

SUMMER'S BEST! **FOOD/WORKOUTS/
STYLE/ADVENTURES**

Men's Health

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JOE MANGANIELLO
SHOWS
YOU HOW

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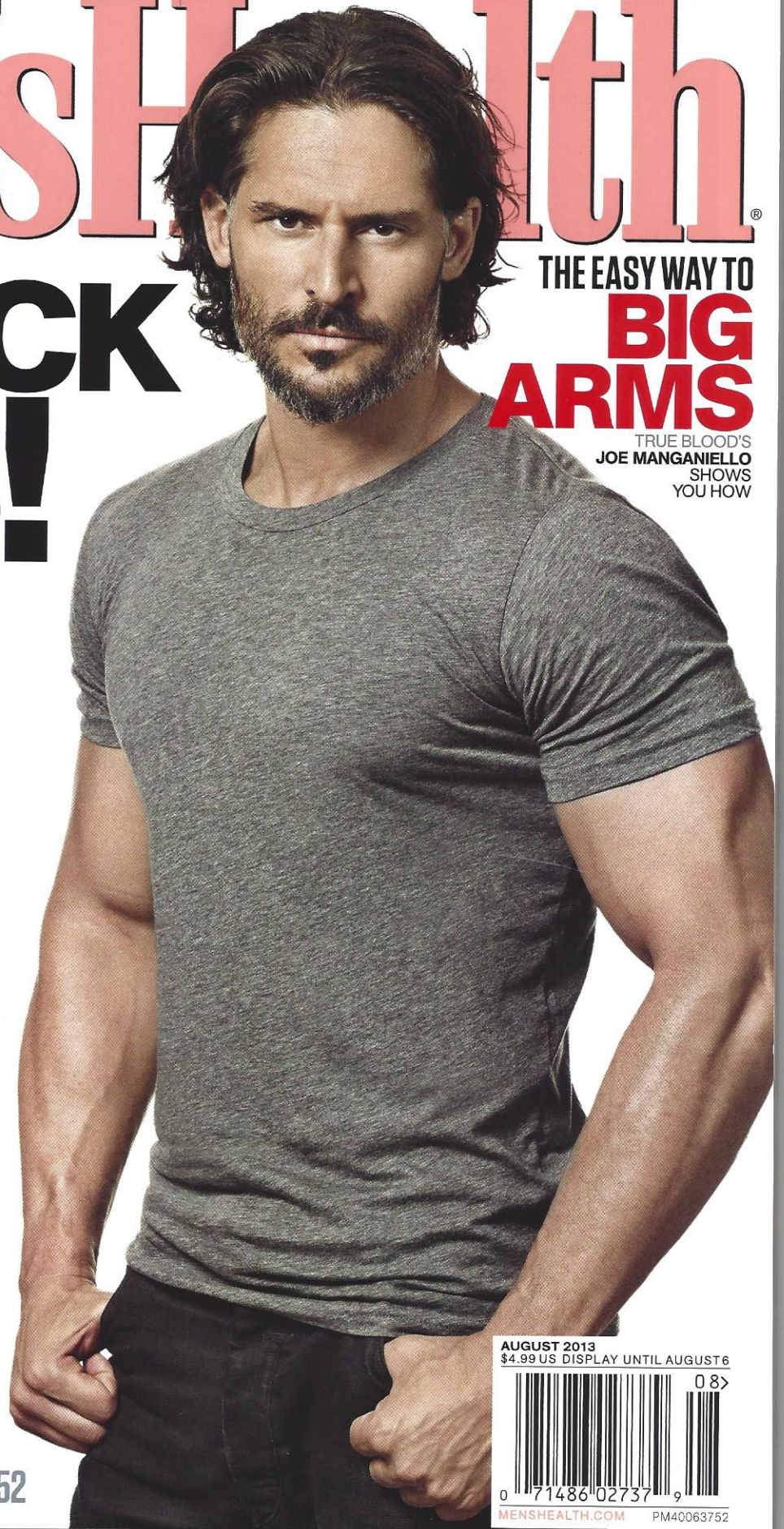
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MAKE YOUR MOVE
Girls like
this need guys
who can keep
up. Think
you're ready?



Climb on Board

Tired of watching other people enjoy the spoils of warm weather while you lie beached under your umbrella? Step up, man! Dust the sand off your shorts and prepare for the most adrenaline-charged summer of your life. **BY MIKE DARLING**



SUMMER'S HIGH POINTS SHOULD BE MEASURED IN HEARTBEATS—the more, the better. And here's proof: Researchers in Australia found that people who took part in extreme sports—and overcame their fears about them—reported improved psychological well-being and felt more confident facing everyday challenges. So if you spend your beach days planted in the sand, you're missing out on that life-changing rush.

"The freedom that comes from riding on the water is unique," says windsurfing legend Robby Naish. "You just have to be willing to move out of your comfort zone." And you'll likely pick up your new sport quickly. "You feel the improvements and the fun the first time." Sound good? Slather on the sunblock, step away from the bikini-clad scenery, and hit the water. The best part: If you move, she'll notice.

INTENSITY
METER



Stand-Up Paddleboarding

“The first time you try stand-up paddleboarding, you’ll feel it in your abs, your lats, your arches—everywhere. As you grow stronger, you’ll improve not only at other board sports but at every sport, period. Sports like surfing require waves, wind. Stand-up paddleboarding requires only a board, a paddle, and water. It’s the closest you’ll ever come to walking on water. And let’s face it: Everybody wants to walk on water.”

—Laird Hamilton, surf legend considered the pioneer of stand-up paddleboarding

ROOKIE MISTAKE

Letting your arms do all the work. “You need to engage your abdominals,” says pro paddleboarder Sean Poynter. Keep your arms extended and bend your elbows slightly, and with each stroke, rotate at your torso to generate more power.

YOUR FIRST MOVE

Avoid the wind. Too many first-timers think strong gusts will help. They won’t. “A beginner can be swept away by wind and strong currents,” says Connor Baxter, a former world champion paddleboarder. Find a flat, calm area with as little wind as possible; work with an instructor to learn the basic techniques and ensure you can swim back to shore pulling your board behind you.

Surf Kayaking

“It’s hard to describe the feeling you get from surfing a big wave. Some call it a ‘rush.’ For me, it’s about the pursuit of perfection. It takes training, experience, and an understanding of the ocean. When you do it right, it’s immensely rewarding, and that’s a feeling you just don’t understand until you’ve had a 40-foot wave towering over your head.”

—Tao Berman, former world champion kayaker and three-time world record holder

ROOKIE MISTAKE

Nervously sucking in your breath. “That’s the last thing you want to do, and I see people do it all the time when they feel intimidated,” Berman says. “You’ll need more oxygen in your lungs if you get taken out, so focus on staying relaxed and breathing normally.” In other words: Conquer your nerves.

YOUR FIRST MOVE

Focus on fit. “The kayak’s size is important for performance and comfort,” says instructor Ben Lawry, owner of Kayak Camp. Consider starting with an international-class kayak. It’s longer and faster, and it picks up more waves. Then ask around about tide forecasts and reef spots. You don’t want to hit coral in low tide.

Wakeboarding

“There’s a rhythm to the sport—a sort of pendulum effect, almost like a dance—that you don’t get from other water sports. There’s something about the moment the engine roars—10,000 pounds of weight pulling away all at once. The water displaces, you hit the wake and stand up sideways, and it all just clicks for the first time.”

—Shaun Murray, three-time world champion wakeboarder

ROOKIE MISTAKE

Trying to stand too early. “Let the boat pull you out of the water,” says Tarah Mikacich, a professional wakeboarder and coach at Orlando’s Freedom Wake Park. “Relax, straighten your arms, and bend your legs as much as possible. It’s counterintuitive, but stay balled up and let the boat do the work.” And ask the driver to pull you up slowly—hammering the throttle won’t help.

YOUR FIRST MOVE

Once you’re on the wakeboard, don’t face the boat. Instead, align your hips and shoulders with the length of the board. “That’ll save you from a lot of hard falls,” Mikacich says. And ask the driver to follow the same line as other boats—it’s proper etiquette, and it’ll cut down on the waves you’ll encounter.

Hot for Action

How do you impress Maika Monroe, pro kiteboarder and costar of *September’s At Any Price* with Zac Efron? Like this...



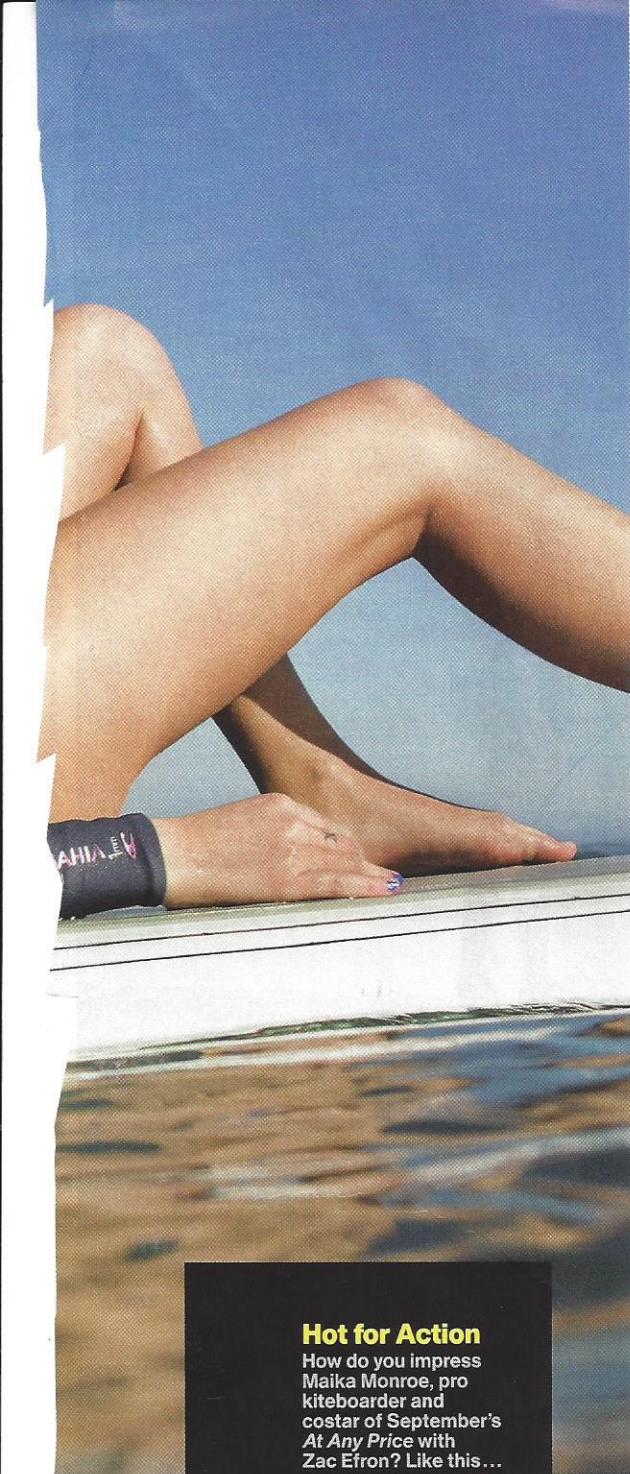
THINK BIG “I hate when guys ask me out to dinner; I want to do something fun!” Like a nighttime hike or a beach game, she says.



TALK TRASH Teasing during volleyball or touch football makes for easy flirtation. “But there’s a fine line between confident and cocky,” she warns.



LAUGH OFF A LOSS If she crushes you, make a joke and move on. “I like athletic guys, but a sense of humor is more important,” says Monroe. Now buy her a lemonade. She did win, after all. —LILA BATTIS





Kiteboarding

"It's the ultimate extreme sport. You can do it anywhere—flat water, waves, snow, dirt, ice, light winds, strong winds. There are no fuel costs, no lift tickets, no membership dues. You can jump higher than some buildings and travel faster than most speed limits, all while using nothing but wind and human power. That's pure freedom." —Rob Douglas, professional sailor and kitesurfer who has held the world speed sailing record

ROOKIE MISTAKE

Trying to outmuscle the kite. Control requires a light touch: "It's more like typing than a tug-of-war," says Karen Lang, an instructor at Aqua Sports Maui Kiteboarding School. "When the kite pulls forcefully, people tend to hold on tighter, which makes the kite gather even more force. Instead, let go of the bar and the kite will flutter down harmlessly."

YOUR FIRST MOVE

Take lessons. But don't settle for any teacher. "Make sure the instructor is certified by the International Kiteboarding Organization and that you'll be followed in a chase boat or at least a jet ski," Douglas says. If you're hurt, fatigued, or stranded, the instructor can help. Douglas also recommends using a high-quality kite, such as one made by Cabrinha. Most cost more than \$1,500, but a day rental runs \$100 to \$150.

Windsurfing

"The first time you pull the sail from the water is unforgettable. But no matter how athletic you are, you'll fall. Everyone does. And the hurdles never stop. But if you put in the time and effort, one day the conditions will line up perfectly and you'll blast across the water, sail in your hands, board on your feet, flying effortlessly. That thrill is timeless." —Robby Naish, 24-time world champion windsurfer

ROOKIE MISTAKE

Using old equipment. Gear made within the past 5 years contains more carbon fiber, making it lighter and sturdier. "People tell me all the time that windsurfing is too hard, that they aren't strong enough," says Kevin Pritchard, a former world champion windsurfer. But the right gear can make a difference. He recommends the company Starboard for the widest range of boards. And pair it with an Ezzy sail. "They last forever," Pritchard says.

YOUR FIRST MOVE

Adjust your boom—the horizontal bar you use to steer. "Keep it at shoulder height and tightly secured to the mast," says Guy Cribb, a former British racing coach and 13-time British champion. "If it's wobbly, your balance suffers." Also, don't look at your hands. Focus instead on what's ahead and you'll have an easier time staying balanced, Cribb says.



Photo: Ashley Zohar/Thy

Photo: Rob Tally/Bumble and Bumble; Photo: Maguel Agu

Photo: Melani

Photo: Agency; Opening page: Anthony Top; Review: a secret bikini bottom; Melinda Maria ring; this spread: O'Neill jacket; H&M bikini

THRILL-SEEKER SUMMER CAMP

If you're just looking for a pool, hit up your local motel. But for a full-on adventure-loaded vacation, check out one of these resorts.

FOR THE ASPIRING KITEBOARDER

Kite Beach Hotel, Cabarete, Dominican Republic

Dependable wind, warm water, and a beginner's class will prep you for launch. Boarding, windsurfing, sailing, and diving options abound.

FOR A GROUP ON A BUDGET

Wildman Adventure Resort, Niagara, Wisconsin

Bachelor party? Cabins start at \$130 and serve as your base for rock climbing, kayaking, paintball, UTV excursions, zipline canopy tours, and—to recover—golf.

FOR THE ADVENTURE SAMPLER

CostaBaja Resort and Spa, La Paz, Mexico

Customize a blue-water schedule that can include sea kayaking, sailing, snorkeling, swimming with sea lions, and a Hemingway-esque fishing expedition.

FOR THE WHOLE FAMILY

TradeWinds Resorts, St. Pete Beach, Florida

Floating waterslides and camp-style activities keep the kids entertained while you paddleboard, kayak, or take to the air on a jet-pack ride. Yes, you read that right. —L.B.