

THE ADVENTURE ISSUE

MEN'S JOURNAL

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THE GUIDE TO
**AMERICA'S
ULTIMATE
GYMS**

NASCAR STAR

**Jimmie
Johnson
in the Race
of His Life**

**DO-IT-ALL
MOUNTAIN
BIKES**

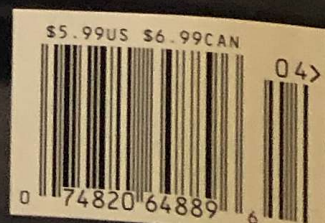
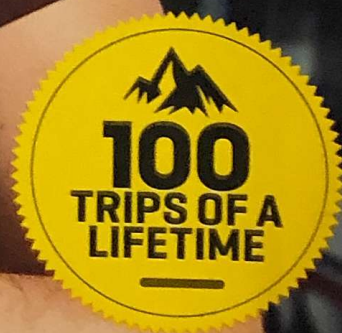


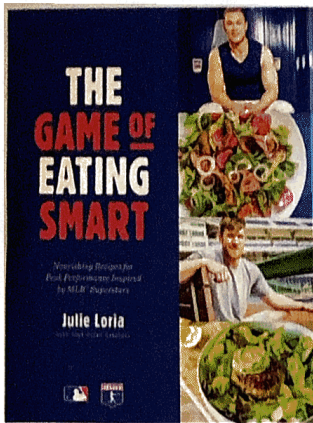
**THE WORLD'S
BEST PLACE
TO EAT
RIGHT NOW**

ZACHARY LEVI

Move over Aquaman
and Thor – Shazam is
the new **superhero**
megastar

A NEW
TWIST ON
YOGA





PUT DOWN THE CRACKER JACK

For decades, baseball players got a bye in the diet department compared with pro sports counterparts. After all, Babe Ruth lived on a steady intake of hot dogs and beer. These days, there's an emphasis on healthy eating to keep the club energized into the post-season. So how do they supplement their steady stream of sunflower seeds in the dugout?

The Game of Eating Smart (out March 26) sheds some light. Author Julie Loria and chef-to-the-pros Allen Campbell reveal that in the clubhouse, juice bars and smoothie stations are commonplace, and antioxidant-packed nuts and low-sugar juice blends have replaced rest-stop junk food for away games.

The book also includes 100 nutrient-dense recipes heavy on plant-based nutrition and free of gluten, dairy, and refined sugars. And some of the concoctions are inspired by the 21 ballplayers surveyed. For instance, the citrusy quinoa loaf was spurred by Atlanta Braves first baseman Freddie Freeman's love of the ancient grain—and its muscle-building amino acids.

The book delves into daily habits, like those of Boston Red Sox pitcher David Price, whose breakfast includes vitamin C-packed fruit, which aids in tissue repair, and protein shakes for lunch. When he's on the mound, he drinks at least four bottles of water. Though if you're a spectator, it's still OK to eat less like Price and more like Babe.

—Gerry O'Shea

HOW TO DRIBBLE INTO OLD AGE

The NBA's oldest player, Vince Carter, and Dwayne Wade (below) are banging the boards longer—and knowing why helps the rest of us. Guys who invest more in developing motor skills early in their careers have more staying power, finds research from the University of Oxford in the U.K., using 50 years of stats. Makes sense. If you start honing your skills in your first year as a pro, by the time you start to slow down, you have a

decade of practice in efficiency. If you're overreliant on fitness, you won't have fundamentals to lean on later. You don't need to play ball to apply the findings. Anyone who plays a recreational sport, or has a skill-based job or hobby, should work super-hard on job- or pastime-related skills—what researchers call context-specific information. In your old age, you can step on the court and show the young'uns who's boss.



EXPERIENCE THE OLYMPIA

You think you're committed to working out? Wait until you see the competitors at the **2019 Olympia, which hits Las Vegas September 12 to 15—and tickets are on sale.** It's four inspiring days of popping pecs, spray tans, and the buffest in the business. Scan the expo for hundreds of goods and services to aid in your fitness goals. The distance between their physiques and yours may be attainable—just stay away from the all-you-can-eat buffets. Visit mrolympia.com for more info.



TO GET IN SYNC, SKIP A MEAL

Fasting may be in vogue, but there's a new, compelling reason to give it a go: It helps alter the circadian rhythms of cells in the body that play a role in avoiding age-related disease, like dementia, according to researchers at the University of California, Irvine. In lab studies, daylong fasts can rewire metabolism, making it more efficient. This rewiring actually adjusts gene regulation—a process responsible for a lot of cell activity, including preventing disease. Consider a 24-hour fast monthly or other intermittent fasting.