

FROM BEACH TO BEDROOM - HOW TO HAVE A PERFECT SUMMER

# Men's Health

August 2007 £3.70

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# DO YOU KNOW THIS MAN?

He eats too much, exercises too little and is always stressed. Sound familiar? Here's how Homer can turn his whole life around – and how you can, too

## The Tao of Homer

## D'oh!

## Woo-hoo!



**1** "Alright brain. You don't like me and I don't like you, but let's just do this and I can get back to killing you with beer."

"Alcohol makes us feel good," says nutritional therapist Emma Wells, from [smartrnutrition.co.uk](http://smartrnutrition.co.uk). "But it can lead to a smaller, lighter, shrunken brain."

Try Low alcohol beer and you can boost memory with lecithin granules ([goodnessdirect.co.uk](http://goodnessdirect.co.uk)). Add them to meals and you'll never forget... um, what were we saying?



**2** "To alcohol! The cause of – and solution to – all of life's problems."

"Yellowy skin may mean your liver is struggling to clear toxins," says Wells. "Old wives associate a toxic liver with anger. Guys like Homer take note."

"Support your liver with dandelion coffee," advises Wells. Then add some rocket, watercress, onion and tomato to burger baps. All are beneficial to your liver.



**3** "It's not easy to juggle a pregnant wife and a troubled child, but I managed to squeeze in eight hours of TV a day."

"A gut puts stress on your back and slumping in front of the TV won't help," says Walsh. "Office-bound workers also often develop poor posture at the job."

"To improve posture, perform upper back and core exercises," says personal trainer Gavin Walsh ([gavinwalsh.co.uk](http://gavinwalsh.co.uk)). Perform them in front of the TV, not in a meeting.



**4** "I discovered a meal between breakfast and brunch..."

Homer often wakes from doughnut dreams to stick his face in the fridge. "Sugary snacks lead to fluctuations in energy, mood and weight," says Wells.

"If you get hungry in the night, keep oatcakes and peanut butter by your bed. They'll balance blood-sugar," says Wells. Just don't mistake them for the alarm clock. Messy.



**5** "It's true, I'm a rage-a-holic. I just can't live without rage-ahol!"

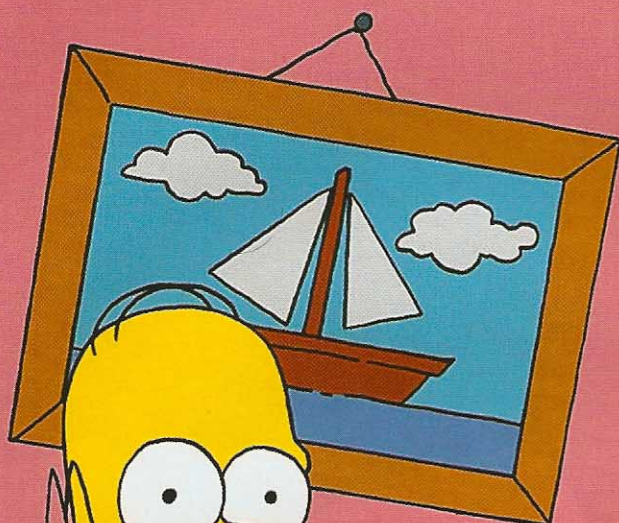
Homer gets stressed (which contributes to baldness) so he hits the bottle. "Booze depletes B vitamins, which are crucial in dealing with stress," says Wells.

Soak it up. "Wholegrain bread will help to replace B vitamins," says Wells. And walk to the pub. "A 10-15 minute walk will reduce stress," adds Walsh.

**Two-second tips** Don't bother with sit-ups. They work your hip flexor muscles, not your abs. Do crunches instead.



Homer's Superman  
impersonation  
impressed no one



WORDS: JONATHAN CROCKER. PHOTOGRAPHY: ALLSTAR. CAPITAL PICTURES, REX

## Toon trouble

Learn to how to avoid  
ending up like these guys



**Peter Griffin**  
(Family Guy)

**Problem**

Double-chin

**Solution** Open your mouth, pull up your bottom lip over your teeth and move your jaw up and down. "Repeat 10 times, three times a day. You'll see a difference in a week," says personal trainer Scott Tudge. We must stress the importance of doing this in private.



**Garfield**  
**Problem**

Lasagne lethargy

**Solution** Eat

smaller snacks

every three hours. "If you eat huge helpings of carbs, blood-sugar levels spike, then fall dramatically, leaving you exhausted," says Judy Watson, dietician at Champneys Health Resorts. Or stick to cat food.



**Teenage Mutant  
Ninja Turtles**

**Problem**

Pizza addiction

**Solution** More pizza. But swap to wholewheat dough and bake it for longer at a higher temperature. Research at Cornell University in New York found this can double cancer-fighting antioxidant levels.



**Fred Flintstone**

**Problem**

Too much meat

**Solution** Advice

from the World

Health Organisation states eating two portions of red meat a day can up your risk of bowel cancer by 35%. "Limit yourself to one 140g portion a day and up your fruit and veg intake," says Watson. Apples are easier to catch than a brontosaurus, anyway.



**Popeye**

**Problem**

Pipe-smoking

**Solution** Find

your land legs.

The University of Exeter found even five minutes of exercise can reduce cravings and smoking withdrawal symptoms. "If a drug had the same effects, it would be marketed as a valuable aid to help people quit smoking," says researcher Adrian Taylor.

+ to get even bigger abs, increase the resistance using a weight plate rather than upping the reps.