS
URGE THEM TO DO.**

The Navy SEAL's guide to success

What a highly decorated, financially successful, wildly knowledgeable former elite soldier can teach you about how to get ahead.

IF ERIC GREITENS WERE your commanding officer, you'd have to listen to him—the military is tough like that. Of course, he's not your CO, but you should listen to him anyhow because he's a worthy superior in every way. A former Navy SEAL and commander of an al Qaeda–targeting cell, he's also a boxing champion, a taekwondo second dan, and a sub-3-hour marathoner who bench-presses 130 kilograms. That's not all. Greitens is also a Rhodes scholar who got a full academic scholarship to Duke. And, most obnoxiously, he's not obnoxious, either. In fact, when he returned from Iraq with a Purple Heart, he used his combat pay to found a charity, The Mission Continues, which helps veterans find meaning and thrive in their post-service lives. So it's no surprise that a guy who knows his bench max down to the half pound doesn't get through life just by winging it. Greitens has developed systems and techniques to help him achieve his goals, many of which he outlines in his new book, *Resilience: Hard-Won Wisdom for Living a Better Life*. Here are his essential lessons for achieving financial freedom and professional success.

Create your own movie poster

All of us have ideas of what we want our lives to look like, from getting more exercise to getting the girl to getting the promotion. But to fulfill those desires,

Prop styling by Nicole Heffron/Bernstein & Andrulli



by Jack Otter

Greitens says, you need more precision.

First, put your goals on paper.

Yes, it sounds dorky. But experts have found that the mere act of writing down goals increases your chances of achieving them.

Then Greitens takes it a step further. “Visualize the moment of achievement,” he says. “Show me what the movie poster looks like.” Once, when a veteran was struggling to transition to the civilian world, Greitens helped him create this mental snapshot: “He said, ‘I’ve just walked across the stage, I’ve just gotten my degree, I turn and see my family smiling at me, and I’ve got a job lined up,’” he recalls. You can guess what that soldier did after that.

By carrying a picture in your head, “you’re not just ‘working toward’ these goals,” he says. “The picture gives you something to actually ‘live toward.’”

Finally, share your goals. By letting your buddies know that, say, you’re focused on paying off your student loan by 2017, they’ll understand when you skip the Vegas trip this year.

Solve the problem before it becomes one

Greitens reached back more than 2,000 years to the Greek Stoics for a life hack that helped him get through SEAL training, and it can help you overcome adversity, get to the office early, and avoid stupid financial moves.

As we all do, the Stoics thought about things that could go wrong. But instead of worrying, Greitens says, they mentally rehearsed their responses. They even gave the process an awesome name: “Premeditation of Evils.”

One of the tests for SEAL hopefuls requires them to jump in the water, do a front flip while submerged, then, without taking a breath, swim underwater the full length of the pool and back. So Greitens mentally practiced for the moment when he was 25 meters in, out of breath, and couldn’t even see the finish line. “If the first time

you do it is during the test, you’re going to bolt for the surface,” he explains.

Instead, he imagined telling himself to put his hands out in front, relax, then pull his hands back. “If you’ve thought about it over and over again, when that moment comes, you’ll know how to react.”

The technique is so useful because we tend to be guided by our emotions, which often push us in the wrong direction. “So when the alarm goes off at 4 a.m.,” Greitens says, “your feelings say snooze. And if that’s all there is to guide you, you’ll keep hitting snooze.” Instead, mentally rehearse what you’ll do: Get up and into the shower, enjoy the hot water, have enough time to get ready before arriving at the office on time.

It works with money, too. One of the hallmarks of great investors is that they do the opposite of what their emotions urge them to do. So mentally rehearse exactly what you’re going to do with your savings when the next market crash comes (and it will). Though every bone in your body will want to sell, picture yourself logging into your account and investing a small amount in the market. And if it keeps falling, buying a little bit more. Then imagine that movie-poster moment, in the next bull market, when your friends say how they wish they’d bought at the bottom, and you say, “I did.”

Remember: It’s not about you

Greitens says the toughest time in his entire SEAL-training Hell Week wasn’t when he was carrying a soldier on his back on a 16km run or struggling underwater with his hands and feet tied. It came when the men were finally allowed a few desperately needed hours in their cots, but he couldn’t fall asleep. “I started to feel all this self-pity and fear. That was my hardest moment,” he says.

At times we all feel this way. Occasionally, it’s even justified—life isn’t always fair. But unlike a football coach, you don’t get a challenge flag; there’s no one to overturn the ruling on the field. So

Greitens came to a realization—one that can help make you a better employee, a better husband, a better father.

“I said to myself, ‘It’s not about me. This test is about my ability to be of service to the people who are asleep

in this tent right now,’” he recalls. He stopped focusing on himself, and his fear and self-pity washed away. And he fell asleep. “The more I thought about myself, the weaker I got. The more I recognized that I was serving a purpose larger than myself, the stronger I got.”

Be a good soldier

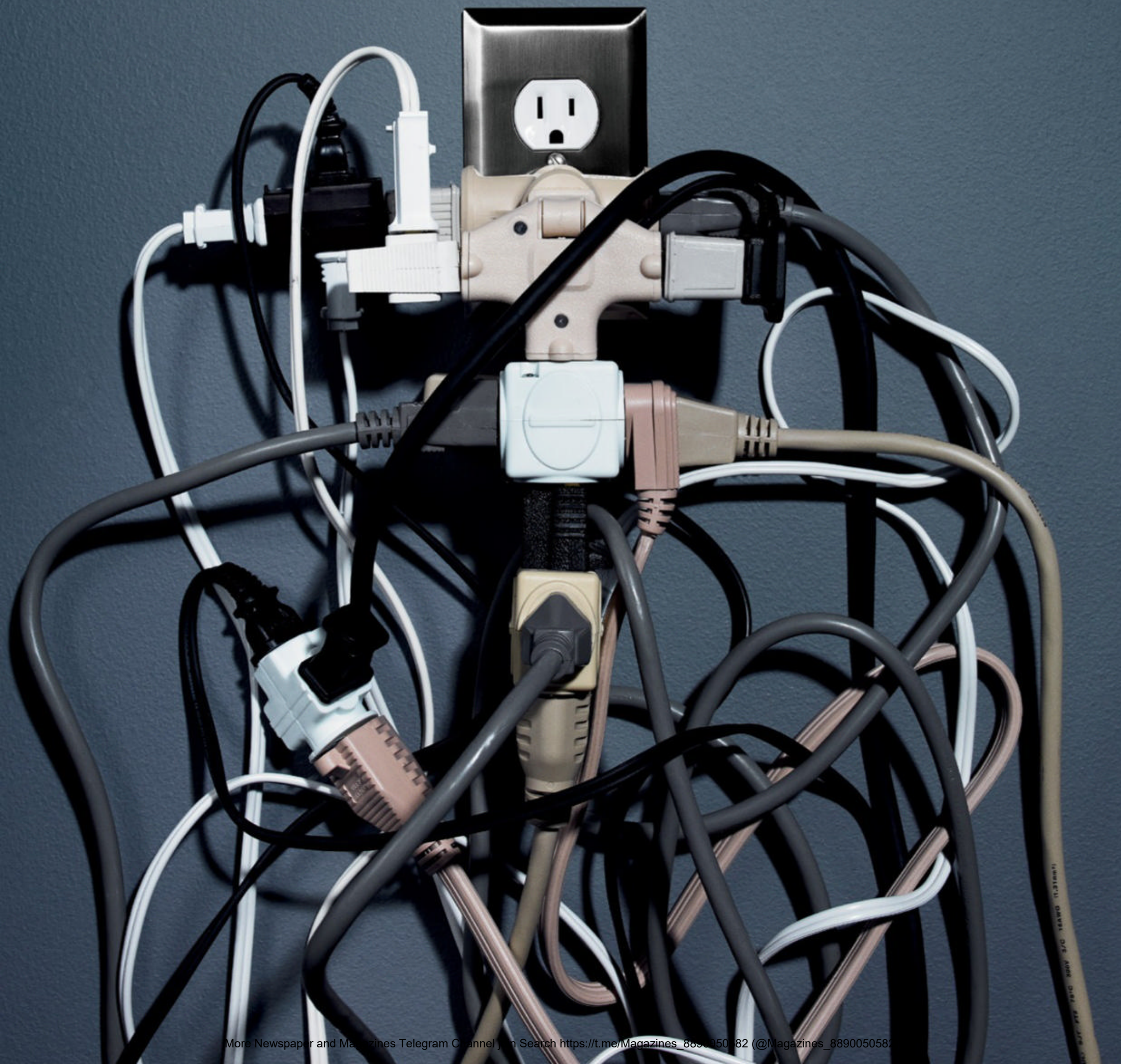
If you start saluting your boss every morning in the office, you’ll look like a jackass. But there is one military procedure I sometimes wish my direct reports would follow, and Greitens concurs. It’s called “commander intent.”

After receiving an order from a superior, a lower-ranking officer will repeat it: “You told me to do X because we want to achieve A, B, and C,” Greitens explains. In civilian terms, it means making it clear you understand what your boss wants to accomplish. “Not just what he’s asked you to do,” he says, “but his larger goals, for the week, the month, the year. What are the larger goals the company is pursuing?” Every day when you get to the office, you want to be able to act as if you’re an owner of the company.

Now, in the real world, where the boss is more like Michael Scott than Agent Coulson, your boss either won’t tell you what he wants, or he’ll make a very specific demand today, then contradict himself tomorrow. Tempted to give up? Close your eyes and picture the movie poster: you, sitting in your boss’s chair, doing a better job. Then premeditate the evils conversation. Greitens provides the script: “I really want to make sure I’m doing this job in a way that’s going to exceed your expectations,” Greitens suggests. “I’d be grateful if you’d help me understand this in a way that I can achieve excellence.”

Got it? Dismissed. ■

When stress



doesn't suck

What you think is killing you should
actually make you stronger

By Michael Behar

Photographs by Christopher Griffith



“You seem tense”, my iPhone texts me, and suggests



I take a brief meditation break. Is it reading my mind?

No, it's just a message from the five centimetre long gravity orb attached to the waistband of my jeans, called Spire, which monitors my respiratory rhythms and alerts me whenever it senses a period of rapid, shallow breaths. Spire was invented by Neema Moraveji, Ph.D., a computer scientist who directs Stanford University's Calming Technology Lab, where his team has studied prototypes like Mail0, touted as "the world's first calming e-mail client," as well as Morphine Drip, an app for injured athletes stressed out because they can't play". We're also trying to bring natural elements into sterile work environments," says Moraveji". This includes outfitting desks with real grass".

These are just some of the latest products to join a global marketplace filled with anti-stress teas, body lotions, shampoos, colognes, dermal patches, even socks. On my desk is a vial of Bach Rescue Remedy Natural Stress Relief. Four drops of this homeopathic concoction on my tongue should alleviate "everyday stress," the label claims. Like gazillions of other supplements purported to reduce stress, Rescue Remedy doesn't work. (Or at least, not in my case, according to my new monitor.) But that doesn't stop people from buying it. In fact, Americans are starved for stress salves. As of 2009, Americans spent an estimated R190 billion on stress-relief products. And according to a 2012 report by the World Health Organization, job- and workplace-related stress annually costs American industries upwards of R41 trillion, with #feesmustfall

The problem isn't that stress is killing you—it's that you *believe* stress is killing you.

protests and a president that is trying to capture the treasury, I would be surprised is the South African number is higher than this.

But unlike the marketers of herbal potions, the makers of Spire—a truly promising stress-relief aid—make no bold claims that their product will magically wash away your stress. In fact, Moraveji tells me, "our company is not about stress reduction. Stress is a part of life". That's because Moraveji, along with a growing number of scientists, doesn't think stress is actually bad for you. To echo stress researcher Shawn Achor: The problem isn't that stress is killing you—it's that you believe stress is killing you.

Achor should know. In 2007, while studying ethics at Harvard, he founded GoodThink, a research and consulting firm. In 2010, he wrote the book *The Happiness Advantage*, on the power of positive psychology. And in 2013, he co-authored a study, published in the

Prop styling: Ariana Salvato/Apostrophe

Researchers believe the act of mentally embracing stress can yield physiological changes—genes firing, neurons rewiring—that measurably improve mental and physical performance.

Journal of Personality and Social Psychology, which demonstrated that “it’s how people perceive stress” that determines how it impacts our health. Stress scientists call this phenomenon the “stress paradox”. When your boss yells at you, your endocrine system dumps stress hormones—adrenaline, cortisol, norepinephrine—into your bloodstream that set off the classic fight-or-flight response. Your heart rate and blood pressure elevate, your breathing ramps up, and your metabolism rapidly converts fat into fuel to power your muscles. An evolutionary adaption, the stress response saved us from life-threatening situations in the wild. Too much stress, however, produces an overabundance of these hormones that begin dissolving vital organs, like Drano in the bloodstream. (For instance, cortisol causes oxidative stress, a process that plunders electrons from atoms within healthy cells, the way rust rips apart steel.)

The paradox, says Stanford University neuroimmunology professor Firdaus Dhabhar, Ph.D., is that those same toxic, harmful molecules we associate with stress—though in lesser amounts and for shorter periods of time—are what make you healthier and stronger.

When you engage in high-intensity exercise like CrossFit, your body reacts to the external challenge and activates similar mechanisms responsible for the fight-or-flight stress response—sometimes for several hours at a time. When released for a short period of time, defined as “minutes to hours,” the adrenaline, cortisol, and norepinephrine can function in harmony to build up your body, then dissipate over time. Exercise can induce a beneficial stress response,” says Dhabhar.

The spike in heart rate, respiration, and energy lets you train harder, which builds muscle. The fight-or-flight response also activates your brain’s endocrine, immune, and metabolic machinery. Together, these systems dispense insulin, testosterone, and growth hormones (among other hormones) and also communicate with various genes and proteins that alter the brain, as well as muscle tissue—both skeletal and heart—to boost strength and stamina.

“Exercise creates a positive balance of chemicals that can have positive effects on the heart and the brain,” says Bruce McEwen, M.D., a professor of neuroscience at the Rockefeller University.

Of course, striking that effective balance of fight-or-flight molecules comes easier for some people than for others. And, say McEwen and Dhabhar, both pioneers in the stress-is-good-for-you research field, our ability to cope with stress derives from several factors, including both nature (McEwen has identified specific genes that are part of the body’s response to stress) and nurture (science confirms that prolonged stress during childhood, from things like abuse, malnutrition, or abandonment, will breed adults who instinctively loathe stress and, consequently, will suffer physically from it).

But how does the stress paradox work for everyone? Dhabhar and McEwen, along with a cadre of other researchers, are trying

to solve that mystery. And after studying both animals’ and humans’ brains, genes, and responses to exercise, they believe not only that our mind-set is the single biggest determining factor in whether stress is ultimately toxic or beneficial to health, but also that the simple act of having a positive attitude about stress can yield discernible physiological changes—genes firing, neurons rewiring—that measurably improve mental and physical performance.

It’s for this reason that Achor collaborated with Moraveji to develop Spire—because it’s much easier to embrace stress once you’ve been alerted to the fact you’re stressed in the first place, so you can identify its source. (Spoiler alert: This isn’t as easy as you might think.)

“Basically, we’ve discovered that if you think of stress as something that will impede your performance, it will do exactly that,” says Achor. But if you treat stress as a challenge, you’ll emerge stronger than ever.

You’ve just got to learn how to do it.

Everything you know about stress is wrong

B

lame the modern-day stress-is-evil epidemic on a Hungarian endocrinologist named Hans Selye. In 1934, while doing sex-hormone research at McGill University in Montreal, Selye, who was 28, began experimenting on rats. With the hapless rodents strapped to a wooden plank, he injected them with irritating substances like formaldehyde, starved them, shocked them,

chilled them, and inflicted various other forms of torture, then examined their internal organs.

In a pivotal Nature paper he published in 1936, Selye used the word stress to describe how his test subjects had responded to their torment. (At the time he actually meant strain, but the linguistic error stuck.) He later performed similar atrocities on chickens, dogs, guinea pigs, and monkeys and went on to write in the British Medical Journal that his experiments produced outcomes “not unlike that occasioned by physical and mental fatigue in man”.

Alas, stress as a vague but malicious force in our lives was born.

In Selye’s 1956 book *The Stress of Life*, he introduced the concept of “general adaption syndrome”: that stress can be a nefarious accomplice of common afflictions like heart disease, ulcers, arthritis, hypertension, and cancer. Yet, even today, 60-plus years later, there’s still no consensus on what stress actually is.

“Perhaps the single most remarkable historical fact concerning

the term ‘stress’...is [the] almost chaotic disagreement over its definition,” wrote John Mason, M.D., a Yale psychiatry professor who pioneered the diagnosis of PTSD following the Vietnam War and emerged as one of Selye’s more vehement detractors. While Selye believed stress was a physiological reaction, like getting a fever when you’re sick, scientists in Mason’s camp considered stress a largely psychological condition, requiring emotional arousal to produce its main hormonal effects: In other words, if you’re physically stressed (say, hungry or exhausted) but not emotionally stressed (e.g., afraid or angry), the stress you experience will be minimal. That argument over the role of stress in our bodies continues today.

Selye embraced the idea that stress wasn’t all bad in his 1974 book *Stress Without Distress*. He thought “stress was not only the bane, but also the spice of life...for complete rest means death,” says Mark Jackson, Ph.D., a University of Exeter history of medicine professor. Though he wasn’t the first: In the 1800s, while studying the causes of insanity, British psychiatrist Charles Mercier wrote that poor health could often be traced to “the boredom of insufficient stress”.

“Even at the beginning, people were saying a certain amount of stress can be good for you and that we shouldn’t just live quiet, calm lives,” says Jackson, author of *The Age of Stress: Science and the Search for Stability*. Some pressure, some stressful preoccupation is actually very healthy. It’s always been double-edged”.

Among scientists, learning how to harness stress to boost performance has been a more recent endeavour. GoodThink’s Shawn Achor got the idea for his mind-set study while he was in Marine boot camp. “To pay for Harvard, I had to do a military scholarship,” he says. “There was no praise. I was just getting yelled at for not doing push-ups fast enough. It taught me from the beginning that when stress happens, I have to embrace it. Like, ‘Cool, I get to go for a run’ instead of ‘I can’t believe I have to go for a run.’” He remembers that anyone in boot camp who didn’t man up to the hardships eventually dropped out—“They broke because the stress was too much for them”—and decided to find out if there was an underlying physiological reaction at play.

For his 2013 study, Achor partnered with Stanford’s Alia Crum, Ph.D., and recruited 388 employees of major financial institutions, mostly investment bankers and wealth managers. Crum asked each participant a lengthy set of questions to gauge their stress level, physical health, and mental well-being and found that all were acutely stressed out—which made sense, Achor says, since the study began not long after the start of the 2008 global financial crisis. Next, they showed half the subjects a short uplifting video—think: a soundtrack right out of a happy Disney film—that presented scientific evidence on the “enhancing nature of stress,” while the other half viewed a slow-moving downer bemoaning the “debilitating nature of stress”.

The upshot: When questioned again, those who’d watched the positive video felt less stressed and in the following months had 23%

Monitoring my stress monitor

What our correspondent learned after spending a week under the watchful gaze of the newest body tracker

Countless new gadgets advertise the ability to monitor your stress. Some log heart rate; others record electrical impulses. Granted, the only 100% bombproof method would be collecting saliva and blood samples to chart your stress hormones. Even so, wearables do a really good job. For one week, I wore a Spire monitor (R2 000, spire.io), which tracks respiratory rhythms. Here are three things I learned. —M.B.

1) Stress Monitors Are Really Great at Measuring Calm

Spire parses moods into four categories—calm, tense, activity, and focus—and knows how long you’re in each realm. It’s most valuable teaching you what makes you calm. I discovered that my longest stress-free “calm” periods occurred when I cooked for my family or read to my 5-year-old son before bedtime. I plan to do more of both.

2) Booze Agitates (But Pot Performs as Advertised)

In what I thought were two very stressful events—an argument with my wife and a reprimand to my kid—Spire’s only reaction was to inform me I was “active” (duh, I was pacing). Perhaps this is good news? My big surprise: Alcohol triggers stress. A martini roused Spire’s “tense” alert after the first sip. But red wine didn’t. And since I live in legalized Colorado, I couldn’t resist testing Spire’s precision with a bit of cannabis. Predictably, it shifted into “calm” mode for two hours.

3) A Stress Monitor Is a Helicopter Mom

While working, the Spire—pressed against my skin on my belt line—often drove me bonkers. Every 10 minutes it would text me (via my iPhone) that I was “tense,” then vibrate against my belly until my stress abated. At first this only made me more stressed! To keep calm—and meet my deadline—I shoved Spire into a file drawer. But even in exile, Spire kept at it, dispatching its admonitions: “You’ve been pretty sedentary for 60 minutes. Time to stretch your legs?” Yet I plan to keep using it.

The new Spire stress monitor, developed at Stanford



fewer stress-related health problems—and all from one corny video.

In a subsequent study, Achor and Crum gathered 63 university undergrads and told them to prepare to speak publicly in front of their classmates, who would evaluate their performance—a scenario that would freak most people out. They then interviewed each student to determine how he or she perceived stress (love it, hate it), then took saliva samples to measure the stress hormone cortisol. Sure enough, the students who claimed they thrived on stress had a quick spike in cortisol that then dropped off precipitously, suggesting a robust and healthy fight-or-flight response that elevates focus and energy. But in those who feared the speech, the cortisol lingered for far longer. (Remember the “Drano in the bloodstream”?)

The findings led Achor and Crum to work with Moraveji on developing the Spire stress monitor, which—along with its competitors, like PIP, Tinké, Phyode, Olive, and Embrace—could have a profound effect on how the average person perceives stress. As I found when wearing the monitor for several days (see the sidebar at right), the obvious triggers for stress—job woes, family tensions, traffic jams—didn’t actually trip my fight-or-flight response. Most often it was something mundane that activated the Spire stress alarm. For instance, I discovered that perusing my e-mail inbox routinely makes me tense, as does the chirping of incoming text messages.

“Knowing what really riles you is the first step toward harnessing the power of stress to make you healthier and happier,” says Achor. But, how to game stress to your advantage?

You can make stress work for you

Rockefeller U’s McEwen has spent years studying the impacts of stress on the body and believes the notion of mind-set—the trendier term is mindfulness—is more than just some hippythink abstraction: Evidence is growing that what you think can change your body right down to your cells. It’s all related to “neural plasticity,” the concept that many factors—environment, emotions, injuries—can cause the brain to “rewire” itself to compensate, for better or for worse.

Toxic, uncontrolled stress is one factor that can cause this brain change—and not in a good way. Using medical imaging on animal models and human subjects, researchers found evidence that stress withered not just the brain’s hippocampus, where memories are stored, but its prefrontal cortex, which handles complex problem solving and helps regulate behaviour and mood. It swelled the amygdala, the brain’s fear centre, as well.

His latest research also found that, during chronic stress, blocks of “junk DNA”—human DNA once thought to have no biological function because it didn’t transmit genetically coded instructions to cells—actually awaken and wreak havoc on the body. On the bright side, engaging the right mind-set has the power to both reverse and prevent damage caused by stress, McEwen says.

TACTIC NO. 1: Understand the difference between physical stressors (like exercise) that often physiologically benefit you, and emotional stressors (anger, frustration) that, if allowed to persist, can keep your body’s chemical stress machinery running too long—and lead to that “Drano effect”.

In the case of the latter, it’s about finding the right mind-set: “Deal with the present, and don’t worry about things you don’t have any control over,” says McEwen. When you do that, “studies have shown...meaningful brain changes in terms of connectivity patterns”.

You can take it a step further and engage in mindful meditation: For just a few minutes, relax, clear your mind, and focus on your breath. It’s a powerful technique that can sprout new brain cells—like a gecko re-growing a severed tail. Studies show you’ll have a longer life, a stronger immune system, and better cardiovascular activity, which will boost your physical performance by getting more oxygen into your blood.

In athletes, bad stress directly affects performance. During his research, Achor met with NFL Hall of Fame defensive end Michael Strahan, who told him that the fear of getting injured was a near-constant stressor. “He was worried he’d blow out his ACL at any moment,” Achor says. But in his final year, he decided to just enjoy the sport and embrace being there—and had his best statistical year by far, which he attributed to that mind-set. Former NFL players Brett Favre and Tiki Barber both used a similar strategy, he says. They acknowledged the stress, then rechanneled their energy toward the task at hand.

TACTIC NO. 2: Fine-tune the intensity and duration of workouts to take full advantage of physical stress—but don’t go overboard.

Using brain scans, McEwen has seen that regular aerobic exercise—even just a brisk walk—stimulates neural growth and blood flow to the brain, as do weightlifting and interval training. But according to Jay Hoffman, Ph.D., a professor of exercise science at the University of Central Florida, it takes intense physical activity to ultimately increase strength and performance. Charging hard deluges the body with stress hormones. These hormones energise your metabolism, which helps you train “at a higher level than you’re accustomed to,” says Hoffman. Doing so “creates stress that will cause some small damage. But the resulting recovery will enhance the physiological system”—for obvious performance gain.

But if you get carried away at the gym, the paradox begins to work against you.

When McEwen and researchers at Japan’s University of

Tsukuba put rats on treadmills at different paces, they found that running at a moderate intensity provided the most physical benefits from stress.

In humans, this suggests that during intense exercise, you should hover right around your VO2 max (the measure of your body's ability to metabolise oxygen during exercise). Going above VO2 max is OK—but not too far, and only in short stints, Hoffman says. More, and you're overtraining, risking toxic stress. You'll know when it's happening". If you normally run an eight-minute-1.7 kilometre pace, then have difficulty maintaining that [hours or even days after a hard workout], you may need to back off till you recover".

Hoffman also proved this in studies he conducted on NBA and NCAA basketball players. In both, he found that when coaches compelled players to perform too far beyond their physical capabilities, the benefits of training dropped off—they couldn't jump as high or squat as much weight; their reaction time slowed and endurance dwindled.

"If it's easy for you to lift 46 kilograms, you have to lift 50, then do the same number of repetitions till it gets easier," says Hoffman". This is considered 'progressive overload': As soon as the body adapts to a new kind of stress, you then increase the stress".

But suddenly jump from 50 to 69 kilograms, and the stress can create "a pathological, not a physical adaptation," he explains. All that overtraining forces the fight-or-flight response into a feedback loop, breeding a type of exercise-induced chronic stress that can lead to thyroid and immune disorders, high blood pressure, heart disease, weight gain, and depression. For it to supercharge health and fitness, the fight-or-flight response must be short-lived—from a few minutes to a couple of hours—and not persist for days or weeks, which makes it toxic.

Normally, exercise stress stimulates your immune system to protect against infections and other diseases, including cancer. Studies by Dhabhar at Stanford show that a moderate workout prior to surgery can speed recovery. But there's always a danger of stress overload. In marathoners, Hoffman has seen "an increase in upper-respiratory-track infections and other changes to the immune system," he says. Group exercise can be particularly problematic because a trainer or coach doesn't know each individual's limits.

"The body's very good at not trying to kill itself," he says". We have an innate mechanism that tells us when to slow down. We run into issues when we have an external force—like a CrossFit coach—pushing somebody past where they feel comfortable". His advice: Listen to your body, not an overzealous trainer barking about feeling the burn.

TACTIC NO. 3: Have more sex. It's the perfect twofer, says Dhabhar, because it mitigates the harmful effects of chronic stress while also triggering the kind of chemical response you get from exercise. Plus, it's the one activity that produces positive stress that even the most virile dudes can't overdo. ■

How to tell if you're stressed (without a newfangled monitor)...

Do a body check

■ Got cold or sweaty palms, tense or twitching muscles, diarrhea, nausea, or dizziness? Is your heart pounding? Are you breathing rapidly? Clenching your jaw? The body releases adrenaline and cortisol when stressed, raising heart rate and BP—so any physical symptom can be a sign.

Do a head check

■ Suddenly unable to concentrate? Dwelling on negative thoughts or nagging worries? Irritable, or freaking out over small mistakes? Beating yourself up, or feeling overwhelmed? Anxious for a cigarette or a drink? Yup, that's probably stress.

...and what to do if you are

Take physical action

■ Anything that relaxes you quickly is probably a stress beater. So take a few deep breaths—better yet, do a breathing exercise (see mensfitness.com/breathe to learn how); listen to a guided mindfulness exercise (no eye-rolling—it really works) from marc.ucla.edu; listen to calming music; watch a funny YouTube clip; or do five minutes of a favorite workout move or a 60-second yoga pose.

Take psychological action

■ If emotional changes—fear, anger, frustration—accompany physical stressors, the actual stress will be greater, Yale's John Mason found. So nip it in the bud by immediately ID'ing any stress-causing emotions and using positive self-talk—along with the physical strategies suggested above—till you're calm again. —ADAM BIBLE

EMPOWERING OTHERS THE STORY OF Tim Taylor

Photographer Jason Ellis | @JasonEllisPhoto

Tim Taylor, a self-made millionaire in the real estate game, isn't just about buying and selling apartment complexes. His passion lies in empowering others to achieve financial freedom through strategic investing. We sat down with Tim to delve into his unique approach, the inspiration behind his coaching program, and the secrets behind his success system.





Hi Tim, it's a pleasure to have you speak to us. You've grown so much in your career and inspired so many people to follow in your footsteps. What initially drew you to the world of real estate investing? Back in 1983, I saw a late-night real estate infomercial featuring Carlton Sheets with a program called No Down Payment. I bought that program and knew being a real estate investor was my career path.

Can you walk us through your journey, the challenges you faced, and the strategies you adopted to achieve your first million in real estate? When I started my real estate in-

vesting career, I only had \$368 in my bank account. I found a mentor who challenged me by saying if I would agree to buy 10 of his single-family rental houses, then he would show me how to raise the money to buy them. Buying 10 houses with only \$368 to my name was the biggest challenge of my life. My strategy was to get a mentor who had already achieved what I was desiring to achieve and still is my #1 strategy for achieving any goal I have in life.

What's the core philosophy behind your coaching program and how does your systemized approach differ from traditional real estate education? Being successful is a mindset more than a strategy. You must "believe" you can achieve it before you have it. My real estate slogan is, "Until you own the 6 inches of real estate between your ears, you won't own any real estate beneath your feet."



What are the biggest misconceptions people have about real estate investing? That you must have money to make money.

What exciting trends do you see shaping the future of real estate? Real estate has been on an upward trend for the past 12-14 years. And everything that goes up, must come down. And everything that goes down will come back up better than before. So the trend I see is that we are going to have a pull-back in real estate prices in the coming few years and that will be a great buying opportunity for investors.

What got you started on your fitness journey and how has the discipline you've learned through fitness training helped you find your work-life balance? My journey started in 2004 when I moved from Ohio to Florida. I was 39 years old, 5'7", and weighed 183 lbs (28% body fat), and the first time I went to the beach I was embarrassed to take off my shirt. I knew then I needed to start working out and

to change my diet. I immediately got a gym membership and started working out. I've had a couple of great trainers along the way who taught me so much about training and nutrition and I made substantial changes in my physique. But my nutrition was like a yo-yo. One month was great, the next 11 months were average at best. So I never maintained a peak physique year-round. Until now, in 2020, (at 55 years old) I met and trained with bodybuilding legend Robby Robinson. This was a game-changer. Robby taught me how to train properly using correct body positions during my exercises and completely changed my nutritional plan and the timing of my water intake. Now, my training and nutrition is a lifestyle year-round and never let myself get

outside of the 10% range of my Peak Physique year-round.

What tips do you have to stay fit despite the demands of a busy work schedule? I view the #1 asset I have in life is my health. Without good health, it doesn't matter how much money you have. If you have bad health you won't get to spend time with your loved ones or friends. So, I make it a priority to take care of my #1 asset every single day by eating healthy, drinking lots of water, and working out daily.

What does your basic weekly routine look like and what are some of your favorite and absolute worst muscle groups to work on? I am on a 4-day on, 1-day off Rotation.

Day 1: Quads in the morning and hamstrings, calves and abs in the afternoon.

Day 2: Shoulders in the morning and pull-ups, abs in the afternoon.

Day 3: Back in the morning and biceps/forearms and abs in the afternoon.

Day 4: Chest in the morning and triceps and abs in the afternoon. Also, I do 10-15 light cardio with each workout and alternate, sometimes my cardio before the workout and sometimes at the end of my workout.

Day 5: Rest Day. I also alternate from heavy weeks to light weeks. One week heavy weights and low reps and the next week lighter weights and higher reps. My favorite body part to work on is shoulders. I really don't have an absolute worst muscle group to work on. However, my least favorite is back day.



What role does nutrition play in your overall fitness regimen? Bodybuilding and physical fitness is 80% nutrition. As my mentor, Robby Robinson says, “You’re never going to out-train a bad diet. So nutrition is the #1 component necessary to your overall fitness regimen.

Are there any specific foods or nutrients that you prioritize to support your physical performance and recovery? The #1 thing is I stay consistent with my water intake. I drink 16 oz of warm water with lemon first thing when I wake up. Then drink 8 oz of water 30 minutes before each meal, and another 8 oz of water 45

minutes after each meal. Water is the transporter of all of the food nutrients that I consume, so it’s important that I get the timing of my water intake correct before and after each meal. I also eat 5 small meals a day, eating every 3 hours, and I make sure I get 30-50 grams of protein with each of those 5 meals. My meals are between 7 am – 7 pm daily. Also, my body is carb-sensitive and I retain a lot of water when I eat too many carbs, so I keep my carbs to less than 100 grams a day.

If there’s one piece of advice you could share with our audience, what would it be? Finding great mentors is the key to success.



Regardless if it was real estate investing, personal development, or physical fitness. I always started by getting a world-class mentor to guide me first. Because they know the “blueprint” and will compress 3 years of trial and error into 3 months of knowledge.

Where can our readers follow you for all your latest news and updates? They can go to my website TimTaylorSuccessCoach.com or view our upcoming documentary featuring Robby Robinson and myself called,

“Robby Robinson’s Blueprint.” Robby Robinson “Once hailed as a bodybuilding icon, Robby Robinson vanished from the limelight. Now, at 77, he’s back, defying age with an incredible physique. Explore his journey from past struggles to triumphant return, as he reshapes the fitness industry and reveals the real Robby Robinson “

Please could you leave us with a few inspirational parting words? I believe that The Purpose of My Life is: “To create the BEST possi-

ble Quality of Life that I can, for myself and my loved ones, and to help others around me do the same.” I am always focused on raising the bar in all areas of my life, in hopes that it will inspire others to do the same in their lives and also to demonstrate that nothing is impossible when you are focused and determined. I believe that you’re never too old and have the best physique of your life.



pool side

From floral print to bold colours,
there is no right or wrong colour
to wear as you splash around
in the water this summer.

By Ghia Ten Deschoete
Styling By Lexie Robb
Photography by Nicole Louw

T-shirt: TOPMAN R329
Shorts: TOPMAN R1 499
Watch BELL & ROSS
R75 000



T-Shirt: TOPMAN R329
Flip Flops: SUPERDRY
R499
Shorts: TOPMAN R429
Watch: BELL & ROSS
MILITARY R60 000



極度乾燥(しなさい)
Superdry

T-Shirt: TOPMAN R329
Shorts: ORANGE
SUPERDRY R1499



T-Shirt: TOPMAN R389
Shorts: TOPMAN R449
Headphones: SKULL-
CANDY R1 499
Watch: BELL & ROSS
R75 000

Sports and Recreation

Compliment your active lifestyle with light wear clothing and accessories that can make even the most sporty person a style icon.

By Ghia ten Doeschate

Styling By Lexie Robb

Photography by Nicole Louw



Jacket: TOPMAN R1 399
Shoes: ZARA R1 299
Watch: BELL & ROSS
R75 000



Shoes: SUPERDRY
R1 099
Bag: ZARA MAN R999
Watch: OMEGA R98 000



T-Shirt: ZARA R369
Watch: BELL & ROSS
R114 000



Top: ZARA MAN R429
Headphones: SKULL-
CANDY R899
Watch: BELL & ROSS
MILITARY R60,000



Socks: TOPMAN, R
Shoes: SUPERDRY
R1449
Watch: BELL & ROSS
R38,000



Shoes: ALDO MAN
R999
Tracksuit pants:
SUPERDRY R1 599
Dufflebag: SUPERDRY
R1 399



T-Shirt: TOPMAN R329
Headphones: SKULL-
CANDY R1 499
Watch: BELL & ROSS
R69 000



LAPIDUS

— POUR HOMME —

SPORT



TED LAPIDUS
PARIS

Ask Men's Fitness

I'm thinking of getting into longboarding—it seems a little less intense than skateboarding but still a cool way to get around. What should I look for in a good longboard?

CHRIS L., NEW HAVEN, CT

"You're going to want something you're comfortable standing on," says Rob Reinoso, Team Manager at Longboard Loft in New York City. "If you have size-12 feet, you don't want to grab a smaller board. It's going to feel awkward." But more important than anything, perhaps, are the wheels you put on your board. "For wheels, I recommend anywhere from a 78a to an 82a," says Reinoso, referring to the numbers that denote a wheel's -hardness—the higher the number, the harder the wheel. "If you're on rough pavement, 78a or 82a will give you enough acceleration to cruise over bumps and pebbles and have a smoother ride but not overexert yourself." Also: Pay attention to the bushings, the rubber rings that fit around the pins of your board's trucks (which keep the wheels anchored to the board and allow it to turn). "The harder bushings are for heavier riders," says Reinoso. So if you're average weight, go for a hardness of 88–93. Surf's up! Or something.

IT'S HARD TO BEAT A BASEBALL CAP FOR A SUMMER BBQ—BUT THE BRIM COULD BE A DEAL BREAKER.



SHORTY THE BARBER
ENLIGHTENED
ADVICE FROM
GROOMING EXPERT
SHORTY MANIACE



"I'm going to a barbecue, and it's a real laid-back poolside thing. I want to wear a hat. What's more in style these days—curved brim or flat?"

GARY C., NEVADA, USA
■ Frankly, dude, asking a barber about what hat to wear is sort of like asking a podiatrist about a rash on your face. But as it turns out, I am the right guy to ask—I love a good hat, and I think I can help you out here.
If it's a chill sesh with the guys, then I don't see a problem with a baseball cap; and these days, flat-brimmed caps are definitely in. If you have a smaller head, though, and the flat brim looks flat-out goofy on you, go with the rounded brim—it's more athletic looking, anyway.
But if this is a formal affair, or

the boss's Fourth of July party, I'm going to say fedora. Yes, fedora.
And before you whine and groan and chant "Poser!" at me, I don't mean just any fedora. I mean a snap-brim straw fedora, which is just formal enough to pass at any gathering. Not only is a straw fedora sophisticated, it's also versatile. You can pop the brim up or down. If you have a smaller head, anything from a ¾-inch to a 1½-inch brim will work. If you've got a watermelon-size noggin, you're going to need a little extra: 1¾ inch to 2¼ inch.
Just don't go too large on the brim. You'll look like a cowboy, and that's another column.
Shorty Maniace is the proprietor of J.P. Kempt Barber & Social

I'm headed to South Beach. I know it's Debauchery Central, but I want to squeeze in some fitness that isn't just running on the beach...Any tips?

TROY R., NEW JERSEY, USA
■ Finally, a guy who knows his priorities. "Debauchery Central" doesn't mean you can't shed some sweat while you're there. According to Alex Tonarelli, managing director of Loews Miami Beach Hotel, there are tons of options. For one thing, there are city bike rental stations throughout South Beach. And paddleboarding the Intracoastal Waterway or along the beach is another good way to work fitness and sightseeing into a vacation, he says. If you're more into other water activities, hotels like the Loews have kayaks and Jet Skis available for rent right on the beach.

You could also, of course, hit your hotel gym. "At Loews Miami Beach Hotel, we have great fitness options via our Exhale Spa," says Tonarelli. Exhale offers Core Fusion fitness classes—which focus on the core and use weights, balls, bands, and your own body weight as resistance—as well as yoga and beach boot camps. All fitness classes at the hotel are also open to the public.
Finally, he says, you can do some hard swims. "The Atlantic Ocean is an ideal place to swim away the calories from all the delicious South Beach cuisine."

Is lifting on an empty stomach a bad idea? I forget to eat breakfast now and then—does it matter?

DAVE D., MICHIGAN, USA
■ It's not going to hurt your gains, as long as you aren't eating two breakfasts' worth of food for lunch and generally eating healthy otherwise, says Melody L. Schoenfeld, a nutrition specialist and owner of the personal training company Flawless Fitness.
Schoenfeld, who confesses to "almost always lifting in a fasted state" because of her schedule, says she hasn't seen any dropoff. "If it works for you, keep doing what you're doing."
In terms of

research, she points to a 2013 study by the *Journal of the International Society of Sports Nutrition* on bodybuilders who were fasting for Ramadan and found that fasted training did not affect body mass or composition. And another study noted that heavy lifting in a fasted state seems to increase the muscle-building response to a post-training meal including carbs, protein, and leucine.
"These studies do provide some insight that fasted training is probably not going to hurt you and might actually have some benefit," says Schoenfeld.



What's the right strategy for arm wrestling? Is it just all biceps, or what?

TIM H., CALIFORNIA, USA
■ Look at you, badass! Amazingly, says arm wrestling world champion John Brzenk, "curling biceps has little to no value in arm wrestling." In fact, "arm wrestlers typically call it pulling, not curling."
But you do indeed need to bulk up. Brzenk advises using a pulldown cable machine with a grip handle and pulling down then across the body.
As for technique: 1) put your dominant foot forward to lean on; 2) try to bend your opponent's wrist away from yours; and 3) as you push down, pull his hand toward you as if you were curling weight.

Hat: Styling by John Olson for Halley Resources; Illustration by Harvey Symons



A CAB, AS OUR SEXPERT PUTS IT, IS A GOOD PLACE FOR FOREPLAY BUT NOTHING MORE INTENSE.

● Ask Men's Fitness

After a night out, my girlfriend seems anxious to get right to the action. How can I make out with her in the back of a cab without the driver seeing?

STEVE R., NEW YORK, USA.

So, you really have two options here.

Option 1: Make out and don't -worry about the -driver. Sorry, but you're not going to be able to put moves on anyone without his seeing. What you can do, though, is make out in a romantic way—not a dry-humping way—so your cabby knows there's no actual funny business going on. He probably doesn't care about a light make-out session. He probably does care about body fluids or illicit sex acts going on in his car.

Option 2: Don't make out, but go for some light, over-the-pants touching. Because the seat's in the way, the cab driver won't be able to see what's happening below your waist. Sit next to each other and rub her inner thigh, creeping up slowly between her legs—it'll be a nice tease for when you get home. In short, think of a cab as an OK place for some light foreplay, not as an OK place for sex.

SEX FILES

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ADDRESSES
YOUR MOST
INTIMATE
QUERIES

Sometimes my girlfriend seems to want what you'd call "passionate lovemaking," and the next day she wants something more akin to "fucking." Why?

TYLER G., SOUTH CAROLINA, USA

■ Thanks for putting it so bluntly. When you're having sex with the same person over and over and over again, you still want to feel like you're getting the full spectrum of sexual experiences. You know the Usher song lyrics, "Lady in the street but a freak in the bed?" Well, your girlfriend wants the same thing—just all in the bed. The safety that comes from a good relationship often allows people to open up sexually

in ways they might not with a more casual partner. It could be that your girlfriend's always had fantasies about getting straight nailed but that kind of sex with a more casual partner felt unappealing. But because she feels cared for and respected by you, she can enjoy getting fucked because deep down, she knows there's nothing at all disrespectful about what's going on. And if she feels respected by you, she'll want to express that in the sack, as well—which is why at times she also wants to make love. Keep switching it up!

Is there a fail-safe conversation starter to use on women in bars? Not a pickup line, but something they'll respond to?

RORY E., FLORIDA, USA

■ Here's what women in bars don't want: A drunk dude trying to get laid. Your best move is to show you're not that guy. If the girl is in a group, you're going to need to involve all members. Second, approach them as you might approach another guy—i.e., don't overthink it, and show you're interested in talking to them, not sleeping with them. A safe bet for an opener is always, "I'm sorry to bother you ladies, but..." Now, the "but"

takes a little bit of creativity. What you want is an interesting game or conversation or bet to bring them in on. Ideally what you're showing is the fun you could add to their night if they started hanging out with you. You could ask them to play a (non-fratty, please) drinking game with you, like "Never have I ever." Basically, you want to engage them in conversation about something, then go from there. This way it'll seem like you started hanging out more "organically," not like you went over to pick them up. Although, hey, there, congrats—you just did.



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The Body Book

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Serious muscle

Get an upper body that's nothing to laugh at with movie star Kevin Hart's training program

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

It's refreshing to see a simple workout. These days most trainers go the trendy route, with routines that are more "YouTube blooper reel" than "proven muscle builder." Kevin Hart's trainer, Ron "Boss" Everline (*just-train.com*), on the other hand, is defiantly old-school. His routine has no Bosu ball squats, no Olympic lifts, no fancy machines—it's nothing dangerous and nothing you can't do at home. But it'll build you an incredible upper body, as Hart's physique in *Central Intelligence* proves. And it takes just 30 minutes per workout.



How it works

■ Hart's routine focuses on the most basic upper-body builders known to man: the bench press, pushup, row, curl, and dip. Group them and perform them as circuits, and you'll work the muscles as well as the heart, promoting both size gains and fat loss in a short workout.

Directions

Perform the exercises marked with a letter ("A," "B," and "C") as a circuit. So you'll do one set of each in sequence before resting as prescribed. Repeat for three circuits each (three sets of each move). Complete all the circuits for the first group of exercises before going on to the next one.

1A BENCH PRESS

Sets: 3 Reps: 10, 8, 6 Rest: 0 sec.

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Plant your feet firmly. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press the bar back up.



1B PUSHUP

Sets: 3 Reps: As many as possible Rest: 0 sec.

Place your hands on the floor at shoulder width and extend your legs behind you. Brace your abs. Lower your body until your chest is about an inch above the floor. Press back up. Do as many reps as you can with perfect form, but stop two reps shy of failure.



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Styling by Christina Simonetti; Grooming by Casey Geren/Bernstein & Andrzejewski; Hair by Kevin Murphy

1C SLED ROW/DUMBBELL ROW

Sets: 3 Reps: Pull the sled 20 yards, or perform 10-12 dumbbell rows **Rest: 90 sec.**

Attach a suspension trainer or other straps with handles to a sled loaded with moderate weight. Grasp the straps with palms facing each other; step back so the straps are fully extended. Explosively row the handles to your sternum, pulling the sled. That's one rep. Back up and repeat for 20 yards.

If you don't have a sled and straps, do one-arm dumbbell

rows: Hold a dumbbell or kettlebell in one hand and stand with feet staggered. Bend your hips back to lower your torso until it's parallel to the floor. Keeping your shoulders level to the floor, row the weight to your hip, squeezing your shoulder blades together at the top.

Complete your reps and repeat on the other side immediately.



Tank and shorts:
VUORI
Sneakers: APL

2A INCLINE DUMBBELL BENCH PRESS

Sets: 3 Reps: 10 Rest: 0 sec.

Set an adjustable bench to a 30- to 45-degree angle and lie back against it with a dumbbell in each hand. Press the dumbbells from chest level to straight overhead.



2B DUMBBELL CURL

Sets: 3 Reps: 10 Rest: 0 sec.

Stand holding a dumbbell in each hand with palms facing your sides. Without letting your upper arms drift forward, curl the weights, rotating your wrists outward so that your palms face you in the top position. Hold for a moment and squeeze your biceps.



2C BENCH DIP

Sets: 3 Reps: As many as possible **Rest: 90 sec.**

Place your hands on a bench behind you at shoulder width. Rest your feet on another bench or box in front of you. Slowly lower your body until your upper arms are parallel to the floor, and then extend your elbows.



BASIC MOVES
LET YOU
HANDLE HEAVY
WEIGHT TO
STIMULATE THE
MOST MUSCLE.

Meals on tap

Take one down and pass it around: Beer can make your food healthier while keeping it ab-friendly

BY MATT KADEY, R.D.
PHOTOGRAPHS BY
CHRISTOPHER TESTANI

Your favorite beverage is good for a lot more than quenching your thirst on a summer day and giving you the confidence to approach beautiful women. In fact, it's perhaps the most underrated cooking ingredient in your kitchen. Beer can replace some or all of the liquid—water, stock, or wine—in practically any recipe, adding its own unique flavor without adding many calories and boosting your antioxidant intake. So while you're drinking suds anyway, save some for the recipes that follow, all of which have significant health benefits and will change your opinion of beer as a mere empty-calorie indulgence food. Truth be told, you can have your drink and eat it, too.

The new other red meat.

The journal Nutrition Research found that regularly consuming ostrich resulted in less inflammation than eating the same amount of beef. Ostrich beer burger pictured below.



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Pork Salad with Mustard-Beer Dressing

MAKES: 4 SERVINGS

INGREDIENTS

FOR THE DRESSING:

- 3 tbsp olive oil
- 2 shallots, chopped
- 1 garlic clove, chopped
- $\frac{3}{4}$ cup wheat, lager, or fruit beer
- $\frac{1}{4}$ cup apple-cider vinegar

- 2 tsp honey
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 2 tsp Dijon mustard
- 1 tsp lemon zest
- 1 tsp fresh thyme, chopped

FOR THE SALAD:

- 500g pork tenderloin
- Salt and pepper, to taste
- 8 cups salad greens
- 1 apple, thinly sliced
- 1 red bell pepper, sliced
- $\frac{1}{4}$ cup walnuts, chopped

DIRECTIONS

- 1) Heat 1 tbsp of the oil in a skillet over medium heat. Add shallots and garlic and cook for 1 minute. Stir in beer, vinegar, honey, salt, and pepper. Simmer until reduced to $\frac{1}{2}$ cup, about 6 minutes. Remove from heat and add remaining oil, mustard, lemon zest, and thyme and stir to blend. Let cool.
- 2) Preheat grill to medium high. Season tenderloin with salt and

pepper. Grill pork, turning frequently until done, about 15 minutes. Let rest for 5 to 10 minutes and then slice.

- 3) Divide salad greens among serving plates and top with pork slices, apple, red pepper, and walnuts. Drizzle with dressing and serve.

NUTRITION (PER SERVING)

344 calories, 27g protein, 17g carbs, 18g fat

Don't bother with light beers. Their flavor doesn't hold up to cooking.

Ostrich Beer Burgers with Beer-Caramelized Onions

MAKES: 4 SERVINGS

INGREDIENTS

- 1 tbsp butter
- 1 large yellow onion, thinly sliced
- 2 tsp brown sugar
- Salt and pepper, to taste
- $\frac{1}{2}$ cup dark beer, plus additional $\frac{1}{2}$ cup
- 1 tsp whole-grain Dijon mustard
- 500g ostrich mince
- 2 garlic cloves, finely chopped
- 1 tbsp tomato paste
- 2 tsp Worcestershire sauce
- 1 tsp paprika
- 4 whole-grain buns, preferably toasted
- $\frac{1}{4}$ cup barbecue sauce
- 1 cup roasted red pepper, sliced
- 2 cups baby spinach

DIRECTIONS

- 1) Melt butter in a skillet over medium heat. Add onion and cook for 5 minutes. Stir in brown sugar and a couple of pinches each of salt and pepper. Reduce heat to medium low, cover, and heat for 15 minutes, stirring occasionally. Add $\frac{1}{2}$ cup beer, raise heat to medium, and cook until little beer remains. Stir in mustard.
- 2) Preheat grill to medium high. In a large bowl, gently mix together bison, $\frac{1}{2}$ cup beer, garlic, tomato paste, Worcestershire, paprika, and salt and pepper to taste. Form into 4 patties. Grill for 5 minutes on each side, or until cooked through.
- 3) Serve burgers on toasted buns and topped with barbecue sauce, caramelized onion, roasted red pepper, and spinach.

NUTRITION (PER SERVING)

378 calories, 28g protein, 32g carbs, 15g fat

Food styling by Michelle Gatton/Stockland Martel



Beer is awash in antioxidants, the compounds that help annihilate free radicals in the body.

Beer-Braised Chicken Tacos

MAKES: 4 SERVINGS

INGREDIENTS

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken thighs
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 chipotle chili pepper in adobo sauce, minced
- 1 tsp dried oregano
- ½ tsp cumin powder
- ¼ tsp salt
- 1 cup Mexican beer
- Juice of 1 lime
- 8 corn tortillas, warmed
- 2 plum tomatoes, diced
- 1 avocado, sliced
- ¾ cup reduced-fat sour cream
- ⅓ cup fresh cilantro, chopped

DIRECTIONS

- 1) Heat oil in a large skillet over medium heat. Add chicken and sear until browned on both sides. Remove chicken from skillet and set aside.
- 2) Add onion to skillet and cook until softened. Add garlic and cook for 1 minute. Add chipotle pepper, oregano, cumin, and salt; heat for 30 seconds. Stir in beer, scraping up any browned bits stuck to the bottom of the skillet.
- 3) Return chicken to skillet. Reduce heat to medium low, cover, and simmer for 20 minutes, or until chicken is tender, turning over once. Transfer chicken to a cutting board and slice thinly.
- 4) Add lime juice to skillet and stir; raise heat to medium high and cook for 10 minutes, or until thickened. Stir in chicken.
- 5) Divide the chicken evenly among warm tortillas. Top with tomato, avocado, sour cream, and cilantro.

NUTRITION (PER SERVING)

427 calories, 28g protein, 33g carbs, 20g fat

Beer can substitute for water, stock, or wine in almost any recipe.



◀ **Beer-Steamed Mussels**

MAKES: 4 SERVINGS

INGREDIENTS

- 2 tsp olive oil
- 1 white onion, chopped
- 2 garlic cloves, thinly sliced
- 1 cup amber or lager beer
- 2 14.5-oz cans fire-roasted tomatoes
- Juice of ½ lemon
- ¼ tsp red chili flakes
- ¼ tsp salt
- ¼ tsp black pepper
- 2 lbs mussels, rinsed
- ⅓ cup fresh flat-leaf parsley, coarsely chopped

DIRECTIONS

- 1) Heat oil in a large saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and heat for 1 minute.
- 2) Stir in beer, tomatoes, lemon juice, chili flakes, salt, and black pepper. Bring to a boil, reduce heat to medium low, and simmer uncovered for 10 minutes.
- 3) Add mussels, cover, and raise heat to medium. Cook for 5 minutes, or until the shells have popped open. Discard any mussels that have not opened. Stir in parsley.
- 4) Divide mussels and broth among serving bowls. Serve with slices of crusty bread, if desired.

NUTRITION (PER SERVING)
253 calories, 28g protein, 20g carbs, 7g fat

Yogurt Bowls with Beer-Chocolate Sauce

MAKES: 4 SERVINGS

INGREDIENTS

- ½ cup Guinness or other stout beer
- ¼ cup brown sugar or coconut sugar
- ¼ cup unsweetened cocoa powder
- 1½ tsp espresso powder
- 1 tsp vanilla extract
- Salt, to taste

- 2 oz dark chocolate (60–70% cocoa), chopped
- 2 cups plain nonfat Greek yogurt
- 1 cup raspberries

DIRECTIONS

- 1) In a small saucepan, whisk together beer, sugar, cocoa powder, espresso powder, vanilla, and a pinch of salt. Bring to a boil, then reduce heat to low and simmer for 5 minutes, stirring

often. Remove from heat and stir in chocolate until completely melted. (If allowed to cool, warm for about 30 seconds in the microwave to remelt.)

- 2) Place yogurt in serving bowls and top with chocolate sauce and raspberries.

NUTRITION (PER SERVING)
216 calories, 12g protein, 29g carbs, 6g fat





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Move your butt, lose your gut

Circuit training gets you ripped by keeping you busy between sets

By Chris Doukakis

Photographs by James Michelfelder

Want to burn more calories? No need to get stuck on one particular exercise or train for twice as long—just don't sit down. Simply keeping your body moving during a workout, especially between sets, raises your metabolism and promotes fat loss better than any gimmick. Follow this program for four weeks and you'll get the results you've been restless for.

How it works

These routines use circuits—exercises done back to back without rest—to train the whole body, making the most of every second you spend in the gym. The key is to vary the intensity, mixing hard moves with easier ones so you burn the most calories without burning yourself out. (After all, a workout is no good if you can't finish it.) So between sets of squats and rows, for instance, you'll do rope jumping, which will keep you moving but not completely exhaust you. You'll stay energized enough to give subsequent sets your best effort, while also making your downtime between sets work for you—and your abs.

Directions

Perform each workout (Day I, II, III, and IV) once per week. Rest a day between workouts II and III. Exercises marked with a letter are done in sequence without rest in between. Complete them and then rest a minute afterward, and repeat for the total number of prescribed sets. So you might do one set of A, then immediately a set of B and then C before resting. Complete all the exercises in one group before moving on to the next.

Perform each workout (Day I, II, III, and IV) once

DAY I

1A FRONT SQUAT

Sets: 4 Reps: 8 Rest: 0 sec.

Grasp the bar with hands at shoulder width and raise your elbows until your upper arms are parallel to the floor. Take the bar out of the rack and let it rest on your fingertips. Step back and set your feet at shoulder width with toes turned slightly out. Squat low, but don't lose the arch in your lower back.

CIRCUITS COMBINE THE BENEFITS OF AEROBICS AND STRENGTH TRAINING.



1B ▽ BENTOVER DUMBBELL ROW

Sets: 4 Reps: 8
Rest: 0 sec.

Hold a dumbbell in each hand and bend your hips back until your torso is about parallel to the floor. Keep your lower back in its natural arch. Row the weights to your sides with palms down, squeezing your shoulder blades together at the top.



1C ROPE JUMPING

Sets: 4 Reps: 50 jumps
Rest: 60 sec.

Make sure the handles of the rope measure up to chest level. Swing the rope, using only your wrists, and jump just high enough to clear it.

2A LAT PULLDOWN

Sets: 4 Reps: 10 Rest: 0 sec.

Grasp the handle with hands outside shoulder width and pull it to your collarbone. Drive your elbows down and back, and allow the weight to pull you slightly forward and stretch your lats at the top of the lift.

2B ▽ BULGARIAN SPLIT SQUAT

Sets: 4 Reps: 10 (each leg)
Rest: 0 sec.

Hold a dumbbell in each hand and stand lunge length in front of a bench. Rest the top of one foot on the bench behind you. Bend both knees and lower your body until your rear knee nearly touches the floor. Keep your torso upright.



2C ROPE JUMPING

Sets: 4 Reps: 50 jumps
Rest: 60 sec.

3A ICE SKATER HOP

Sets: 3 Reps: 20 (each leg)
Rest: 0 sec.

From a standing position, jump to your left a few feet and stick the landing as you reach the trailing leg behind and to the outside of the front leg, like a skater on ice. Repeat on the opposite side.

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3B BACK EXTENSION

Sets: 3 Reps: 20
Rest: 0 sec.

Use a back extension bench and set the pad to just beneath the crease in your hips. Bend your hips and lower your torso as far as you can without losing the arch in your lower back. Squeeze your glutes as you extend your hips to raise your torso back up.

3C ▽ TRICEPS PUSHDOWN

Sets: 3 Reps: 15
Rest: 60 sec.

Attach a rope handle to a cable station and hold an end in each hand. Extend your elbows, pushing the handle down and away from your body.



DAY II

1A DEADLIFT TO TOE SHRUG ▽

Sets: 4 Reps: 8 Rest: 0 sec.

Stand with feet hip-width apart and bend your hips back. Grasp the bar just outside your knees and, keeping your lower back in its natural arch, drive your heels into the floor to lift. Come up explosively, so that you're standing on the balls of your feet at the top of the movement and shrugging your shoulders.



1B JUMP ROPE

Sets: 4 Reps: 50 jumps
Rest: 0 sec.

See directions in Day I.

1C ▷ INCLINE DUMBBELL BENCH PRESS

Sets: 2 Reps: 8
Rest: 0 sec.

Set an adjustable bench to a 30- to 45-degree angle and lie back against it with a dumbbell in each hand. Press the dumbbells from chest level to straight overhead. Perform the incline press for the first two sets of the circuit; do the dumbbell bench press for the last two sets.



1D DUMBBELL BENCH PRESS

Sets: 2 Reps: 8
Rest: 60 sec.

Perform as you did the incline press but flatten the bench. Do this for the last two sets of the circuit only.

2A JERK PRESS

Sets: 3 Reps: 10
Rest: 0 sec.

Place the barbell on a rack set to shoulder height. Grasp the bar with hands outside shoulder width and take it out of the rack. Split your stance so one leg is forward and the other trails. Press the bar overhead.

2B JUMP ROPE

Sets: 3 Reps: 50
Rest: 0 sec.

2C LEG CURL

Sets: 3 Reps: 12 Rest: 60 sec.

Lie down on a leg curl machine and line your knees up with its axis of rotation. Hook your feet under the ankle pad and curl your heels up. Avoid extending your lower back. Hold at the top for a second.



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POWER.



3A PLYO PUSHUP ▽

Sets: 3 Reps: 15 Rest: 0 sec.

Place your hands on the floor at shoulder width and extend your legs behind you. Do a pushup, pressing back up explosively so that your hands leave the floor. Catch yourself on the way down and lower into the next rep.

3B DEADBUG

Sets: 3 Reps: 20 Rest: 0 sec.

Lie on your back on the floor and bend your hips and knees 90 degrees. Raise your arms to the ceiling. Brace your abs and flatten your lower back into the floor. Reach one hand behind your head while extending the opposite leg, letting it hover just above the floor. Reverse the motion and repeat on the opposite side.

3C DUMBBELL CURL

Sets: 3 Reps: 15
Rest: 60 sec.

Hold a dumbbell in each hand with arms at your sides and palms facing forward. Keep your upper arms still and curl the weights up.

DAY III

1A SQUAT

Sets: 3 Reps: 12
Rest: 0 sec.

Grasp the bar as far apart as is comfortable and duck under it; rest it on your traps or rear delts. Nudge the bar out of the rack and set your feet shoulder-width apart; turn toes out. Bend your hips back and squat without losing the arch in your lower back.



1B JUMP ROPE

Sets: 3 Reps: 50
Rest: 0 sec.

See directions in Day I.

1C LYING TRICEPS EXTENSION

Sets: 3 Reps: 12 Rest: 60 sec.

Lie back on a bench holding dumbbells in each hand. Press the weights over your chest. Bend your elbows, lowering the dumbbells behind your head, then extend them. Your arms should be angled enough that you feel tension on your triceps—not your elbows—at lockout.



2A ONE-ARM SNATCH

Sets: 3 Reps: 8 (each side) Rest: 0 sec.

Hold a kettlebell or a dumbbell in one hand and stand with feet at shoulder width. Bend your hips back, then explosively extend your hips and pull the weight up in front of your body and overhead.



2B SHRUG

Sets: 3 Reps: 12
Rest: 60 sec.

Hold a dumbbell in each hand and shrug your shoulders as high as you can.



3A JUMPING LUNGE

Sets: 2 Reps: 20
Rest: 0 sec.

Stand in a lunge position and explosively jump as high as you can, switching your legs midair. Land softly and repeat, switching your legs back. That's one rep.



3B JUMP ROPE

Sets: 2 Reps: 25 jumps
Rest: 0 sec.

3C CHINUP

Sets: 2 Reps: 15
Rest: 0 sec.

Pull your body up until your chin is over the bar.

3D JUMP ROPE

Sets: 2 Reps: 25 jumps
Rest: 0 sec.

3E BALL SLAM

Sets: 2 Reps: 20
Rest: 0 sec.

Hold an eight- to 12-pound medicine ball with both hands; stand with feet shoulder-width apart. Brace your core and reach overhead. Explosively throw the ball into the floor, then catch it.

3F ROPE JUMPING

Sets: 2 Reps: 25 jumps
Rest: 0 sec.

3G LATERAL RAISE

Sets: 2 Reps: 15
Rest: 60 sec.

Hold a dumbbell in each hand and raise the weights out 90 degrees to your sides.



STUTTGART'S NEXT CHAPTER *IN SPEED*

Porsche moves the goalposts by pushing speed and range in the same sentence

With electric cars quickly reaching their performance threshold with everything from sports cars to crossovers able to lick north of 60mph in about 4 or 5 seconds with relative ease, product evolution and

differentiation has shifted to range. That's certainly the case with the latest Porsche Taycan, which four years ago at launch was a pioneer in so many respects but has slowly been caught, or passed, by some of the newer offerings from Tesla, Hyundai, Mercedes and even Lotus. Under this broader scope of requirements, Porsche is still underlining its products as sporty drivers' cars. A new lap record for the Taycan GT around Laguna Seca, dethroning the Tesla Model S Plaid, is enough solid evidence of that.

We've always admired that about the Taycan: an electric luxury saloon that retains a level of sharpness and involvement that is easy to lose sight of when it comes to EVs.

At launch Porsche is offering a 400hp rear-wheel drive Taycan capable of 0-60mph in 4.8 seconds. The Turbo S doubles the power (952bhp) and slices that acceleration time down by half to 2.4 seconds. The aforementioned Taycan GT eclipses 1000hp and vaporizes the 0-60mph time in 2.2 seconds. But by now





you're familiar with EVs being able to outrun almost every petrol-powered car up to a certain distance on the horizon thanks to instantaneous power and prodigious grip levels that dismiss the fact that all these electric gubbins contribute to a weight of over 2000 kilograms, albeit marginally lighter than its forebears. The two-speed gearbox also gives the Taycan blistering mid-range acceleration with the Turbo S model sprinting from 62mph to 125mph in 5.3 seconds. Vehicles fitted with Sport Chrono and the optional bigger battery include the Push-to-Pass button on the steering wheel which stirs up maximum acceleration for 10 seconds. Useful on Porsche's petrol-powered vehicles but packs less of a kick in the backside when fitted to EVs. Noise? A hum, whine, shriek in Sport Mode that actually adds to the new-age audio soundtrack of going fast but it's only pronounced in Sport mode and can be turned off.

Back in chemistry class, Porsche has worked on a new battery system that contains less cobalt resulting in cells which are more energy-dense and get back to

their full charge faster across a wider range of temperatures. Battery sizes range from 82kWh to 97kWh. Plug it on for 10 minutes on the fastest charger available and you should be able to drive another 200 miles or so – not quite the turnaround time of a petrol-powered alternative but once you've bought the obligatory garage pie and coke, we're only talking about a difference of a few minutes. Base model Taycans are good for 400 miles while dual motors, all-wheel drive versions suffer a little with around 300 miles. That puts it close to the range of the new electric Macan whose battery technology was no doubt developed in parallel with the Taycan's.

One of the ways it manages to conserve its range is through improved regenerative braking which can do impressive amounts of slowing down without needing to touch the brake pedal.

Most of Taycan's rivals sit a little higher with pseudo-crossover looks whereas the Taycan is low-slung and hunkered down. This reflects in the driving position which wouldn't have you believe that there's enough space for a row of batteries

between you and the road. Yes visibility is slightly compromised (but Porsche still makes it possible to see the front arches) but the benefit is that you're more connected with the road – after all this is a Porsche and it has a certain reputation to uphold.

For the new Taycan, Porsche has included air suspension as standard, even on the base models. However whereas in the past air suspension and 48V anti-rolls bars were as fancy as chassis control dared to be, it's now eclipsed by Porsche's new active chassis which made its debut on the Panamera a few months earlier.

This complex system only uses the springs to support the car's weight but the rest of the chassis control is done with oil actuators placed by each wheel, and banishing the anti-roll bars and shock absorbers in the process. By using accelerometers as well as position sensors, the Taycan creates this sense that the body movements can be isolated from what the wheels are doing. Put another way, it is able to counter-act the forces that would typically sway, pitch or yaw its occupants.



Individual wheels can be lifted up or pushed down to maintain a perfectly level ride and the knock-on effect is traction improves because the tires are always in optimal contact with the road. Among its many cool features is the ability to bank into corners, like a motorbike or plane, so your internal organs stay in one place regardless of how fast the scenery is whizzing by. It'll even lower one side of the car to make it easier to get in and out.

The snug cabin features a section of curved glass behind the steering wheel with richer displays and graphics that give one no excuse for misjudging the range left in the batteries. Then there's the central screen tasked with the daily duties, and one would assume most buyers will add a third screen ahead of the passenger as part of their configurator wishlist.

The cockpit manages to pack a lot of technology into such a cocooned cabin which is hard to fault because it's so well assembled and modern-looking; the fabrics are top notch and when you ignore the screens completely, the support from the seats and the steering's connection to the road are more than capable of keeping you engaged.

In a nutshell the new Taycan hasn't diminished anything that made the first generation a compelling argument for sportscar thrills in a digital world that wasn't necessarily car-mad.

The improvements are calculated and like with all EVs, the primary focus is on energy management and range - the new Taycan doesn't disappoint in this regard. Such is the norm that added speed feels more like a way of grabbing headlines amid rising competition, rather than being of any actual benefit to the daily experience. No doubt the new wizardry suspension has its own unique appeal, but perhaps nothing quite makes the Taycan as attractive as that small badge on the bonnet and the list of sports cars that are in the family genes.

Pawan Dhingara







UPGRADE YOUR WARDROBE THIS *SUMMER*

Summer is just around the corner, and it's time to upgrade your wardrobe for the sunny days ahead. As the temperature rises, it's important to have the right clothing items that keep you cool and stylish at the same time. In this guide, we will take a look at the must-have summer clothing items for men and how to transition your wardrobe from spring to summer seamlessly.

**Must-have
clothing
items for
men**

Summer Fashion Staples

When it comes to summer fashion staples, there are a few key items that every man should have in his wardrobe. First and foremost, a pair of lightweight and breathable shorts is essential. Opt for materials like linen or cotton to keep you cool throughout the day. Pair them with a classic polo shirt or a lightweight button-down for a casual and comfortable look.

Another must-have item for summer is a collection of stylish and versatile t-shirts. Look for t-shirts in fun and vibrant colors that can be easily mixed and matched with your shorts or jeans. Don't shy away from trying different patterns or graphic prints to add some personality to your outfits. A well-fitted t-shirt can instantly elevate your look and make you feel confident.

Here are some summer wear fashion staples for men with stores where you can find them.

Polo Shirt

- A versatile and timeless piece.
- Looks great on most body types.
- Can be dressed up or down.
- Look for a good fit - not too baggy and not too tight.
- Made from breathable fabrics like cotton or pique.

Stores: Polo Ralph Lauren (of course!), Banana Republic, J.Crew, Macy's, Nordstrom.

Chinos

- A comfortable and stylish alternative to jeans in the summer.
- Made from chino cloth, a cotton twill fabric.
- Come in a variety of colors and styles.
- Look for a classic fit that sits at or slightly below the waist.

Stores: Gap, Old Navy, American Eagle Outfitters, Target, Amazon.

Linen Pants

- A lightweight and breathable option for hot summer days.
- Made from linen, a natural fiber that is known for its cooling properties.
- Have a relaxed fit.
- Perfect for beach vacations or casual outings.

Stores: Banana Republic, J.Crew, Brooks



Brothers, Bonobos, Nordstrom.

Everyday Casual T-Shirts

- A summer essential.
- Look for a well-fitting t-shirt made from a quality fabric like cotton or pima cotton.
- Crewneck, V-neck, and Henley t-shirts are all popular styles.
- Can be worn on their own or layered under a button-down shirt.

Stores: Everywhere! Uniqlo, Everlane, American Apparel, Champion, Ralph Lauren.

Shorts

- A must-have for summer.
- Come in a variety of lengths, from short shorts to knee-length shorts.
- Choose a length that you feel comfortable in.
- Look for shorts made from a breathable fabric like cotton or linen.

Stores: Every clothing store sells shorts! Patagonia, The North Face, Nike, Adidas, Levi's.

Sunglasses

- Protect your eyes from the sun's harmful rays.
- Choose a style that flatters your face shape.
- Aviators, Wayfarers, and Clubmasters are all popular styles.

Stores: Sunglass Hut, Warby Parker, Ray-Ban, Oakley, Costa.

Match the shades up with a chilled short or medium hairstyle for comfort, plus, it's easy to get ready in the morning.

OUTFIT IDEAS

What to Mix and Match

Now that you have the basic summer clothing items, let's talk about how to mix and match them to create stylish outfits. One foolproof combination is pairing a crisp white t-shirt with a pair of navy shorts. This timeless look is perfect for any casual occasion and can be dressed up or down with the right accessories. Add a woven belt and a pair of boat shoes for a preppy vibe, or opt for sneakers and a baseball cap for a more laid-back look.

If you're feeling a bit more adventurous, try experimenting with different colors and patterns. For example, a pastel-colored t-shirt paired with patterned shorts can create a fun and playful outfit. Don't be afraid to step out of your comfort zone and embrace the summer spirit with bold and vibrant combinations.

Lightweight Button-Down Shirt

- A breezy shirt perfect for layering or wearing on its own. Choose linen or cotton for breathability.
- **Mix-and-Match:** Looks polished over shorts, chinos, or rolled-up linen pants. For a casual vibe, leave it unbuttoned at the top.

- **Colors:** Light neutrals like white, beige, or light blue are versatile. For a bolder look, try pastel colors like lavender, mint green, or light yellow.

Stores: Banana Republic, J.Crew, Uniqlo, Everlane, Macy's.

Henley Shirt

- A comfortable t-shirt with a button placket at the neck. More put-together than a regular tee.

- **Mix-and-Match:** Pair with shorts, chinos, or even rolled-up dark wash jeans for a relaxed evening look.

- **Colors:** Classic options are white, grey, or navy. For a pop of color, try a marled or heather tee in a muted blue, green, or rust.

Stores: The Gap, Old Navy, American Eagle Outfitters, Target, Amazon.

Tech Shorts

- Lightweight and quick-drying shorts made from a technical fabric blend. Perfect for all-day comfort and activity.

- **Mix-and-Match:** Ideal for running errands, going for a hike, or grabbing a casual lunch with friends. Pair with a Henley or a t-shirt.

- **Colors:** Navy, grey, or black are practical options. For a more playful look, try a pair in a muted olive green, khaki, or a light blue.

Stores: Patagonia, The North Face, Nike, Adidas, Outdoor Research.

Espadrille Sneakers

- Lightweight and breathable shoes made from canvas and a jute sole. Offer a casual yet slightly dressed-up look.

- **Mix-and-Match:** Work well with shorts, chinos, or rolled-up linen pants. Can also be worn with a light button-down shirt for a more polished casual look.

- **Colors:** Classic options are beige or navy. For a summery pop, try a pair in a light blue, light grey, or even a burnt orange.

Stores: Soludos, Toms, Sperry, OluKai, Loeffler Randall.

STYLISH T-SHIRTS & WHERE TO GET THEM

Finding the right t-shirts for summer can sometimes be a challenge, but there are plenty of options out there. If you're

looking for high-quality basics, brands like Everlane and Uniqlo offer a wide range of affordable and stylish t-shirts. Their minimalist designs make them easy to mix and match with any outfit.

If you're looking for something a bit more unique, consider shopping from independent brands or local boutiques. These smaller brands often offer one-of-a-kind t-shirts with interesting prints or embroidery. Not only will you be supporting small businesses, but you'll also be adding a unique touch to your summer wardrobe.

Top Stores You Gotta Try

The Row

Offers luxury basics with a focus on elevated casual wear. Expect high-quality materials and a minimalist aesthetic.

- **Price Range:** \$100 and up

Everlane

Offers everyday basics made from sustainable materials with a focus on transparency and ethical production.

- **Price Range:** \$20 and up

Uniqlo

Offers a wide range of casual wear and basics at affordable prices. Uniqlo is known for its innovative fabrics and LifeWear philosophy which emphasizes comfort and long-lasting garments.

- **Price Range:** \$10 and up

Outerknown

Offers sustainable, ethically-made t-shirts and other apparel. Outerknown partners with Fair Trade Certified factories and uses organic cotton whenever possible.

- **Price Range:** \$40 and up

Patagonia

Offers outdoor apparel known for its durability and functionality. Patagonia is also a leader in environmental activism.

- **Price Range:** \$30 and up

Top Fashion Brands to Try

When it comes to upgrading your wardrobe for summer, it's worth considering some of the top fashion brands known for their summer collections. One brand to check out is J.Crew. Known for their preppy and

timeless designs, J.Crew offers a wide range of summer essentials, from linen shirts to shorts in various colors and patterns.

Another brand worth exploring is Ralph Lauren. With their iconic polo shirts and classic designs, Ralph Lauren is synonymous with summer fashion. Their garments are known for their high-quality materials and attention to detail, ensuring that you'll look and feel great all summer long.

Sportswear for a More Relaxed Look

If you prefer a more relaxed and casual look, incorporating sportswear into your summer wardrobe is a great option. Brands like Nike, Adidas, and Under Armour offer a wide range of stylish and functional sportswear that can be worn both in and out of the gym.

For a comfortable and trendy outfit, pair a lightweight hoodie with joggers or shorts. This look is perfect for running errands or lounging around on lazy summer days. Don't forget to accessorize with a baseball cap and sneakers to complete the sporty vibe.

Everyday Casual Look Ideas

When it comes to everyday casual looks, simplicity is key. Opt for lightweight and breathable fabrics like linen or cotton for maximum comfort. A classic combination is a white button-down shirt paired with chino shorts. This clean and polished look is perfect for summer gatherings or casual work environments.

To add some variety to your casual wardrobe, consider investing in a few patterned or printed shirts. Hawaiian shirts, for example, are a summer staple and can instantly elevate your outfit. Pair them with tailored shorts or lightweight trousers for a trendy yet relaxed look. In conclusion, upgrading your wardrobe for summer doesn't have to be a daunting task. By investing in a few key items like lightweight shorts, versatile t-shirts, and sportswear, you can easily transition your wardrobe from spring to summer. Don't be afraid to experiment with different colors, patterns, and brands to create your own unique summer style. With the right clothing items, you'll be ready to embrace the sunny days ahead in style.



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