

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.**

OCTOBER 2018
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.

My Favorite Injuries

BY BEAR GRYLLS

1. COLD SHOULDER

In Antarctica in 2008, I was being pulled by kites on skis across the ice, and a massive gust picked me up and threw me through the air. I landed on and broke my shoulder. Because of where we were, I had a long few days with a dwindling supply of paracetamol in a tent. The shoulder's still a bit niggly, but it's okay—people live with worse.

2. PACK BACK

For fun, I went on a routine jump in Zimbabwe while I was on leave. We were about 14,000 feet in the air. The canopy of my chute didn't open properly, and I started coming down. Fast. Before I knew it: boom. My back landed right on the reserve chute, which is tightly packed like a bar across the middle of my back. Then everything went a little black. Later, I remember arriving at a hospital where a doctor stuck this giant needle straight into my back and I tried to stand up. Eventually, I learned I'd broken three vertebrae. I got worse before I got better—things looked grim. So I focused my recovery on a goal: Everest. Eighteen months later, I summited.

3. PIZZA CHEST

People always ask if the unglamorous scar on my chest was from wrestling a crocodile or something crazy. Nope. I got it five years ago when I was taking a hot pizza out of the oven in a hurry while wearing swimming trunks and branded myself right across the nipple.

4. EVEREST LUNGS

Right after I got back from Everest, I went sailing with some buddies. We were doing a lot of free diving, where you hold your breath and dive down deep into the water. We had really pushed it. I got back to the UK and started coughing up blood. Nobody knew what it was. Then the

doctor goes, "Have you been to extremes of high and low altitudes recently?" I tell him, "I have been to the summit of Everest and then did a 100-foot underwater free dive." "Well, that might explain it." I spent a bad Christmas Day in the hospital for that.

5. KARATE NOSE

I broke my nose just once. It was in a karate fight for my black-belt examination when I was about 16. I won the fight, though my nose has been wonky and veering to the left ever since.

6. CAMERA THIGH

We were filming *Man vs. Wild* in the Canadian Rockies when a camera and a whole metal rig went free-falling down a mountain where I'd just come to a stop at the bottom. It all missed my head by inches and smashed into my left leg, which blew up like the size of two footballs on each side of it and had a massive hematoma that earned a helicopter extraction. If that camera had hit my head, it would have killed me outright. Out of all my accidents, that one was a really close call.

7. SCORPION SHIN

I got a really good scorpion bite on my shin in the Sahara desert when I was with the French foreign legion in 2004. It's since developed a bit of grisly scar tissue, like somebody's put a broad bean under the skin of my shin. My kids love feeling that one.

As told to Joshua St. Clair

► Bear Grylls, a former member of British special forces, is the star of *Running Wild* on NBC and the author of the outdoor survival manual *How to Stay Alive* (William Morrow Paperbacks).

