

MH

ASK MH

LET US TRIM AWAY THE HOKUM AND REVEAL THE FACTS

Q DOES SITTING DOWN ALL DAY UNDO THE BENEFIT OF MY MORNING WORKOUT?

ELLIOT, BRISTOL

You already know that a sedentary lifestyle can kick you closer to 6ft under, especially if your desk chair asks more action than you do. But the good news is that, when it comes to gaining muscle, a six-to-seven-hour rest period through your boss would rather you call it work after

a session is actually a good thing. Multi-joint exercises require longer recovery times than smaller moves, says exercise scientist Jonathan Miles, which means an hour spent on deadlifts and squats before 5pm can turn the negative effects of sitting into a plus. To ensure your gains aren't squashed when you sit, do resistance moves at 60% of your 10-rep max, keeping reps as slow as possible – then build size from your rest. All in a day's work.

WORKPLACE WEIGHTLOSS

Your gains may be covered by your morning workout, but your fatburning can slow. Keep your furnace firing from 9-5



SPEED UP

By choosing your walking speed to set 200m on the way into work, you can burn 500cals a day, the Mayo Clinic says. That's key for an active member of team.



BE "HEAT"

Non-Exercise Activity Thermogenesis (NEAT) is the small movements you do without resting (aka fidgeting) that can burn 300-400cals a day.



GO RAW

Raw fish is an excellent source of omega-3 fatty acids, which can help reduce inflammation and improve heart health.

DON'T LET YOUR SHAVESUPPER SHAVE DOWN YOUR AFTERNOON



Q A DECADE OF FIVE-A-SIDE HAS LEFT ME WITH MANGLED FEET. HOW CAN I PREEN THEM IN TIME FOR SUMMER?

BANDZ, BIRMINGHAM

Your first step is to put men behind the ball, by which we mean play defensively. Most issues stem from micro-trauma, where overly fervent opponents stamp on your goal scorers. This causes bleeding, then infections under your nails, says Marion Yau, consultant podiatrist at the Harley Street Clinic. Invest in boots with extra padding on the top (Puma evoPower Tricks £145) and pair with moisture-wicking acrylic socks (Thorlos

£12) to tackle sweat, a breeding ground for infections. If your nails are looking thicker and yellow, chances are it's psoriasis, says Yau. Use a cotton pad to dab your toes with apple cider vinegar and rinse half an hour later for a few weeks to see a sharp turnaround. When it comes to Athlete's foot, take the game to the opponent by lowering your sugar intake – yeast feasts on the stuff. Come summer time, you'll be able to put your best foot forward.

AM I NORMAL?

Q WHEN I DRINK ALCOHOL, I FLARE UP. OR RATHER MY SKIN DOES. AM I ALLERGIC?

BEAL, CHESTER

We don't often see this, but by swapping your glass of red for a beer, histamine is one likely cause of your redness, and wine packmen. Wheat beer's your top bet, it's higher in brewer's yeast – a sure sign of low histamine, says the American Society of Brewing Chemists. And don't worry, your reaction to drink is natural. Acetaldehyde, a by-product of alcohol, is broken down less efficiently in some people. This can cause a 'flush', says dermatologist Matthew Dore. Just order a Hooigan and go with the glow.

DOES IT WORK?

Q I'VE HEARD THAT CHEMICAL-FREE PINS ARE HEALTHIER. ARE THEY WORTH THE INVESTMENT?

MICHAEL, CARDIFF

We'll lift the lid on this one. Ni-Ni-nick synthetic coatings can emit toxic gas at high temperatures – hence the buzz over 'green' pins – but the research is still baked at best. Plus the coating on the so-called eco-wire contains silicone, which is known to melt at temperatures that barely char a steak. To take the heat off, opt for cast iron or stainless steel pins. They're more biocompatible, says Prof Michael Proulx, a materials researcher. That's one way to ironclad your health.



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BODY POLITICS WESTMINSTER TAKES THE MH 6-PACK CHALLENGE!