

Special Flat-Belly-Fast Issue!

TONS OF
USEFUL STUFF

Men's Health

Free Workout Poster!

LOSE YOUR GUT!

SEE RESULTS IN JUST 8 DAYS!

30 RED-HOT SEX SECRETS

15 POWERFOODS THAT FIGHT FAT

Lance Armstrong's COMEBACK WORKOUT

WHY IT WILL WORK FOR YOU!

STRIP AWAY STRESS!

THE YEAR'S BEST... 365 COOL HEALTH, FITNESS, SEX & NUTRITION TIPS

THE EASY WAY TO
**GREAT
ABS!**

p.94

YOUR BEST BODY EVER!

GET IT NOW!
KEEP IT
FOREVER!

THE
MEN'S HEALTH GUY
"I'm not a quitter."
Lance
Armstrong

MensHealth.com

FEBRUARY 2009
\$4.99 US DISPLAY UNTIL FEB. 10



0 71486 02737 9 02





round him today. They're not his entourage, they're his ego-control system, the people who counterbalance his natural drive and tell him things he doesn't want to hear. They also help shut out the noise from everyone else eager to fill his ears with advice.

"I would say there are probably a dozen people I trust 100 percent," Lance says. "I'd trust

them with my life. Outside of that, it drops off a lot. Just like going into a war, you have to know who's committed. Beyond that, you just don't know."

When Lance was mulling over his decision for a comeback, one of his first calls was to his mom. The next was to 31-year-old Doug Ulman, a three-time cancer survivor who, despite his youth, now serves as pres-

ident of the Lance Armstrong Foundation. "Lance asked, 'Hey, would it help our international drive if I raced my bike again?'" Ulman recalls. "I said, 'Sure! Cancer kills more people than HIV/AIDS, tuberculosis, and malaria combined, and no one knows it. If we can leverage attention at the highest levels and convince world leaders to make this a priority, it may be the most significant thing you'll ever do.'"

Okay. But what if Lance's mom and Ulman had said a comeback attempt would be a huge mistake?

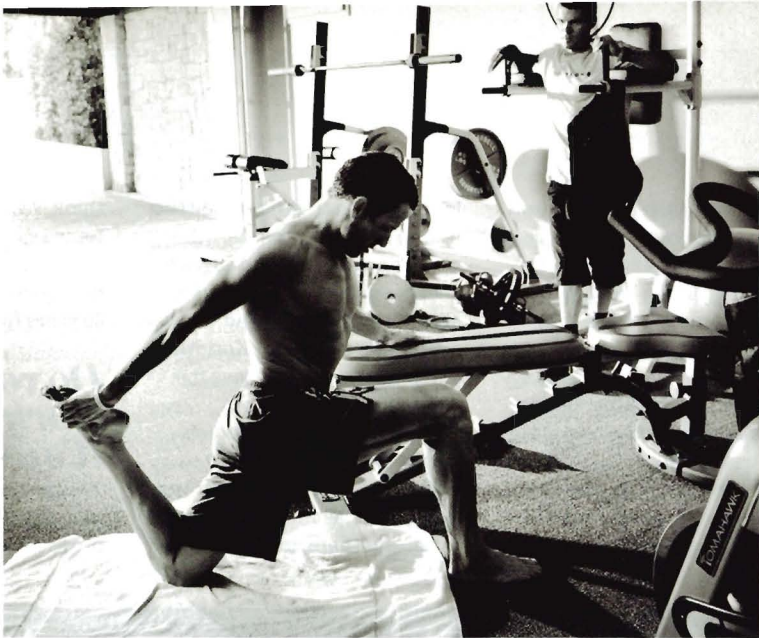
"There are times when they've put their foot down,"

Lance says. "We get into a healthy debate and I never . . . well, I won't say never, but out of a thousand times, maybe once I'll do something else."

Lean on loyalty

Once Lance decided to swing his leg back over his bike, he faced a big dilemma. His close friend and former head coach, Johan Bruyneel, was now running the Astana team. Problem was, Astana's roster boasted Alberto Contador, the 2007 Tour de France champion who is now, by Lance's own estimation, "arguably the greatest

"THE WAY TO PLANT A SEED OF DOUBT IN THE OTHER GUY'S MIND IS BY KEEPING YOUR MOUTH SHUT. LANCE IS NICE—THEN HE DRILLS YOU."



LANCE VS. CANCER

If he can pull out a victory this time, we'll all end up winners

It's clear now that testicular cancer messed with the wrong guy: Not only did Lance stage an improbable comeback and defeat the disease, but he then turned around and launched a counterattack against cancer in general, culminating in his new Livestrong Global Cancer Initiative.

"The yellow-wristband campaign gave us great information to mine, and the data we got back from international sales was unbelievable," says Livestrong president Doug Ulman. "In Mexico, 43 percent of the people believe they brought cancer on themselves, and 38 percent believe it's contagious. So with stigmas like that, why would anyone get screened? We saw a tremendous opportunity for results just by changing perception."

The cornerstone of the new initiative is political cooperation: Since Lance draws a crowd wherever he goes, he plans to use his presence at cycling events in different countries as a bargaining chip with politicians. In some cases, that might mean asking for cash funding for, say, HPV vaccinations to help prevent cervical cancer, or for a leader to take a controversial stand, like when the president of Uruguay recently banned smoking in public places.

Lance's cycling tour begins in Australia and expects to hit Italy, South Africa, and Latin America before culminating in a world summit in Paris this July. For more details, see livestrong.org. —C.M.

in the world." "I'm not the strongest, I'm not going to expect everyone to lay down. For me, it's more important to be honorable and fair throughout this process." "So you'd ride support for Contador?" I asked, doubtfully. "Absolutely," Lance swore. All of which brings up the greatest mystery in modern sports. If Lance really did cheat his way to those seven Tour titles, that means for years he never trusted the wrong friend, never hired the wrong assistant, never asked the wrong guy to throw away a dirty syringe. He never confided in the wrong

girlfriend or asked the wrong doctor the wrong question. Sure, a few former teammates have made accusations. There was also that close call when his 1999 urine sample came up hot, but the result was tossed out for unreliable testing. Otherwise, there's been nothing close to a smoking gun or a credible eyewitness. Of course, there's no way to know if Lance ever used performance-enhancing drugs. But, true or false, the fact that no one close to him has ever tried to cash in by claiming he doped testifies to the remarkable lifelong loyalties he's managed to inspire.

replied. "But I'm a fair person. If I'm not the strongest, I'm not going to expect everyone to lay down. For me, it's more important to be honorable and fair throughout this process." "So you'd ride support for Contador?" I asked, doubtfully. "Absolutely," Lance swore. All of which brings up the greatest mystery in modern sports. If Lance really did cheat his way to those seven Tour titles, that means for years he never trusted the wrong friend, never hired the wrong assistant, never asked the wrong guy to throw away a dirty syringe. He never confided in the wrong

WAY
EA
BS
F
OU
ES
OD
VE
TITN
KEP
FORE
MEN'S HEA
"I'm not a
A
Y 2009
PLAY UNTIL
02737