

KIM DAWSON
MODELS

Taber
M

Height 6 ft. 0 in.

Waist 31

Shoe 11

Eyes Brown

Hair Black

Suit 40R

Shirt 15.5 x 35

Inseam 32

SINGAPORE
July 2007

Men's Health

100%
USEFUL!

YOUR
SECRET
SUPER
FOOD
PG 82

SCRAWNY TO BRAUNY

THE SKINNY GUY'S TOTAL
BEEF-UP PLAN

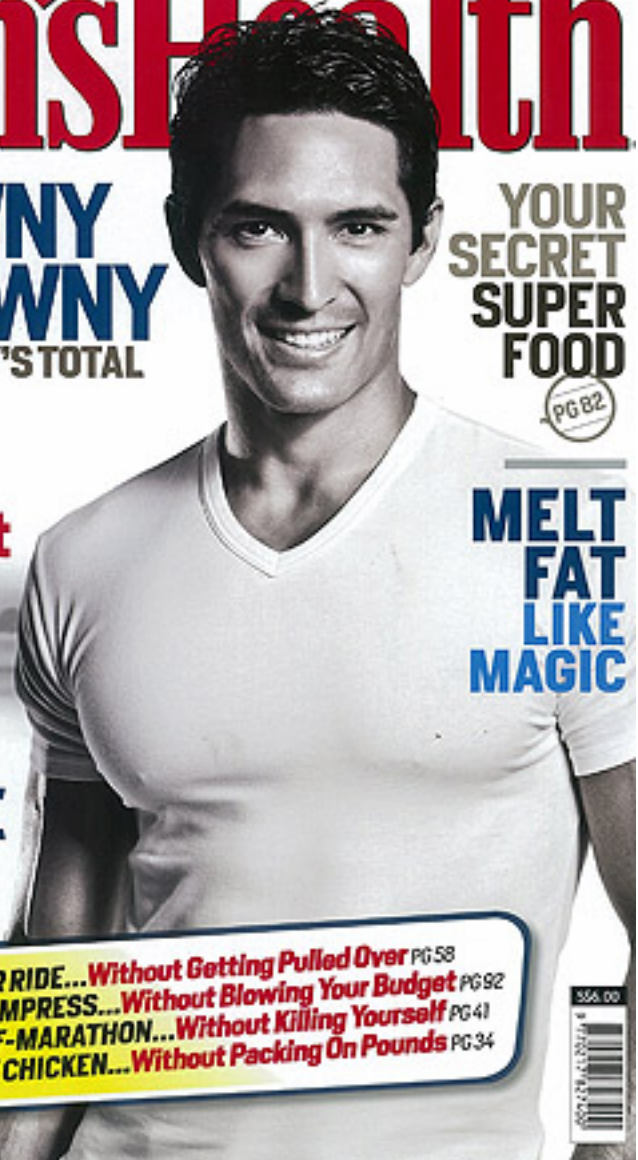
**Explosive
Sex Tonight**
PREPARE TO
PANT! PG 28

**MELT
FAT
LIKE
MAGIC**

**ADD 101
YEARS TO
YOUR LIFE**
LIVE LONGER,
FEEL BETTER

**LIVE
SMART!** PIMP YOUR RIDE... *Without Getting Pulled Over* PG 58
DRESS TO IMPRESS... *Without Blowing Your Budget* PG 92
RUN A HALF-MARATHON... *Without Killing Yourself* PG 41
EAT CURRY CHICKEN... *Without Packing On Pounds* PG 34

556.00



SINGAPORE
December 2008

Men's Health

100%
USEFUL!

www.menshealth.com

EASY NEW PLAN

FLAB TO FLAT

PG 122

Rock Solid In Just 4 Weeks!



GREAT SEX EVERY TIME

5 Ways To Age-Proof Yourself

RUN FASTER, LAST LONGER

Avoid Workout
Injuries Pg 44

BUILD YOUR PERFECT BOY

Make Her Want You

SUCCESS WITHOUT STRESS

Boost
**SAME WORK
MORE MONEY**

YOU CAN
Chat At Work! Pg
Drink Beer! Pg
Sow Wild Oats! Pg

