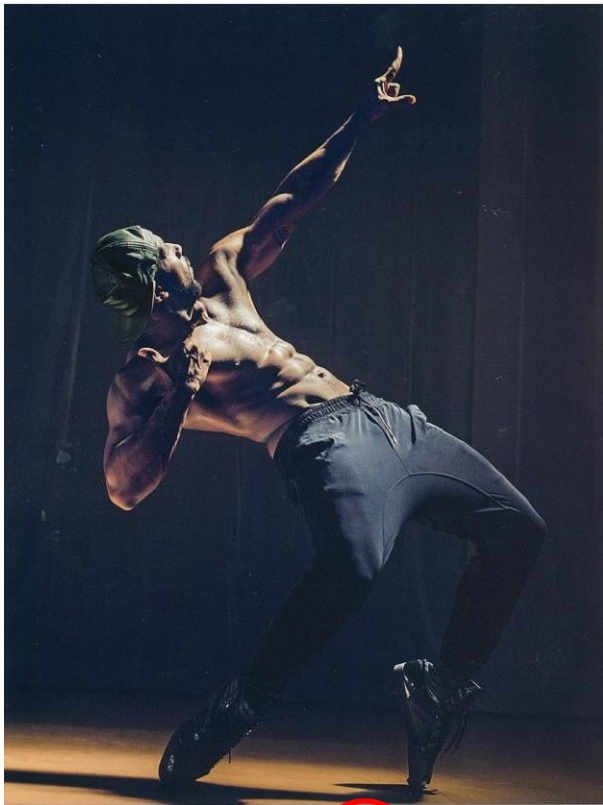


Press Release

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Men's Health is the world's most influential men's magazine, helping men take control of their physical, mental and emotional lives.



So You Think You Can't Dance?

You can! Here's how to get the steps out of your head and into your moves

Johnny Depp once claimed that he'd "rather swallow a bag of hair" than dance. If you're one of those guys who feels awkward on a dance floor, then you know Depp wasn't being dramatic.

Well, Twitch ain't buying it. He's a freestyle hip-hop dancer, a fan favorite on TV shows like *So You Think You Can Dance* and *Ellen* and movies like *Magic Mike XXL*. His real name is Stephen Boss—he got the nickname as a kid because of his "popping and ticking" dance moves.

If Twitch is to be believed, everyone's a dancer. "Remember the last time you were in your car and a song came on that you loved, and your body just naturally fell into a groove?" he asks. "You were dancing, man."

So how do you translate those private car-dancing moments to the dance floor? Stop thinking. "That's the secret," says Twitch. "It's not about knowing all the right moves or looking cool. It's about letting your body win out over your head."

Your 5 Gym Bag Essentials

Upgrade your gym bag with *MH's* top picks



SI DoubleSpeed Jump Rope
 Make your workouts harder with jump rope finishers. These from Standard Issue aren't just light; their smooth cable movement gives you the fluidity that's necessary to perform double unders. Not up for it? Do basic skipping moves to ease your body into prime MetCon state. RM75; standardissuegears.com



Tupperware Eco Bottle
 The water bottle's minimalist design incorporates an easy grip — ideal for your sweaty mitts during intense workouts. Though the tab opens easily, it latches on tightly to avoid spills. The Eco range is made from non-toxic grade materials that are chemical- and carcinogen-free. RM59.80 for a set of two; tupperware.com.my



The Kettlebowl's PB & K
 Your protein shake not enough to curb your post-workout munchies? Give The Kettlebowl's PB & K granola a shot. Flavoured with peanut butter (an all-time bodybuilder favourite), the locally-produced granola is also mixed with espresso crème chips, scoring points on both taste and nutritional content. RM28; thekettlebowl.com



Fitbit Blaze
 This smart fitness watch goes beyond your regular tracker; it doubles as your personal coach with its FitStar workouts — you can follow the instructions and the graphics right on the colour touchscreen. The watch can be fitted with different bands, so you look good in and out of the gym. RM950; fitbit.com/my



L'Oréal White Active Oil Control Moisturiser
 Keep your mug fresh after a gruelling workout with this moisturiser by L'Oréal. Just dab some on to reign in excessive sebum production (goodbye grease shine!), and to reduce dark spots and blackheads. It also protects your skin from UVA/UVB rays, so you can hold your head high when out in the sun. RM30.90; lorealparis.com.my