

**WARNING!**



**DANGEROUS CURVES AHEAD! P26**

# Men's Health

DECEMBER 2009 | Rs 100

THE MAGAZINE MEN LIVE BY

**Brand New Workout!**

## SIX-PACK ABS!

SEE RESULTS IN JUST  
28 DAYS!

## Stress-free Your Holiday

## VEGGIE FOODS THAT BUILD MUSCLE

And Also Blitz Hangovers!

## Ditch Your Love Handles

## Drink Wine, Live Longer

Proof On p58

## LOOK BETTER THAN LAST YEAR

p105

The Men's Health Guy  
**WASIM SHAIKH**  
Women love a guy who can't dance, but  
doesn't care, p75

**SPECIAL!**  
PARTY SEASON  
SURVIVAL GUIDE

## BOOZE! BABES! BBQ!

EAT, DRINK, FLIRT...  
& GET AWAY WITH IT!

THE  
INDIA  
TODAY  
GROUP

RNI No. DELENG/2006/18661

**Men's Health**

www.menshealthindia.com



**EXCLUSIVE! FITNESS SECRETS OF INDIAN FIGHTER PILOTS! P88**



12/09  
ALPHA MALE  
Weight Loss

# "I lost 33kgs to win my wife's heart"

Vegetarian entrepreneur Kirtan Dhama, 29, dropped 10 inches off his waist. Here's how you can too!

## HEIGHT VS WEIGHT

"My weight gains throughout my MBA years became so huge that my horizontal height was noticed more than my vertical stature. From 80 kilos, I jumped to 107kg in just four years!"

## AGE MAKES YOU WISER

"It dawned on me (while trying to avoid the camera) that after crossing 30, it is horribly hard to lose weight. My vanity won. I wanted to look good!"

## TRY MULTIPLE SPORTS

"I couldn't walk for four minutes without losing my breath completely. I started swimming and besides losing two kilos in a month, I improved my stamina to walk. Sports really helps improve your stamina to work out," he says.

## WORKOUT EVERYWHERE

"I carry my resistance bands with me whenever I travel. They're light and provide a full-body workout, especially for the torso," says Dhama. "The best exercise for your shoulders and biceps is to stand on the bands, after wrapping them around your wrists," says Dhama's trainer Hemant Valodra. "Raise your arms over your head from the sides and in front. Do three reps of 25."

## EAT AT HOME

"I gave up sugar, desserts, my energy boosters and substituted them with exercise," says Dhama. "Eating out is an urban health hazard," says Hiteshi Dhama, Dhama's sister and nutritionist in Mumbai. "The only food my wife ate from outside was idlis for eight weeks so I wouldn't be tempted," he adds.

## PICK UP THOSE WEIGHTS

"After losing eight kilos, I became addicted," says Dhama. Cardio helps lose water weight, but I discovered that weight training continues burning fat for 36 hours after working out.

## RELAX TO BULK UP

"I follow the *MH* policy of letting your muscles relax to avoid injury and to bulk up gradually," says Dhama. "You bulk up by recovering from training, not the training itself," says Valodra.

## FINAL CHANGES

In spite of being a vegetarian, I have started bulking up. My protein intake comes from my protein shakes, tofu and dal. The inspiration comes from my family and gym trainers' support. The only increase in weight, now, in my life are my stacks of photo albums!



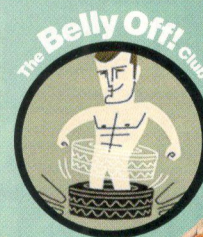
Before

Weight: 107 kg

After

Weight: 74 kg

Cut the travelling excuses with Dhama's fool-proof resistance band workout!



## My impress-the-wife health plan

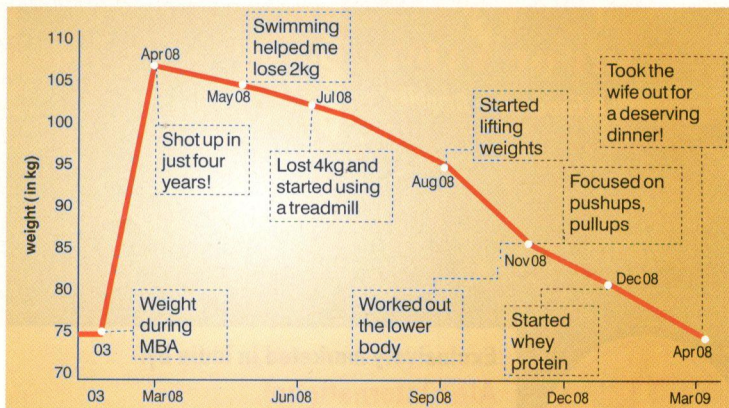
Take a leaf out of Kirtan's books to shed that weight

### My diet

**07:30** Digestive Marie biscuits and tea  
**11:30** Buttermilk  
**13:30** Some form of boiled sprouts, vegetables, dal and 250gms of papaya  
**16:30** An apple and tea and protein shake  
**19:30** Roti, daal and vegetables

### My workout

Alternate days of weight training and cardio  
**Cardio** Interval training for 9 to 10km  
**Weights** Alternate between muscle groups of back and biceps, shoulders and legs and triceps and chest.  
**Abs** Every alternate day.



**TWO-SECOND TIP** DRINK JUICE WITH "BITS" IN. THE FIBRE IS PROCESSED MORE QUICKLY, MAKING YOU FEEL FULLER, FASTER