

**2018 PLAYBOOK // BUILD MUSCLE // TORCH FAT // TAILGATE LIKE A CHAMP**

STRONGER, FASTER, BETTER

# Men's Health

## NFL STRONG



**ABS!**  
**(NO, REALLY)**  
YOUR  
4-WEEK  
HARDCORE  
PLAN

Starring  
**RUSSELL  
WILSON**



**J.J. WATT //**  
**ANTONIO  
BROWN //**  
**DEVONTA  
FREEMAN**

THE NEW  
**POWER  
PROTEIN**  
IT'S NOT WHAT  
YOU THINK.

**SLEEP**  
**BETTER**  
**LIVE**  
**BETTER**

24 Ways to Optimize  
Your ZZZZZs

## FLU SHOT?

Read  
this first.

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MensHealth.com



• **Do what it takes.** Wilson wakes up early every morning and stays up as late as he needs to. "I want to be able to get as much as I can out of each day—every day."

# GET RED-ZONED IN

DEFENSES, PLAYS, AUDIBLES—QBS RECALL THESE THINGS EVERY SUNDAY AFTERNOON. MENTAL MASTERY IS KEY. LET SEATTLE SEAHAWKS STAR **RUSSELL WILSON** TEACH YOU HIS SECRETS.

AS TOLD TO JOSHUA ST. CLAIR

**1 LEARN INTENSELY**  
"I love drawing things out; I love watching film. But there's nothing like the intensity and the feeling of actually playing the game—and practicing that way as well. It's high-intensity concentration, simulated crowd noise, and I have to remember certain things or recite certain things or visualize certain things."

**2 PLAY TO YOUR STRENGTHS**  
"Sometimes the play dictates itself. I don't think you want to overthink it. You just go with your best plays and stuff that you do really well. Simple wins: You just have to be able to do the simple things right."

**3 CALL AN AUDIBLE**  
"You recognize the matchup—that's where all the film study comes in. We have adjustments within the play. And then you talk to the line, you talk to the receivers, you talk to everybody, telling them whatever the term is. When you get to it, everybody knows what they're doing."

**4 LEARN FROM OTHERS**  
"I think about how in our schools today, if someone goes to the guidance counselor, people think that person is weird. I want to change that thought. How can we learn from other people? How can we learn from the experience of failure? I've been working with a mental-conditioning coach, Trevor Moawad, for years."

**5 SHARPEN YOUR MIND**  
"Before a game, I do this with Trevor: me reciting '1,' '2,' '3.' It sounds crazy, but it gets my mind sharp and clear. For example, [Moawad] will say '1,' I'll say '2.' He'll say '3,' I go back to '1.' He says '2,' I say '3.' With loud music. Then we'll change it up with a clap, then we'll change it up with a noise, so '1' maybe '1' but '2' maybe a clap and '3' maybe a certain noise. And we cycle through that for several minutes straight. It's a small tactic, but when you're playing the game, you're able to stay focused in the moment."

**6 SET GOALS**  
"Don't become bored with consistency. All I ever want to do is be super-consistent. I want to be the most consistent player on the field. And that's how you prepare, that's how you watch film, that's how you study, that's how you live your life in what you do."

**7 BOUNCE BACK FROM AN INTERCEPTION**  
"Adversity is temporary. You need to snap into the moment and not panic, not worry about outside forces. Your self-talk has to be great: *I've been here before. I'm here.* You have to believe and have great confidence."

## DIET: THREE PLATES, THREE GOALS

As the Cincinnati Bengals' dietitian, Erin Kratzer has the tough task of getting 53 men to eat wisely enough to perform at the highest level. "Smart portioning of the right foods improves not only athletic performance but overall health," she says. "We don't need a trendy diet or something crazy on the Internet." Same goes for you.

### TO LOSE BODY FAT

**THE PLAYER:** Cordy Glenn, OT (6'6", 350 pounds)

#### THE PLATE:

**1/2 fruits and vegetables** (such as steamed broccoli with shaved almonds, sautéed zucchini and squash, green beans, asparagus)



**1/4 good-quality carbohydrates** (brown rice, wheat pasta, sweet potatoes)  
**1/4 lean protein** (grilled chicken, cod, haddock, trout, salmon, mahi mahi)

**THE RATIONALE:** Fiber plus lean protein helps fill you up and slows digestion, which helps prevent you from eating less-healthy foods when it's not mealtime, says Kratzer.

### TO MAINTAIN WEIGHT

**THE PLAYER:** Shawn Williams, safety (6'0", 209 pounds)

#### THE PLATE:

**1/2 fruits and vegetables**



**1/4 good-quality carbohydrates**

**1/4 lean protein, plus healthy fats**

**THE RATIONALE:** "The more active a player is on the field, the more carbohydrates they need to fuel that activity," Kratzer says. Exercising hard quickly depletes carb stores.

### TO GAIN MUSCLE

**THE PLAYER:** Dre Kirkpatrick, CB (6'2", 190 pounds)

#### THE PLATE:

**1/2 lean protein**



**1/4 good-quality carbohydrates** (sweet-potato coins, baked potato, quinoa, farro)

**1/4 fruits and vegetables, plus a protein shake** (frozen fruit, whey protein powder, ground flaxseed, avocado, spinach)

**THE RATIONALE:** "Dre eats before and after workouts, with a focus on carbs to build and replenish fuel," she says. The goal is to stay full and avoid unhealthful foods.