

Man UP

Sometimes CHANNELLING YOUR INNER BLOKE can make you a healthier and happier LADY. No moustache required BY JO USMAR



Become a MAN-EATER



Men often have a much healthier attitude to food than us.

“Blokes tend to have a less emotional attachment to food,” explains nutritionist Kim Pearson. “They see it as fuel rather than a treat, so if they have a weight-loss goal in mind and know how to achieve it, they’re good at sticking to it. They are also better at applying logic



to weight loss rather than being sucked in by empty promises.” **MAN UP** Steer clear of faddy-don’t-really-work diets, stop feeding your feelings and start thinking like him. Identify the difference between real hunger

We sometimes suffer with sugary food cravings because we’re not getting enough protein. If you’re finding it hard to eat enough in your diet (sources include lean meat, eggs and nuts), sip a manly protein shake after a workout. Try Spiru-Tein, £18.99 for 16 servings.

and comfort hunger. After dinner you don’t need a tub of Ben & Jerry’s, you want it to make you feel better. When emosh cravings kick in, put on your fave track and dance around till the urge passes.

Try practising “mindful eating” – thinking about where you’re eating, how much, what the food tastes like and how many calories it contains. Use the Mindful Eating app (£3.99, iTunes), which helps you keep a food diary and rate your meal: whether you overate and how much you enjoyed it. This will make you more aware of what you’re eating – and why – and help you stop reaching for sugary, quick-fix snacks.



Up to 35 per cent of WOMEN regain all the WEIGHT and more that they lost on a DIET*

The fairer sex cheered when Shania Twain sang: “Man! I feel like a woman”. But sometimes that’s a tired, unfit, slightly poorly woman with a bad case of a work/life imbalance.

We’ve all experienced the to-do list that’s so long it needs its own notebook, the neglected friendships and relationships that fall by the wayside and the feelings of guilt when you succumb to that second slice of cake instead of going to the gym. But it never seems like our blokes are having the same problems.

Are they on to something when it comes to exercise, diet, relationships and knowing when enough is enough?

“Women are generally known for being caring, emphatic and understanding,” says psychologist Dr Jessamy Hibberd. “But sometimes a man’s straightforward, logical problem-solving approach can get you what you’re after more quickly and easily.”

Ladies, it’s time to do it like a dude – for the sake of your health...

Make like MR MOTIVATOR



On the rare occasion we find the time/inclination to pop to the gym we just about manage to jog our way through *EastEnders*.

That 30 minutes of cardio counts, right? Well yes it does, but more “manly” exercises are better for us. “Women are scared that boy workouts will build big muscles, but that’s not true – they can actually help burn more calories than cardio,” says personal trainer and sports therapist Michael Viccars.



MAN UP Make like Arnold Schwarzenegger and pump iron. “Weightlifting is probably the most effective way to burn fat,” says Michael. “You can increase your metabolism for up to 48 hours post-weightlifting, so you’re burning calories even as

you rest, leading to a slim and toned physique.” Here’s your best blokey weightlifting exercise...

*Hold a light dumb-bell or bottle of water in each hand and stand with your feet shoulder-width apart, toes pointing forward and bend your knees until they’re at a 90° angle, like you’re sitting on a chair that’s not there.

*Hold your abdominal muscles tight while keeping your back straight, then push the weights above your head and push down on your heels.

*Breathe in when dropping your arms, and breathe out while lifting. Do 15 to 20 reps with no rest in between.

*When you can do this two to three times (with breaks between sets) try heavier weights. Ask a personal trainer at your local gym for advice on which weights to try next.



Learn some MAN-NERS



Men and women are very different social beasts on nights out. Men will drink beer and talk about *Man v. Food* for seven hours. Ladies, meanwhile, are more likely to have a wine-

fuelled deep-and-meaningful evening discussing relationships and the like. “Men talk about what they’re doing, women talk about what they’re feeling,” says Dr Jessamy. Discussing emotions is no bad thing, but if you do it all the time, it can lead to unhealthy worrying. Your friends’ anxiety can fuel your own worries, too, which is no good on a night when you’re meant to be having fun.

MAN UP Plan a non-chat night out. No, you don’t have to go round acting like a group of mime artists – you can talk, but not about men, work or anything else that’s bothering you. It’s all

about blokey fun – make spritzers and sup them out of pint glasses (but don’t fill to the brim!), chat about *The X Factor* and invite the lads round if it helps.

Play drinking games as they’re a fab distraction – they keep you “in the moment” on your night out and stop your mind wandering to worries. Just make sure you have water and soft drinks handy to alternate your boozing.

Download Ring Of Fire (69p, iTunes), a digital version of the card game. The app comes with default rules for each card you select – for example, “six is chicks”, so all ladies must drink a swig of their beverage – but you can set up your own, too. We like “nine’s a rhyme”: the card picker says a word, then every player comes up with a rhyming word. The first one who can’t rhyme drinks.

You’ll be so busy following the rules and thinking of silly words, there’s no time for a “big chat”.

Women are less likely to ask for a pay rise than men, and two-thirds of us have never asked for more money**. So list your recent achievements and book a meeting with your boss.

Start wearing the DATING TROUSERS



It’s hard enough finding a man you like, let alone trying to get a date. It can be an anxiety-ridden minefield, leading us to offload to our BFFs 24/7. While blokes may get shy, they tend to take control, which means they enjoy a whole lotta lady company.



MAN UP Play the odds. Often, men date a lot of women and hope to find one they like, while women are more picky. So over the next three months, ask out five blokes.

“It’s old-fashioned to always expect a man to make the first move. If you see a guy you like the look of, offer to buy *him* a drink. He’ll be impressed,” says dating guru James Preece. Too scared to go it alone? Use a wingman (a confident, loved-up mate) to help you bring the banter. **f**