

SIX-PACK MADE EASIER: START TODAY! p 31



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FOR MEN

6 WEEKS TO A BEACH BODY

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4 FAT BUSTING MEALS

30 DAYS TO A FITTER, HEALTHIER YOU

START NOW p 92

SEX TAKE HER TO THE NEXT LEVEL TONIGHT p 74



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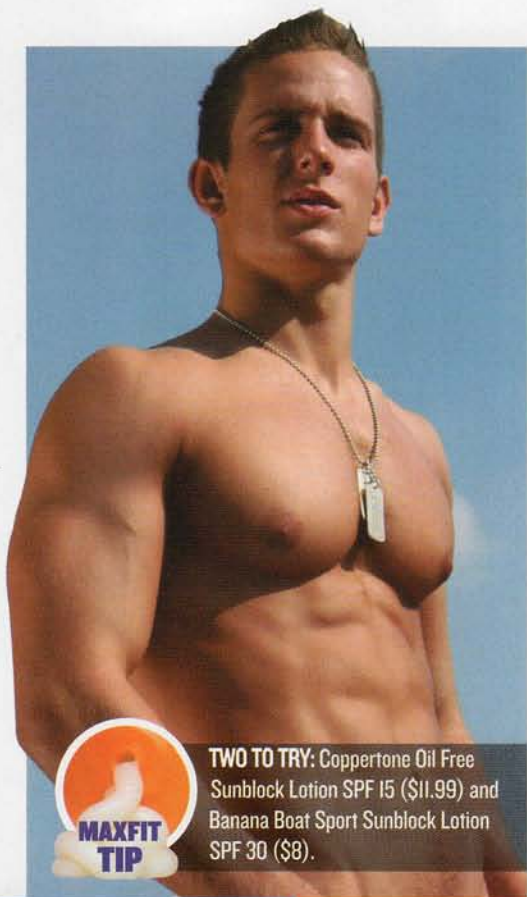
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GET SMARTER IN NO TIME p 34

SUN-TANNED FOR THE SUMMER

HOW TO TAN WITHOUT HURTING YOUR BODY



TWO TO TRY: Coppertone Oil Free Sunblock Lotion SPF 15 (\$11.99) and Banana Boat Sport Sunblock Lotion SPF 30 (\$8).

A **SUN-TANNED BODY** is like a fresh coat of wax on your car—the only difference is that one can give you cancer.

PROS

Vitamin D (aka the “sunshine” vitamin). But you don’t need a tan to get it, says Dr. Cedric Garland, a professor of family and preventive medicine at the University of California. Just let the sun kiss your back and shoulders for 15 to 20 minutes each day between 11 a.m. and 2 p.m., he says.

CONS

In the short term: a painful sunburn; in the long term: skin cancer. You are burning skin—what did you think was going to happen?

HOW-TO

Whether you do it yourself or have a pro do it for you, spraying on your bronze is always safer than sitting under the sun’s burning rays, says Dr. Carol Drucker, an associate professor of dermatology at the University of Texas. **Don’t forget to bring your sunscreen—a shotglass-sized glob of SPF15 will last you 30 minutes.** As for tanning beds, they’re never safe, Drucker says, and they eventually cause premature aging, wrinkles and skin cancer.

STYLE STAPLE



A CHARCOAL SUIT

That’s right, charcoal—not grey, not black, but in between. Black suits are less appropriate for daytime. Charcoal is dressy but versatile: It will match almost any color shirt and tie (pinks, blues and purples are especially good), and is at ease at lunch and in a nightclub.

Russell Smith is the author of Men’s Style: The Thinking Man’s Guide to Dress, available at www.amazon.com.

MUST-HAVE: AFTERSHAVE BALM



Organic foods are the big buzz in grocery stores these days. But organic aftershave balm? That’s right. This fully organic balm will have your face looking as cool as the cucumber it’s made with.

www.herbancoyboy.com

THE NEW-AGE GUY VS THE MAXFIT GUY

NEW-AGE GUY

• You know the type: He speaks softly, he’s in touch with his feelings and he’s pro hemp.

THE CLOTHES

• Tight-fitting sleeveless T-shirt, black dance pants (most likely purchased at Lululemon) and flip flops (prefers to work out in bare feet)

THE PROPS

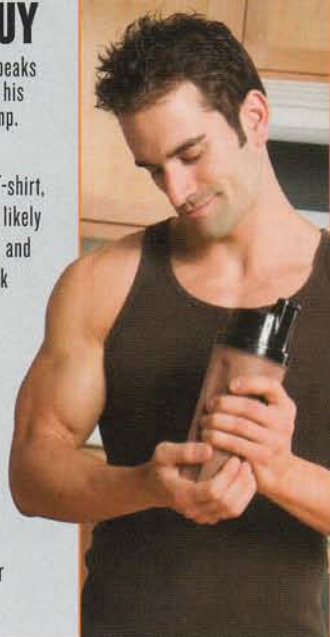
• Yoga mat with shoulder strap

THE ODOR

• Heavy on the patchouli oil

THE PROTEIN

• A trip to the juice bar for a wheat grass smoothie



MAXFIT GUY

• You know him: He’s the man. ‘Nuff said!

THE CLOTHES

• Baseball cap, T-shirt, basketball shorts and running shoes

THE PROPS

• Keys and wallet (sitting in baseball cap during training)

THE ODOR

• A combination of sweat and deodorant

THE PROTEIN

• Protein powder and water in a shaker cup

CHEW ON THIS

Whitening gum works to remove stains in a similar manner to whitening toothpaste. Teeth-whitening gum will not whiten your teeth. It will, however, help remove stains with its abrasive properties and thereby lighten your teeth. It can also help stimulate salivary flow, which help prevent tartar buildup. So, men, start chewing.

— Jimmy Wu, DDS, founder of *Sutra Dental Spa*



Robert Reiff (MaxFit guy)