

The 25 Fittest Guys of 2012

MEN'S FITNESS

EVERYTHING FOR EVERY MAN

YOUR GUIDE TO RESULTS!

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MUSCLE
& DROP FAT**
FROM HOME

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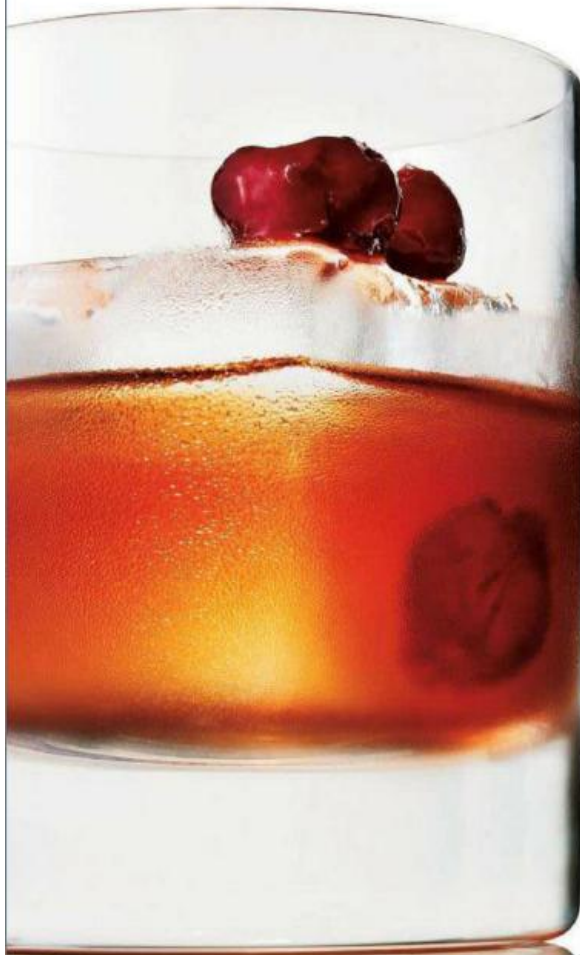
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Shake It Up

DRINK TO GOOD HEALTH WITH THREE MF-APPROVED COCKTAILS

BY DEAN STATTMANN // PHOTOGRAPH BY CLAIRE BENOIST



WINE 101

Christine Avanti, a nutritionist, author, and spokesperson for Skinny Vine wines, answers three of her most commonly asked questions.

For more tips, go to mensfitness.com/christineavanti



MF RECOMMENDS
Skinny Vine
Slim Chardonnay

WHICH WINES SHOULD I KNOW?

There are two main types of wine that every guy should know about: Chardonnay, which is a white wine, and Cabernet, which is a red wine. White wines go with lighter foods like fish, a light pasta, or a salad. Red wines are much richer and pair well with heavier meals, like red meat or a stew.

HOW SHOULD I HOLD THE GLASS?

You often see people at parties, and they've got their hand cupped under the glass. That's

not the right way to do it. You hold it at the stem because you don't want to affect the temperature of the wine. Wine is sensitive, so you don't want to heat it up.

HOW SHOULD I STORE MY WINE?

The only thing that will change the flavor of your wine is if it's sitting in heat or direct sunlight. In both cases, it will develop a "cooked fruit" taste that will be immediately obvious. Other than that, you can pretty much leave an unopened bottle of wine out and it's going to be fine.



The No. 11 (left)

By John McCarthy, beverage director, Whitehall Bar, New York City

WHY WE LIKE

It's a dapper-looking drink that saves most of the sugar that plagues many cocktails. "It's the flavor of Cherry with a fraction of sugar," McCarthy says. "And you're using tart cherry juice, which is an antioxidant."

WHAT YOU'LL

- 3 vanilla beans
- 2 oz bourbon
- 1 cup 100% tart cherry juice
- 1 cup agave nectar
- Dash Angostura bitters
- 1 large ice cube
- 3 brandied cherries

HOW YOU MAKE

- 1) The day before, soak the vanilla beans and bottle of bourbon in a jar.
- 2) For tart cherry juice, mix cherry juice with agave in a blender and bring to a boil. Reduce to medium and allow to simmer for 12 minutes. Strain through a fine-mesh strainer.
- 3) In a glass vial, combine the vanilla, bourbon, and bitters. Stir.
- 4) Place ice cube in a rocks glass and strain contents of mixing glass into rocks glass.
- 5) Garnish with brandied cherries.



Slender Sangria

By Christine Avanti, C.N.



Doctor's Orders

By Nicolas O'Connor

Raise Your Bar

Stock your liquor cabinet with our top picks for the 2012 holiday season



Lucky Dog Vodka

Distilled from locally grown Idaho winter wheat mixed with Rocky Mountain meltwater from the Snake River aquifer, LDV is smooth and silky.

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Bulldog Gin

Handcrafted in a distillery with 250-plus years of gin-distilling experience, this newcomer is infused with 12 exotic botanicals sourced from eight countries.



Wild Turkey Rare Breed Bourbon

A blend of WT's six-, eight-, and 12-year stocks, this "barrel-proof" bourbon is rich and smooth, with warm, subtle undertones.

glass over new ice. 3) Garnish with 3 blueberries on a skewer.

*For ginger juice, shave the skin off ginger and place in a blender. Add 3 oz water and blend. Then strain the ginger mash through a strainer or cheesecloth.



FOOD STYLING BY KAREN EVAN