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▶ A SUPERSTAR BODY

So, you're watching the latest blockbuster flick starring, say, Channing Tatum, and you're a bit unnerved because you suspect your lady is spending more time thinking about Tatum's bod than she is about yours. And, well... yep, she is. But, if you had a superstar celebrity body, it wouldn't be happening. Not possible? Think again. We got the lowdown from the trainers who help the celebs get in shape and stay in shape. They say you can do it too; here are some tips to get started.

1 TAKE IT SLOW

You want this done and you want it done now. But rushing yourself is a huge mistake. "Don't try to run off a bad diet by doing an inordinate amount of time doing cardio or lifting really heavy weights," says Jackie Keller, who has Tatum on her list of actor clients, as well as Owen Wilson and Blair Underwood. "One thing you don't want to do is end up with an injury that will set you back and derail you from your task, and that can happen pretty quickly."

2 BE DISCIPLINED

It might seem like the celebs can have such great bodies because they can afford to. But, really, they can't afford not to: their very livelihood depends on looking good, so they stay incredibly disciplined to make sure they get the results they need. Your job may not require you to have abs of steel, but this just goes to show that if you want it bad enough, you can have it, no matter what your financial situation is.

3 STRENGTH TRAINING

Don't rely on running or outrageous bench presses to get Tatum's abs. "Doing push ups, lunges, squats, bicep curls, shoulder press, and tricep dips never hurt anyone," says Michael George, a celebrity trainer who has worked with actor Tobey Maguire, musician Slash, and boxer Fernando Vargas. Think push ups are child's play? Strength training can increase a person's strength by up to 40 percent.

4 ABANDON THE BOOZE CRUISE

Those drinking sessions come with a lot of calories attached to them, so this is an important step. "You might want to gravitate towards red wine and resign yourself to two drinks in any sitting, and keep that to once or twice a week," says Keller. Besides, doing those morning push ups is a lot harder with a pounding headache.

5 LEARN TO FILTER

There's lots of information available online about ways to improve your diet or training system. Lots of it is rubbish. Learning how to separate the good from the bad—then how to separate what works for you personally and what doesn't—sounds obvious, but it's actually a really important first step on your disciplined journey to your new body.

▶ THE TOP 3 CELEBRITY SUPERFOODS

There's always buzz around the latest celeb-endorsed food or drink. Sometimes they're 'superfoods', a term which gets thrown around a lot and has no real defined meaning, but basically means "really, really healthy food." Here are a few recommended by those who know what the celebs are eating.

1 SALMON

Salmon has omega-3 fatty acids, which have a variety of potential health benefits, from preventing excessive blood clotting to aiding in the prevention of cancer cell growth. Omega-3 trans fatty acids also show up in walnuts and almonds, or other meats if you really can't do fish. "If you're really not a fish person, lean chicken and turkey are fine," says Keller. "But try to find a fish you can embrace." Good news: you can grill the fish (broil it on a rainy day). Drop it on the grill as far away from the fire as you can; flip it over once grill marks start forming.

2 PROTEIN SHAKES

George recommends protein shakes, and it's easy to see why. Shakes can be delicious, refreshing, and a huge energy booster. And they have a health benefit that the celebs—and you—love. The protein gets busy helping to produce muscles, enzymes and hormones. Looking for some variety? There's whey powder and hemp powder, and you can add in fruits to the mix (blueberries have tons of health benefits and are delicious, and they're considered a superfood by many).

3 DARK LEAFY GREENS

Don't tell us you're not eating your veggies, still! We get it, but there's more to this family of foods than meets the eye. "It doesn't have to stop at broccoli," says Keller. "There's kale, bok choy, collard greens, and mustard greens." Toss them into a frying pan with some water and a bit of olive oil, put some seasoning salt on it if you want to take away from the bitterness (try salt-free seasoning), and let them steam down. Keller says that vegetables in this family have a ton of phytonutrients, including fibre and vitamin C and other important phytochemicals that boost your body.