

# lose weight like a man



You don't hear men complaining about cellulite - so what's their secret? We asked *Men's Health* staffer Jonathan Thompson to spill the beans...

**N**o carbs before Marbs? Maple syrup diet? Forget it. When it comes to flattening that tummy, you can have your cake and beat it. You just need to adopt a more, ahem, masculine approach to the body beautiful.

"Men and women have very different approaches to losing weight," says celebrity personal trainer Mark Anthony ([www.markanthonyuk.com](http://www.markanthonyuk.com)). "Women tend to try different diets, or simply skip meals to shrink their calorie intake, while men tend to be far more practical in their approach, sticking to a set of fitness rules they know will work." Time to ditch the fads, ladies, and follow his weight-loss lead. Here's what we recommend on *Men's Health*...

Hug a hoodie?  
Alright, then

## **drink yourself thin**

Water is the key to looking trim: you should be polishing off two-and-a-half litres a day. "The more water we drink, the more water retention we lose; the less we drink, the more we hold," says Anthony. In other words: drink more water, lose more weight.

## **run first thing**

It doesn't have to be a particularly long run, it just has to be before breakfast. After sleep and before you've eaten, your glycogen levels are low - meaning that if you exercise now, your muscles will draw on your fat reserves for fuel. So get the day, and your body's fat burning, off to a flying start.

## **tea-tox**

Switch your usual mocha or cappuccino for green tea, and aim for at least three cups a day. "Green tea is rich in catechins, which lowers both your body fat and cholesterol levels," says Cathy Brown ([www.cathybrown.co.uk](http://www.cathybrown.co.uk)). It also helps to clear up skin blotches and acne.

## **learn to love carbs**

Contrary to all you've been told, carbs aren't bad guys. In fact, they can help weight loss. "Only go zero-carb for your evening meal," says former European boxing champion and personal trainer Cathy Brown. "Otherwise, stock up on carbs during the day: oats, sweet potato, cous cous or basmati rice. These give you sustained energy release and reduce snacking impulses."

## cinnamon burn

Simply sprinkling three pinches of ground cinnamon into a meal, be it your porridge at breakfast or a chilli con carne in the evening, means more carbs burnt as energy, rather than stored as fat. It'll make your porridge taste sweeter too.

## sweet dreams

Getting the right amount of shut-eye (a minimum seven hours) is crucial. According to experts, less than 5.5 hours' sleep is equivalent to increasing your calorie intake by 22%, so if you have trouble nodding off, try a sleep management device like the Zeo headband ([myzeo.co.uk](http://myzeo.co.uk)) to track and improve your sleeping patterns. And see p82 for *Company's* better sleep guide.

## attack fat like a pirate

Doing your best Long John Silver impression is a novel way to burn fat. Whenever you're queuing, simply raise one of your feet a few centimetres off the ground. This activates your pelvis and abs, increasing your fat oxidation. In other words, it scuppers your belly while you're just standing about.

## walk the thin line

Going about their daily business, people walk at an average 1.1mph. By speeding that up to just 1.3mph, you'll burn an extra 50 calories a day. You'll get home from work quicker too. Result!

## give in to temptation

Occasionally! Weight loss works best when rewards are involved. Follow the Food Doctor Ian Marber's 80/20 rule – 80% of the time you eat healthily with no cheating, 20% of the time you treat yourself. "Just make sure your treats are as natural as possible, like high-cocoa chocolate," he adds.

## trick your body

**"The best way to keep losing weight is to keep challenging your body," says Fitness First's personal trainer of the year, Tom Eastham ([fitnessfirst.co.uk](http://fitnessfirst.co.uk)). "You've got to mix things up or you'll hit plateaus." Try one new class every month and vary cardio workouts and speeds to keep your body guessing.**

## eat green bananas

OK, it's a strange one but, according to the experts, it works. "The resistant starch in green bananas encourages your body to burn fat as fuel, rather than store it," says Cathy Brown. So if you want to get lean, go green.

## set your alarm

Stay in bed until 10am and you'll take on an extra 248 calories each day, says US research. That's because when sleeping and eating aren't aligned with your body clock, it slows your metabolism. So set an early alarm!



## run before weights

Remember your ABCs at the gym: cardio should always come before weights. US researchers recently found that those who ran before lifting had a noticeably higher calorie burn than those who ran afterwards. So get your priorities in order.

## fast, slow, repeat

High-intensity interval training – short sprints sandwiched with slower bursts – is the most effective way of burning fat on the treadmill, bike or cross trainer. Cathy Brown recommends you stick to the 30:30 rule: 30 seconds hard, 30 seconds easy, for 10 minutes. "Just make sure you really push yourself in the hard section to see results," she says.

## get technical support

Apps are effective weapons in the battle of the bulge. Try Meal Snap (iPhone, 69p): you photograph what you're about to eat and it tells you the calorie count. Or Weight Loss Sensei (BlackBerry, £1.50) draws up eating plans tailored to your lifestyle.



## get peachy keen

When it comes to snacking, peaches are full of fat-busting polyphenols. They also act as a gentle laxative and contain iron and potassium. If that wasn't enough, they'll keep your skin looking fresh and bright too.

## don't sit still

Predictable, yes, but get off the bus a stop early; take the stairs instead of the lift; use the printer farthest from your desk. Whatever you do, obey the 15-minute rule: never sit still for more than a quarter of an hour. Even if it's just going to the bathroom to reapply lipstick, when it comes to calories, look after the 'pennies', you'll burn pounds.

## little and often

Instead of three large meals a day, aim for six smaller ones, eaten at roughly two-hour intervals. "By eating smaller portions more regularly, your glucose levels should remain steady and you'll feel satisfied for longer," says Ian Marber.

## pre-gym espresso shots

Coffee is for more than just waking you up: it helps shape you up too. The pure caffeine hit of an espresso not only gives your metabolism a kick, it improves your physical endurance too, meaning you'll get more from a workout immediately afterwards. ☑