

LAUNCH ISSUE

MILLENNIAL MAN

Raw // Refined
17th May 2016

FASHION:
THE NEW
URBAN STYLE

MEN HAVE
BOOBS TOO
BREAST CANCER:
THE FACTS

TINDER TALES
YAY OR NAY?

YOU'RE NOT THE
BOSS OF ME NOW
THE FUTURE
OF WORK

£2

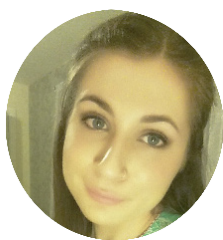




TOPMAN

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Hello & welcome to Millennial Man!



We've tried to incorporate as many different aspects of the millennial man's life as we possibly could in these 36 pages, and we hope you enjoy reading this magazine as much as we did filling its

pages with these amazing stories!

Here's a quick glimpse into what's in store this fortnight...

Got some time to spare? Browse our entertainment pages 8-9 for everything from what's on telly to essential summer reading.

If fashion is more your thing, check out our stunning fashion spread on pages 10-14 for your fix of European street style (and if you still can't get enough of our gorgeous posers, head on over to our last page for a personal interview with model Khaled Almalki).

Our cover story on pages 17-20 this fortnight is all about the growing pains millennials are currently experiencing and we also cast an eye on the future of the workplace with some mind-boggling stats that'll change the way you see work.

Check out our focused wellbeing features on pages 22-26, dedicated to all the health-conscious gym addicts out there. In this issue, we focus on the miracle supplement Creatine, put a spotlight on male breast cancer awareness, and give you easy tricks to wave away the winter blues just in time for summer.

Speaking of summer, are you looking for that perfect summer fling? Head over to page 27 for the low-down on Tinder, or pages 28-29 for more, er, serious *cough* relationship advice from Bonny and Ben

Most importantly, sit back, relax, and enjoy the next few minutes with Millennial Man!

Muna Adil. 😊

Editor

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If you see a little bearded man on some of our pages, he's letting you know there's more great content online!

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BOSS
HUGO BOSS

BOSS
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*"I DON'T EXPECT SUCCESS
I PREPARE FOR IT"*
RYAN REYNOLDS

BOSS BOTTLED.
FRAGRANCE FOR MEN

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LEGAL HIGH BAN NOT ALL IT'S CRACKED UP TO BE

By Adam Hopkin

The UK Government's complete ban on legal highs criminalises the sale of substances that would allow you to snort, sniff or smoke your merry way to having a "psychoactive effect." Officially known as the Psychoactive Substances Act, anyone caught with a small baggie will be not be prosecuted but to the aspiring Pablo Escobars out there, anyone found to be producing or selling the drugs may have to face up to seven years behind bars.

The blanket ban comes after hard drug-like substances were found to be changing the composition of their drug just enough for them to stay legal. Of course just because it's "technically not" that bag of rocks you've been thinking about saving for the weekend doesn't mean it's a fantastic alternative, and as these barely

legal copy cats closely mimic all the sought-after effects of their most definitely not legal counterparts it's no surprise demand for them has been high.

Obviously, as shown with the criminalisation of every drug, just because the drug isn't available through the conventional, legal methods, doesn't mean that some shady bugger won't be cashing in on the demand in a back alley somewhere. But the Act hopes to do away with illegal sales through authorities now being able to issue prohibition orders on known dealers, conduct searches, whilst destroying any found legal highs.

"Where head-shops have been closed down, the owners of these shops have simply resorted to selling the same products on the nearby streets" Dr Rob Ralphs told

the Huffington Post. Ralphs has been hired by Manchester City Council to put together a study showing how common psychoactive substances are in the city.

Many are also saying the bill is pretty vague. This is because it says anything that affects the brain is a psychoactive substance. Now missing out on your morning coffee and smoke may lead to that longing feeling but thankfully both, especially the beverage, are still safe. This lead to the ban being described as "one of the stupidest, most dangerous and unscientific pieces of drug legislation ever" by Labour MP Paul Flynn.

Casting doubt upon the effectiveness of the bill, Dr Ralph argues: "If we look at the international evidence then we see that similar blanket bans of the sale of NPS (legal highs) in Ireland and Poland have led to little impact, within a year or two the levels of reported NPS use in these countries have been at similar or higher levels than they were before the ban."

Perhaps the most laughable twist for those hoping for harsher enforcement is that any person found in possession of psychoactive substances will not be charged. Police and Crime commissioner for Durham, Ron Hogg told The Guardian, "On the ground that might mean that mean that people are arrested, and taken for testing, and then people are not prosecuted."



It is feared the legal high ban will have the reverse effect on popularity and usage

Juice crawl anyone?

The stereotype of drunken twenty somethings staggering through city centres on any given night of the week may well soon become a thing of the past as more millennials choose alternative drinking routines.

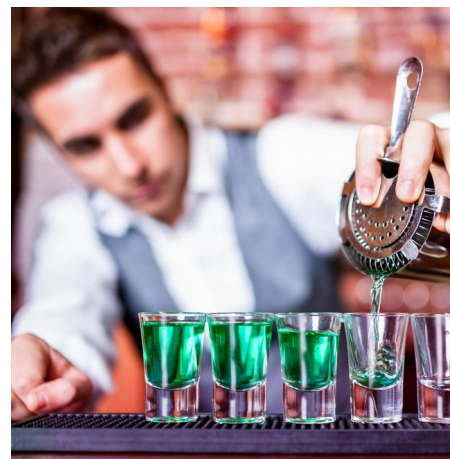
A number of recent studies have found that millennials are drinking much less than they used to or have moved away from alcoholic drinks entirely. According to the National Union of Students (NUS), drinking in students bars has fallen by as much as 10% over the past decade and that number is predicted to rise as increased tuition fees cause greater financial burdens.

And it's not just students who are taking the moderate

approach. Heineken reported earlier this year that 75% of millennials now limit how much they drink on the majority of their nights out, while 97% felt drinking excessively was not conducive to meeting someone and falling in love.

These modern surveys carry on a trend that has been growing over the past decade. The most recent study by the Office for National Statistics found the number of teetotal young adults from 2005 to 2013 rose by 40%.

All this suggests that it may not be too long before the UK begins to copy the drinking revolution currently under way in the United States where millennials are ditching



Millennials ditch their drinking habits

heavy nights out for tranquil afternoons. Juice bars and sober day raves are just some of the new experiences being favoured by our transatlantic cousins and the statistics hint they would be just as popular over here.

By Sam Bulcock

American youth find a voice, will we?

For much of 2016 coverage of the United States presidential election has been dominated by one man, Donald Trump. His outlandish views, coupled with an unexpected dominance of the Republican primary race, have been a source of discussion across various media outlets.

This monopoly of the airwaves has overshadowed coverage of the Democratic race which many political commentators expected Hillary Clinton to win at a canter. What wasn't expected was the challenge of Bernie Sanders, fuelled by grass-roots millennial support.

The socialist senator from Vermont has been championed by the younger generation who have bought into his anti-corporate message. A recent survey among 18-26 year-olds found more would rather have



Young voters boost Sanders' appeal

dinner with Sanders than Kanye West or Justin Bieber.

The political establishment in America have been forced to wake up to the power of the millennial vote, and its significance may well spread

to the UK. Jeremy Corbyn's election as Labour leader last year was fuelled in part by young adults angry at austerity and perceived injustice of the current Government.

The political clout of millennials should not be understated and more should be done to engage the large demographic. It has already been suggested that the EU referendum in June could be decided by the extent of participation by young voters with 18% of 18-34 year-olds classified as undecided in a recent Observer poll.

This type of apathy can largely be defined as people feeling their vote doesn't matter but if the United States has shown us anything during the election campaign cycle, it's that the millennial vote should not be underestimated.

By Sam Bulcock

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A CLOSE SHAVE

Turkish Barbers are a far cry from relaxing grooming techniques. Our writer Adam Hopkin risked his beautiful looks to show you the real deal



Kaz Barbers in Preston, Lancashire. A variety of tools are used (right)



Admittedly, the thought of flames going anywhere near my face immediately recalls the nightmare that was high school chemistry class, but when carried out with a pair of professional and steady hands, a close shave with disaster can be avoided.

The practice of “singeing” may have originated in Turkey, but over recent years has been turning the salons the world over into the thrill-seekers chop shop. The process involves lighting cotton or a wand

soaked in alcohol, this is then set on fire and then scorches your OAP-style ear protrusions clean away.

Having had my fill of excitement for the day I opted for a no-mess standard hair cut, this was a barbers after all. But after a quick scan of the available cuts they also offered beard trims and tidies with another method determined to resurface: the cut throat razor.

During my brief time inside the shop I managed to see the owner Kaz lather up and cut

away a few nose neighbours using the straight cut razor. He told me, “In Turkey we start at a really young age, about 10 or 12,” and his training does more than justify such early beginnings. “Holding the towel takes two years, just watching your master cut hair and then very slowly you begin.”

Offering an “excellent example of Turkish hospitality” in a salon where “East meets West”, the Turkish barbers shop in Preston’s central hub certainly delivered on all of these promises.

BEFORE:

Your average hipster



AFTER:

Ready for the ball



Want to watch Adam’s transformation live? Watch his fun vlog of the whole experience on our website: millennialmanmagazine.com



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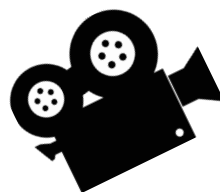
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ENTERTAINMENT

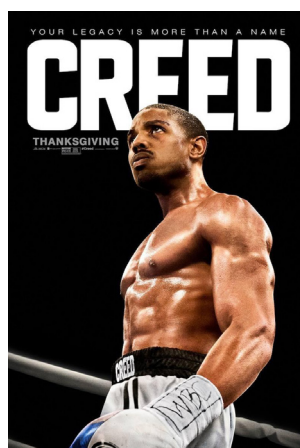
FILM



In an era where comic book adaptations are hitting the box office on a monthly basis, keeping the genre fresh is becoming an increasingly difficult task. With that in mind,

Captain America: Civil War pitches two of Marvel's franchise players and former allies against each other as Captain America faces off against Ironman. Following hot on the heels of the disappointing Batman v Superman, Civil War is filled with A-list names reprising roles from previous Marvel outings. We just hope the battle of the ages doesn't become the let-down of the year.

DVD



Before the release of Creed late last year it was hard not to be cynical about the prospect of another attempt to revitalise the Rocky franchise. And yet how those cynics were proved wrong by the fresh

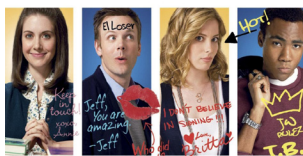
and modern story presented in Creed. Sylvester Stallone again reprises his role as Rocky Balboa who begrudgingly agrees to help train Adonis Johnson, the illegitimate son of former opponent Apollo Creed. Stallone has won plaudits and awards for his performance but it is Michael B. Jordan's role of Johnson that brings new life to the film and acts as the gateway for a whole new generation to discover the classic beloved series.

ENTERTAINMENT



CATCH-UP

THE COMPLETE FIRST SEASON COMMUNITY



Simply put, this is one of the most underrated TV shows of recent times. Community may not have been a ratings behemoth like The Big Bang Theory but what

it lacked in viewership it more than made up for in wit and enjoyment. Set in a mediocre community college, the first season focuses on a misfit study group and their dealings with a psychotic Spanish teacher and a costume loving Dean. Few shows can boast such witty, clever scripts, refusing to bow to mainstream jokes and producing some of the wackiest episodes of TV you can possibly think of.

BOOK

Aziz Ansari Modern Romance



You probably know him best from his hugely successful comedy specials or his starring role in the hilarious sitcom Parks and Recreation. What you probably don't realise is that comedian Aziz Ansari

is also something of a dating guru. His book, Modern Romance, is a must read for any young single man looking for help and guidance in the 21st century. Aided by sociologist Eric Klinenberg, Ansari explores how the dating scene has evolved and the new challenges that now face a singleton looking to find their perfect soul mate. The book is a genuine social study designed to help you survive and thrive in the millennial dating scene.



Millennial Man

Get Millennial Man for a whole year (26 issues) for only £40 and save £12 off the cover price!

PLUS:



£10 off your next Domino's order

THE URBAN



We asked five international guys to choose three outfits: casual, streetwear, and sportswear. We took them to the streets of Germany through the unrefined lens of real millennial photographers.

NEW

STYLE



ual, workout and night out. Here are the latest looks on the
ennials, as captured by our photographer Mercedes Diaz

CASUAL



Mike Keshav Sharma

Age: 21

Height: 5'11"

From: Germany

"I kind of dress as if I'm going to train and work out everyday to be honest. But of course, I wear shirts and trousers when it comes to special occasions. All you gotta know about me is that I love basketball. As a matter of fact basketball is also my therapy. I free my mind with it. Love and God are what inspire me. The hard thing in life is to believe in yourself, but I believe everything happens for a reason and I trust God to guide me."



Joshua C Micheaux

Age: 25

Height: 6'6"

From: America

"When dressing up I choose an outfit that helps me look party-going and friendly but also classy and bit formal. So I'd wear a T-shirt with a jacket over, a cap, jeans and a good pair of sneakers. I'm inspired by my relatives who all have shined their way out in basketball and played for teams such as my brother for Chicago Bulls. My goal is to get the most out of basketball and invest before retiring. I want to continue the success and be an icon."



Robin Pflun
Age: 23
Height: 6'5"
From: Germany

"I like clothes with character. I do not mean wearing big brands all the time, but simple, classic and minimalistic clothes that represent my confidence without overdoing it. When I see a challenge, I try to reach it. Sky is the limit. I have learnt from good coaches and therefore, when my clients come to me I try to give them the confidence I have while having fun training. Short and easy: I live for sports but mostly basketball, only family comes between. I work as a personal coach for a living, and after a good day at the gym I go practice basketball with my team, EVL Limburg Baskets."



WORKOUT





NIGHT OUT



Kevin Yebo

Age: 19

Height: 6'9"

From: Ivory Coast

"I like to wear jeans, Converse and regular bottom shirts to keep it a bit formal. My biggest goal is to always keep a positive attitude. So I try to reflect that in my fashion. My inspiration icon is Mohammad Ali, who has done so much to battle racism in the sport fields."

Khaled Almalki

Age: 21

Height: 6'

From: Syria

"I enjoy dressing up for nights out, so I will always wear a shirt, trousers of a similar colour and a sharp pair of loafers. I love a classic look. What motivates me is to always try to exceed my expectations and reach further. I love meeting my teammates and training together."





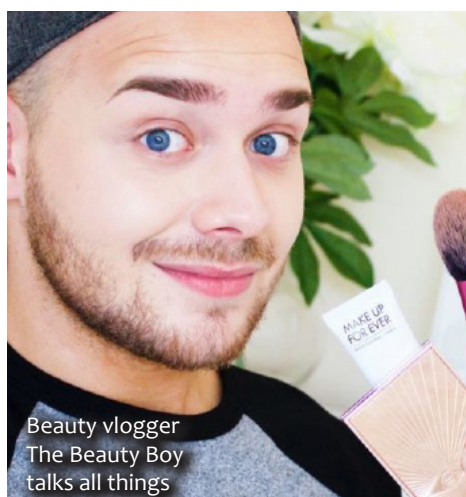
MAKE UP FOR MEN?

With guyliner becoming increasingly popular, Hannah Anstee asks if we should leave it to the girls...

On a recent H&M shopping spree I was surprised to see that the dude behind the counter not only had an extremely tanned face, he had tattooed eyebrows and, is that mascara I see?

I'm familiar with the man-bun, glitter beards and guyliner so I know men are taking grooming more seriously but it seemed to me like this guy looked a bit outrageous. I've never seen any of my male friends going down this road, but what do I know?

The male beauty industry is currently booming, The Independent reported in 2016 that it is "now a multi-billion pound worldwide industry".



Beauty vlogger
The Beauty Boy
talks all things
make up

With our obsessive usage of social media, our day to day lives are constantly being put under the microscope for all to judge. There has never been more pressure to look our absolute best, at all times. On top of that, advancements in technology mean it's never been easier to look and, if the beauty industry would have us believe, feel better too.

"I'm a man and I wear make up"

There still appears to be some stigma attached to it though as men, in contrast to women, prefer to buy grooming products online. And guys want to talk about it with other guys too, not just women.

In walks "The Beauty Boy" aka Jake-Jamie the men's beauty vlogger who is "on a mission to prove make up is genderless."

Jamie has over 11,000 subscribers and on his website he says "I'm a man, and I wear make up. Why you ask, because it makes me feel good,

complete, confident and ready to take on the world!

"Male, female, gay, straight -- anyone can wear make up! Yes, I said straight men can wear make up -- actually they already do (you probably just don't know about it).

"This is not about men wanting to be feminine, it's just about creating the best possible version of ourselves."

Here at MM we thought we'd like to find out a bit more about this so we asked you lot, and the results are in...

Whilst a whopping 100% of guys surveyed have used a concealer, none had ever used a foundation or a mascara.

In terms of simple grooming measures, 95% had used a moisturiser but only 5% of you had ever been to a salon.



How far would you go? Do you wear make up? Do your mates? Join the conversation on Twitter @mman_mag!

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The new **Galaxy S7 edge**



"YOU'RE NOT THE BOSS OF ME NOW"



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The potential and opportunities in the new work landscape are endless, but so are the risks. Muna Adil got in touch with Tanya Korobka, founder of the UK's only millennial marketing organisation, to help you navigate this alien terrain

So what's new, Tanya?

Tanya specialises in digital marketing and all things social media, and runs the UK's only millennial workplace consultancy Lucky Attitude. She explains what makes Gen Y unique from every other generation

"The most important pursuit in the life of millennials is wellness. People are putting their wellbeing and happiness before money and career and because of that, both the workforce and the workplace are changing."

"Traditional forms of work, such as working for an organisation for life, aren't guaranteed any more, so millennials have taken matters into their own hands. Living through a recession has taught them to be self-reliant when it comes to income generation."

PROS

- Happier people
- Better work/life integration
- More equally distributed wealth



"When you ask a millennial where they see themselves in 5 years, they might have ideas, but they certainly don't know for sure."

CONS

- Some people are not motivated intrinsically and need others to tell them what they should be doing
- Those who can't keep up with bright independent talent available for hire, will lose out to competition
 - Job stability isn't guaranteed

"Millennials challenge the status quo and are always looking for more efficient ways of working, which to the older generation may come across as 'entitled', but in reality it's just a desire to do better work and change the world for the better."

“Nothing is forever”

“You are allowed to evolve,” says Tanya Korobka, essentially condensing the entire millennial generation’s work ethic in one sentence. With three out of every four global workers in 2025 set to be millennials, there’s no doubt that Gen Y is well on its way to taking matters into its own hands and defining a new era of work. But why are millennials venturing away from traditional forms of work?

Knowledge is Power

“The Internet has changed everything. Millennials are the first generation who grew up with the Internet in their homes. Web 2.0 (in 2002) meant that everyone could share and exchange information online. Average people could start online businesses and blogs.

“The Internet had led the way to a more equal playing field in the western world, because everyone on the net is a producer and participant of the culture at the same time. I believe that the non-hierarchical, interactive, and knowledge-led nature of the Internet has made the world a better, more democratic place.”

This free and unrestrained sharing of information on the web has, slowly but surely, moulded a whole generation of internet users into highly sophisticated and sceptical beings. These consumers no longer take information at face value and every little detail, from the efficiency of that new camera they’ve had their eye on, to the number of calories in their cream cheese bagel, is checked and cross-checked with millions of other users online.

“The nature of the internet,

where everyone is equal and all information can be found, has contributed to a flat company structure, where managers don’t necessarily know better than junior members of staff.”

**“The Internet
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time”**

Breaking the Rules

In the workplace, employers no longer have the upper hand, and employees are regaining their individual value and learning to appreciate their unique input rather than trying to fit into a pre-made nine-to-five mould.

“Some people don’t like to work within rigid working hours and set space – it kills their creativity. Everyone wants to be able to work on their own (not their employer’s) terms. Because of the digital skills shortage and booming economy, the employee now has the power to change the rules of work.”

Millennials aren’t just changing the rules of work; they’re changing the kind of work too and the ways in which to attain it. Tanya says, “They see themselves more as free agents, willing to change jobs frequently to reach their career goals, as opposed to waiting until the position becomes available in their current organization. This is why they expect to have a portfolio career.” A “portfolio career” is an emerging type of career trend that sees employees work a combination of jobs, rather than a lifelong commitment to one organisation or employer.

Tough Luck

This level of flexibility in work style isn’t a result of a ‘spoilt for choice’ scenario, but rather the outcome of tough economic times and bleak outlooks. Tanya explains: “The recession has made millennials extremely independent and competitive. They won’t rely on one company and get comfortable, but will constantly look for more efficient ways of learning, working, and networking, which to the older generation may come across as ‘entitled’, but in reality it’s just a desire to do better work and change the world for the better.”

Change is inevitable, and with millennials behind the wheel, it’s bound to come sooner rather than later. Soon, Gen Y will form the majority of the global workforce, and bring with it the energy, spunk, and innovation that the work industry was left parched of post-recession. The only thing that remains to be seen is just how effectively the rest of the world adapts to the imminent overhaul.

Tanya's Tips for Newcomers

1. Always stay relevant and don't get lazy – your safe corporate job is not forever.
2. Don't use anonymous job boards when applying for jobs. The majority of people use them and, out of thousands, yours will never get the attention it deserves like this. The best job board is probably LinkedIn, but make sure your profile looks up to scratch when applying.
3. I also recommend creating a list of companies you want to work for and email them your interest directly. Invite them for a coffee, get to know them personally, see if you like them. Getting a job is not about them liking you, it's about you liking them too. Remember, you are in control of your future.
4. In the workplace, I'd recommend to be personable and make friends. If people like working with you, you will always have a job.
5. Always work on developing yourself. Build a personal brand. Have a website.
6. Finally, do an excellent job and have pride in the great work you do (show-off – everyone is doing it).
7. And if you realize that you're in the wrong job, change it.



Tanya's first job was as a reporter and journalist in an Estonian national newspaper. After doing that for three years, she decided it was time for new adventures and the big city life. Tanya moved to London and got into marketing quite by accident. She says: "Marketing and journalism are very similar: both use analytical and creative thinking and both require you to understand your target audience."

Check out Tanya's website luckyattitude.co.uk for a plethora of great content for millennial employers and employees!



6 MILLENNIAL STATS

That will change the way you see the future

75%

of global workers by 2025 will be millennials (Time)

58%

of millennials expect to leave their jobs in 3 years or less (Odesk)

89%

of millennials would prefer to choose when and where they work rather than being placed in a 9-to-5 position (Odesk)

87%

of millennial workers took on management roles in the last 5 years, compared to 38% of Gen X & just 19% of Boomers (EY)

45%

of millennials will choose workplace flexibility over pay (Millennial Branding)

56%

of millennials won't accept jobs that ban social media (Cisco)

PUT A SOCK ON IT

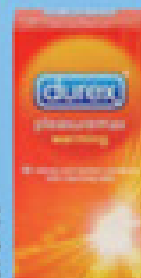


USE FULL PROTECTION

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PLEASUREMAX
WARMING
CONDOMS



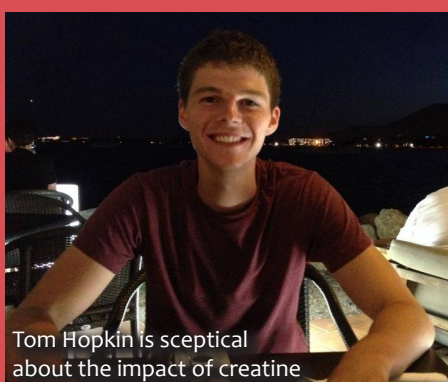
SHOULD YOU LEAVE YOUR SUPPLEMENTS IN THE LOCKER?

There is a growing belief that it takes more than exercise to build up your body but, as Adam Hopkin finds out, dramatic dietary changes might not be the answer when looking to perfect your body image

Whether it's powders, shakes or tablets, figuring out where to start with workout enhancers and supplements can be enough to break anyone into a sweaty mess. Products that promise to give users the edge and according to my Facebook feed, deliver "sick gym gains" seem to be becoming all the move prevalent in the gym goes arsenal, but do they actually help you lift like a bro?

With its consumption and broadcast of use becoming what seems to be a rite of passage in most gyms, the protein shake is without doubt the most demanded supplement available. Readily accessible to those who want big results quickly, those that just want to shed the fat and to those who have no idea what they are doing. The struggle of finding an available bench is now overshadowed by the daunting task of not tripping on a shaker bottle on the way over.

The average shake contains anything from 14-25 grams of protein, 200 to 400 calories



Tom Hopkin is sceptical about the impact of creatine



It's becoming less about the equipment and more about the diet

per serving and are purely nutritional, having no effect on hormones. To the more sceptical they are often seen as some form of steroids but this is due to the various outcomes different shakes aim to deliver. "Protein shakes are effective at promoting muscle growth through reducing DOMS (delayed onset muscle soreness) explains nutritionist Thomas Hopkin. "They can also be used in a weight loss diet as high amounts of protein increase the feeling of satiety (how full you feel). This is because it suppresses the production of the hormones that give the feeling of hunger."

A 'mass gainer', as the name suggests feeds the muscles large amounts of simple

carbohydrates resulting in these carbs becoming the primary fuel instead of fat. Whereas a standard protein shake gives the muscle cells additional amino acids, meaning the repair time of muscle fibres ripped during exercise is greatly reduced.

Often marketed as a way to increase the body's ability to produce energy rapidly, creatine can be bought as tablets or in a flavoured powder form and supports the synthesis of adenine triphosphate (ATP) from adenine diphosphate (ADP). As with every supplement it has its dangers," A lot of water retention is found with prolonged use so it gives the appearance of larger muscles," Hopkin says "It should be done with one month to increase

exercise performance, muscle lean mass, and increase the muscle strength and the synthesis of ATP.

“With creatine it’s also a mental thing”, says Hopkin,” some find it really boosts their workout but it can make others feel sick. Previous studies show that supplementation can increase power and strength levels but it’s often contradicted by other literature that finds nothing.

Also doubtful of its effective application Hopkin says the true benefits can only be found with the correct diet. “Creatine is already found in high levels in red meat and body has high reserves of creatine if this is consumed. These wouldn’t be found in a vegetarian.”

Those new to their workout schedule and the fears of awkward locker room changing routine are an easy target for marketing ploys promising to help the user lean up fast, expressing concern for new users, Hopkin says: “I would encourage people to eat right. Everything that is found in a supplement can be found within food, but the nutrients in food can sometimes be missed in supplements. A well balanced diet would also provide a more balanced macro nutrient profile of fats, carbs and proteins.”



Have you ever used supplements?
Did they improve your workout? Join
the debate on twitter @mman_mag!



The number of supplement products on the market has grown immensely

SURPRISING STATS

30%

Of people going to the gym often in 2015 used workout enhancers

35g

Of protein is in the average smoothie

28%

Of supplement users have experienced unexpected side effects

5

Of the most popular supplements in the UK are fish oil, multivitamins, CoQ10, vitamin D, and B vitamins

55g

Of protein is the recommended daily allowance for the average male

3

Of the risks related to taking steroids are increased anger, high blood pressure, and enlarged breasts

Bret Miller had a mastectomy to help prevent the spread of his cancer

MEN HAVE BOOBS TOO

Despite what some people may think men are able to have breast cancer as well as women. Vicki Evans finds out what the signs are and who are fighting for awareness to help people catch the cancer early

"You have breast cancer." Not words that most men think they will ever hear said to them. However, at twenty-four years old, Bret Miller never expected to sit in a doctor's office being told he had breast cancer.

After years of therapy Bret is now clear of cancer for the past ten years. Bret founded The Male Breast Cancer Coalition (MBCC) based in the US to

teach men that they can have breast cancer and to remove the stigma that some men face from having a cancer that traditionally affects women.

In Bret's own words: "My goal and mission in life now is to spread the word to everyone that men can get breast cancer too! Men and women need to start checking themselves at a younger age because breast

cancer is becoming more and more common in younger people."

Men have breast tissue as well as women. Yet breast cancer is not something men worry about and there is a lack of awareness simply because it is more common in women.

If any cancer is detected early and is in stage one or two then there is an average of eighty one percent chance of survival

past ten years. However if the cancer develops fully to stage four then there is only a five percent survival rate on average within the UK.

Detecting the cancer early, being diagnosed and going through treatment increases your survival rate. So a simple check can and does save lives. A few minutes of getting to know your own body and figuring out what is normal or not can help you to find lumps and cancerous spots early.

“My goal and mission in life now is to spread the word to everyone that men can get breast cancer too!”

Dr Richard Roope, Cancer Research UK's GP expert, say: “Diagnosing cancer early isn't always easy – the symptoms may be vague or similar to less serious conditions, so cancer isn't always the first thing you or your doctor considers.

“It's important that people are aware of their bodies and, if they notice any unusual or persistent changes, they should see their GP.”

All different cancers have different signs and symptoms. Prostate cancer, the most common among men, can be detected if you have problems peeing or pain when having an erection. Not all cancers are detectable on the surface.

Lumps and skin sores are a common sign and these can be

obvious. There are many types of lumps, some are harmless, but if you feel a lump beneath the surface of your skin keep checking on it and go to the doctors if it's still there after a few days.

Other signs are things like blood in your urine, breathlessness, bloating and if spots or sores don't heal properly. The main thing is to be aware of what is normal for you and to check yourself over.

Like Bret's charity in the US promoting breast cancer self-examining there is a similar one in the UK but these charities tend to just focus on female breast cancer.

The UK breast cancer charity Coppafeel specialises in self-examination and how to detect cancer early as a way to help top cancer becoming more serious. Coppafeel's Natalie Kelly, Director of Marketing, Comms and Brand for CoppaFeel tells us:

“The reality in the UK is that 1 in 8 women will experience breast cancer in their lifetime, and that 400 men are diagnosed with breast cancer each year. Therefore our message is more likely to resonate with a female audience.”

However, this lack of awareness makes men not consider that a lump or swelling around the nipple could be cancerous.

The National Breast Cancer Foundation in the US found that the mortality rate was much higher in male patients simply because it was not detected by the patient early.

According to the national statistics collected by Cancer Research UK, the lifetime risk of finding breast cancer in men being one in 870.

An even more optimistic

statistic is that there is a one in two chance of developing some form of cancer in your lifetime if born after 1960.

Every November we all

“It's important that people are aware of their bodies”

embarrass ourselves by growing out our mustaches in aid of Movember. The charity is one of the very few that focuses specifically on men's health and cancer in the UK.

Throughout its thirteen-year-old life it has raised over £403 million and started over a thousand different projects to do with prostate and testicular cancer as well as mental health issues for men.

Foundations like this make it possible for men to discuss and be more open about health problems and to remove the stigma of being a man and being ill.

Educating yourself about breast cancer, even if it is for the benefit of your significant other, just in case she has a mysterious lump, may make you catch the cancer early and this will increase your chances of survival.



Want us to start a male breast cancer awareness campaign?
Let us know on Twitter!

BEAT THE BLUES

Being a twenty-something male isn't easy in today's world. And it can be easy to fall into feelings of depression and anxiety. Muna Adil brings you four methods to help you deal with those negative emotions...

Spread the love

In times of depression, reaching out is crucial. Make sure friends you spend time with are understanding and supportive, don't hesitate to remove toxic people from your social circle. If all else fails, a call to Mum will always make you feel better.

Fact: 78% of all suicides are carried out by men. Then why does male mental health and asking for help continue to be such a taboo subject in society?



Need to talk to someone? Turn2me is a great organisation to get in touch with. Visit turn2me.org for more information.

Peace out

A solid sleep schedule is essential to your mental health. Resist the temptation to watch that next YouTube video and get some rest instead. Waking up refreshed and energised can help combat feelings of depression and anxiety.

Move your body

This may sound clichéd, but exercising really does help. Putting on your workout gear and leaving the house can seem impossible when you're down, but once you're past the initial hurdle, let the endorphins do all the hard work. Yeah, science!

Go pro

If you feel like you need a little help, do not hesitate to get in touch with a professional – your GP will be able to help. Never feel ashamed or embarrassed to give your mental wellbeing as much importance as you give your physical health.

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TINDER TALES

We use the internet for just about everything these days so it seems only natural that we would use it in our search for love. Our writer Hannah Anstee explores the dirty depths of online dating. This issue: Tinder

There are lots of dating apps out there but the most commonly used internet dating app is Tinder with over 50 million users worldwide.

Tinder says “The people we meet change our lives. A friend, a date, a romance, or even a chance encounter can change someone’s life forever. Tinder empowers users around the world to create new connections that otherwise might never have been possible.”

It’s free to join and it’s marketed as a game, users are presented with an image and need to get swiping (choosing left for no or right for yes) to get potential matches. It can be very addictive.

Even is a fan. That’s right our main man Leo signed up last year.

According to Star Magazine, Leo said to a ‘source’ that he’s “Obsessed with swiping on girls and seeing who’s out there. He said there’s actually a lot of other celebs who use Tinder just for fun!”

So with all these people using Tinder how do you stand out from the crowd?

First things first, get your profile photos right.



Hot or not?

Don’t feature:

- You cuddling a drugged-up tiger
- Your ex
- Your wife (don’t be that guy)
- You sat on the toilet (seriously)
- Your car
- You naked
- You slapping the arse of a waxwork Beyonce

Do Feature:

- Photo’s that show the interesting and fantastic life that you lead, eg. Travelling, sport.
- A joke in your bio, who doesn’t love to laugh?
- Be the polite and friendly guy that you are. Everyone loves a gentleman.
- Sell yourself, what are your best features? You’re 6ft WHAT?
- What are your interests? If you put football, drinking and going out with the lads it’s unlikely that you’ll find a match with similar interests. Try and think outside the box, what else do you like? Cooking? Holidays? Come on THINK BIG!
- Last but not least, be clear about what you’re looking for. Best to get started on the right foot.



Polished profile pictures are more popular

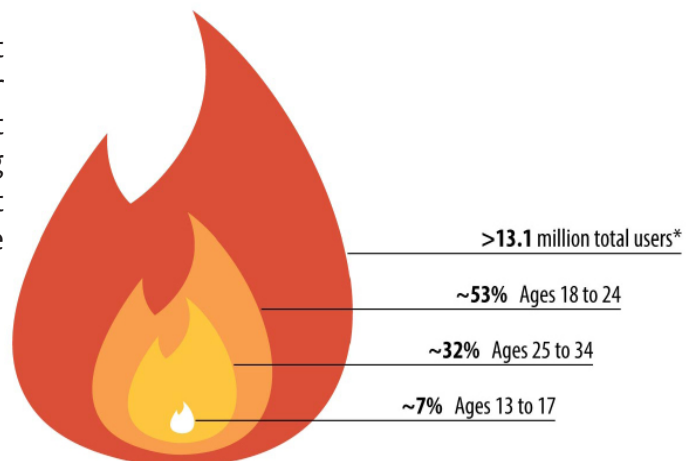
Just a small note on ‘The Super Like’ button.. Should you ever use it? Is it not just creepy? You decide.

We like to give you the whole story. Not everyone is a Tinder fan, Richard 32 says “It’s mega hard work, all you seem to do is just text girls for hours on end, it’s great for meeting skanks but a lot harder for finding a proper relationship. A lot of people just use it for an ego boost which is a real annoyance for somebody looking for a relationship.

“But after realizing how much effort it is I don’t bother with it. The old way of meeting girls is way better and much less time consuming.”

We think if it’s good enough for Leonardo DiCaprio then it’s good enough for us, at least to have a try. What are you waiting for? Get swiping.

Tinder in numbers



BONNY AND BEN TO THE RESCUE

Struggling to meet someone? Not happy with who or what you've got? Ask Bonny and Ben our relationships gurus, they'll sort you out with their tips, advice, and guidance. Tweet or Facebook your problems to us



Bonny

Age: 27
Relationship Status: Single, Tinder Expert
Occupation: Health and Wellbeing Journalist

Ben

Age: 24
Relationship Status: Single, Commitaphobe
Occupation: Sports Journalist



The Jealous Girlfriend

I've been seeing my girlfriend for a while now and we moved in together recently. Everything is going quite well apart from one thing, she doesn't like my best friend, who's a girl. She would never say that she doesn't like her but she acts really strange and jealous when she's around and she does anything she can to make sure that we're never alone together. My friend is sick and tired of it and I don't blame her but I don't know what to do about it. I don't want to hurt my girlfriend's feelings by telling her to back off but at the same time I feel that I'm entitled to some time on my own with my best friend. What do you suggest?

Bonny says

This is a tricky situation for sure, your girlfriend clearly feels threatened by your friend because she's female. I wonder, does she have anything to be concerned about or is it purely platonic? Can you make your girlfriend feel more secure in any way? Often people get jealous and insecure when they don't feel very good about themselves or their current situation. Paying her regular compliments could help, and being an attentive partner. Really you need to have an open discussion about it and about how it's making you feel. Honesty is always the best policy. Take the first step and take her out for a lovely dinner.

Ben says

Your girlfriend sounds like a right pain in the arse, you can do what you want when you want, surely? Man up and tell her to back off, you are entitled to have friends who are nothing to do with her.



Three's a crowd?

The Lonely Dude

I had a nasty break up with my ex a couple of years ago and I've been single ever since. At first I enjoyed the time on my own but I really would like to meet someone now. I just don't seem to be able to find anyone. I've tried internet dating but I found it really awkward. Where can I go to meet someone as I don't spend all my time in the pub like I used to?

Bonny Says

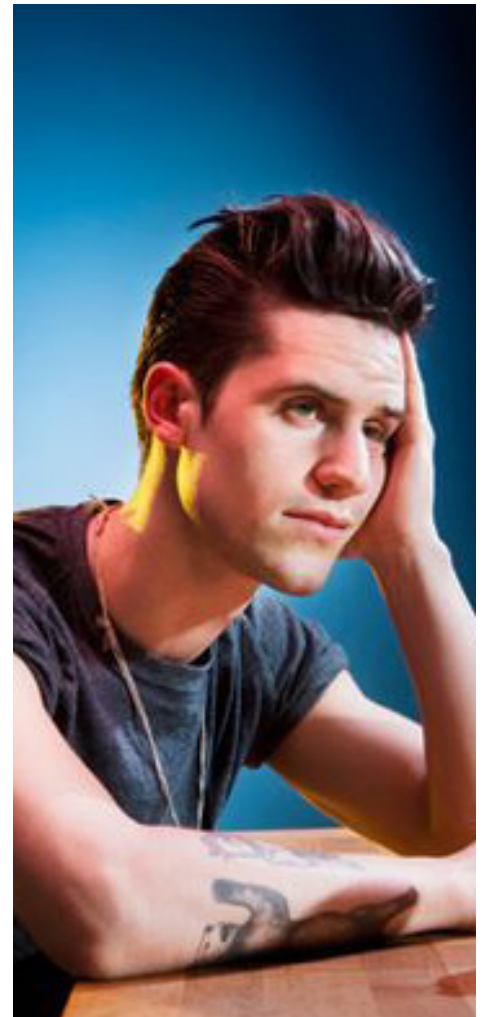
As we get older we don't socialise in the way that we used to and it can be difficult to meet new people. It's really important to get out and about, take advantage of invitations to parties, find out what events are on near you, join clubs, go to the gym etc. Be open to talking to strangers, get yourself out there. Don't walk around with

your face glued to your phone as the woman of your dreams could walk right by you. There will be someone very special just waiting for you, you just need to put a bit of effort in and be a bit patient.

A friend of mine recently met someone through a book group so why not give that a try? Often love grows from friendship first.

Ben Says

There is one simple answer to this my friend. Join a yoga class, there you will find loads of hot women, all happy to stand around chatting, talking about asanas and chai tea. Do your research before you go, get kitted out in the right gear so you're looking buff and you'll score in no time. They'll be so impressed by your 'interest' and knowledge that you'll soon be fighting them off.



Akon feels your pain

No Sex

Lately every time I try and instigate sex with my girlfriend she turns me down. When we first started dating we used to have sex every time we saw each other but now it's getting less and less. I've asked her why and she says that there's nothing wrong and that she's tired or she has a headache. I'm not sure what to do but it's really pissing me off. I don't want to dump her at this stage as she is incredibly hot and she makes great nachos but I can't carry on as we are.

down after a time and that's perfectly normal. Women still like to be courted and seduced in a long term relationship, are you still making that extra effort with her to make her feel special and desirable? There are many reasons why people can go off sex and it's often temporary. How does she feel about herself, if she's not feeling at her best then this could be a contributing factor. Try to ask

her sensitively what it might be, it's best to get it out in the open. Also try to explain how it's making you feel and have a real heart-to-heart.

Ben Says

She's definitely cheating on you, check her phone if you can or her Facebook account. Dump her, get on Tinder and get your nachos from a takeaway.

Bonny Says

At the start of most relationships sex is incredibly exciting, it's all about discovering your new partner and lusting after each other. Naturally this slows



How does she feel about herself?

Video Game Tourism

ASSASSIN'S CREED™

Ubisoft has always worked to make the settings historically accurate. With the series taking a break for a year, what better time to explore the game worlds of the franchise? Vicki Evans shows the best AC holidays

Tuscany in AC2

If you're wanting to go on an Italian AC tour the most obvious place to start is the home of Italian playboy, Ezio Auditore da Firenze. Florence and the surrounding Tuscan area is central to AC2.

The High Dive achievement off the top of Giotto Tower would turn a leap of faith into a leap of fail and an 85-metre splatter death.



Left:
Ezio
Auditore
da
Firenze

The city is scaled down, yet the overall feel of the place is very similar. This is the city to pig out on gelato and cake; leave the authentic Italian food for further into the mountains and eat pizza by the slice in Florence.

San Gimignano is a classic Tuscan hill town famous for the huge towers and is instantly recognisable. The largest tower is open to go all the way up in. This town is everything great about Tuscany: laid back attitude and more rustic food than you can eat.



Clockwise from top left: Cathedral and Giotto Tower in Florence IRL, San Gimignano IRL, Cathedral and Giotto Tower in-game

The Caribbean in Black Flag

The open seas of the Caribbean made a light-hearted backdrop to Pirate Captain Edward Kenway's story. The islands create a great amount of scope of things to do within this area; from sight-seeing and sailing to swimming and snorkelling. Or catch a pirate ship.

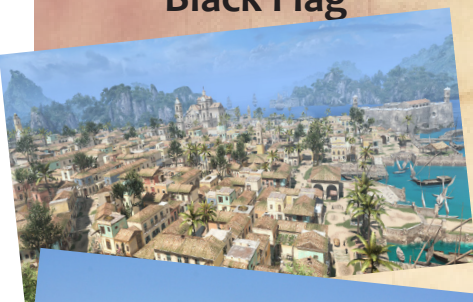
When visiting Havana expect a more cosmopolitan metropolis than the small port that was shown in-game. The feel of the city is very similar to the game with the bright colours and narrow streets in the old part of the town but venture further out to find

nightclubs and bars.

Not forgetting the Assassin base of Tulum, Mexico, and other Mayan temples that scatter themselves throughout the Caribbean and parts of eastern Mexico that are featured so heavily throughout the game. The majority of the Mayan ruins are not accessible up close, but seeing the 2500 year old ruins Talum is a must.



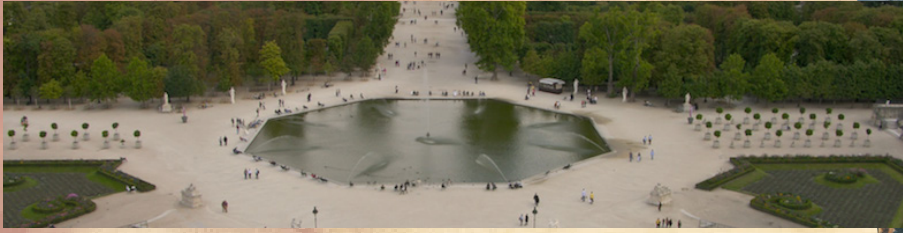
Captain Edward Kenway



Top to bottom:
Havana in-
game,
Caribbean Ma-
yan Temple in
Talum, Mexico
and Havana IRL

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Paris in Unity



This is the first city that had a one-to-one scale in an AC game so, excluding some renovations to the city since the French Revolution, there is not much difference between the two.

The game world covers the 1st to the 7th districts in the center of Paris and these are the areas best to soak up Parisian life. The main rule if you want to go to the main tourist areas, like the Eiffel Tower or Notre Dame, is to get there early. The early bird doesn't have to wait in line for two hours.

In Unity, the entire of Notre

Dame Cathedral in the centre of the city. It took senior level designers Caroline Miousse two years to make single handedly and it is just as impressive in real life as it is in the game world.



Along the north bank of the Seine are the places like Place de la Concorde and Tuileries Garden that were central to the French Revolution.

If the history and the time period of Unity has piqued your interest, then consider going on a walking tour with a guide to all the major places and they will give you the actual history of what happened during the 18th Century in Paris.

Top left: The Tuileries Garden IRL

Above: Notre Dame IRL

Left: Arno Dorian

London in Syndicate



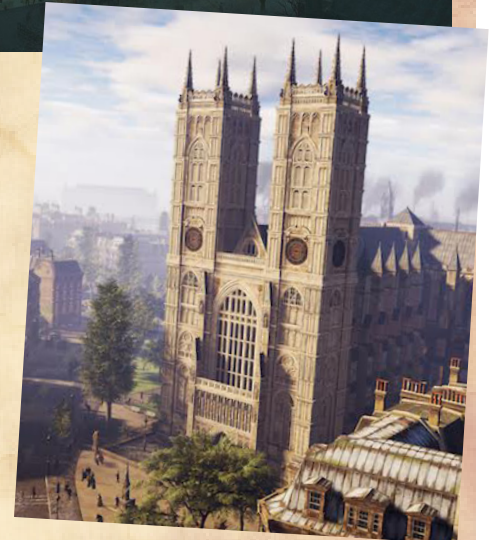
London, the playground of the twins Evie and Jacob Frye, is where the latest and most recent AC game is set.

It is possibly one of the smallest maps that Ubisoft has ever created with an Assassin's Creed game however this does mean that you can visit the entire game world within a short weekend break. London hasn't changed too much over

the years so the site are the same.

The game focuses mainly on the Westminster, Whitechapel, Southwark, and the South Bank.

When visiting London it is easy to go on the Underground and go from one place to the other without seeing the light. Free running may not be an option for everyone but walking around the city can give you a greater sense of the city and more perspective of where you are and see different things you would never see underground.



Clockwise from top left: London during the industrial revolution in-game, The Westminster skyline in the game, Westminster Abbey in-game

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PREMIER LEAGUE FINALE

The final day of the Premier League has produced some of football's most dramatic moments. From Blackburn winning their only title on the last day in 1994 to Sergio

Aguero's last minute winner against QPR in 2012 which earned Manchester City the crown at the expense of their bitter rivals. At the same time though, there has

been some real anti-climaxes. What can be guaranteed is Sky Sports and Co. will do their upmost to hype up the 15th May.

Martin Tyler dramatically asks if we've ever seen anything like this

We've got nothing against Martin. In fact, despite BT Sport's increased presence in football broadcasting, Tyler remains at the top of the peak to which contemporaries must reach. However, there's no denying his tendency for the dramatic, even when a match

appears to be done and dusted. His commentary for Aguero's last minute winner is embedded in history, replayed thousands of times, but the chances are, no matter what the situation come the final day he will try to recreate the atmosphere once more.



Martin Tyler has worked on Premier League football since its inception



Kamara also presents Ninja Warrior UK on ITV

Chris Kamara will use the phrase 'Unbelievable Jeff' at least 15 times

St Kamara's Day (yes, you read that right) may have been and gone for this year at least but that doesn't mean we can't enjoy Kamara's unique talent before some down time in the summer months.

For someone who never really hit major heights as a player, his media career has gone from strength to strength fuelled

by the social media age. But despite an expanding portfolio, Kamara's live reports on Soccer Saturday remain his forte and a favourite. And the greater the occasion, the greater the chance for a Kamara gaffe.

We can only hope his final outing of the season brings out the best, or should that be worst, of his talents.

Sky will again push us towards their coverage of Major League Soccer

It has been noticeable since the beginning of the season that Sky Sports have been desperately trying to cover up for the loss of Champions League football. Their bizarre attempts to push India's Pro Kabaddi League on bemused subscribers highlighted this perfectly. The fact they are not allowed to show Euro 2016 football means that at least in

footballing terms, they must look elsewhere for viewers and it should come as no surprise that MLS will become their centre of attention for a few months at least. Football from America's top league is perfectly watchable but continuous attempts to make it seem greater than it actually is are beginning to grate and are more likely to turn people off.



Frank Lampard's New York City FC feature heavily in Sky's coverage

THE TIPSTER

Each issue Millennial Man is going to part with an eye watering £10 in the hope of helping you (and us) make a tidy profit over the coming months



16-1

£2 on Amir Khan to beat Saul Alvarez inside 12 rounds



10-11

£3 on Saracens to win the European Champions Cup



5-1

£2 on Shakhtar to win the Europa League



15-1

£3 on Sheffield Wednesday + Millwall to win promotion

Odds courtesy of Sky Bet. Subject to change.
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For information visit whenthefunstop.co.uk



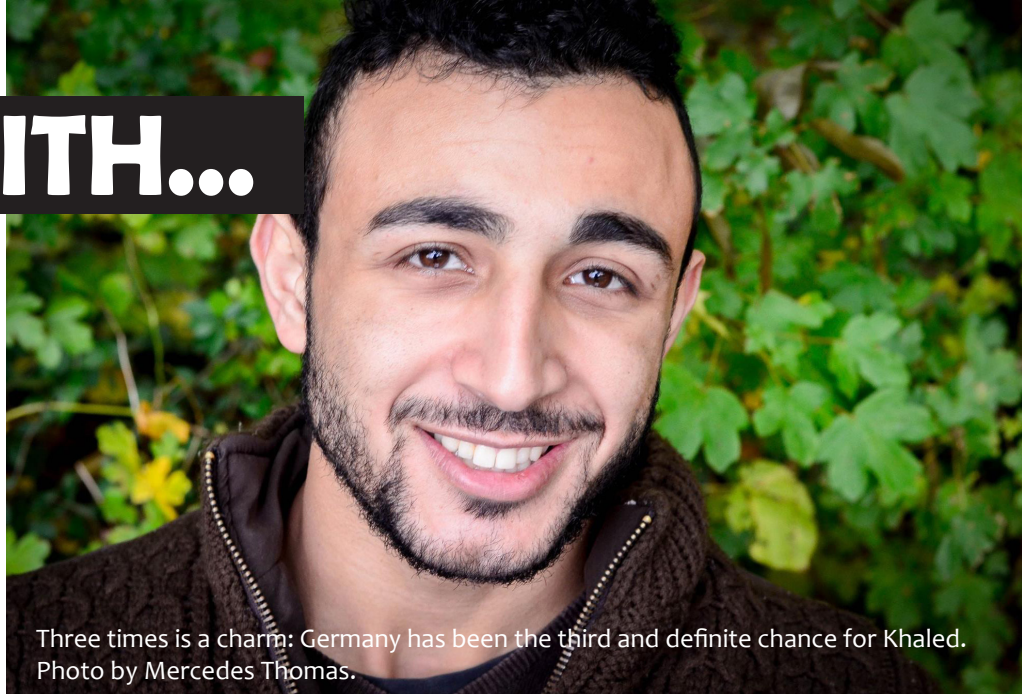
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Fire, Water, Earth,

RUN ON AIR.  

A CHAT WITH...

Khaled Almalki, 21, from Damascus. Not only our MM model but also a millennial man with a big story despite his young age. He opens up to our writer Merche Diaz about living through one of the most horrible events in recent history



Three times is a charm: Germany has been the third and definite chance for Khaled. Photo by Mercedes Thomas.

Q: As a Syrian, why do you think this crisis has gotten so out of hand?

A: Well, unfortunately the Middle East have gained a major bad reputation because of the whole 'Arab Spring' and constant disputes, and therefore has brought in too much attention.

Syria has a strategic reputation (centered kind of in the middle), and that is the main reason why the war has been on for five years. And honestly, there has not been great help from any side to agree to peace terms.

Q: How do you think the Mediterranean migration could be dealt with better?

A: In a perfect world, every country wouldn't need to give or provide that much help if everyone cooperated to provide a little. It has been obviously unorganised. I'm as many others, grateful for the help we Syrians have had so far from countries such as the UK, Germany, Canada and Iceland. The situation is too delicate to pretend that is going to be solved soon, so there should be some kind of programme or support to guide everyone on how to deal

with such a big human issue. So both, the countries who are taking refugees and refugees themselves act fast and get placed and sorted as soon as possible, to avoid clashes.

“Ironically, if we had more humanity during global crises, our world would be more human”

Q: What is your attitude towards the EU reaction?

A: I understand it wasn't on anyone's schedule that thousands of people will arrive in Greece. It is simply horrible. It could be done better, but it could also have gone really bad. The mass media corporations are actually the main influencers, and the ones that are least helping out in this situation. Because there is so much more than 'refugees' into this, and is weird that the people who are actually waiting on the Greek

coasts to receive them are volunteers mainly.

Q: How many people in your social circle have had to move abroad?

A: Luckily, my family had it easier as my father has business in France and Germany, we were actually moving to Europe anyways but we got caught up with the refugees crisis and it slowed everything down. Even my father was treated as a refugee instead of as a EU citizen, it was still hard for us.

Q: How have you dealt with life after moving abroad?

A: I first moved to China, because I had some relatives there and also seemed like an 'easier' option at the time.

I lived there for a year while studying the language, but that was in fact a big change and felt harder than I thought. So I decided to move to Germany with the rest of my family. I'm studying German now and looking forward to finally be able to start my life, so I do not mind the culture differences at all, because at least my family and I have a safe place to live, a roof and a future. Which is what is treasured nowadays by many.

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