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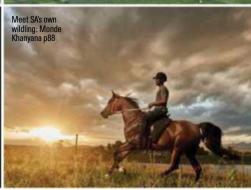












LIFE LESSONS FROM HEROES & FIGHTERS

LIFF LIPGRANF

"Meditation is exercise for your brain."

- Timothy Olson p94

TRUST IN THE PROCESS

"When you're orbiting a goal, the preparations fall into place. Training isn't a thought process - it's instinct. Meals are regimented, and, most importantly, you have an undeniable and satisfying sense of purpose."

- "Zero to Hero," p34

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CONTRARY TO POPULAR BELIEF. REAL-LIFE HEROES DON'T DO SPANDEX.

At least, not the brightly-coloured suits that come with a cape. Same goes for drum rolls, sidekicks, secret HQ, tricked-out batmobiles, spotlight signals. Hell, they don't even get a measly theme song. Nope, real heroes have full-time jobs. Home loans. Families. They sit in traffic, pay taxes, and they deal with all the same issues we do. They're flawed, in an everyday, everyman way. Like you and me. The real difference: they choose to risk their lives for others, and to put other people first. The **heroes that we interviewed (p80)** for this issue aren't perfect, but they're constantly making sacrifices and decisions that we can learn from.

The best part of all this altruistic behaviour? It comes with health benefits. You don't have to become a full-time firefighter or paramedic to harness them – small examples of selfless behaviour, paired with some **mindfulness** and **meditation** (**p94**) is a potent recipe for both health and happiness.

This issue has more in the way of smart health moves. There's a brilliant **Zero to Hero Challenge (p34)** which provides both inspiration and a bullshit-free blueprint for learning how to lift – right from the basics. There's the incredible story of Craig Banks, and how he used fitness in his **five-round fight with cancer (p38)**. We provide the ultimate underdog story of the **Gryphon Sailing Team (p22)**, guy food skills from one of the **country's best chefs (p102)**, muscle-building secrets from **movie stars (p46)**, and describe the unknown story of **Monde Khanyana (p88)** and his epic, stereotype-busting experience at Race the Wild Coast, a 350km adventure horse race that attracts endurance riders from around the world.

The lessons don't end there. We have a bumper, flip-cover **Autumn/ Winter Guide to Style** and as part of the sartorial advice, we've collected tips from two of the best fighters in the country: Demarte "The Wolf" Pena, and Kevin "The K.O. Kid" Lerena. They offer killer looks, and **even deadlier fitness lessons (p74)**.

Time to look sharper, and train smarter. Here's to living like a hero.

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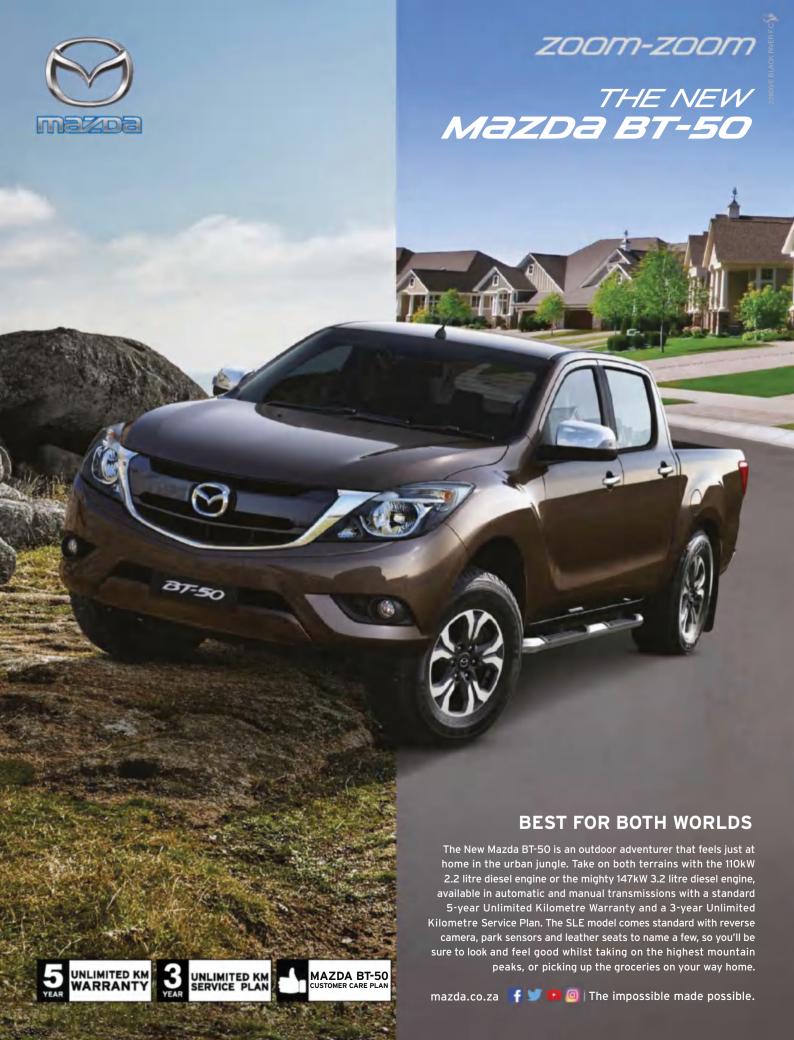
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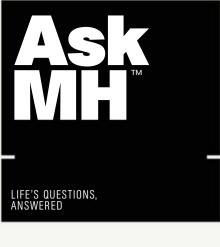








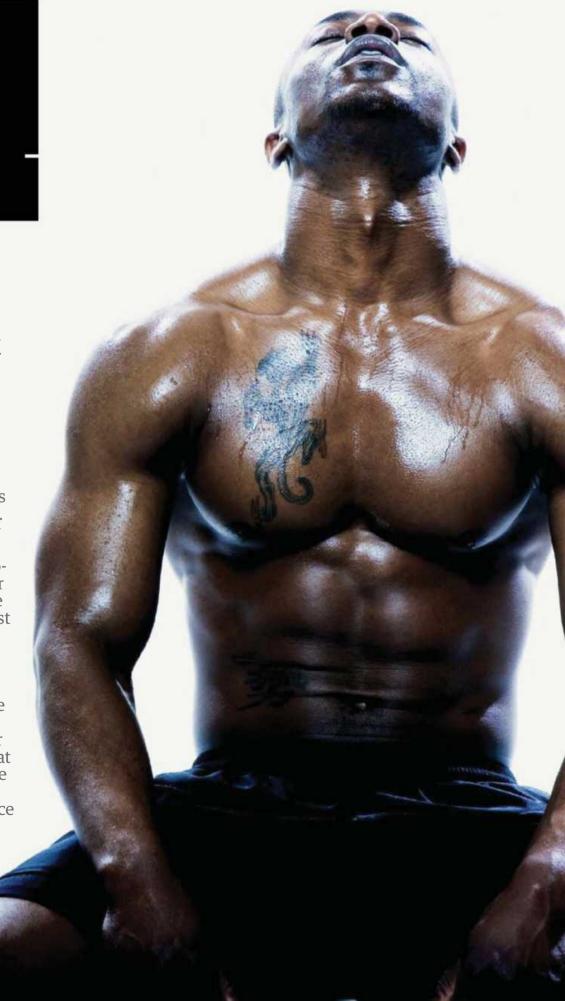




Why do burpees suck so much?

CAMERON, CAPE TOWN

The move (a push-up, squat and jump drill combo named for its inventor, Royal H. Burpee) works your whole body. And it tricks you into killing yourself. That intense, total-body challenge sends your heart rate into the stratosphere and crushes your spirit. "The biggest issue with burpees is that most people can't pull of the individual components with good technique," says Douglas Kechijian, of Resilient Performance Therapy in New York. Work on perfecting your form in the elements that make up the burpee (like squats and push-ups) and build your endurance on the stationary bike or interval training.



HEALTH

on? RUSSEL, DURBAN Bloating makes your belly feel like a water balloon, and when it looks inflated, you have abdominal distension. "Men and women both feel bloated at times but women are more likely to experience bloating with distension," says Lin Chang, a professor of medicine at UCLA. While bloating is often the result of overeating. it can also be triggered by specific foods. For example, when your gut bacteria break down highly fermentable grub like cabbage or cauliflower, gas is produced that distends your intestines. Then the muscles in your abdomen wall relax to ease pressure, and your belly puffs out. As

for that big belly after drinking beer? That's probably from drinking more suds than your intestines can process - not from bloating. To prevent bloating, try drinking plenty of water. If you have severe pain or are vomiting see a doctor. That can sometimes signal something serious, like a bowel obstruction.

FITNESS

I'm out of shape, but incorrigibly lazy. What's your quickest fix?

STEVE, FREE STATE Short of jogging to the cosmetic clinic, most body refits are serious rites of passage that require earnest commitment. In other words, you're probably not going to build the body of your dreams without some kind of emotional down payment. However, that's not to say it needs to be an epic odvssev. During a

recent study conducted at McMaster University. a smartly constructed one-minute workout was found to be as effective as 45 minutes of moderate exercise. In the test, sedentary men (that's you, Steve) were asked to pedal all-out for just 60 seconds daily before returning to their TV remotes. Amazingly, over 12 weeks the study group managed to improve their aerobic capacity, blood sugar control and body-fat percentage as much as those who rode for 45 minutes at a moderate pace.

LET US BE CLEAR: researchers said nothing about subjects looking like Ryan Gosling after the test was completed, nor of their ability to grate cheese with their abs. Even so, if you're extremely low

on willpower, we think

it's a pretty good start:

subjects saw signifi-

cant weight-loss and increased muscle tone. The scientists call it extreme interval. We're calling it bodybuilding for the bone-idle.

GUY WISDOM

These days, when does a woman want a man to stand up for her - if

at all? GERT, JOBURG You may think things have changed in this department, but don't overthink it. Sure. women want equal pay for equal work says Girl Next Door Ali Eaves. but that doesn't mean they want to fight all their battles alone. If your mother makes a backhanded remark about your wife's parenting skills, step up and defend your wife. If some drunk creep in the bar is pestering your female friend, of course you should come to the rescue. It's common decency. And if you're ever in doubt, just ask

DOES IT WORK?



Is juice with pulp better for me than the no-pulp stuff? RYAN MIDRAND

Nope. You'd think more pulp means more good stuff, right? Look at the nutrition panels of your average pulp and no-pulp options and you'll see that the two have exactly the same ingredients, says nutrition expert and PT, Mike Roussell. While a 2015 Spanish study found that pulp may increase a drink's antioxidant content, it's so minimal that switching would not make much difference.

the woman if she would like some help. There's plenty she can handle on her own - but she'll also be happy to know you're on her side if she needs vou.



Send your questions to and we'll get the answers.

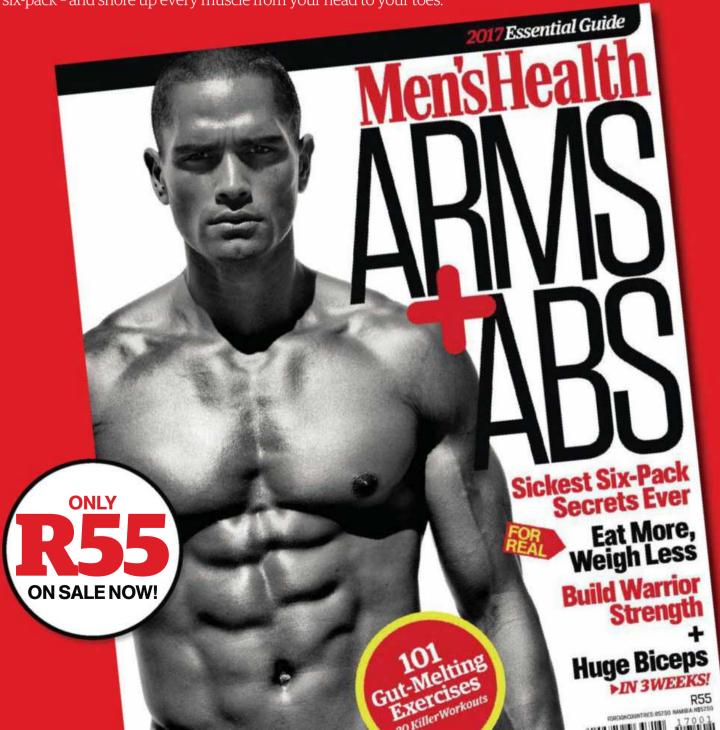


Can sugar be healthy?

It's long been the condiment non grata at your PT's dinner parties, but guess what? The alternatives suck too. Things get cloudy when companies swap out sucrose and sell something ostensibly healthier in its stead. Acids in diet sodas can actually be worse for you than the sugar in their full-on counterparts, says nutritionist Drew Price. Then there's the effect on your brain. According to the brains at Harvard University, artificial sweeteners can overstimulate taste receptors. This means that, just like the sliding scale of a drug's moreishness, you end up needing a bigger hit in future. So yes, controlling sugar intake is important, but a bag of sour worms every so often won't harm you - especially post-gym, when your hungry muscles put extra glucose to good work. Timed correctly, it's fine to dabble in the second-best white powder on the planet. (The first is salt, obviously.)

ITSTIMETO INSUSSE LIPE INSUS

Everyone wants a flat belly and muscular arms. Why? A lean, hard upper body is a badge that says you pay attention to what you eat and keep fit. *Men's Health Arms & Abs* contains some of the greatest workouts out there: ones that will grow your biceps, pump up your pecs, sculpt your six-pack - and shore up every muscle from your head to your toes.











GET TO THE HEART OF FITNESS

"What if you could go easier in the gym but still see the same results?" says Alexander Koch, a professor of exercise science at Lenoir-Rhyne University. With an abundance of apps on the market, such as Elite HRV and Omegawave, you actually can. "They measure your heart rate variability, or the variation in time intervals between heartbeats, so you can optimise your workouts." Using the HRV data, these apps establish a baseline over several recordings and then monitor your daily fluctuations so you can know when to increase your intensity and when to lighten the load for recovery. Elite HRV is available on both Android and iOS.

PERCENTAGE INCREASE RISK OF DEPRESSION IF YOU HAVE LOW CARDIOVASCULAR FITNESS.

YOUR MEMBERSHIP TO MORE MUSCLE

Finding the motivation to get fit is a lot harder than watching *Rocky* on repeat, but researchers may have discovered the trick to turbocharging your inspiration. Turns out that those **guys** with gym memberships are 14 times more active than nonmembers, according a study from lowa State University. They posited that by joining a gym you're surrounded by like-minded people who will encourage you to keep working out. Remember, this only works if you show up.





POWER UP YOUR NOGGIN

A new study from Boston University School of Medicine has cemented the argument that **a** healthy body leads to a healthy mind. Using brain-imaging technology, researchers discovered that adults who scored high in cardiorespiratory fitness tests also performed better on memory tests than their less active counterparts.









Find Your Sea Legs

From struggling neighbourhoods to conquering Rio, this small team of sailors defied the odds

BY KIERAN LEGG & KIRSTY MACNAB



GRASSY PARK ISN'T EXACTLY KNOWN FOR

producing crack sailing crews. "No one here really knows what sailing is," laughs Daniel Aguhlas, who began finding his sea legs when he was just 14. It's why, when he dreamed up a plan to conquer the Cape2Rio, the young sailor filed it

away under a category marked "very small possibility".

But this year he was pinching himself when he stepped onto a Brazilian dock, 18 days of arduous sailing behind him. This was his moon landing: one small step from deck to dock, but one giant leap for his neighbourhood. "It was unreal. I just couldn't believe it. I was here," says Daniel.







CREW BOSS MARCO TOBIN DOESN'T WANT

you calling Gryphon a development team. No matter the race, he knows his guys are capable of winning. And the Cape2Rio was no different. The nowseasoned sea dog was introduced to sailing back in 1997, at Grassy Park High

School, "It was actually a school sport! That was about 19 vears ago." he says.

He was approached by the Zeekoevlei Yacht Club, who run a development sailing program in partnership with Wynberg Rotary designed to uplift the community and identify aspiring young talent. Marco fit the bill - and was immediately recruited.

Through his time sailing he would meet similarly-minded would-be sailors. Among them was Theo Yon, who would go on to skipper the Gryphon Team. "Most of the team had been sailing together, but all on different boats. That's 10 years of training as a team on separate yachts," he says.

In March last year, they hatched a plan to pool their knowledge and experience - they bought a boat and formed their own team. While Theo is a realist, always dubious of Marco's utmost certainty that the team can win any event, it hasn't curtailed the crew boss's ambitions.

"I do believe we have the talent to win any race," says Marco. Part of the team's goals was to rope in young, promising talent from impoverished areas. Daniel, who was already sailing at the time, immediately knew he wanted to be part of a team that was eyeing not just a Cape2Rio run - but victory.

"I was on another team, but that wasn't working out," he says. "I knew some of the guys on Gryphon, but that wasn't enough. In this world you have to prove that you deserve to be on the boat."

He would show up at the crack of dawn to work on the vessel, prepping it for the cross-continental journey. It didn't matter what the job was, whether it was a new coat of paint or replacing rusty parts - Daniel offered his time willingly.

"I rocked up, rolled up my sleeves and didn't complain." he says. "I kept reminding myself how badly I wanted to finish a Cape2Rio. This was my shot."

Marco took notice of the 23-year-old's work ethic, and soon Daniel was part of the nine-man crew.

But prepping for the race isn't just about maintenance. There's a physical component too. "From a physical standpoint we are all sailing competitively, so we're sailing-ready. This sport is about endurance, so you've got to get hours on the water and get your body used to being cold and wet for hours at a time," says Marco.

Add in the time spent carrying equipment and supplies, and you've got a monster workout that keeps every crew member fighting fit.

FROM THE START, GRYPHON WERE RACING AT A DISADVANTAGE.

Their vessel was an old boat, something that sticks out in a race where the oldest yacht has seen just five years of sea.

"We didn't have the fancy new technology of the other teams," says Marco. "But we all had confidence in our boat and we knew we could push it harder than most crews could push theirs."

The team set off from Cape Town in January. Daniel was nervous. He'd heard that the first few days were always choppy, with giant swells wreaking havoc among the ranks



of yachts destined for Rio. But the team was ultimately blessed with perfect weather, with flat, glimmering oceans

The trip would ultimately take the team 18 days. And for the duration of that time you're surrounded by endless blue. Initially, it's freeing. But Daniel says a few days in, that unchanging landscape can start tugging on the strings of your sanity. The remedy: "Stay busy."

ushering them into the gargantuan race.

The young sailor worked mid-bow, the no-man's land that connects crews at the front and the back. He jumped from task to task, cooking meals, washing dishes and changing sails. "If you see something that needs to be done, you do it," he laughs. "Because when you've got nothing to do, all you can do is sit and stare."

The team was in a great place at that point, says Marco.

"HOW YOU DO OUT THERE HAS NOTHING TO DO WITH WHERE YOU'RE FROM OR HOW MUCH YOU OWN. THERE'S ONLY ONE THING THAT MATTERS: TALENT."

"We were getting quite excited as we neared Rio. It looked like we would finish in the top three."

But 160 miles out from the Brazilian city, disaster struck when their rudder broke. It dashed their ambitions instantly, and now it looked like they might not even finish the race.

"My heart just sank," says Daniel.

Marco adds: "We tried everything to get back on course.

The sea was rough and there were big swells and strong winds. It was difficult just to keep the boat level."

That broken rudder cost them two days. But for Daniel, it couldn't dampen the feeling of arriving in Brazil.

"That's a feeling I'm never going to forget."

The crew boss says: "Every single hour, every single minute, all the nicks and cuts, it was worth it for making it to the finish line. It was even worth just making it to the start of the race, because making it to the beginning was an achievement in itself for us."

BACK IN CAPE TOWN, DANIEL THINKS BACK TO THE RACE.

"Sailing levels the playing field," says the young sailor.
"Out there you were mixing with people who have a lot of money, but you're not less than them. How you do out there has nothing to do with where you're from or how much you own. There's only one thing that matters: talent."

Marco agrees. "It doesn't matter who you are, that wave is still going to hit you. You're still going to experience the same gale force winds as anyone else, and you still have to deal with it."

The trip has been the culmination of a lifelong dream for the Gryphon crew, many who didn't even think they could become sailors in the first place.

But they're not done yet. There are still more races to win, says Daniel. And new sailors to train.

Marco heads up an NGO that teaches sailing to kids in impoverish areas. Theo has his own organisation that is doing the same thing, and sailing with guys like Daniel - who came up through the ranks of community initiatives - has bolstered their resolve to keep these programmes alive.

Deck Yourself Out

All aboard? Forget the sailor suit – this is the gear that every seasoned sea dog needs



JACKET

Lightweight and weatherproof, the Capestorm Valdivian will keep you dry (and most importantly warm) when the swell gets swole.

R1 000, Sportsmans Warehouse



2

SUNNIES

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(1)

SHOES

Waterlogged kicks? Not a good look. The Columbia Drainmaker Ils are equipped with two drainage ports that will keep your feet dry, while the omnigrip traction will prevent you from becoming shark fodder. R1 140, zando.co.za





Topless Cars Can Be Muscle Cars

OUR CHOICE > FORD MUSTANG 5.0 V8 AUTO

It doesn't get more testosterone-soaked than the original wild horse from the US. This automatic covertible option lets you appreciate the thunderous V8 in all it's glory, and with the modern conviences that the classics don't have. You can also opt for the cheaper 2.4 Ecoboost - but you lose out on the noise. And we're cheating slightly here, as our runner-up isn't available in SA vet - but we're holding thumbs for the rest of 2017.

RUNNER-IIP AUDI R8 SPYDER



Convertibles Don't Have to Be Costly

OUR CHOICE >

AZDA MX-5 2.0L ROADSTER

The World Car of the Year 2016 has a following that qualifies as a cult, and their rabid dedication is for good reason. This is a lightweight, well-balanced roadster with one of the best gearboxes, and it feeds off tight corners and winding roads - and it costs R441 700, a bargain of a sports car. Offering plenty of thrills, it's our kind of rooffree formula. If you want another option, the Cooper S offers plenty of fresh-air fun and agility for a similar price.

RIINNER-IID MINI COOPER CONVERTIBLE S



They Offer the Best **Engine Soundtrack**

OUR CHOICE .

JAGUAR F-TYPE CONVERTIBLE

We've mentioned the hallowed E-Type as one of the original two-seater convertible classics, and this modern work of art follows in its ancestor's tread. It's arguably one of the best-looking cars on the road now, and its throaty soundtrack is something that shouldn't be muffled by a roof. There are plenty of convertible options within the F-Type family (including the ludicrously fast SVR model), and the runner-up is a close second.

RUNNER-UP PORSCHE 911 CARRERA S



Roof Down Doesn't **Mean Slow Down**

OUR CHOICE .

This Munich-based motormaker is renowned for its dynamic, engaging driving, and with this 331kW car you lose nothing of that spirit by losing the roof. It offers a stiff drive that jacks up your heart rate and plasters a smile on your face. This 2017 model will help you enjoy the outdoors at speed, too - think 0 to 100 in 4.6 seconds. If you can't afford the all-out, thunderous M4, scale down to the still-speedy and very slick M240i option.

RUNNER-UP BMW M240I CONVERTIBLE



You Won't Have to **Sacrifice Luxury**

OUR CHOICE > MERCEDES SL500 AMG

Seventeen seconds. That's how long it takes to go from O to roofless. This combination cruiser and sports car offers the best in luxury and comfort along with a potent V8 to hurry things along when you need to. It's a classy, tech-packed option that takes the hassle out of driving, leaving you plenty of time to enjoy your surroundings - which, if you can afford this, are sure to be memorable. Otherwise, test drive the plush Maserati.

RUNNER-UP MASERATI GRAN CABRIO





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A/A BASIC COLOUR WAY IS THE SAFEST AND CLEANEST BET B/ SHORTS SHOULD FIT ABOVE THE KNEE - ANYTHING LONGER WILL MAKE YOU LOOK SHORTER C/YOU NEED ERGONOMIC FABRICS, MOISTURE-WICKING AND BREATHABLE

THAT OLD CUT-OFF POLYESTER

T-shirt might be comfortable, but it's turning your gym gear into a peepshow. Luckily, we know a thing or two about dressing to impress at the gym (and for your body shape).

1/ Wick the Sweat

If you work out a lot, like Nic here, your body needs some TLC. Hydrate and protect your skin with a light moisturiser with an SPF. Then, use a moisturising, cleansing shampoo to bite through grease build-up on your scalp.

2/ Get in Shape

Look for gear that's functional and sharp enough to turn heads outside the gym. For example, a hoodie acts as a barrier between sweat and your fancy coat, keeping you warm without adding bulk – while a stylish zip-up jacket will finish off the athleisure look.

3/ Go for the Upgrade

If they look good enough, the right sneakers suit both the field and the bar. Go for a look that's modern and sleek, and a colour that expresses some personality. We like black, navy and grey, but feel free to branch out if you are confident enough.





Getting Down and Dirty Charcoal is not only brilliant at starting braais. It's also great at freshening up your skin

IT CAN SEAR STEAK TO JUICY PERFECTION.

suck the stink out of a man cave and keep spanners rust-free. (Just toss a briquette into your toolbox). So why are guys putting charcoal on their faces? You might be surprised to know that its purifying powers can also keep your skin, hair and teeth clean and healthy. Charcoal's porous structure naturally draws out oil, dirt and stains while attracting water to hydrate your hide, says dermatologist Marianna Blyumin-Karasik. Here are our picks of charcoal activated products for any grooming issue.



1/ Dirt Build-Up Carbon molecules in

activated charcoal are like dirt magnets, says dermatologist Dendy Engelman. When pore pollutants come into contact with carbon, they stick together. then wash away as you rinse. NIVEA MEN **ACTIVE CLEAN SHOWER GEL 500ML R50 DIS-CHEM**



2/ Dead Skin

With its exfoliant to remove dead skin cells and impurities, this face scrub deeply cleanses, purifies and smoothes the skin, unclogs pores and should be used two to three times a week. Massage into damp skin, rinse. **HG ACTIVATED CHARCOAL FACIAL SCRUB 200G** R150 HG FOR BROS



3/Clogged **Pores**

The alpha hydroxyl acids in this mask soak up oil - just don't leave it on longer than advised. The charcoal can absorb too much oil, and your skin will produce more of it to compensate. DERMA-**LOGICA RESCUE MASQUE** 75ML R790 DERMALOGICA



4/Winter **Drvness**

Dry air can roughen skin. This gentle soap. made with antiseptic rosewood, sandalwood and charcoal, can be used on the face and body. It contains antiinflammatory liquorice, and charcoal to absorb excess sebum. **COALFACE R95 LUSH**



5/Stained Teeth

This environmentally friendly toothpaste contains activated charcaol and not only whitens teeth but also regulates the pH in your mouth, preventing cavities and gum disease. The bleach-free formula won't damage tooth enamel. **DETOXIFYING CHARCOAL TOOTHPASTE R115 CLICKS**



6/ Dull Hair Pomades and gels

can leave residue that weighs your hair down. This sulphate free formula combines charcoal and fresh citrus oils to scrub away build-up while going easy on your scalp, says Dr Engleman. HASK CHARCOAL **PURIFYING SHAMPOO** 355ML R140 CLICKS



Ask the Soldier

Straight-up advice from a stand-up guy every month

ENOCH MSELENI

This tough-as-nails soldier in the Protection Branch of the SA National Defence Force knows what it takes to forge heroic mind and muscle. Atten-shun!



I can never stick to a weekly workout routine. How can I make every day a little more regimented?

When I joined the Navy back in 2009, the first thing I learnt was you have to prioritise your health and fitness. It's a lesson that still pushes me to stick to a strict routine today. Make an agreement with vourself print it out and sign it if you have to - and hold yourself to it. Even better, remind yourself of why you are working out in the first place. Once your reasons and your routines become two parts of one driving force, you'll be unstoppable.

How can I be a hero every day?

Well, don't go and buy a Superman costume just yet. It's actually as simple as doing what you love and challenging yourself every time you get the chance. Once you've nailed that, you'll wake up every morning with a sense of purpose and that makes you a hero.

I'm terrified of the unknown. Seriously – it's got to the point where I sometimes agonise over the simplest decisions. How do I learn to stop worrying and start winning?

We have a quote we throw around a lot here: "Smooth seas don't make skilful sailors." When you understand that challenges are inevitable and overcoming them makes you a better man, then there's no reason to fear them. It gives you power over the unknown. Instead of fearing uncertainty, you prepare for it and focus your energy on being stronger in the aftermath. Sooner or later, you will conquer any phobia.

l've reduced my meals to ration size, but I don't think I can stick to this diet. Any advice on staying on the straight and narrow?

I get asked about diets a lot, and I like to give practical advice. You'd probably run to the vending machine when hunger strikes, but that's just going to kill your progress. Instead, break up your big meals of the day with healthy snacks – such as nuts or dried fruit – or a small smoothie to stave off the hunger.

Any basic training life lessons you suggest I can put to work right now?

Nowadays, men want to live in comfort. The result: their survival instincts perish. Mental toughness is a thread that keeps us together, and your tool for overcoming any obstacle, whether it's during training, in your career or simply just being a better man. Whatever you choose to stand for, learn to stand firm and don't retreat.



For more advice, forward march over to instagram.com/prince_enne

SAVING PRIVATE WILL POWER

THREE MEN
(LOOK AT THEIR
NAMES!) SHARE
HOW THEY'RE
STICKING
TO THEIR
OBJECTIVES

Will Powers

65, Photographer
THE MISSION Weight
control and exercise
HIS SECRET Good
old-fashioned
stick-to-itiveness.
THE KEY "You can't
change if it's for
someone else;
you must do it
for yourself."

Will Power

THEMISSION Win the Indianapolis 500
HIS SECRET Minigoals. "If you overstep your goal you can crash," says
Power. "Set a goal and get the most out of yourself on that day, on that lap, on that corner - and you will."

Will Powers

30, Senior
Marketing
Manager
THE MISSION Cook
more often; brew his
own beer
HIS SECRET Share
your goal with people so they hold you
accountable. If you
tell your friend that
you're brewing beer,
they're going to follow up with you.

How do I get army fit — without, well, actually joining the army?

Keep it simple, soldier. The SANDF specialises in resistance training, with a strong focus on powering up your corebecause that's where all your real strength comes from. Never underestimate simple core exercises. Running, swimming, all kinds of plank variations. Then, take those gains to the next level by incorporating bodyweight and weight training to supercharge your speed and strength.



How to Sell a Crazy Idea Jordan Peele, of the comedy duo Key & Peele, shows you how to escape your pigeonhole

ACT 1: BE ORIGINAL

"I'm a huge horror film fan, but I felt there was a missing piece." Peele says. "I wanted to examine race through the filter of the genre." His new film *Get Out* is the story of an interracial couple (she's white, he's not) and a home of brain-washed slaves. Never heard a story like that, have you? Neither had the studio execs, says Peele. His singular (okay, bizarre) vision convinced them to sign on.

ACT 2: DEFINE YOUR ROLE

Peele writes. Peele acts. He doesn't direct - at least that's what he thought until he was well into the writing. "I realised the script came together because of my perspective," he says. "The paranoia, feeling like a fish out of water. I don't think anyone else can do this movie." Some-times you delegate; sometimes you own it.

ACT 3: SEEK SUPPORT

'I was pretty sure this was a movie that would never be made," Peele says. But he showed an early version of the script to his longtime collaborator, Keegan-Michael Key. "We're cheerleaders for each other. He just came in the next day with this classic Keegan-Michael Key look and was like, 'Jor-dan! Jo-ho-ho-HOR-dan!"

ACT 4: MANAGE CRITICISM

"There will be criticism," Peele says. But he's not bracing for it. It's out of his control. Plus: "One of the biggest joys of my life was directing this movie. I feel like there's nothing that I will be able to do better than what I love the most.'

KEEGAN-MICHAEL KEY'S INSIGHT "What sold me on his horror movie Get Out was that he took the character who's usually discarded in movies [the black male] and made him the focus. Jordan has an amazing way of looking at things from a different perspective. He turns a genre on its head by changing one trope. His brilliance is in finding the different and the simple."

Jordan's Top Modern lorror Movies

IT FOLLOWS

Man and woman have sex. Woman must have sex with someone else or else she'll be brutally killed. Romantic!

THE WITCH

Creepy colonial family is banished to the woods, and face a dearth of crops, hope and set lighting.

DON'T BREATHE

Robbers enter the house of blind man to steal his stockpile of money. Man is a trained killer. Oops.

CABIN IN THE WOODS

Actors in a shallow, cliched horror movie discover new depths that are actually quite original.

Heed the Call

You have 150* hours of free time this month. Kick some ass

SuperFood

Cheese is proof that not all heroes wear capes. To experience the true life-saving benefits of cheddar and chevre alike, take a pilgrimage to the SA Cheese Festival in Stellies. Sample the best smoked, cured and aged varieties while learning how to pair dairy with the right vino. Tickets at cheesefestival.co.za 28-30 APR

HANG UP THE CAPE

Need a break from saving the world? Hit pause at Splashy Fen Music Festival, in Underberg in KZN – an antidote to the hustle and bustle of everyday office life. Catch The Temper Trap, and leave with a deep understanding of what it means to take it easy. 13-16 APR

Secret Serum

The kryptonite of any urban-dwelling hero is that quality plonk is usually reserved for folks willing to trek off to the countryside. However, the caped crusaders at Tuning the Vine are bringing vino into the inner-city of Joburg, giving you a chance to sample some of the best wines in the country. All you'll need is a wristband, a curious palate and an iron liver. Just tag in a designated driver or Uber for the ride home. 6 APR



MH IS PLAYING...

Mass Effect Andromeda is an all-out space-capade featuring a giant open world full of aliens to chase down, gun down and, occasionally, talk to.
Or, how you'll spend whatever's left of those 150 hours. Available Now on Xbox One, PS4 and PC.

Heroic Feats

There's nothing quite as motivating as staring down the barrel of one of SA's toughest races. First step: sign up to The Toyota Warrior Race #3. Second step: lie in the foetal position and question all your life choices. Final step: start training your ass off. The obstacle course race which takes place on Van Gallens Cheese Farm in Hartbeespoort, crams a series of exponentially more torturous obstacles into your choice of 5km, 10km or 15km routes. Just remember: you'll feel like a friggin' hero when you cross the finish line. 22-23 APR

THE SHOWDOWN

A hero needs an arch nemesis. This 620km adventure race definitely counts. The Durban Dash Down will take you from Joburg to Durban – and you have 60 hours to cycle, on tar and trail, to the line. Bonus: you'll have to fend for yourself from start to finish. 27-29 APR

Lesser-Known Heroes

Forget fancy suits and gadgets. These guys are saving your world



ARON ANDERSO

The first person in a wheelchair to reach the South Pole also raised over R7-million for cancer research.



THOMAS MAKINDENE

Quit his job to open a learning centre to help impoverished kids. Who needs a cape when you've got a calculator?



VIIII III EIVANII NIVODOLI

This former gangster started his own company, Nurturer, producing environmentally friendly cleaning products.



PIETER DU PREEZ

The first quadriplegic to complete Ironman raised funds towards research to treat spinal cord injuries.





PULL YOUR WEIGHT It's not about the iron. It's about knowing you can take on anything



FROM ZERO TO HERO

How one flimsy hipster went from having never lifting anything heavier than a beer glass to holding his own in just 12 weeks

BY KIERAN LEGG · PHOTOGRAPHS IGOR POLZENHAGEN



I WOBBLED IN FRONT OF THE BAR FOR A FEW PRECARIOUS

seconds. The dizzy intoxication was familiar, but the bar was different. There were no craft beers here, nor precious drops of whiskey. Just a length of immoveable steel and a sober man learning a stone cold lesson in humility.

UP UNTIL THE FIRST TIME I STEPPED INTO

The Compound, I had spent a lifetime skirting sheepishly past the iron elements of my local gym. Those dumbbells, barbells and kettlebells were just alarm bells associated with intimidating exercises that sounded more likely to kill me than make me stronger.

Deadlifts? Skull crushers? Forget it, I'll be over here in my safe space with a sangria.

But curiosity got the best of me. You know the kind that pushes people to go shark cage diving, spelunking or crossing a South African intersection. And it wasn't just curiosity; it was more than that. It was this inherent need most humans feel, that we want to be strong, we want

to be powerful. We want to transcend a lifestyle too easily and efficiently spent with our asses glued to chairs and our eyes glued to screens.

This isn't a tale of miraculous abs, surprise swole or prolific pecs. This is how a scrawny guy who couldn't lift anything heavier than the light-end of a couch, pushed himself - through nausea, sweat and the bitter taste of pea protein - to hold his own.

The challenge: go from never having lifted to lifting my bodyweight in three of the main compound lifts. That's a 71kg deadlift, squat and bench. The start pointing: zero. The cut-off: 12 weeks or go home. The kicker: I'm a homegrown, flannel-wearing, barely-bearded vegan.

"Bloody Vegans"

David Cross didn't hide his hesitancy after reviewing my resume: which consisted of a one-week food diary and a post-it note of all the exercise I'd done in the last 10 years. Cross is a British strength and conditioning coach who tortures South Africans for sport, and has a long track record of transforming floppy specimens into functional (and strong) humans. But I was an outlier, a floppier specimen than most. While I had potential for "newbie gains", he admits - I was subsisting entirely on carbs and fatty chocolate ("You vegans and your bloody food"). The closest I came to "hitting my macros" was on a particularly dire camping trip where all we had to eat were cans of beans.

"I can train you, but your diet needs a desperate overhaul," he told me. "Eighty percent of how you look is down to what you eat; the rest of it is the workout."

Here's the best part of having a trainer who is 110kg heavy and could throw you further than the average kettlebell: it's very easy to listen. Add in an accent straight out of the SAS and I went from bad routines to regimented health over the course of a single sit-down.

Step 1: I calculated my macros. Step 2: I downloaded and installed MyFitnessPal (available for free on both Android and iOS) and diligently began logging my meals and assigning plate real estate based on my intake. Step 3: I wasn't at all prepared for Step 4.

"Zero Mobility"

When you first start lifting, the temptation to give up is strong. I like to say that when I put my mind to something I generally become obsessive until I see it through. But in the aftermath of my first session I was dizzy with a dose of reality that was crammed down my throat. I didn't just feel weak; I felt weak in a myriad of new ways I didn't think were possible. Lying in the foetal position on my couch I had flashbacks to my clumsy attempts at deadlifting, or my shaking false starts during a single set of bodyweight squats that left me sapped and defeated.

And the entire time I felt David's patience fraving. Now, he laughs when I ask him about those early days. "You were in a bad way," he says. "But it's not abnormal. It's too normal."

When we're inactive we don't just waste away. We condition our bodies to our routine. Mine? I would run, begrudgingly, and then spend a lot of time finding inanimate objects to cradle my flat, white ass. The result: my muscles were tight, my flexibility was shot, and movements required to nail a deadlift - essentially child's play for the average toddler - were so far beyond my capabilities I felt like I'd walked into a quantum computing class instead of a gym.

Not only does David make all his client's spend the first five or ten minutes of a session limbering up with a series of stretches (The Limber 11 is a good place to start), but he had me isolate muscle groups and go to town with foam roller and tennis ball to loosen up the fibres in my free time.

In his words: proper form requires mobility. And proper form is essential not only if you want to bolster the benefits of every lift, but to avoid injury that may sideline you for months or even worse, cause long-lasting damage that will only rear its ugly head as you get older.

I went there expecting to pack on plates like a sumo wrestler at a buffet and quickly realised this wasn't a Rocky montage, this was a process. A tough, sweaty process.

From "Floppy Cock" to "Committed"

A few weeks in and David had upgraded me from "floppy cock" status. (His words, not mine.) Movements were making sense, and my deadlift and squat form no longer resembled a gyrating beanpole.

I was adjusting to my socialist meal plan (eating anything as long as it fits my macros), which involved supplementing every meal with a gross dose of plant protein powder. But I already noticed small changes, I was now thinking about how I moved, not just when I was in the squat rack or carrying kettlebells around David's garden, but when I walked.



My posture was better, my grip strength had ramped up tremendously - there wasn't a jar lid that could stand in my way anymore - and I just felt healthier.

I was also approaching (most) of my sessions with excitement instead of dread. In a Facebook post David writes: "I really enjoy how Kieran turns up for every session on time, ready to go no matter how his day has gone. Committed."

I'm including this for a few reasons. First, to balance out the self-deprecation, Second, it's the nicest thing David has ever said to me. And finally, it taps into one of the most important lessons I learnt: just show up.

I reaped the biggest rewards from sessions I wanted to skip so badly I had a novel-length list of excuses drafted and ready to send to my towering coach. But then I'd remember the time I half-assed putting up new guttering and was almost knocked unconscious as it crashed onto my head during a particularly rainy day.

Then there was the reminder that the clock was ticking. If I couldn't lift my bodyweight in at least one of the lifts after those 12 weeks had expired, it would feel a lot worse knowing I could've showed up for one more session.

"My favourite clients are the ones who show up every time, the ones who don't complain, who get shit done and go home," says David. Do that, and you'll be happier for it.

► TRAINING WHEELS

Before tackling the big boy lifts for the first time, build a solid foundation without the risk.

"If you want to get better at certain exercises, such as the deadlift, squat or bench press, the best way - by far - is simple: practice those exercises more." says strength and conditioning coach David Cross. But in many cases, especially when you're a novice, it helps to build your way up before loading up that bar.

For example, you can build your way up to the back-loaded squat by starting with bodyweight squats and advancing into goblet squats, which involve holding a kettlebell against your chest and repeating the squat movement pattern.

"This exercise is a regressed movement pattern of its bigger counterpart, which will help build the foundation to create the correct mechanical movements and firing patterns for your muscles," says Cross.

Start easy: push-up sets will help prep for the bench press, and deadlift variations are vital for training your body to handle the strain of adding plates.

"A kettlebell deadlift replicates the movement in the safest possible manner, while a Romanian deadlift helps develop proper hip hinge movement, which many people struggle to perfect."



"You vegans and your bloody food. I can train you, but your diet needs an overhaul."

"Judgement Day"

I'd made steady gains throughout my training, but I realised as I woke up during the final week that three months had flown by. Two weeks earlier I'd lifted my bodyweight during a set of deadlifts and it was easy. But my squat was still trailing at 55kg (15kg shy of my goal) and my bench press was in no man's land.

My final test wasn't a powerlifting competition. There wasn't a stage, just David standing there asking if I was going to "cock around in front of the bar forever".

There was a fortunate by-product. I was being studious with my meals, carefully timing my carb intake and measuring out my protein portions. I was going to bed earlier and waking up from chaotic dreams of me practicing compound lifts in some sort of Cross-ruled dystopia.

When you're orbiting a goal, the preparations fall into place. Training isn't a thought process - it's instinct. Meals are regimented, and most importantly, you have an undeniable and satisfying sense of purpose.

I showed up on my test days ready to push myself even if it broke me. The result: in 12 weeks of training for an hour, just three to four times per week, I had gone from absolute zero to

deadlifting 90kg, squatting 70 and benching 45. It wasn't the perfect score I was hoping for, but it was damn satisfying, especially that final squat where I tapped into my reserves to hit my target.

For a guy who had never lifted weights, it seemed impossible that I might just hold my own in a space I had avoided for my entire life. What seemed even more unlikely was me returning to the weights room once my challenge was done. But now I can't imagine going through a week without the sweat, without the pain - without the progress. It has become a cornerstone to my routine that hasn't just boosted my strength and my confidence, it has made the stresses of everyday life seem trivial in comparison to suffering during my sessions.

Sure, I don't have washboard abs (yet) or front-row seats to the gun show (yet), but I'm stronger (a lot stronger) and I feel that newfound power everyday, whether I'm sitting down or moving more. At the end of the day, it's a big reward that's easily worth the four hours of lost couch time every week. MH

PLANT POWER

Living off the goodwill of all things green and generous isn't difficult these days. But to hit those protein goals, you'll need to tap into these powerhouses:

1. CHICKPEAS

19g protein, 6g fat, 61g carbs, 1 520kJ (per 100g)

These beans are cheap and plentiful, but you won't be snacking on them raw. Toss a can into your curry or blend up a simple hummus recipe: one can chickpeas, 60ml tahini, 30ml lemon juice, tsp. of minced garlic, 2 tbsp. olive oil, tsp. ground cumin and a pinch of salt. While you won't be raking in the same protein as a lean chicken breast, the abundance of fibre and cancer-fighting compounds definitely makes up for it.

2. LENTILS

9g protein, 0.4g fat, 20g carbs, 485kJ (per 100g, boiled)

You'll look at this and sigh and say: "Lentils? Nature's cardboard? No thanks." Sure, this pulse has the potential to bore your tastebuds, but if cooked right you're in for a feast. The best use I've discovered is swapping out the ground beef in your average bolognaise recipe with lentils. Replace the noodles with zoodles (yes, we said zoodles - zucchini pasta, for the uninitiated - and you've got a protein power meal on your hands. Not sold? Lentils are a lean protein option that also serve slow-burning energy meaning you can chow down at lunch and still have energy for your evening workout.

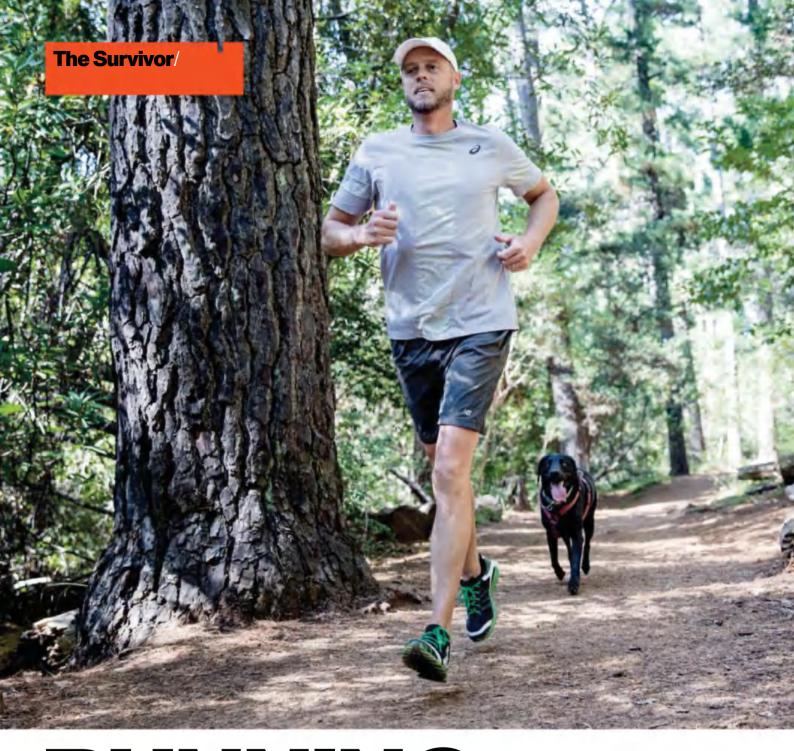
3. TEMPEH

19g protein, 11g fat, 9g carbs, 800kJ (per 100a)

This relatively new import (at least for SA) is the blue cheese of the vegan world. It's an acquired taste, but once you're hooked it's a versatile morsel. Fry up a pack of tempeh and craft a quick TLT (that's a tempeh, lettuce and tomato sandwich). Or even easier: add it to your vegetable stirfry for a quick protein boost.

4. SOY PROTEIN POWDER

84.2g protein, 0g fat, 1g carbs, 1 600kJ The vegan's secret weapon: soy protein (Health Connections Wholefoods Just Soy powder, R67 takealot.com) is a powerhouse that will transform any smoothie into a protein payload. Relatively tasteless, this powder doesn't mar the flavour of your blends like many of the other vegan and nonvegan options. If you're worried about the man boobs factor, the jury is still out on whether soy causes men to sprout a pair of knockers, with a of studies revealing that soy may inhibit rather than encourage moob-growing oestrogen instead.



RUNNING FORHISLIFE

When commodities trader Craig Banks was diagnosed with an aggressive form of cancer, his fitness and competitive spirit helped him nail the ultimate race

BY CATRIONA ROSS • PHOTOGRAPHS IGOR POLZENHAGEN



CRAIG BANKS WAS 25

and sensed life was just getting started. He'd left Cape Town to join a few mates in the UK in 2002, where he'd bagged his dream job with an oil trading company.

But a few months in, everything started going wrong. First, the Dutch visa he needed to continue working with that company didn't come through - then, before departing from Cape Town, his visa-requisite chest X-ray picked up a small node on his neck. His GP advised Craig to contact him if it hadn't disappeared within a month. "I chose to ignore him," says Craig, who is now 40. "I started feeling worse and worse, and the node in my

neck was getting bigger. It would shrink down, then grow again - I thought it was stress-related." He constantly felt itchy; then came unsettling night sweats: he'd wake up three times a night, drenched, and had to keep a pile of towels beside his bed. Eventually the node pressed on his vocal chords and he began to cough. "I was very fit before I went - I'd played lots of cricket and rugby, run countless halfmarathons, surf-skiied and surfed - so I didn't really believe I was ill."

But when the job fell through after 10 months, Craig flew home to Cape Town, His mother burst into tears at the sight of him.

Falling Apart

After a scan and biopsy at Constantiaberg Mediclinic, haematologist Professor Peter Jacobs diagnosed stage four lymphoma: cancer of the lymph nodes. Very advanced, it had spread to his neck, chest and abdomen. "Prof said, 'Craig, you're very sick. We can make you better but we're going to make you a lot more sick in order to make you better. And you've got to go to the sperm bank because you'll never have kids naturally," he recalls.

Eight rounds of chemotherapy over 10 months flicked Craig's crazy switch. "After that, I just went flat out at life. I thought life owed me something: I thought I was invincible."

He threw himself into running, triathlons and 6 Down touch rugby at a local rugby club. It was there that he met his wife-to-be, Mandy, a biokineticist, while playing in a mixed social side. "I'd play in the main league, then run across and play in another men's league, then run across and play in the mixed league. Then we'd drink all night. It was a crazy time. I felt like the solitary survivor of an aeroplane crash, as most of the guys I'd had chemo with in hospital had died."

A few months later, he relapsed. Professor Jacobs recommended an autologous transplant: Craig's bone marrow stem cells, which produce blood cells, were collected before chemotherapy in order to remain undamaged, and returned to him afterwards, but his recovery was slow. However, in the 18 months' reprieve after the transplant, he and Mandy did the Coronation Double Century cycle race, XTERRA Off-Road Triathlon, and Ironman with friends, raising almost R250 000 for Professor Jacobs's haematology trust: "It was an amazing event. It took me forever - 15-and-a-half hours. My wife did 12-and-a-half. She killed us all," Craig laughs.

But his body was taking strain. Two weeks after Ironman, Craig was treated for tuberculosis. Four months later they got married, but two days after he and Mandy had returned from honeymoon, he relapsed again. "Then my world really started falling apart again. Prof said my

body lacked the antibodies to fight cancer, so a bone marrow transplant was the only thing they could do." He needed a donor, and fast.

In the build-up to the transplant, the couple had been for IVF treatment, and Mandy was three months pregnant when Craig was admitted to hospital, "It was very difficult for her." he says, "I still had a lot to live for, so it was easy for me to fight, to make the decision to keep going."

That said, Mandy had been resilient enough to start dating a guy with cancer, and her calm strength stabilised Craig, helping him push on. "She's very strong mentally - an incredible woman." he says.

"I felt like the solitary survivor of an aeroplane crash, as most of the guys I'd had chemo with in hospital had died."

Finding a Match

After a test showed Craig's brother wasn't a tissue match, the South African Bone Marrow Registry (SABMR), co-founded by Professor Jacobs, began tracking down an unrelated donor. With the chances of finding a match at one in 100 000, it seemed miraculous that a donor was found in England within four months. After his transplant, Craig was subsequently hospitalised for internal chickenpox and shingles but returned home two days before his daughter Noa was born.

Yet six months later, a mark was found on Craig's lungs, and again the biopsy was positive. "It was a horrendous time in the family: my mom was being treated for breast cancer; I'd been through pretty much all the regimes of drugs available. I told Prof, 'Get me anything. Just keep the cancer under control.' The stress really got to us. I was down from 78kg, my weight during Ironman, to 52kg. I was skin and bone. You could see in people's eyes that they had written me off."

Professor Jacobs put Craig on an experimental treatment programme involving six rounds of chemotherapy, but the third round almost killed him. He'd arrived at hospital feeling ill, and collapsed. "I was rushed up to ICU. I'd got septicaemia and they caught it just in time. They said if I'd arrived half an hour later it would have been touch and go. I told Prof, "I can't do this. I can't get through another round." He said, 'That's fine. Take a break.'" When Craig was discharged, his scan was clear.

Three months went by: still clear. Three months became six. Six months became eight years.



The Fit Factor

"A big reason I managed to get through my treatment was because I was fit going into it, and staved as fit as I could during the treatment." says Craig. "Forcing yourself to get up and go for a walk changes your whole perspective." During his first transplant, he measured the transplant unit: 44 paces. He'd calculate how many kilometres he'd walked during the day and challenge himself to go further. "I'd feel I'd accomplished something. I'd tell myself, 'Yes, I'm in the unit - but I've walked a kilometre today, pushing my bloody drip stand!" During chemo, he'd take longer walks around the block inside the hospital, or in the grounds, or up and down the stairs. "At one stage, if I held my intravenous line hard against my chest, I could run downhill, I could run 500 metres. If Prof had found out, he would have killed me!"

Professor Jacobs himself inspired Craig. "During my first transplant I went through a really rough patch and the nursing staff had to phone Prof at 4.30am - he was in the hospital gym, running on the treadmill," he grins. Jacobs died in 2013 at age 79, and left Craig his set of free weights. "If I'm feeling a bit lazy, I always ask myself, 'What would Prof do?' and more often than not I'll get myself going as I know he'd train, without question."

Racking Up the Blessings

Craig's hair may not have grown back after chemo, but clinically he has a clean bill of health. He and Mandy and the kids - Noa, seven, Grace, four, and Hayden, 18 months - are a typically outdoorsy Cape Town family who walk and cycle on the mountain with their dogs, and regularly head to the beach to swim and surf. "We're very blessed. We live normal, stressfree lives," says Craig. His mother has been clear of cancer for eight years too. Craig is involved with Prof Jacobs' haematological trust: his friend Nic Misplon ran the 2016 Comrades Marathon and raised R40 000 for SABMR.

Since his recovery, Craig has run three Old Mutual Two Oceans Half Marathons, but has found sustained activity strains his immune system, bringing a slew of colds and flu. He's now working with a homeopath to bolster his immunity, focusing on 30- to 40-minute runs to up his fitness, and is on a light weight-lifting programme to gain muscle mass. His dream is to run the Old Mutual Two Oceans Ultra Marathon - Mandy is training to run it for a third time this year - and complete another full XTERRA Triathlon. "All the chemo melted away a lifetime of physical activity, so I need to build up my strength before I look at doing another long-distance event."

While Craig and Mandy were in the UK for the 2015 Rugby World Cup, his donor, Rebecca, and her husband agreed to meet them for dinner. "Nothing can prepare you for a moment like that," says Craig. "One of my bone marrow markers was slightly abnormal, and Rebecca had that exact abnormality. So we're a perfect match, but we live on opposite sides of the world. The impact of what she'd done struck home when we met. It was an incredible experience."



SIGN UP AS A BONE MARROW DONOR AND HELP SAVE A LIFE

Every year, hundreds of South Africans with blood diseases, such as leukaemia, reach the point where their only chance of survival is a bone marrow transplant. Bone marrow tissue produces red blood cells to carry oxygen, white blood cells to fight infection and platelets to prevent bleeding. After a patient has undergone a transplant, the donor's bone marrow stem cells travel to cavities in the recipient's large bones and start producing normal blood.

The chance of finding a compatible donor is one in 100 000. Family members, especially siblings, are generally most suitable, but because today's average family is small, only 30% of patients will have a compatible sibling. For the other 70%, their only hope is to find a match via the South African Bone Marrow Registry (SABMR). The SABMR partners with international registries and cord blood banks. which collectively have over 30 million donors, but far more local donors are needed: in December 2016, the database numbered just over 73 000 donors. More local black donors are urgently required as a match is usually found within the same ethnic group as a patient: currently fewer than 7 000 local registered donors are black.

► FIND OUT MORE ABOUT THE SABMR:

This non-profit organisation relies on donations to continue its life-saving work. See sabmr.co.za. To make a financial contribution, click the Donate button.

► HELP PATIENTS LIKE CRAIG

Any healthy person between the ages of 18 and 45 can register. Contact The Sunflower Fund, an organisation that manages the donor recruitment process for the SABMR: 0800 121082 / sunflowerfund.org.za.

MARROW STEM CELLS

If you're identified as a perfect match for a patient in future, you'll be admitted to hospital and linked to a machine by an intravenous line for approximately six hours, possibly on two consecutive days, and the stem cells will be filtered out of your blood.





Watching sports or an action movie or chilling with friends ... You know that feeling? That serene feeling that life is good — well, that's all because of serotonin, the "feel good" hormone.

By simply introducing more healthy experiences into your daily life – like exercise, eating right, getting enough sleep and getting outdoors – you can naturally increase your serotonin levels, and boost your happiness, productivity and peace of mind.

GETTING YOUR MOOD INTO GREAT SHAPE

As little as 15 minutes of exercise each day can help boost production of many of your body's important "mood" hormones, including serotonin. It's not just a way to lose weight or prevent heart disease "someday". Always remember, exercise is about reducing stress and feeling good on the inside, not just looking good on the outside.

EAT YOURSELF HAPPY

Ever wondered why you always feel so warm and happy after eating a big chicken dinner? Well, it's because foods such as chicken, fish, turkey, cottage cheese, nuts, cheese and eggs all contain generous levels of tryptophan — an essential protein your body uses to produce serotonin. So, maybe try adding a bit more "happy" to your diet.

A GOOD NIGHT'S SLEEP

When we're feeling down, it can be tempting to just pull the duvet over your head and sleep all day. But when it comes to sleep, quality is far more important than quantity. Maybe skip the snooze button and force yourself to get up early. And for the night owls and workaholics out there,

if you're getting by on only the bare minimum of sleep each night, find a way to squeeze an afternoon nap here and there – don't overdo it though, 20 minutes should do the trick.

FUN IN THE SUN

Exposure to sunlight, especially the brighter and more intense the sunlight of early morning, has shown to increase serotonin. So, try and get out of the house for an early morning jog or stroll when you can, it will give your body a serotonin boost for the day ahead. Then at night, when that serotonin is converted into melatonin, it will also ensure you get a great night's sleep. Turn those extra UVs into Zs.

WAKE UP AND DON'T SMELL THE COFFEE

Sugar, caffeine and alcohol are all stimulants ... yummy, yummy stimulants. Unfortunately, while they do give you a lift, it's only temporary and, over time, they can actually deplete valuable hormones and decrease their effectiveness. If you like to wake up to a hot cup of coffee, try to limit your intake. The same goes for alcohol and sugary treats. Sorry.

HAPPY THOUGHTS

Researchers have found that simply thinking happy thoughts can boost serotonin production. However, the opposite is also true, that is, thinking sad thoughts can decrease serotonin levels. Changes in the brain have been shown to correlate to serotonin production – when having pleasurable thoughts, serotonin levels increased, whereas painful thoughts decreased serotonin levels.

ANOTHER REASON TO TREAT YOURSELF

We've all heard of the healing power of touch – I mean who doesn't feel great after a good back rub? But now there's medical research to back it up! A study conducted by the Touch Research Institute at the University of Miami School of Medicine has shown that massage can increase serotonin by up to 28% and decrease cortisol – the "stress" hormone – by as much as 31%. Now, how do you convince your doctor to prescribe a spa day?



THAT EXTRA "PICK ME UP"

The World Health Organization lists depression and anxiety as today's leading cause of disability worldwide, and every year more and more people, just like you, are struggling to cope. For people who are faced with depression and anxiety every day, it's not as simple as exercising, eating right and saying "I'm feeling great". Because when those "dark clouds" appear, it can feel like they will never go away. But turning to prescription medication isn't necessarily the answer ...

BRIGHTER DAYS AHEAD

Introducing SOLAL 5-HT¹TM – a purified extract of sceletium, the active ingredient uniquely enriched with Delta-KNXTM – a safe and natural alternative 15.2A.3A.E specially formulated to help you feel better and brighter all year round.

SOLAL 5-HT¹TM works by helping your brain block the enzymes that break down serotonin, effectively boosting the serotonin available to the nerves in the brain and, in turn, enhancing your mood.

Sceletium, the active ingredient in SOLAL 5-HT¹TM, comes from the Kanna plant and grows naturally in South Africa which is safe and non-addictive.

Say hello to happy days with SOLAL 5-HT^{lTM} – the safe and natural way to help you produce more of the "feel good" hormone.

For more information visit www.solal.co.za







FOR QUALIFIED

actuary Tobie van Heerden, staying fit helps tie together different parts of his life - and keeps him sane at the same time Between his busy family life and

an extremely demanding work schedule - he is the head of Middle East and South East Asia in the Asia Pacific Client Group at Investec Asset Management, and spends more than half of the year on the road - Tobie says he often feels as if he has a split personality. "I'm either in the air, in Singapore, the Middle East or London, The rest of the time, I'm at home in Stellenbosch."

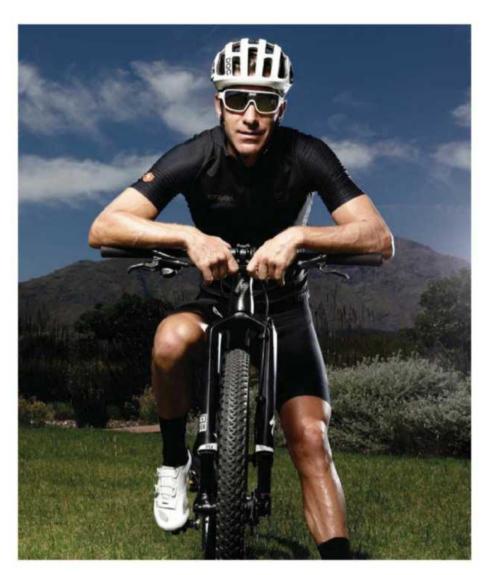
Despite his brutal travel schedule, Tobie is able to maintain his fitness through careful planning and the adherence to a routine - something he says enables him to get the most out of his life. "Structure and discipline are key to me being able to find time to work, exercise and spend time with my family. It's important to me that I ride for enjoyment, but it's also great for managing my stress and keeping my weight under control."

In last year's Absa Cape Epic. Tobie and his teammate Carel Vosloo finished fourth in the Masters category and he also placed second in the popular Veterans category of the Tankwa Trek, an international three-day stage race covering more than 250km. "It's only really been over the last four to five years that I've picked up the intensity, and become much more competitive, focused and regime-oriented about my riding," he says. "With work stress and the amount of travelling I do, cycling has become an outlet for my frustrations. It's a way to clear my head and spend time with friends."

Tobie might only be hitting his stride as a cyclist now, but he has always been a keen sportsman. "I started playing rugby as a kid at school but I loved track and field and swimming, too." After a nasty concussion in his second year of university (he needed to be stretchered off the field) Tobie swapped rugby for the triathlon - and his love of the bike really began.

"When I started the triathlon I weighed around 92 or 93kg, and it took me a good two years to change my body shape from that of a rugby player to someone who was built for running and swimming." He was soon representing Maties and Western Province in the triathlon. and placed fifth in his age group at SA Champs in 1999. "You think you're fit when you play rugby - then you sign up for a triathlon and realise how far you can push yourself."

As his career progressed, Tobie found he didn't have enough time to compete in triathlon anymore. He moved to the UK and turned his attention to cycling. "That's when I really started cycling seriously - and I've been cycling for a good 21 years now."



"One thing that I've noticed as I've gotten older is the body conditioning aspect. The guvs who only start cycling in their 40s and 50s don't have that muscle memory. But if you push through and train hard for two or three years, it starts paving off, and you

start to reap the benefits of that muscle memory when you take time off. For me, I can take a few weeks off and it'll take me five or six rides before I get that fitness back - provided I don't pick up much weight during the downtime!"

Prepare

Tobie adds balance to the chaos with preparation and routine. "A lot of people underestimate what a long-haul flight does to your body - even if you're in business class - so you have to be prepared before you fly." This includes making sure that his seat is pre-booked, his in-flight meals are pre-ordered and his compression clothing is packed in his carry-on when he boards.

In the lead-up to a big travelling block, Tobie makes sure that he trains hard to give his fitness levels an extra push. "I know that even though I'll keep training while I travel, I won't be able

"You think you're fit when you play rugby - then you sign up for a triathlon and realise how far you can push yourself."

to push it quite as hard as when I am at home." he says. "The day before I fly I try to do an hourand-a-half-ride or a tough spin class, and then the day I arrive, I take it easy, sleep properly and get acclimatised."

The next morning he's up at 5am to go to the gym for a spin class or gym routine. "Crossing multiple timezones really takes it out of you, and this is where the discipline comes in. I find that a high-impact, interval training-type class really gets my metabolism going and gives me energy and motivation for the day, even though I might be tired from the flight the day before."

Even if you don't travel as much as Tobie does, you can minimise the impact of flying on your training schedule by fitting in a workout the day you fly and making sure that you eat sensibly and stay hydrated on the plane. "It takes almost a month of planning to get my





"The best way to stick to your routine: make your routine easy to stick to."

HAVE BIKE, WILL TRAVEL Tobie's secret to training while travelling; prep. THE PAYOFF Years of hard work have chiselled the look of a pro cyclist.

work-health-life balance right before a big trip, but if you get all those things right, it has a huge impact on your productivity."

The Importance of Routine

Successful people know that having a routine is essential for upping their productivity and making space for the important things in life, but having the discipline to do so isn't always easy. "The best way to stick to your routine is to make your routine easy to stick to," says Tobie.

"That's why it's so important for me to create a routine when I'm travelling. Even with my routine changing on a weekly basis, at least I am in that routine when I'm there. If I'm out of routine I can immediately feel my stress levels rising."

For this reason, Tobie tries to stay in the same hotels each time he travels and keeps a flat in Singapore, where he spends the bulk of his time while overseas. "I would rather sacrifice a smart hotel room for a well-equipped gym," he says. "It took me a while to figure out which hotels were best-suited for the sort of training I like to do but it is essential for me being able to hit my groove while I'm travelling. Managing my stress is as much about having the time to exercise as keeping the routine that allows me to exercise."

When he travels to the Middle East - where he'll be travelling between three countries in four days - he knows the hotels where he is staying and where the spin bike is in each hotel. "It's just having that self-discipline to get up and get into the gym and knowing what to expect makes it that bit easier."

"Now that I have my various set-ups around the world it's just a question of plugging and playing when I travel. The more you do it, the more it becomes second nature."

Eating Right

When we are tired or stressed, our bodies release the hunger hormone ghrelin which stimulates appetite and determines the rate at which our bodies use energy. For someone who travels as much as Tobie, tiredness and physical stress – and the hunger pangs that go with it – are something you have to watch out for.

"People call it diet, but I just call it eating right," he says. "You can cut out carbs or white bread or whatever it is, but staying healthy is a matter of not eating rubbish like preservatives, or flavourings – and sugar is part of that. Eating healthily is for life, not for a six-to-nine month period so you have to be realistic."

Tobie believes that it's not about eating all of the right things all of the time - it's about saying no when you have a healthier option available. "If you don't put poor quality food into your shopping basket, it won't be in your cupboards, and you won't be tempted to eat it at home."

Although Tobie has reduced his carbohydrate intake over the years, he doesn't cut them out completely. "If you train a lot you have to have carbs for energy but you have to have the right

carbs. I don't starve myself and I love pizza and ice cream - but only as a treat. If you've been training really hard, I think it's okay to reward yourself. Sometimes that is the fuel that your body needs."

Balance

All work and no play makes Jack a dull boy, but it also makes him less productive. Tobie knows that he is happier and works better when his body and spirit are as much of a priority in his life as his work.

"It is so important to have a break from work to clear your mind," says Tobie. He makes the best of his job's flexibility to ensure he has time to work, train and still spend time with his family. "I'm on the road so much that it's really crucial that I manage my day so that I can spend time with my family. It's important that when I'm here, I'm here for the family as well."

"When I'm home in South Africa, it's a bit different because so much of my work happens in Asian and Middle-East timezones. I'm normally up at 5am and do two hours of work in the morning and then go for a ride at 7am until 9 or 9.30, and then get back and work the rest of the day."

"Exercise takes your mind off everything. You can just feel your stress levels are right down when you finish a gym class or a hard ride. You walk out of there and you feel relaxed and energised."



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Reference: 1. Mahan, L.K. et al. Krause's Food and the Nutrition Care Process. 13th edition. United States of America. Saunders, an imprint of Elsevier Inc. 2012. ENERGY: p516. DEFENCE: p88, 516. MENTAL VITALITY: p961-962.

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WE ALL WANT FIVE-STAR SIX-PACKS WITH

with blockbuster biceps, and no-one seems to do it better, quicker or as emphatically as those guys on the big screen. But what does it take to tune your body into highdefinition? Men's Health teamed up with the pros in the know to silence the rumours and unveil the true methods to building

Hollywood muscle. Your audition starts here.

Backstage

Sure, when you picture the set of November's Justice League you may not imagine Ben Affleck in a fight with Tupperware containers of meat and veg; yet this is the reality. Personal chefs are commonly used to ensure Hollywood actors keep on top of their diets between films, but when it's all action go and shooting begins, the emphasis on diet hits a whole new level.

"I'm on set every day making sure my actors stick to their diet," says personal trainer Magnus Lygdback. "They have to eat at the exact time their body needs nutrition, and it's my job to ensure they finish every last grain of rice." Better him than us trying to get Dwayne Johnson to force down his Brussels sprouts.

Nutrition is the biggest factor in creating a superstar body, and two of the most common diets used backstage are polar opposites: Paleo and low-fat. As Bobby Strom, PT to hotshots like Ryan Reynolds, says, "It's not about what you can eat - but what you can't." Zac Efron, for example. avoided all refined carbs, like pasta, bread, crackers and tortillas, in preparation for Baywatch. According to his trainer, Patrick Murphy, Efron ate only carbs high in fibre, from fruit like pears.

Why pears? Just one contains 5g of fibre, making up 18% of your RDA in a quick snack. Plus, a nine-year study published in Nutrition and Food Science found that people who ate pears were 35% less likely to be obese than those who didn't.

► MH AGENT: Your next shopping list is easy: egg whites, oats, salmon, chicken, red meat and heaps of green vegetables. Oh, and stuff an apple a day - if you want to stay on the A-List, find a way to digest some pears. How about this?



GREEN SCREEN

cup kale 1 cup spinach 1 cup broccoli 1 cup pear 1/2 cup cucumber 1/4cup fennel 1/2 lime juice 1/2 lemon juice Parsley, mint and coriander to taste

Censorship

When we see jacked-up actors stepping into the spotlight, "steroids" is the comment hurled from the back row of the cinema. It's an easy call to make when Christian Bale gains 30 kilograms of muscle quicker than you could change in and out of his Batsuit, but that doesn't make it accurate.

Chris Hemsworth grew into a bulky mass of strength to become the brawny god Thor, but suggest he was tempted by the juice to his trainer Michael Knight, and you'll lose a few teeth. "Top actors spend hours in the gym," he says. "It's only when an actor gets huge results in 60 to 90 days, well that's when it becomes difficult not to point fingers."

Steroids are a rising problem in South African schools: youth rugby made up 42% of all doping offences in SA Rugby between 1998 to 2014, according to statistics from the SA Institute for Drug Free Sport. Roids such as human growth homone offer a quick fix by forcing the liver to produce a hormone called growth factor one. But this is the naive man's shortcut - true Hollywood muscle is built from dedication to training. "It took six months of excruciating work for Hemsworth to gain 7kg of muscle," says Knight. "There's a lot more to it than a few magic pills."

мн адеит: You're never going to land the lead role for Terminator 29 with a loose leather jacket. Stay clear of the black market and start lifting if you want to fill Arnie's boots. Working at 85 to 95% of your one-rep max will release bursts of testosterone: at the start of each session perform a compound lift with three-minute intervals, and see results in eight weeks.

LOW PROFILE



5 sets of 5 reps Stand straight, feet at hip-width. Send your hips back and squat as deep as your mobility allows. Power back up, put the weights down and smile for the paparazzi.

THE CAST

MEET THE TRAINERS

Bobby Strom

CLIENT: RYAN REYNOLDS Having spent almos half a century getting actors prepped for the camera, Strom has kept pace with the evolving look of Hollywood muscle. MANTRA: "No simple carbs, no dairy, no sugar.

Patrick Murphy

CLIENT: ZAC EFRON

The LA-based personal trainer has 15 years' experience in training Hollywood stars; Murphy's law gets the job done. MANTRA: "Avoid plateaus with supersets and body splits.

Michael Knight

CLIENT: CHRIS

HEMSWORTH

Head honcho in the game, and renowned for his kettlebell workouts - he's the director of Michigan-based personal trainers, Art of Strength. MANTRA: "Eat yourself

bigger – eat yourself smaller."

Darrell Foster

CLIENT: MILES TELLER

He packed meaty flesh onto Will Smith for I Am Legend and whipped Teller into phenomenal condition for boxing flick Bleed for This. MANTRA: "Its about

staying ready, not getting ready.

Magnus Lygdback

CLIENT: ALEXANDER

SKARSGÅRD

Found stardom by shredding Skarsgård in The Legend of Tarzan, and now his acclaimed Magnus Method is bulking Ben Affleck MANTRA: "Find time for a sixth meal.







Equipment

Stepping into any health store often causes an overload of options, while GNC's online store has over 3 000 supplement varieties. With unlimited combos at our disposal, 67% of adults take a form of supplement, according to a recent study from the National Health and Nutrition Examination Survey. That's more than double the percentage in the 1970s. But let's not focus on whether we need 20 times our recommended daily vitamin D dosage or not - are the guys in Hollywood downing sups?

"Supplements can play a vital role in an actor's diet," says Strom. "Especially when they are rushing to get ready for a movie. But whatever is available in the Hollywood circle, you can also get in health stores." Supplements play larger roles in the lifestyle of actors when you consider their intensely active day-to-day duties. Every little helps when you're putting your body on a 22-metre iMax screen for millions of critics to scrutinise.

▶ MH AGENT: Do you think Tom Cruise landed the Jack Reacher role on his acting ability? You need to start putting your life on the line and doing your own stunts; it's a long way from the School of the Arts now. Up your energy levels, aid your digestive system and boost recovery with these three supplements. (And never, ever mention Scientology.)



PROTEIN

Variety is the spice of life, and it's also the best for protein absorption. Look for a protein blend of whey isolate, micellar casein and milk protein isolate for Hollywood-ready growth.

CREATINE

Lethargic and can't be bothered to train? Stop whinging. Find a creatine that is quick in absorption to spike energy levels and increase weight-training performance.

FIBRE

Now that you're upping your protein intake you need to correlate with an increase of fibre. The two will work together to build muscle while a fibre supplement is crucial for colon support. Didn't know that, did you?

Motion

An actor training for a new role is the equivalent to prepping for a bodybuilding competition. Look at Zac Efron, who bolted eight kilograms of box-fresh muscle to his frame since his singing and squealing days in High School Musical. To build muscle and keep fat at a minimum, Efron's trainer constantly switched up his routines by varying weights, rest periods and cardio sessions.

"You can't target fat loss to certain areas; training abs will not melt belly fat," says Murphy. And he's right. Research published in Biology of Sport, using New Zealand rugby players as guinea pigs, found that full-body workouts resulted in a 6% drop in body fat - whereas those performing split-body workouts saw a decrease of just 2%.

Darrell Foster added brawn and simultaneously blitzed unwanted weight from the figure of Miles Teller for his role as five-time World Champion Vinny Paz in Bleed for This. Eight km of cardio proceeded at 5am before seperate strength, endurance, stretching and flexibility training sessions made up the day - all while Teller spent up to 14 hours a day on set.

Likewise, Jake Gyllenhaal brutally pounded away at his core strength for the equally hard-hitting Southpaw. With his eyes glued to the ceiling, Gyllenhaal crunched away 2000 sit-ups a day, although this wasn't all on day one. "You can't just jump in at the deep end," says Strom. "If you're going to to do a Hollywood workout program then you have to accept that it takes a serious amount of time to develop."

► MH AGENT: The Avengers are looking for a 17th member to their confusingly large crew, so what are you waiting for? For this role, you need to keep strength high and cut fat. Don't go wasting your time on the treadmill; get to grips with a plyometric routine. Mix explosive push-ups with box jumps, bounding and depth jumps in a circuit. Now go get 'em, Tiger-Man.



PRESS LEAK

Perform a standard push-up, but push yourself to a height where your hands leave the ground. Aim to get maximum lift during 15 seconds of hard work. When you think you're getting good, attempt to add a clap - or three.

Miles Teller dropped 13% body fat for his role as boxer Vinny Pazienza in Bleed for This. Hemsworth's arms ripped \$6 000 worth of damages in his Thor outfits. Reynolds packed away 13 000 kJ+ daily during his bulking phase for Deadpool.

On Set

Pumping iron forces your muscles to swell. with 15 to 20 times more blood rushing into the worked areas compared to when they are at rest. Now, even Average Joe is starting to take this principle into his nightlife grooming routine, with circuits of push-ups, teeth brushing, bicep curls and eyebrow plucking. (Honestly, we've seen it.) But fortunately, there's little method to the madness.

"You can't really 'get pumped' before a night out," say Magnus. "The swelling of muscle only lasts about five minutes, so you'll find yourself having to do push-ups in the middle of the dance floor." Seriously not advised.

Hollywood actors do use this gym pump in the build-up to key scenes, however, as they strive to look their best in super slow motion. "It makes you look leaner and with harder muscles." says Magnus. So don't get downhearted when browsing the latest blockbuster front covers: these guys look no different to when you catch your post-gym reflection in the mirror, and proceed give yourself a couple finger guns.

► MH AGENT: I want to hear your name being gossiped around LA. All press is good press my friend. Rip off your shirt and get a good pump going before sending out some fresh portraits and updating your IMDB profile pic. (Just keep an eye on your iCloud settings.)



PUMP PRODUCER

Super set each exercise three times. Take 45 seconds to rest between the set and aim for eight to 12 reps each time. Let the flex begin.

1. CHIN-UP

Blow the dust off your pull-up bar and wedge it in your door frame. With palms facing your torso, pull your body up until your chin reaches the bar, contracting your biceps and lats.

2. TRICEP PUSH-UP

Hold yourself in the regular pushup position with your hands close together, making a diamond shape between your index fingers and thumbs. Lower yourself until your chest nears the floor and push back up.

3. CHAIR CURL

Find two of the heaviest chairs or stools in the house. Grasp them at shoulder-width and, keeping your upper arms against your sides, curl them upwards slowly.

Reclaim your sexual confidence



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The Strength Secret Most Men Ignore

Your glutes are more than just a cushion for your desk chair. Learn to engage these sleeping giants for a fat-burning, head-to-toe power boost

BY KIRSTEN DOLD · PHOTOGRAPH BEN GOLDSTEIN

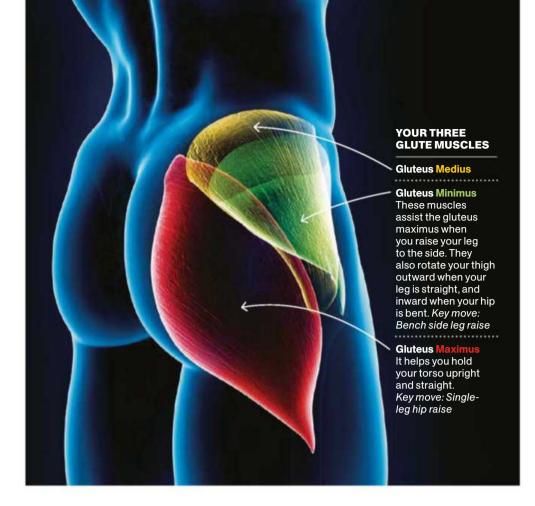


RICHARD OLSON WAS JUST

27, but his 1.9m, 115kg body felt twice as old. His back hurt all the time, from the moment he woke up and headed to work. It hurt when he sat at his desk for eight hours straight every day,

and after work when he'd step gingerly over the line at his weekly beer league touch rugby games. Just looking at a barbell in the gym sent a shudder down his spine. Olson exercised regularly and played sports all the time, but his back pain was always there, to the point that he thought something might be very wrong. Exasperated, he sought the advice of a trainer, who pointed out the problem: Olson had a weak ass.

Olson isn't alone. Men so commonly let their backsides slide that it's even a syndrome: glute amnesia, when your butt muscles go to sleep and become weak. We can thank our sedentary lifestyle



for letting our largest, most metabolically active muscles turn into pillow cushions. "No matter what sport or day-to-day activity you're doing, good glute strength is crucial for endurance, power, and pain prevention," says Jordan Metzl, a sports medicine doctor. Four months after Olson started targeting his glutes, his back pain was virtually gone.

"There were so many other positive cascade effects, too," he says. "I was more flexible, my posture improved and I had a lot more muscle. Everything from walking up the stairs to playing touch felt better."

Avoid Injury

Your butt consists of three distinct muscles – the gluteus maximus, gluteus medius, and gluteus minimus – that attach your torso to your legs along a number of points, including the sacrum, pelvis and femur. Your glutes make it possible for you to walk upright, move and swivel your hips every which way, and rotate your legs. "A weak butt puts more pressure on your lower back, knees, hamstrings and hips, increasing the likelihood of a strain," says Dr Metzl. He sees many men in his office with conditions that can be chalked up to poor glute strength, especially lower back pain and Achilles tendinitis.

Have More Horsepower

Pro sports scouts are ass men. That's because a strong butt is critical to any exercise requiring speed and strength. Think of your backside like an engine, says Dr Metzl. It powers you forward and helps you harness the force from other muscles for even more strength and speed. Doing your favourite activities on a weak, underdeveloped rear is like trying to run

your car with a lawnmower engine. "Whether you're lifting, jumping or sprinting, your glutes are key to tapping into that explosive push-off strength that comes from extending your hips," says Dr Metzl. That power's not just for smashing a tennis or golf ball, jumping for a rebound or pulling a big deadlift; the extra juice can also give you more endurance for a hike or run or even when mowing the lawn.

Supplement Your Training

The number one mistake guys make is assuming that they've got their glutes covered by their favourite activity or through exercises like squats and lunges, says sports scientist Bret Contreras. "To really improve your overall strength and performance, limit injury and change the way you look in a pair of tight pants, you need to train your glutes directly and more often." (To do that, see "Fire Up Your Hustle Muscles," over the page.)

Like Olson, Tyler Fiorillo, a 25-year-old law student, knows firsthand what working the glutes can do. When he added two targeted glute exercises - a hip thrust and a standing kickback using a resistance band - to his regularly scheduled leg presses, his performance exploded. "They were such small movements, but some months later I surpassed my squat and deadlift goals by about 20 kilos."

After Fiorillo restructured his programme by adding glute exercises, he had to buy new drawstring shorts - he'd dropped 6kg. Your glutes are the largest muscles in your body, so working them has a huge calorie-burning benefit. "I hear it all the time from guys who start training their glutes - they get more compliments from women and feel better about their physique," says Contreras.

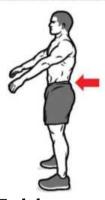
Harness Your Power

The hip hinge, which is mainly controlled from your glutes, is involved in everything from jumping and deadlifting to driving a golf ball, says Bret Contreras. Here's how it helps you generate power.



1/Hinge

As you draw your hips back, the muscles and tendons around your hamstrings and glutes activate and stretch. This creates what scientists call passive elastic tension, the same energy stored in a stretched rubber band. Really feel the stretch to load up power.



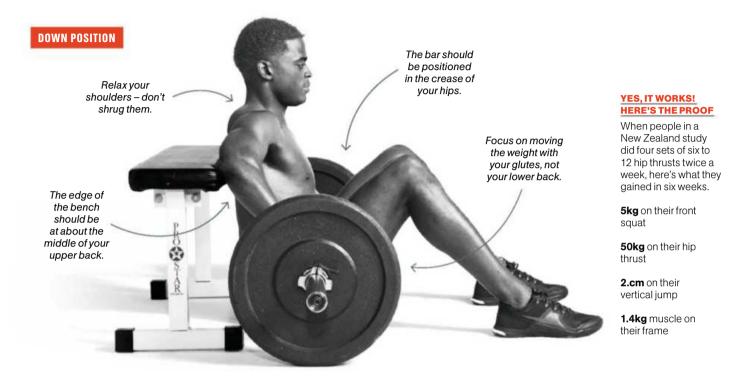
2/Explode

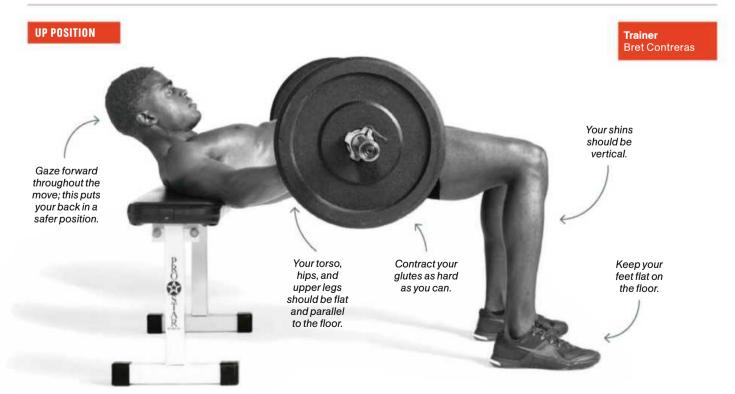
Snapping your hips forward draws on that tension and frees up energy, setting off a chain reaction that extends your hips. As you near the end of the extension, make sure you thrust fully forward. Doing that locks out your hips and makes your glutes fire even harder.

Men'sHealth

Fire Up Your Hustle Muscles

The barbell hip thrust is the ultimate glute builder. Do it and you'll have a bigger engine to make your body stronger, faster and more injury-resistant







Thabang Glen (@fitnessbang1) displays insane explosive strength with a one-arm clapping push-up

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Go from the weightroom to the boardroom with the new Gear S2 Fitness tracker band.

Perform this unreal feat of fitness yourself!

These 3 exercises will get you there



1. Incline Push-Up

Stand facing a wall, feet shoulderwidth apart, one arm behind your back. While keeping your body straight, lower your torso towards the wall, then press back to the start.



2. Deficit Push-Up

Find a staircase, then place one hand on a step and one below the step. Then perform a push-up, keeping your core tense and body straight. Keep your elbows tucked in.



3. Plyometric Push-Up

Start in a push-up position, then lower down slowly. Push explosively off the ground so that you're able to clap your hands. Keep your core tense throughout.

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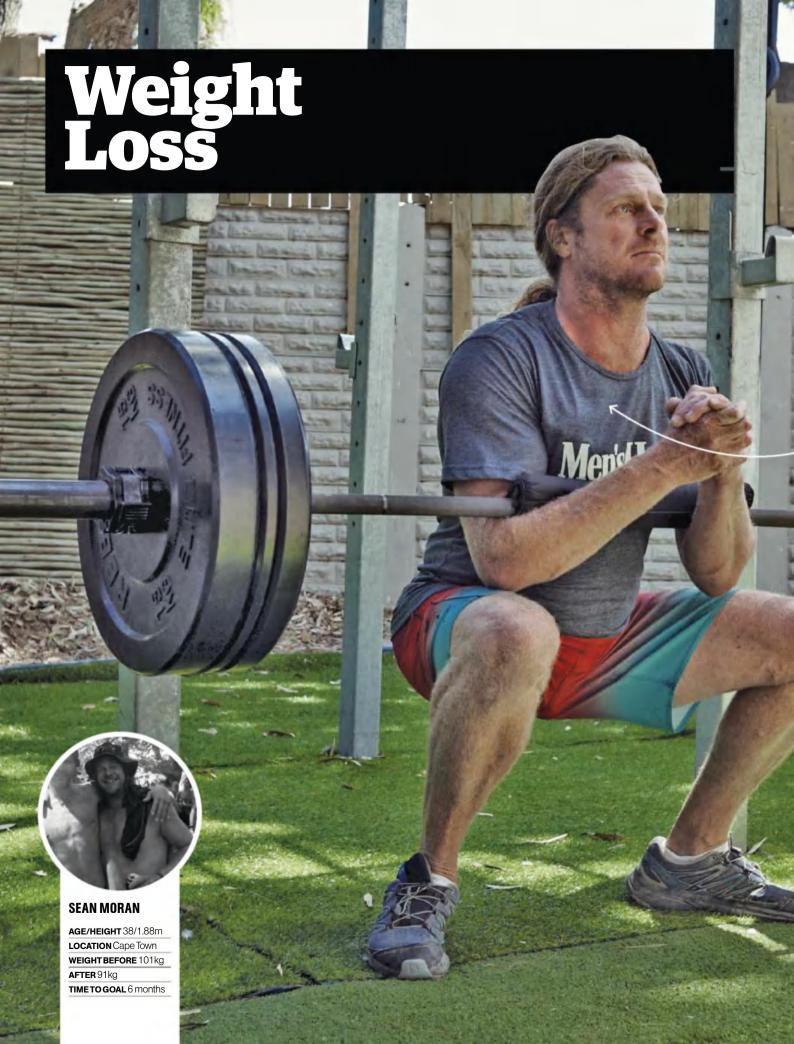
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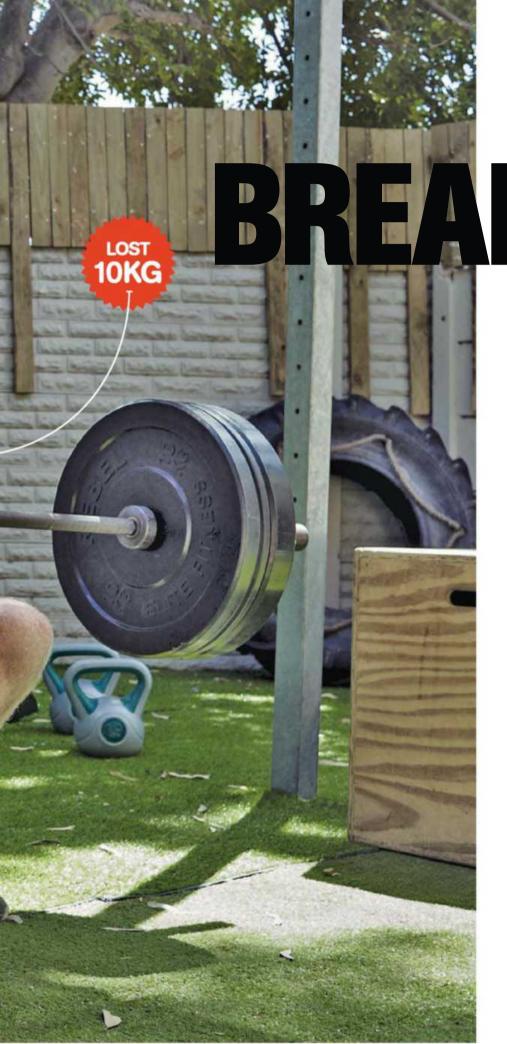
@fttnessbang1

- Tag #mhbeastmode in your Instagram video post for it to go into the beastmode.mh.co.za feed
- We choose the top three videos of the month, and then you vote for your favourite.
- The winner gets a Samsung Gear Fit 2 GPS sports band and Gear Icon X earphones and will be featured in the magazine.
- From the 5 winners, we'll choose an overall champ who wins a Samsung Galaxy S7 edge Smartphone, Gear Virtual Reality Headset, Gear 360 Camera and new Gear S3 Smartwatch and his own reader workshop.



*Product subject to network availability.





AKING BAD

> Sean Moran needed to beat both addiction and bad habits to overhaul his life and become a better man. Here's how he did it

BY ARTHUR JONES
PHOTOGRAPHS CAMERON MACDONALD



SEAN MORAN DEALS IN

make-believe every day as part of his job as a construction manager in the film industry, but it was reality that forced him to re-evaluate his health and his addic-

tions. With 20 years' experience in set building, Moran was needed to work long, demanding days, from 7am to 7pm, six days a week. While Moran was active and considered himself reasonably fit, it wasn't his hectic schedule, unhealthy diet or lack of planned exercise that was the main cause for concern.

"In June last year, I realised that my drinking habits were destructive, taking away any possibilities for building a balanced life with my family," says Moran. "At 38 years old, married with four kids, I was still acting like I was 18, meeting with mates and drinking beers, having a couple of laughs and many more beers. There was always another reason to drink: rugby season, cricket season, any reasons. Beer season was throughout the year."

His salvation came in this realisation. It wasn't just about the drinking – but all the bad habits in his lifestyle. He needed to cut these unhealthy crutches and their influence on him. Moran turned to a trainer near to his home in Kommetjie – Neil Zietsman, who has his own gym, 3S Functional Training. Here's what Moran learnt about breaking bad habits – and how to break a few of your own, too.



The Problem

"In June 2016, I realised my drinking habit had become destructive, taking away any possibilities for building a balanced life with my family. At 38 years old, I was still partying like a teenager, taking any opportunity to see friends - we'd always end up drinking. After a while it wasn't about the socialising - it became an exercise in finding reasons to drink. When I decided to stop the booze and get healthy, I didn't realise it would also be about changing all my other bad habits, too." THE LESSON Addiction applies to everything that you don't have control over, whether it's alcohol, drugs or food. Breaking those bad habits helps you to regain control.

The Change

"I had to define the bad habits, and find replacements. For example, instead of thinking. 'I'll do it later. first I need a beer...' I had to focus: 'I don't need a beer, I can just do it right now.' Instead of planning time for beers or hanging out in bars. I'd go for a run or a surf. I also decided to cut out all alcohol and fizzy drinks and just drink water. I also cut out the quick-pizzawith-the-beers habit and focused on healthy, homemade foods-like trail mix when I'm on the go, or nuts, berries and biltong."

THE LESSON It's easier to replace a bad habit than to cut it out completely. Decide on a better behaviour and replace the bad habit.

The Strategy

"The first weeks were difficult on the mind and body. To deal with the stress, Iran, which helped me to keep my mind off drinking. And because I wasn't drinking, I had time to think of positive things: to go surf, fish, swim or hike. That sensation of freedom motivated me to get fit and train hard as much as possible. Thats when Niel asked me to join 3S. I started in mid-June with three hours of training a week, which I did alongside running-10km, twice or three times a week." THE LESSON Carefully combining functional lifting with a form of conditioning, like running, is the most effective way to lose bad weight and build a base of strength.

The Results

"After weeks of detoxing, enduring headaches after cutting out the sugar, beers, sweets and bad carbs. I started to love the delicious healthy foods made by my wife. Now, I can't do without it. My fitness is progressing well-Ifeel good, and consistently energised. I'm managing my work and family schedule a lot better -I'm in a happy space." THE LESSON "Have a clear mind, find what matters, keep focused and enjoy the ride."

USE HIS SECRETS: SEAN'S FITNESS FORMULA

RULE 1 / He was all action and no talk. "Sean had a real no-BS approach to his workouts," explains coach Neil Zietsman, "Initially all he said was 'I want to do some training.' True to his word, he arrived at the gym two days later, put his head down and worked really hard without complaining. There really is no substitute for hard work, and his results - both mental and physical - show that."

RULE 2 / He changed his lifestyle. "Sean didn't only start training to improve his health - he also made big, permanent changes in his everyday life to improve his health. He stopped drinking alcohol started a cardio programme and changed the food he was eating. He ended his bad habits and started new, healthier ones. All of these things helped him make a big change," says Zietsman.

RULE 3 / He broke his goals down into bite-sized chunks. One of the biggest mistakes most men make when trying to live healthier lifestyles is to change too much, too quickly. "Sean had a big goal in mind and a system to get him there, with a personal trainer and a cardio programme. What he did well was break his big goals down into small, attainable goals on a daily or weekly basis. This meant he could push himself a little more every day and eventually get to where he wanted to be. A 1% improvement every day means a 365% improvement by the end of the year," says Zietsman.

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Smarten Up to Shrink **Your Gut**

The Perfect Plate

2

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Cutting calories is just one part of the weight-loss equation. For results that last, you'll need to change your eating and the way you think about food. For help, we sought out the brains at Precision Nutrition - Brian St. Pierre, director of performance nutrition, and coach Ryan Andrews. Use their guidelines to gradually transform your meals and painlessly peel off the kilos.

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Start Small. Eat **Better This Year**

Don't overhaul your entire diet at once. Change just one daily meal - breakfast, say - each week. This helps you ease into your new habits. By month's end, you'll be eating like a fit guy and more likely to do so for good.

WEEK ONE

Revamp your breakfast based on our "Perfect Plate" meal formula

handful of spring onions and peppers and cooked in a pat of butter

WEEK TWO

Keep eating your breakfast, but now switch your lunch, following the same formula of lean protein, carbs, vegetables and fat. One to try:

- 1 large chicken breast, grilled
- 2 handfuls of mixed cucumber slices and baby carrots
- 2 slices whole grain bread
- 2 Tbsp guacamole

Seltzer water

WEEK THREE

225g steak, salmon or pork chop

- 2 fist-sized portions of roasted
- 1 medium sweet potato
- 1 Tbsp olive oil (for roasting the broccoli)
- 3 squares dark chocolate with a pear, for dessert

Wine and/or water

WEEK FOUR

When you need a bite between meals, go for it, but snack only once a day, sticking to this formula: 1 palm of protein or 1 handful of carbs or up to 1 fist of vegetables or 1 thumb of fat. Some ideas:

- 1 handful of fruit, like berries or apple slices
- 1 thumb of seeds or nuts

(left). For example, have:

A four-egg omelette made with a

1 banana (or other fruit)

Coffee and water

Now transform dinner. Create anv combo that meets the standard. For example:

- broccoli, seasoned to taste

- 1 cup Greek yoghurt

3 Simple Food Rules



Eat in 20 Minutes

If you finish a meal in five minutes flat, vou're probably scarfing down too much. Aim to eat breakfast, lunch, and dinner in 20-minute spans, timed from the first to the last bite. "This gives your brain enough time to recognise how much you've eaten," says St Pierre.



Stop at Satisfied

Put down your fork when you're satisfied, not stuffed. Of course, this can be tough to gauge when you're staring down a pile of chips or wings, but here's a trick: ask yourself. "Would I still want to keep eating if that were a pile of steamed cauliflower?" If the answer is yes, nosh on; if it's no, stop eating.



Have Fries with That

Eyeing the poutine? Go for it. "There are no good and bad foods." St Pierre says, "only foods you should eat more or less often." This mindset eliminates guilt and deprivation and helps you stick to your good-eating plan in general. Aim to hit your "perfect plate" foods 80% of the time.



PART 2: EXERCISE

Get Strong and Lean

Whether you're just starting to exercise or are getting back in the game, your routine should focus on three things: "You need to reconnect your brain and body, make working out a habit, and create a simple, fun fitness base so you'll be able to train more vigorously in the future," says fitness consultant David Jack. This programme achieves that trifecta, helping you build muscle and torch calories.



Kilojoules a 100kg guy burns while walking slowly for an hour. Move like you're late for a date, and that tally goes up to 1965.

Walk Off the Weight

Running while carrying a large amount of weight sets your body up for injury, so start slow. "Walking not only boosts your daily calorie burn but also conditions your metabolism and joints to function better," says Jade Teta, cofounder of The Metabolic Effect. "So you can gradually increase your workout intensity without hurting yourself." Carve out time for a dedicated walk, following Teta's recommendations below. Try to accumulate an additional 5500 steps by simply walking more throughout the day.

YOUR PLAN

START HERE Weeks 1 to 4 DEDICATED WALK 30 minutes, easy pace ADDITIONAL WALKING

5 500 steps throughout the day

RAMP IT UP

Weeks 5 to 8

DEDICATED WALK 45 minutes: 5 minutes of easy pace, followed by 1 minute faster pace; repeat

ADDITIONAL WALKING

5 500 steps throughout the day

READY TO RUN Weeks 9 to 12

DEDICATED WALK

45 minutes; 5 minutes moderate pace, 1 minute jogging; repeat

ADDITIONAL WALKING

6 000 steps throughout the day

The Workout

Twice a week, complete the recommended reps of each exercise in order; that's one round. Complete two rounds, taking a break to catch your breath or regain your form as needed. After two weeks, amp it up to three rounds. Next month, do three rounds three days a week, starting with a different move each time while keeping them in the same order.

1/ Sit-Stand Squat

Stand with a chair behind you, feet hip-width apart and arms raised in front of you. Bend your knees and push your hips back until your butt touches the seat. Then stand up. That's a rep; do 10.



2/ Side Wall Plank

to Raise Stand with your right side next to a wall. Place your right forearm on the wall, parallel to the floor, your left arm hanging at your side. Walk your feet out until you're leaning at a 45-degree angle. Keep your body aligned from head to heels as you slowly raise your left arm straight out to shoulder height. Pause and lower it. That's a rep; do 10, then switch sides.



3/ Towel Swing

Stand with your feet shoulderwidth apart. Push your hips back, knees slightly bent, and hold a corner of a towel with each hand in front of your hips. Quickly lift your arms, and then forcefully lower them That's a rep; do 40.



4/ Elevated Push-Up

Assume a pushup position with your hands shoulderwidth apart on a step, couch, or kitchen counter. Bend your elbows to lower yourself and push back up, keeping your body straight at all times. That's a rep; do 10.

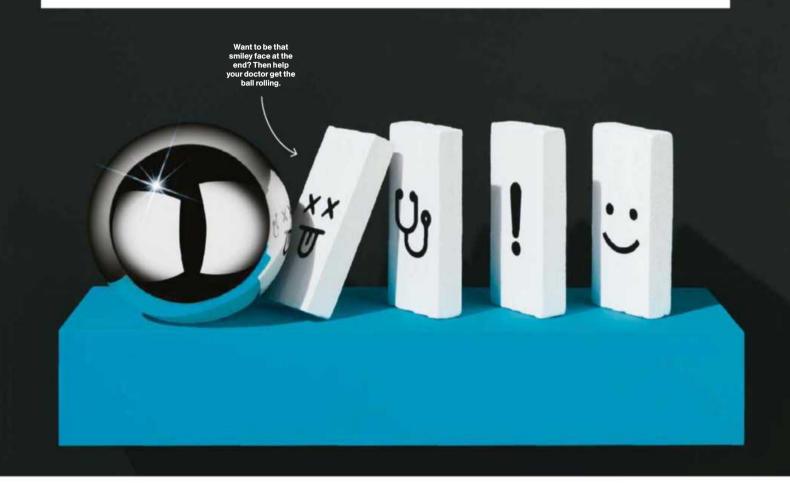


5/ Side Shuffle and Tap

Stand with your feet shoulderwidth apart. Shuffle three steps to the left and touch your right toes to the floor behind your left foot. Immediately shuffle three steps to the right and touch your left toes to the floor behind your right foot. That's a rep; do 10.



Health+ Wellness



THE DEADLY MEDICAL MISTAKE YOU CAN AVOID

You're bound to get a botched call at least once in your life, and it can kill you. Here's a doctor's guide to staying safe

BY PAUL BERGL · PHOTOGRAPHS JAMIE CHUNG



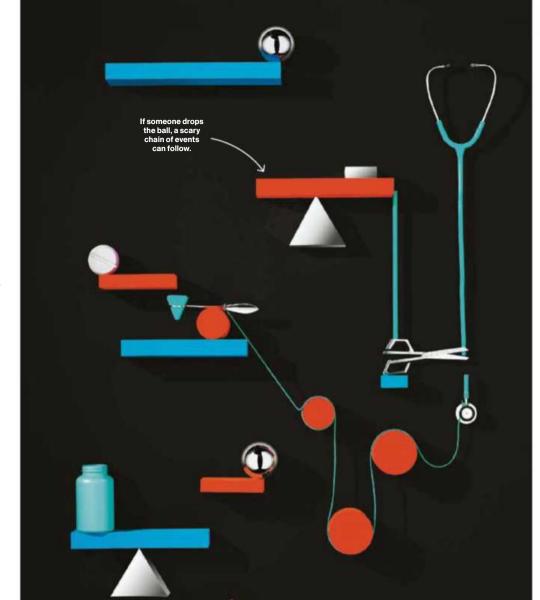
MARTIN IS A HEALTHY

38-year-old. One day he cuts his workout short because he feels winded. The same thing happens over the next several days,

and he develops a fever.

At an urgent care office, Martin is diagnosed with viral bronchitis and given an inhaler. He gets worse and goes back a few days later. This time he receives a chest X-ray and a new diagnosis: pneumonia. He's prescribed antibiotics. On a third trip, he receives different antibiotics.

Six weeks after that first disrupted workout, Martin goes to the emergency room. There, an astute clinician asks Martin if he spends much time outdoors. Actually, he'd been on a weeklong hiking and fishing trip before getting sick.



Further testing reveals an uncommon fungal infection of the lungs. The diagnosis comes just in time.

These kinds of cases are more common than you might think. I know because I'm an internal medicine doctor. We miss diagnoses all the time. Last year, researchers at Johns Hopkins made the bold claim that medical errors are the third leading cause of death in the United States, behind heart disease and cancer. While some critics thought this estimate was inflated, health professionals tend to agree on one point: medical errors are more common than they should be.

The medical community has become more attentive to errors in the past two decades. Electronic systems can flag medication interactions. Before any surgical procedure, the surgeon marks his or her initials where the scalpel will go. Yet a silent epidemic of one type of medical screw-up persists: the diagnostic error.

Ways to Slip Up

During a typical doctor's office visit, you probably describe your symptoms, get examined and maybe go for tests. The doctor must then decode this information - which essentially amounts to a puzzle - and consolidate it into a solution. The conclusion of the process is the diagnosis: a label. often a loose working theory (or set of theories) describing what's bothering you. Sometimes this process goes wrong. Diagnostic errors fall into three main types: ► Misdiagnosis. Your physician applies the wrong label or name to your symptoms.

- Delayed diagnosis. Your physician had the information to promptly label your problem but didn't act until your symptoms were unmistakable.
- ► Missed diagnosis. Your physician completely neglected to consider a certain condition that explained your symptoms.

Diagnostic errors frequently fly under the radar. Take Martin's case. Was it even possible for the doctor at the urgent care facility to diagnose Martin with an uncommon infection when the initial symptoms were so consistent with those of a runof-the-mill cold? How about the second physician? The third? Perhaps Martin should bear part of the responsibility since he didn't disclose the key clue - the wilderness trip - earlier. Many cases aren't cut-and-dried.

The Cost of Inaccuracy

Proper diagnosis is arguably the most critical element of patient care. A flawed assumption about vour condition at the outset will inform all the treatment that follows. Beyond the obvious - your life could be at stake - are other important consequences. Flawed evaluations can breed skepticism in health care. A botched diagnosis could sabotage your trust in your

provider and any future doctors vou might consult. And, of course. if you're sent down the wrong path, vou'll take a financial hit.

Are You at Risk?

Studies suggest that diagnostic errors occur in 10 to 15% of cases. whether in clinics, emergency departments hospitals. These rates haven't budged despite impressive advances in medical technology, so don't think fancy genetic testing or pricey MRIs offer infallible protection against a bad diagnosis. What's more, don't assume that only rare diseases are missed; in fact, the opposite is more likely. Most errors happen with patients who have relatively common conditions.

How Mistakes Happen

Doctors are human. They get tired, hungry, depressed, confused nd annoyed. They can be rushed,

working in chaotic settings. They forget things. Some things they never learned. Some doctors are overconfident: others are too tentative.

It helps to understand how a diagnostician's mind works. When you describe a problem, your doctor relies on two types of reasoning. First, there's a fast-acting circuit that leans on snap judgements. A second process is more deliberate and analytical. But both circuits can short out. The "snap judgment" system is vulnerable to bias. The second, more deliberate system seems more foolproof, but overthinking your case can also send you both in the wrong direction.

How Can You Avoid Diagnostic Error?

You can't change a doctor's mood, memory, or fatigue level, and you can't know whether he or she is keeping up on the latest research.

1/ Find an attentive doctor.

Doctors tend to be influenced by past test results and labels attached to an illness. It's called "diagnostic momentum," and it can sometimes close a doctor's mind about your care.

Say you have chest pain and worry that it's a heart problem. If you also have an anxiety disorder, that label could make your doctor think the pain is all in your head, particularly if other providers you've seen have drawn the same conclusion. If you sense that your doctor has strong preconceptions about you, seek another opinion.

In my experience, keen diagnosticians are curious, patient, willing to carefully examine their patients, and have a healthy dose of skepticism and humility. You should also seek out the most experienced provider you can find, possibly at an academic or specialty medical centre. If your doctor has a "not my area, not my problem" approach, go elsewhere.

2/ Prepare for your visits.

Jot down notes and questions before your appointment. Even cool-and-collected types forget things. There is a misconception that physicians are annoyed by patients who google their symptoms and self-diagnose. For the most part, they don't mind; it's all in how you frame your questions. Don't say: "Hey, I found this disease online, and I'm certain I have it. So please send me for blood work and

If you're confrontational or antagonistic, you're not helping. Research shows doctors make more mistakes when they're dealing with "difficult" patients.

a CT scan." Instead, gently inquire about what you've read online; your doctor should consider it. In addition, keep a list of meds you take and save the results of your cardiac stress tests and scans (CT and MRI) and most blood work. Use a mobile or cloud-based app or even a simple Word document or spreadsheet.

3/ Explain your symptoms in a clear, logical way.

Clinicians are trained to zero in on the first symptom you mention. If you have multiple problems that you think might be related, say so up front. Then give a chronological account of what you're experiencing, referring to a calendar if possible. Doctors view the passing of time itself as a diagnostic clue. Use similes to describe symptoms: "My stomach feels like something is chewing at it," for example. Otherwise, doctors may try to translate your complaints into their own parlance, at least mentally, in an example of "ascertainment bias," or looking for what they expect to find. They just want to categorise your symptoms in order to whittle down the possibilities. Don't settle for medicalese;

keep at it until you're both on the same wavelength.

4/ Ask what else it could be.

A "diagnostic timeout" is a powerful way to avoid errors. In studies, doctors admit that sometimes the diagnosis simply never crossed their mind. The simple question "What else could this be?" may help your doctor out of a rut by avoiding two common traps. "Premature closure" is when a case is seen as open-and-shut and the doctor essentially turns off his or her brain. "Confirmation bias" refers to seeking only the information that bolsters the current theory and ignoring the rest. Experts agree that being open about uncertainty is key. If you get the sense that ego is preventing your doctor from expressing doubt, find a new provider.

5/ Know which tests you're getting and why. A blind stab at your case can be just as dangerous as an utterly incorrect diagnosis. Your doctor should be able to explain why a certain test is needed, how influential the results will be, and what your alternatives are. In other words, the doctor should know the possibilities

and also articulate the most efficient way to arrive at a diagnosis. 6/ Never assume that no news is good news. Here's a shocker: One significant cause of diagnostic error is failure to follow up on abnormal test results. As a patient, you're entitled to timely disclosure of test results. If you spot an abnormality in blood work or on an X-ray report that doesn't seem to faze your doctor, speak up.

7/ Be respectful. If you're confrontational or antagonistic, you're not helping. Research shows that docs make more mistakes when they're dealing with "difficult" patients. Try to stay calm and cordial. It's okay to express emotions and frustrations, and there are times when you absolutely need to advocate for yourself. But realise that negative vibes will muddy your doctor's thought processes.

8/ Remember that you're in the driver's seat. Since the dawn of medicine, the patient has literally sat in the center of the diagnostic process. If you feel you aren't being heard, seek a second opinion.

> *Dr. Bergl practices medicine in Milwaukee, Wisconsin.

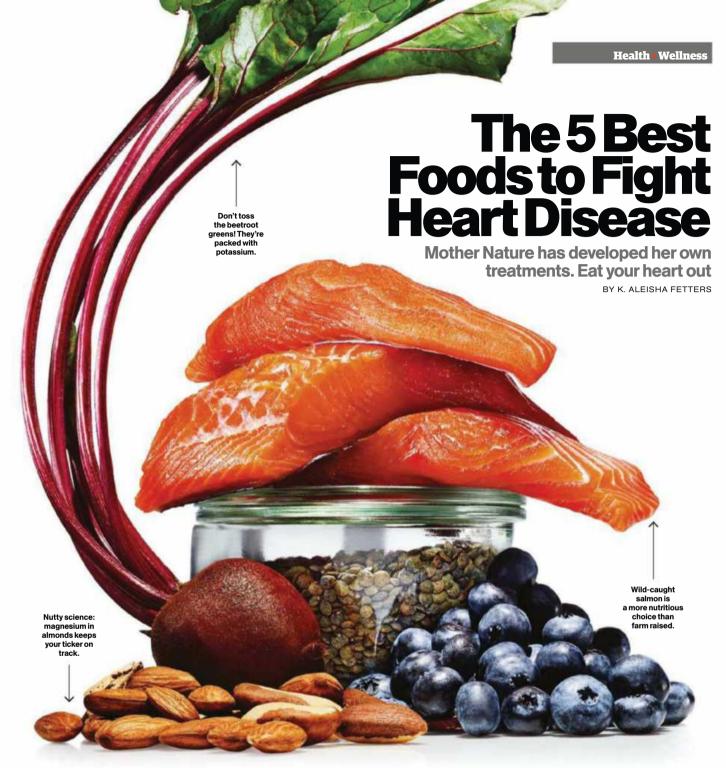


THIS ONE MIGHT HURT

SEEKING HELP FOR A HEADACHE CAN TURN INTO A WHOLE OTHER HEADACHE. HERE'S HOW TO FIND RELIEF FASTER

For men with chronic headaches, the journey to diagnosis can be circuitous: four out of five migraine sufferers are misdiagnosed with sinusitis, research shows. For people with agonising cluster headaches, a correct diagnosis usually takes three years. That's partially because many headaches activate your cranial-autonomic pathway, triggering a runny nose and watery eyes. With these symptoms, you may understandably see an ear, nose, and throat doctor instead of a headache specialist, says Peter Goadsby, a headache neurologist at King's College London.

You can help your doctor (and yourself) by keeping a headache diary. Write down everything, "and don't just get trapped by the most obvious symptoms," Dr Goadsby says. Note whether the pain is one-sided and whether you feel queasy or sensitive to light, sounds, and scents. - JULIE STEWART



1/Blueberries

Inflammation in your artery walls can increase the risk of a heart attack, says cardiologist Adam Skolnick, of NYU Langone Medical Centre. "You can counter that process by eating at least a cup of blueberries a day," he says. Their inflammation-battling antioxidants are the heroes here. If you can't find fresh, frozen berries work. Deploy them in a breakfast cereal or yoghurt.

2/Beets

These purple roots unleash helpful compounds called nitrites into your blood, expanding your vessels and improving bloodflow, Dr Skolnick says. In a study in the journal *Hypertension*, these benefits helped lower blood pressure and arterial stiffness in people with high BP. Eating them is easy: chop and toss 'em into salads and shakes.

3/ Nuts

Almonds, walnuts and pecans are all good. People who ate a handful of nuts five or more times a week were 29% less likely to die of heart disease than those who avoided nuts, a New England Journal of Medicine study found. Nuts contain heart-healthy fats, protein and fibre. Snack on unsalted raw nuts, nut mixes, and nut butters to improve your heart health.

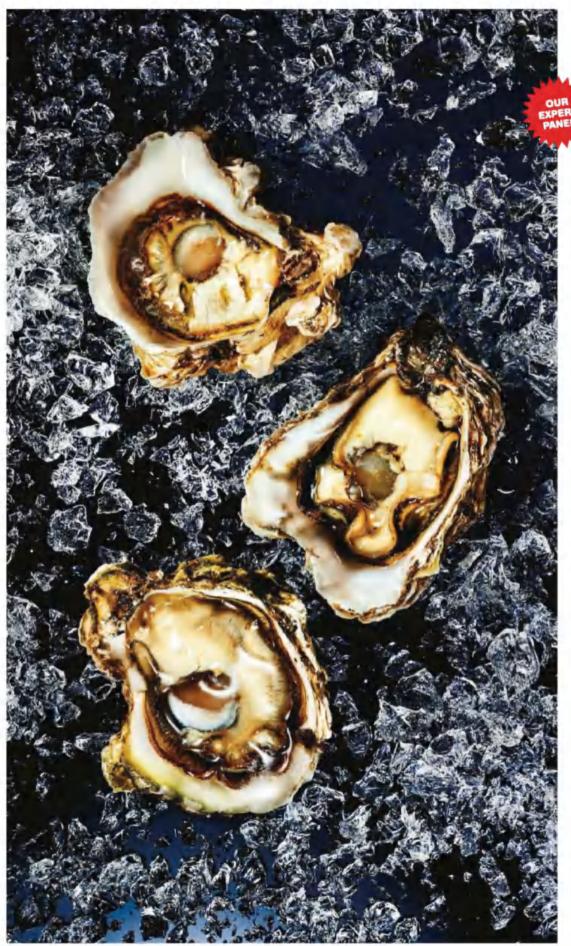
4/ Fatty Fish

Salmon, sardines and herring are rich in omega-3 fats, which are shown to improve cardiac capacity during exercise. (Tuna's great too, as long as it's green-listed yellowfin.) Twice a week, eat a serving of fatty fish about the size of your smartphone, says Heather Garza, of the Stanford Preventive Cardiology clinic. For lunch, replace chicken salad with canned salmon.

5/ Legumes

Think of beans and lentils as buckshot loaded with soluble fibre. In your gut, soluble fibre binds to cholesterol-laden bile acids and carries them out of your body, says Kate Patton, of the Cleveland Clinic. Aim to eat 5 to 10 grams of fibre a day; a cup of legumes provides 2 to 6 grams. Use canned black beans with red onion, coriander, lime juice and salt to make a healthy salsa.





David Katz,

founding director, Yale-Griffin Prevention Research Centre

Stephen Kopecky, cardiologist and professor of medicine, Mayo Clinic

William Yancy, programme director, Duke Diet & Fitness Centre

Jim White, spokesman, Academy of Nutrition and Dietetics

Cara Anselmo,

clinical dietitian, Memorial Sloan Kettering Cancer Centre

Alicia Anskis, clinical dietician, Massachusetts General Hospital

1/ Oysters

Yes, oysters. These briny bivalves outmatch all other foods when it comes to zinc content. "Zinc plays a role in enzyme activity and protein synthesis and is key for immune health," says Anskis. Plus, studies suggest a link between zinc deficiency and decreased testosterone. Oysters are also loaded with iron and vitamin B₁₂, both of which support blood circulation and energy metabolism. Try to work oysters into your rotation of two to three servings of seafood a week.

► Try 'Em If you can find fresh oysters, shuck 'em and slurp. Or buy canned, smoked, baconytasting oysters (they're in the tuna aisle). Pop them on crackers and add goat's cheese.

2/ Something Blue or Purple

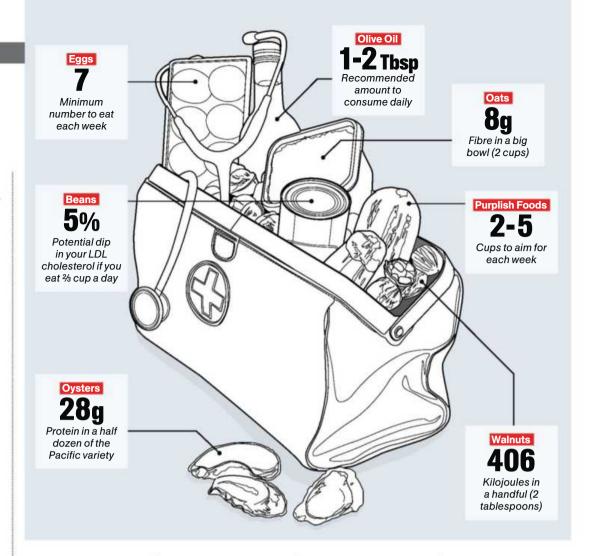
Dr Kopecky came up with this one, and he's not talking about blue M&Ms. He means produce like blueberries, grapes, eggplant (with the skin), and red cabbage. The pigmentation signals the presence of anthocvanins, a group of antioxidants that battle inflammation. Eat these to lower your risk of inflammation-related illnesses like heart disease, diabetes and cancer.

► Try It In a medium bowl, mash a handful of blueberries with a little salt and chopped basil; add a splash of balsamic. (You can add fresh minced chiles too.) Spoon this slightly sweet sauce on top of baked salmon or roast chicken.

3/ Eggs

We're talking whole eggs, not just whites. Yolks have compounds that keep your eyes, brain and bones healthy. Research now confirms that they won't spike your cholesterol, says Anskis. Eggs also have the highest "biological value" of any protein source. Translation: your body can absorb more of the protein for greater muscle-building benefits.

► Try 'Em For a no-heat lunch, try curried egg salad with greens. Mix 8 chopped hard-boiled eggs with 1 Tbsp Greek yoghurt, 1/2 Tbsp curry powder, some chopped parsley and salt to taste.



4/ Olive Oil

"Your primary fat should be olive oil," Dr Kopecky says. Researchers credit a potent polyphenol called oleocanthal for fighting everything from Alzheimer's to some cancers. Consider your supplier too. "I only buy extra virgin olive oil and get it at shops that have a high turnover," Dr Kopecky says. "If it sits for too long a time, it loses some of its benefits."

► Try It Extra virgin olive oil is best used for lowertemp cooking. At higher temperatures, beneficial compounds break down and the taste suffers. So use it to sauté or as a finisher for soups or salads.

5/ Oats

"All whole grains are good, but oats are probably the easiest to add to your diet since they're not hard to cook," Anskis says. Two cups of oatmeal has 8 grams of fibre; that's about half of what the average person eats daily. That's not close to the 38 grams you need to drop your risk of heart disease, stroke, hypertension, and diabetes, so eat fibre from produce too.

► Try 'Em You don't always have to go sweet with oats; their sturdy texture can also support savoury flavours. Add salmon and avocado, or mix in mushrooms and greens sautéed in garlic.

6/ Beans

Two things in life are guaranteed to break your heart: high school crushes and not eating beans. In a 2014 study, people who ate 3/3 cup a day of legumes - such as peas, beans and lentils - reduced their LDL (bad) cholesterol by 5%. Have a half-cup serving of beans at least three or four times a week. Black, white, red, kidneys, navy - your body doesn't care.

► Try 'Em Toss a rinsed can of chickpeas with olive oil, a little garlic powder, smoked paprika and salt. Roast at 200° for 30 to 40 minutes, tossing halfway. It's a crunchy, smoky snack.

7/ Walnuts

All nuts contain hearthealthy good fats, but three of our experts singled out walnuts as nutritional champs. They're packed with omega-3 fatty acids, says White, which may also strengthen your sperm. In a Biology of Reproduction study, the swimmers of men who ate about 3/3 cup of walnuts a day showed improved motility, vitality and shape.

► Try 'Em Mellow out their flavour by blending walnuts into a shake, dropping them into a soup, scattering a few atop a salad, or crushing them to use in a breading for fish or chicken.



FILL THE REST OF YOUR CART WITH THE GOOD STUFF

Here are the other foods our experts picked for your ultimate grocery list: broccoli, spinach, grass-fed beef, wild-caught salmon, mackerel, Greek yoghurt, tomatoes, almonds, garlic, mushrooms, dark chocolate and avocado.

The Shakedown

These isolates compete for space in your blender. Go green or stick to the tried and tested? Powder down to power up

BY KIRSTY MACNAB

Pea Protein Isolate

PEA vs. WHEY

Whey Protein Isolate

One 30g serving of pea protein contains 11/2 times more iron than that found in

1 cup of raw spinach.

Whey protein can

Whey protein can improve vascular function by 14% – which helps spread nutrients around your body.

Hypoallergenic: pea protein is a plant-based protein, which means anyone who suffers from symptoms linked to allergies will find it **easily digestible.**





Whey protein contains all nine of the essential amino acids – making it a **complete protein.** Plus, your body absorbs it easier than any other protein.



- 1/Contains no allergens, like lactose or gluten
- 2/ Naturally cholesterol-free and low in fat



- 1/Contains 390mg sodium per scoop
- 2/Tastes like, well, pea protein







- 1/ Quicker absorption = better for muscle gain
- 2/Tons of flavours just watch the sugar content



- 1/Could leave you bloated due to common allergens
- 2/ Greater environmental footprint

While pea protein is technically a complete protein, it has lower concentrations of the nine essential amino acids than animal-based products.

Saboteur



Whey protein isolate is a milk-derived protein and can make you sick if you are lactose intolerant. It's also a no-no for vegans and vegetarians.

Protein Power



In one scoop of protein (30g): 480 kJ, 23.5g protein, 1.2g fat

Longer...

Pea protein inhibits the build-up of the satiety hormone ghrelin. This means that by having pea protein you will not only feel fuller for longer, but it will also encourage you to eat less and lose weight.

Hunger Games



Whey protein is fast-acting, which means you'll feel full immediately after drinking it – and its amino acids go to work right away, helping your overloaded muscles recover sooner after exercise.

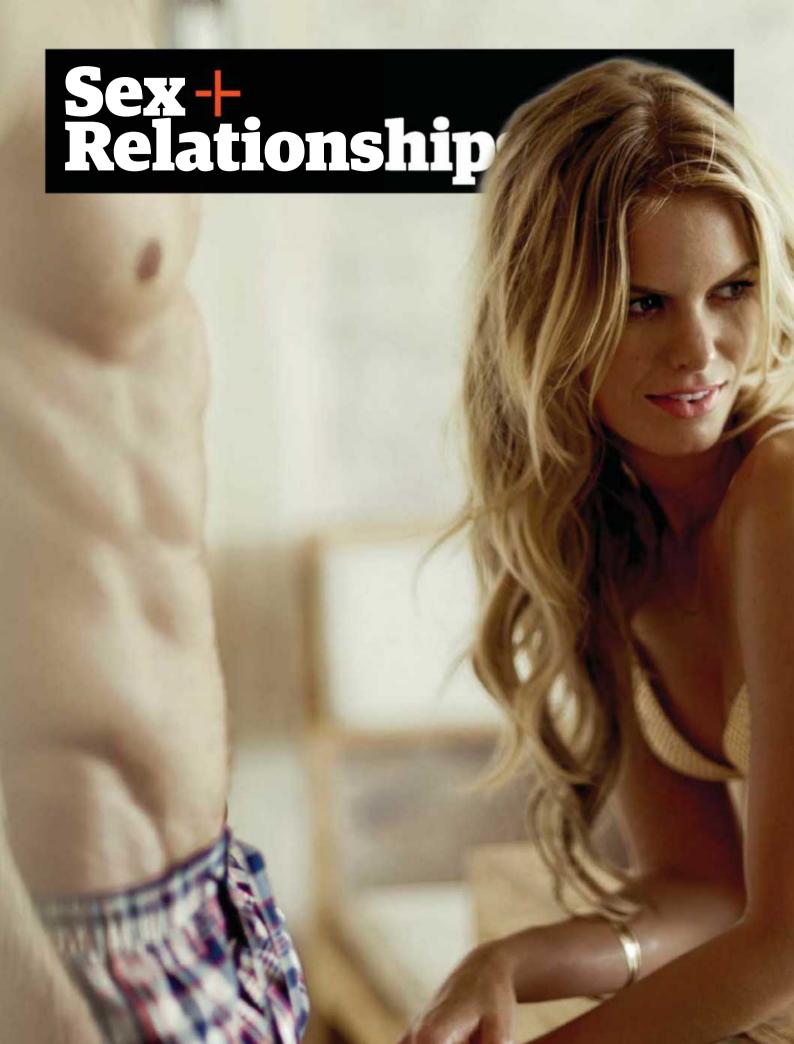
Protein Power



In one scoop of protein (30g): 470 kJ, 27g protein, 0.5g fat



Whey wins! Its higher concentration of essential amino acids takes the trophy. But if you've noticed digestive issues or bloating, a switch to pea protein may be easier to digest, and will keep you full even when you're on a cut.





SLEEP WITH ANY WOMAN

Yes, sleep. As in hibernate. (What were you thinking?) Learn to stack easy Zs and wake up refreshed

BY DAN ROE · PHOTOGRAPHS SEAN LAURENZ



KEEPING YOUR MATE UP ALL

night isn't something to brag about. In fact, about one in four American couples sleep in separate beds because they just can't sleep together. Seven out of 10 women in

a recent Women's Health poll said their partner keeps them up at night by snoring and moving around. And a groggy partner is a cranky partner. "If that person is waking up grumpy and it's a new relationship, it'll probably get worse over time," says Rafael Pelayo, a Stanford sleep physician. "Lack of sleep makes people feel irritable, inattentive, and sometimes even guilty because they bark at their partner in the morning." See if any of these problems sound familiar, and then take action to sleep well tonight.



1/ Snoring keeps one of you up all night.

Sleep on your side to keep your tongue out of the way, Dr Pelayo suggests. Or do palate exercises, like pushing the tip of your tongue against the roof of your mouth and then sliding your tongue backward. In a 2015 Brazilian study, such exercises - involving the tongue, soft palate, and hard palate - reduced snoring frequency by 36%. Another option is the Max-Air Nose Cone nasal dilator - a plastic thingy that props your nasal airways open, encouraging nasal breathing. In one study, it increased airflow by 110%.

2/ She wants to sleep; you're wide awake.

Your chronotypes may be out of sync. You each have your own natural sleep cycle; we don't know how they develop, and altering vour chronotype isn't easy, says University of Pittsburgh sleep researcher Heather Gunn, Is your mate's internal clock powering down as The Bachelor credits roll while yours keeps ticking well past the infomercials? Ask each other if hitting the sack together is really that important. If you're a night owl and she rises with the roosters, try heading to bed separately. "If you wake up feeling good," Dr Pelayo says, "all is forgiven in the morning."

3/ One of you is a restless sleeper.

Go royal: with a queen or king mattress, you'll have more elbow room. A bed with air chambers for each side or memory foam mattress isolates movement. On a budget? Wedge a body pillow between you and your bedmate, Dr Pelayo says. Or try slipping into a thin sleeping bag beneath the sheets.

4/ Sleeplessness is tearing you apart.

Two words: separate beds. Maybe it's not so romantic, but a good night's sleep trumps all. In a University of Pittsburgh study, married men were more satisfied with their relationship after a good sleep. About a quarter of couples don't share a bed, the National Sleep Foundation reports. Have a snuggle (or more) before retiring to separate beds, and then climb back into bed together in the morning. "Time spent side by side in an intimate space is important," Wood says. That's when men are more likely to share intimate thoughts. And you know where that can lead.

5/ She's always cold and you're a furnace.

Women tend to feel colder than men because their smaller frame and higher body fat equals a slower metabolism. And once you hit dreamland, your internal thermometer changes: "You tend to feel colder in the morning than at the start of the night," Dr Pelayo says. Performance bedding fabrics can help. Sheex, made of moisturewicking microfibre polyester and spandex, absorb sweat and help regulate body temps. A ChiliPad Cube mattress pad uses silicone tubing to circulate cold or warm water on either side of the bed.

6/ Spooning puts your arm to sleep.

Curling up together can have direct physiological benefits - like reducing stress responses, says social scientist Wendy Troxel. Start out in a bodies-touching position. suggests body language expert Patti Wood. Then segue into something more conducive to slumber. The back-to-back "Zen position" reveals trust and the ability and desire to be independent. Wood says, but the "tushie touch" shows that you want to stay sexually connected. It's all about the "cuddle hormone" oxytocin: scientists in France say this hormone makes men perceive their partner as more attractive than other women.

Ask the **Girl Next Door**



She calls me "babe" and invites me over for movie night, just the two of us. But then she says she doesn't like me "that way." What does that mean?

TOM, EAST LONDON It means vou're being used to stroke her ego. Sounds to me like you've been putting up with this arrangement hoping for more, and she's just into having a guy around who will dote on her. So she gives you just enough encouragement to stick around. (That's what's behind the pet name, by the way.) Trust me on this: If a woman is truly interested, "movie night" is never really movie night. In other words, if it hasn't happened by now, it's not happening. So give it up. You'll be far better off spending your Friday nights swiping through Tinder options than wasting your time with someone who will never be an option.

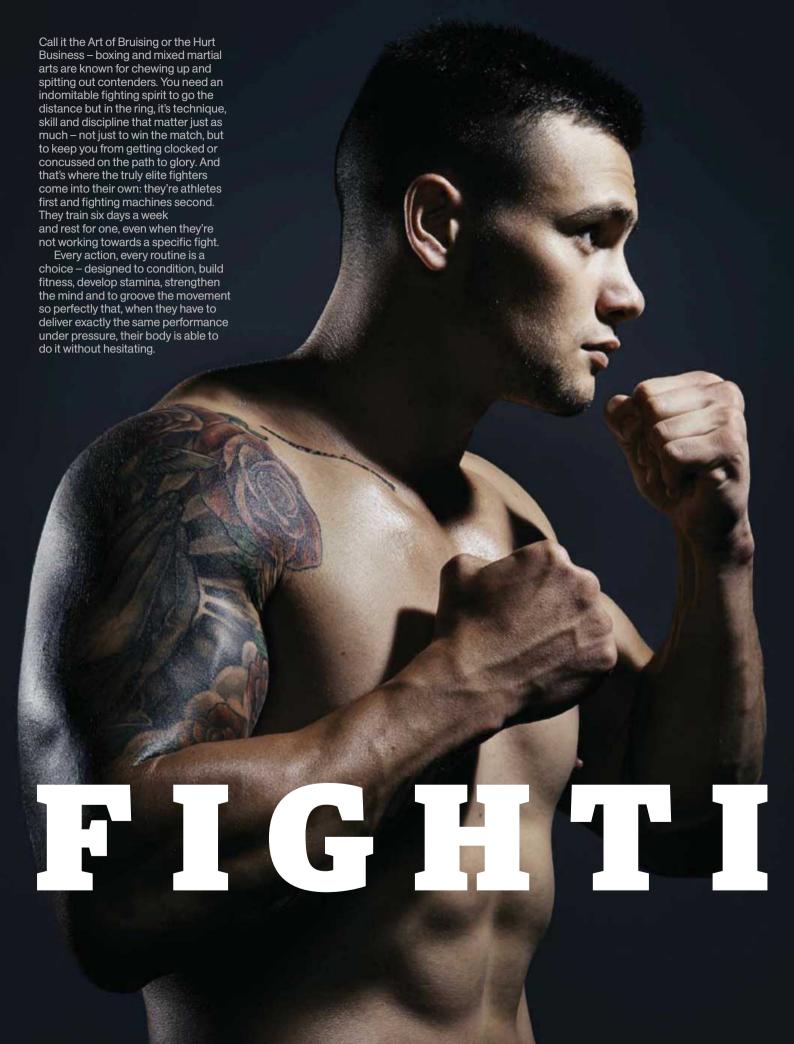


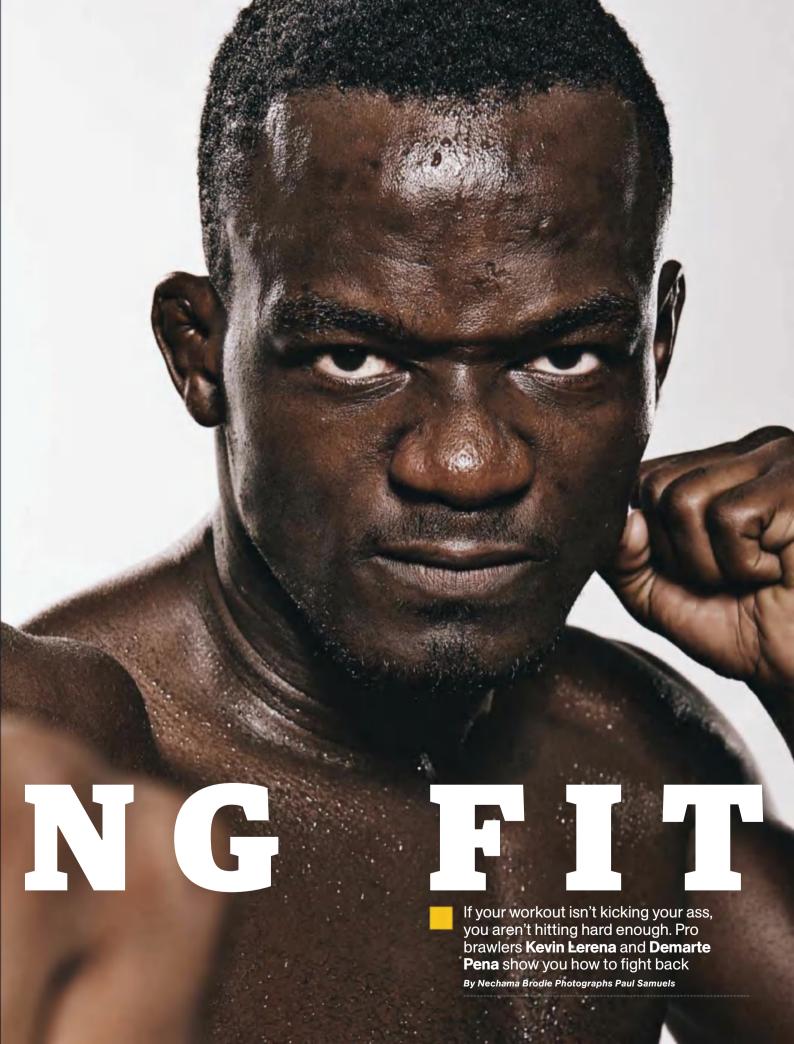
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THE K.O. KID

Kevin Lerena turned pro in 2011, at the age of 19. Now just a few months shy of his 25th birthday. the fresh-faced boxer is one of the world's top cruiserweights. He's ranked second in the world by the WBO, and 11th and 13th in his weight division by the WBC and WBA, respectively. Lerena has won 17 of his 18 professional bouts (his only loss, to Johnny Muller back in 2014, still stings, despite a convincing victory over Muller 17 months later). Most of those fights have gone the distance.

"When you become a pro, you're not there for three minutes of fame. You're on your feet for 12 rounds," Lerena says. "And that means vou have to train for 24."

The first four years after going pro, Lerena says, were about paying his dues. "People think you turn pro and you're going to make money, but it doesn't work like that," he says.

Now, as he enters his seventh year as a professional, he's facing a new challenge: a winning streak. "Winning is very difficult," says Lerena's coach and trainer Peter Smith, of Smith's Gym. "Winning is fatiguing - mentally, physically. When you get to the top, that's when the real training starts."

Smith says Lerena has "a lot of strengths. He's become a well-rounded fighter. He's athletic, a quick learner. He takes in information really well and he sticks to a plan. Some guys don't have that discipline."

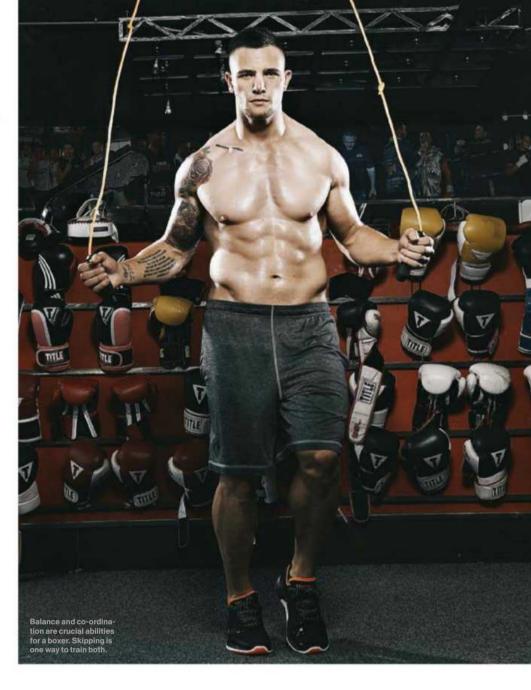
At this stage of the game, it's really all about discipline and routine - even a great technique is only as good as what you're able to produce under fight conditions.

"I always seek perfection in my fighters," Smith says. "I'll never get it, but at times I am pleased with their performance."

Smith acknowledges that a training routine can become monotonous. "You keep rehearsing the same moves. The guys will say, 'But we've already done this', and I'll say: but it's not good enough. It must become almost subconscious. Nobody walks into gym a world champion. There are guys with great ability, who are so talented. But sometimes the less-talented come through because of their work ethic, and their will to become great. You combine training and teaching with ability, willpower and dedication. You can't beat dedication."

Lerena trains three times a day, six days a week. He only takes Sundays off. "It can be hard to motivate yourself when there's no actual fight," he says [Smith and Lerena are waiting to hear about a possible fight later this year, in the US], "but I'm in a good rhythm now. I'm a lot more disciplined and focused than I was when I started training. Now I've got it down to a T. I come to gym. I work hard. I pay attention to the finer details - to improve as an athlete."

Lerena doesn't have what you'd call a stereotypical boxer's body. He's a tattooed triangle, with big lats and a big chest. "That's just my genetic make-up. I don't do anything to



build muscle - all my training is functional," he explains. "I've got to work extra hard to balance it out. Naturally my upper body and arm strength is a lot higher, so there are some benefits," he says, but it has come at the cost of other areas, where he has had to work harder. Because he's very "front heavy", Lerena has had chronic shoulder injuries, which he has successfully rehabilitated working with a biokineticist and strengthening all the muscles around the shoulder area.

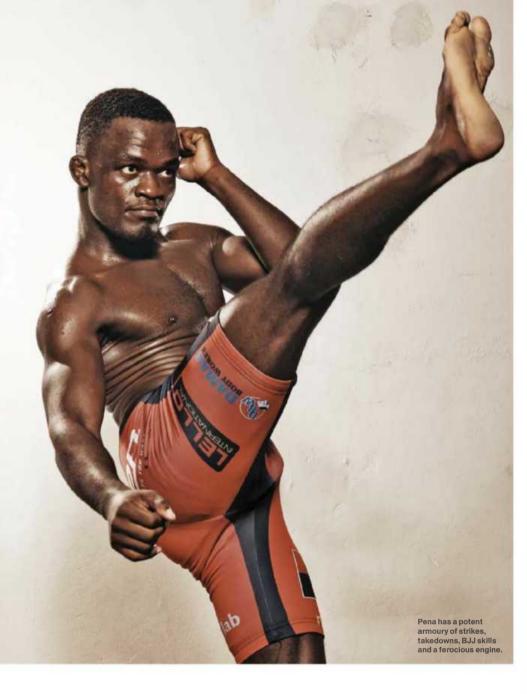
"You've got to find the balance: to be both super-fit and strong," he says.

Lerena does lift heavy weights in one of his daily sessions, but focuses on building performance, training explosive fast-twitch muscle fibre response, rather than brawn, in all the others. "I'm not looking to look good on the beach," he says. "I'm looking to perform at my best. For me, performance is everything. If your performance is up there, everything else will fall into place."

Buddy System

"Boxing is a lonely sport," says Kevin Lerena. "People see the glamour and the bright lights on fight night, but it's a very solitary sport." To offset some of this, Lerena often trains with light-heavyweight boxer Rowan Campbell, also from Smith's Gym. "We do a lot together, and keep each other company," Lerena says. Campbell and Lerena pair up on warm-ups, hold the bag for each other during skill drills and provide a

You have to pair up with the right person," says coach Peter Smith. "You have to find a person that's on your level, or pushing you to the next level. It's easy to run with another person, but how you run is what makes the difference. You should train with someone who takes you out of your comfort zone.



THE WOLF

Demarte "The Wolf" Pena likes to do an intense kettlebells session an hour before a sparring session. That way, he's already tired when he spars. It's all part of Pena's strategy. "Some people, when they get into a fight, they gas themselves - they don't use their energy levels well. They go too hard and then they can't finish," he says. "My goal when I'm training is to push myself to my limit. And then I push harder. That way I know in a fight I'll always be able to push through."

Sparring, Pena says, needs to mimic exactly what you're going to do, what you're going to feel, in a fight. In between rounds you have to recover, breathe and focus on adopting a positive posture. "This means forgetting what happened in the previous round, taking positivity to the next round. You have to re-centre yourself, and say: 'It's a different round now; I'm going to do this, I'm going to do that.' You

need to know how to deal with it when you get into a dark space. You have to know you are able to overcome."

The 27-year-old bantamweight made his professional mixed martial arts (MMA) debut in 2011 and is unbeaten in 12 EFC fights. "I like to visualise a lot," he says, "and I back that up with hard work."

Pena says that, initially, his strongest area was his grappling but, for his last three fights, he's been focusing on stand-ups, putting in more time on the bag and doing extra padwork. "Ten thousand hours, right?" he asks.

His EFC fighter profile breaks down his skills at 20% for striking and 30% for submissions. Takedowns dominate at 50%. Pena says he has a "strong back and a good sense of gravity," which makes it easy for him to control his opponent. "MMA was started to see which

martial art was better," says Pena. "The guy who knew how to fight on the ground would most likely win against another guy who didn't. Now, there is no 'better' martial art. You need to know everything, from grappling to technical skills," he continues. "If there is something you can't do, your opponent will use it against you."

Pena's coach is Richard Quan, a fighter himself and the owner of Fight Fit Militia, the gym where Pena and his teammates train. "MMA has a lot of areas to cover," Quan says. "With my system, they can cover everything in one day."

For a fighter under Quan, "everything" means a minimum of two martial arts sessions daily - this could include stand-up sessions [literally, the punching and kicking skills deployed from a standing position], wrestling, the general MMA classes offered at the gym, or a 90-minute Brazilian jiu-jitsu class - plus one conditioning session (fighter's choice), a one-on-one session with Quan, and a daily block for recovery, which could be anything from a massage to an ice bath, a mobility session, a 30-minute stretch, a session with the foam roller or a visit to the oxygen chamber.

Quan, who has a black belt in Gracie Barra jiu-jitsu, says the BJJ class is the most popular among the gym's regular clientele. "Brazilian jiu-jitsu is not just about strength," Quan says. "It's very physical, but the worst thing that will happen to you is you tap out. You learn what it feels like to fight, without taking physical damage. A lot of striking classes, you can't really spar and

then go back to work afterwards."

For Quan, the emphasis for his fighters or gym clients is training smart, not just training hard. "Training hard doesn't get you anywhere. Just because you threw up up doesn't mean you've achieved anything. The key to success is consistency in training. A lot of people want results, but they don't want to do the training."

Technique is just as key. "You want to do six reps right, not 30 reps badly," Quan says. "A lot of people only like to train what they're good at. They don't like to train the 1% they suck at."

Play to Your Strengths

Demarte Pena says it's essential that you "know your own body and know how to use it. If you're a smaller guy, you've got speed. You don't want to get trapped. You don't want to be on your back, or on the bottom. You have to play to your strength. If you're a bigger guy, you want to control your opponent by using your weight."

Knowing your body also extends to knowing how to look after yourself off the canvas: replenish your nutrients – Pena has a supplement shake after every training session, and constantly checks he's hydrated enough – and make sure you're getting enough recovery time. Both Pena and coach Richard Quan say that sometimes a day off is more important than a day's training.

MensHealth

Kevin Lerena's Core-to-Joint Warm-Up

This basic warm-up works joints and core muscles for any kind of training, and helps to unlock the hip area – which is essential if you want more powerful punches

DIRECTIONS Mix these moves into your everyday routine. Do each set for 30 seconds, with 30 seconds of recovery in between each set. Once you're warm, get your wraps on and spend some time working the bag, or doing pad work with a coach.



1 Forward Lunges

From a natural standing position (feet hip-width apart), step forward with one leg into a low lunge, with both knees at nearly 90-degrees. Keeping your spine straight, step back and alternate legs.
Time: 30 seconds.



2 Squats

Widen your stance and keep your feet parallel. Concentrate on tensing your core as you go down into a squat – as low as you can go without bending forward or losing core tension. Repeat. Time: 30 seconds.



3 Side Lunges

Start upright in a neutral stance, your feet wide apart. Keeping a straight back, activate your core and drop down into a squat and extend one leg to the side, keeping both feet flat on the ground. Time: 30 seconds.



4 Short Push-Ups

Keeping your feet together, back straight, and elbows close to your body (your hands should be just underneath your shoulders), do short, fast push-ups – focus on repetitions rather than the range of movement. Time: 30 seconds.



5 Burpees

Start from a plank position. Jump into a squat, keeping your hands on the floor, feet hip-width apart. (Skip the push-up.) From this squatting position, leap up into the air. Jump back down into a plank and repeat. Time: 30 seconds.



6 Scorpion

Start on your stomach with hands extended at your sides. Twist over your opposite leg (the scorpion's tail) towards the opposite hand, repeat on the other side. Good for hip, back and shoulder mobility. Time: 30 seconds.



7 Ladders

Get into a push-up or plank position, with your arms under your shoulders. Holding this position and keeping your back straight, bring alternating legs up towards your elbows as if you're climbing. Time: 30 seconds.



8 Spine Stretch

Get onto all fours (use a mat or towel for your knees), with hips over knees and shoulders over your hands. Curve your back, slowly, as far as you can. Then arch your back as high as you can. Time: 30 seconds.

COACH'S TIP: START WITH BALANCE "If you don't practice your position and get your balance right, you can't do it in a fight," says Lerena's coach, Peter Smith. "Many trainers get this wrong – they teach fighting before they teach the basics. The first thing is balance. It sounds ridiculous. You think: I can stand, I'm balanced. But the way you throw your body is also where you throw your power. I often tell my clients to start squaring off rather than standing orthodox or southpaw, because a boxing stance can create the wrong core orientation if your balance isn't right." Without balance and the right core engagement, Smith continues, "you can't turn your hips, and that's where you need to punch from – you punch from the hip, not by lifting your arm or snapping from your shoulder or your elbow. Once you've perfected balance you can move onto footwork, and then your hands. Then you build strength and stamina."

Demarte Pena's Dynamic Warm-Up

This MMA fighter's warm-up might leave you feeling tired before you've even started - and that's the point: it simulates the adrenaline and exhaustion of real fight conditions

DIRECTIONS Add this tough warm-up to your normal routine, but start slowly and build your way up - this is an intense workout on its own, and you need to build up your conditioning and perfect your technique. You can also make this a standalone workout by doing three rounds.



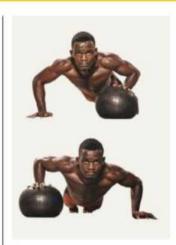
1 Hurdle Jumps

Keeping your feet close together, use a hurdle (or step) and do a double-leg jump from side to side. Mix it up with single-leg jumps or, when you really want to push it, start from a squatting position on each side. Repeat: 5 sets of 20 jumps.



2 Ball Slams

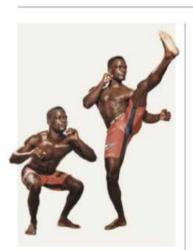
Start in a squatting position, holding a medicine ball. As you rise, lift the ball until your arms are fully extended above your head and then slam the ball down on the ground as hard as you can. Repeat: 5 sets of 10 slams.



3 One-Armed Push-Ups

Use the medicine ball to alternate push-ups, one hand on the ball the other on the floor. As you finish your push-up, explosively "jump" over to the other side. Keep a straight body and tight core throughout the reps. Repeat: 5 sets of 10 push-ups.





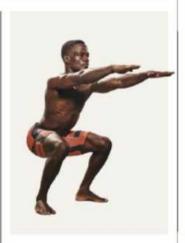
4 Squat & Kick Combo

Demarte uses this move as a dynamic stretch because it involves compression and extension. Squat down, and come up - with good posture - into a high forward kick. Repeat: five kicks each side, for five sets.



5 Box Jump

Starting from a crouched natural stance, jump up onto a high box or platform (aim to land softly). For a harder challenge, try some one-legged box jumps at a lower height. Repeat: five sets of 10 double-leg box jumps.



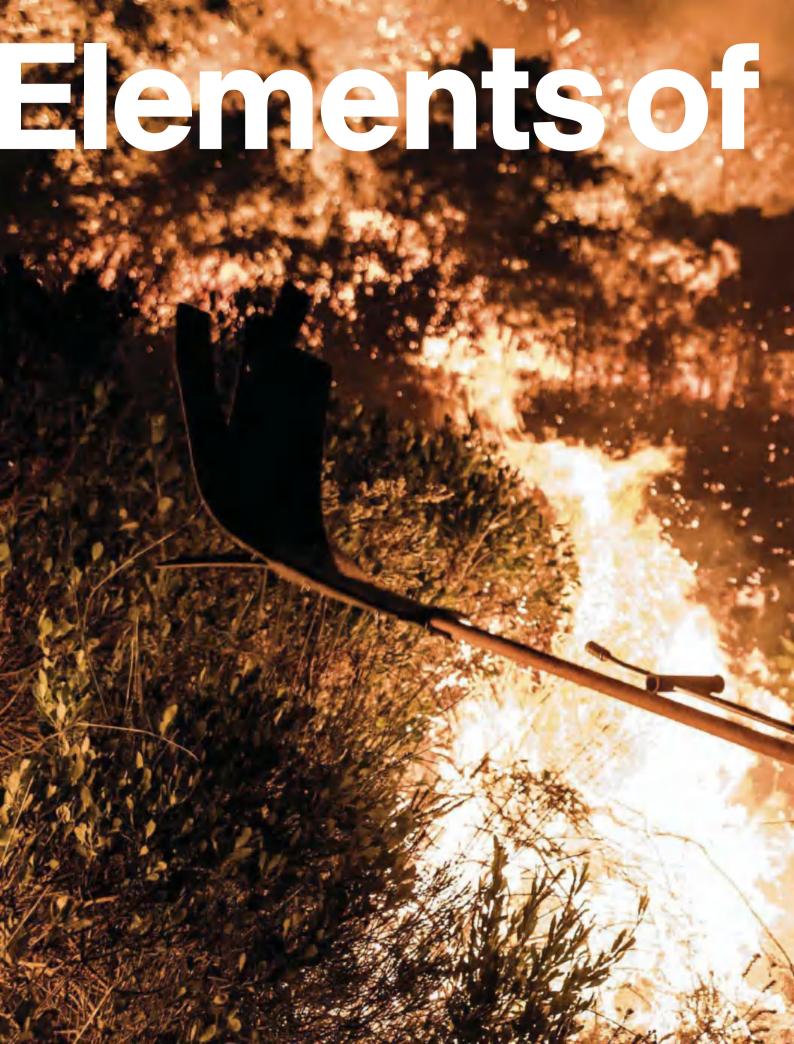
6 Squat

Stand with your feet slightly wider than hip-width apart, arms straight out ahead of you (fingertips in line with shoulders). Drop down into a squat and hold for a second before rising again. Repeat: 10 times, for five sets.



7 KB Clean and Press

This is difficult, so start with a light kettlebell (or two). Lift the KB off the ground to your shoulder, keeping it close to your body. Then press it overhead. Alternate sides or do with two kettlebells. Repeat for five to 10 minutes. (Demarte does 20).









THE REMNANTS OF THE BLAZE STILL BURNED

hot against his face. He took a deep breath, the smell of smoke filling his nostrils and lungs as the billowing puffs of a doused fire rose up towards the brightening sky behind him. For the first time that night, Richard Stubbs had a moment to take in his surroundings.

He was high up in the mountainside of Oudekraal, in bushy territory that had barely seen more than few paw prints in the last one hundred years. And from his vantage point he watched as the sun climbed over the horizon, orange rays illuminating a world that had darkened in the aftermath of a dying fire.

"It was unbelievable," he says. "It just struck me that this was something nobody else would ever see."



(III) COURAGE TO BURN Richard Stubbs spends his free time fighting flames with the Volunteer Wildfire Services.

In 2009, Stubbs was driving when he spotted a fire on Devil's Peak. The roaring inferno was an image that the event director just couldn't shake for days afterwards. Through a friend he discovered that the Volunteer Wildfire Services (VWS) were looking for new recruits and he offered up his time without a second thought.

There was something about being on the frontline that appealed to the former soldier, who had survived an intense training and vetting process to join the parachute division of

British Armed Forces. After serving in Bosnia, Kosovo and the Middle East, he moved to South Africa in 2003 and began working in the tourism industry.

After completing his fire training, he was put to work: his first foray into the smouldering battlefield unfolding on the mountains above Hout Bay. "That was quite a tough one," he remembers, "We had to hike behind Imizamo Yethu and try pinch off the fire before it caused real damage."

It was summer and the wind was fanning the flames, dialling up the heat and cooking Stubbs and his crew in their double-lavered cotton gear and heat-resistant soles. Plus, they were hauling around 12kg packs.

Stubbs would quickly get used to the strenuous requirements of being a volunteer as the Western Cape's fire season flared into life. The combination of drought and dry foliage regularly turns the area's landscape into miles and miles of potential tinder for the smallest spark. In 2015, fire services reported around 100 vegetation fires every day.

Fortunately, Stubbs is an avid runner who has completed numerous Two Oceans Ultras, a passion that would help him stay fighting fit as he received back-to-back calls to arms.

He was part of the many crews fighting the fires that ravaged through the deep south in 2015, reducing terrain to ash and embers and alighting homes, hotels and guest houses. While the world saw a giant wall of fire advancing through the area, for Stubbs, every call-out was a small skirmish.

"It was me and my team versus whatever stretch of flame we had been called out to knock out," he says. "I never remember thinking about this giant fire - just about the battle I had on my hands in that moment."

Firefighters have been lauded for their tireless efforts battling the now infamous blaze that has left scars throughout the area.

For Stubbs, fighting fires is satisfying work. "I like the experience the VWS enables. I like going out and battling fires. I enjoy the logistics of the situation. It activates a side of my thinking that sits dormant when I'm at my day job."

As time goes by, the Brit is finding it harder to juggle a full-time career, volunteering and a new family. With a young child he's had to scale back his involvement, handing over the reigns of station manager duties at the Newlands station.

"I used to get a call-out and quickly drop a message to my wife to say that I was going to go fight fires. Now I have to phone her and ask for permission. And then find out if granny can help look after my kid." he laughs.

"Time is precious. You have to strike a balance," he says. "Training alone is a commitment. New guys and old hands alike, we have to refresh and keep learning to make sure we are trained to the highest standard."



* PILOT

Carl Niebuhr

29 / SA Red Cross Air Mercy Services (AMS) Rotor Wing Pilot

How did you get involved with the hospital? I used to do contract work flying helicopters in Afghanistan, and before that, I had a stint doing the same thing in Siberia. Not exactly tourist destinations, but it was rewarding work. When I returned to SA, one of my ex-colleagues was flying for the AMS and I that's how I got started.

What does your average work day look like? I clock in for the dayshift at around 6.40am. First, I check the weather and make sure there are no outstanding call-outs on the work phone. Then it's straight to the hangar to do checks on the aircraft. There's a lot of admin and preparation in this job, as you need to know that everything is ready as soon as you get a call-out.

What is the biggest challenge you face? It's tough making calls on the weather. On the one hand you want to do everything you can to fly and pick up a patient so they can receive treatment, but you can't risk a whole aircraft and crew if the weather is bad. It's really difficult making the decision to stay grounded, especially knowing the consequences for the patient.

What makes this the best job in the world? Aviation has been a lifelong passion. Now, I get to live out that dream and know that I'm doing something meaningful, that my work helps people in impoverished rural areas so that they can receive treatment

What's the most important lesson you've learnt from this job? That your first reaction isn't the right one. To make the right decision, you've got to analyse - because someone's life is at stake. It goes against human instinct, but it's what I have to tap into everyday. What is your secret weapon? We've begun using night-vision goggles on our nighttime flights. This allows us to provide help outside the dayshifts.





HIS LIMBS WERE STARTING TO CRAMP UP

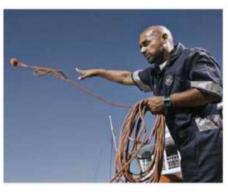
and his strokes were steadily losing power. He was vomiting into the foamy surf as he broke the water's surface and he knew he was at his breaking point. His body wanted to stop, but he couldn't. "There was a life on the line," says Yaseen Gamiet.

For the National Sea Rescue Institute swimmer, this is a difficult story to tell. It's the first and only "patient" he has ever lost. However, in this case it wasn't just a random stranger who got dragged out by a riptide, it was one of his closest friends.

Since he was a child, Gamiet was always drawn to the water. On weekdays, he would train as a competitive swimmer at school and

1 LIFE LINE

When he's not at his day job, Yaseen Gamiet can be found saving souls with the National Sea Rescue Institute.



then swap out the pool for the open ocean, working as a lifesaver during his downtime.

While he knew he was destined for the corporate world - "surfing and lifesaving doesn't exactly pay the bills" - he was also certain that his sanity depended on feeling the sand between his toes and the ocean air in his lungs.

"Volunteering was definitely that outlet - it was an excuse to go outside and experience the world," he says.

He's donned many hats through the years, from lifeguard to volunteer firefighter, and now he works as a rescue swimmer with the NSRI in Cape Town.

His favourite hours are those he has spent "selflessly", he says. "Well, not entirely selflessly. I get so much out of volunteering. "I give my time, sure, but in return I learn about myself - more and more every time I put my life on hold and challenge myself."

His family didn't, and still doesn't understand.
"My dad would always say, 'You are fighting

"My dad would always say, 'You are fighting fires for free while somebody else is being paid to do it."

But nobody can see what he's banking each and every time: the satisfaction of the job, the sense of purpose that is often missing from the daily grind.

Gamiet recounts the rescues he's been involved in, from the late-night NSRI call that saw him and his crew comb the ocean for four hours only to find out it was a false alarm, to a sunny day on Milnerton's beach front where he happened to be surfing and wound up fishing

out four stranded swimmers who had been dragged out to sea by a savage riptide. "It also shows you how fit you have to be," he says. "Sometimes you're swimming kilometres at a time and you've got to have the stamina to do it."

Gamiet isn't strict about his workout regime. In his words: "It doesn't matter what it is, as long as you are outside and you're enjoying it."

As a result, his workouts don't feel like work. He treats Cape Town's beaches as a playground, and he's fitter for it.

"Knowing that what I do now could help save someone's life down the line - that keeps me motivated."

He credits staying in shape as a big part of why he's only ever lost a single patient. But that death still ways heavily on him today.

"It's the saddest irony that he was a good friend of mine," he mentions, his usual upbeat tone shifting slightly.

Seven years ago, he and a few friends had hit the waves for a surf session. In search of bigger swells, he had split up from his more novice companions. "At some point I heard them shouting and I paddled over there thinking they may have got into a fight with some other surfers."

But when he arrived he found his friend face down in the blue-green waters. "I knew it was going to be bad."

He rolled his friend onto a board and began dragging him towards the shore. The added weight turned every stroke into agony as his muscles strained to haul him through the resistant, swelling surf.

Back on the shore he administered CPR for around 20 minutes as paramedics dashed to the beach. "After that, I had nothing left in me."

Paramedics detected a weak pulse and injected Gamiet's friend with adrenaline to try to get his heart pumping again before he was stretchered to the back of an ambulance. However, he was declared dead on arrival at the hospital.

"It still sticks with me," he says. "Being a lifeguard I've never had to say sorry I did my best. You're always being thanked - you're always saying, 'Oh, no worries.' But this time I had to wait for his family to get there, and I had to tell them myself. That I had tried everything, and that wasn't enough.

"That's a bitter pill to swallow."

Gamiet says to lose a life is something you carry around with you for the rest of your own. But to save one? "That's an amazing feeling."

"All I can do is make sure that I'm constantly training - that I'm ready for the next time someone needs my help. I want to ensure there's no doubt that I will again be able to do everything possible to rescue them."

"Knowing that what I do now could help save someone's life down the line – that keeps me motivated."







There's a pause, then an echoing bang as a grenade explodes in the middle of a dusty street. Staff at the hospital keep working. They're used to the sporadic skirmishes that have become common place in the Central African Republic, but they also know that the next series of manic retorts could be right on their doorstep.

"It's remarkable how calm the local staff are about it," says Andries Heyns, a volunteer with Doctors Without Borders. "For them it was normal. They'd been through far worse at the height of the conflict. They told me stories of how family members were brutally murdered right in front of them."

While the situation in the CAR has stabilised, it remains unpredictable and often hostile territory for volunteers. Heyns, who joined the international humanitarian NGO last year to head up logistics for their African projects, wasn't prepared for living under constant surveillance and adhering to strict security protocols. Just moving from one house to another required a security vehicle and constant radio check-ins - and movements only became more restrictive when a rumour that the volunteers were cannibals spread like wildfire

in the local community they were working in. He barely had the breathing room to go for a morning run, and would resort instead to building makeshift dumbbells from old car parts, or lifting empty gas cylinders to maintain his strength.

But the 35-year-old was hooked on volunteering from the outset. He had joined the organisation as a fieldworker after funding for his post-doctoral research fell through and has never looked back. "I thought to myself, I could go into industry and make a living, or I could pursue noble activities that, in the long run, would benefit my research goals."

There is a common misconception that the organisation is made up predominantly of doctors and nurses. But Heyns says there are many different types of volunteers, each essential to making sure the non-profit can effectively treat patients in even the most wartorn places in the world. "Seriously, it's not all just a bunch of medical doctors and nurses with stethoscopes and syringes jumping on a plane," he laughs. "Someone needs to coordinate these projects; they need to make sure staff are supplied and day-to-day operations are administrated."

"In this job, no one day is the same. But there is one thing that is always true - my choices carry consequences."



DO NO HARM Andries Heyns traded the comforts of home to manage aid efforts in the Central African Republic

That was Hevns' job while stationed in the CAR, where he oversaw contracts and general maintenance work on construction, supply and sanitation while managing shifts and looking after staff. It was an endless balancing act, punctuated with security threats and administrative challenges. When he got back to South Africa he was mentally drained, spending three weeks recovering in bed.

But the experience opened Heyns' eyes to the power of volunteering. "If every adult in SA would volunteer for just one hour a week, so many of our problems would be solved," he says. "Of course, we can't all dedicate our entire lives to the cause. Family responsibilities and work obligations make that impossible. But that smile you get from helping just one other person, or the wagging tail you get as thanks after you feed a hungry dog - those are the moments that make it all worth it."



THE FIRST RESPONDER Moses Ngomane / 28

MOSES NGOMANE WAKES UP EVERY DAY

knowing that he will have to walk the tight rope of saving somebody's life. His decisions tip the scale: they can buy precious seconds or lose countless more. This enormous responsibility weighs on his shoulders as he steps from his car, shards of glass crunching under his shoes and eyes scanning the scene. But rather than dread or fear the gravity of his job, he has come to relish every moment.

"In this job, no one day is the same," he says. "But there is one thing that is always true - my choices carry consequences."

From a young age, Ngomane knew he wanted to treat and help people. But when his dreams of becoming a doctor were dashed for "too many reasons to even get into", he pursued a career as a paramedic. The 28-year-old joined the EMS in 2010, later moving on to Netcare 911 in Johannesburg, a city notorious for brutal car accidents on its busy highways.

His first days as a paramedic were a flurry of emotions. He didn't know what to expect, or what might be waiting for him at the other end of an emergency call. "It was traumatic," he says, glossing over the details of some of his more harrowing experiences. "But at the same time, I was excited to be doing something I had dreamt about as a kid."

The life of a paramedic is a waiting game punctuated with call-outs, mad dashes through gridlock traffic, making difficult split-second decisions and providing treatment in challenging conditions. Ngomane says it never feels like a routine. "No call-out is the same - and not one patient is identical to another."

But it did become second nature. Those first-day jitters quickly gave way to a confidence in his training, in the company's protocol, and most importantly, himself. And the reward?

"Saving a life is a very satisfying feeling," he says. "It's something that is difficult to describe."

FIRST ON THE SCENE

Moses Ngomane knows his every decision has life-or-death consequences.

It's rare for paramedics to know the fate of their patients. Often, they don't have time to follow up once the patient has been treated, stabilised and rushed to hospital. The only consolation is knowing they did everything they possibly could to buy them time. But sometimes, not even that is enough.

Ngomane says he tries not to dwell on the fatalities. "That's not always easy. We are human, there will be a call and something about the patient will remind you of a cousin, a nephew, your uncle, your mother. It definitely has an emotional effect. You're reminded that you are not invincible. No one is."

The silver lining appears on slow days when he can chase the trail of treatments and discover that a patient he'd desperately fought to keep alive on the tarmac had been discharged and was back at work or school just days after being admitted to hospital.

That's where the gravity of his decisions shifts from a downward pull to something that picks him up. "Eventually, we all burn out," he says. "But for now I'm sharp. I want to be here."





To race the Wild Coast takes more than heart, or courage or a willingness to suffer. It takes grace, and what adventure race veterans call horsemanship: Monde Khanyana has earned the respect of his very few peers for not only winning this extreme, 350km journey, but for helping his fellow competitors endure, too. This is his story

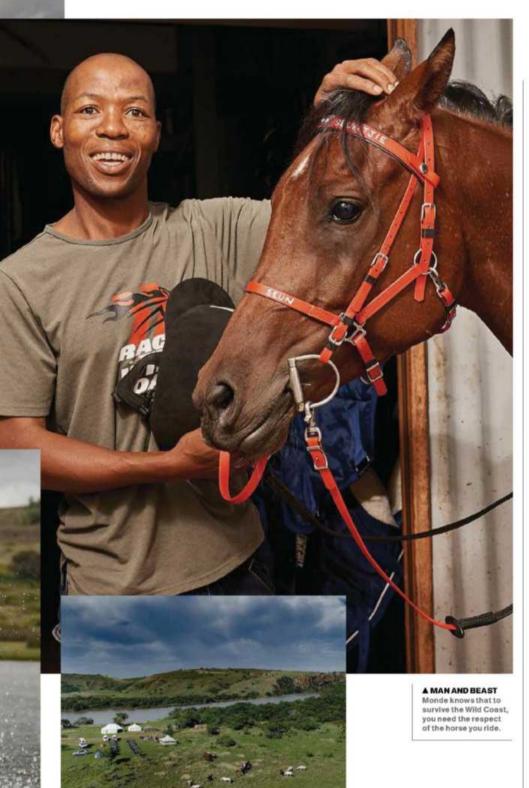
BY JESS NICHOLSON / PHOTOGRAPHS ROGER JARDINE



"Would you get on that horse?"

I ask Joe, grabbing his arm as a powerful force gallops passed us, rocking the camera kit we are trying to steady. The photographer, lying next to us, eyes wide, shifts away from the flying hooves. Joe Dawson, a man who has braved the back of many a wild Mongol pony and ridden the length and breadth of South Africa, hesitates. "I would be a bit reticient." The horse, Seuntjie, is breathing hard.

He has a mad look in his eye and doesn't want to slow down.



"COULD YOU GET HIM TO COME MORE THIS WAY?" our photographer asks the rider. "Sure," says Monde Khanyana.

He whispers to Seuntjie. The horse throws back his head and they turn towards us.

Seuntjie's owner, Dube Pricemore, is with us on the Underberg farm where Monde trains horses. "No one could get on that horse before Monde came," he says. "He just wouldn't stand still. If you managed to get on, he would buck you off. But now anyone can ride him. It took Monde about an hour. He's the real thing: a proper horse whisperer. A horse gentler. This horse will win at Fauresmith. I know he will."

The first time I met Monde was at Race the Wild Coast. He was one of 13 international endurance riders competing in the inaugural 350km adventure. With a team of three horses and vet checks every 40km, riders raced along pristine, unscathed beaches, and led their

horses through impenetrable forests and across 30 rivers – some so deep they had to wait for low tide to avoid being washed out to sea. They passed through five nature reserves, along the top of Waterfall Bluff, where the river pounds directly into the sea, and passed Hole in the Wall. They scaled hills so steep you could reach out and touch the grass: places where the GPS could not say whether you should be above the cliff or on the beach. I was covering the race – but from the far more comfortable seat of a 4x4.

"He seems to have an extra connection with the horses," Lauren Lowrens, one of the horse suppliers for the race, said at the start camp. "He knows them. He can speak their language. People have lost this over the past few generations. Perhaps it's genetic, perhaps it's learned - but it feels mystical."

In 2014, Monde won the trophy for best horsemanship at the Mongol Derby, the longest endurance horse race in the world, where competitors ride 25 semi-wild Mongolian horses over 1 000 kilometres. The Adventurists, who organise extreme expeditions such as this, say their mission is to create adventures "where you don't know what will happen tomorrow - or if you'll even make it."

"I trained those crazy horses as we went along," says Monde. "I could see what was missing in their brains - the steps that had been skipped. I wanted to help them understand how to behave, to pass on the knowledge. I helped the riders, too. Some of them went all out to get ahead and then they got lost. They were afraid of wolves; broken, crying and terrified. I don't see the point in that."

That was the year that Australian competitor Sam Jones won, and it was in this race that the impetus for Race the Wild Coast grew inside the minds of Joe Dawson and Barry Armitage, who became household names with the television series *The Ride*, and Race across the Steppe.

"Frankly, we've ridden endurance for a while, and we found it boring," said Joe. "Often it's all about speed and selling horses – a business. We wanted to add adventure to endurance and challenge horse and rider as a team. We wanted to create a journey rather than a track event. You need to move through a landscape to get a sense of what you've achieved. There is no better place for that than the Wild Coast: there are no fences. It is rugged and challenging and beautiful. You can combine blasting down the beach with very technical riding. It is shameless fun on a horse."

IT ALL CAME TOGETHER IN OCTOBER 2016.

Top international competitors were game; Joe and Barry had planned the route meticulously; Sam Jones was keen for another win, and Monde had been invited. In many ways, it was a race he had spent his whole life preparing for.

Born in 1987 on a farm near Kokstad, Monde grew up with horses. "My father was known as the Animal Man. We had cows, horses, pigeons and dogs. The first farmer let us keep our

animals. My father taught me how to connect with animals. I watched him. We could pick a horse off the mountain - a wild horse - and train it. We trained hundreds of horses. Now I would say I've trained thousands. It doesn't take me longer than a couple of hours at the most, sometimes minutes. My father's horses always won the trotting races, and even when I was a child I started winning them too."

"Sometimes we would get up at 2am to ride to the trotting races for the start. We usually always won. But it got nasty sometimes. My father's horses were bullied, trophies were poisoned; the races were sabotaged. We were bullied. People were riding the horses badly, hurting them. Then the horses would start misbehaving. Then the owners would bring them back to my father to fix them. The feeling grew inside me, the feeling of doing things right, with kindness."

"When the new farmer came, he made us get rid of our livestock. My father got sick; my mother was in hospital with TB for two years. I had to give up school to look after the animals. There was one orphan mare that was going to be put down. My sister and I begged for the horse and promised to look after it. We raised it ourselves, and that horse has given me 17 foals. People have helped me along the way, but you can learn everything you need to know from horses. They will teach you. You just have to know how to listen."

IT SEEMS MONDE AND HIS FATHER HAD A WAY OF

training ahead of its time, similar to the methods used by the pioneering trainer Linda Tellington Jones. Like the Khanyanas she embraces a gentle approach that relies on close observation of how horses - skittish pack animals sensitive and vulnerable to predators - communicate. Famous American horse whisperer. Monty Roberts also spent years as a boy watching wild mustangs in Nevada, observing the language they use. He uses this knowledge to break the horses in softly.

Monde's warmth and kindness might give the impression he lacks the competitive edge it takes to win a race as tough as Race the Wild Coast. At the start camp he is congenial and collaborative, sharing his knowledge over oysters and crayfish with his riding frenemies. He knows some of his rivals from Mongolia, he knows their style of riding and their experience; but most of all he knows horses. In the three days riders have to prepare at Port Edward, Monde has quietly sussed them all out: horses and riders. But so has Sam Jones, and determined Canadian Sarah Cuthbertson. and Grand National jockey Chris Maude, and ex-Marine and postmodern cowboy Jamey Altman from Virginia. All are strong contenders. In this sport, women and men compete equally.

Fiesty German competitor Katja Joachim intrigues me. She shows me how she has organised her kit. Including compulsory gear, compet-





itors are limited to 5kg, plus a sleeping bag. Many have chosen to sacrifice comfort for items that will ease the strain on the horses. Katja has planned meticulously: "I took my hood off my rain jacket," she said. "I wrapped duct tape around my electrolytes to save weight. I sacrificed knickers which weigh 46grams for the same weight in energy bars. A toothbrush with the cap weighs 16 grams. My iPhone is 173 grams." Australian jockey Brent Albuino is less fastidious, and began most mornings with a hangover. Everyone has a different approach to this race. Some plan to ride together, some aren't saying. "My goal," says US competitor Rose Sandler, "is to finish with three intact horses and still friends with my friends." Then she whispers, "of course, we all want to win".

THE SIREN SOUNDS. THEY'RE OFF.

For the first 18 kilometres, unending beaches stretch out. They are still in eveshot when someone falls off and gets back on; something drops off a saddlebag. Every metre on the soft sand is a drain. Inland riding brings different trials, the only way through the forest is via cattle paths; in some parts competitors need to follow their GPS metre-bymetre. Sam is good at this, and the others stick with her, allowing her to find the path and lead.

Then there are the river crossings, where riders risk being washed out to sea to spend some time with 98 different species of shark.



THE ROUTE

"We are inventing a new type of sport," says Joe. Endurance riding is the fastest-growing sport in the equine world, but it can be one-dimensional. This race throws in the adventuring and survival angle, which makes it more challenging, and more rewarding.'

DAY 1: PORT **FDWARD TO MBOTYI**

Beach riding, technical sections through rocky landscape, huge stone steps down to Mntentu River crossing. Riders cross Waterfall Bluff, one of the only places in the world where a waterfall drops directly into the sea. Overnight is a tented camp at Mboyti.

DAY 2: MBOTYI TO THE KRAAL **OR HLULEKA**

Steep, hilly terrain, with a few swims. After a vet check at Agate Terrace, riders go through the town to avoid the shark-infested Umzimvubu River. Overnight is either at the Kraal or Hluleka Nature Reserve.

DAY 3: HLULEKA TO BULUNGULA OR THE HAVEN

Big river, bigger hills and dramatic scenery. There is a vet check at Mdumbi and then the longest swim on the race: the Mthatha River through to Hole in the Wall. Riders may need to go inland to avoid the dangerous high tide, and are rewarded with a flat, dirtroad landscape from Bulungulu to the Haven.

DAY 4: THE HAVEN TO KEI MOUTH

Coastal hills, with some swimming in the Mbashe River. Riders pass Kob Inn and the landscape flattens out towards the end: fast, sandy tracks over easy-going grassy hills. One final forest, then a short-ish sprint to the end along the Kei Mouth beach

"HORSES WILL TEACH YOU EVERYTHING. YOU **JUST HAVE TO KNOW HOW TO LISTEN."**

British jockey Anthony Ward-Thomas, a lifelong adventurer famous for his failed attempt to cross the Atlantic on a pedalo, bailed out during the obligatory pre-race training. He threw in the towel after his horse freaked at a river crossing after flailing and kicking a trainer, the horse rolled onto his back and prepared to float into the sea. "I thought about Anthony's decision often during the race," Brent told me. "And I thought, he was the smartest of all of us."



Then there are the cliffs. "Just before Hole-inthe-Wall, the hills were very steep," said Monde at the end of Day 3. "Some riders were trotting, but they soon stopped. It is narrow and sheer. You could easily slip 100 metres onto massive rocks, and I knew if we slid, we were done for. I was terrified. I instinctively shifted in the saddle towards the slope. I think I was trying to stick myself onto the hill. But my horse, Kadar, moved me back; he told me not to panic. I dropped the reins and the horse took me. I left it to him. It was all I could do."

On the last day of the race, Monde, Sam and Sarah set off first. "The race was on," said Monde. "We stuck together. Sam kept trying to get ahead. I didn't let her go too far, but I let her tire her horse. I knew I needed to save my horse for the final sprint. I kept talking to him, explaining what was going on. The horse doesn't know where the finish is, you have to tell him. And you have to build your horse's heart to be keen, so I held Kadar in."

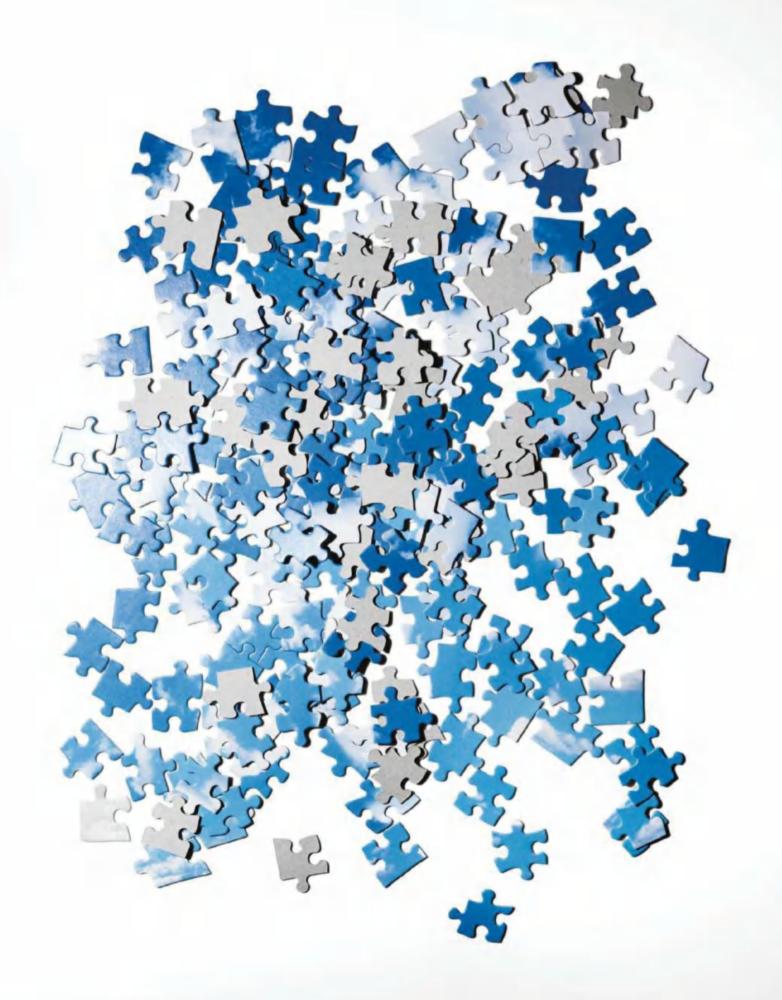
"About 500 metres from the end we were together, checking the GPS, and chatting casually about where the finish line might be. Suddenly, Sam just took off! She snapped a branch (to gee her horse on) and bolted. I was surprised. But I knew Kadar was ready to run. There was no holding back now. Sam went straight, I went to the hard sand. I beat her by 17 seconds. Sarah was three seconds behind Sam."

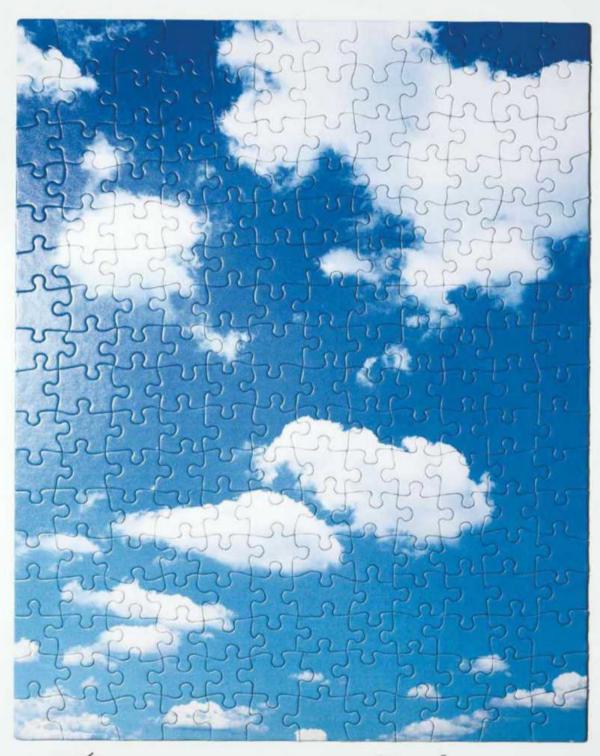
"We wouldn't have got through without Monde." said Sam at the end. "The terrain on this race is so demanding. You need your wits. On our path this morning a tree was blocking the way. There was no way around. Monde hacked away at it with a smaller branch... so we could get through, and so the others behind us would.

"But it is more: in this race, horsemanship won. As Barry said at the start, 'The horse gets you through the landscape and you get the horse through the landscape.' It's a pity the horses can't talk, because it can be difficult to understand."

MONDE SMILES AS HE WADES INTO THE KEI LAGOON

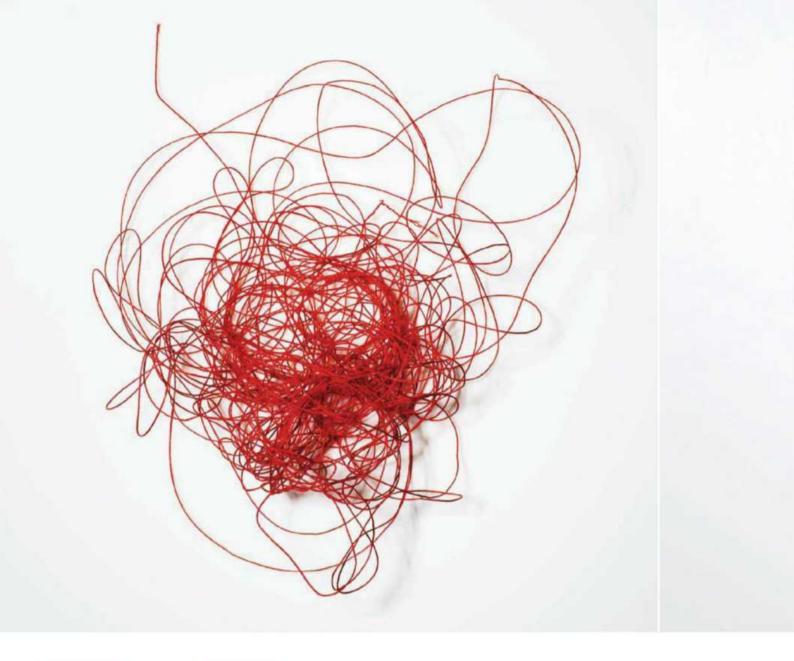
with Kadar. "Experiences like this live inside you. I would never go all out to win if someone else was in trouble. But all along I knew. I said to Sarah, you ride behind me; I'll tell you when the time is right to run. All along, I saved my horse's energy until it mattered. Then we raced. We did it together."

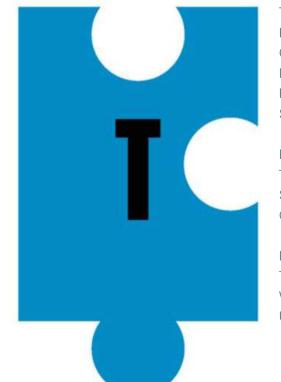






Feel like you're going to pieces? Here's how to pull yourself together BY MICHAEL EASTER / PHOTOGRAPHS BY HENRY LEUTWYLER





THE MEN IN MY FAMILY HAVE A HISTORY OF ACTING ON IMPULSE. MY FATHER ONCE GOT DRUNK ON ST. PATRICK'S DAY, PAINTED HIS HORSE GREEN AND RODE BAREBACK INTO A BAR WITH A WOMAN WHO WASN'T MY MOTHER. HIS BOOZE-FUELLED BENT FOR B.S. AND MAYHEM CAME FROM MY GRANDFATHER, WHO I'M TOLD WAS THE MOST CHARMING SOD, LIAR AND CHEAT ANYONE EVER MET.

LIKE MY DARK FEATURES AND LONG NOSE, MY PENCHANT FOR RECK-LESSNESS AND REVELRY IS PROBABLY GENETIC. AND I WAS STARTING TO RIDE THAT SAME HORSE. BUT AFTER A "DUDE, WHERE'S MY CAR?" SCENE TWO YEARS AGO, I SWORE OFF MY FAMILY'S FAVOURITE FORM OF FOAMY ESCAPISM AND WENT SEARCHING FOR HIGHER RELIEF.

THEN THE NEXT QUESTION: HOW COULD I REALLY CHANGE? COULD I GIVE UP THE HARMFUL STUFF BUT ALSO GAIN SOMETHING BACK IN THE BARGAIN? MEDITATION PIQUED MY INTEREST BECAUSE ITS PROMISE WAS SO SIMPLE AND YET SO OUT OF MY REACH: PEACE OF MIND. I READ UP ON THE PRACTICE AND GOT STARTED.



I sat on the edge of my bed, eyes closed, breathing deeply, trying to go blank. I was a mess. My thoughts bounced around like a puppy on speed. I plotted how I could finagle a raise at work and win an argument I was having with my girlfriend. I wondered how I'd handle weekends and varsity reunions without booze and bedlam. Then something significant happened: I started to notice the tumult that my self-important, future-focused thinking brought on.

When my thoughts run the show and I do the first thing that comes to mind, I have the mental finesse of a brakeless freight train. I become the guy who treats his work commute like Daytona. I fire off regrettable emails that open with "WTF." And I huffily tug on my dog's leash when he stops to smell something for too long because, hey, I have shit to do and you sniff this same street sign every morning, buddy.

By returning each day to the edge of my bed to sit, breathe, focus on nothing and pull back to nothing when I recognise that my mind has wandered, I've come to realise that impulses, thoughts and emotions are like clouds floating across the blue sky: temporary. I don't have to act on them, nor do I have to believe them.

About a year ago I was driving and listening to someone on a podcast explaining that if you take all of time that we know of and put it on a yearlong scale - called the cosmic calendar - all of recorded history shows up on December 31 at about 11:59 pm. When I heard that, I truly realised how insignificant I am in the grand scheme. I lost it. Imagine a 29-year-old fitness bro bawling his eyes out in rush-hour traffic while passing a Checkers and a CNA.

Then it occurred to me. Can I change time? No. Would freaking out about the meaning of life and what happens next do me any good? No. Didn't I thoroughly enjoy my life and have a lot to be grateful for? Yes. I was sitting in a V8-powered, air-conditioned, half-ton SUV that was streaming audible information from outer freaking space and I was headed to a job I love where I help men improve their lives.

It's a hell of a time to be alive and I'm grateful for every moment. There's freedom in that. I may not be important from a cosmic standpoint, but I can matter on a smaller scale by caring less about myself and more about others.

Now at work I hear statements like "You're better than me at this. What do you think?" and "Sorry, my fault. I'll fix it," coming out of my mouth. When someone rushes into my office with a "big problem," I understand that it's not a big deal (it never is) and calmly solve it. At home, my girlfriend and I don't bicker because I now know my way isn't "the way"; it's "a way." And I wait until my dog is done sniffing urine-soaked objects before continuing our walk.

My guess is that a lot of men are where I used to be. It's the 21st Century. We're distracted, edgy, rattled, stressed, scattered and overwhelmed. We're tense and jangled even when we're in a relaxed setting. We react to the pings, buzzes and flashing lights on our phones while we're at home with family, out golfing with friends, even hanging out alone. We fret about the next thing before we're done with this thing.

The irony is that there have never been more or better researched ways for silencing stress, creating peace of mind and living in the now. Meditation helped me, but I know it's not for everyone. Through it, I've realised mental repose has many faces: focusing on the metronomic cast of my fly rod, watching my pointer flush out a bird, detaching from fatigue on a long run.

Our fathers might be right. Maybe walking in the woods, tinkering on a vintage car or sipping a cold lemonade on the porch as we watch traffic go by is all we need. Maybe the answer isn't trying to find nirvana, but realising that nirvana can be right here if we discover ways to engage our brains differently and focus on the moment, even when we're brushing our teeth.

But how do you get from here (tense, frazzled, reactionary) to there (calm, present, patient)? Here's your guide to creating space for yourself so you can live the life you've imagined - while you still have time.



DON'T JUST DO SOMETHING; SIT THERE

Your path to enlightenment (or at least a slightly less dark view of the world) starts with

this simple six-step meditation plan.

1/ Sit with Your Eyes Closed

You don't need a monastery, just a spot with minimal distractions. The point is to practice tuning out intrusions.

2/ Focus on Your Breath

Take several slow inhalations, exhaling completely after each one.

3/ Quiet Your Brain

"Imagine your mind as a clear, calm, blue sky," says Timothy Olson, a North Face athlete and two-time winner of the 100-mile Western States Endurance Run. Sometimes a cluster of storm clouds will obscure that blue sky, but the sky is always there. Allow your breath to take you to a less turbulent place.

4/ Do a Body Scan

Take stock: How are you feeling at this moment in time? Where in your body do you feel clenched? Where do you feel light? Don't try to change anything you observe. Just recognise it.

5/ Suspend Judgment

"It's okay if you're having a stressful day," says Olson. Try to pay attention to the way you're feeling without becoming discouraged. Whenever your mind wanders, bring it back to your breath - again and again.

6/ Build Endurance

Start with five minutes and be patient. Then work up to 10, 20 and 30. "Meditation is exercise for your brain," Olson says. "The more you do it, the easier it becomes."



THE FIVE-MINUTE VACATION

You don't need a beach in Belize to escape your problems. These three tricks stop stress faster than a mai tai.

- ► Sniff This Mix a drop of eucalyptus oil with 19 drops of almond oil. Then place a few drops of the formula on a cotton square and enjoy the aroma for five minutes. In a recent study from Korea, people who did this saw their anxiety levels dip. That may be because a compound in eucalyptus called 1.8-cineole reduces blood pressure and relaxes muscles. Put that cotton square in your car's cup holder to take some of the rush out of rush hour.
- ► **Go Row** Is the boss treating you like a urinal cake? Get thee to a rowing machine. Just five minutes on the erg can ease feelings of aggression caused by criticism more than hitting a punching bag will, according to German research. Rowing at a moderate 11 km/h can relax your muscles in a way that counteracts the tension induced by anger.
- **PEAT Chocolate** Men who ate 50 grams of dark chocolate two hours before a stressful task developed less inflammation than those who munched a placebo chocolate, a study in the journal *Brain, Behaviour and Immunity* found. Credit the antioxidants. The chocolate was 72% strength like Honest (honestchocolate.co.za) or De Villiers (available at Woolworths).



MEN ON A MISSION

Andrew Puddicombe

IF YOU WANT A PIECE OF THE ACTION, FIRST FIND PEACE IN THE ACTION. FOUR GUYS SHOW US HOW



Andy Puddicombe, 43, of Santa Monica, California, is a former Buddhist monk, the cofounder of Headspace (the world's largest meditation app, with nearly 10 million users) and author of The Headspace Guide to Meditation and Mindfulness.

Before I became a monk I was living in London, where I was studying sports science and working as a personal trainer.

I was at a rugby club and a car crashed into the crowd. I was on the outside of it. It was really bad. A couple of people died and others had serious injuries. Three months later, my stepsister was hit and killed on her bicycle by a man who fell asleep at the wheel. It really shook me and not all in a bad way; it woke me up.

I was living a life I was kind of enjoying, but I didn't feel at peace. So halfway through my degree, I quit to become a monk.

WHAT I'VE LEARNED

People were horrified. My university thought I'd gone mad and wanted me to see a doctor; my parents were like, "What is he doing?" My girlfriend asked, "How dare you?"

Understandable. I would have been asking the same questions. I was 22 years old.

I studied the Burmese tradition for five years, then spent another five years in the Tibetan tradition. I lived in Nepal, Thailand, India, Burma, Russia, Poland and Australia. I spent some time in monastery and some in retreat, a mix of time spent meditating for hours a day and mindfulness training, like cleaning.







ANYWHERE YOGA

You can enjoy the benefits of yoga all day long. Just do these simple moves.

waking Up While lying on your back in bed, bend both knees until your soles are flat on the mattress. Put your arms out in a T and slowly drop both knees from side to side. As your knees go left, look right and vice versa. Goodbye, cranky lower back.

Commuting Sit up straight and put your hands on the wheel at 10 and 2 (where they're supposed to be anyway). Slowly tilt the front of your pelvis down, creating a space between your lower back and the car seat. Then slowly

tilt your pelvis up, pressing your lower back into the seat to release pressure.

- At the Office Stand with your feet together and slowly bend forward. (Your knees can be bent or straight.) Let your head, neck and arms go slack as you breathe for 10 to 20 seconds. Slowly return to an upright stance. Inversions help refresh your brain by sending more blood there.
- **Before Exercising** Warm up the muscles in your arms, back and legs by doing the downward-facing dog. From a forward bend (see "Office," above), bend both knees until your palms touch the floor; then step back into an inverted V position. Extend through both arms

while lifting your hips, shifting your weight back and moving your heels toward the ground. Hold for 10 seconds, come down to your knees for 10 seconds and repeat.

- ▶ During/After a Flight While standing, clasp both forearms behind your back and bend gently backward. This opens up the chest, shoulders and back.
- ▶ **Before Bed** Sit on the floor facing a wall. Lie back and scooch your butt toward the wall while raising your legs. Rest the backs of your legs against the wall, either together with the soles of your feet towards the ceiling or in an open V-shape. Breathe and rest until you feel relaxed.

5 APPS THAT WORK ALMOST AS WELL AS A NAP



Calm

Spend a week to three weeks perfecting a stress-busting technique (think of it as "strain training") or use its "Emergency Calm" to decompress while waiting for the traffic to decongest.



Headspace for Sport

Programmes such as "training," "competition," "motivation," and "focus" last 10 to 20 minutes. If your mind tends to get in the way of peak performance, this app may be just the thing.



Buddhify

This app offers specific meditations for dealing with stressful situations, including travel hell and lying in bed in the middle of the night while thinking about everything you have to do.



Take a Break!

It supplies quick relaxation breaks you can use at work. For example, stare at a virtual horizon and select a seven- to 13-minute guided meditation set to relaxing sounds such as waves or rain.



Stop, Breathe & Think

Take a survey to gauge your mood and customise a programme to address it. It offers plenty of functions, including the ability to track progress and emotions.

園

FAST TO SLOW DOWN

Fasting doesn't have to involve food. Depriving yourself of certain things can give you space from ingrained habits so you can

reboot your brain. Try these fasts to raise awareness and calm your mind.

Sight Fasting Sure, you spend all night with your eyes closed. But watching your eyelids for an hour or so during the day can change the way you experience the world. Your eyes function like a computer keyboard while your brain is the processor that interprets the input, says Lotfi Merabet, of Harvard's Laboratory for Visual Neuroplasticity. If you temporarily reduce the demands on your brain's visual cortex by shutting down your sight, you can redeploy those brain cells for other things.

Most often they go to work to heighten one of your other senses, which is why some blind people have seemingly superhuman hearing abilities, a keener sense of smell, or an enhanced capacity for taste. To get this effect, you must spend time with your eyes closed, but you don't have to sit in silence. Instead, try this: put on your favourite playlist or podcast and close your eyes while you listen "to prepare the brain to be more receptive," says Merabet.

▶ Sound Fasting The constant noise of our everyday lives keeps our nervous system in a state of chronic overdrive, which plays a role in stress and other health problems, says Patricia Dobkin, an associate professor of medicine at McGill University.

To get comfortable with the quiet, sit for 10 minutes a day "with your breath," which means simply breathing in through your nose and out through your mouth while noticing your body's sensations and letting thoughts come and go. Gradually work up to 20 minutes.

▶ Digital Fasting Phone content can be addicting, especially games like Pokémon Go, which are designed to provide "pleasurable hyperstimulation" that leave you wanting more, says Robert Weiss, a tech expert at Elements Behavioral Health. But smartphones are also necessary for daily communication, so it's probably not wise to go phone-free for days at a time. Try a phone fast during a few hours. Identify scenarios in which technology is unneeded - meetings, work dinners or family functions - and turn it off.



HELP YOURSELF TO HAPPINESS

Studies show that people who volunteer are healthier and happier than those who don't

give back. But not all charity work is equally beneficial. You'll feel best if you volunteer for the right reasons: to bond with otherpeople, understand others' needs or support amission. Volunteering to enhance your career, avoid life problems, or get yourself adopted by that sexy director at the animal shelter isn't what this is about. "Start with a projectyou are interested in and feel passionate about," says Sara Konrath, of the Lilly Family School of Philanthropy at Indiana University. Check out charitysa.co.za/volunteering for opportunities.



Find Calm Amid the Chaos



7 WORDS THAT FIXED EVERYTHING

When conventional medicine failed him, cancer survivor and former broadcast journalist Brad Willis started meditating.

The an intrepid foreign corresponden broke his back while on holiday, endured a failed surgery that ended his career and then received a diagnosis of stage IV throat cancer. "At first I relied on Western medicine," he says, "painkillers, muscle relaxers, [and] antidepressants, which when added to the alcohol I was drinking only deepened my despair. But it wasn't until I discovered yoga that my healing began.

Willis admits that he still sometimes gets agitated as a result of old patterns and living in a fast-paced, overstimulated world. "But that's when meditation and the silent repetition of positive thoughts is a godsend," he says. "It's very powerful just to sit and repeat silent phrases such as, 'I am peaceful, compassionate, healed and whole."

Skeptical? "Start with just two to three minutes each day to develop a positive habit," says Willis.



THE STILL POINT IN ALL MOTION

When things get rocky, world-class climber Chris Sharma takes his mental focus to new heights.

Sharma might be the most daring and successful rock climber in the world. But the 35-year-old Californian credits the sport with keeping him fit physically and mentally.

"Climbing is the best form of meditation," he says. "It's all about body awareness. You're in touch with every little nuance in your body. One of the beautiful things about climbing is that you can push out your everyday worries and be present."

Sharma tried formal meditation but found that it wasn't for him. "When you're sitting and just focusing on your breath, there's so much potential for your thoughts to drift." Climbing, though, allows him to get a grip on his monkey mind and find focus and balance. And that's vital when you're scaling the cliffs of Majorca, 100m up with no rope.

Even if you're not this adventurous, Sharma suggests finding a passion that absorbs your attention. "It's about finding moments of focus and concentration," he says.



THE SOUNDTRACK OF PRESENCE

Here's how the music mogul and philanthropist Russell Simmons gets his groove on.

Simmons, who's the chairman and CEO of Rush Communications and cofounder of DefJam Records, meditates twice a day. "Nothing creative happens except in the present moment," he says. "Only a quiet mind can create."

The 59-year-old also does yoga every day and is opening a studio, Tantris. When he practices, he blends the physical moves with a meditating mind—the breath being the element that unites them.

Yoga, says Simmons, is much greater than the physical practice most people experience. "People go to a yoga class in the gym and think it's yoga, but that's just poses," he explains. "When the mind is still – that's yoga."

When you're in this mindset, Simmons contends, you're better able to conquer any of life's stressors. "I don't believe that what's on the outside is the cause of stress. The cause of stress is on the inside. A calm mind can go through all sorts of things and be happy."



Nose-to-tail guru Giles Edwards of La Tête reveals the best bits you might be missing out on

WORDS TUDOR CARADOC-DAVIES | PHOTOGRAPHS SAM WILKINSON



IF GLOBAL CUISINE IS DIVIDED
INTO DIFFERENT KINGDOMS, FROM
INDIAN TO ITALIAN, JAPANESE AND
FRENCH, ST. JOHN RESTAURANT IN
LONDON IS WIDELY ACCEPTED AS
A PRINCIPALITY IN ITS OWN RIGHT.

The Vatican of nose-to-tail eating, it's Pope Fergus Henderson brought British cooking to the fore through his use of the offal and odd cuts so integral to traditional food. Henderson's head chef and disciple, Cape Town local Giles Edwards, is now back in the Mother City and has opened his own place, La Tête (*the head* in French). Built on the backbone of the skills he learned at St. John, but with a South African filter, La Tête has rapidly earned accolades – including making it onto CNN's watchlist of the Best New Restaurants of 2017.

So what are the benefits of eating the entire animal, exactly? Edwards breaks it down.





BIG ON FLAVOUR

So... offal. Awful, right? Wrong, for several reasons. In terms of its nutritional value, offal tends to be lean, high in protein and rich in vitamins and minerals like iron, copper, phosphorous, magnesium, selenium, chromium, Vitamin A, Vitamin D and Vitamin E. But there's more to it than that checklist. The more appealing reason your grandparents *ooh* and *aah* over liver, tripe or kidneys? Flavour.

"Offal, in my opinion, has the best amount of flavour," Edwards says. "Ox heart is as good, if not better, than any steak you can have. Kidneys are delicious; you just have to know what you are doing. A lamb's brain is delicate, and tastes like lamb. You wouldn't skip the marrow in a chop, so why would you turn your nose up at brain, which is very similar?

"In the past, only the older generation, the post-War babies enjoyed a sweatbread or calf liver, but now there are many peo-



ple originally from rural areas living in the cities. For them to find things like tails and brains in the city centre takes them back to their homes, and the cooking of their grandmothers. At St. John I learned a whole new philosophy about meat.

"In South Africa we are braai-obsessed, and while that's a great part of our culture, we tend to stick to the same old prime cuts, we never think to use heart or *skilpadijies* on the grill. St. John enlightened me in the ways of offal, encouraging us to use the whole beast in its entirety."

LIGHT ON CARBS

With most of his plates being light on or free of carbs, Edwards' approach is almost per-

fectly in sync with Banting-obsessed Noakes acolytes. "I don't feel that we need to have potatoes and rice on a plate. The dish is a perfect balance between protein and accompaniment. There is no need to put a potato puree or rice on the dish just because. However, I love bread and toast and use it throughout - and it's also great to use up old bread."

Like many of us, Edwards has had his own battle with an unhealthy lifestyle and a ballooning waistline. The main culprit: post-service beer in London. "After about five years in London I had put on a huge amount of weight - I maxed out at 120kg. I was immersed in the cooking scene, which involves a lot of late nights, drinking, smoking... you name it. There came a point where I realised that if I didn't take control I would lose it, and also lose sight of my goals. I promptly quit smoking and drinking and started running.

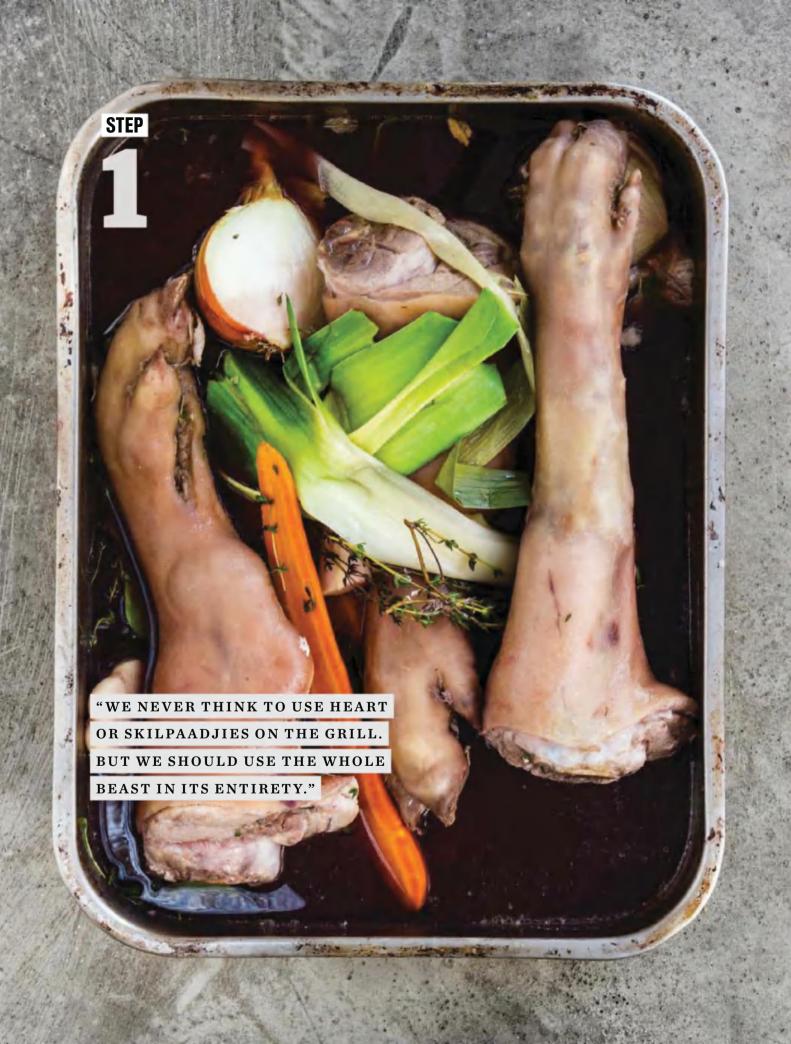
"Anyone who does any form of exercise will know that it is just another addiction.

You become obsessed. It is also an amazing stress relief, far greater than a cigarette – although nothing quite beats an after-service beer. (Nowadays it's always a lite beer!) Being back in Cape Town I have the mountain on my doorstep. It's great to get out there to trail run for an hour or so and just forget all my worries."

BUTCHERS ARE YOUR BUDDIES

At St. John, they have a zero waste policy, says Edwards, even down to how the menu evolves. Start at the front and finish at the tail. As for cooking your own meat? "Generally, supermarket meat is not great, no matter how many days it has been aged for. I would strongly encourage people to find a local butcher and speak to them. They can always help you in your culinary mission."

Every time you turn your nose up at offal yet happily bite into a sausage (from Vienna to boerie) you're probably being a hypocrite - as everything from ears to arseholes goes into the making of most sausages.





LA TÊTE

Baked Trotter with Quail Eggs

TROTTERS, AK.A.

PETTITOES, ARE

THE FEET OF PIGS

INGREDIENTS

I PIG CHEEK

COARSE SEA SAI

200 ML COOKING OIL

2 GRANNY SMITH APPLE, SLICED

1 HEAD CHICORY

CAPERS

1 TBSP CHOPPED PARSLEY

1 RED 0

FOR THE DRESSING

1 TBSP DIJON MUSTARD

1 TBSP WHITE WINE VINEGAR

1/2 LEMON JUICE

100 ML OLIVE OIL

METHOD

STEP 1 Braise pig trotter in stock veg, wine and water until falling of the bone, allow to cool slightly and pick out all toe nails, bone and gristle. Discard.

STEP 2 This broth is ideal for storage and meal prep. You can pour it into tupperware and store it in the fridge for later. Use about a cupful of the broth for the next step.

STEP 3 Braise spring onions, thyme, bacon, Madeira, tomato and trotter until thick and gelatinous. Place in a ramekin, crack in two quails eggs and bake. Serve with a slice of sourdough toast and a glass of Madeira, done.





Crispy Pig Cheek with Apple & Chicory

KNOWN AS HOG JOWL
IN THE US, PIG CHEEK

IS A SOUL FOOD STAPLE

INGREDIENTS

1 DIC CHEEK

COARSE SEA SALT

200 ML COOKING OIL

1/2 GRANNY SMITH APPLE, SLICED

1 HEAD CHICORY

CAPERS

1 TBSP CHOPPED PARSLEY

1 RED ONION

FOR THE DRESSING

1 TBSP DIJON MUSTARD

1 TBSP WHITE WINE VINEGAR

1/2 LEMON JUICE

100 ML OLIVE OIL

METHOD

Salt the cheek overnight, rinse well the next day and confit (slow cooked submerged in oil) for 1.5 hours, or until you can pull a spike of flesh clean off with minimal effort. Allow to cool completely. Slice into 2cm wedges, trying to maintain the shape of the cheek. Roast at 180 until crisp and golden.

FOR THE DRESSING

Whisk all the ingredients except the olive oil together, then slowly add the oil to make a versatile mustard vinaigrette.

ASSEMBLE

Chop the chicory, keeping some of the bigger leaves aside. Place it all in a bowl along with capers, parsley and a good dollop of mustard dressing. Tumble it around and serve alongside crispy pig cheek.

Pork Rillette

RILLETTE: SALTED
OVERNIGHT WITH
SPICES, THEN
BRAISED OR ROASTED

INGREDIENTS

1 KG PORK BELLY DEBONED

2 TBSP COARSE SEA SALT

COUPLE SPRIGS THYME

SPLASH OF OLIVE OIL

1 TSP GROUND FENNEL

1 WHOLE CLOVE GARLIC CUT IN HALF HORIZONTALLY

SERVE WITH SOME GOOD SOURDOUGH



METHOD

Lightly salt belly over night with herbs and spices. In the morning, give it a rinse and place in a suitable-sized oven dish along with 2 Tbsp olive oil and a splash of water. Add garlic whole, and cover with tin foil. Bake in oven at 150 for about four hours, keep an eye on it to ensure it doesn't dry out, but the fat should start to render out naturally. After four hours the meat should

be falling apart, drain liquid and save. Allow meat to cool slightly. "Shred the meat - I like to use my fingers," says Edwards. Squeeze in the garlic bulb and slowly emulsify the cooking liquid in. Adjust seasoning, it shouldn't need much due to the salting of the belly. You can store this for a couple of weeks if tightly sealed. Otherwise serve with fresh sourdough and cornichons (baby gherkins).

Shoulder with Braised Red Cabbage

PORK SHOULDER OR PORK
BUTT? SAME THING

INGREDIENTS

1 PIG SHOULDER

FOR THE CABBAGE

1/2 HEAD RED CABBAGE, CORED AND CUT INTO 1-INCH STRIPS

2 PEELED RED ONIONS, THINLY SLICED

8 CLOVES GARLIC, THINLY SLICED

1 BUNCH THYME, PICKED AND CHOPPED

450ML CHICKEN STOCK

HANDFUL OF SEMI-DRIED PRUNES

METHOD

Once the shoulder is deboned and rolled. allow to stand out for 1.5 hours before you start. How long you are going to cook it for, really depends on the size. Cooking meat from cold is a really bad idea, you want it to be at room temperature all the way through before you have even started. Get a good heavy bottomed roasting pan warm on the stove or in oven. Add a healthy amount of oil and gently start to render the fat. "Crackling should start to appear. Once all the fat is crispy, place the joint on a roasting rack, or, as I like to do, a few thick slabs of bread - the ultimate dripping crouton!" Cook slowly at about 150 for an hour to an hour and a half. (The core temperature should be at 67.) If your pork is good there is no reason to cook it slightly pink.

Allow to stand for at least 30 minutes, you can even cover with tin foil. Slice and serve with cabbage, mustard and some of your finest wine.

FOR THE CABBAGE

This works so well with pork. the sweetness of the cabbage and prunes is just the perfect combination. Start in a large pan with onions, garlic and olive oil. Gentle sautée until soft, avoid any colour, Add chopped thyme and listen to the crackle as it does its stuff. Music to my ears. Add the cabbage and ensure that it is well coated. Add a cup of chicken stock and prunes, cover and braise at 180 for 20 minutes. "I like to take it quite far, so it becomes sticky and unctuous," Edwards suggests, "but you can prepare this all in advance and warm it up just before serving.

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MMA Brawler **Demarte Pena**

wears Frank Bespoke suit, H&M chambray shirt, Edgars knitted tie, C Squared at House of Monatic pocket square, Nic Harry tie bar , Buren at S. Bacher & Co. watch

Knockout Trends
17 Ways to Dress Like a Champ



Weejun Ornament Black Leather















Double-Breasted Suit

The DB, as it's called, quietly retreated in the early 21st century, after appearing in one too many mafiosa perp walks. But it never fully disappeared. Now it has re-emerged as a go-to style staple for well-dressed men. Chief among the updates: a shorter jacket and slimmer cut that shows off your body. Wear yours with a white shirt, a knit tie and lace-ups, or with a turtle or crewneck knit and loafers. But don't get carried away with patterns; a solid or a subtle glen check or stripe still works best. The DB suit can be worn as separates (the blazer with dark jeans, or the trousers with a shirt and tie combo). Add a cardigan for some sophistication.

4 Looks That Never Age

Gain a modern edge by investing in sharp enduring pieces

Fashion Editor Azeez Jacobs Photographs Garreth Barclay





Blazer R2 999 Trenery Pocket square R400 T.M. Lewin at Edgars

R1 095 and **chinos** R895 both Kurt

Printed shirt

Geiger **Watch** R3 095 Guess

at Bacher & Co

Leather strap

watch R2 599

Herringbone

R1 399 Country

Road

Daniel Wellington at Treger Brands

blazer R1 499 H&M Desert boot

Above:









WATCHES WITH WHITE DIALS AND BLACK OR BROWN STRAPS ARE ALWAYS SAFE BETS. THE ONLY downside: they'll blend in. If you really want to stand out, you don't need to step too far from your comfort zone. "Go with a blue dial or strap, which are both neutral and masculine," says Hyla Bauer, editor-in-chief of *Watch Journal*. "Blue also evokes the sea, which makes it sporty without being loud." Not ready for a new timepiece? Swap out the strap instead. "It'll make your watch look new again," says Bauer. When you rely on a colourful strap to make a statement, the watch face can be understated. You can go smaller than the plus-size options that are trendy now - but may not be later. "Big watches aren't right for every occasion, and smaller watches are more versatile," says Bauer. Pick from these classics; they'll slip seamlessly under a shirt cuff or perfectly complement a T-shirt and jeans.

From left: Solar Chronograph R6 999 Seiko at Treger Brands Formula One Quartz watch R23 500 Tag Heuer at Picot & Moss Delancy watch R1 995 Guess at Bacher & Co Gage watch R4 999 Michael Kors at Watch Republic Manufacture Worldtimer watch R62 995 Frederique Constant Geneve at Picot & Moss Canvas strap watch R1 099 Tempo at Sterns 4810 Chronograph Automatic R65 000 Montblanc The Winston R1 499 Komono





Leather Jacket

PUNKS, COPS, GREASERS AND MILITARY pilots don't typically agree on much - except that there's nothing cooler than a handcrafted, perfectly fitting leather jacket. Besides lending you instant attitude, a leather jacket goes with your whole wardrobe; you can even wear it to the office with a shirt and tie, or on date night with a V-neck.



CLASSIC LEATHER JACKET A grey hoodie is a great go-to layer for colder months.

Old Khaki R3 599 Hoodie R2 249 Le Coq Sportif **T-shirt** R599 Levi's



BIKER LEATHER JACKET

Dress up your look with a printed shirt underneath.

Anthony Morato R9 999 Shirt R2 599 Diesel







Wingtips

THESE ORNATE SHOES DERIVE THEIR name from the W-shaped perforations, which resemble a bird taking flight. Less dressy than plain oxfords, these bridge the gap between formal and casual. A quality pair will stand out just as well in 10 years as it does today. Rock them Italian-style with dark jeans and a patterned sport coat.



SUEDE

Tan and black shoes are a wardrobe staple, but try mix it up. Slip on a suede pair and you'll show the world you're a risk-taker.

Bronx at Edgars R949



LEATHER

This modern interpration of the classic wingtip is refined without being too formal – don't save them for your Sunday best.

Arthur Jack Darell at Tread and Miller R699



(1) Jeans

FROM KEROUAC TO KANYE, ENTIRE

generations have been defined by denim. "No matter what else is going on in fashion, denim is the constant. For all the fads, a great-fitting pair of dark-rinse, slim-straight jeans never goes out of style," says Megan Collins, founder of the men's style website Style Girlfriend.



DARK RINSE

Skip the boot-cut style. These black jeans are edgy but not overstated. And the dark hue will go well with your favourite jersey.

Anbass Hyperflex at Replay R4 400



DISTRESSED

These lived-in jeans are as neutral as blue, so wear them with dark colours for a serious vibe, or bright ones if you want to stand out.

Slim-Fit Jeans Denham at Infinite 63 R3 999



what his age.

Randolph Sunglasses R1800



Retro Shades

IN THE 1930S, BAUSCH + LOMB

designed UV-blocking shades to protect the eyes of Army Air Corps fighter pilots. Since then, the classic teardrop silhouette has gained iconic status. A big reason is the practical shape, which is universally flattering. Gleaming sunglasses with bayonet temples and a chrome finish are engineered to rigid military-spec standards. The glasses are sturdy and tough, but feather-light to wear. The lenses, which are glass, not only block harmful rays but also heat. Bonus: they're also a great way to add some edge to a basic look - like your weekend chinos or a three-piece suit at an outdoor wedding.



VINTAGE COLLECTION

Ideal for year-round wear, the light lenses work particularly well in winter, when the sun isn't as strong.

Persol R2990 Sunglass Hut



MODERN AVIATORS

This unique pair is sturdier than most and offers 100% UV protection, which is why you'll pay a bit more.

Tom Ford R6 647 **SDM** Eyewear







Duffel Bag

NAMED AFTER A SMALL TOWN IN

Belgium, the original duffels were made of canvas; they had drawstring closures and were primarily used in the military. A quality bag will last for decades - full-grain leather, which comes from the strongest part of the hide, is the most critical component of a bag that'll last.



AFFORDABLE

This do-it-all basic works as well as an overnighter as it does for hauling gear to the gym. **Style Republic** R399**Spree**



DURABLE

Made from recycled materials, this is ideal for harsh conditions, while the multifunctional design makes it ideal for gym, too. Sealand Gear R1545 Sole Obsession

Rough, tough and timeless - a good pair of work boots can last a lifetime



CLASSIC COOL
The worn-in look will turn jeans and a T-shirt into a rugged, off-duty look.

Jeep Gecko Boots R1 899 Footwear Trading



VINTAGE LACE-UPSHeritage-style Beckman boots are tough enough for mining, logging and farming.

Red Wing Boots R6 999 Blackwood Borthers



MILITARY STYLEWear these with slim-fit cargo pants or distressed jeans for a subtle style risk.

Dopper D-Pit Boots R4 599 Diesel



SLEEK SLIP-ONWe like them with slim-fit jeans and a leather jacket.

Bradford Chelsea R1 499 Hi-Tec



SMART EFFECTStay dry without the bulkiness of a thicker boot.

Chelsea Boot R2 999 Polo at Spree



Get vintage with a 100% cotton canvas upper and burnished outsole.

Pallabrouse Boots R1599 Palladium



WORKER BOOTKeep your chinos-and-button-down combo casual with dual tones.

Roofer Boots R3 999 G-Star Raw



RUGGED FEELThe outsole is durable enough for day trips and all-weekend festivals, too.

Lenox Boot R1 999 Caterpillar





DAVID JONES

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