

Free with **STAR** June 20, 2010

# take5

Paloma Faith interview

## 'Fashion is my war paint'

Amazing real lives!

Psychic Sally Morgan's spooky weight loss

'I was too fat for the hearse'

Plus: Full 7-day TV guide



take5 look good, feel great

## Don't cha wish your boyfriend was buff like me?

Help him be a fitty like the JLS boys

Men around the country are glued to the telly watching the World Cup. But if they want to stay healthy they need to get up off the sofa and do some exercise. Only 40% of men get the recommended 30 minutes of exercise, five times a week. Not being active enough can lead to stress, weight gain and poor sexual performance – and has been linked to cancer, diabetes, and premature death. June is Everyman Cancer Awareness Month, highlighting that testicular cancer is the most common cancer in men aged 15 to 44. Visit [everyman-campaign.org](http://everyman-campaign.org) for more information.

And if you want your man to be as buff as JLS hunk Marvin Humes, you need to get him to the gym. "I have a personal trainer," says Marvin. "I'm busy a lot, but I'm definitely keeping fit." The JLS boys aren't afraid to flash the flesh, but with bodies like that who can blame them? The lads are famous for their dance routines but strapping Marvin, 25, sometimes finds them tricky. "I have to make the most effort, otherwise I'd look like a big, gangly person." Here's how to get your man fit and boost his health.

PHOTOGRAPHS: RETNA

### Top men's products...

- £10.99 L'Oréal Paris Men Expert Hydra Energetic Eye Roll-on
- £3.69 Bulldog Eco-System Shave Gel
- £4.99 +HE SHAVE DOC+OR Scrub Down Facial Wash
- £28 Eyre BioBotanics Frequent Flyer Kit
- £2.99 SureMen Sport Defence Anti-perspirant
- £2.39 Dove Men+Care Body and Face Wash



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