

TONS OF USEFUL STUFF

# Men's Health

## STRONG & LEAN!

A HARD BODY IN 28 DAYS

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Training Secrets From  
**NFL's  
FITTEST  
MEN!**

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21 Simple Ways to  
**SHRINK  
YOUR  
GUT**

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LEVITT**

MAKE HIS SURPRISING  
SUCCESS SECRETS  
WORK FOR YOU

**EARN  
MORE  
STRESS  
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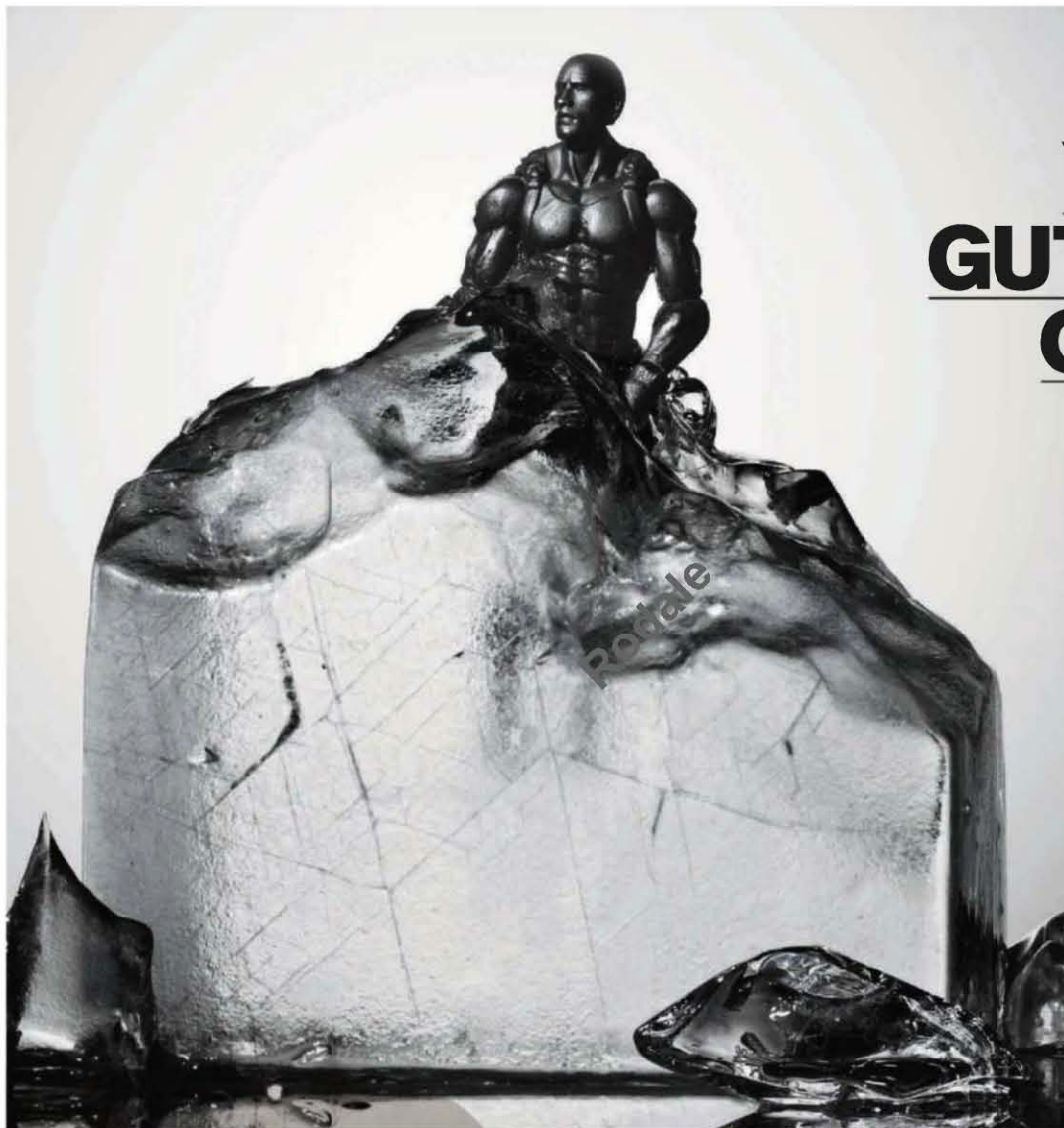


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## MELT YOUR GUT FOR GOOD

**Belly too big? Think small. Choose from our list of easy, expert-approved, research-backed waist reducers, and shrink your gut in no time flat.**



**RIVERS CUT CANYONS. CONTINENTS DRIFT. THE GUY IN SEAT 23F hogs the armrest.** Before we even notice, subtle shifts can add up to big changes. Social scientists call this phenomenon “creeping normalcy.” It’s bad news when it comes to climate change or paunch development, but you can use it as a tool to sculpt a new, leaner you.

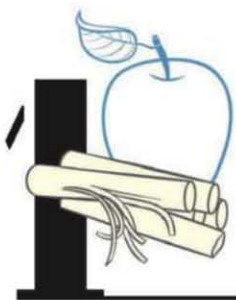
A dramatic diet change—say, cutting hundreds of calories a day—can slow your metabolism and thwart your efforts to lose lard. But with smaller adjustments, your body’s furnace won’t dial down and weight loss may be easier. That’s according to Scott Kahan, M.D., M.P.H., director of the National Center for Weight and Wellness in Washington, D.C., and a

faculty member at Johns Hopkins University. He’s one of many experts we consulted for this compendium of simple baby steps that add up to giant leaps for mankind.

In fact, focusing on just one seemingly trivial change each week can result in about four times the weight loss over a four-month period that a standard diet-and-exercise plan would yield, a study in the *Annals of Behavioral Medicine* found.

Another study published in the journal *Eating Behaviors* found that overambitious diet expectations can lead to big weight fluctuations. So focus on small steps and gradual weight loss for long-lasting results. Start by trying out the following tweaks—but only a few at a time!

## CUT YOUR CONSUMPTION



### Preload

Before a big restaurant meal, eat a 200-calorie snack that contains at least 15 grams of protein—a shake with whey protein powder, for example, or an apple with string cheese. With a gut full of satiating protein and fewer hunger hormones circulating, you'll eat less at the restaurant and cut your total calorie count as a result, says Dr. Kahan.

### 2 Don't Top Off

Picture a gas gauge in your gut; *E* means you're ravenous and *F* represents full. Aim to stay between a half and three-quarters of a tank by eating before you feel famished and stopping when you're satisfied, not stuffed, says Matt Lawson, M.A.-N.C.C., L.P.C., a behavior coach for the weight-loss company Retrofit.

### 3 Chew on It

Men in a Chinese study who chomped each bite 40 times ate 12 percent less than those who chewed 15 times. Chewing may kickstart the digestive process, speeding the release of gut hormones linked to satiety, the researchers say.

### 4 Think Like a Foodie

Take time to note the texture, smell, and source of your food. Saying things like "This grass-fed Neiman Ranch rib eye is juicy" can create a vivid "meal memory" that keeps you fuller for longer so you snack less later, a U.K. study found.

### 5 Read an Awesome Health, Fitness, and Nutrition Magazine

Researchers in the Netherlands say this tactic, called priming, works on a subconscious level. Most recently they found that people who were handed recipes with diet-related keywords when entering a grocery store bought fewer chips, cookies, and cakes—even if they said they hadn't really paid much attention to the handout.

### 6 Plan Store Trips

Starving shoppers really do load their carts with more high-calorie options, a study in *JAMA Internal Medicine* reports. The best time to shop is after breakfast on a weekday, says Anita Mirchevskani, M.S., R.D., a New York City dietitian and cofounder of FitMapped, a fitness directory website and app. If that's not a good time for you, buy a medium-size fruit or some fresh vegetables from the salad bar to nosh on as you shop.

## TURN UP YOUR BURN



JAMESON SIMPSON (illustrations); MATT RAINEY (snacks); food styling: Melissa Reiss; 123RF images (muffin); prop styling (previous page); Angela Camacho/Stockland Market

### 9 Steal a Workout from a Pro

D.C. United goalkeeper Bill Hamid helped cut his body fat from 19 percent to less than 10 percent with this workout. Do each exercise for 20 seconds, with 20 seconds of rest between moves. Do the cycle two or three times. Interval-style training can increase calorie burn for up to 22 hours.

- 1/ Shadowboxing
- 2/ Jumping rope
- 3/ Walking lunge
- 4/ Side shuffle with medicine ball
- 5/ High-low exchange\*
- 6/ Box jump
- 7/ Pushup with row
- 8/ Rotational situp
- 9/ Burpee
- 10/ Pullup

\*Lie on your back and hold a Swiss ball between your ankles. Then pass it from feet to hands, keeping your core tight.

### 7 Snack on This



2 celery stalks,  
1 cup carrot  
strips,  
2 Tbsp Sabra  
guacamole  
120 calories  
4.5 g fat



5.3 oz Fage  
Total 2%,  
strawberry  
140 calories  
2.5 g fat



1 oz air-popped  
popcorn  
with 1 tsp  
chili powder  
118 calories  
1.5 g fat



1 Thomas'  
cinnamon  
raisin English  
muffin, 1 Tbsp  
cream cheese  
190 calories  
6 g fat

### Not That

15 Lay's Classic  
potato chips with  
2 Tbsp Lay's  
Smooth Ranch dip  
220 calories  
15 g fat

1/2 cup Häagen-  
Dazs strawberry  
ice cream  
240 calories  
15 g fat

6 Tostitos "hint  
of lime" tortilla  
chips, 2 Tbsp  
Garden of Eatin'  
cheese dip, mild  
220 calories  
13 g fat

1 Entenmann's  
single-serve  
cheese danish  
400 calories  
19 g fat

### 8 Drink This



Water with  
1 lemon wedge  
1 calorie



NUUN Active  
Hydration  
Lemon+Lime  
electrolyte  
drink tabs  
8 calories



1 shot (1.5 oz)  
vodka with  
club soda  
97 calories



8 oz V8  
vegetable juice  
50 calories

### Not That

20 oz  
Coca-Cola  
240 calories

12 oz  
lemon-lime  
Powerade  
80 calories

12 oz  
Sierra Nevada  
Bigfoot Ale  
330 calories

Arizona Kiwi  
Strawberry juice  
drink (8 oz)  
120 calories



### Change Things Up

Swap rowing for running or free weights for machines. New moves can help speed your heart rate from 60 percent to 80 percent of your max, so you burn an extra 120 calories an hour, says Scott Danberg, M.S., fitness director at the Pritikin Longevity Center + Spa.



## 11 Hit the Sand

Running on a shifting surface can force you to expend 30 percent more energy than running on grass does, according to a study in the *Journal of Science and Medicine in Sport*. The result is more calories burned, because your muscles must work harder to stabilize your body. Nowhere near a beach? No problem. Just choose the least stable terrain you can find—soft grass or a trail, say—instead of hard asphalt.

## 12 Go Back-to-Back

To crank your metabolism, rest just 30 to 60 seconds between your weightlifting sets, says trainer Marc Perry, C.S.C.S., C.P.T., founder of BuiltLean.

## 13 Wake Up Earlier

...and work out before breakfast. (Okay, not all of these are easy.) You'll force your body to burn stored fat, a 2013 U.K. study found.

## 14 Do Full-Body Cardio

The more muscle groups you involve, the more calories you torch. A 175-pound guy burns about 335 calories in 30 minutes of vigorous rowing—138 more than in an elliptical workout.

## 15 Move More Outside the Gym

A 175-pound guy doing any of these can burn about 40 calories in 10 minutes.

- ▶ Bathe the dog
- ▶ Carve wood
- ▶ Play guitar
- ▶ Mop the kitchen floor
- ▶ Make the beds
- ▶ Pull weeds
- ▶ Waltz, or tango



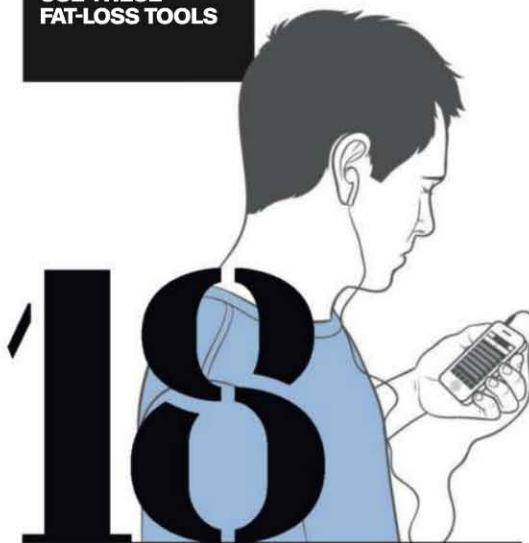
## 16 Walk or Run a Mile

C'mon, it'll just take a few minutes. Doing this instead of driving that distance can result in a BMI decrease comparable to cutting 100 calories a day, a study in *Preventive Medicine* suggests.

## Race a Fitter Friend

Cyclists competing with an opponent who was slightly speedier pushed hard for 9 minutes longer than those who cycled alone, say researchers at Michigan State University.

## USE THESE FAT-LOSS TOOLS



## Listen to Your Past

Music that inspires you helps you work out harder and longer, research shows. You'll be motivated most by songs that were playing when you had your first kiss or won something, says Lee Brown, C.S.C.S.\*D., Ed.D., of California State University at Fullerton.

## 19 Make a Deal

Go to stickk.com and pledge to fork over cash if you miss a goal. In a Mayo Clinic study, some people in a weight-loss plan earned \$20 a month if they shed pounds and paid \$20 if they didn't. They lost 7 pounds more in a year than those with no cash at stake.

## 20 Track Your Meals

Your smartphone app can help you lose more weight than a paper journal can, reveals British research. Try MyNetDiary Pro (\$4, mynetdiary.com): It has a superfast scanner, letting you enter calorie data by scanning the bar codes on food packages. Keep it handy on the weekends, especially, when the binge risk looms largest, says Leslie Bonci, M.P.H., R.D., director of sports nutrition at the University of Pittsburgh Medical Center.

## 21 Break Out the Measuring Spoons and Cups

You don't have to use them religiously, but haul them out every few weeks for a spot check. Serve yourself a typical portion, then measure to see how far you've strayed from the recommended serving size, says Allison Stowell, M.S., R.D., a dietitian for the nutrition guidance program Guiding Stars. See right for frequently overserved foods. ■

## SERVE YOURSELF

Are you underestimating your intake? Be wary of these foods; they frequently come in oversized portions.

	STANDARD SERVING SIZE (USDA OR FDA) oz, except as noted	AVERAGE MEASURED WEIGHT OF FOOD oz, except as noted	% BIGGER
<b>Hamburger</b> cooked weight	2.5	5.3*	110
<b>Bagel</b>	2	4.4*	120
<b>Muffin</b>	1.5	6.5	330
<b>French Fries</b>	2.5	6.7*	170
<b>Cheese Pizza Slice</b>	5	7*	40
<b>Beer</b>	12 fl oz	15.4 fl oz	30
<b>Steak</b> cooked weight	2.5	8.1	220
<b>Soda</b>	12 fl oz	23**	90
<b>Pasta</b> cooked, no sauce	0.5 cup	2.9 cup	480

\*Chain restaurant \*\*Fast-food outlet  
Adapted from the *Journal of the American Dietetic Association*