

# Special Lose-Your-Gut Issue!

TONS OF  
USEFUL STUFF

# MEN'S HEALTH



**STRIP  
AWAY  
STRESS!**  
IN 30 SECONDS  
OR LESS!

*(From page 84)*

**YOUR  
BEST  
BODY  
EVER!**  
GET IT NOW!  
KEEP IT  
FOREVER!

The Men's Health Guy  
**AARON ECKHART**  
The Dark Knight star shares his secrets  
to a blockbuster summer



## BEST SUMMER BREWS

### WHEAT BEER

**Ayinger Bräu-Weisse**, possibly the most balanced, drinkable, and complex *hefe* you'll find

### MEXICAN

**Bohemia**, the only Mexican brew available stateside that isn't ashamed of using hops

### GRILLING BEER

**Samuel Smith's Nut Brown Ale**, light enough to drink in the summer heat, but rich enough to stand up to whatever you're cooking



AUGUST 2008

\$4.99 US  
DISPLAY UNTIL AUG. 12

MENSHEALTH.COM