

BRANDMODELS

WESTON BOUCHER - FITNESS

HAIR: BROWN

EYES: BLUE

HEIGHT: 6' 1"

INSEAM: 32

WAIST: 32

SHIRT: 16.5/34

SUIT: 40R

SHOE: 12



The image shows the cover of Men's Health magazine, July 2018 issue. The central figure is a muscular man, Weston Boucher, shirtless, with a beard and short brown hair. He is looking directly at the camera. The magazine title 'Men's Health' is in large orange letters at the top. Below it, the tagline 'FIT AT ANY AGE!' is in bold black letters. To the right, there are several headlines: 'OUTWIT STRESS TODAY! Get Fitter And Happier', 'FIGHT FAT & WIN Drop 5kg In 8 Weeks', '100% Energy, All Day', 'OUTSMART YOUR GENES', and '12 BEST MUSCLE MEALS FOR'. On the left, there is a small inset photo of a thinner man with the text 'FROM THIS TO THIS!' and 'Look Damn Good In Every Decade'. At the bottom left, there is a price tag 'R50.50 (VAT INCL) Namibia: N\$53.00' and a barcode with the number '0 7249'. At the bottom center, it says 'MH GUY WESTON BOUCHER'.

JULY 2018 MAKING BETTER MEN

Men's Health

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MH GUY WESTON BOUCHER







WORKOUTS DON'T HAVE TO BE
COMPLICATED, OR REQUIRE
FANCY EQUIPMENT. ONE OF OUR
FAVOURITE TOOLS? THE MED BALL.





01

STRENGTH

- Play The Game Game
- Hit The Superman Push-up
- Power Up Your Legs

BEGINNER'S GUIDE

Power Up Your Best Body Ever

BY EMILY ARABATE

Fitness doesn't have to be joyless. You can make your workout fun, and still be in the best shape of your life.

Training at Switch Playground in Manhattan or Cape Town feels more like a party than a workout. Bright lights flash as a DJ spins the latest tracks from Drake and Rihanna, while you and your partner sweat through a series of workout stations. In fact, there are more ways than ever these days—from boutique gyms to iPhone apps to app-driven virtual reality fitness devices—to infuse your workouts with the joy of play. The goal, of course, is to forget that your abs are on fire and your arms are turning to jelly. “Time spent in a gym doing something that feels like work just adds to the hours we spend at work in our day,” says Lenny Williams, a sports psychologist at the University of California. “Play provides a lot of benefits, and you experience intrinsic motivation.” Level up your own daily workouts with these six ideas from the gamification age.





"I'm terrified of being physically impaired in relation to my lifestyle, so I'll invest whatever it takes to remain as healthy as possible."













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© Photo by Marissa Boucher, @TheBoudoirDivas 2014







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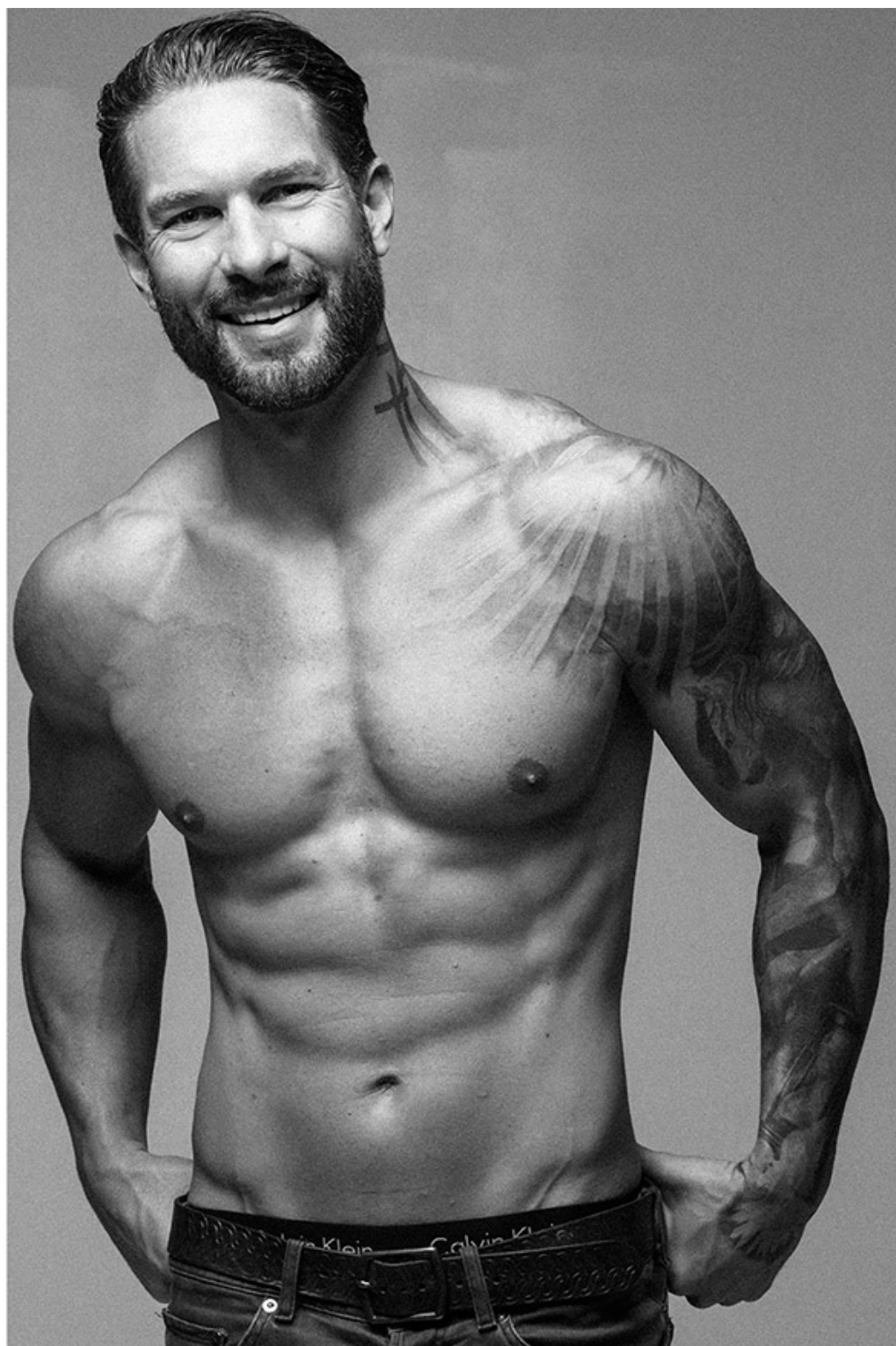


ULTIMATE STARTER KIT

FOR HIM









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Photo by Marissa Bouchér, The Boudoir Divas, 2012 ©

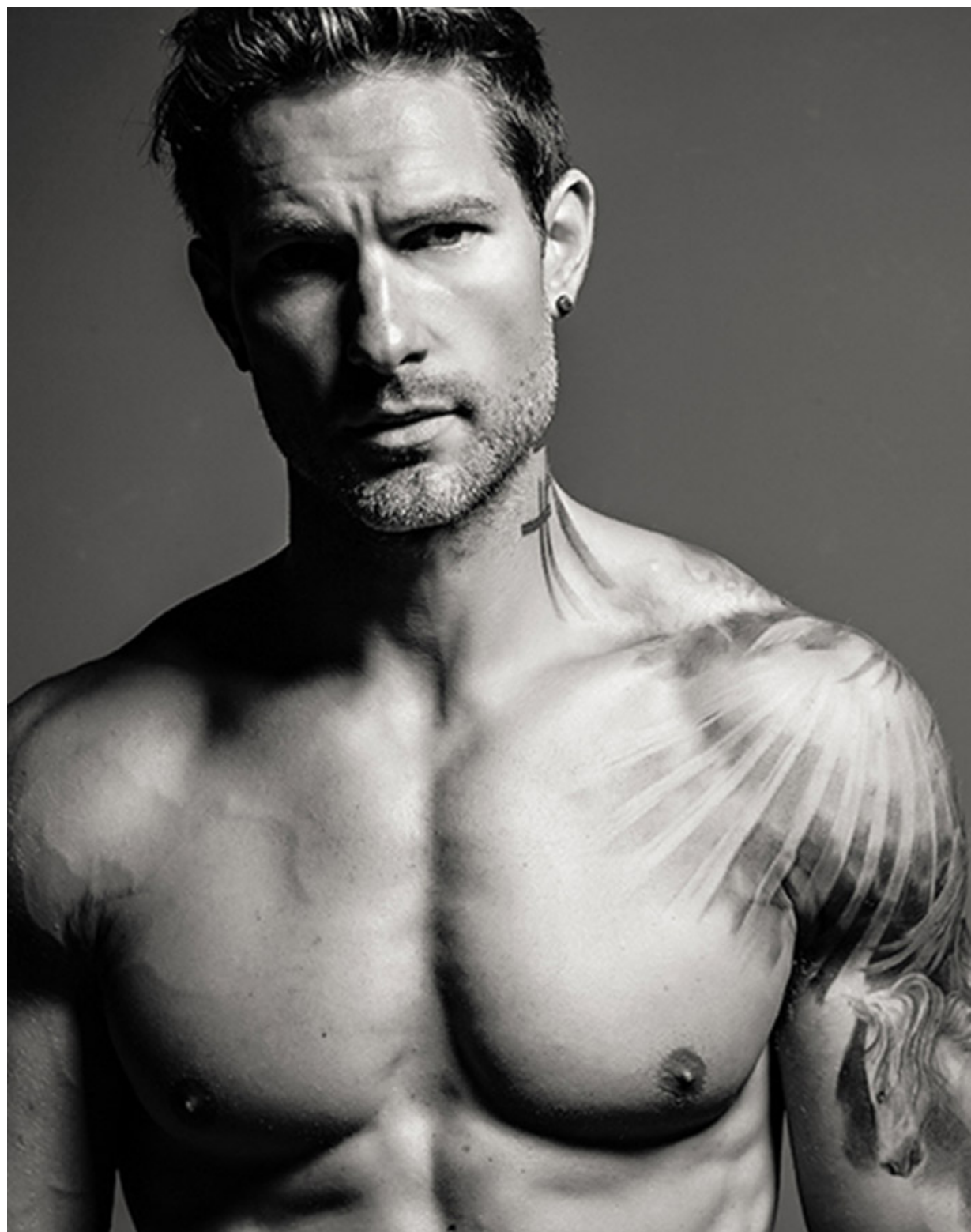














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