

PERFORM BETTER [AND LONGER] IN BED [p. 78]



ALYSSA MILANO: SINGLE AND AVAILABLE [p. 75]

Men's Fitness

HOW THE BEST MAN WINS

Men's Fitness

EXERCISE • NUTRITION • ADVENTURE • SPORTS

"I'M GONNA KICK MATT'S @\$6"

THE **[LIVE EXCLUSIVE!]**
UFC
WORKOUT:
BURN FAT
FAT
BUILD MUSCLE

[p. 155]

NO MORE GUT REALLY!

UFC
CHALLENGER
MATT HUGHES
TAKES ON ...



Machines vs. Free Weights
[Which Works Better?]
[p. 24]

Get Fit for Ski Season
[p. 44]

The Holiday Workout
[That Still Lets You Party!]
[p. 137]

NBA Star Bruce Bowen's Yoga Secrets
[p. 100]


555
WAYS TO BE FITTER THAN EVER!

USA \$3.99 Canada \$5.99
DEC/JAN 2008
Display until date: JAN. 14, 2008



0 09281 51083 3 0 1 >

ONLY ON MENSFITNESS.COM: The Yearlong Workout PLUS: Healthy Meals Delivered!



Columbia "Psycho Cowboy" parka, \$250; PRPS cashmere waffle-comb hoodie, \$345; Royal Robbins "Autumn" henley, \$45; Napapijri "William Arp" vintage denim pants, \$185; Xtratuf Neoprene boots, \$91; 55DSL "Wazda" bag, \$45

Glide through the treetops of Alaska's rainforests with Alaska Zipline Adventures. alaskazip.com

"The Arctic has a call that is compelling. The distant mountains make one want to go on and on, over the next ridge and over the one beyond. The call is that of a wilderness known only to a few. . . ."

**—William O. Douglas,
former U.S. Supreme
Court Justice**



United Colors of Benetton parka vest, \$90; **Oakley** "Climate Change" hoodie, \$135, and "Smart Guy" base layer thermal, \$45; **Stussy** plaid flannel, \$64; **Carhartt** Series 1889 jeans, \$46; **Xtratuf** Neoprene boots, \$91; **Freestyle** "Funbox" watch, \$85

For shopping information, see page 182.

For information on traveling to Alaska, where to stay, and more, visit traveljuneau.com or travelalaska.com.