



## GORAN JURENEC

HEIGHT 188 - 6' 2"

CHEST 101 - 39"

WAIST 84 - 33"

SHOES 44,5 - 10 1/2

HAIR CASTANI - BROWN

EYES VERDI - GREEN



Sex So Hot She'll Wake The Neighbours

The magazine men live by

# Men's Health

R35.1

FEBRUARY 2011

**FREE WORKOUT POSTER!**

## STRIP AWAY FAT!

IN 8 POWER MOVES

**GET ARMS LIKE THESE**  
COVER GUY WORKOUT, P54

Double The Style,  
Half The Cost, p106

## 15 POWER FOODS!

Fuel Your Mind And Body

**FREE 31-PAGE WEALTH GUIDE**  
Beat Money Stress

**The Best Advice**  
Tactics Win Every Time! p8

**HEALTH SECRET**  
**SMART GUY KNOW,** p6

02148

WWW.MH.CO.ZA

**GORAN JURENEC**  
The Men's Health Guy  
"Training means nothing without the right nutrition."

9 771027 687000






























**CLUB**  **Edgars**

ARY 2010 R20.50/FREE TO CLUB MEMBERS

*Work it!*  
A *new* take on  
office classics  
ankle boots &  
skin food

A man and a woman are posing together. The woman, on the left, is wearing a gray short-sleeved suit jacket and a matching knee-length skirt, paired with black high-heeled sandals. She is looking up at the man. The man, on the right, is wearing a gray pinstriped suit jacket and matching trousers, with a black shirt and tie. He is smiling and looking towards the camera. They are standing on a white surface against a white background.











# SHORT LISTED

Det gedigne gammeldags look er in. Men det må gerne afveksles med lidt mere spræl: terner, stjerner eller striber.

Polo Ralph Lauren  
3 pack KR. 399,95  
4 kombinationer i forskellige nuancer  
*Men's underwear Stuen*





