

More Sex, *Hotter Sex!* p.62

TONS OF
USEFUL STUFF

Men's Health



Amazing New Plan!

LOSE YOUR GUT!

SCULPT YOUR BODY IN JUST MINUTES A DAY!

POWER UP YOUR DIET

12 MUSCLE FOODS

MORE ENERGY—INSTANTLY!

SECRET SOURCES, p.146

BEST 60-SECOND HEALTH FIXES

EXCLUSIVE NEW POLL!

1,093

SEXY WOMEN CONFESS—WHAT THEY WANT IN BED!

100 WAYS TO LOOK GREAT

THE MIND/BODY WORKOUT

STRENGTH & CALM

BUILD WEALTH AND POWER YOUR BEST STRATEGIES

The Men's Health Guy
MATTHEW McCONAUGHEY

"I like to do things right. That's what a man does."



MARCH 2008

\$4.99 US
DISPLAY UNTIL MARCH 18

MENSHEALTH.COM

ADD AT LEAST SIX OF THESE POWERFOODS TO YOUR DIET EACH DAY

A B S D I E T P O W E R

- A** ALMONDS (and other nuts)
- B** BEANS (and other legumes)
- S** SPINACH (and other green vegetables)
- D** DAIRY
- I** INSTANT OATMEAL
- E** EGGS
- T** TURKEY (and other lean meats)
- P** PEANUT BUTTER
- O** OLIVE OIL
- W** WHOLE GRAINS (breads and cereals)
- E** EXTRA-PROTEIN POWDER (whey)
- R** RASPBERRIES (and other berries)

EXERCISE of the MONTH

DOUBLE CRUNCH

Sit facing a low-pulley cable with a bar attached. Place the bar between your feet so it rests across the tops. Lie flat on the floor, knees bent 90 degrees, with your hands on the sides of your head, elbows out. Slowly curl your head and shoulders up as you tilt your pelvis and curl your legs toward your chest. Hold for 1 second, and then return to the starting position. Do 12 to 16 reps.



Sign up for the Abs Diet Newsletter for dozens of recipes, exercises, and success stories. Go to MensHealth.com/challenge/.

POWER MEAL

The Ultimate Reuben



WHAT YOU'LL NEED

- 1/4 cup canned sauerkraut, drained
- 1 Tbsp crumbled feta cheese
- 1 Tbsp low-fat Thousand Island dressing
- 2 slices rye bread
- 2 slices reduced-sodium smoked deli turkey, such as Healthy Choice
- 1 slice low-fat Swiss cheese

HOW TO MAKE IT

Coat the bottom of a nonstick skillet with cooking spray and place it over medium heat. In a small bowl, stir together the kraut, feta cheese, and dressing. Spread the mixture on one slice of bread. Top with turkey, Swiss, and the other bread slice. Grill 2 to 3 minutes per side. Makes 1 serving

PER SERVING

335 calories
23 grams (g) protein
42 g carbohydrates
9 g fat (3 g saturated)
5 g fiber
1,625 milligrams (mg) sodium

SIMPLE SIDE Kidney Bean Salad

WHAT YOU'LL NEED

- 2 1/2 cups mixed greens
- 1/4 cup canned kidney beans, drained
- 1 Tbsp chopped onion
- 1 Tbsp crumbled blue cheese

- 1 Tbsp red wine
- 1 tsp olive oil
- Pinch black pepper

HOW TO MAKE IT

Combine the greens, beans, onion, and blue cheese in a bowl. Add the red wine and olive oil, and toss to coat. Add black pepper to taste. Makes 1 serving

PER SERVING

184 calories
9 g protein
20 g carbohydrates
8 g fat (2 g saturated)
9 g fiber
154 mg sodium

YOUR NEW SHREDMILL



Step your way to a total-body workout.

Most ellipticals help you burn calories, but their range of motion does little to challenge your muscles. The **Agile DMT from Smooth Fitness** offers 12 distinct motions and 20 levels of resistance to simultaneously sculpt muscle all over your body. The result is a more intense workout that stimulates strength, hones coordination, and engages the cardiopulmonary system in the same session. A new one will cost you \$4,000, so perhaps you'd prefer to win one by entering online at MensHealth.com/agiledmt.