

TONS OF
USEFUL STUFF

Men's Health

SEPTEMBER 2007

YOUR PERSONAL SUCCESS PLAN

Upgrade Your Image,
Your Relationships,
Your Whole Life

The Men's Health Guy
Jamie Foxx
"Get up in the morning
and challenge yourself."

ARE YOU AS FIT AS YOU THINK?

Take Our Test! (p.82)

COOKING FOR ROMANCE

How to Satisfy Her Hunger

WHAT'S SAPPING OUR TESTOSTERONE?

Don't Let the Global Decline
Strike at Your House!

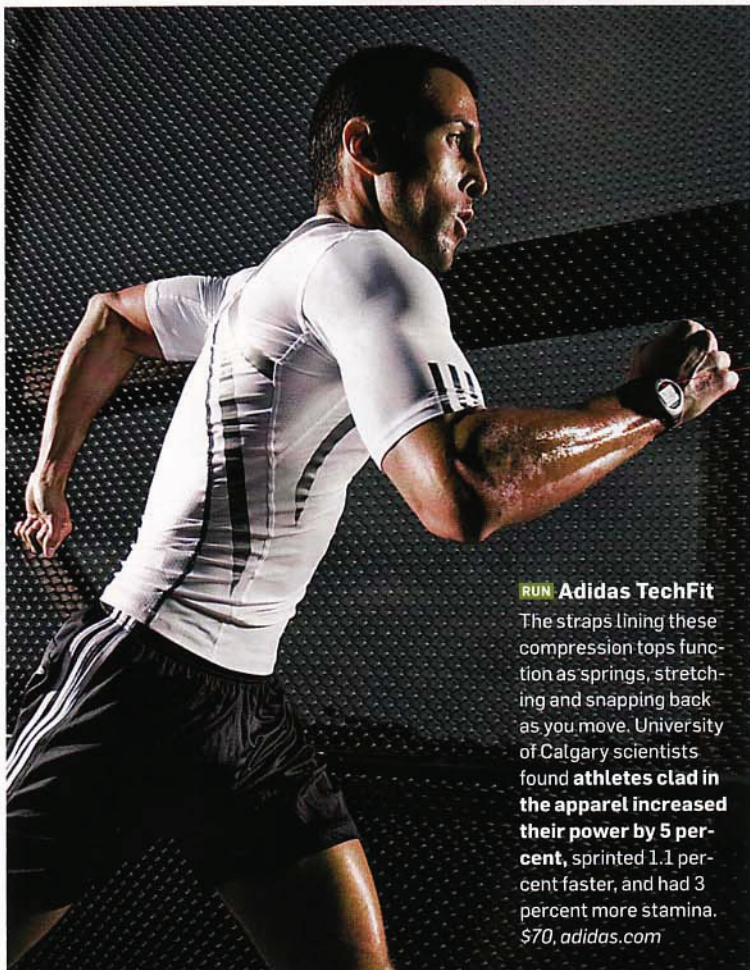
MORE MUSCLE, LESS HASSLE

Stronger in 15 Minutes a Day

**HEAL
THYSELF!**
YOUR ULTIMATE
MIND/BODY
CONNECTION

Go-hard gear

TURBOCHARGE YOUR RUN, RIDE, OR SWIM WITH THIS GUIDE TO HIGH-TECH TOYS



RUN Adidas TechFit

The straps lining these compression tops function as springs, stretching and snapping back as you move. University of Calgary scientists found **athletes clad in the apparel increased their power by 5 percent, sprinted 1.1 percent faster, and had 3 percent more stamina.** \$70, adidas.com



See your way to stroke perfection.

SWIM Speedo Hydralign Goggles

Looking ahead during freestyle sabotages your stroke. **If your head is up, your hips and legs sink,** making you as streamlined as a couch. Hydralign's angled lenses allow you to see forward while keeping your face parallel to the bottom, the perfect position. \$15, speedo.com



RUN Garmin Forerunner 50

Keeping your heart rate in the zone is crucial. Australian researchers found **overttraining can lower performance by 20 percent.** The Forerunner 50 is our favorite heart-rate monitor. With a chest strap and watch, it gauges exertion and warns you when you redline. The wireless foot pod records speed, distance, and pace, so you can track your training. \$150, garmin.com

SWIM TYR Catch Paddle

To increase speed more efficiently, **swimmers need resistance training in the water,** according to a University of Colorado study. TYR's paddle increases resistance but spares shoulder strain with its small surface. \$15, tyr.com



RIDE CamelBak Race Layer

A rider's body causes up to 80 percent of his total aerodynamic drag. A hydration hump doesn't help. Instead, slip on this Tour de France–tested back bladder. It fits under your jersey, so it doesn't impede streamlined form. \$70, camelbak.com



The tank holds 35 ounces of water.



RUN Clif Shot Bloks

Chew caffeine-packed Shot Bloks for a performance pick-me-up. New Zealand researchers found that **athletes who had caffeine during competition increased endurance by 4 percent,** compared with those who skipped caffeine. \$2, clifbar.com



RIDE Brave Soldier Friction Zone

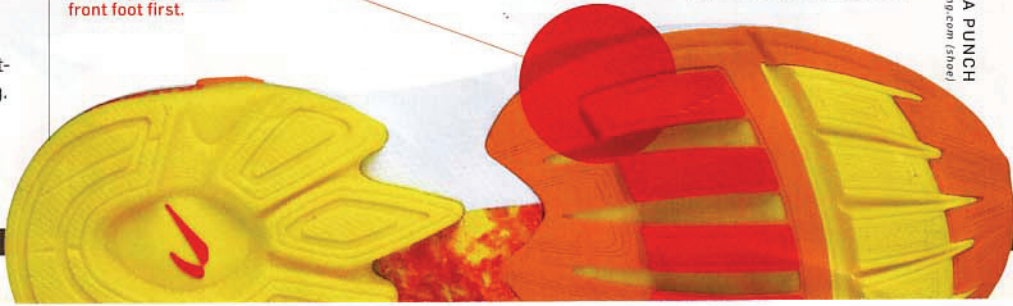
Friction causes up to 15 percent of cycling injuries, according to Rodney Basler, M.D., former chairman of the sports task force for the American Academy of Dermatology. Friction Zone uses a silicone barrier to battle saddle sores and chafing. While traditional chamois creams thin with moisture, Friction Zone is sweatproof. \$16, bravesoldier.com



The 3/4-inch rise helps you strike front foot first.

RUN Newton Running Shoes

Four out of five runners are rear-foot strikers, but **landing on your heel ups pavement time and ebbs efficiency.** Newton's front cushioning helps you adapt to striking the balls of your feet first. In an Italian study, front-foot runners increased acceleration by 25 percent. \$175, newtonrunning.com



TIM TADDER (runner), MELISSA PUNCH (hydration race wear), NEWTONRUNNING.COM (shoe)