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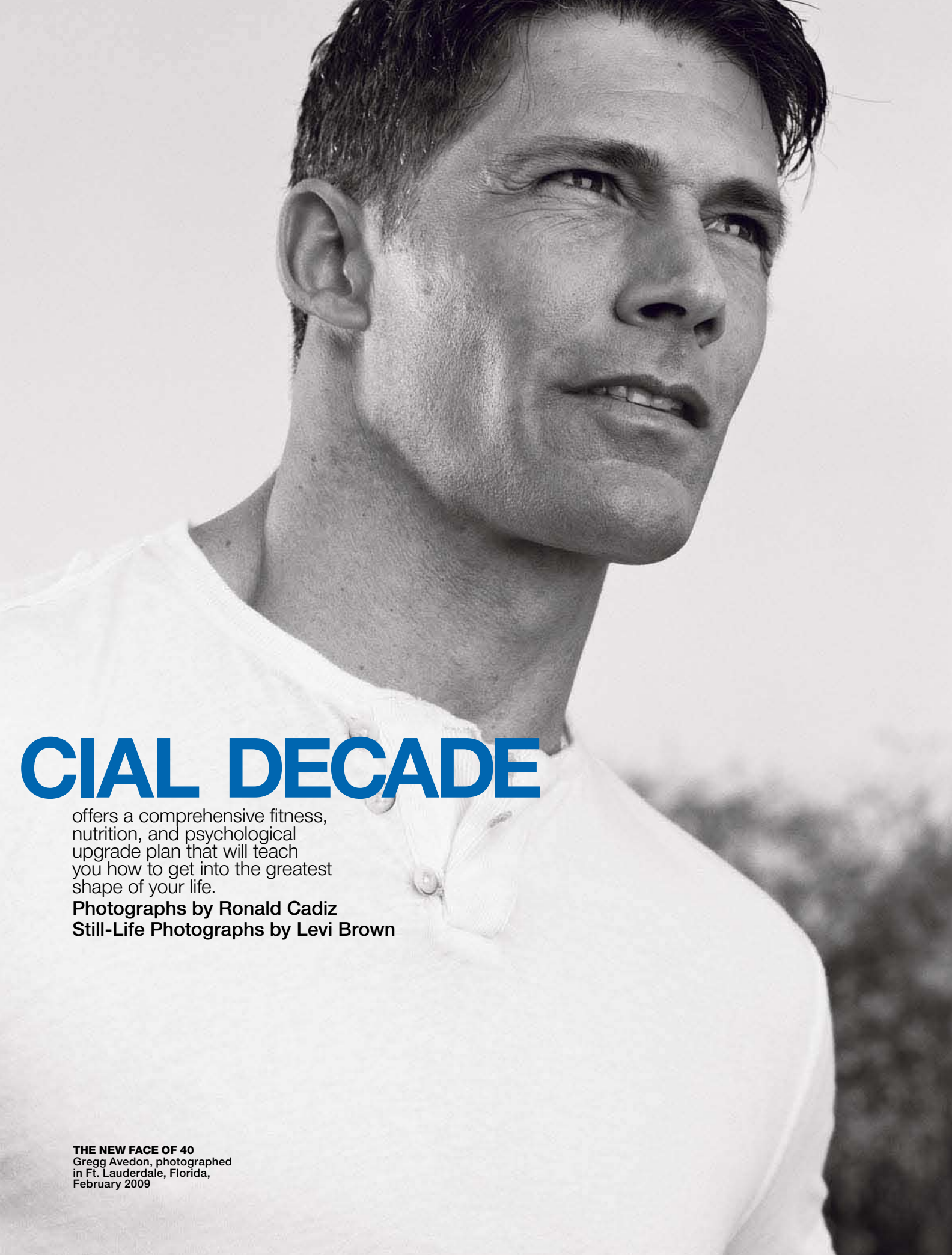
It's in his forties that a man either begins to grow old or engages in the battle to stay young. For those who are ready to fight the physical and emotional erosion of age, *Best Life*

PART ONE

The *Best Life* Diagnostic

A 10-point self-assessment for the healthy and successful 40-plus man BY JOHN BRANT

It's not about the photo shoots in Maui, Gregg Avedon makes clear. Nor is it about the book deals, the Web sites, or the career as a personal trainer that's growing along with his standing as one of the world's top models. Instead, he says, it's about being mindful. "It's about cultivating a different type of thinking," says Avedon. "So you're driving home from work, thinking about walking into the house, and you welcome the idea that your



CIAL DECADE

offers a comprehensive fitness, nutrition, and psychological upgrade plan that will teach you how to get into the greatest shape of your life.

Photographs by Ronald Cadiz
Still-Life Photographs by Levi Brown

THE NEW FACE OF 40
Gregg Avedon, photographed
in Ft. Lauderdale, Florida,
February 2009

kids are jumping on you, and your wife wants to give you a kiss. That's where life is, that's where you find the balance."

At 44, an age when most trainers are cutting back their schedules, Avedon is employing this balance—this precious, elusive "it"—to redefine his profession and the relationship between his outward appearance and inner health. Avedon demonstrates that appearance is about more than vanity; it also mirrors a man's degree of physical and psychological well-being. "Maintaining an emotional, physical, and spiritual balance is what defines me," says Avedon. "Whatever success I've achieved lies in striking a balance between the demands of family and career, of effort and recovery, and of self-discipline and flexibility."

With increasing certainty, experts in health and wellness have determined that a man's forties are the most crucial years of his adult life. Here is the juncture at which he forges a realistic contract with his mortality, gains a transformational awareness of his powers and limitations, and truly comes of age. At 40, scientists have found, men still have plenty of potential to improve their vitality, get leaner and fitter, and swap old habits for new tricks.

How to accomplish this? Answering that question is the mission we've set for ourselves in this special issue of *Best Life*. Here, we've asked four physicians to help us craft a proven, workable strategy to make a man's forties the best decade of his life, coming at it from every possible angle. All four agree there are no shortcuts, magic potions, or secret formulas, but that's the extent of their bad news. The good news is that an improvement in one area of a man's life inevitably leads to upgrades in another. If you sharpen your workout, your sex life will take a tick upward. If you take care of your emotional issues, your career will reap the dividends. Ask yourself these 10 questions:

1. Do You Make Healthy Decisions?

At least 70 percent of all diseases stem directly from lifestyle decisions, not from genes or other factors, says Stephen Lamm, MD, an internist at the New York University School of Medicine and the author of *The Hardness Factor*. Your health, in other words, is overwhelmingly in your hands.

40+ Diagnostic: "The simple question you should constantly ask yourself is, *Will this make*

me stronger?" says Dr. Lamm. "Should I order red wine or beer? Should I eat grilled chicken or a burger and fries? Should I skip this workout? The answers are usually obvious."

2. How Is Your Heart?

You need not fret over which new diet or exercise program to follow, or anxiously try to match the latest fashionable herb extract to the specific malady it's purported to remedy, says Mark Moyad, MD, who holds a patient-funded chair of preventive and alternative medicine at the University of Michigan Medical Center. "The bottom line," he says, "is that a heart-healthy lifestyle—featuring regular exercise and a diet that's rich in produce and whole grains and low in saturated fat—also proves to be the best lifestyle for managing problems relating to the brain, colon, vision, joints, prostate, and skin, as well as sexual dysfunction."

40+ Diagnostic: Along with the traditional blood lipid profile and PSA test, Dr. Lamm suggests having two new tests. The endothelial function test uses blood-pressure cuffs and a computer to measure the workings of a thin membrane that lines the inside of the heart and blood vessels. Endothelial dysfunction is an early warning for atherosclerosis. A heart-rate variability test, administered with EKG equipment, measures the balance between the sympathetic and parasympathetic nervous systems. An overly active sympathetic nervous system indicates you are responding poorly to stress and may be susceptible to heart disease.

3. Do You Pop Too Many Pills?

Dr. Moyad argues against any medication unless it specifically treats a disease or medical problem. If you have trouble falling asleep one night, don't reflexively reach into the medicine cabinet for a sedative. Rather, think about the reasons you're awake and worrying instead of asleep and dreaming.

40+ Diagnostic: "I ask my patients two questions," says Dr. Moyad. "One: If you're taking six pills a day when you're 43, how many do you think you'll be taking at 53? And two: Is that what you want your future to look like?"

4. Do You Sleep Deeply Enough?

Mehmet Oz, MD, a professor of surgery at Columbia University and author of the new

Body Builder

Ten lean-and-strong tips from Gregg Avedon, one of America's top trainers

There comes a time in every man's life when he looks in the mirror and an older reflection stares back. "For me, it happened when I turned 40," says Gregg Avedon, 44, a certified personal trainer and the author of *Muscle Chow*. "I didn't *feel* old, but I realized I had a few things working against me: My metabolism was slowing, my testosterone was waning, and it was becoming harder to gain muscle and lose fat." In short, Father Time was tightening his grip. So Avedon fought back. "I started dialing in certain aspects of my life to rebalance the things that mattered most."

TAKE A T-TEST. "The first thing I did when I turned 40 was get a blood test to gauge my testosterone levels," says Avedon. "That gave me a baseline I could use to monitor the effectiveness of the changes I was making." To increase his testosterone, Avedon began augmenting his diet with two supplements: Tribulus terrestris and 6-OXO. "Tribulus terrestris boosts testosterone production, while 6-OXO decreases estrogen," he says. "After six weeks, my testosterone levels doubled and I felt more energetic."

HANG TIGHT. Much of Avedon's modeling success can be boiled down to one core attribute: six-pack abs. "Do I have a secret for building a ripped midsection?" asks Avedon. "Yes, I do: hanging leg raises." Crunches and sit-ups focus on the upper abs, whereas hanging leg raises work the entire abdominal area, accelerating muscle gain. "I combine them with lying leg raises, because those target that hard-to-get lower-abs area," he says. "They're the first two exercises I do when I hit the gym: three sets of 30 reps each."

CALM YOUR MIND. "The average person has 80,000 thoughts a day, and about 60 percent of them are negative," says Avedon. "That's a recipe for stress, which increases cortisol, which, in turn, promotes the storage of fat." To combat



flat-belly upgrade | THE THREE-MINUTE REV-YOUR-METABOLISM EXERCISE

Mark Verstegen, 39, is the founder and chairman of Athletes' Performance Institutes in California, Arizona, and Florida and the author of *The Core Performance System*.

"To maintain my abs, I do pillar-bridge diagonal-arm leg lifts every day. Starting in the plank position, reach your right arm forward as far as you can and lift your left leg. Your back should feel long from hand through heel. Hold for 30 seconds on each side. That's one rep, and I do two or three. For beginners, I recommend holding each side for three to 10 seconds and doing three to six reps on each side. This exercise fires all the muscles in your pillar, as well as the major muscles in your arms and legs."



relationship upgrade | WASH HER HAIR SENSUALLY

John Allan, 52, is the founder of John Allan's grooming and lifestyle clubs.

"The scene in *Out of Africa*—using a water pitcher and leisurely pouring the water from behind—is the right vibe. But if you can both fit into a bathtub, even better. This approach has worked for my wife and me. I cover her eyes with a warm washcloth, to relax her first. Then I gently massage her head. I start with my fingertips on her temples and my thumbs on her crown and trace small circles, then I increase the pressure of my thumbs and move my hands toward the back of her head. But the truth—and this holds true for any aspect of a successful relationship—is that it's all about communication. Listen and let her sighs guide your hands, and you'll get great results."

book *You: Being Beautiful*, places sleep at the top of the to-do list. Why? Between the ages of 20 and 60, levels of human growth hormone drop 80 percent. However, HGH replenishes during sleep, especially REM sleep. “HGH is a key hormone in maintaining overall vitality,” he says. Lack of sleep also challenges the immune system. “No sacrifice you make for your family is going to be more valuable than thinking of sleep as a craft and getting the proper amount.”

40+ Diagnostic: Keep a sleep diary for a week and see how much you’re really getting. If it’s fewer than seven hours a night, rededicate yourself to your craft and make getting enough sleep one of your top priorities.

5. Do You Eat Too Much?

When it comes to food, less is more, says Mark Liponis, MD, medical director of the Canyon Ranch Health Resorts and author of *Ultraprevention*. “Overeating is the driver behind most age-related disease processes,” he says. And don’t expect to solve the problem with a vitamin pill: “No vitamin is an antidote to a crappy diet.”

40+ Diagnostic: Do this test from Dr. Oz: Calculate the ratio between your waistline and height. This is an accurate barometer of wellness. If your waist measurement, in inches, is half your height (or less), you’re probably in good shape. If not, eat less.

6. Are You Inflamed?

Doctors now know that inflamed, bloody gums can signify body-wide wellness issues. Dr. Lamm and Dr. Liponis recommend adding an annual blood test for C-reactive protein levels. The test measures the degree of inflammation throughout your body.

40+ Diagnostic: The CRP test can be run concurrently with standard blood tests and costs around \$30. “A normal measurement of less than 2 milligrams per liter indicates the absence of disease, but a better goal is to test under 0.7 mg/L,” says Dr. Liponis.

7. Is Your Workout Still Working?

Dr. Oz rates exercise programs for 40-year-olds based on whether they reduce waist circumference (a key indicator of body fat) and build core strength (which prevents functional



anxiety, Avedon meditates. “Sitting and focusing on my breathing for 10 minutes a day calms my mind and energizes my body.”

CUT BAD HABITS IN HALF. “People know what foods they should avoid, but they lack an effective strategy to act on that knowledge,” says Avedon. “So let me give you one tip: Take your worst dietary habit and cut it in half.” If you eat four slices of pizza twice a week, for example, start eating four slices once a week, or two slices twice a week. “Just making that one change will cause you to lose weight, gain energy, and form a mind-set toward achieving your best body,” says Avedon.

SUBSTITUTE YOUR CRAVINGS. Healthy eating isn’t about denying yourself, it’s about making smart choices. “Rather than having a chocolate cake for dessert, for example, mix

a scoop of chocolate whey protein into a cup of low-fat yogurt,” suggests Avedon. “You’ll satisfy your sweet craving with a quarter of the calories and 10 times the protein.”

TRY A NATURAL SLEEP AID. “Beauty sleep is not a misnomer,” says Avedon. “I try to go to bed and wake up at the same times every day, even on weekends. I also prepare my body for sleep by eating a cup of cottage cheese. The calcium boosts melatonin production, and the casein protein preserves lean muscle tissue until I ‘break fast’ when I wake up.”

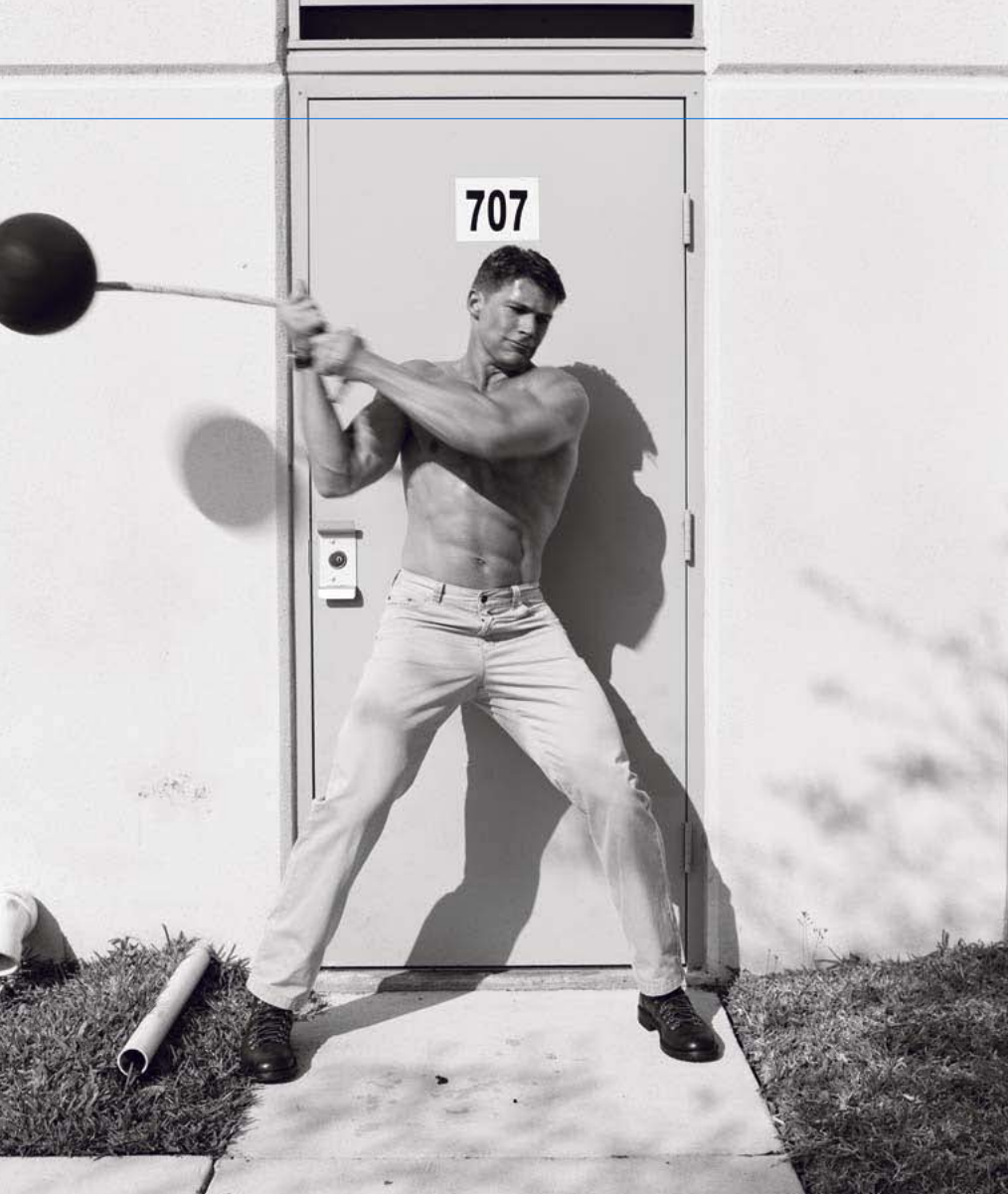
STAY HYDRATED. Avedon puts six rubber bands on his left wrist every morning and takes one off every time he drinks a 16-ounce bottle of water. “Make sure the water is chilled,” he says. Cold water elevates metabolism for more than an hour.



management upgrade | CUSTOMIZE YOUR MOTIVATION

Chester Elton, 50, is the author of the best-selling book *The Carrot Principle*.

“High-performing employees need some kind of specific encouragement once every seven days, according to the latest research. General praise has no effect. ‘Hey, great job’ or ‘You rock!’ doesn’t mean anything. Be frequent, specific, and timely: ‘Thanks for staying late and making sure Big Project X was done on schedule.’ Don’t wait until the end of the week or the end of the quarter—do it right now. Recognition is a great communicator, and if you say something right away, it communicates value. Also, get into the habit of mailing handwritten thank-you notes to your employees at their homes. Mailing it lets their families share in the experience.”



COUNT CARBS. “To rev my metabolism, I reduced my carb intake,” says Avedon. First, he ate more lean meat and fibrous carbs (fruits and vegetables) for several days. Next, he fasted for three days, drinking only freshly pressed juice. Finally, he went back to solid food, but eliminated simple carbs for 14 days—no pasta, no potatoes, no rice, no starches of any kind. Period. “My diet is now about 50 percent carbs, 30 percent protein, and 20 percent healthy fats.”

MOISTURIZE YOUR HAIR. As a model, Avedon has tried thousands of hair-styling products, but his favorite is surprising: water-soluble Jergens hand lotion, scented with a drop of essential oil.

EXERCISE SMARTER. “My emphasis has shifted from power lifting to body shaping,” says Avedon. “I’m going for tone, not bulk, so I focus

more on my core, but still challenge myself with weights. Ultimately, it’s not rocket science. You have to be consistent and work out at least three times a week.”

BONUS TIP: THE BEST RECOVERY MEAL.

After a hard strength session, Avedon eats an egg-salad sandwich and a 1.5-ounce box of raisins. “Eggs are one of the highest-quality, most bioavailable proteins around,” he says. “I mash two hard-cooked eggs and four hard-cooked egg whites with a tablespoon of Bookbinder’s chipotle mustard and a teaspoon of fish oil. I add a dash of paprika and black pepper, and then spread the mixture on two slices of toasted Ezekiel 4:9 Organic Sprouted 100 Percent Whole-Grain Flourless Bread. The raisins help boost glycogen-replenishing carbs.”

TREVOR THIEME

injuries and requires the muscle mass that is critical to disease prevention).

40+ Diagnostic: The pull-up was the killer test in grade school and it still is now that you’re 40. Two sets of seven is a reasonable target for a 40-year-old man, says Dr. Oz.

8. How Deep Is Your Wellness Supply?

Your degree of tumescence, Dr. Lamm points out, stands in inverse proportion to your risk for colon and prostate cancers, glaucoma, diabetes, and cardiovascular disease. Dr. Oz agrees: The penis serves as a dipstick that measures your wellness supply.

40+ Diagnostic: “Hard is good,” says Dr. Lamm. “Harder is better.” You’ll have to gauge this one yourself!

9. Do You Have Enough True Friends?

“Throughout most of your life, you generate self-esteem through success in your work and by providing for your family as your father provided for you,” says Dr. Oz. “Now, in these difficult times, that rhythm has been interrupted for millions of men.” This can be stressful if you don’t have multiple sources of self-esteem. Dr. Oz cites a study showing that going through bankruptcy can take eight years off a man’s life, but if a man is closely connected to his family or other sources of emotional support, the average loss is only one year.

40+ Diagnostic: “In school and college, you probably had dozens of friends. But as you’ve been preoccupied building your career and family, those friendships have probably melted away,” says Dr. Oz. “If you want to be well, you need a friend just as much as you need sleep, exercise, and good food. You need to have a deep discussion with that friend—no superficial stuff. You need to hear and ask the big question: How is your life going?”

10. Do You Like What You See in the Mirror?

Dr. Oz suggests another low-tech tool for gauging your wellness: the mirror. “Never underestimate the importance of looking pretty,” he says. “We look for beauty because thousands of years of evolution have taught us that an attractive mate offers the best biological shot for prolonging the species.”

40+ Diagnostic: Be honest.



nutrition upgrade | IMPROVE YOUR SUPPLEMENT REGIMEN

Laird Hamilton, 45, is a big-wave surfer and the author of *Force of Nature*.

“To optimize my nutrition, I eat a healthy diet that’s rich in fresh local produce, and I take four supplements every day.”

Catie’s Organic Greens: “One tablespoon equals seven servings of green vegetables in a form your body can easily assimilate.”

Catie’s Organic Vitamin C Plus: “A megadose of antioxidants, sans the chemicals and sugar usually added to vitamin C powders.”

Udo’s 3, 6, 9 Oil Blend: “It is made from pure sources and features the right ratios of omega-3 to omega-6.”

Neuro 1: “This brain booster works on your focus, short-term memory, and motivation.”

The 3-Day, 30-Minute, Age-Defying Full-Body Upgrade

The familiar story of the 40-something athletic comeback begins with good intentions, but usually ends with a demoralized dad horizontal on the couch. “Too often, guys jump back into a regimen and hurt themselves,” says Kevin Elsey, a performance specialist at Athletes’ Performance in Phoenix. The problem is threefold: Your metabolism has slowed, your muscles are wasting away, and your tendons are more brittle. “In the past five years, we’ve seen huge advances in our understanding of human performance,” explains Elsey. To get back in the game—the right way—embrace the new science of exercise.

Old science: Slow, static stretching prepares the body for peak performance.

New science: Dynamic “movement prep” exercises do it better.

Static stretches don’t improve performance or prevent injury prior to activity, according to a range of research. Instead, trainers recommend “movement prep,” low-intensity moves that prepare your body for exercise. It increases core temperature, lengthens and loosens tight muscles and ligaments, and strengthens and stabilizes the body’s pillar—the critical combination of your hips, torso, and shoulders that is engaged in every movement you make.

Old science: Work muscles in isolation.

New science: Train the body as an interconnected whole.

“It’s important to design your workout so that it engages and brings balance to your entire body,” says Elsey. “The days of walking into the weight room and training purely for huge biceps and calves are over. Those muscles might look good on the beach, but if you maintain this narrow focus at the gym, you become a sitting duck for those aches and pains to turn into injuries.” If your body is a temple, your core is its foundation. Doing functional “real-world strength” exercises will keep your body operating at peak efficiency.

Old science: Cardio is king.

New science: Strength training rules.

To thwart sarcopenia, the involuntary loss of muscle and bone that stalks every man as he ages, it’s essential to incorporate weight-bearing exercises that build muscular and skeletal strength, according to a systematic review in the journal *Age and Ageing*.

Researchers found that resistance training is the best way to slow sarcopenia, more powerful than even growth hormone replacement or testosterone supplementation. Does this mean you should abandon cardio? Not at all. If you’re a committed runner or cyclist, keep it up, but work in weekly strength sessions as well.

Old science: Long, slow distance is best for weight loss.

New science: Increased density and intensity are the keys to burning fat.

“People are blown away by how many exercises we do in 30 minutes,” says Elsey, whose system uses efficient circuits that strengthen movement patterns by combining strength training with flexibility and stability moves. A well-designed workout program can add hours to your week in saved gym time. Case in point: interval training. By alternating bursts of high-intensity effort with active rest, intervals can actually help you lose weight faster than training at a steady state for the same amount of time. BEN HEWITT

Fit at 40

Transform your body in just 30 minutes a day

As you begin the following exercise program, designed by Kevin Elsey, a performance specialist at Athletes’ Performance, pay close attention to the quality of your movements, focusing most on form. Do two sets of each circuit, moving from one exercise to the next without rest. This keeps your heart rate elevated, boosting your caloric burn and bestowing cardiovascular benefits in addition to strength gains. After a few sessions, you’ll become comfortable with the exercises and you can bump up the resistance to the point where it becomes challenging to do the final reps of each set.

Key: black = strength; green = stability; red = mobility

Movement prep:
(1 set, 5 reps each)

- Forward lunges, bringing elbow to instep, plus rotation
- Lateral squats
- Inverted hamstrings

Day 1: (sets/reps)

Circuit 1:

- Alternating-dumbbell bench presses (2/10)
- Y’s on a stability ball (2/6)
- Two arm, one leg Romanian dead lifts (2/10)

- Supine hamstring stretches (2/6)

Circuit 2:

- Half-kneeling cable stability chops (2/10)
- Thoracic spine rotations (2/6)

Circuit 3:

- Push-ups (2/10)
- Leg curls on a stability ball (2/10)

Day 2: (sets/reps)

Circuit 1:

- Pull-downs (2/10)
- Sliding overhead presses (2/6)

- Single-leg squats (2/10)

- Quad and hip-flexor stretches (2/6)

Circuit 2:

- Half-kneeling cable stability lifts (2/10)
- Trigger-point thoracic-spine crunches (2/6)

Circuit 3:

- One arm, one leg rows (2/10)
- Lateral lunges on a Valslide (2/10)

Day 3: (sets/reps)

Circuit 1:

- Squats to press (2/10)

- Sumo squats to stand (2/6)

- Romanian dead lifts to cable rows (2/10)

- Side-lying bent-leg external hip rotations (2/6)

Circuit 2:

- Rotational stability-ball cable rows (2/10)

- Quadruped static-hold opposites (2/6)

Circuit 3:

- One-arm half-kneeling cable chest presses (2/10)
- Inverted rows (2/10)

FOR FULL DESCRIPTIONS OF EACH EXERCISE, GO TO BESTLIFEONLINE.COM/FITAT40.



wellness upgrade | CREATE A DESKTOP GETAWAY

Gary Hirshberg, 54, is the chairman, president, and “CE-Yo” of Stonyfield Farm.

“For the first nine years of Stonyfield, I lost money every year. Eventually, things started to improve and I signed up to coach my then-6-year-old son’s soccer team. It was like a forced getaway. Our weeknight practices gave me a reason to stop working and walk away from my desk; I had a commitment to my son, his teammates, and their families. It was such a welcomed distraction to have the world shrink down to a soccer ball. Some years, I’d coach all three of my kids’ teams at once. I traveled 200,000 air miles last year, but I can count on one hand the number of weekends I missed being on the sidelines of my daughter’s games.”



The Change Manual:

PART TWO

New Rules for a Man's Forties

Successfully navigating change is the number one life skill to master. Author **Ariane de Bonvoisin** interviewed hundreds of successful men, from business titans to Nobel Prize winners, for her book, *The First 30 Days* (first30days.com). She noticed similar patterns, attitudes, and ways of thinking that were common among people who are good at change. Here, seven men explain how de Bonvoisin's change principles have helped them embrace change and transform their lives.

1 Maintain Positive Beliefs

"If you're always looking down, all you will ever see is your feet," says psychologist Mario Alonso, PhD. "You need to raise your head and look around. It's more than a platitude: Being in a good mood broadens your attention span and lets you see future opportunities, while being in a bad mood tends to make you focus on the now, according to a recent study in the *Journal of Consumer Research* and a wealth of research by Martin E. P. Seligman, PhD, a professor of psychology at the University of Pennsylvania, who has demonstrated how positive thinking boosts productivity. But an element of self-awareness is critical: You have to be realistic. To thrive in tough times, you have to figure out your strengths. I often do assessments with my clients, but you can also do your own self-audit. I do one myself every year. Ask yourself, *What were my greatest accomplishments in the past year, five years, and 10 years? What do I consistently do well? What kinds of work activities give me energy rather than drain it? What kinds of projects use my complete skill set? Am I an ideas person? A self-starter? Team oriented? A conflict resolver?* By focusing on your strengths, you're positioning yourself for success."

Mario Alonso, PhD, is a therapist, an executive coach, and the author of Family Business Survival.

2 Test Yourself Periodically

"President Bill Clinton once described me as a man of 'uncommon common sense,'" says James Lee Witt, director of the Federal Emergency Management Agency from 1993 to 2001. "The term refers to a skill set that is helpful when dealing with periods of change. Uncommon common sense is a bone-deep faith in your ability to cope in a bad situation, faith that you can decide what to do, figure out how to do it, pick up the pieces of your life, and go on. It's frightening the first time you have to tap into that faith, but the more you're tested, the more you can rely on your experience. I've witnessed this in thousands of people when dealing with various traumatic experiences and in my own life in organizing disaster recovery efforts against seemingly insurmountable odds. Whatever it is inside us that instills, facilitates, and conveys such confidence, the truth about it is this: It grows, like bark on a tree, with every trial you face."

James Lee Witt is the author of Stronger in the Broken Places and CEO of James Lee Witt Associates.

3 Identify and Neutralize the Anxiety of Change

"Automatic negative thoughts are the main drivers of anxiety and depression," says Daniel Amen, MD, a specialist in brain imaging. "The latest science shows that they actually increase the production of stress hormones, which can kill brain cells. But you can learn how to identify these thoughts and neutralize them by writing down negative thoughts when they come up and then asking yourself these



heart upgrade | LOWER YOUR CHOLESTEROL NATURALLY

P. K. Shah, MD, 59, is the director of cardiology at Cedars-Sinai Medical Center, in Los Angeles.

"I did the things you're supposed to do when you turn 40: I got a prostate exam and a lipid profile. My cholesterol was on the high side, so I stopped eating red meat, fried foods, and dairy products and started following a heart-healthy diet. For breakfast every day I have whole-grain cereal with a handful of almonds and walnuts, nonfat milk, and a spoonful of cinnamon. For lunch and dinner, I alternate between grilled skinless chicken and grilled fish, and accompany both with a variety of vegetables, beans, and lentils. I also eat a variety of fruits, especially berries, throughout the day. Eating this way has brought my cholesterol level down to normal."

four questions about each one: *Is it true? Can I absolutely know it's true? How does it make me feel? Who would I be without this thought?* I've used this therapy to help thousands of patients overcome obstacles, and I've also used it to help banish my own thought demons. Usually, it takes about 100 work sheets to make it an automatic process you can do in your head. I've found it truly helps develop a stronger sense of self."

Daniel Amen, MD, is a physician and psychiatrist. He is the author of Magnificent Mind at Any Age.

4 Push Through Adversity as Quickly as You Can

"My life changed on April 12, 1984, when I stepped on a land mine during a camping trip in Israel," says Jerry White. "I was 20. I lost part of my leg and spent six months in the hospital. I confess, the first time I was put in a wheelchair, I just sat there and waited for someone to push me. And when I looked at my nurse, she looked down at me, laughed, and said, 'If you want to move, push.' So I did. And I continue to do so. The point is that determination is required to build resilience, and it's a discipline you can strengthen. Each person we work with in the Survivor Corps, an organization that helps survivors of war and terror, must devise his or her own recovery action plan with specific objectives. They must be SMART: Specific, Measurable, Achievable, Relevant, and Time-bound. Experts at the American Psychology Association concur: Action and movement are essential for resilience. You must move toward your goals and take decisive actions. A new field of research is revealing that positive outcomes—growing stronger through a crisis—are not all that uncommon. There's even a new term for it: post-traumatic growth."

Jerry White is a leader in the International Campaign to Ban Land Mines, corecipient of the 1997 Nobel Peace Prize, executive director of Survivor Corps, and author of I Will Not Be Broken.

5 Seek Out Opportunities in Times of Change

"This is how I view the big bang of 2008," says career coach and media executive Gil Schwartz. "Once upon a time, dinosaurs ruled the earth. They had enormous, scary teeth and always got a very big bonus come dinnertime. Then the world changed. A comet hit the planet just south of Schenectady, New York, or something like that, and all of a sudden the world was no longer a congenial place for big, scaly lizards that ate up everything in their paths. The good news for mammals is this: After all the T. rexes were dead and gone, the planet was suddenly more habitable for smaller, softer life-forms, like us. The key for people who walk upright and have opposable thumbs is to make the most of the vacancies left in your power structure by the departure of the roaring carnivores, as well as by the smaller creatures that attended to them. In spite of the fact that many are gone, the need for work in all areas has not diminished. Aggressive, opportunistic,

ambitious guys like you can cast a wide net and scoop up all kinds of responsibilities. And with responsibilities come new titles, new client relationships, and even, in the end, new money. Remember this: The one predator that has survived from the days when dinosaurs ruled the earth is the shark. That's because no matter what, it always, always keeps moving forward, eating as it goes. You do the same: Always keep moving, sharpening your skills, seizing new opportunities, and you'll do all right."

Gil Schwartz is an executive vice president at a Fortune 500 company and Best Life's career coach.

6 Build a Support Team for Change

"I use the verb *proact* on a regular basis now, especially at work and in a strategic context," says Simon Sinek, a corporate consultant and expert in inspiration. "Proacting is an alternative to reacting. When we react, we look backward, but when we proact, we look forward. No matter the situation, I want proaction to be the primary strategy. The impact is profound. It's optimistic, it's productive, and it encourages people to come together. As it applies to change in your career, proacting means staying in touch with former clients you had successful relationships with and attending meetings of professional or trade groups. Proacting is not complaining about what you hate—that's too easy. When you proact, you start taking steps to find the job you really want. I'm a great believer that when people are unhappy at work, they should tell their bosses or go to human resources. Explain why you are not feeling fulfilled. Give them constructive feedback so they can help you get more out of your job, which, in turn, will help them get more out of you."

Simon Sinek is the founder of Sinek Partners and teaches strategic communications at Columbia University.

7 Follow Your Internal Compass

"About 12 years ago, I left a very good job working at the White House, writing speeches for Al Gore," says Daniel H. Pink. "I quit that job without having a new job because I wanted to work for myself as a writer in the attic of my dinky little house in Washington, D.C. Lots of people thought I was nuts. But if I took time to think about what others thought, I never would have done it. You have to learn to navigate by an internal compass, and not an external one. By that I mean you make career decisions for fundamental reasons (because you think it's inherently valuable, regardless of what it may or may not lead to) versus instrumental reasons (because you think it's going to lead to something else, regardless of whether you enjoy it or think it's worthwhile). There's a deep sense of liberation when you embrace that, when you find what you're put on the planet to do. To achieve success in your work—or other pursuits—you need to find true meaning."

Daniel H. Pink is the author of A Whole New Mind.

7 Flat



fitness upgrade | HABITUALIZE DAILY EXERCISE

Mehmet Oz, MD, 48, is a professor of surgery at Columbia University and the author of *You: Being Beautiful*.

"Every morning, I do sun salutations, a series of four yoga poses. After each pose, I do 20 push-ups, and then I add 20 more at the end for a total of 100 push-ups. I also do four sets of 15 pull-ups at least four times a week. I don't bulk up as much as I would by lifting weights, but it helps create long, lean muscles. Plus, it's free and I can do it anywhere."

Belly Upgrades

PART THREE

The country's top nutritionists dish on the most important dietary changes you can make to become lean, strong, and full of energy.

BY HEATHER HURLOCK



When it comes to a man's health in the second half of his life, the forties truly are the crucial decade. "Muscle strength peaks at around 45, bone density starts to thin, and the choices you made in your twenties and thirties really start to catch up with you," says David Katz, MD, director of the Yale Prevention Research Center and creator of the NuVal nutritional scoring system. "In your forties, you're transitioning from getting your body into the best shape you can, to hanging on to what you've got." And that starts with fine-tuning your diet. Turn your good eating habits into a diet plan that will help you lose weight and keep it off, and you'll achieve a baseline level of thinness that you can maintain through your fifties and beyond. *Best Life* spoke with the country's top nutrition experts to find the seven diet upgrades that will turn your body into a sleek, fat-burning machine.

1 Eat the Champion of Breakfasts

Eating the right breakfast is the single most important upgrade that men in their forties can make for weight loss, according to almost every expert we interviewed—yet 19 percent of men in their forties skip this meal altogether. "I've seen guys drop serious weight just by making sure they eat protein at breakfast," says Louis Aronne, MD, director of the Comprehensive Weight Control Program at New York/Weill Cornell Medical Center. Study after study finds that skipping breakfast leads to weight gain, adds Dr. Katz.

Upgrade: Think of your first meal of the day as the foundation of your dietary success. The key is to match protein and whole grains with produce and healthy fats. Eat the bulk of your daily calories—30 to 35 percent of your total intake—in the morning, and then taper off as the day goes on, says registered dietitian Cynthia Sass, creator and coauthor of *Flat Belly Diet!* To help you create breakfasts with the best mix of carbohydrates (45 percent), protein (30 percent), and fat (25 percent), we created this power-mix menu: Simply choose one item from each category.

Protein

EGGS: Those who eat eggs for breakfast lose 65 percent more weight than those who eat a bagel breakfast with the same number of calories, according to a recent study in the *International Journal of Obesity*. Choose organic omega-3 eggs, such as Organic Valley Omega-3 eggs, which contain 225 milligrams of omega-3s.

PEANUT BUTTER: Peanuts reduce the glycemic response of a meal, increasing satiety and reducing food consumption later in the day, according to a study by the American College of Nutrition. Thirty percent of traditional peanut-butter brands contain detectable pesticide residue, so opt for an organic brand such as Woodstock Farms Unsalted Organic Crunchy Peanut Butter.

YOGURT: Low-fat yogurt helps you eat less and stay full longer, according to a study in the *Journal of the American Dietetic Association*.

Whole Grains

OATMEAL: Eating whole grains such as oats protects against diabetes, insulin resistance, and obesity. Choose oatmeal that contains whole oats and nothing else. Try Quaker Old-Fashioned Oats.

WHOLE-GRAIN SOURDOUGH BREAD: Researchers found that sourdough causes fewer spikes in blood sugar than any other type of bread. Try the Baker Bread's seven-grain sourdough whole wheat.

Fruits and Vegetables

BLUEBERRIES: Rich in antioxidants, blueberries also boost cognitive function, says new research.

DRIED PLUMS: Also known as prunes, dried plums help fight the hardening of arteries and pack a powerful antioxidant punch. Other options include açai, dried cherries, and cherries.

ORANGES: A single orange provides 130 percent of the RDA of vitamin C, which studies show quells inflammation. »

sex upgrade | MAKE MORE-INTENSE LOVE

Lori Buckley, PsyD, 49, is a licensed psychologist and certified sex therapist.

"I see many couples in their forties who have fallen into a routine-based sexual rut, and I tell them it's not impossible to twist their way out of it. Surprise your significant other by stealing a kiss in the kitchen or on the couch. Keep exploring—no woman has ever complained to me that her man kisses her too much—and see where it takes you. A change in location will create a sense of adventure, increasing the production of dopamine, which is the body's physiological lustful neurotransmitter. Doing something differently heightens the excitement and sexual arousal."



BANANAS: Packed with potassium (about 300 milligrams per fruit), bananas reduce the risk of high blood pressure and stroke, and are also rich in fiber and vitamins B₆ and C.

SPINACH: Fresh or frozen spinach is high in fiber and folate. Eating it helps build muscle and protects against weight gain and heart disease.

ASPARAGUS: A rich source of protodioscin, asparagus has been found to enhance erections and destroy cancer cells.

Healthy Fats

OLIVE OIL: One of the best sources of monounsaturated fats, olive oil keeps your testosterone levels topped off and your metabolism revved. Extra-virgin olive oil provides the greatest health benefits. Some chefs prefer to cook with canola oil, which is also a healthy fat, because it handles higher temperatures better.

WALNUTS: Eating walnuts often can reverse several parameters of brain aging, as well as age-related motor and cognitive deficits, according to Tufts University researchers.

FLAX MEAL: Add 1 Tbsp. to yogurt, oatmeal, and smoothies for a hefty dose of omega-3 fatty acids.

AVOCADO: Rich in omega-3s, B vitamins, and beta-sitosterol, the avocado is that rare fruit that is heart-healthy and fends off prostate cancer.

Beverages

GREEN TEA: Many nutritionists say green tea is the best beverage you can drink. It is good for your heart, improves brain function, and fights cancer.

COFFEE: Hit three nutrition goals with one bean: Java reduces your appetite, increases your metabolism, and gives you a shot of antioxidants. Buy whole beans and grind them just before making the coffee to preserve the antioxidants.

2 Change Your Oil(s)

The American Heart Association recommends that 25 to 35 percent of your calories come from fats, with the majority coming from monounsaturated fats (MUFAs) and the rest from polyunsaturated fats, such as omega-3 fatty acids. MUFAs are healthy oils found in olives, nuts, seeds, avocados, açai, and even chocolate. These fats can lower your risk of heart disease, protect cells from damage, and increase the amounts of valuable nutrients available from other foods. "MUFAs are the most important upgrade for guys who are 40-plus," says registered dietitian David Grotto, author of *101 Foods That Could Save Your Life*. "They also improve insulin sensitivity and fight metabolic syndrome."

Upgrade: Cook only with olive oil or canola oil. Consume meat, milk, and butter from grass-fed animals; these products are higher in omega-3s. Switch to a spread that contains heart-healthy plant stanols or sterols, such as Smart Balance Omega Plus. Aim to eat cold-water fish three times a week, says Sass. Hit this target by varying the catch: Add canned salmon to red sauce, eat one tuna sandwich a week, and make wild-salmon steaks your Friday-night ritual. Sashimi on the weekend is a bonus and has you sailing toward pescatarian territory.

3 Tweak Your Leptin Receptor

"Men in their forties need to redefine what fattening means," says Dr. Aronne. "Calories and fat content aren't what make foods fattening. Foods are fattening if they provoke hormonal

changes that trigger cravings or rebound hunger." One hormone in particular, leptin, which is a cofactor in the process that tells your brain when you're full, becomes blunted by starchy, sweet, fatty, and refined-carbohydrate foods. That's why a bagel is fattening: It's a high-caloric load of refined carbohydrates. Guacamole isn't fattening because it is loaded with healthy fat and fiber and doesn't cause wild swings in insulin levels. Fattening foods generally contain hydrogenated vegetable oils (trans fats) and rapidly digested carbohydrates, such as refined grains, sugars, and starches. "You eat more of these foods because they cause leptin resistance, and then your body can't tell when it's full," says Dr. Aronne.

| FATTENING | FILLING | REASON |
|-------------------------|-----------------------------|--|
| High-fat dairy and meat | Lean meat and low-fat dairy | Protein satiates, but fat can make you crave more calories. |
| Fruit juice | Fresh fruit and smoothies | You need the fiber to feel full, or you'll consume more calories than you realize. |
| Refined grains | Whole grains | The fiber in whole-grain bread and pasta slows digestion, easing blood-sugar spikes and softening future cravings. |

The Perfect Day of Eating at 40+

Our all-star panel creates the ultimate health-boosting menu

BREAKFAST

The ideal breakfast is high in protein (to keep you satiated) and packed with fiber-rich vegetables and whole grains (to prevent swings in blood sugar).

EAT: Scrambled Eggs and Spinach (scramble 1 whole egg, 2 egg whites, and 1/2 cup baby spinach in 1 Tbsp. olive oil; dust with chili flakes), 3/4 cup oatmeal with 1/8 cup walnuts and 2 Tbsp. açai pulp, green tea

WHY: The eggs provide high-quality slow-burning protein (using egg whites keeps the cholesterol in check)

plus brain-boosting choline. Cooking them with heart-healthy olive oil and adding baby spinach, which is high in vitamin A and folate, bolsters eyesight and immune function. The chili flakes reduce inflammation and can help fight prostate cancer. The oatmeal-açai combo provides heart-healthy fiber (i.e., slow-burning energy), more high-quality protein (10 grams per 1/2 cup), and an antioxidant punch (the tart berries have 10 to 30 times the amount of antioxidants in red wine). Green tea

provides a gentle, sustained neural buzz, prevents cancer, and lowers blood pressure. *514 calories, 22g protein, 34g carbohydrates, 5g fiber, 33g fat (6g saturated, 16g monounsaturated, 11g polyunsaturated)*

SNACK 1

Stomp midmorning cravings with a high-quality protein, such as that found in yogurt. The more protein you eat early on, the longer you'll feel full throughout the day.

EAT: Nonfat Greek yogurt (6 oz.), 1/2 cup

blueberries, 1 Tbsp. ground flax

WHY: Consider this combo a velvety speedball of muscle-powering protein (Greek yogurt has more protein than the regular kind), heart-healthy fats (flax is high in alpha linolenic omega-3s), and disease-fighting antioxidants (a serving of blueberries delivers an average of 6,552 µmol/TE of antioxidants). Plus, the probiotics in the yogurt boost the immune system. *198 calories, 21g protein, 21g carbohydrates,*

5g fiber, 4g fat (0.4g saturated, 1g monounsaturated, 3g polyunsaturated)

LUNCH

Aim for at least three servings of vegetables complemented by quality proteins, healthy fats, and complex carbs. Since vegetables are mainly water, fiber, and antioxidants, they will keep you hydrated and full of healthy calories.

EAT: Side Salad (combine 2 cups red leaf lettuce, 1/4 cup shiitake mushrooms, 1/4 cup yellow peppers,

and 1/4 cup broccoli; dress with 1 tsp. olive oil and 2 to 3 Tbsp. vinegar), Black Bean Dip Sandwich (top 1/3 cup black-bean dip with 5 sliced olives, a handful each of scallion greens, and sprouts, 2 tomato slices, and lettuce; serve on 100 percent whole-wheat bread), and a Red Delicious apple

WHY: Research shows that starting your lunch with a salad helps slow digestion so that you don't overeat. This particular combination of vegetables provides cancer-



money upgrade | BUILD WEALTH STRESS-FREE

Harold Evensky, 66, is the president of Evensky & Katz, a wealth-management firm in Coral Gables, Florida.

"Investment managers are quick to tout their financial prowess, but putting your money on autopilot could be the smartest and safest course of action. Active managers think they can beat the system, but research shows that an index is guaranteed to do better at least half the time, and those odds sound pretty good right now. There are index-linked funds that track every part of the industry, from the S&P 500 to small-growth indexes. These funds are diverse, which means they offer investors some protection, and they're also more tax efficient and have fewer fees."

4 Triple Your Intake of Fruits and Vegetables

"Guys in their forties need as much antioxidant protection as they can get," says Dr. Katz. "Five servings is the minimum recommendation for a healthy diet. I aim for 12 to 15 servings myself."

Upgrade: To follow Dr. Katz's regimen, include fruits and vegetables with every meal and eat them first. Not only will you consume more vegetables and fewer calories from other foods, but the fiber content will lower the glycemic load of your meal, helping you sidestep those swings in blood sugar that lead to hunger. Another of Dr. Katz's tricks: Snack exclusively on fruits, vegetables, and nuts. Diversity is also beneficial, says Sass. She advises trying at least one new fruit or vegetable each week, making sure that salads and fruit salads have at least four different colors. For example: romaine lettuce, yellow peppers, tomatoes, and carrots, or pineapple, blood oranges, kiwi, and grapes.

5 Boost Your Testosterone

Adequate protein intake is essential for 40-year-olds because it keeps testosterone levels up and feeds muscle growth. "But keep in mind that American men are not protein deficient; we all eat enough meat," says Dr. Katz. "What we need more of is quality protein and fiber." Your protein sources should vary between organic eggs, beef, poultry, fish, and vegetarian sources such as beans and lentils. "Bean eaters live longer, and studies show an inverse relationship

between bean consumption and weight, mostly due to beans' high fiber content," says Grotto. Men in their forties should eat ½ to ¾ cup of beans every day.

Upgrade: To get the high-quality protein and fiber you need, trade your beef for beans at least twice a week. For instance, Dr. Katz's go-to lunch sandwich replaces deli meats with bean dip. He also recommends combining beans with grains (e.g., black-bean chili with brown rice), or grains with nuts (quinoa salad with cashews, raisins, and radicchio) for complete protein with all the essential amino acids.

6 Use Germ Warfare on Your Gut

Probiotics, or "friendly" bacteria, are similar to the natural bacteria found in the gut, and they typically come from two groups: *Lactobacillus* or *Bifidobacterium*. Having enough of these good bugs in your GI tract aids digestion and can speed weight loss. Two probiotics, *Lactobacillus paracasei* and *Lactobacillus rhamnosus*, actually change how much fat is available for the body to absorb by influencing stomach acids during digestion, according to a recent study. Gastro docs think of the intestines as a road (with a lot of switchbacks), and this road starts to get pot holes as men hit their forties. Eating probiotics keeps your network running smoothly and boosts the immune system. In a recent Swedish study, employees given *Lactobacillus reuteri* became sick less often and missed fewer days of work.

Upgrade: Foods containing live bacteria include yogurt, kefir, acidophilus milk, miso

soup, soft cheeses, pickles, and sauerkraut. Consume one or two probiotics every day, says Sass, who recommends using kefir as a milk substitute with cereal and in smoothies. It takes about 14 days of continuous consumption for the effects to kick in, so eating just one a week won't do the trick.

7 Throw Salt Over Your Shoulder

Men have upped their sodium intake 48 percent since 1970. Over the same period, scientific studies have shown that eating less sodium can lower blood pressure and reduce the risk of heart disease, says Steven E. Nissen, MD, chairman of the Cleveland Clinic's department of cardiovascular medicine.

Upgrade: Choose the lower-sodium varieties of cereals, crackers, pasta sauces, and canned vegetables, and any other foods with low-salt options, says Sass. Balance salty meals by adding high-potassium foods such as fresh fruits and vegetables, and if you have to add salt while cooking, do it at the end so the salt doesn't lose its intensity. Better yet, sprinkle chili flakes or turmeric instead of salt. These spices not only kick up the flavor, but also reduce inflammation and boost heart health.

Test Your Nutrition IQ
TAKE THE BEST LIFE FIT-AT-40 QUIZ AT
BESTLIFEONLINE.COM/FOODQUIZ

fighting antioxidants, bone-mass-boosting vitamin K, cholesterol-lowering selenium, free-radical-fighting vitamin C, and blood-pressure-lowering potassium. The black bean dip is loaded with mood-boosting fiber and heart-healthy fats. Ending your meal with an apple provides inflammation-fighting quercetin and refreshes your mouth.
560 calories, 15g protein, 69g carbohydrates, 15g fiber, 28g fat (5g saturated, 19g monounsaturated, 4g polyunsaturated)

SNACK 2

Lunch typically wears off in three to five hours, yet most

guys go six to seven hours between lunch and dinner and often succumb to cravings. **EAT:** 8 almonds and a handful of red grapes **WHY:** With 6 grams of protein and 3 grams of fiber, almonds provide a steady flow of energy. The grapes add a zesty antiaging antioxidant burst.
206 calories, 7g protein, 15g carbohydrates, 4g fiber, 15g fat (1g saturated, 10g monounsaturated, 4g polyunsaturated)

DINNER

Dinner should be light in calories and heavy in nutrients. Eating too much at dinner can ignite your appetite and cause

you to overeat late at night, setting you up for dangerous weight gain and uncontrolled hunger.

EAT: Power Slaw (combine ½ cup shredded carrots, ½ cup red cabbage, and ½ cup kale; dress with 1 tsp. olive oil and 2 to 3 Tbsp. vinegar), Shrimp Stir-Fry (stir-fry 3 oz. shrimp and 1 cup bok choy in 1 tsp. olive oil; dust with turmeric and chili flakes; serve with ¼ cup brown rice and a handful of cashews), and ¾ cup fruit salad (kiwi, pineapple, orange, and plums, with a twist of lime juice and pinch of freshly grated ginger). A glass of cabernet sauvignon is optional. **WHY:** Starting your

dinner with low-calorie, high-fiber vegetables will decrease your overall food intake by 12 percent. This mix provides macular-degeneration-fighting beta-carotene, cancer-preventing lutein, and eyesight-boosting vitamin A. The shrimp provide 17 grams of lean protein, plus heart-healthy omega-3s, while the bok choy is rich in bone-building calcium, as well as folic acid, iron, and immune-boosting vitamins A and C. The brown rice adds fiber, which helps stave off late-night cravings. Finally, the fruit salad is more than a sweet dessert. It's anti-inflammatory (thanks to the bromelain in

the pineapple and vitamin C in the orange) and bone strengthening (thanks to the potassium in the kiwi). The ginger adds a cancer-fighting piquant top note, and the cabernet sauvignon provides quaffable antioxidants.

491 calories, 31g protein, 58g carbohydrates, 9g fiber, 18g fat (3g saturated, 10g monounsaturated, 5g polyunsaturated)

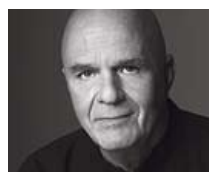
SNACK 3

Satisfy the munchies and glide toward sleep.

EAT: 1 medium banana and 6 ounces of kefir **WHY:** Bananas contain melatonin, a natural sleep-regulating

hormone, and kefir features tryptophan, an amino acid well-known for its relaxing effect on the nervous system. Plus, the potassium in the banana and calcium in the kefir may help lower blood pressure.
178 calories, 7g protein, 36g carbohydrates, 3g fiber, 1g fat (1g saturated, 0g monounsaturated, 0g polyunsaturated)

Our panel: Dietitian Cynthia Sass, creator of *Flat Belly Diet!*; David Katz, MD, director of the Yale Prevention Research Center; and Louis Aronne, MD, author of *The Skinny on Losing Weight Without Being Hungry*



spirituality upgrade | HEAR THE CALLING OF YOUR SOUL

Wayne W. Dyer, PhD, 69, is the author of *Your Erroneous Zones*, which has sold more than 30 million copies, and recently released his first feature film, *Ambition to Meaning*.

"Listening to the calling of your soul is a skill that you can improve. I practice meditation for 30 minutes every sunrise, and I believe it has helped me find my destiny. Another soul-nurturing exercise I do is writing down the fulfillment of a wish before I go to sleep every night. It can be anything, but you have to imagine the end point. For example, if I'm feeling congested, I'll imagine feeling healthy. Engaging your imagination in a positive way before you go to sleep ensures that your subconscious will focus on good things and not marinate in stress."