

YOU,  
IMPROVED!

# Men's Health



**The 20-Minute Workout!**

## CHISEL YOUR CORE!

**NO GYM, NO EXCUSES**

**THE ONLY  
HEALTH  
CHECK  
YOU NEED, P. 82**

**FLAT-BELLY  
STRATEGIES**  
7 Rules To Control Your Cravings

**More Money  
Less Work!**

**EAT SMARTER,  
LIVE LONGER**

**BE HER  
PERFECT  
DATE!**

**GET FIT  
FAST**

*The Men's  
Health Guy*

**PAOLO  
CONTIS**

*"Ang sarap  
ng buong araw  
mo pag naka-  
workout ka ng  
umaga."*

**LOOK  
YOUR  
BEST!**

**New Ways  
to Stay Cool  
in the Heat**

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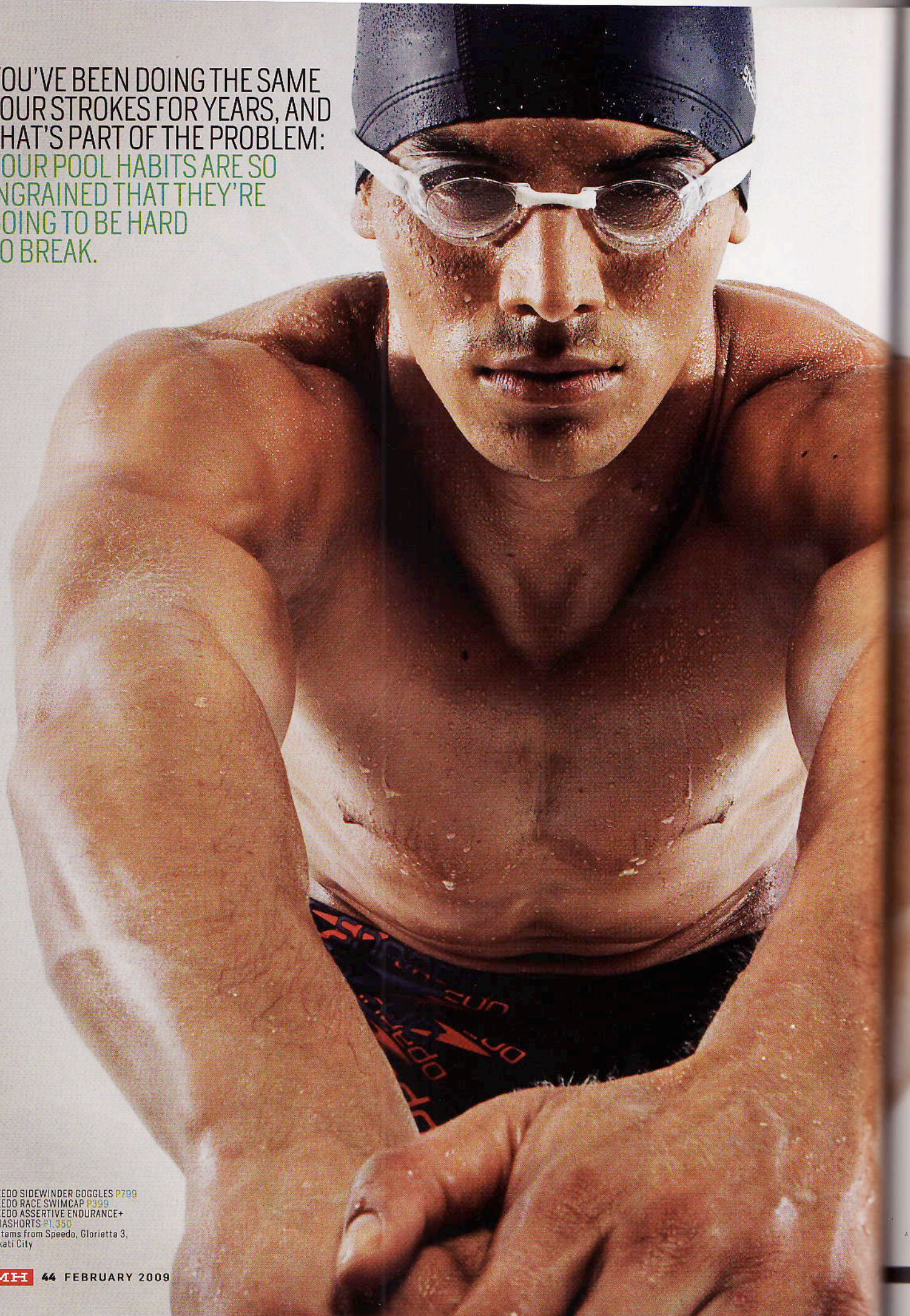


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YOU'VE BEEN DOING THE SAME  
FOUR STROKES FOR YEARS, AND  
THAT'S PART OF THE PROBLEM:  
YOUR POOL HABITS ARE SO  
INGRAINED THAT THEY'RE  
GOING TO BE HARD  
TO BREAK.



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# BETTING POOL

FITNESS  
FEATURE  
LIVING  
ON THE  
EDGE

## SWIMMING

**IF YOU JUMP IN A POOL** and do a lap each of the crawl, breaststroke, backstroke, and butterfly you'll work over 600 different muscles. Swimming is the best exercise you can do with your clothes off and, despite the consistency of the sport, it's still being refined. "There are many swim training techniques available locally and overseas," says Ria Mackay. She is the founder and head instructor of Aqualogic Swim Co. She has been a total immersion teaching professional since 2000, and has traveled to the US, Hong Kong, Singapore, and Malaysia to run workshops for adults and conduct private lessons for children. Tweaks in your technique can make all the difference. You've been doing the same four strokes for years, and that's part of the problem: your pool habits are so ingrained that they're going to be hard to break. For the standard crawl, stroking furiously in the water does not necessarily propel you faster, it only exhausts you more. It's your technique that needs to be massaged to get you going. World-class swimmers are not fast and efficient

because they take frequent strokes, but because they travel further in the water with each stroke. The best way to produce this body of minimum resistance, one that will leave cut marks in the water, is to up your buoyancy. Some guys are natural sinkers (and getting fatter doesn't allow you to float better), but you can find your center of buoyancy around your sternum. By balancing yourself on this center (think of propping your sternum up on a pole) you'll move more easily in the water. Here's a secret: balance yourself by consciously pushing or pressing your upper chest into the water. This maneuver brings your hips closer to the surface and reduces your frontal resistance. For breaststroke, swim from the hip. That bone notorious for failing in old people needs to get as far out of the water as possible. Also, be aware of your head being a part of the stroke—when your head is pointing up, your hips sink. The position of your head has an incredible amount of control over the rest of your body. For backstroke, rotate your shoulders. Keep them out of the water as

much as possible. And rotate your body side-to-side as you lie on your back. It might seem like you are swimming on your side, but this is exactly what you want. This rotation begins at the hips and is transferred up the torso to the shoulder and arm. You essentially corkscrew through the water. Just before you begin the arm pull, you should change direction and rotate the other way. Use this rotational force (torque) to help pull you through the water. The butterfly—the stroke that even if attempted allows you to look pretty cool—tends to get cursed by a dropped elbow. It tends to fall below the wrists (and well below the water surface) when it should be kept high. By concentrating on keeping the elbows near the surface, above the wrists, you will keep your arms energized.

**SWIMMING IS THE BEST EXERCISE YOU CAN DO WITH YOUR CLOTHES OFF AND, DESPITE THE CONSISTENCY OF THE SPORT, IT'S STILL BEING REFINED.**

### HOW TO BE MORE BUOYANT

1. The act of drawing your arm forward to be suspended alongside the shoulder improves your balance by moving your center of gravity forward. This raises your dense hips and legs out of the water.
2. The less time your arm is out of the water, the more it contributes to displacing water and improving your buoyancy.
3. Alternatively, the more of your head that you "hide" below the surface, the more your head's volume does likewise.

Body fat floats while bones and muscles—denser than fat—are not as willing. The relative size of your lungs to the rest of your body determines how high in the water your body will float.

