

Ready for a real challenge?

It's time to step up your training

LAND-ROVER **Men's Health** 
SURVIVAL of
 the **FITTEST**
 Powered by **the Rat Race** URBAN ADVENTURE



FANCY A CHALLENGE?

Men's Health Survival Of The Fittest is the must-do urban race of 2008. You're going to need strength, fitness and determination to get through it - along with the recovery power of For Goodness Shakes.

Men's Health Survival Of The Fittest is a gruelling 10k, 10-obstacle sprint around the historic city of Nottingham (to enter visit mhsurvival.co.uk) and takes place on 11 October. It's not for the faint-hearted and you'll need to be seriously fit to complete, let alone win, what's shaping up to be the endurance event of the year. You may think you're ready for it, but each of the obstacles has been designed to slow you down, fatigue your muscles, and sap your strength, making the 10k between them harder than any mid-distance run you've ever done before.

You'll need all-round fitness, strength and power to conquer hazards such as the army assault course, archery challenge, white water rapids, the For Goodness Shakes football step climb, and the Men's Health slippery wall. To ensure you have the speed, strength and mental acuity to get around the course you'll need to prepare for it like a pro and make recovery, with For Goodness Shakes, a core part of your training.

TRY IT FOR FREE

Training hard takes a lot out of you. To build a stronger post-workout body you need to recover. For Goodness Shakes has the optimum mix of energy, fluid and protein to help energise, feed and rebuild muscles when they need it most. Drink a bottle 20 minutes after sport and you could feel less tired, stiff and sore - so you'll be ready for the Survival of the Fittest challenge.

Put it to the test. Get yours free at forgoodnessshakes.com/sotf

OFFICIAL SPORTS DRINK
 OF MEN'S HEALTH
 SURVIVAL OF THE FITTEST

