

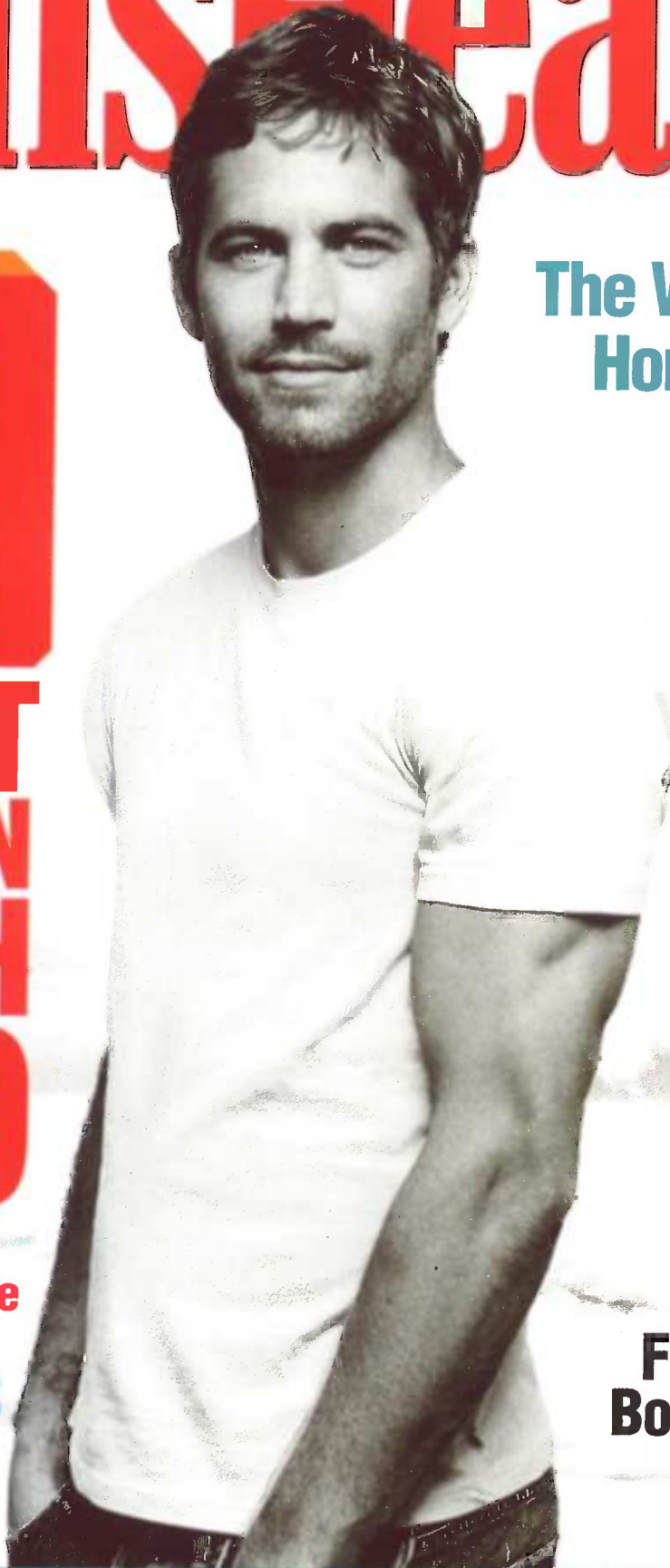
WORK LESS, EARN MORE, FROM TODAY!

THIS MAGAZINE FOR ITSELF! See

Men's Health

MAY 2009 £3.95

SMALL STEPS, BIG RES



The World's Best Home Workouts

Rock Hard Abs

Paul Walker
Fast & Furious
Training Plan

BURN 99 CALORIES AN HOUR

Flu-Proof Your Body With Rio

100 SEXIEST THINGS IN HEALTH 2009

Tools, Rules & Moves To Add Lust To Your Life

RATED! THE UK'S 30 HEALTHIEST RESTAURANTS



MY SEVEN SECRETS OF SUCCESS' BY BARACK OBAMA

Water relief

Look fly and dry with *MH's* pick of affordable luxury rain-beaters
Photography Alexis Chabala



Keep things drier than a Taliban stag do

WORDS: ERIC DOWN. WELLINGTON BOOTS FROM HUNTER-BOOT.COM. CHRONOGRAPH FROM BOSS-WATCHES (0428 664 700). MESSENGER BAG FROM TUMI AT SELFRIDGES.CO.UK (0800 123 400). UMBRELLA FROM PAUL SMITH

ADJUSTABLE WELLINGTONS £70 HUNTER

Remember the schoolboy glee of jumping in puddles? Well now you can revisit a celebration of rebellion without sodden socks and a rollocking from your mother. These Hunter Wellingtons feature an adjustable gusset for a better fit, which will keep them in place in deepest Glastonbury. The interior has a removable insole and shock-absorbing technology in the heel means extra comfort. Stomp away.

CHRONOGRAPH £250 BOSS WATCHES

Watchmakers delight in outdoing each other with sophisticated extras but do you really need a watch you can spacewalk with? This slim-line chronograph will tell the time without the need for a PhD. It looks elegant with a suit but the sporty details mean it sits just as well with jeans. Waterproof to 30m, the stainless steel construction will handle the heaviest of deluges.

T-TECH HYDRG ROLL TOP MESSENGER BAG £175 TUMI

It's unlikely you'll need T-Tech's ability to withstand temperatures of -20°C without cracking but it's comforting to know it's there. More practical are the inverted zippers and welded seams, which make all joints and apertures water tight so no sneaky leaks. Add the rubberised, water-resistant fabric and this is the perfect bag for keeping your water-sensitive gizmos high and dry.

CHESTNUT SHAFT UMBRELLA £89 PAUL SMITH

Travel umbrellas score big on portability but low on chivalrous gestures. Insure your date's hair-do with this man-size umbrella from Paul Smith. The canopy is made of lightweight polyester, which is quick-drying. The navy colour with signature stripe trim and chestnut wood shaft are timelessly stylish and supremely masculine, making this both a practical and cool buy.