

DECEMBER 2018

MAKING BETTER MEN

# Men's Health

R57.50 (VAT INCL) Namibia: N\$60.00

MH TECH GUIDE 2018

## Upgrade Your Life

Faster Cars, Smarter Gadgets, Cooler Gear

GET BEACH-READY FAST  
TAKE YOUR SHIRT OFF!

ARE YOUR HABITS A HEALTH HAZARD?

PLUS!  
A CHEF'S GUIDE TO HOLIDAY FOOD

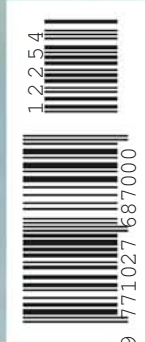
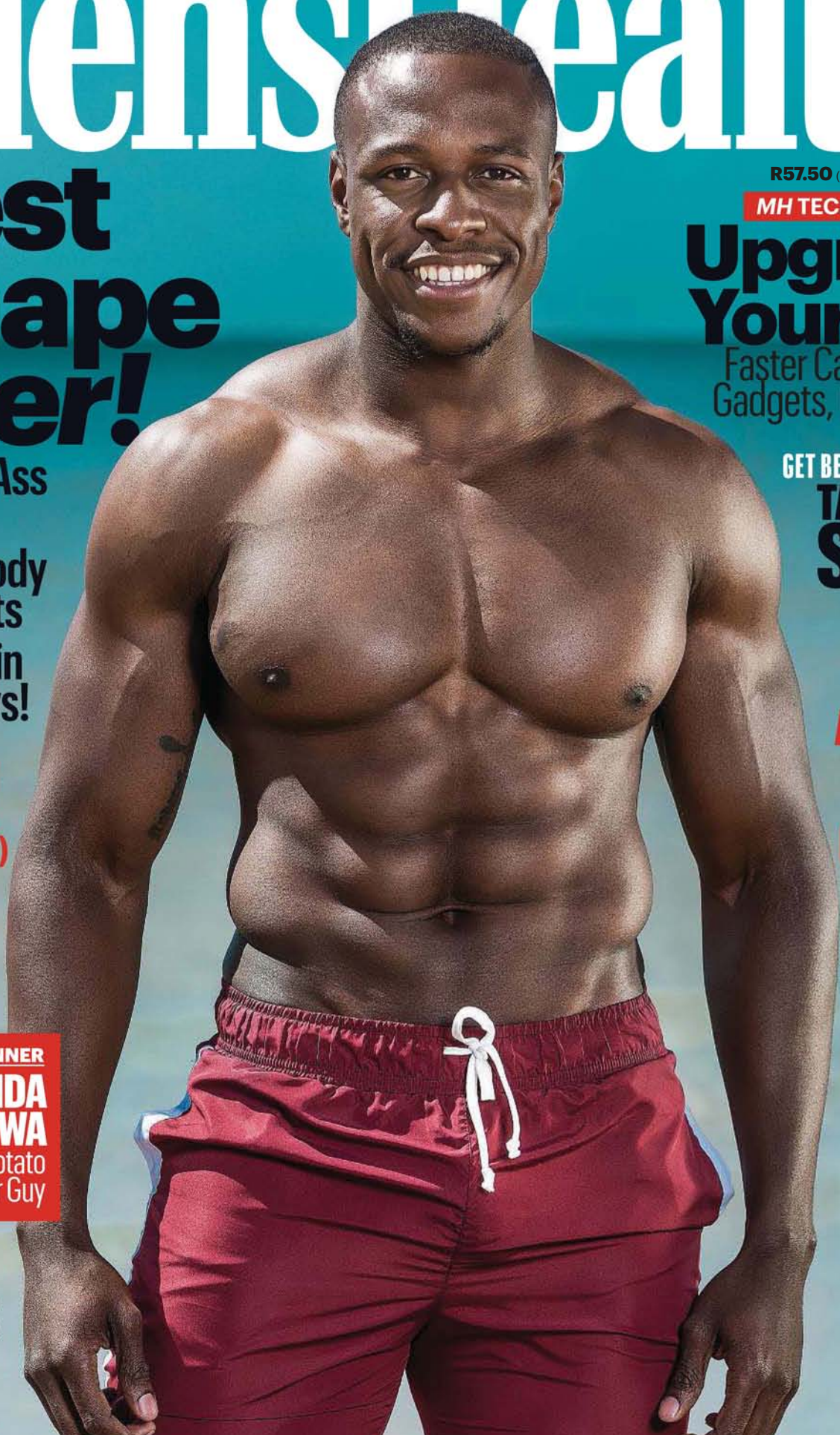
## Best Shape Ever!

- 21 Kick-Ass Moves
- 3 Full-Body Workouts
- Results in Just Days!

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

COVER GUY WINNER  
**TAWANDA TADZIMIRWA**  
From Couch Potato To Cover Guy

**SLASH STRESS WITH TRAVEL**





The Breitling Cinema Squad  
Charlize Theron  
Brad Pitt  
Adam Driver



**BREITLING**  
1884



AIR

LAND

NAVITIMER 1

SEA

#SQUADONAMMISSION