

CARDIO

BULLETIN®

Edited by Laura Roberson

DRUM UP STAMINA

Base your pace on the bass. According to a study from the U.K. and Australia, athletes run longer if they listen to music synchronized to their strides than if they run in silence. It doesn't even have to be a rah-rah tune. A beat helps a runner establish pace, the scientists say. A song with the perfect tempo for a high-intensity run? J.Lo and Pitbull's "On the Floor" remix, at 137 beats a minute.

GO FROM SIDEWALK TO SLOPE

Snowboarding can burn 450 calories an hour—but only if you stay vertical. To perfect your form, practice on a skateboard, say scientists in Germany.



SWAY SIDE TO SIDE

Stand on the skateboard with your body parallel to the board's length and your feet planted hip-width apart over its wheels. Practice leaning to your right and left, shifting your weight and bending your knees up and down as if you're doing squats.



FEEL THE EDGE

Assume the same stance as with the first movement, but this time shift your weight forward and back.



PREPARE TO ROTATE

With your feet hip-width apart and weight on your leading leg, gently bend your knees, lean slightly forward, and twist your upper body as if to rotate the board.



EDGE THE BOARD

Set up cones in a straight line, ideally on a slight decline. Weave between them, leaning to change direction. Eventually, bend your knees as you move.

▶ For the first three moves, start out by practicing on a nonmoving board. Then roll with them.

▶ Find your preferred lead leg on a skateboard before you hit the slopes. You'll save money on setting your snowboard bindings.

▶ Putting pressure on the edge of a snowboard is crucial for maneuvering it, the scientists say.

For up-to-the-minute cardio news and tips, go to news.MensHealth.com.



PERCENTAGE DECREASE IN A MAN'S CANCER RISK OF THE LOWER COLON IF HE IS A LIFELONG VIGOROUS EXERCISER

Source: Cancer Causes and Control

FIT TO LIVE

How's this for a return on your investment? **Exercising for just 15 minutes a day can add 3 years to your life,** a new study in the *Lancet* reports. Over a 13-year period, each additional 15 minutes of daily exercise (up to 100) slashed people's risk of death another 4 percent. It's not just a heart benefit, says study author Chi-Pang Wen, M.D., Dr.P.H. Exercise may also reduce risks of diabetes and cancer.

AMAZING RACE

The rush doesn't end at the finish line. **If you participate in a race, you'll keep working out,** a new Temple University study finds. Three months after a race, runners—particularly novices—who were satisfied with the event said they intended to stay active. Make the most of your first race: "The goal should be to finish, not to finish in a specific time," says study author Daniel Funk, Ph.D.

No-Win Situation

Keep your eyes off the prize. A new study in the *Journal of Sports Sciences* reports that when a trophy is visible during the final match of a high-stakes tennis tournament, the favored player tends to perform poorly. The sight of a prize may shift the player's focus away from strategy, says study author Erik Bijleveld. Try counting backward during practice—it teaches you to focus despite distractions.

ON OUR RADAR

Photograph by JOSHUA SCOTT, prop styling: Richie Owens/Haley Resources; Illustrations by PETER SUCHESKI