

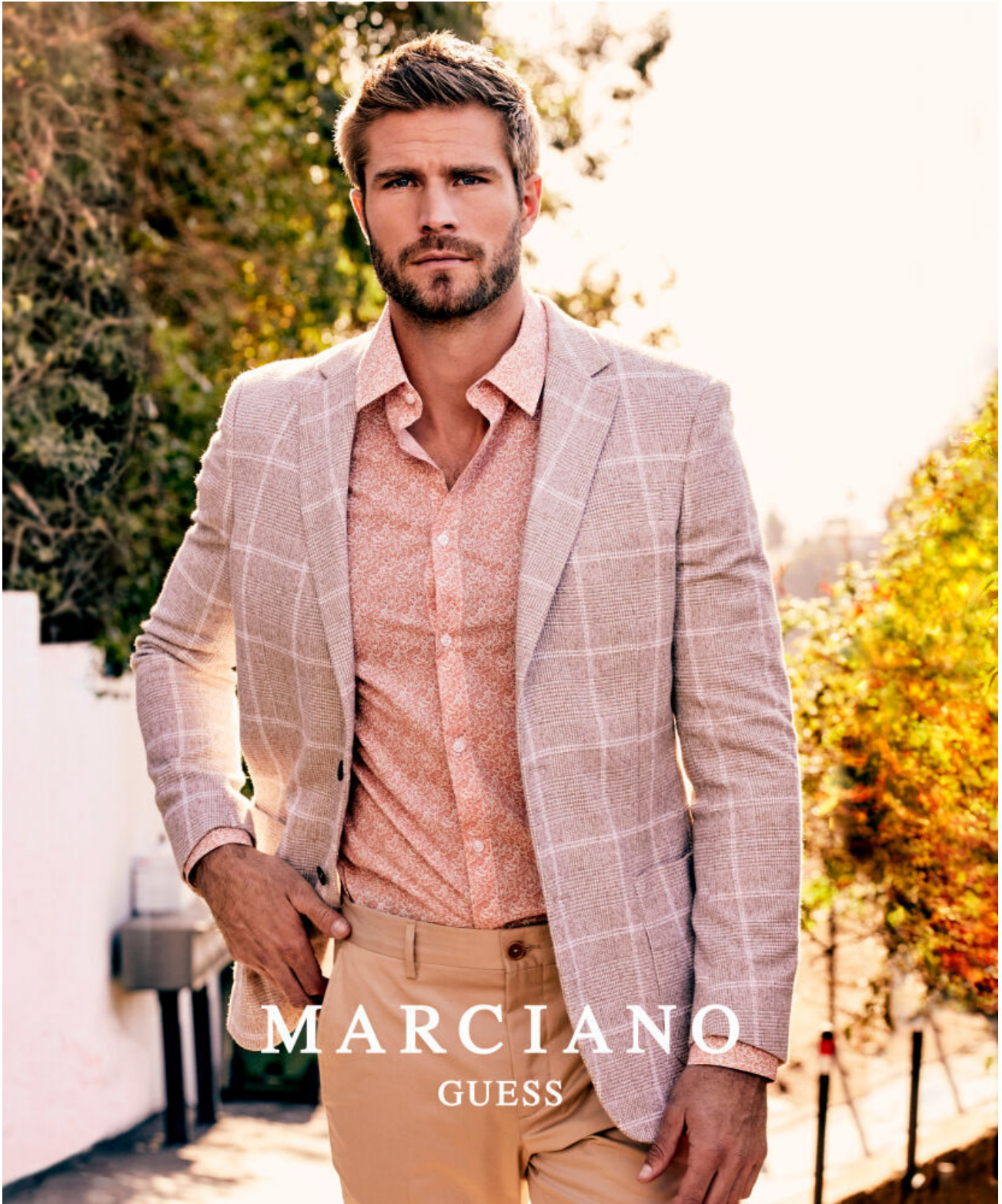
DAVID FISHER

height 188 cm · bust 102 cm · waist 81 cm · hips 98 cm · suit 52
shoes size 45 · hair blonde · eyes blue



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14

Working out doesn't bust stress like before.

Mix it up with tai chi. Here's why: This martial art's slow, deliberate movements can bestow a monklike zen, say researchers in Switzerland. In the study, beginners who attended two hour-long tai chi sessions a week for 12 weeks were calmer and 41 percent less stressed after a mock job interview than those who did not take the class. Nunchuks optional.

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Men's Health **NEU!**
NOCH MEHR INHALT
FÜR IHR LEBEN

Men's Health

Strong for Life

SEPTEMBER 2016
D 4,80 € • A 5,10 € • CH 6,20 SFr

**In nur 10 Minuten
STARK &
SCHLANK**

**So wird
SEX noch
schärfer!**
Testen Sie diese 7 Techniken

29 SEITEN EXTRA

Das beste Fleisch für Männer!

- ▶ Warum es doch gesund ist
- ▶ 19 neue Rezepte für Huhn, Schwein, Rind & Krokodil
- ▶ Könnten Sie selbst ein Tier schlachten? **Report S. 36**

**Der gefährliche
Doping-Trend**
(und was viel besser wirkt)

Fitness-Awards 2016

**28 GENIALE
TOOLS, GYMS,
SHAKES**

So nutzen
Sie Ihre Zeit
optimal

**Wie sie 10
Klimmzüge
am Stück
packen**

4 194 107 1904807 00
Juni 2016: 1,90 € | Juli 2016: 1,90 € | August 2016: 1,90 € | September 2016: 1,90 € | Oktober 2016: 1,90 € | November 2016: 1,90 € | Dezember 2016: 1,90 €

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THERE'S NO WI-FI IN PARADISE



Time alone
might be
the key to
busting stress
and keeping
your mind
healthy. Shhh!
This is the
new science
of solitude.
By Clint Carter

2015 DECEMBER MEN'S HEALTH



MGM
MODELS

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EDITED BY CLINT CARTER
GREGG SEGAL

Into each life
chaos comes:
missed deadlines,
loaded diapers,
skipped workouts,
blown chances.
Use our simple
strategies to chill
without a pill.

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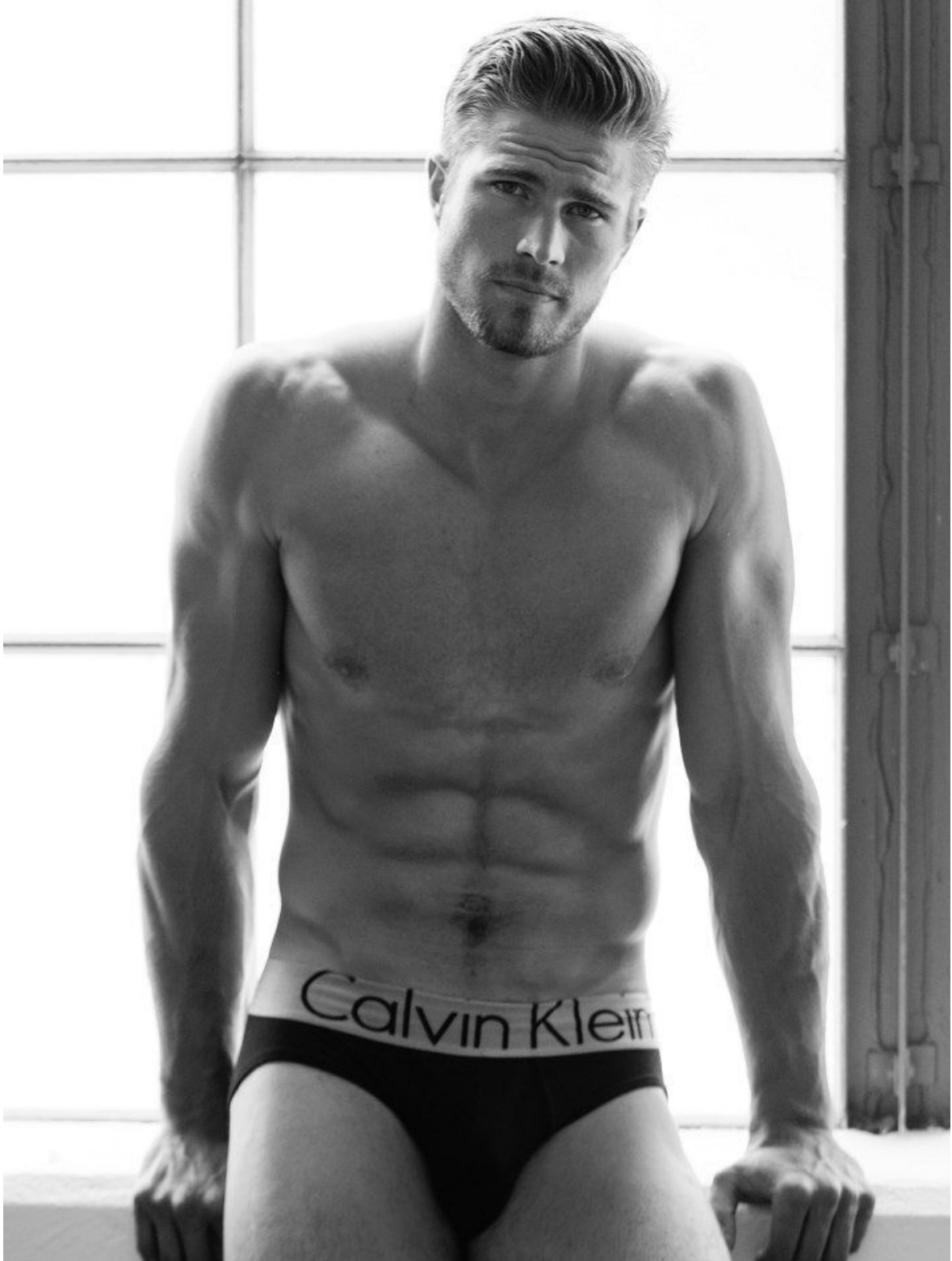
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