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Rediscover the Produce Aisle

● In summer we're fetishistic about vegetables, thinking dirty things about heirloom tomatoes. Then the farmers' market closes, and the best we can do is toss an onion into our game-day chili. Truth is, a whole crop of vitamin-rich vegetables come into their own in winter, including carrots, Brussels sprouts, cauliflower, and kale. They're a hell of a lot healthier than a Boston Market Meatloaf Slider—and they can taste as sweet as candy or as hearty as stew. Start off with the recipe below. You can make chili next week.—HOWIE KAHN

Wintry Vegetable Mix

Serves 6

Extra-virgin olive oil
1½ lbs. Brussels sprouts, trimmed of woody stems, peeled of outer leaves, and sliced lengthwise in half
1 small butternut squash, peeled and cut into ½-inch dice
Salt and pepper
1 shallot, thinly sliced
2 Granny Smith apples, peeled, cored, and cut into ½-inch dice
¼ cup balsamic vinegar

Directions

1. Preheat the oven to 350 degrees.
2. Place a large ovenproof sauté pan over medium heat. Cover the bottom with extra-virgin olive oil and heat until smoking.
3. Add the Brussels sprouts, cut-side down, and let them sit until they're brown and caramelized (about 5 minutes). Remove the sprouts and reserve.
4. Add the butternut

squash and cook until golden brown and tender (3 to 5 minutes), seasoning to taste with salt and pepper. Remove the squash and reserve.

5. Add the shallot and cook until it's golden and translucent. Add the apples and raise the heat to medium-high until they are lightly browned and tender (3 to 5 minutes).

6. Add the sprouts and squash back to the pan and place it in the preheated oven. Bake uncovered for 7 minutes.

7. Pour the vinegar into a new pan and heat on high for 3 to 5 minutes, or until reduced by half.

8. Remove the pan from the oven. Season with salt and pepper. Serve and drizzle with the balsamic reduction to finish.

From chef Victor Casanova of Cullina, Modern Italian in Beverly Hills

DITCH THE SNOW-BLOWER

● You can't escape winter chores, but they can count as the day's workout

> Shoveling Snow

A half hour of clearing the driveway uses 235 calories,* and you'll feel the burn in your legs and arms. Or if you do it wrong, your back. Use proper form: Keep your back straight, lift with your legs, then walk the snow to the pile—don't huck it.

> Chopping Wood

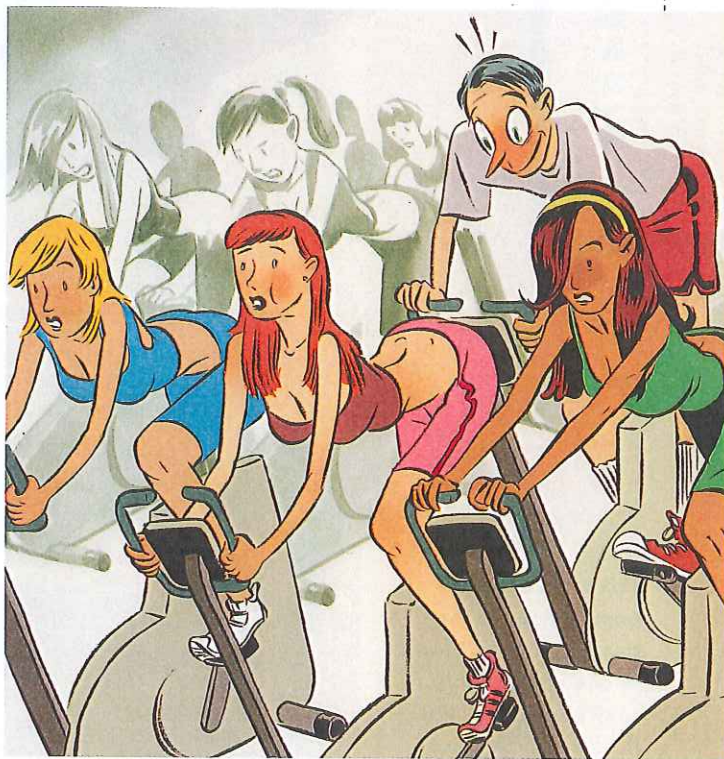
Going all Tin Man on firewood works nearly every muscle in your body. To avoid hacking off a limb, keep the log a handle length away, raise the ax straight up, then bring it down directly in front of your nose.

> Throwing Snowballs

Target practice with the kids burns about 225 calories* in thirty minutes, which flies by if you land every shot. Aim for the gut; it's hard to move your waist when standing in snow. Enjoy quality time!—GORDY MEGROZ



*Calories calculated for a 170-pound man by HealthStatus.com



Take It Easy—Start Speedballing

→ YOU KNOW A GOOD way to feel worse about yourself in four months? Tell yourself that you're going to train for a "doable" half marathon this winter, even though you haven't jogged in three years and you have two kids and your way of feeling more energetic is to eat Mike and Ikes. There are moments to embrace low expectations. And many of them happen in winter.

That's why I've started taking classes at the Equinox fitness club near the GQ offices. Doesn't matter which ones—I take whatever's in session when I arrive. There are many advantages to classes. (1) They're never boring. You're constantly learning how to do yoga or weird sit-ups. Recently I tried something called Speedball, which is like dancing with a medicine ball. (2) There are always women in the classes, often in shape, and that's also never boring. (3) There's always someone to yell at you—usually a man in a headset with a clear voice and a great sense of rhythm—so you don't have to motivate yourself.

But here's the biggest advantage: (4) Whether you show up for Cardio Smackdown! or Whipped! or Powerstrike! (real classes), you don't have to make any decisions. You don't have to choose between waiting in line for the elliptical, blasting your delts, or trying one of the 279 types of curls in this month's *Men's Health* Gun Show Journal you should do. You just have to show up.—DEVIN FRIEDMAN