

The Ultimate Pushup Workout p.42

THE MAGAZINE MEN LIVE BY

# Men's Health

FREE PULLOUT PLAN

# ABS & ARMS

IN 27 MINUTES!

P.89

NAUGHTY  
**SEX**

SHE WANTS  
IT BAD

P.30

AMAZING  
**TACO  
TRICKS!**

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Add Years  
to Your Life—  
IN 20 SECONDS!

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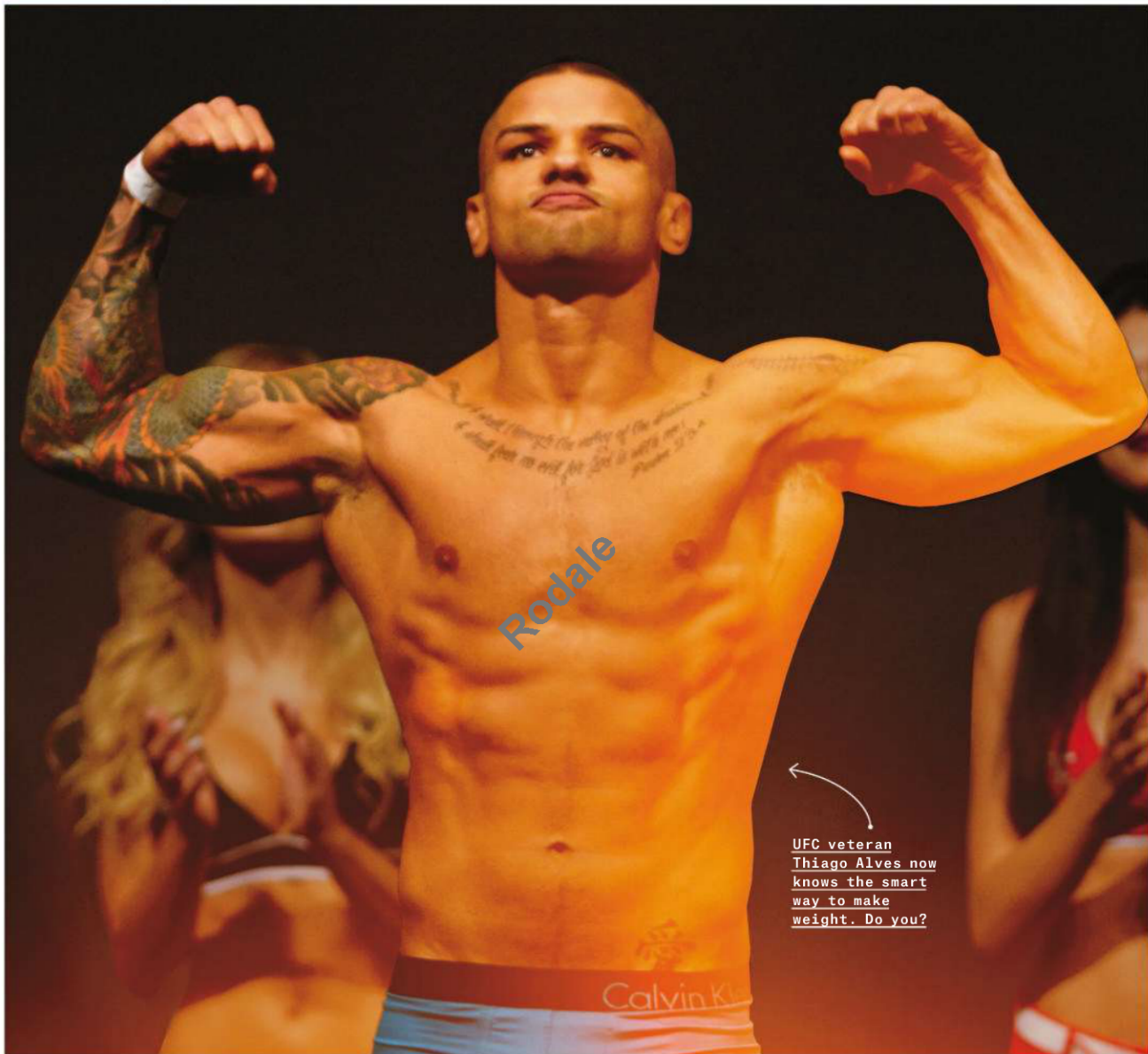
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UFC veteran  
Thiago Alves now  
knows the smart  
way to make  
weight. Do you?

# Secrets from the Legends of Lean

Shed the fat you want to lose—for good—with these man-tested tactics. BY CINDY KUZMA

**SOME GUYS HAVE TO STEP ON A SCALE (OR AT LEAST WHIP off their shirt) to earn a paycheck.** If you fight in the octagon, do Olympic-level rowing, or perform for Cirque du Soleil, you learn how to hit your fighting weight. But weight cycling—which involves downsizing rapidly—is a losing proposition, says Yoni Freedhoff, M.D., director of the Bariatric Medical Institute in Ontario. “You lose muscle, which lowers your metabolic rate and makes it harder to lose weight the next round.” Instead of following an extreme diet, make changes you can live with. After all, that’s what these guys did.



## THE MORE VEGETABLES IN A LOW-CAL DIET, THE BETTER THE RESULT, RESEARCH SUGGESTS.



**The Fighter**  
**Thiago Alves**  
AGE 31 HEIGHT 5'10"

BETWEEN  
BOUNDS  
**195**

FIGHTING  
WEIGHT  
**171**

Years ago, to prep for his bouts, Alves would drop 35 pounds in five weeks. He'd skip meals and do cardio twice a day. He'd pass out in the sauna. In 2010, after Alves had to forfeit a fight because he couldn't make weight, he decided to hire nutrition coach Mike Dolce. Now he stays closer to his fighting weight and trims down three weeks before a bout by reducing his portion sizes by 10 to 20 percent. If he needs a snack, he sips green tea.

**▶ SET A SMART TARGET**  
"A goal without a date is simply a dream," Dolce says. Aim to lose no more than 1 pound per 100 pounds of your current weight per week. Plan accordingly. At meals, hit that portion rule by filling your plate with your usual amount, and then put one-fifth back. And pick up some Mighty Leaf Organic Green Dragon tea. It's balanced, not bitter.



**The Actor**  
**Patrick Heusinger**  
AGE 33 HEIGHT 6'0"

REGULAR  
WEIGHT  
**195**

SCREEN  
WEIGHT  
**180**

When Heusinger worked on *Tin Man*, a sci-fi pilot about a perfect humanoid form, he had to look better than ever—battery-life indicators stretched across his glistening abs. Although he was already fit, he had to drop 15 pounds. So he streamlined his diet using a meal service. The result: a prime-time six-pack.

**▶ OUTSOURCE YOUR MEALS**  
When U.K. researchers had study participants try to lose 5 percent of their body weight, people who used a meal and snack delivery service were three times as likely to achieve success as those who didn't. For *MH*-approved delivery meals, check out our new line at [chefd.com](http://chefd.com). Heusinger coped with his cravings by keeping a food-lust list on his phone, from Krispy Kremes to marshmallow Oreos. Parking them there allowed him to acknowledge the cravings and let them go.



**The Jockey**  
**Jeff Johnston**  
AGE 45 HEIGHT 5'4"

REGULAR  
WEIGHT  
**130**

RACING  
WEIGHT  
**114**

Yes, Johnston has gained weight since he retired eight years ago, but he's much healthier now. During his riding days, he would try to make weight by spending hours in the sauna. Other riders "flipped" (vomited) and used diuretics. Now Johnston stays lean with steak or chicken dinners with sides of vegetables and fruit. His regular exercise includes running, pushups, and working on his farm.

**▶ BET ON YOURSELF**  
Jockeys use competition as motivation to trim down, but you can use an app like Pact (free) to earn money each time you hit the gym or eat healthy. Steal Johnston's meal plan too. Just don't limit yourself to one type of produce. Pile your plate with complementary flavors like sweet watermelon cubes with a spicy radish salad, or tart grapefruit segments with herbed grilled zucchini.



**The Rower**  
**Nick LaCava**  
AGE 28 HEIGHT 6'3"

REGULAR  
WEIGHT  
**165**

OLYMPIC  
WEIGHT  
**155**

As the 2012 Olympics approached, LaCava was 10 pounds over the limit. "I was in a four-person boat," he says. "The team has to average about 155 pounds." Despite having a sweet tooth, he cut out sugary treats and replaced them with vegetables. He trained for five hours each day and bookended sessions with high-protein, produce-packed meals.

**▶ SHAKE IT OFF**  
In a recent study from Australia, the researchers noted that the same low-calorie diet seemed to produce greater weight loss the more vegetables it included. Aim for three to five servings a day. Can't nosh all that green stuff? Dump it all into a shake. (See [MensHealth.com/nutrition/best-smoothies](http://MensHealth.com/nutrition/best-smoothies).) And reward yourself daily with a 200-calorie (max) treat. *MH* likes the 70 percent cacao Alter Eco Dark Salted Brown Butter bar.



**The Acrobat**  
**Valeriy Simonenko**  
AGE 40 HEIGHT 5'10"

REGULAR  
WEIGHT  
**192**

STAGE  
WEIGHT  
**192**

Performing sex-themed dances for an audience of hundreds certainly offers motivation. "What I wore on stage was revealing," says Simonenko, who starred in Cirque du Soleil's *Zumanity*. He maintains his physique by consuming several hundred grams of protein each day and using a food-tracking app to monitor his intake.

**▶ SPOT-CHECK YOUR FOOD**  
To retain muscle while shedding fat, eat about 1 gram of protein per pound of your body weight every day, says Marie Spano, M.S., R.D. Strive for at least 30 grams per meal to prevent hunger. Protein's effect on satiety is dose dependent: The more you eat at one sitting, the fuller you'll feel the rest of the day. Simonenko hits his target with Greek yogurt, protein powder, chicken, eggs, tuna steaks, and quinoa. Chart your totals with the free MyFitnessPal app.



**NUTRITION  
KNOW-IT-ALL**  
By Mike Roussell

### Is Greek yogurt any healthier than the regular kind?

TODD, WILMINGTON, DE

The Greek stuff packs roughly double the protein and half the carbs, making it a great switch for most guys. But beware of sugar shock: Some Greek yogurts have 17 grams of sugar

per serving. (A dozen Oreos has 14 grams.) Use plain Greek yogurt (any fat percentage) and add flax or chia seeds for crunch and fresh berries for sweetness. Or add walnuts, pomegranate seeds, and a half scoop of vanilla protein powder for a "muscle sundae."

### What foods can I eat in the afternoon to prevent a crash?

KYLE, PHOENIX, AZ

Don't give in to the energy-shot hype. Your body and brain need equal-size portions of protein at breakfast, lunch, and dinner to ward off power dips. And go easy on the

carbs. Overdoing it on bread, rice, cookies, or candy can lead to a crash, so stick to a fist-sized serving of carbs per meal. My go-to afternoon snack is a couple of cheese sticks and an apple. The protein-fat-sugar-fiber combo delivers steady energy, with no crash.



Mike Roussell, Ph.D., is a nutrition consultant based in Rochester, New York. Follow him on Twitter: @mikerroussell

From left: Mike Roach/Zuffa LLC/Getty Images; Jemal Countess/Getty Images; John C. Engelhardt; Jacopo Marengo; Arslan Gusangazhinov; Illustration by JIM WINTERS; previous page: Buda Mendes/Zuffa LLC/Getty Images