

LOOK AND FEEL 10 YEARS YOUNGER  
A BREAKTHROUGH PROGRAM THAT WILL TURN BACK YOUR BODY'S CLOCK (P. 39)

WORLD WAR II'S PERFECT STORM

# Men's Journal

YOUNG  
AGAIN

## The Turn-Back-the-Clock Diet

Top nutritionist Oz Garcia is on your case.



**O**z Garcia, the nutritionist who helped trim down our Young Again subjects, is the Butch Harmon of diet gurus. Clients pay him \$2,000 a

month, which buys them as many as five daily calls and e-mails with specific, highly detailed instructions on everything from how to jazz up their cereal to which fish entree to order at Bouley. For the same price, of course, you also get to hear all about his 27-year-old-girlfriend (Oz is 53, but doesn't look a minute over 40) and his unique theories on the space-time continuum. "You don't want to just live to 100. You want to live to 100 and taste your food, have great sex, drink wine, and still enjoy a run every once in a while." Here's what a man in his 30s might expect from Oz for his \$2K:

**7:00 AM** Morning! Ready for your oatmeal? Have you tried mixing in nuts and honey? Had that yesterday? Then let's try a nice spinach and feta cheese omelet. I'm assuming you bought the low-fat feta?

**10:30 AM** Oz here. Just leaving you a message about your midmorning snack. Remember, an apple with peanut butter is good. Low-fat yogurt, good. A trip to the snack machine, like yesterday, very bad.

**1:00 PM** Oz again. So, I want you to get grilled salmon on your salad today. You've had only one fish serving this week, which means you still have three more to go. You aren't going to live to 100 if you don't get enough omega-3 fatty acids. Kick up the salad with kidney beans and veggies for the roughage and antioxidants, and a tablespoon of olive oil dressing. I'll even let you have a nine-grain roll.

**3:00 PM** (e-mail) Remember: Peanut butter, good, Reese's Peanut Butter Cup, bad :-)

**7:30 PM** (answering your call from restaurant) You really want the filet? That's fine — but that's the only steak you got this week. Order the haricots without butter, and baked potato — with drizzled olive oil. For dessert, blueberries. And for a treat: whipped cream, since you haven't had a fat serving today. See, was that so hard?



## Peak Performance

### Turn-Back-the-Clock Diet (continued)

**I**n your 40s the calls from Oz get a little more involved, the advice a little more hardcore.

**7:30 AM** Morning, champ! Are you getting used to your Kashi Medley with low-fat milk? It's the Mack Daddy of cereals for guys in their 40s — and don't forget the berries on top. Did you know that blueberries have 50 different kinds of antioxidants? The best way to avoid a heart attack and keep your prostate happy is with five weekly servings of blueberries, raspberries, blackberries. Halle Berrys.... That was a joke. Just want to make sure you're awake. By the way, have you gotten the Myoplex powder yet? Tomorrow morning we're going to try a meal-replacement protein shake with two servings of berries.

**10:30 AM** Snack advisory. Did you bring your baggie of mixed nuts to the office? Okay, then run downstairs and get a pack — but if it's any more than 1½ oz just eat a handful and save the rest for tomorrow. When I call you later remind me to tell you what I did with my 27-year-old girlfriend last night.

**Noon** Where was I? Oh, right, my girlfriend: All I can say is, she's very grateful for that Chrysin herbal supplement I take. I'm seeing more and more anecdotal evidence that it helps keep testosterone from breaking down. When you're with a 27-year-old, you don't want anything breaking down, you know?... Now, for lunch: Let's go with the chicken, beans, and rice. Remember, have them cook it with olive oil and get the skinless chicken. I already let you have the skin once this week.

**2:45 PM** (text message) Eat Met-Rx Bar at 3p

**7:00 PM** (answers your call on your way to the supermarket) ...I know you want steak, but you already had one earlier this month. Fuhgeddaboutit. With two of your seven weekly fish servings still to go, think seafood. How about a nice juicy swordfish steak? Brush it with olive oil and some great spices and throw it on the grill with some peppers and zucchini and corn on the cob. Get some beautiful berries for dessert. Oh, and pick up some Excedrin and green tea. I don't like what the caffeine is doing to your blood sugar and surges in appetite. So tomorrow we start cutting down your coffee — to zero. —WITH MARK COHEN





# Peak Performance

## YOUNG AGAIN

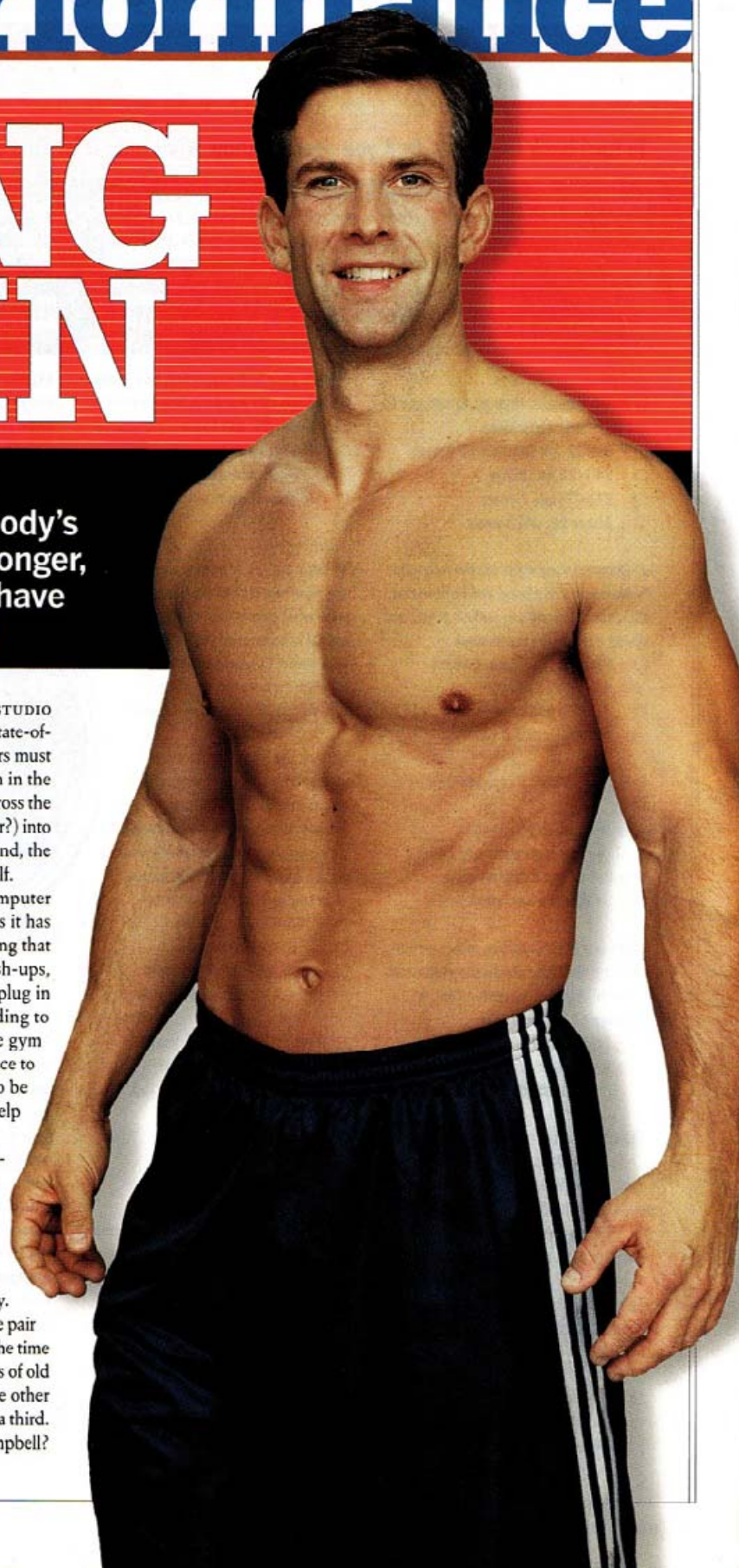
We have the technology. This new program actually rolls back your body's clock by a decade, making you stronger, faster — and younger — than you have been in years. **BY ANDREW GOLDMAN**

**E**VEN BEFORE YOU STEP INSIDE THE BRAND NEW "E" STUDIO at Manhattan's Equinox Fitness Club, you can tell it's state-of-the-art. In order to pass through the front door, members must present an eye to one of those iris scanners you've seen in the movies. If it's your first time, a staffer soon ushers you across the gleaming gym floor (Wait, was that Naomi Campbell on the StairMaster?) into the back room, where the E studio's fanciest piece of equipment is found, the gizmo that might justify E's \$23,500-a-year membership fee all by itself.

Called the Polar BodyAge System, the machine looks like a computer you might pick up at Circuit City, except that instead of USB cables it has weight pulleys sticking out of it. But it's the brain and guts of the thing that can change your life. Yank the pulleys like so, rap out a bunch of push-ups, leg presses, and other standard exercises nearby, watch the trainers plug in your vital stats, and the machine will spit out a number corresponding to your real, or "biological," age. For a 34-year-old who hasn't hit the gym enough lately, it can be a harrowing, ghost-of-fitness-future experience to find out that you actually have the body of a 47-year-old. It can also be a powerful form of positive reinforcement to lower that 47, with the help of E's staff, down under 30.

Still, \$23,500 is a little steep. That's why we're going to help you replicate the E experience for no more than what you paid for this magazine. We asked the nation's leading expert on biological age to take the research programmed into the E studio computer and repackage it into a simple form you can use right in your own gym. Just turn the page to get started, then find the workout, diet, and other health advice for your age group, and watch the years start to literally melt away. And in case you need more convincing, check out what happened to the pair of typical *Men's Journal* readers — one 36, the other 46 — we put into the time machine. One radically reshaped his body and eliminated the remnants of old sports injuries that he had thought he would be stuck with for life; the other ended up dropping 27 pounds and shaving his biological age by nearly a third.

If that's not motivation enough for you, did we mention Naomi Campbell?





# How Old Are You, Really?

To turn back the clock, first you need to know what time it is. This quiz will tell you your true biological age.

William Evans was born in 1950, but ask him his age and the avid cyclist will answer "44 or 45." The funny thing is, the physiologist at the University of Arkansas for Medical Sciences and VA isn't lying. As the nation's leading authority on biological age, Evans knows that a person's performance on such key indicators as body mass index, strength, stamina, and cholesterol is much more telling than his chronological age. The following questionnaire — designed by Evans, backed by 23 years of research — is similar to the computerized Polar

BodyAge System at the \$23,500-a-year E studio. (For a list of health clubs with a slightly less tricked-out Polar test, go to mensjournal.com.) Start with your chronological age, then add or subtract the number of years indicated by each answer. (For a quick result, skip questions you need more time to answer.) The final tally is your biological age — and your baseline for beginning one of the youth-recapturing programs on the next pages. After three months retest yourself, and see if you don't want to start telling people your body's real age too.

*At home:*

1) Weigh yourself, then go to [cdc.gov](http://cdc.gov) to get your body mass index.

- a. BMI 21–24: subtract 1.5 years
- b. 24.1–27: no change
- c. 27.1–28: add 2 years
- d. Above 28: add 3 years

2) Measure your waist (at the midpoint between your hip bone and bottom rib), then your hips at their widest point, and divide the first by the second.

- a. Under .82: subtract 2 years
- b. .82–.89: no change
- c. .90–.95: add 1.5 years
- d. Above .95: add 2 years

3) Do you smoke? If yes, add 3 years

4) How much do you drink?

- a. You're a teetotaler: add 1 year
- b. 1–2 drinks a day: no change
- c. 3+ drinks a day: add 1 year

5) Do you have a mother, father, or sibling who has been diagnosed with heart disease, diabetes, hypertension, or prostate or colon cancer?

- a. 1 relative: add 1 year
- b. 2 relatives: add 2 years
- c. 3 relatives: add 3 years

6) Describe your state of mind.

- a. Generally happy: subtract 1.5 years
- b. Every once in a while, I feel stressed or a little down: no change
- c. I feel stressed or down about half the time or more: add 1.5 years

7) Count the number of complete push-ups you can do without stopping or resting your belly on the ground.

- a. Under 20: add 1 year
- b. 20–29: no change
- c. 30–39: subtract .5 years
- d. 40 and above: subtract 1 year

8) With your feet supported, how many full sit-ups can you do in one minute?

- a. Under 25: add 1 year
- b. 25–34: no change
- c. 35–40: subtract .5 years
- d. Above 40: subtract 1 year

*At the gym:*

9) Ask a trainer to administer a seven-site skin-fold test with calipers to determine what percentage of your body weight is composed of fat.

- a. Below 15 percent: subtract 1 year
- b. 15–20 percent: no change
- c. Above 20 percent: add 2 years

10) Ask the trainer to measure your sub max  $\dot{V}O_2$ , a number that represents the submaximal volume of oxygen the body absorbs each minute during exercise — making it a key measure of endurance.

- a. Under 34: add 1.5 years
- b. 34.1–38: add .5 years
- c. 38.1–43: no change
- d. 43.1–47: subtract .5 years
- e. Above 47: subtract 1.5 years

11) Have the trainer take your blood pressure. What's your systolic blood pressure (the top number in the ratio)?

- a. Under 120: no change
- b. 120–130: add 1.5 years
- c. Above 130: add 3 years

12) What's your maximum bench press capability? Take the highest weight you can bench 10 times without resting and multiply that number by four, then divide by three. Now divide that number by your body weight.

- a. Under .85: add 1 year
- b. .86–1.0: no change
- c. 1.01–1.07: subtract .5 years
- d. Above 1.07: subtract 1 year

13) What's your maximum leg press capability? On a leg press machine, use the same procedure and equation as above.

- a. Under 1.62: add 1 year
- b. 1.63–1.79: no change
- c. 1.8–2.07: subtract .5 years
- d. Above 2.07: subtract 1 year

*Ask your doctor:*

15) What's your ratio of total cholesterol to HDL (good) cholesterol? A high ratio is a leading risk factor for heart disease and stroke.

- a. Under 3.5: subtract 2 years
- b. 3.5–4.4: no change
- c. 4.5–5.1: add .5 years
- d. Above 5.1: add 2 years

16) What's your level of C-reactive protein? CRP is a key indicator of inflammation, making it another risk factor for cardiovascular disease

- a. Under 1: no change
- b. 1–3: add 2 years
- c. Above 3: add 4 years

17) How about homocysteine? It's a third important risk factor for premature cardiovascular disease.

- a. Under 15: no change
- b. 16–30: add 1 year
- c. 31–100: add 3 years
- d. Above 100: add 4.5 years

18) And your total testosterone? The vital sex hormone decreases with age.

- a. Under 400: add 3 years
- b. 400–800: add 1 year
- c. Above 800: no change

**Facial age score**

Okay, now you know how old your body is, but how old do you look? Plastic surgeons have a rough way of measuring the toll of time on your face. Stand in front of a mirror. Focus on the corners of your eyes, where you get crow's-feet, and describe what you see.

- a. Smooth skin at rest: Face of a man in his 20s
- b. Fine lines at rest: 30s
- c. Moderate crow's-feet: 40s
- d. You look like Clint Eastwood: 50s plus





IF YOU'RE IN YOUR

# 30<sup>S</sup>

Remember when you benched 250 and beat everybody to the ball? You'll soon be doing that again — and more.

**A** man in his 30s is like a hunting dog that's been living in an apartment: Get him out in the field again and it's amazing how fast those old instincts kick in. Peter Sheehy, a 36-year-old former elite cyclist, had never been quite the same since blowing out his Achilles tendon in a pickup hoops game six years ago. Trips to the gym really fell off after he developed tendinitis in his left knee and lower back pain, all of which compounded the natural declines in strength, flexibility, and stamina that begin for men at age 30. But at 36 the muscles still retain a memory of what's possible; balance and coordination remain intact. "Guys in their 30s remember what they benched in college," says Suzanne Meth, manager of the F.studio. "Although they get frustrated when they can't hit that right away, having it as a goal helps them get there again — or top it."

## CASE STUDY THE EX-JOCK

**NAME:** PETER SHEEHY, 36 **OCCUPATION:** HIGH SCHOOL TEACHER

### SOME HIGHLIGHTS OF HIS PROGRAM:

**UPPER BODY STRENGTH** With his convex "Olive Oyl" chest, Peter could manage only 30 push-ups before the MJ Young Again program. Intense circuit training for his chest and back got him looking more like Popeye. Just three months later he could crank out 57 push-ups. **CHANGE IN AGE: -0.5 YEARS**

**BUM LEG** Peter was most focused on the tendinitis in the front of his left knee. As is often the case, though, the real problem was on the opposite side of the joint from the pain. The F.studio staff had him do dead lifts to reverse the lingering weakness in his hamstring. Magically, the tendinitis disappeared and he upped his leg press by 25 percent. **CHANGE IN AGE: -1 YEAR**

**FAT AND STAMINA** Peter had a squishy 21 percent body fat (16 percent is average for his age). He followed Oz Garcia's advice for eating fewer carbs and more fish (see opposite), and added treadmill intervals to his gym sessions. Body fat fell to 18 percent, and his sub max VO<sub>2</sub>, a key stamina measure, ticked up 8 percent. **CHANGE IN AGE: -2.5 YEARS**

**ACHING BACK** As with a lot of guys, Peter's lower back pain started in his hips, specifically the psoas, two muscles that traverse the abdomen. Using a new form of muscle manipulation called Active Release Techniques ([activerelease.com](http://activerelease.com)), chiropractor Robert DeStefano lengthened Peter's psoas. After one treatment his back pain subsided and his flexibility improved 22 percent. **CHANGE IN AGE: -.75 YEAR**



**BEFORE**  
BIO AGE, 36



**AFTER**  
BIO AGE, 28

## THE 30s WORKOUT Muscling Up

This program gets intense fast, to pack on brawn and bring weak spots up to speed.

If there's one phrase that sums up this program, it's *balanced intensity*. The balanced part is important because so many guys in their 30s aren't. Even those who get to the gym regularly tend to spend far too much time working on their chests while neglecting their midsections and backs. To offset this, you'll always do a "pulling" back exercise for every "pushing" chest move. You'll also need to identify old injuries and consult a trainer about tweaking the workout to bring worn-out parts back up to speed. As for the intensity, need you even ask? Perform the first cycle twice a week for a month before progressing to the next. (The workout takes about an hour.) Each three-exercise bunch (A, B, C) is done as a circuit. Do three full circuits (sets of 15 using 60-75 percent of the maximum weight you can lift on a single rep) before moving to the next bunch.

### CYCLE 1: Base Strength and Conditioning

- |  |   |
|--|---|
| <b>1A</b> Barbell Squat                                  | <b>3B</b> Machine Chest Fly   |
| <b>1B</b> Close Grip Seated Row                          | <b>3C</b> Machine Reverse Fly   |
| <b>1C</b> Push-Up  | <b>4A</b> Rotational Crunch Bring your left knee up to your right elbow, etc. |
| <b>2A</b> Barbell Split Squat Done from a lunge position | <b>4B</b> Superman  |
| <b>2B</b> Lat Pull-Down                                  | <b>4C</b> Crunch  |
| <b>2C</b> Incline Barbell Press                          | <b>CARDIO</b> 15-minute run   |
| <b>3A</b> Unilateral Bridge See photo.                   |   |

### CYCLE 2: Functional Strength and Endurance

- |   |  |
|---|--|
| <b>1A</b> Single Leg Squat See photo.   | <b>3B</b> Supine Dumbbell Fly Done lying on your back on a bench   |
| <b>1B</b> Dumbbell Row  | <b>3C</b> Prone Dumbbell Fly See photo.  |
| <b>1C</b> "T" Push-Up In the "up" position, rotate your body into a "T," alternating the arm that's pointed at the ceiling. | <b>4A</b> Russian Twist See photo.   |
| <b>2A</b> Walking Lunge   | <b>4B</b> Quadriped Alternate Arm/Leg Extension On your hands and knees, first raise your left arm in front of you and your right leg behind you for five seconds, then right arm and left leg, for one rep. |
| <b>2B</b> Alternating Lat Pull-Down Using two pulleys, do pull-down with one arm, then the other, for one rep.              | <b>4C</b> Reverse Crunch From crunch position, bring knees into chest.   |
| <b>2C</b> Incline Dumbbell Press  | <b>CARDIO</b> 1-minute intervals, alternating between 90 percent and 60 percent of maximum heart rate.   |
| <b>3A</b> Unilateral Leg Curl A set with the left leg, and then a set with the right  |  |

### CYCLE 3: Plyometrics and Higher Complexity

- |   |   |
|---|---|
| <b>1A</b> Broad Jump  | <b>3A</b> Romanian Dead Lift A dead lift done with slightly bent knees  |
| <b>1B</b> Dual-Grip One-Sided Rope Pull On right knee at cable station, grab triceps rope with both hands. Pull back, twisting body to right for 15 reps. Repeat on other side. | <b>3B</b> Standing Cable Fly  |
| <b>1C</b> Balance Push-Up Done holding a body bar atop a balance board  | <b>3C</b> Standing One-Arm Reverse Fly  |
| <b>2A</b> Split Squat Jump Start in left-leg-forward lunge, jump, and land with right leg forward.  | <b>4A</b> Decline Rotational Crunch On a decline board  |
| <b>2B</b> Alternating Lat Pull-Down   | <b>4B</b> Back Extension  |
| <b>2C</b> Standing Cable Incline Press See photo.   | <b>4C</b> Abdominal Medicine Ball Toss Catch ball while on the floor in a "V" position, arms and legs in the air. |
|   | <b>CARDIO</b> 1-minute intervals, alternating between 90 percent and 60 percent of maximum heart rate.            |



IF YOU'RE IN YOUR

# 40<sup>S</sup>

Less body fat, fewer wrinkles, more testosterone. Here's your game plan for a strong second half.

**I**n your 40s things can go one of two ways: Either the loss in muscle mass, stamina, and flexibility will accelerate, ballooning your body-fat percentage and leaving you on the brink of "andropause," the male equivalent of the hormonal ebbing that middle-aged women suffer. Or you'll slide smoothly into the strong, sexy older man role that works so well for George Clooney. Before taking on the MJ Young Again challenge, 46-year-old father of three-year-old twins Michael Ruff was headed in the first direction. But by the end he'd done a complete 180. "I'm not sure I can even describe what it's like being younger," he says now. "I'm more focused, alert, less lethargic. Everything is just better. More than anything, it makes you want to keep at it, and not slide back to where you were."



**BEFORE**  
BIO AGE, 53



**AFTER**  
BIO AGE, 38

## CASE STUDY FATHER OF TWINS

**NAME:** MICHAEL RUFF, 46 **OCCUPATION:** CLOTHING MANUFACTURER

### SOME HIGHLIGHTS OF HIS PROGRAM:

**TESTOSTERONE** Michael's level of this vital hormone was at 236, a number that might have prompted some doctors to put him on testosterone supplements, despite concerns that they may elevate a man's risk for prostate cancer. Instead Michael packed on lean muscle and hewed strictly to Oz Garcia's diet. With the radical redistribution in weight, estrogen-producing fat plummeted, and his testosterone surged to 401. **CHANGE IN AGE: -2 YEARS**

**SKIN** Repeated exposure to the sun had left Michael's face a minefield of liver spots, wrinkles, and deep folds. Manhattan plastic surgeon Richard Skolnik filled in the folds around his mouth with a collagen injection, jabbed Michael's forehead and frown lines with Botox, and gave him a couple of microdermabrasion sessions to vacuum up his dead and sun-damaged skin. The end product was a face that matched the rest of his now much younger-looking body. **CHANGE IN FACIAL AGE: -10 YEARS**

**BELLY** At his initial weigh-in, 5'11" Michael tipped the scales at 203, with a near-pregnant 37.5 inch waist and overall body fat of 28.1 percent — greatly raising his risk for diabetes, cancer, and an early heart attack. Yet just by following the fitness and diet plan you see at right, he lost 27 pounds, whittled a full three inches off his waist, and nearly halved his body-fat percentage. All in three months. **CHANGE IN AGE: -5 YEARS**

## THE 40s WORKOUT

# Trim Down, Rev Up

This program starts slow but quickly boosts your metabolism and athleticism.

Although the problems facing guys in their 40s — expanding waistlines, loss of muscle, lack of energy, postural problems — may seem diverse, they're all related. Basic strength exercises in Cycle 1 will fire up your metabolism by adding calorie-hungry lean muscle. Three 30-minute bouts of cardio per week will further the slimming process and improve your endurance, paving the way for more complex movements that will help you regain the balance and coordination you had in your 20s. And it's this increase in body awareness that will allow you to zero in on your ever-improving posture. Perform the first cycle twice a week for a month, before progressing to the next. (The workout takes 75 minutes, plus an extra day of cardio whenever you can fit it in.) Each three-exercise bunch (A, B, C) is done as a circuit. Do three full circuits (sets of 15 using 60–75 percent of your single-rep max) before moving to the next bunch.

### CYCLE 1: Base Strength and Conditioning

- |   |   |
|---|---|
| <b>1A Push-Up</b>                           | eral bridge on page 41, except both feet are on the ground                    |
| <b>1B Barbell Squat</b>                     | <b>4A Crunch</b>  |
| <b>1C Lat Pull-Down</b>                     | <b>4B Rotational Crunch</b> Bring your left knee up to your right elbow, etc. |
| <b>2A Barbell Incline Press</b>             | <b>4C Supine Chin Tuck</b> See photo, opposite.                               |
| <b>2B Lunge</b>                             | <b>CARDIO</b> 30 minutes of running   |
| <b>2C Seated Cable Row</b>                  |   |
| <b>3A Machine Shoulder Press</b>            |   |
| <b>3B Hamstring Curl</b>                    |   |
| <b>3C Bilateral Bridge</b> Like the unilat- |   |

### CYCLE 2: Functional Strength and Endurance

- |  |   |
|--|---|
| <b>1A Stability Push-Up with Tap In</b> "up" position, tap opposite shoulder with alternating hands. | <b>3C Cable Hip Extension</b> Stand facing cable, with low pulley attached to your ankle; bring leg back while keeping it straight.   |
| <b>1B Dumbbell Squat on Balance Board</b> See photo.   | <b>4A Stability Ball Crunch</b>   |
| <b>1C Unilateral Lat Pull-Down</b> A set with left arm, then a set with right                        | <b>4B Oblique Cable Rotation</b> Stand perpendicular to cable, set at chest height; with both hands pull handle across your trunk by twisting your trunk as far as you can for 15 reps. Repeat on other side. |
| <b>2A Unilateral Dumbbell Incline Press</b>  | <b>4C Seated Chin Tuck</b> Similar to Supine Chin Tuck, but seated  |
| <b>2B Antero-Lateral Lunge</b> See photo.  | <b>CARDIO</b> 30 minutes of running   |
| <b>2C Unilateral Seated Row</b>  |   |
| <b>3A Overhead Dumbbell Press</b>  |   |
| <b>3B Unilateral Machine Ham Curl</b>  |   |

### CYCLE 3: Plyometrics and Higher Complexity

- |  |  |
|--|--|
| <b>1A Weighted Circle-Walking Push-Up</b> See photo.   | with the weight to avoid putting too much strain on your back.                               |
| <b>1B Jump Squat</b> With no weights, jump up from a squat position.   | <b>3B Hip Extension with Stability Ball and Medicine Ball</b> See photo.                     |
| <b>1C Alternating Lat Pull-Down</b> Using two pulleys, do pull-down with one arm, then the other, for one rep. | <b>3C Alternating Dumbbell Overhead Press</b>  |
| <b>2A Alternating Dumbbell Incline Press</b>   | <b>4A Decline Crunch</b>   |
| <b>2B Skater's Hop</b> Hop from a left-leg-up position to right-leg-up.  | <b>4B Abdominal Medicine Ball Toss</b> Catch ball while seated on the floor in "V" position. |
| <b>2C Bent-Over Dumbbell Row</b>   | <b>4C Prone Chin Tuck</b> Like Supine Chin Tuck, but lying facedown                          |
| <b>3A Stiff-Leg Dead Lift</b> Be careful   | <b>CARDIO</b> 30 minutes of running  |