

FREE GIFT: ADD 20 YEARS TO YOUR LIFE! p.16

Men's Health

**LAST
LONGER**
than any guy
you know!

Rock Star Sex!

More Power! More Rhythm!
More Squealing! p.11

The Hard-Body Diet!

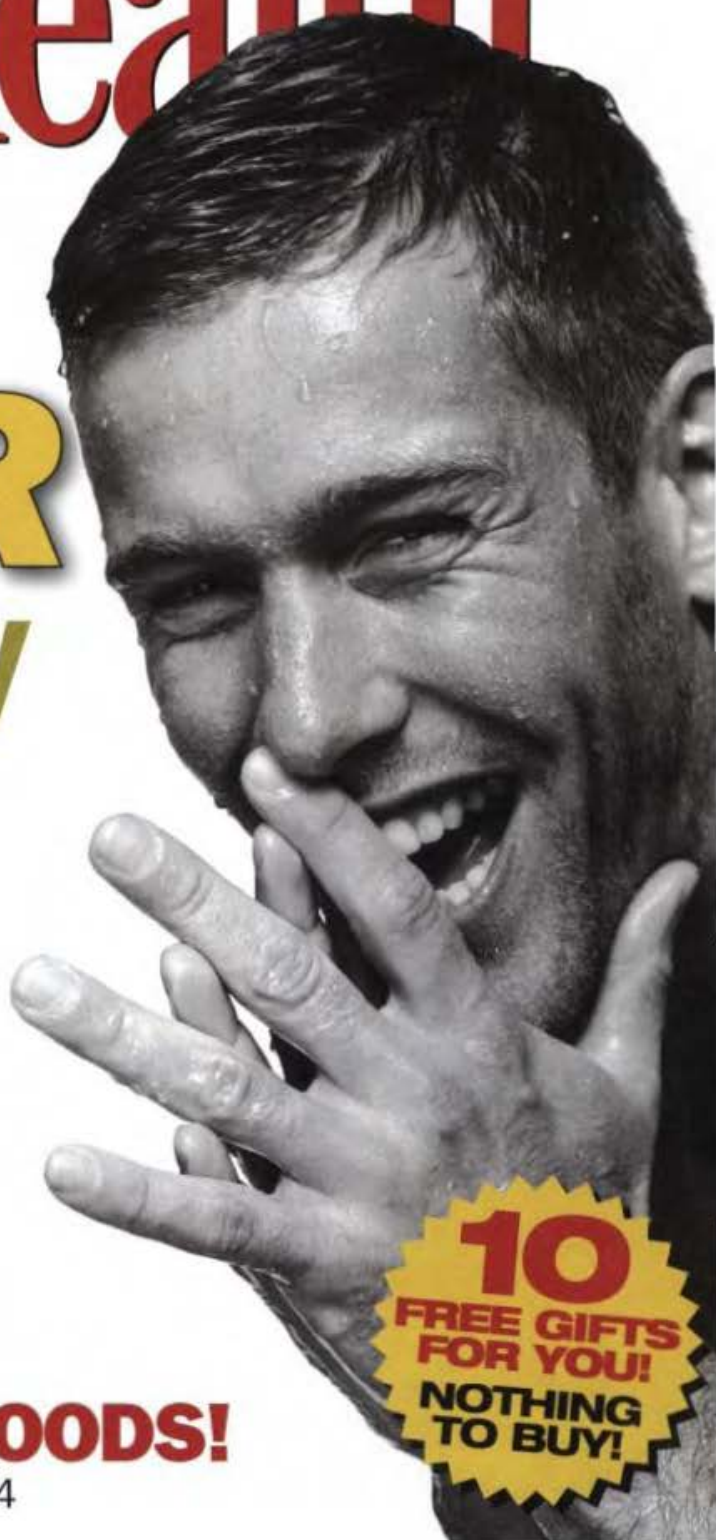
Foods that Make Muscle p.5

AWESOME ABS!

See Results in Just 9 Days! p.6

"FAT-TERMINATOR" FOODS!

Destroy the Fat on Your Plate! p.14



10
FREE GIFTS
FOR YOU!
NOTHING
TO BUY!

IN THIS SPECIAL ISSUE:

5 Power Foods For Hunks Like You!

The Hard-Body Diet... Foods that make your muscles grow BIG!... Brain snacks that make you smarter... Vitamins and minerals for your raging manhood!

6 Get Awesome Abs!

Flatten your belly in 4 weeks... The secret of 6-pack abs... Personal tips from our cover models... Results in just 9 days!

8 Fix Your "Problem" Areas!

Fix your imperfections instantly... Look taller, thinner, "badder"... Jump from being a 9.5 to a "10"... with these instant physical fixes!

10 Sex Tricks From Skin Flicks!

Make her crave you... Be a super-potent lover... Rock star sex! Give her more pleasure than she's ever imagined... Hot new positions!

12 Make Your Muscles Bulge!

The perfect custom workout routine for your age... A bigger chest in HALF the time... Burn more body fat by doing nothing!... Muscle secrets of our cover models!

14 You Lean Fat-Burning Machine!

Incredible "fat-terminator" foods... The "wet foods" diet... Feast your way SLIM!... This hormone sucks your fat cells dry!

16 Last Longer Than Any Guy You Know!

Add these extra years to your life... Make your good stuff last longer... Pig out without guilt or fear... How to be a super-healthy guy!

18 How to Cut Your Cholesterol!

Slash your blood levels by 100 points in just 21 days! No drugs. All natural. Proven effective. Keep a heart attack OUT of your life.

18 Read This Or Die!

How to bullet-proof your prostate to prevent cancer! Easy proven tips. No medications required. The best health advice you've never heard! Best way to stay safe.

18 Add 20 Years to Your Life!

Drop your blood pressure BIG-TIME—without drugs! Bring your levels back to normal and prevent a stroke.



Boil up more sexual chemistry. p.10



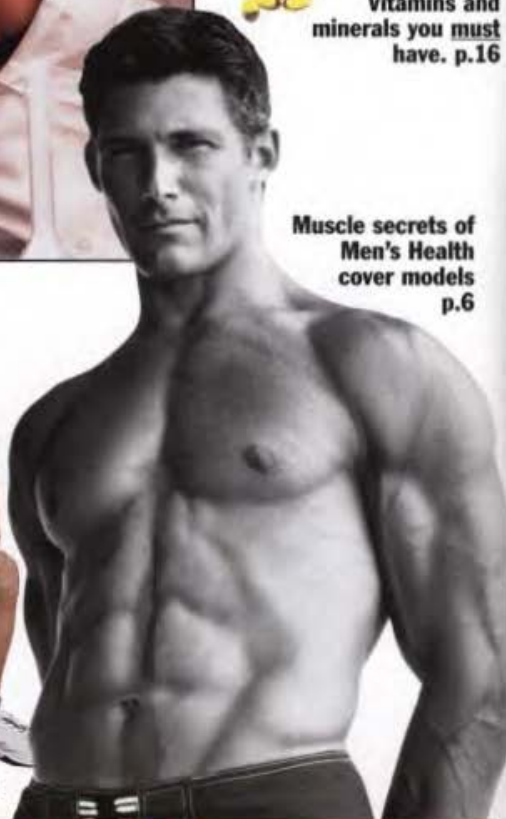
Pig-out without guilt or fear. p.17



Vitamins and minerals you must have. p.16

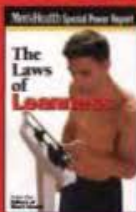
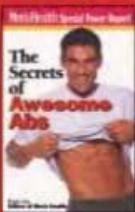
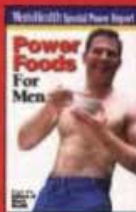


Make your muscles bulge. p.12



Muscle secrets of Men's Health cover models p.6

PLUS: 10 FREE Gifts For You:



Please accept these 10 FREE GIFTS to keep you winning. . .

Dear Sir,

Hey, you're the man!

You're the guy we've been searching for. The man who shoots for excellence when it comes to your health. . . your body and fitness. . . your good looks. . . your love life. . . and your career.

So, this Special Edition of MEN'S HEALTH is all about you.

You're one-in-a-hundred. A man among men. You're already a "winner." So, here's your reward:

10 FREE POWER REPORTS that will help you stay on top
—and keep you in the best shape of your life!

These reports won't cost you a cent—not even postage. And you won't have to buy anything, either—I promise. Each of these reports is jam-packed with new discoveries and advice from the experts about the manly qualities you are known for: Extraordinary health. A commanding presence. Uncommon fitness. Great looks. An impressive body. And an exceptional sex life.

This new information is so good, you'll start getting results the day you receive it! Like what? Like this. . .

- ▶ **GET STRONGER:** In the gym—lift slower and rest longer between sets. (Your muscles will bulge like VW Beetles!) See page 13.
- ▶ **LAST LONGER:** In bed—do this while you're thrusting (You'll go forever!) Check out page 11.
- ▶ **BE LEANER:** At the table—switch to the Wet Foods Diet. (Eat all you want and still drop pounds!) Page 14.
- ▶ **PLUS HUNDREDS MORE!** The pages that follow give you many more examples. Flip through them as soon as you finish reading my letter. Wisdom like this will come in handy immediately. To keep you on top of your game. Ahead of the pack. And beyond being "just average."

(over, please. . .)

FREE POWER REPORT #1: The Top Power Foods for Men!

FREE POWER REPORT #2: Give Yourself "6-Pack Abs"!

FREE POWER REPORT #3: All Your Body Problems Solved Instantly!

FREE POWER REPORT #4: Advanced Sexual Secrets!

FREE POWER REPORT #5: The Body of Your Dreams!

FREE POWER REPORT #6: Be A Lean, Mean, Fat-Burning Machine!

FREE POWER REPORT #7: Make All Your Good Stuff Last Longer!

POWER REPORTS #8, #9 & #10: Read this or die!

I want you to have all 10 of these MEN'S HEALTH Power Reports. So, if you'll just mail back the 10 Free Power Reports reply card (found on the back cover in this edition), I'll speed your FREE reports and your free trial issue right away.

Is there some catch? Nope. If you like what you see, we'll send you 9 more issues. If not—that's okay, too. (But I'm betting you will.)

Why the generous offer? Because we're a perfect match. A "numero uno" guy like you. And the number one man's magazine on the planet: MEN'S HEALTH. So, you tell me—yes or no? Either way, you're free to keep all 10 Power Reports, plus our current issue, with my compliments. **All 10 reports are YOURS FREE!**

If it's yes—you'll get a full year of MEN'S HEALTH (a total of 10 issues) delivered right to your door.

If it's no—you'll owe us nothing. Keep the 10 reports. Keep the current issue. Just mark "cancel" on our invoice and that will be that. But, before you decide, consider this. . .

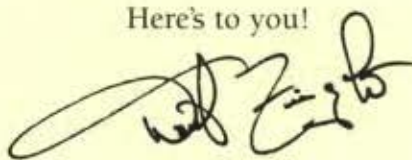
- ▶ **The average guy has sex just 1.5 times a week**—and lasts a mere 14 minutes from foreplay to finish. (Power Report #4 will help you do a lot better than that. See page 10.)
- ▶ **The average guy will die by age 65***—before he can enjoy his first retirement check. (Power Report #7 will show you how to last decades longer. See page 16.)
- ▶ **The average guy stopped reading this letter four lines after "Dear Sir."** (That's because he doesn't see himself as a winner.)

But that's not you. You're far from average. You're about excellence in all you do.

How do I know? (Well, you're still reading, aren't you?) So, why not take a free look at the magazine that's written for winners like you: MEN'S HEALTH.

You can't lose! Not with a FREE deal like this! And with the valuable new tips in your 10 FREE Power Reports, you'll keep winning. Take a look at some of these cool new discoveries right now. . .

Here's to you!



Dave Zinczenko,
Editor

P.S. What makes you a winner? I bet I know: Once upon a time ago, you made yourself a promise. You swore you'd never get soft. Never sell out. Never give up. And you haven't! That makes you a winner in our book.

You're the kind of guy we write MEN'S HEALTH for. And we're the only magazine completely devoted to helping you keep your promise. So what if I don't have an 8-figure sports contract, or a world-record beside your name! You are a winner. You know it. We know it. And so do the people around you. So, let's team up and kick some butt together!

*That is if he was born in 1950 or before. Men born later fare only a little better. Guys born in 1960 or before will live to age 66.6. And those born in 1970 or before, 67.1. All figures based on current life expectancy statistics.

Your FREE Power Report #1 brings you. . .

The Hard Body Diet

Want to stay lean for life? Want a flat, tight belly? Want rock-hard muscles? Would you like to slow down your aging process to a crawl? Well, here's the diet news that will do it for you! In your FREE copy of "Power Foods for Men," you're going to discover the most power-packed foods and eating tips on earth. You'll read about longevity foods. Anti-cancer foods. Brain foods. Muscle foods. Energy foods. And true health foods. For instance. . .

► **Power-packed protein.** Not all protein builds strong muscles. But these delicious protein foods do. They deliver the highest amounts of all essential amino acids—with a minimum of fat. You'll make muscle faster.



Fat-busting foods

Calcium also helps you stay lean. The more calcium-rich foods you eat, the less fat your body produces. It's a fact! So, what's the easiest and best way to get your daily shot of calcium? You'll find out in your FREE report.

► Pass the potassium.

This underrated mineral prevents you from collapsing in the gym—or crashing at work. These foods are richest in it.

► Fabulous fiber.

These high-fiber foods will automatically lower your cholesterol and keep you thin.

► Bodyguard foods.

Eat these foods to duck heart attack, stroke, prostate cancer, and even Alzheimer's disease.

► Go ahead: Go nuts!

Want to slash your risk of prostate cancer? Eat just two of these nuts every day. Men who followed this advice cut their risk of prostate cancer by nearly 60 percent!

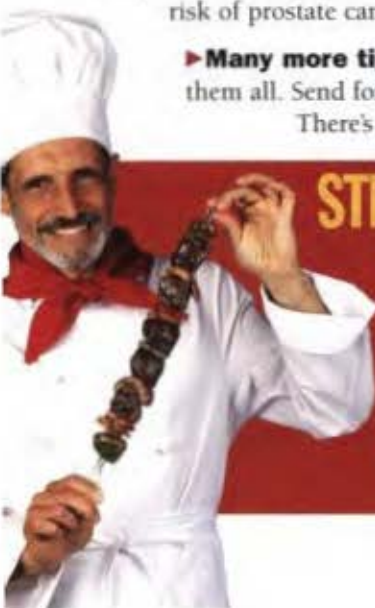
► **Many more tips.** See them all. Eat them all. Send for your FREE copy today. There's nothing to buy!



DRINK THIS TO MAKE MUSCLE!

You go to the gym to build muscle, right? But that's not where your bulging biceps are really made. The fact is, they're made later, while you're collapsed on the sofa. You see, your body doesn't build new muscle mass until you're resting. That's why it's so important to make sure to take in the right mix of protein and carbohydrates within 3 hours of your workout. (Your body builds muscle faster during this time.)

Too pooped to cook? Just whip up this muscle-making smoothie. It contains an optimum combination of nutrients to make your hormones create more muscle. **Bonus:** It tastes great! (Full recipe in your FREE report.)

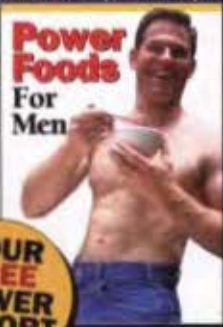


STRONG MEALS FOR STRONG GUYS

How in the world are you going to stuff down all these superfoods? Easy! Our master chef designed a bunch of "power meals" that contain ample portions of all of these essential male nutrients. Whip 'em up in minutes! This FREE Power Report #1 brings you the perfect meals that build muscle, destroy body fat, and prevent heart disease. Don't miss this!

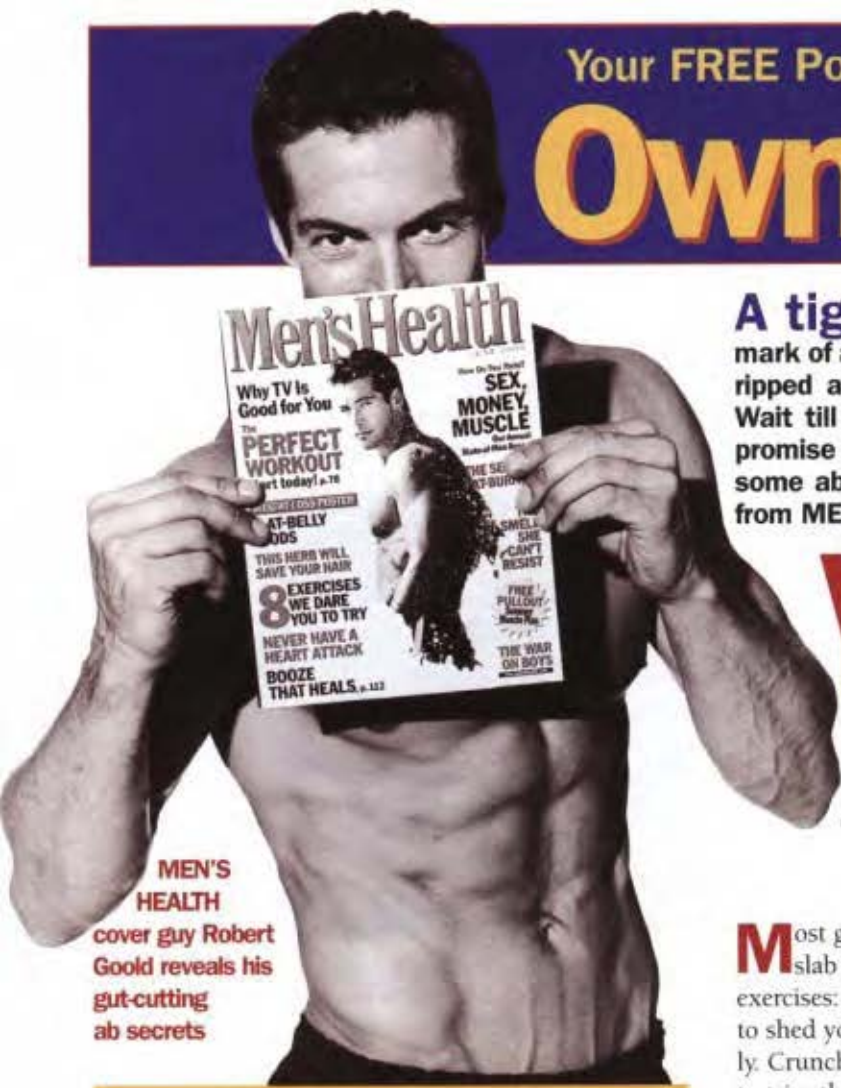
Men's Health Special Power Report

**Power Foods
For Men**



**YOUR
FREE
POWER
REPORT
#1**

Your FREE Power Report #2 explains how to **Own A Set**



MEN'S HEALTH
cover guy Robert Goold reveals his gut-cutting ab secrets

A tight, toned tummy is the mark of a man's commitment to himself. Those ripped abs are a sign of his personal power. Wait till you see how easy it is to keep your promise to never get soft with the new awesome abs tips in your **FREE Power Report #2** from **MEN'S HEALTH**...

Your abs may be the single most important muscle group in your body. Now you can have a set of abs just like those in these photos for just a few minutes a day. This **FREE Power Report #2** from **MEN'S HEALTH** brings you the secrets behind that 6-pack look—from the guys who have them and the experts who tell how! Just look...

Cut your gut!

Most guys think of their abs as one continuous slab of muscle. So they do one continuous set of exercises: crunches or sit-ups. But if you really want to shed your midsection, you've got to think differently. Crunches are fine for the top half of your abs, but to trim that pouch below your navel, you've got to work the hip flexors and the lower rectus abdominus. Your **FREE** report describes two simple exercises that do. They'll make your lower belly as flat and tight as a drumhead. Here are just two examples:

Abs tips from top models



"People can't believe I'm 39," says **MEN'S HEALTH** cover guy Robert Goold. (We bet his lean body and rippled midsection have something to do with that.) Yet, Bob only works out three times a week.



That's because he works out smarter. This **FREE** report reveals his favorite exercises for keeping his fabulous abs in 6-pack shape. Here's just one example...



Robert's hanging knee raises: Using elbow-supporting straps, which hang from a pull-up bar [1] Robert starts with hanging oblique crunches [2, 3], and after 10 repetitions to each side, switches to hanging knee raises [4]. These really define the outer edges of his abs. How does he cut-up the middle? Complete instructions appear in your **FREE** copy of **Power Report #2**.



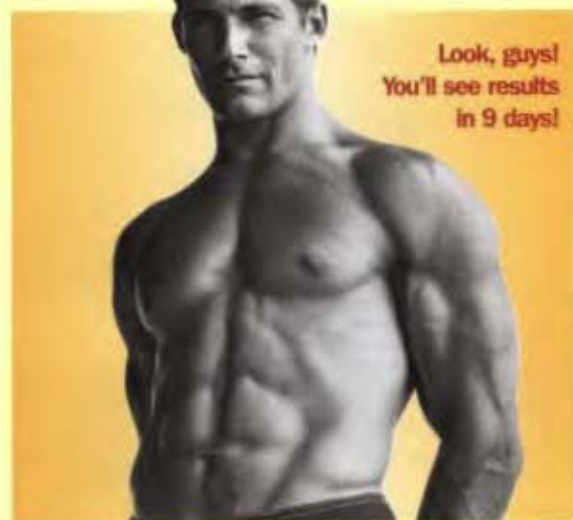
Does your lower belly pouch out? The **Incline Leg Raise** will flatten it in no time. "Lie on a slant board with your hands gripping the handles behind your head. Slowly raise your legs until they..." (Easy directions continue in your **FREE** report.)

The **Seated Jackknife** exercise is guaranteed to rip your lower abs. "Sit on the edge of a sturdy chair or bench, holding the seat behind you for support. Extend your legs in front of you, and..." (Instructions continue in your **FREE** report.)



you can. . .

of Awesome Abs!



Look, guys!
You'll see results
in 9 days!

4 weeks to a flat front!

Chances are, you *already* have 6-pack abs. You just can't see them. That's because no matter how hard you work your ab muscles, they'll remain invisible if there's a layer of fat hiding them from view. Shrink that fat and you'll see that you're cut like crazy. That's why Power Report #2 begins with our 20-day fat-burning program. It's the fastest, surest, easiest way to trim your belly in a hurry. This program burns fat by the pound! Here's how it works. . .

► **Lift, don't run.** This plan works better and faster than the aerobic approach because it produces dramatic increases in growth hormones. This miracle substance not only makes your muscles grow, but it shrinks your fat cells, by squeezing out the goo. Then, it feeds the fat to your metabolism, so your body uses it for energy. Wait till you see the results!

► **Get faster results.** On this program, your belly shrinks in a remarkably short time because you're burning fat like propane to fuel your workouts.

► **The flat-belly diet.** We've also included the right "power foods" to eat for maximum energy. You'll feast on three meals and three snacks each day, with a focus on building muscle and burning fat!

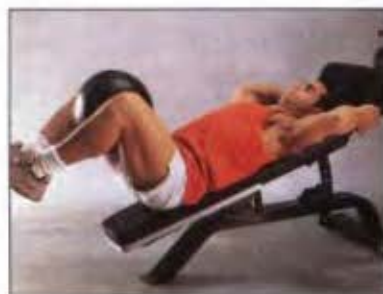
► **Results in 9 days!** You'll lose a full percentage point of body fat every week—and see results in just 9 days. After 4 weeks you'll have a new waistline. And it will be yours to keep forever! And that's just part of the amazing ab secrets you'll discover in your FREE report.

The secret of "6-pack" abs:

If your abs are a few cans light of a full 6-pack look, there's a simple reason. Chances are, you're *not* working every inch of your abdominus rectus muscle. You can do 1,000 crunches every day and they won't give you the look you want. That's because they "crunch" all your effort in the vicinity of your navel. To cut the uppermost and lowermost regions of your belly, you've got to work them in a *stretched position*. (That way, you won't have to work them so much, either.) Power Report #2 brings you two perfect exercises that accomplish this. (One is shown below—both are completely described in your FREE report.)

Weighted ball

crunch. Lie with your back on an exercise ball and your feet planted in front of you. Rest a dumbbell (start with 10 pounds) on your upper chest, right under your chin. "Now. . ." (Instructions continue in your FREE copy of



"The Secrets of Awesome Abs!" Send for yours today. Details on back cover in this issue.

PLUS MANY OTHER AB SECRETS, TOO!

We've packed this report with truly great ab-building, waist-trimming tips. They're the best-of-the-best that MEN'S HEALTH has ever published. There's too much to describe in this small space. So send for your copy of "The Secrets of Awesome Abs!" and you'll own them all. Mix-and-match them until you get the ab program that gives you max results with the time you can spare.

To get this FREE Power Report, just mail back the 10 Free Power Reports reply card you'll find on the back cover in this edition. There's no cost. Nothing to buy. No commitments to make.

PUBLISHER'S ALERT:

Due to unusually high demand, supplies of this Power Report are temporarily limited. To be sure you receive one, we urge you to send for your FREE copy today.

MEN'S HEALTH Special Power Report

The
Secrets
of
**Awesome
Abs**

YOUR
FREE
POWER
REPORT
#2

Your **FREE** Power Report #3 takes you a giant step closer to pe

All Your Body Probl

Got an extra chin? A scrawny chest? A big nose? A baby face? Here are instant "physical fixes" that will solve any problem. No surgery. No implants. No insane muscle-building remodeling jobs. All the answers are waiting for you in your **FREE** copy of Power Report #3. . .

For the most part, you're a perfect guy. But, sometimes, when you look in the mirror imperfections glare back. Wouldn't it be wonderful if you had wider shoulders? A thinner waist? A presence that commanded more respect? In your **FREE** copy of "Instant Physical Fixes," America's top image experts and fashion

consultants tell how to fix the body problems you can fix. . . hide the ones that can be hidden. . . and stand proudly behind what just can't be ignored. For example. . .

► **Bulging Adam's apple?** You can't operate on it—or exercise it away. But here are three slick solutions that this strategy will keep someone's eyes from focusing on it—without hiding it under a scarf or turtleneck!

► **Skinny arms?** Just use these "fast-results" muscle-builders on your biceps and triceps. (No heavy weights are needed—light dumbbells work best!) You'll see results in just weeks!

► **Pale?** Certain colors and styles make you look as if you're on your deathbed. If you have fair skin and dark hair, contrasting colors—like these—will look best on you. If both your skin and your hair are light, use muted color combinations—like these.

► **Flabby butt?** It's not your fault. Flab on your lower body is much harder to lose than abdominal fat. So, here's the best way to burn away that butt fat. This advice works wonders!

► **Beer belly?** Wear your pants like this. But make sure they fit just so. (Full details in your **FREE** report.) To further de-emphasize your gut, dress like this to draw attention away from it.

► **Big nose?** A nose job will set you back about \$3,500. An easier and cheaper way to minimize the effect of an oversize nose is to make everything around your face appear larger. These three visual tricks do just that.



TOO NICE?

Change your goody-goody image in a flash. Just buy a badass leather coat that's loaded with attitude. (See suggestions in this **FREE** report.)

► **Thin face?** Just change your hairstyle to this. Or wear shirts and jackets made from this type of fabric. Both create the illusion that your face is wider. Whatever you do, *don't* slick your hair back. Your **FREE** report explains why.



Hair Gray?

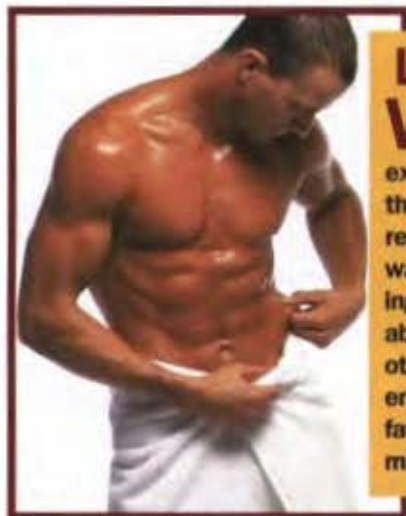
Use it to your advantage. Make yourself look distinguished (instead of just old) by wearing these flattering colors. For more details, check out Power Report #3.



WEAK CHIN?

Lack of a prominent chin communicates weakness. Here's an easy solution—from one of America's leading image consultants: "Never go collarless—because a collar communicates authority." Wear a collar that contrasts in color with the clothes that surround it. For example, the classic combo of a dark blue suit, a white shirt, and a burgundy tie, hides a weak chin perfectly. (Perhaps that's why this is the official uniform of business leaders.) For more tips, send for your **FREE** report right away.

Problems Solved!



LOVE HANDLES?

Wonder why you can't lose them, even though you exercise like crazy? You'll read the secret reason in your **FREE** report. You'll also discover two ways to trick your body into burning more fat for energy. One is about when you exercise. The other involves how. Both tips will ensure your body uses up your fat reserves for energy. Don't miss this!



Narrow shoulders?

Women love broad shoulders. And, among men, it's a leadership symbol. (It tells your boss that you're responsible.) Unfortunately, human anatomy offers no way to make the bones of your shoulders grow farther apart. But you can make your shoulders appear wider by building your shoulder muscles—particularly the meaty deltoid muscle. These three shoulder exercises will produce the biggest gains in the shortest amount of time. In just weeks, you'll be answering to the nickname "Boulder Shoulders."

► **Scrawny chest?** Do your chest muscles stubbornly refuse to grow? This exercise will pump up your pecs fast! Just be ready to give away your old shirts!

► **Tall and skinny?** Get wider. Increase your breadth by wearing layers, such as... (full fashion details in your **FREE** report). Also: adjust your posture like this. Tall men do this to look shorter—but it actually makes you look worse. Follow these tips.

► **Pencil-neck?** Most muscleheads say you can't bulk up your neck. But that's bunk. Here's a proven neck-building move, recommended by a top trainer who uses this exercise with boxers (for whom thicker necks are an occupational necessity). About 3 minutes a day is all it takes to get rid of "pencil-neck syndrome."

► **Protruding ears?** There's a simple surgical solution. But before considering it, ask yourself these two questions. You may decide to leave these lesser-known "love handles" just the way they are.

► **Chicken legs?** Squats are the greatest thigh-builder known to man. But, not the way the average guy does them. The trick is to watch where

your elbows go during squats. Your **FREE** report tells how to let them guide you into doing squats correctly.

► **Small penis?** If you're caught short, there is plenty you can do to compensate. (Don't even consider surgery.) Add these sexual techniques to your bedroom repertoire. They will give your partner more clitoral stimulation and allow you to get closer to the back of her vagina wall. Fully described in your **FREE** report.

► **Baggy eyes?** They can come from one of two problems. (Both are completely described.) Try these three easy home remedies to deflate baggy eyes. If your bags don't disappear, then only surgery will work. Your **FREE** report explains it all.

► **Many others covered!** If you don't see your particular "problem area" covered here, don't fret. We've included dozens—along with the easy solutions—in this Power Report. Send for your **FREE** copy and get the physical fix that's just right for you.

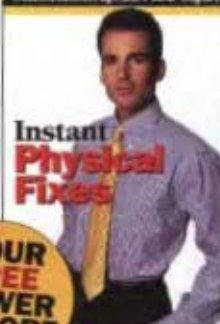


DEAR EDITOR:

I would just like to say that I am Men's Health's biggest fan. Every article I read and try to use to better myself. I thank you for your knowledge in every field offered in your magazine. Every once in a while my girlfriend thanks you too.

—Peter Vatisas, Scottsdale, AZ

MensHealth Special Power Report



Instant
**Physical
Fixes**

**YOUR
FREE
POWER
REPORT
#3**

Your FREE Power Report #4 reveals the stea

Boil Up More

THE AVERAGE GUY makes love 1.5 times a week—and lasts just 14 minutes from foreplay to finale. But you can do much better than that! With the new sexual discoveries and tips in Power Report #4, you're about to move to the head of your class! Try these tonight. . .

► **Her secret biology.**

Sex researchers have discovered a new erogenous zone. This part of her breast is more arousing than her nipples. Just do this with the heel of your hand.

► **Turbo-blast your orgasms.**

Just before ejaculation, your testicles ascend like an aircraft's landing gear, providing more power to your take-off. To give your equipment an even bigger boost, ask her to press this spot (identified in your FREE report) with the palm of her hand just before you ejaculate. Gives you a stratospheric orgasm!

► **Master her mind games.**

Women fantasize about sex twice as often as men do. But she won't tell you her fantasies until you do this (described in your FREE report). Just be ready for the most unusual sex you've ever had!

HYPNOTIZE HER WITH YOUR EYES

Want to drive her wild with desire? Look at her like this during sex. Then, say this. This red-hot combination will create



that special connection that she's dreaming of. An incredible turn-on!

► **Drop the Chalupa.** Extra weight is bad for your heart. . . and your penis. (You lose a half inch for every 15 pounds you gain!) These diet and exercise tips will give you more length. Who wouldn't want that?

► **Hit her G-spot every time!** Aim here, and you'll always keep your penis pointed toward her G-spot (the "boom button" that triggers her most powerful orgasms).

► **Multiply your satisfaction.** For better sex, try multiplying your orgasms. Train yourself to be multi-orgasmic by mastering this one secret. (It's completely described in your FREE report.)

OUR SEXUAL HEALTH MISSION STATEMENT

We believe that an active and healthy sex life is an important component of physical and mental well-being. We also respect that sex is a private matter, and that each person has a different opinion of what sexual practices or levels of discourse are appropriate. We here at Men's Health are committed to publishing responsible, practical advice about sexual matters, supported by accredited professionals and legitimate scientific research. Our goals (for sex and all other topics) is to present information that empowers people's lives.

If you want your sex life to boil, get to work on your chemistry.

HER SEX CALENDAR

A woman's sex drive is driven by her monthly cycle. So, if you have a working knowledge of her biological timetable, you can tell when she's hot—and when she's not. Paste this chart in your Day-Timer and mark your calendar for the times of plenty!

FOLLICULAR PHASE

Lasts: Days 1 to 12.

Good time for sex? Yep! At the end of this phase, her endorphins peak and a surge increase of estrogen gives her sex drive the "go!" Go for morning sex—her endorphins are highest from 6 A.M. to 10 A.M.

OVULATORY PHASE

Lasts: Days 13 to 15. Good time for sex? Oh, yeah! These 3 days

could bring you the lustiest sex of the month. The combination of hormones make her euphoric and sexually aggressive.

LUTEAL PHASE

Lasts: Days 16 to 30.

Not a good time for sex. (You've been here, right?)

But it could be during the middle of this phase when many women get an extra kick of hormones.



y, sexy secrets of how to. . .

Sexual Chemistry!



SEX TRICKS FROM SKIN FLICKS

► **Keep moving.** Changing sexual positions keeps things more interesting for her. (It delays your ejaculation, too.) Which ones are most pleasurable? Your FREE report describes some very unusual new ones.

► **Again and again.** This is everyone's favorite part of intercourse. So, why not do it over and over? (For details, send for this red-hot free report.)

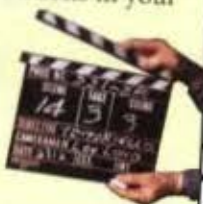
► **Bounce her.** When she's on top, you do this. She'll love this mind-blowing sensation! (Complete instructions in your FREE report.)

► The two-finger tease.

"For a crazy sensation, use two fingers to stimulate both sides of. . . (continues in your special report)." She'll go nuts with pleasure!

► **Use her legs.** "Have her lie on her back with one leg straight. Pull the other leg toward her chest. Straddle her straight leg and. . . (continues in your FREE report)."

► **Try them all!** Many others included. Surprise her as soon as your FREE report arrives. Send for it today!



ROCK STAR SEX!

More power! More rhythm!
More squealing! Try these rockin' new sex positions. . .

► **Flat Rear Entry.** This is one of the best ways to hit the G-spot. In fact, you can't miss!

► **The Cowgirl.** Whee! She won't be able to resist this invitation to ride.

► **End-To-End.** Amazing how well your bodies fit together in this position! BONUS: gives you an incredibly pleasurable sensation!

► **The Super "X."** This allows for gentle rocking, instead of in-and-out thrusting. Women love it!

► **The Hot Seat.** This position is unusually exciting. It provides deep penetration—and both of you have a terrific view of the action.

► **Falling Off.** This exotic position stretches her in a way that tugs her pleasure trigger in a delightful way. *Results are intense!*

NEW WAYS TO LAST LONGER

Another way to increase your control and delay your ejaculation is a technique called "peaking." Do this while you're thrusting. Then, slow down and take deep breaths according to these suggestions. Do this



a few times before climaxing. You'll develop so much control that you'll last forever! (For full instructions, send for your FREE report.)



BUILD STRONGER ERECTIONS!

Want to make your erections even stronger than usual? Then, strengthen the muscles surrounding your penis. The reason? These muscles squeeze blood into your penis. So, the stronger they are, the more pressure they'll create in your erections. Practice this erection-strengthening exercise as often as possible. You'll get results quickly! (Details in your Power Report.)

Men's Health Special Power Report

The Secrets of Sizzling Sex



YOUR
FREE
POWER
REPORT
#4

Your FREE Power Report #5 brings you the expert secrets of how to. .

Make More Muscle

WAIT TILL YOU SEE this all-new training plan. It gets you in peak condition with less effort, in less time, and with maximum results. No matter what your age, you can have a trim, rock-hard, well-conditioned body that women love to snuggle with—and other guys respect (including your boss). Complete details are in Power Report #5. Here are a few highlights. . .

► **Feed your muscles.** If you're lifting weights—plus, watching your weight—you could be shorting yourself on protein. The average 180-pound guy needs 100 g. of protein daily. (That's two large eggs, two glasses of milk, a chicken breast, and an 8-ounce steak. Since you'd be insane to eat like that, we recommend this daily protein shake. A recent study found that *people who consumed a shake like this, lost more weight and body fat than those who ate the same amount of calories in food.* (Details and the recipe in your FREE report.)

► **Work outside the gym.** If your career and family are taking up more time, here's how to burn off extra calories without going to the gym. If you can burn 1,000 calories or more per week, you'll knock 20 percent off your risk for heart disease. It's easy. Just do these five little tasks. You'll burn these 1,000 calories in a flash.



► **Grease your hinges.** The average guy starts having trouble with his knees in his 50s. This exercise is good medicine for osteoarthritis—both treatment and prevention. Complete instructions are in your free report.

► **Produce more testosterone.** This is the male hormone responsible for muscle growth, fat-burning, and your strong sex drive.

Unfortunately, the older you get, the less your body produces. But now there's good news: Researchers found that a new mineral supplement greatly increases a guy's testosterone levels. (It's available at any health food store. We'll tell you its name in your FREE report.) It works while you sleep. So, if you take it at bedtime, you'll wake up with a whole new "attitude."



HOW TO BE A HUNK (or look just like one)!

The single biggest request we receive is: "How can I look like your cover models?" Surprise! You can. With the workout secrets and diet tips you'll find in "The Best Shape of Your Life," you can have a great body with plenty of time to spare to enjoy it. Send for your FREE copy of this muscle-making report today—and see how!

GET STRONG FASTER BY LIFTING SLOWER

Slow down, big guy. You'll produce bigger muscles, greater strength, and increased stamina if you do. And, you'll get all this from just one or two 15-minute workouts a week. The secret is *lifting slower*. Super-slow, in fact. This puts your muscles under more stress than conventional lifting. The result is greater strength and size. Your FREE report will describe the four strategies of this unique plan. . .

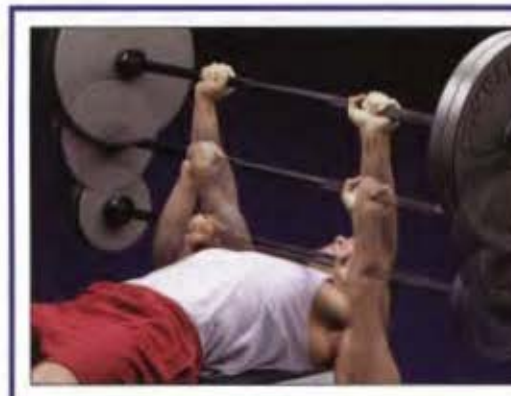
1. Take your time. Spend this number of seconds lifting up. That will spur a huge

increase in your strength.

2. Smooth your moves. Don't jerk. Move the weight smoothly. (This will also decrease your chance of injury.)

3. Use machines, not free weights. This forces you to focus more on form—and less on how much weight you're using. A very good thing!

4. Take time to recover. Make sure your muscles have this much rest between workouts. And if you reach a plateau, try doing less work, not more. (For full instruction, send for your FREE report.)

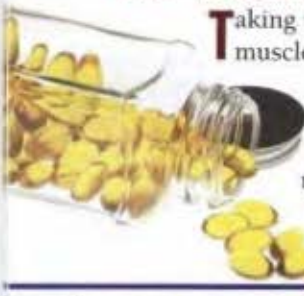


in Less Time!



The "anti-soreness" vitamin

Taking vitamin E reduces muscle soreness caused by lifting weights, research shows. Check your FREE report for the best dosage.



A BIGGER CHEST IN HALF THE TIME

You'll build bigger pecs if you work your chest at different angles. By doing these "angled drop sets," you'll stimulate more muscle fibers in your chest in about half the time. For complete instructions, send for your FREE copy of "The Best Shape of Your Life."

► **No more backaches!** The average guy has a bad back. It's either caused by being overweight, old athletic injuries, poor flexibility, or weak muscles. But this doesn't have to be you. New research shows that simply bending backward like this reduces the stress on your spinal disks by up to 40 percent. Try this simple move.

► **Get plenty of calcium.** Researchers found that calcium decreases your body's tendency to store fat—forcing it to be burned for energy. How much calcium does the trick? See this FREE report.

► **Workout less.** You can get maximum results from working out less often. You only need to hit each body part only once a week. Try one of these workouts (exercise description in your FREE report).



BIGGER BICEPS IN 3 MINUTES

You'll build biceps that bulge like VW Beetles by doing these three curl exercises one arm at a time. The reason? Your biceps will fatigue faster, so they'll grow more. You're finished in just 3 minutes! Full details in your FREE copy of "The Best Shape of Your Life."

THE ONCE-A-WEEK WORKOUT!

Want to get stronger in one-third of the time? The average guy believes he has to "do more to get more." But a new scientific study discovered that this isn't so. Researchers found that three-times-a-week lifters increased their muscle strength by 38 percent. Yet, guys who lifted just once a week increased

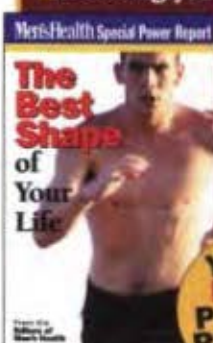


their strength by 23 percent. In other words, the once-a-weekers got half the benefits from 66 percent fewer gym sessions. When you figure the math, that's a pretty good tradeoff.

—From "The Best Shape of Your Life." This all-new MEN'S HEALTH Power Report is yours absolutely free. To get your copy—along with 9 additional reports, mail back the 10 Free Power Reports reply card that you'll find on the back cover in this edition.

We're Looking For a Few Good Men!

If you're a "winner," we want to team up with you. That's why MEN'S HEALTH is offering you these 10 Power Reports—plus a free trial issue



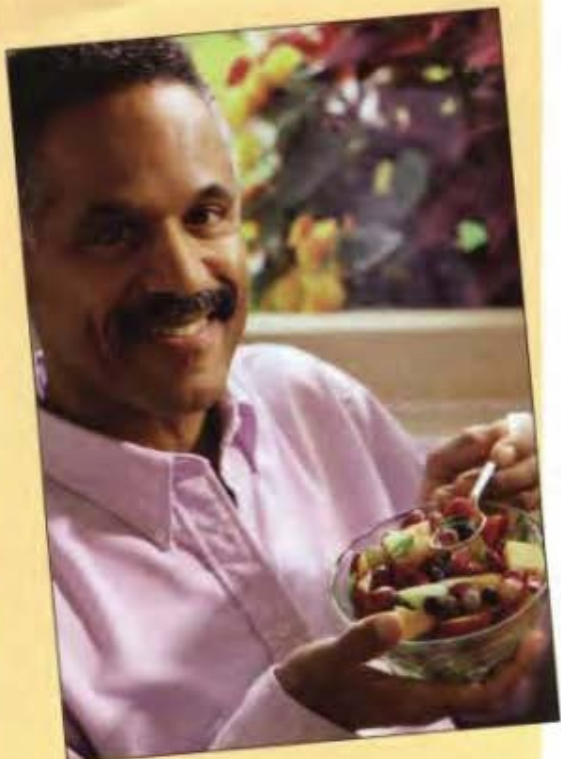
of our best-selling magazine—**absolutely FREE**. There's no risk. Nothing you have to buy. And no commitments to make. Just look us over. If you decide to subscribe, that's great! (We'll even knock \$1.30 off the newsstand price of every issue for you.) For full details of this "look us over" offer,

see the 10 Free Power Reports reply card on the back cover in this edition.

**YOUR
FREE
POWER
REPORT
#5**

**FREE
SAMPLE
ISSUE**





Lose Weight on the "Wet Foods" Diet!

No matter what food you eat, you consume roughly the same volume every day. But, the more water a food has, the less room there is for calories. So, while equal amounts of any food will fill you up, "wet food" (food with a high water content) will do it with less weight gain. (In fact, most guys who know this trick actually have a net-loss.)

This doesn't mean you should go on a diet of watermelon, watercress, and water chestnuts. But it does mean that eating a few more foods that are not so "calorie-dense" (CD) will fulfill your hunger, without filling out your waistline. How do you determine the CD rating of any food? It's easy. Simply divide a food's calorie content by its weight in grams. Take the result and see where it falls on this scale:

Too hungry to do the math? No problem. Our FREE report brings you a handy substitution list. If you add enough "wet foods" to your diet to save 500 calories a day, you'll lose a pound a week—and that's without exercising. (Eat more and you'll lose more.) Send for this FREE report to see how easy this is.

Your FREE Power Report #6 tells how to...

Stay Lean and

IMAGINE EATING FOODS that have the uncanny ability to cancel out the fat content and calories in the other foods on your plate! These "fat-terminators" would neutralize the fatty stuff in steak, pizza, and cheesecake and other splurges before it can be stored on your belly and butt, or lodged in your arteries. It's all true! And you'll see the proof in your FREE copy of our Power Report #6: "The Laws of Leanness." These new secrets and tips will help you get even more trim and lean by eating instead of dieting. Take a look...

Wouldn't that be great? You'd be able to stay slim (even lose weight) without dieting or going hungry.

Well, that's exactly what happens when you dine on the amazing "fat-terminator foods" described in your FREE copy of Power Report #6.

The secret behind these fat-terminator foods is a special kind of dietary fiber that catches fat molecules and calories, like mice in a trap. Then, it speeds them out of your body *before* they can be absorbed by your fat cells.

"Fat-Terminator" foods

They're Mother Nature's genuine fat-blockers! These "fat-terminator" foods have another bonus for you. They are so rich in dietary bulk that they fill you up

and satisfy your hunger for hours longer than any other foods. The result? You eat less food. You store less fat. And you consume fewer calories all day long—without ever feeling hungry. *What a deal!*

Here's how it works:

Suppose you eat a juicy steak for dinner. Normally, the fat molecules and cholesterol in the steak pass into your bloodstream and are carried directly to your fat cells for storage. But, when you add one or two of these "fat-terminator" foods to your meal, fat absorption is blocked. A sticky gel surrounds the steak's fat globs faster than hounds at a foxhunt. Then, the fat is whisked through your intestines and out of your body.

And there's even more good news! Every gram of these "fat-terminator" foods that you eat "terminates" 7 calories from

Eat More, Lose More

The typical weight-loss advice is to eat less. It works for a while—2.4 days, to be exact. After that, you're back on all fours, shoving Big Macs down your throat like a supermodel on her birthday. In case you haven't heard: *dieting doesn't work*. The real key to weight loss isn't depriving yourself, it's eating the right foods. Power Report #6 will point you in the right direction. For example...

► **Eat some fat.** You can't lose weight without it. That's because fat keeps your hunger satisfied longer. Result? You eat less often. Just make sure you're eating the *right* type of fat. (You'll find a full explanation, with examples, in your FREE report.)

► **Nibble more snacks.** But make sure they're foods with a low glycemic index. This means they won't cause your insulin levels to spike and stimulate your hunger. (Your FREE report features the best "hunger-hushing" snacks to munch.)

Devour Carbohydrates

Don't fall for the "protein diet" hype. Your body and your brain need carbs. (These foods trigger the release of serotonin, a feel-good brain chemical that brightens your mood.) But beware: In a couple of hours, those levels will drop—and you'll be more likely to binge. To prevent that, just do this. (It's in your FREE report.)

Trim For Life!

the other foods in your meal. Yes, *that's actually a net-loss!* So, if you consumed the 30 grams of fiber every day that doctors recommend for the prevention of heart disease and colon cancer, you'd absorb 210 fewer calories every day—the equivalent of running 2 miles! You'll read the details of this fascinating action (plus the foods that have it) in your FREE report.

That's not all...

I told you you'd be amazed, but this is just the beginning of the new weight-control ideas you'll read about in "The Laws of Leanness." You'll also discover...

► **Best exercise for weight loss.** It's not aerobics. It isn't traditional weightlifting. Instead, it's a super-efficient, time-saving combination of *both*! You'll turn flab into muscle in 4 short weeks—with just three workouts per week! Don't miss this.

► **No taboo foods.** You can eat whatever you want and *still* be slim. Including steak, pizza, burgers, ice cream, *anything*. What's the secret? You'll find it in your FREE report...

These new secrets and tips will help you get even more trim and lean without trying very hard.

► Eat whenever you're hungry.

Some diets have you eating six times a day. Others tell you not to eat at night. But on this plan, you'll shed pounds and lose inches *no matter how often you eat—or when*. Wait till you see this!

► **Plus so much more!** This is the most effective weight-control plan for men ever created. If you want to lose 10 pounds or 100, this is the plan that will work wonders for you. And you won't starve yourself, sacrifice, or slave away at the gym. Send for your FREE copy of "The Laws of Leanness" today!



THE 10 LAWS OF LEANNESS

If you want to control your waistline and eat your way to better health, here's all you need to know. This FREE report will describe how to eat your way to bigger muscles and a smaller waist. For example...

1. Pretend you're a tailor. Forget the scale. Measure your body in these key spots. It's the best way to reduce the size of everything else.

2. Follow the "15/500 rule." Do this to lose weight or to add muscle. Nothing works better!

3. You must eat fat. It's good for you! From heart protection to testosterone production. So follow these tips. You'll enjoy your food more—you'll live longer and have better sex.

4. Foods that build muscle. These are the best muscle-building meals you can eat—without getting fat! This FREE report tells all.

5. You need carbohydrates. Don't fall for the anti-carbo baloney. These carbohy-

drate foods are *crucial* to your health, energy, and muscle repair after workouts. Eat these...but *not* these.

6. Snack before you lift. Eat this an hour before your workout and you'll increase your muscle mass in two ways. (Without this type of fuel, you could actually *lose* mass.) This is the perfect pre-workout meal.

7. And eat after you lift. After a workout, you must chow down on these two food groups. Here's why: After exercise, your muscles need fuel for growth and repair—fast. The faster you get it, the faster your body can put it to use. What's the best post-exercise meal? You'll find it in your FREE report.

8-10. Plus three others. See all 10 of these rules for "lifetime leanness" in your FREE copy of "The Laws of Leanness." Mail back the 10 Free Power Reports reply card (on the back cover in this edition). Do it today!

Men's Health Special Power

The Laws of Leanness

YOUR FREE POWER REPORT #6





8 SIGNS THAT YOU'RE A SUPER-HEALTHY GUY

Only one in 100 men can pass this test. Are you one of them?

❑ **Your GOOD cholesterol is high.** If your HDL cholesterol (high-density lipoprotein—the good stuff) is this high, you'll never develop heart disease. Not up there? Here's how to increase your score.

❑ **You have an athlete's heart.** Find your resting pulse rate (your FREE report tells how). If your number is below this, you have very little chance of a heart attack. Need to lower your resting pulse? Just do this.

❑ **Your semen looks like this.** It will tell if your prostate is healthy. Doesn't matter whether you're 20 or 50 years old. Here's how to check.

❑ **You can answer "yes" to two career questions.** The average guy can't. If you're having a tough time, read this important advice.

❑ **How many close friends do you have?** Your answer reveals how long you may live.

❑ **You have a PSA score less than this.** It tells whether you'll have a sex life after your kids move out. (It also indicates a very low risk of prostate cancer.) Need to go lower? Eat more of these foods.

❑ **You can walk this far in 28 minutes.** Vigorous walking is a better measure of your fitness than running. If you can cover this much ground in under 28 minutes, you're in excellent shape. You can't? Just follow our fitness plan, and soon you will.

❑ **You have "balanced" strength.** Rare to find in any man. Here's how to tell if you have good muscle harmony. (If this quick test shows that you have uneven strength, make these adjustments to your workout.)

Your FREE Power Report #7 reveals the medical secret

How to Last M

THE AVERAGE GUY will live 65.6* years. (Yikes! That's barely time to cash his first retirement check.) Too bad. Because scientists say the human body has the potential to last 120 years. How a guy lives determines 75 percent of how far he'll go. If you'd like to go longer, your FREE Power Report #7 can help you bank one extra decade (or two—or three!) by making small, smart adjustments that pay you big rewards. You won't want to miss this. . .

Dead by 65? Just when all the good stuff is starting to happen—like retirement... leisure and travel time... grandchildren... no more daily commute? Doesn't that seem a little too young to go?

Obviously, that's an average age. The odds are 50-50 that you'll live longer... or die

younger. If you don't like those odds, send for your FREE copy of Power Report #7 entitled "99 Health Secrets You Can't Live Without!" In it, we'll tell you how to rig the game of life in your favor—and cheat death. You'll read what you can do to entirely avoid the most common male ills—so your life can proceed without a hitch or harm. For example. . .

Add 20 Years to Your Life!



► The longevity vitamin.

Medical studies show that men who take this "longevity vitamin" add about 5 extra years to their life.



► Drop your cholesterol.

Lowering your cholesterol to this level (details in your FREE report) can add another 4 years to your life. (We'll tell you the very best ways.)



► Burn more calories.

Cutting your daily calorie intake by just 300 calories (or burning that many extra) can increase your lifespan by 30 percent or more. For most guys, that's 20 to 30 extra years of life! And it's easiest with the tips in your FREE report.



► Check your colon.

Having a screening for cancers of the colon and prostate will add 3 extra years to your life. That's a statistic fact. Which specific tests should you be sure to get? Details in your FREE report.



► Deflate your pressure.

You'll add another 5 extra years if you keep the bottom number of your blood pressure reading below this. (That could be as easy as eating a few more bananas!) See your FREE report for more ways.



► Eat less meat.

Limiting your red meat to this many meals per week will earn you an extra 9 years. Replace it with these vegetable foods and you can increase your life expectancy by another 13 percent. Wow! That's worth it, isn't it? Don't miss this good news.



► Have more sex.

The more sex you have, the less heart disease you'll suffer—up to 50 percent less! Send for this report—and be sure to show it to your partner.



► Lighter you!

Negative thinking can knock years off your life. Here's how to get positive and increase your lifespan by up to 25 percent.



► Get in shape.

Sure, you'll look and feel better. But losing a few of those extra pounds will slash your risk of heart disease, diabetes, and cancer. (It will also improve your love life!) Add 2 extra years to your life—we'll show you the easiest ways.



► Drink a 6-pack.

Huh? Wait till you read this interesting piece of research. It's all waiting for you—plus tons of other life-lengthening tips in your FREE copy of "99 Health Secrets You Can't Live Without!"

*That's if he was born in 1950 or before. Guys born after 1960 will live to age 66.6. And those born in 1970 or before, 67.1. All figures based on current life expectancy statistics.

ets of. . .

uch Longer!

Make It All Last!

Think all good stuff must come to an end? Now! Here's how to preserve 12 of your most favorite attributes with great results. . .

► **Your hair.** A top M.D. gives you his best advice. You won't want to miss it.

► **Your waistline.** Resting like this between sets in the weight room stimulates the production of growth hormones. This will build muscle and suck lard from your fat cells. You'll get a big chest and a slim waist from the same workout.



► **Your muscles.** Men naturally lose muscle as they age. But, surprisingly, the key to keeping what you have is doing less, not more. Follow this expert's advice to help your muscles stay young and strong.

► **Your teeth.** Best chance of making your teeth last? Do this to your tongue.

► **Your arteries.** These four foods are loaded with an amazing cholesterol-lowering substance. Works even better at keeping your arteries plaque-free than fiber!

► **Your morning erections.** Ever notice how they tend to wilt once you get going? (It's completely natural.) To give your pal a fighting chance, do this before you press him into action.

► **Your hearing.** Drugs that cause hearing loss. Biggest offender: Common headache medications, such as ibuprofen and aspirin. Take this instead—or eat a little of this so those painkillers won't damage your stomach.

► **Your back.** The key lies in your shoes. Really. If your shoes don't pass this test, make these back-saving adjustments until they do.

► **Your lungs.** Simply do this occasionally to keep your air passage-ways clear of debris.

► **Your memory.** Eat more of these three foods. A recent study found that they actually improve short-term memory.

► **Your shoulders.** Your rotator cuff turns brittle with age. Worse, if you tear just one muscle fiber there, it acts like a pulled thread in a sweater, leading to damage in the rest of the cuff. Our advice: Strengthen your rotator cuff with this easy exercise—and you'll never have a problem.



Make your sex life last

A recent study showed that 73 percent of men who had this common sexual problem were either cured or improved just by doing this for one week.



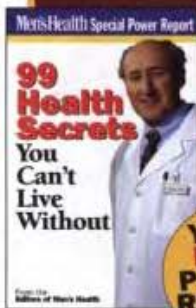
PIG-OUT PROTECTION

Planning a "pig-out"? Be careful! Eating a fatty meal can significantly boost your risk of heart attack or stroke. Now, a new study shows that taking these two vitamins (revealed in your **FREE** report) before you eat a high-fat meal—like a cheese omelet, burger, or steak—can reduce your danger and maintain normal blood-vessel function.

THE WORLD'S GREATEST HEALTH ADVICE FOR MEN

Your health is our Number One concern. That's why every issue of **MEN'S HEALTH** brings you the latest medical news, health discoveries, and all-male secrets that you won't likely hear from any other source. Here's practical "health help" that men really need.

That's why we want to send you the latest exciting issue—**absolutely free**. There's no risk. No commitment.



**YOUR
FREE
POWER
REPORT
#6**

To get your own free trial issue of **MEN'S HEALTH** magazine (worth \$3.79 on the newsstand), just mail back the 10 Free Power Reports reply card (found on the back cover in this edition) right away. (You'll also receive 10 **FREE** Power Reports—which are yours to keep, whether you subscribe or not.) What a great deal! Don't let it get away.



**FREE
SAMPLE
ISSUE**

Read These Or Die!

CHOLESTEROL: CUT YOUR LEVEL BY 100 POINTS IN JUST 21 DAYS!

THE AVERAGE GUY is a heart attack waiting to happen. Like high cholesterol. Because heart disease is the number one killer of men, we want you to know how to protect yourself. Power Report #8 shows you how to drop your cholesterol reading by 25 to 100 points in just 3 weeks—without medication! Look at this...

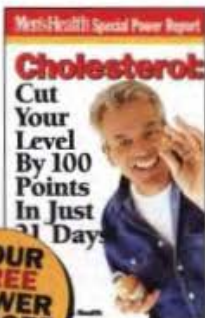
► **Anti-cholesterol foods.** These three easy eating plans can lower your cholesterol by up to 40 percent in just 3 weeks. That's as good as some prescriptions. And these meals are delicious!

► **The Asian diet.** You'll reduce your cholesterol by up to 40 percent in just 21 days. "If all Americans ate like this, we could prevent up to 90 percent of... heart disease." Details in your FREE report.

► **Nature's cholesterol-busters.** New cholesterol-lowering supplements that work just like medications—but with less cost and fewer side effects. Including a new supplement (made from red yeast) that can slash levels by 16 percent—(that's a drop of 40 points if your total cholesterol is 250). Three others.

► **Double your drop.** Teaming certain types of exercise with one of these eating plans can double your LDL reduction. Which exercises work best? Your FREE report brings you all the specifics.

► **Plus much more.** Don't become another heart attack statistic. Send for this FREE Power Report #8 and protect your ticker. You'll be adding extra years to your life!



BULLET-PROOF YOUR PROSTATE!

THE AVERAGE GUY knows prostate cancer is a big risk. But, hey, whaddya gonna do? Well, this FREE Power Report will show you plenty of ways to dodge prostate cancer. You can stay safe by taking a few simple steps now to turn those odds around. For example...

► **Cancer-fighting fat.** Men whose diets are rich in this type of fat have a lower risk of prostate cancer. You'll discover what it is—and the foods that have plenty of it.

► **Get your exercise.** This type of exercise actually triggers your immune system to destroy cancer!

► **Four telltale symptoms.** See your doctor immediately if you experience one or more of these symptoms.

► **Prostate-protectors.** Men who took this vitamin reduced their prostate cancer risk by one-third. And taking this mineral reduces the risk of prostate cancer by more than half. (Both nutrients can be difficult to get from food sources, but supplements are easy to find.)

► **Plus much, much more.**



DEFLATE YOUR BLOOD PRESSURE!

THE AVERAGE GUY is a pressure cooker. More than a third of all men have high blood pressure. That means their hearts have to work too hard to pump blood. That's not good—because it puts them at higher risk for heart disease and stroke. But, most guys don't need to go on medications. Here's all you may need...

► **Stop snoring.** It can drive your blood pressure up 5 to 10 points. Your FREE report provides some simple solutions.

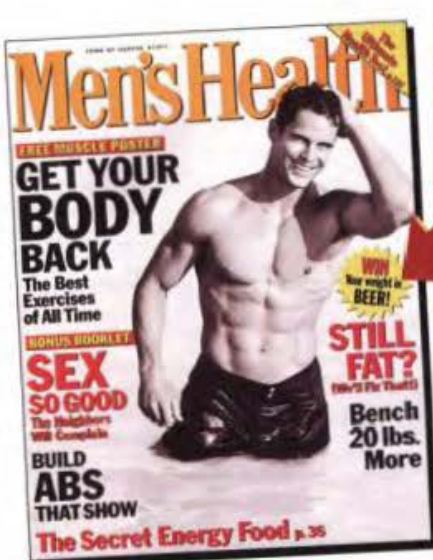
► **Build your heart muscle.** This way it can pump more blood with each beat. Here's how to pump up your body's most important muscle.

► **Use a heart-rate monitor.** Drop some weight and you'll drop your numbers. It's that simple. One of the best ways to do it is with this simple device. You'll read how to use it to melt away pounds...

► **Buy a daily planner.** When you're under stress, your body constantly pumps out adrenaline, a hormone that constricts your arteries. Relaxation isn't the solution. It may relax you temporarily, but it won't lower your blood pressure. These three secrets are the real keys to beating everyday stress.

► **Plus other proven tips.** Get a dog. Eat Italian. Order this fish. Take more vitamin C. Bone-up on you calcium. Plus many other easy, non-drug ways to normalize your blood pressure. The information in "Deflate Your Blood Pressure" could save your life. Don't miss it. Send for your FREE copy today—by mailing back the 10 Free Power Reports reply card on the back cover in this edition.





Enjoy the current issue free. . .

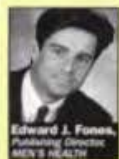
FREE TRIAL ISSUE!

We invite you to check out the latest issue of **MEN'S HEALTH** to see if it's for you. But there's no risk and no obligation to subscribe—we promise!

You're a winner—and so is MEN'S HEALTH magazine. We belong together. No other men's magazine shows you how to look better. . . be stronger. . . and last longer than all of the other guys around you. If you haven't seen MEN'S HEALTH lately, you really should check out the current issue. It contains some of the most helpful and important information. We've got BIG PLANS for future issues—and we'd hate for you to miss out. Here's what's ahead for winners like you. . .

Subscribe today! So you don't miss these upcoming MEN'S HEALTH stories:

- ▶ Body language that gets you max respect from guys and gals.
- ▶ Today's healthiest fast food choices.
- ▶ Why women love men who cook—(we'll show you how).
- ▶ Seven exercises that burn body fat faster.
- ▶ Games bosses play with your head.
- ▶ The only two vitamins a guy needs.
- ▶ Lose that last 10 lbs. of fat FAST!
- ▶ The injection that makes you younger.
- ▶ The pill that makes men smarter.
- ▶ Hot sex games she'll love.
- ▶ Outsmart the virus that makes you fat.
- ▶ The secret beer diet.
- ▶ The 27 most common exercise mistakes.
- ▶ The 24 best weight-loss foods.
- ▶ Her 34 "top secret" sex spots.
- ▶ Best wardrobes for your budget.
- ▶ How to handle "irritable boss syndrome."
- ▶ Secret tricks that negate her nagging.



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—Edward J. Fones

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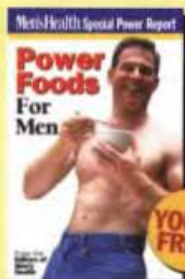
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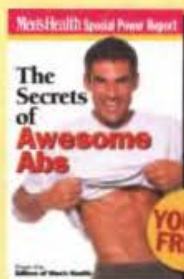
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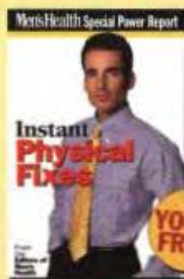
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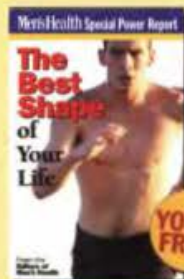
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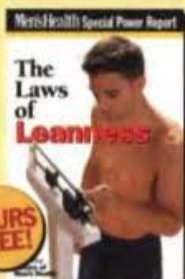
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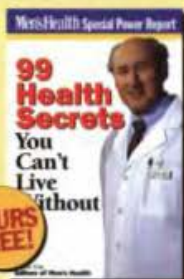
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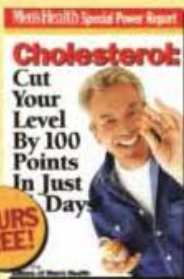
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