

TONS OF
USEFUL STUFF

Men's Health

JUNE 2009



THE MEN'S HEALTH GUY
EWAN MCGREGOR

*"There's so much
out there if you're up
for the adventure."*

Ewan wears an Alternative Vintage
T-shirt and Civil Smith pants.

LIFE IN BALANCE

**THE PLAN FOR
A STRONGER, FITTER,
HEALTHIER YOU**

**125 BEST
FOODS FOR
THE MALE
BODY**

**YOUR CAREER
PLAYBOOK**
ACE YOUR NEXT 10 YEARS

**BUILD NEW
MUSCLE IN
RECORD TIME**

**THE
DINNER-DATE
SEDUCTION**
(RECIPES INCLUDED!)

Men'sHealth.

**THE 125 BEST
FOODS FOR MEN**

BEST POTATO CHIP

popchips
barbecue

*Not fried or baked!
Fewer calories than
most other chips.*



1,789
**BEST
NUTRITION,
FITNESS,
RELATIONSHIP
AND STYLE
TIPS**