

**HUGE ARMS!** THE ULTIMATE 30-MINUTE WORKOUT

STRONGER, FASTER, BETTER

# Men's Health

**SPECIAL**

## Fit at Any Age

**MH EXCLUSIVE**

**"THE BEST I'VE EVER FELT"**

**Chris Hemsworth**  
ON STRENGTH, POWER, AND LIFE AFTER THOR

**March Madness!**  
THE **MH** SEX BRACKET

**Protein**

**Muscle** >>> **20s**  
**Money** >>> **30s**  
**Fun** >>> **40s**  
**Adventure** >>> **50s**

Your Forties

# 40

It's not too late to get back on track if you've let things slip—the transformation on the next page proves it. And even knocking out the pain from your long-ago injury is an option now. Start **ramping** up your savings and paying closer **attention** to your ticker and you've got more than half your life **ahead** of you.

## WTF? Why Do I Have Hair... There?!

**IT'S ONE OF** the great ironies of manhood that when the hair on your head begins to thin, the hair on other parts of your body goes wild—your ears, your shoulders, your left eyebrow, which now has a single strand three times as long as the rest. And these two common hair-related struggles, it turns out, are related. Both occur because of a genetic switch that typically happens in your 40s, says cosmetic dermatologist Paul Jarrod Frank, M.D. "Hair follicles appear to change their reactivity to androgen hormones, particularly dihydrotestosterone," he explains. While follicles on the head react to DHT by shedding the hair, follicles on the body can react in the opposite way: increasing growth. "It's one of nature's mysteries," he says.

Most men notice their chest hair thickening and new growth on their ears, nose,

shoulders, and back. When this happens, Dr. Frank says, there are three options: "Own it, groom it, or destroy it."

To exercise your "destroy" option, he recommends taking finasteride, an FDA-approved treatment for hair loss that also works to regulate body hair, thanks to that DHT connection. The drug inhibits DHT, which helps control hair production. But to permanently get rid of unwanted body hair, the best way is to zap it. "Laser hair-removal technology has come a long way," says Dr. Frank. "The new Motus AX laser can remove hair painlessly and in half the number of treatments as standard lasers. It also allows for the treatment of fine and light hair and is effective for darker skin tones." (Laser sessions vary, but most will run you between \$200 and \$500 each.) —GARRETT MUNCE

**GUYS KILLING IT IN THEIR 40S!**



**Jordan Peele**  
Director, comedian, recent dad

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**Jeremy Stoppelman**  
CEO of Yelp

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**Nick Woodman**  
CEO of GoPro

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**Grant Achatz**  
Three-star Michelin chef, Alinea

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**Scott McLean**  
Exercise scientist, Fitbit

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