

The Blueprint

THE PLAYBOOK FOR A LONGER, STRONGER LIFE

An Uphill Climb

92 | Skinning is the latest fad in winter sports. But skiing up a mountain takes serious fitness. We've got the six-week plan to get you ready.

A Seedy Situation

96 | Sesame, flax, chia, even watermelon—these seeds may be tiny, but they pack a serious nutritional punch.

The Future of Fitness

100 | *Futureman*'s Josh Hutcherson shares his unusual ways to stay in shape. (They involve parkour.)

Build Your Home Gym

102 | Forget membership fees. For a few hundred bucks, you can buy everything you need to get strong, fast, and flexible.

The Better Way to Keto

108 | The popular high-fat, low-carb diet may actually hurt your health. Give it a nutritious upgrade.

Health News

110 | The science-backed reasons to go for a run, eat some toast, and meditate daily.

This year, get faster, stronger, and fitter. Your plan is on page 104.

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