

DAMAN



JACKWIN OREILLY

HEIGHT: 185 CHEST: 99 WAIST: 78 HAIR: BLACK EYES: BROWN SUIT: 48R SHOES: 42

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Men'sHealth

NOV/DEC 2023

Men's Health

RIPPED RIGHT NOW

BUILD A BEACH
READY RIG
IN JUST

28 DAYS

MH FOOD SPECIAL

Delicious, Nutritious
Homemade Pizza

+ The Ultimate
Muscle Meal

ON THE
COVER
JACKWIN
O'REILLY

LAST-MINUTE BEACH MUSCLE

NOVEMBER/DECEMBER 2023

THE SCIENCE OF HAPPY

END YOUR YEAR
ON A HIGH NOTE

THE FUTURE OF FITNESS

How AI Will
Change Your
Health and
Wealth

BURN FAT, GET FASTER

The Secret
Power of
Zone 2
Training

R70
(VAT INCL)
NAMIBIA N\$70



YOUR

SUMMER

BODY

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MH.G2S

GUIDE TO STYLE



10

ESSENTIAL SUMMER STYLE TRENDS

Men'sHealth

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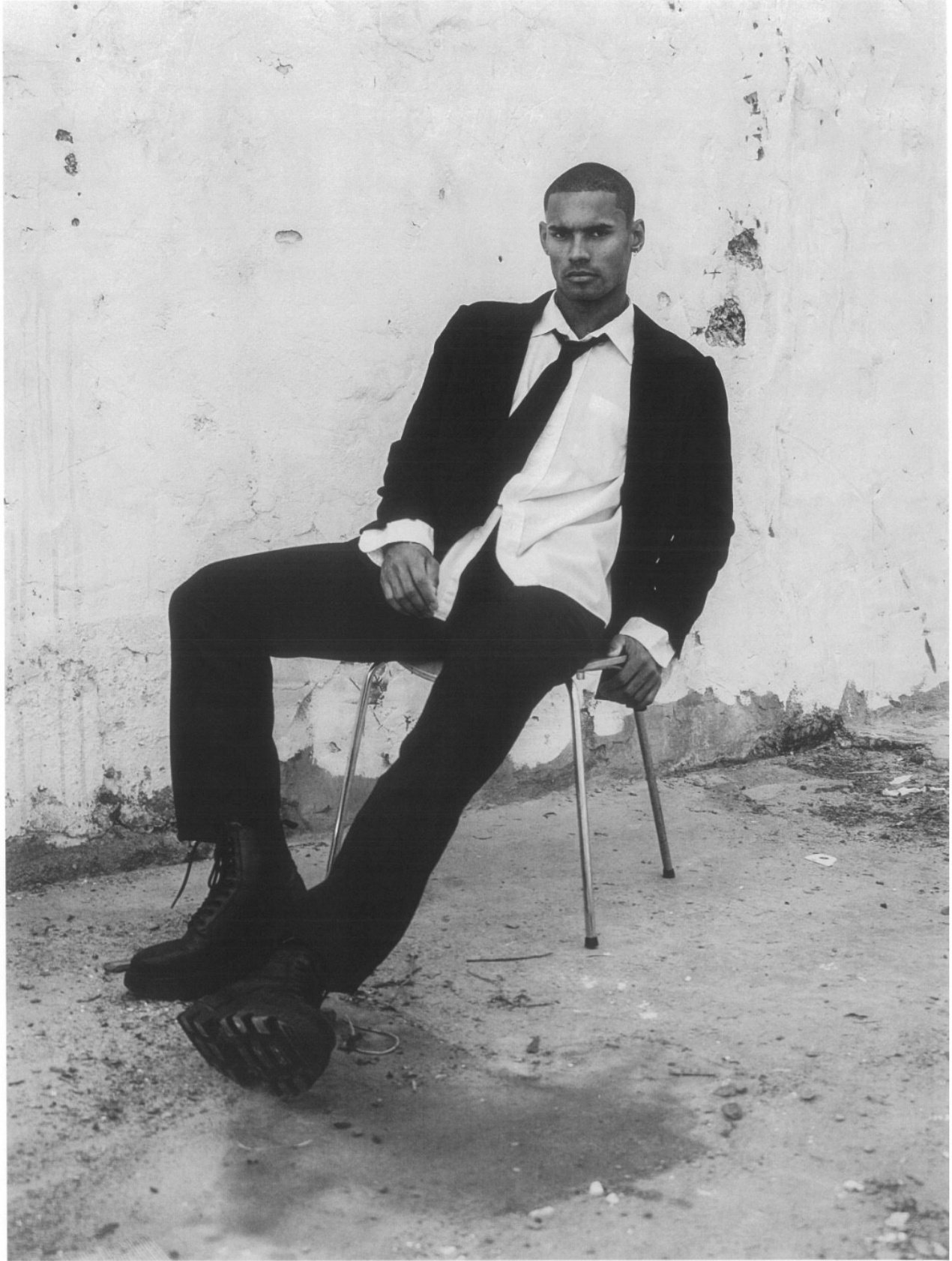
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QUALITY OVER

QUANTITY

A timeless aesthetic demands garments that are built to last. So, when you're choosing a suit, shell out a little extra to make sure you're getting the finest fabrics like merino wool, linen and cotton.

Trenery blazer R4 999

Trenery T-shirt R699

Zara pants R899

Polo belt R549

Bass & Co Larkin shoe R3 399

CHIMI sunglasses R3 999

chimi-online.com/za

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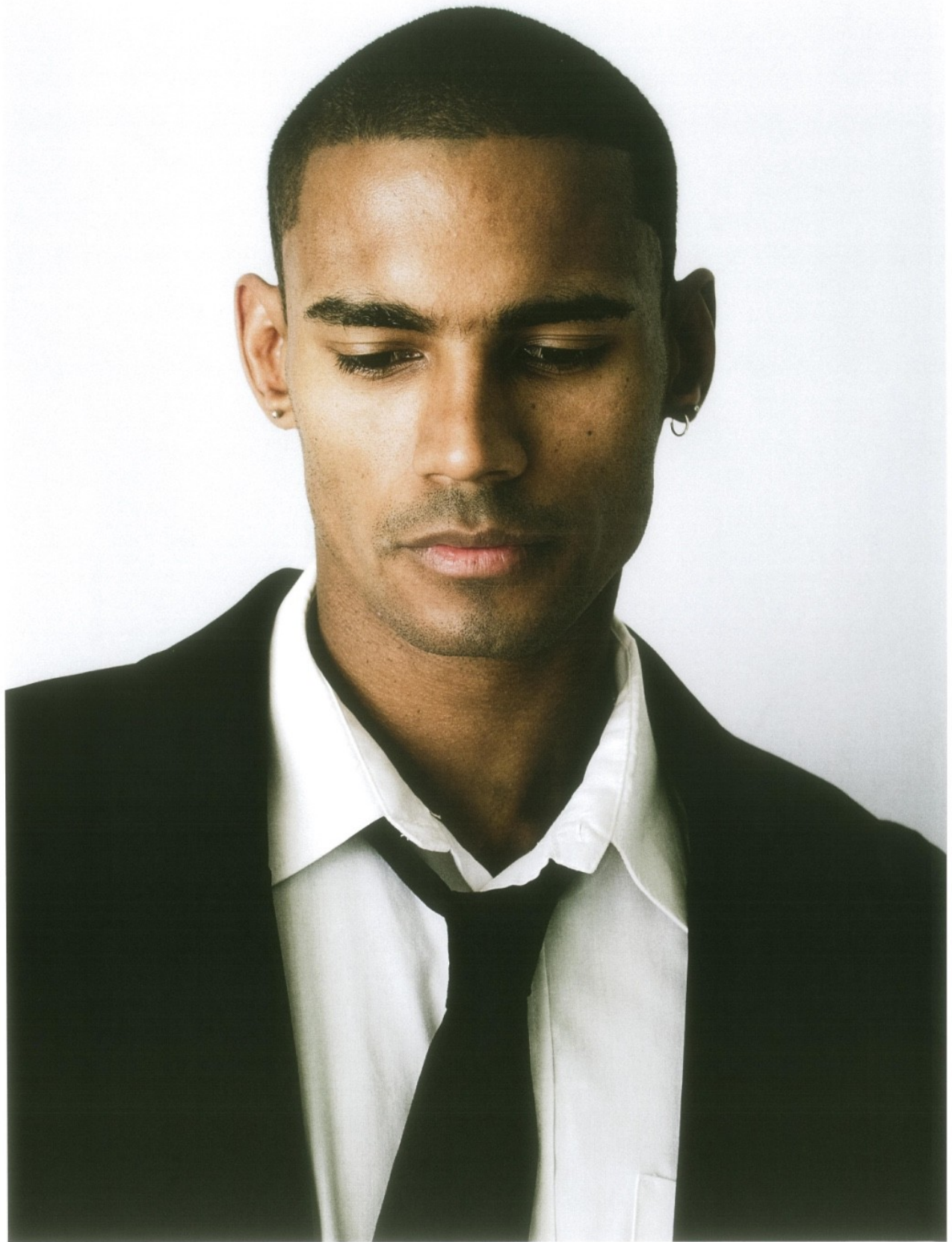
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EASY-TO-STYLE

CLASSIC

There's something so effortlessly chic about a sleeveless pullover. This iconic item works whether you're dressing down for beachside drinks or dressing up for a night out. Pull this over a boxy white Tee or striped blue linen shirt to instantly take any look from good to great.

Polo cap R549
Denham Lawrence vest R3 699
Trener pants R1 599
Huawei GT 4 watch R6 999
JacobsbyJacobs necklace R350

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old

FASHION DIRECTOR **AZEEZ JACOBS**
PHOTOGRAPHER **TERI ROBERTS**

MONEY AESTHETIC

Classic threads are getting an egalitarian makeover just in time for summer. Here's how to "prep" your look for the warmer months.



THE POWER BLAZER

A navy blazer is one of the most versatile garments you can add to your burgeoning collection of threads. Modern iterations of this ultimate enhancement feature contemporary two-button single-breasted cuts and elegant double-breasted options, too.

Polo blazer #4 499
Denham Oxford shirt #3 799
Denham scarf #899
Ray-Ban Havana sunglasses at Sunglass Hut #3 450

ON THE G2S COVER
PUMA X STAPLE crew #1 599
Huawei GT 4 watch #6 999
Scotch & Soda double-breasted blazer #9 899

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FINE PRINTS

The rule for prints and patterns is to keep it simple and understated like puppytooth print, stripes and checks. If you're weaving in patterns into a look, keep the rest of your outfit neutral to maintain that aura of sophistication. A short suit —AKA a half suit—paired up with a sleeveless knit is a fresh spin on the smart-casual dress code that will put in serious work this season.

Zara sleeveless knit R899
Woolworths check blazer R1 899
Woolworths check shorts R699
Birkenstock Bend Low Decon Pop sneakers R3 999

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CASUAL

LAYERING

Layering is a skill every guy should master. Done right, you can add serious depth and dimension to any look. Try a lightweight jersey over a casual shirt, colour chinos and white sneakers.

Denham Langford crew knit R3 699

Polo denim shirt R1 599

Woolworths vest (2-pack) R259

Polo chinos R1 099

Polo socks R69

Hi-Tec sneakers R1 399

Thule Aion duffel R4 299



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THE PREPPY

GOLFER

Back in the day, informal threads matched the sophistication of their formal counterparts. Borrow from history by donning a preppy polo shirt spun from breathable cotton. It's understated but suave, and choosing a colour like pink will hammer home your confidence. Just stay away from anything too bright.

Trener golfer R799
Scotch & Soda knit R4 799
Denham Razor clean denim R4 299
Decathlon belt R239 decathlon.co.za

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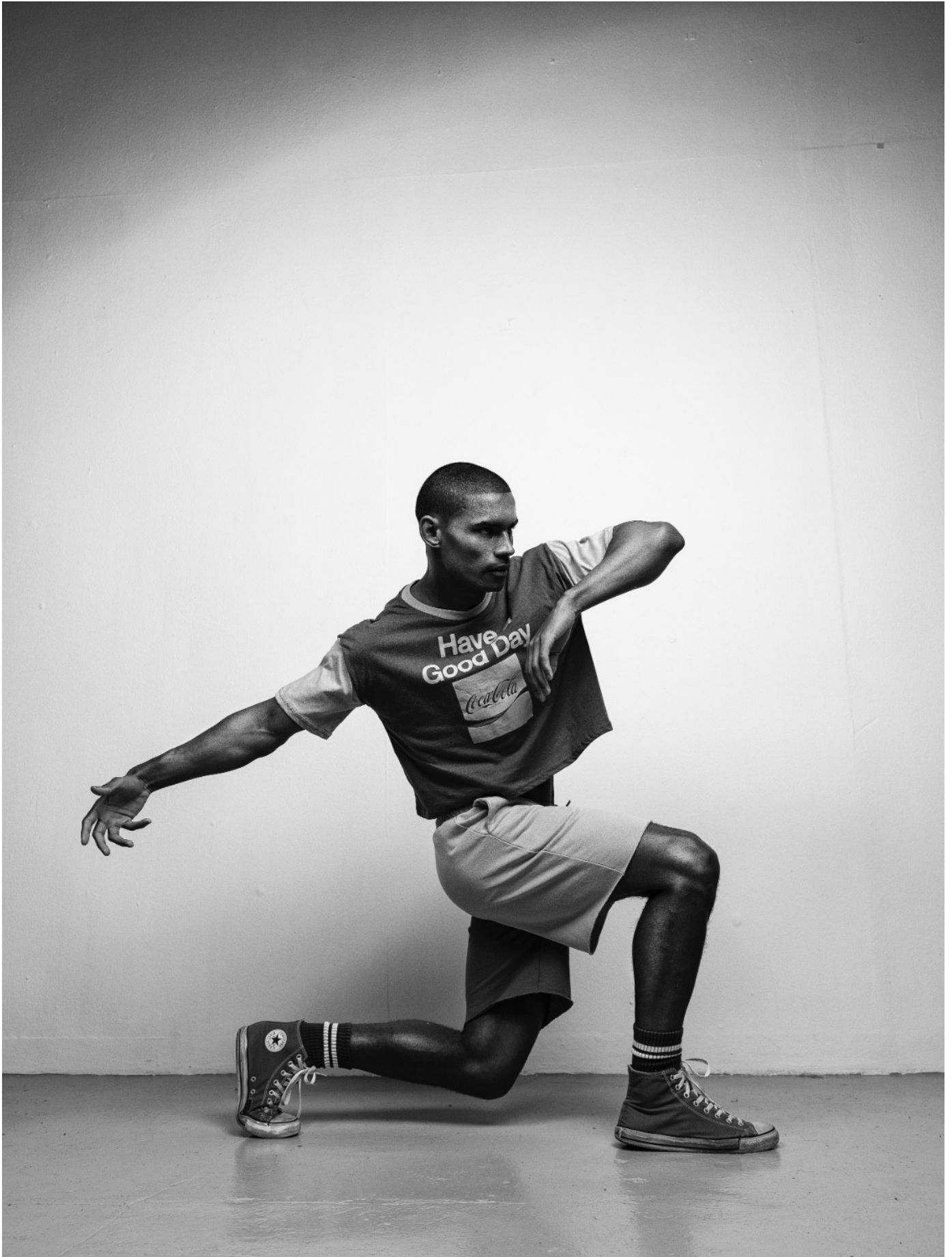
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OLD MONEY

SPORT

This new wave of active fashion has its roots in country club sports like tennis, golf and polo. But today's ready-to-wear pieces won't restrict you to the greens; most transition seamlessly from social setting to settling scores while retaining their distinctive charm and nostalgic edge. Just make sure you snag the right fit.

LV Signature sunglasses R9 700
PUMA Luxe sport track jacket R3 699
Trenery shorts R899
PUMA Palermo sneakers R1 799



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INVEST IN

NEUTRAL

Stock up your wardrobe with neutral tones for threads that will let you adapt on the fly. Most of these chameleon-like layers can be paired with something suitably over the top (think: tropical hues). You'll want to look for lighter tones like beige, white, off-white, grey, cream or tan.

PUMA cap R299

Chimi sunglasses R3 999

Louis Vuitton trunk bag R38 000

Jacobsby Jacobs necklace R350

Scotch & Soda double-breasted blazer R6 899

Scotch & Soda pants R3 699



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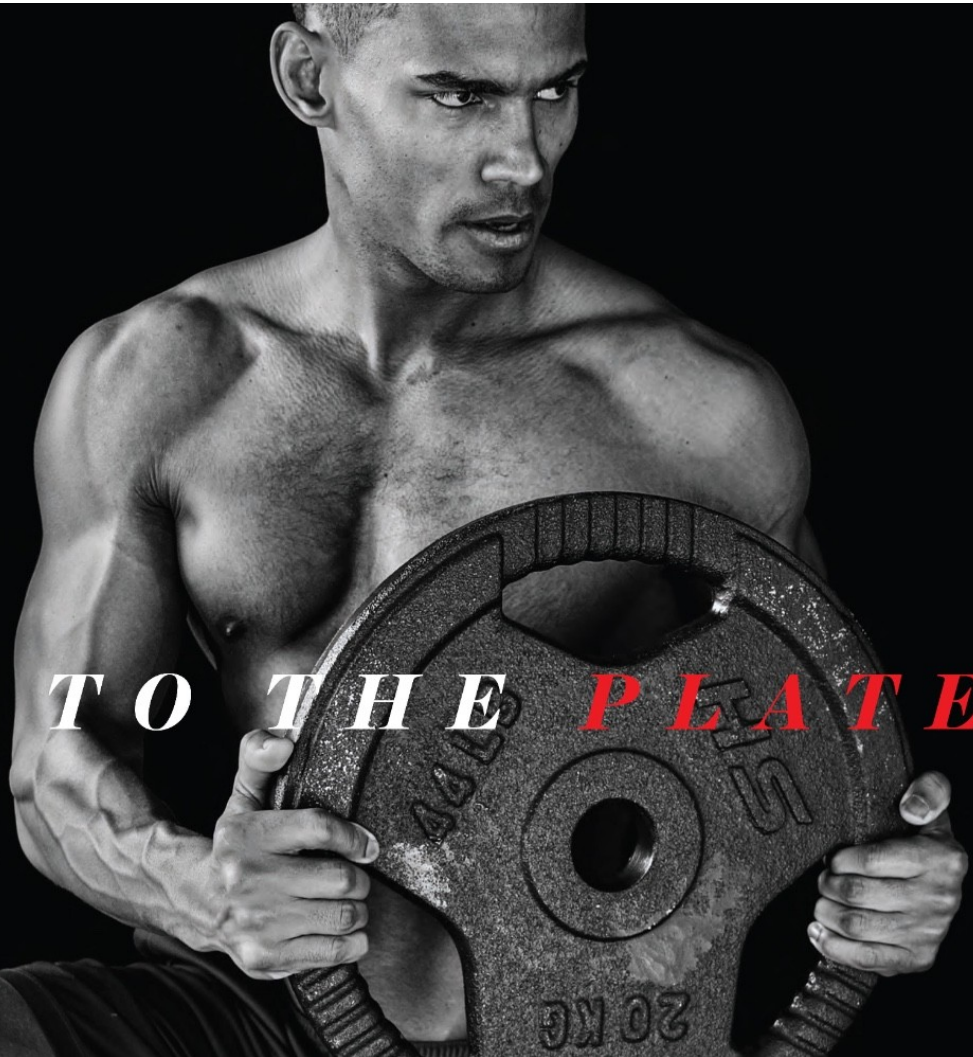


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Men'sHealth



STEP UP TO THE *PLATE*

When in doubt, keep it simple. Skip the overhyped gimmicks and expensive machines, and pick up a weight plate for a potent, full-body workout with big servings of strength and fitness.

WORDS BY MH STAFF

PHOTOGRAPHS BY TERI ROBERTS

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THE MAIN BENEFITS OF WEIGHT PLATE TRAINING

□ They are arguably one of the most versatile training tools. They're affordable and easy to store and transport. Bang-for-buck, they're an excellent home gym investment.

□ If you choose the right moves, weight plate training can offer remarkable core benefits. You'll be able to build a stronger, more injury-proof body that moves and performs better on any sports field.

□ Popeye will become jealous of your forearms. Moves like the pinch carry will help you develop bulging forearms that fortify your results in your other lifts and exercises.

□ Varying your intensity can help torch fat and improve your stamina. The beauty of these weight plate moves is that you control the tempo. You can speed it up to jack up your heart rate (as long as your form stays flawless) or slow it down and focus on eccentric strength and endurance benefits.

□ Simplicity is key. You don't need complex machines or fancy training plans; you can unlock an intense full-body workout that takes only 20 to 30 minutes but leaves you stiff for days. The best workout plan is a consistent one — weight plates make it much easier to get your session done.

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Scotch & Soda
trench coat R6 699
Scotch & Soda
checked twill shirt R2 399
H&M cotton pants R899

04

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03

The North Face Retro Nuptse jacket R5 999

Zara track pants R617

Oakley at Luxottica Prizm sunglasses R3 320

Zara high-top sneakers R999

The North Face Thermoball Eco hoodie R3 799

Oakley at Luxottica Kato sunglasses R3 700

The North Face Mountain Athletics woven track pants R1 899

Zara high-top sneakers R999



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NEW GARMENT DISTRICT

As the lines between fashion, sport and street continue to blur, brands are fighting over your custom with ever more technical, performance-led designs for style-conscious city dwellers. Take your pick from the best of the new luxe.

FASHION CHRISNA DE BRUYN • PHOTOGRAPHY TERI ROBBERTS • DIRECTION ROB CILLIERS

G-Star Raw coat R6 999
G-Star Raw pants R3 899
Diesel sneakers R3 599

02

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GUIDE TO STYLE



SELF-MADE
adidas Originals V-day Jacket

AUTUMN/WINTER 2022 FASHION + SPORT

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