

ASK MEN'S HEALTH™

LIFE'S QUESTIONS, ANSWERED

EDITED BY BEN COURT

Q

IS THERE ONE EXERCISE THAT WILL BLAST MY WHOLE BODY?

RODOL PEREZ, VT

There is, but it's brutal. In fact, the name alone can make your muscles twitch: It's called "the death crawl." Our guest torturer, Todd Durkin, C.S.C.S., author of *The Impact! Body Plan*, explains: "The death crawl, combined with a dumbbell jump squat, works your chest, shoulders, triceps, back, and biceps. It also pounds your core and smokes your legs." And there's an endurance element that'll make you think you're starring in *Solar Jigsaw's Gym*. Still want to do it? Grab two 30-pound dumbbells. Or go with 25-pounders if you want the same challenge that Durkin gives his elite clients—NFL stars like Drew Brees and Darren Sproles.

The different cholesterol numbers confuse me. Which ones matter?

ALEX DOVER, DE

Even we have trouble wrapping our heads around the heart math. So we asked Men's Health advisor Fredman K. Shah, M.D., the director of cardiology at Cedars-Sinai Medical Center in Los Angeles, to help us make the numbers less fuzzy. "The single best predictor of cardiovascular disease is your non-HDL cholesterol, which is your total cholesterol minus HDL," says Dr. Shah. That's because this calculation results in a figure representing your LDL and more esoteric artery-clogging particles, such as VLDL and Lp(a). In a study recently presented at the American Heart Association conference, Dr. Shah and his colleagues found that non-HDL beat every other cholesterol calculation in predicting who would develop heart disease over an 11-year follow-up period. To stay in the safe zone, aim for a non-HDL level of 130 or less.



Illustration by STEVE BRONSTEIN, courtesy of Ben Court for Men's Health

Mens Health And Exercise Guide

Lloyd Bradley

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Mens Health And Exercise Guide:

The Men's Health Guide To Peak Conditioning Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

The Rough Guide to Men's Health (2nd edition) Lloyd Bradley,2013-01-17 Spiralling work stress junk food overload and makeover madness all make staying healthy seem a taller order than ever before The Rough Guide to Men's Health provides you with everything you need to know to ensure your lifestyle isn't at war with your health Avoiding flabby waffle and well being puritanism features include Wherever whenever down to earth health advice whether you are in the kitchen the bedroom the gym out on the town or simply looking in the mirror How to improve performance life coach strategies aimed at optimizing your outlook so you can feel your best every day Wear and tear identifying the causes of health problems and what to do about them with how it works features on key problem areas like the back and gut and how to cope with sports injuries and Tooling up getting back into shape sex and relationships returning to work and staying sane plus the low down on supplements Now available in ePub format

Men's Health The Body You Want in the Time You Have Myatt Murphy,2005-12-27 A workout book for busy men and women provides muscle building strength and weight loss exercises divided into smaller time blocks that can be incorporated into limited schedules in a guide complemented by more than 250 demonstrative exercises Original 35 000 first printing

Men's Health Best: Weight-Free Workout Men's Health Magazine,2005-07-28 Men everywhere want to improve their health and fitness and their bodies This new series of books Men's Health Best addresses all aspects of a man's physical fitness from building core strength to managing sports injuries Authoritative affordable handsomely produced and extensively illustrated these 96 page books are the perfect guide to achieving strength fitness and well being Men's Health Best Weight Free Workout shows you how to put together a workout program you can follow anywhere no need to go to the gym It includes all the exercises you need for whole body fitness and maximum flexibility and explains the exact benefits of each one

The Complete Book of Men's Health Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming

The Men's Health Big Book of 15-Minute Workouts Selene Yeager,Editors of Men's Health,2011-10-25 Presents a reference guide of exercise for men including 433 exercises for eighty five fifteen minute workouts provides an eating plan with quick meals and offers workouts that can be done when away from home

Men's Health Total Fitness Guide 2008 Muscle Chow Gregg Avedon,2007

The Men's Health Hard Body Plan The Editors of Men's Health,2000-11-18 A program designed to help men obtain health and fitness contains twelve week exercise and weight lifting plans menus and recipes to implement into a diet plan and information on energy bars and vitamins

Men's Health TNT Diet Jeff Volek,Adam Campbell,2007-10-02 Drawing on the latest scientific research a groundbreaking new fitness program demonstrates how men can use Targeted Nutrient Tactics TNT to lose weight while building muscle and promoting overall wellness detailing a

series of simple nutritional guidelines along with an exercise program featuring three thirty minute workouts a week **The Medical Library Association Guide to Finding Out about Diabetes** Dana L. Ladd,Alyssa Altshuler,2013-01-11 For the more than 26 million Americans diagnosed with or affected by diabetes having accurate information on the disease is crucial But the sheer volume of information available can be daunting for patients and caregivers alike This comprehensive guide provides librarians and library users with background on key diabetes concepts encompassing reliable print and electronic resources including hard to find periodicals and audiovisual sources Each chapter in this guide presents an overview and description as well as an annotated list of multi format resources on topics including Types 1 and 2 and gestational diabetes Diet clinical trials and support sources Legal and insurance issues With this guide librarians can deepen their understanding and collections and thus improve service to the growing number of patrons affected by at risk for or curious about this pervasive disease **The Incredible Internet Guide to Diets & Nutrition** Marc Dauphinais,2000 The Incredible Internet Guide to Diets Nutrition takes the fat out of the big search engines and provides a quick and easy way to find the best web sites for any kind of diet **The Rough Guide to Men's Health** Lloyd Bradley,2009 The ultimate body and mind reality check Cover **Men's Health and Wellness Encyclopedia** Charles B. Inlander,People's Medical Society (U.S.),1998 Designed to be the first place men can turn to when any question about their health arises this comprehensive reference covers a wealth of men s health topics from conditions to tests from treatments to medicine addressing the most relevant topics in a straightforward candid and thorough way 15 line drawings *Keyword Intelligence* Ron Jones,2011-10-19 A unique book on the art and science of keyword research Keyword research can make or break a marketing campaign an optimization strategy and pay per click ad campaigns Written by a keyword research expert this essential resource drills home the importance of targeting the right keywords or phrases in order to get traffic from search engines and social media channels Author Ron Jones imparts his wisdom and experience for determining which keywords will work based on a searcher s intent and he shows you how to research social mobile and video marketing tools that can ultimately become the foundation of a marketing campaign Boasts detailed how to information from one of the world s leading keyword research experts Helps you learn how to craft a successful keyword campaign and capture a coveted spot on the first page of a results page Pares down the essential information you need to know to use available tools to get keyword suggestions forecast web site traffic perform competitive research and analyze results Walks you through how to best apply keywords to SEO and PPC campaigns as well as gain visibility with mobile marketing and integrate with traditional marketing efforts Features case studies examples tutorials tips and previously undocumented techniques No matter your level of experience working with keywords *Keyword Intelligence* is the ultimate guide for learning how to best conduct keyword research and craft winning marketing campaigns **Men's Health Maximum Muscle Plan** Thomas Incledon,Matthew Hoffman,2005 Men s Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans

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