

359 Women Expose Themselves! p36

The magazine  
men live by

AUGUST 2009

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# Men's Health

## BURN FAT FAST!

IN JUST 3 POWER MOVES

## DRESS FOR MORE SEX

## The Best Advice

17 Winning  
Tips From SA's  
Top Men, p97

## THE BRAWN IDENTITY

FROM BONY TO BUFF IN  
JUST SIX WEEKS



**FREE!**  
WORKOUT  
POSTER

YOUR  
BEST  
BODY  
EVER!

**EAT LIKE  
A KING...**  
ON A BUDGET!

**Protect Your  
Pay Cheque**

**Ultimate  
Gear, p120**

*The Men's Health Guy*  
**JOSH DUHAMEL**  
*"I Want To Do Good Work, But  
Having A Life Is Important, Too."*



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# Men's Health

# BEST MAN 2009



“ There is a great man who makes every man feel small. But the real great man is the man who makes every man feel great. ”

**E**NGLISH NOVELIST CHARLES DICKENS wrote that more than a century ago, but he could have been referring to this year's *Men's Health* Best Man nominees.

The 2009 gala event was held at Kyalami's glitzy Theatre on the Track. It was a night for heroes – South African men who have excelled in their fields during this year. Some are quietly committed to building a stronger nation; others do it more vocally or visually. From business to sport, media to arts, technology to public service, each of the nominees has helped shape our country.

Hilarious comedian Loyiso Gola guided the evening's proceedings. He had the audience in stitches before handing over to *Men's Health* editor Ridwaan Bawa, who announced the winners. The awards selection process had been a strenuous, year-long affair: a public call for nominees, grilling of the shortlist by a specialist panel and, finally, the nod from you, our readers.

Victorious was Hennie Botes, inventor of a revolutionary low-cost housing construction method (Science and Technology); brothers Justin and David Letschert, owners of the company Union-Swiss which produces Bio-Oil Skincare products (Business); artist, curator and art lecturer David Koloane (Arts and Culture); conservationist and creator of Umzi Wethu training academy Andrew Muir (Public Service); Sevens Springbok rugby coach Paul Treu (Sport); and the controversial cartoonist most politicians love to hate, Jonathan "Zapiro" Shapiro (Media). This year saw the awarding of a special discretionary Editor's Choice Award. It went to dynamic IT entrepreneur and non-profit business academy founder Zibusiso Mkhwanazi.

Read on and let their advice on topics that range from taking risks to taking control inspire you, motivate you and set you on the road to a huge 2010.

MEET THE WINNERS:



BUSINESS

SPORT



MEDIA

SCIENCE & TECHNOLOGY



ARTS & CULTURE

PUBLIC SERVICE

EDITOR'S CHOICE

MEN'S HEALTH BEST MAN 2009 IS PROUD TO BE ASSOCIATED WITH THESE DISTINGUISHED SPONSORS:



How can we help you?



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# THE FINALISTS

LOOKING BACK: THE 2009 MEN'S HEALTH BEST MAN TOP-THREE FINALISTS PER CATEGORY AS VOTED BY YOU, THE READER.

## Sport



The finalists could include sportsmen from all disciplines, sports administrators and commentators, as well as anyone making an exceptional contribution to the world of sport.



**PAUL TREU**  
SPRINGBOK SEVENS COACH



**GINIEL DE VILLIERS**  
DAKAR RALLY WINNER



**HILTON LANGENHOVEN**  
PARALYMPIC TRIPLE GOLD MEDALIST

## Business



We're looking for individuals who have made a difference not only in commerce but in the community in which they succeed – it's the work they do in their area of business that we'll be looking to acknowledge and reward.



**ZIBUSISO MKHWANAZI**  
CEO  
& ENTREPRENEUR



**JUSTIN AND DAVID LETSCHERT**  
MANUFACTURERS AND  
DISTRIBUTORS OF BIO-OIL



**ABEY MOKGWATSANE**  
CEO OF VVV, AN EXPERIENTIAL  
COMMUNICATIONS AGENCY

## Science & Technology



A true leader and innovator in the field of science and technology, this is a man who is forging a new path, finding new answers and breaking ground.



**ARTHUR GOLDSTUCK**  
DIGITAL TREND ANALYST



**HENNIE BOTES**  
INVENTOR OF BOX MOULD HOUSING



**VINNY LINGHAM**  
CEO & DIGITAL ENTREPRENEUR

## Arts & Culture



This is not just about rewarding entertainers; we're looking for men who are recognised for their unique expression of our culture. The finalists could include musicians, painters, dancers, directors, writers and poets.



**JIMMY DLUDLU**  
AFRO-JAZZ  
MUSICIAN



**MARK KLEIN**  
PRODUCER: "NELSON MANDELA  
- FATHER OF THE NATION"



**DAVID KOLOANE**  
ARTIST, TEACHER  
AND ART CRITIC

## Public Service



These are men who largely go unrewarded and often work selflessly for the benefit of humanity. We're looking for men who make a difference in everyday life for the good of society.



**SHANE IMMELMAN**  
INVENTOR OF  
THE LAP DESK



**TREVOR MULAUDZI**  
FOUNDER OF  
THE CLEAN SHOP



**ANDREW MUIR**  
UMZI WETHU TRAINING  
ACADEMY FOUNDER

## Media



These men are no strangers to publicity. In fact, many of them thrive on it. Making an impact in the realms of TV, radio, online and print, our media heroes shape the information we consume every day.



**SOLI PHILANDER**  
TV PRESENTER AND RADIO HOST



**JONATHAN 'ZAPIRO' SHAPIRO**  
CARTOONIST



**GARWEN MCLUCKIE**  
TELEVISION CAMERA OPERATOR

**A**rtist, journalist, social commentator or your daily source of a chuckle – it doesn't matter what you see him as, Zapiro is part of just about every South African's media experience. No stranger to creating news himself, 2008 was arguably his most controversial year yet, seeing more of his satirical targets running to their lawyers than ever before. He tells us where he finds the inspiration for his cartoons and why he loves South Africa.

#### **ON PATRIOTISM**

I've often described myself as a patriotic sceptic. The very fact that I care for this country is what makes me look critically at what happens here. It's great being a cartoonist in South Africa with our dynamic issues. More happens here in a week than in six months in other places. I loved living in New York for a couple of years and still love seeing the world. I have no plans to leave South Africa for good, though I don't think that leaving a country is necessarily a sign of a lack of patriotism.

#### **ON SUBJECT IDEAS**

I read a vast quantity of newspapers each week in a very eclectic way – cherry-picking stories and jumping about from one paper to another to see different angles on the same issue. I listen to the radio while I work, both to news shows and talk shows. I have a network of people whose opinions I trust and I pick their brains from time to time. All this is the perspiration. The inspiration? I never know when that's going to happen. I just have to trust that it will. For humour I look to guys like Borat, Eddie Izzard, Don Martin and plenty of South African politicians.

#### **ON THE SOUTH AFRICAN MEDIA**

I think on the whole the media does a pretty good job. Some less glamorous stories aren't followed up enough, it's true, and this could be improved. There also aren't enough resources for the amount of in-depth investigative journalism we need. But there are many courageous journalists in this country whose creativity and integrity are on display every day in our media.

#### **ON HEROES**

I'm with most South Africans in regarding Madiba as my hero. Archbishop Tutu certainly also remains a hero for me and I'm saddened at those factional fingers now pointed at him because he stands resolutely by his principles. I hope if I'm asked this question in five years' time that Obama will still be up there. I have heroes in the field of cartooning, especially Art Spiegelman, Steve Bell and Hergé.



