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Men's Health

BLAST BODY FAT!

Vin Diesel's Blueprint
To Wage War On Flab

NEW YEAR MUSCLE!

Build A 6-Pack For Life

103

SHORTCUTS TO T-SHIRT ARMS

+

127

WAYS TO BUILD A STRONGER CORE

DEMOLISH JUNK FOOD CRAVINGS

DOUBLE YOUR METABOLISM!

LOSE 8 KGS FAST!

Gut Gone In 60 Seconds

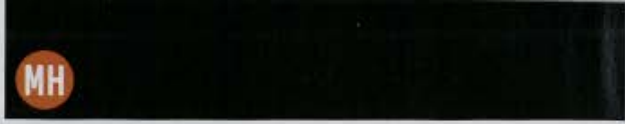
REBOOT YOUR XMAS LIVER!

#SLAY WINTER BLUES

Why Social's Going Mental



VIN DIESEL, 49, LARGER THAN
LIFE, SMARTER BY HALF

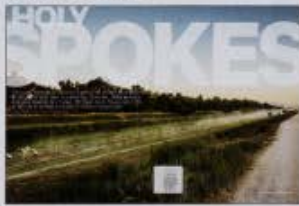


EDITOR'S LETTER

NEW YEAR GOALS WORTH THE RESOLVE

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Meet the men traversing war-torn Israel by bike on an epic three-day endurance challenge



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Take New Year fitness up a class with our definitive round-up of 2017's best group workouts for men

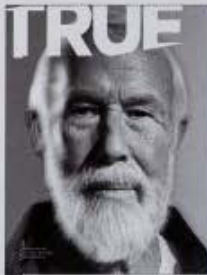
PAGE **84**

They say an apple a day keeps the doctor away, but could your iPhone aptly treat mental health ills? *MH* investigates



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Our love letter to bread french-sticks. It to anyone who believes you can't du pain and gain



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Like your PBs, age is just a number. *MH* profiles the men running, lifting, swimming and climbing into elderhood



PAGE **125**

Our guide to making sure cold-weather adventures are an haute affair this ski season

So this is Christmas. And what have you done? I'd wager it goes like this: you started the year with good intentions, bought new trainers, hit a few new classes and gave up drinking earlier in the week than Thursday.

You faltered a bit late Feb, but got into the swing of things again come spring and made a good fist of your goals by July, so you felt happy enough with your topless self on a Greek island beach.

All this you managed to keep going into early autumn until the mercury dipped and you suddenly realised come December that you'd slowly let it go and were in need of a reboot.

Sound familiar? Hey, I'm no Nostradamus, I've just been doing this a few years. In fact, I've been doing it long enough to find the cycle just a little bit dispiriting. Bertrand Russell thought that love and happiness were related to spontaneity – but when we're this predictable, how can we ever claim to be truly unshackled by restraint? I have similar misgivings with the

whole 'new year, new you' bandwagon. For starters, what was wrong with the old you? And at what point does the new you become washed-up you again? Like Sisyphus, the Greek king forced to roll a boulder uphill for eternity, such thinking is an exercise in futility.

Am I being hypocritical? Maybe a touch. This month's package has been curated to include a wealth of tools and tricks to help you return to your fighting weight and undo the damage of a festive season well spent. But it's not about flagellation or denial, nor are we in the business of redemption. So yes we can help you lose the gut (p76), cleanse the liver (p27) and generally get back on the straight and narrow. But we're also here to tell you to have your bread and eat it (p90).

A line in our Vin Diesel profile gives me real cheer. It's from Ang Lee, who says that he has never seen the actor unhappy. I don't know about you, but to me that's a real goal. Because true prosperity isn't just for Christmas or New Year. It's for life.

TOBY WISEMAN
BSME EDITOR OF THE YEAR

DIESEL'S SLANT IS ONE TO ASPIRE TO





“Your only limit is your self-belief”

794
The number of miles
competitively run by
Howells in 2016

**TRUE
GRIT**



THE MARATHON MAN

Phillip Howells - 69



Accomplishments

Crowned ‘Britain’s most overactive pensioner’ Howells has 233 marathons and five completions of the 56-mile Comrades ultra under his belt. What’s more, he claims he’s far from the finish line...

How has your fitness developed over the years?

I had a ‘road to Damascus’ moment after my wife died when I was 50. I was four stone overweight and knew I had to do something. I ran a five-hour 20-minute London Marathon two years later. The next year I cut that down to under four.

Marathons are one thing, but South Africa’s Comrades ultramarathon is another entirely. What drives you?

I knew I could run a marathon, but two and a bit marathons? I started thinking about it and it wouldn’t go away. It’s a very emotive race. I did the first one in 10 hours and seven minutes. A friend said, “Your only limit is your self-belief.” It’s become something of a mantra.

Have you peaked yet?

I’d say running a 35-mile ultra aged 61 while feeling mentally

and physically strong was my best performance.

How does your training routine work?

I feel fitter if I do more than just running, so I cycle and swim. I get on the crosstrainer for core and upper-body strength and I do free weights, too. In a week I’ll run 30 miles, swim two miles and cycle 40. It recharges me mentally as much as physically.

Do you take much notice of advances in sports science?

To an extent, but I believe the greatest performances in sport come from mental training.

I know people with more talent than me, but often the people with the right attitude triumph. I also think having an understanding of nutrition makes for a better athlete. If something is more than 10% sugar, I won’t eat it.

What’s changed the most?

I have to go slower now. I was diagnosed with atrial fibrillation in 2012, which can cause stroke. My doctor told me I wouldn’t be able to run marathons any more, but I’m very bloody minded. As long as I take it fairly easy during the races I should be OK.

Do you often suffer from racing injuries?

No, but I have friends who get injured and take months off. If it’s achilles, groin or hamstring, you probably do need to rest up. But for most injuries it’s a case of active recovery. Dial down your ego, slow up a bit and you’ll be back to full speed in no time.

What does the future hold?

I’m hoping to complete 333 marathons. Then I’ll do park runs. I will always set targets, albeit within my limits. Being fit improves your quality of life. The key is to keep going. I’ll be doing it until I collapse.