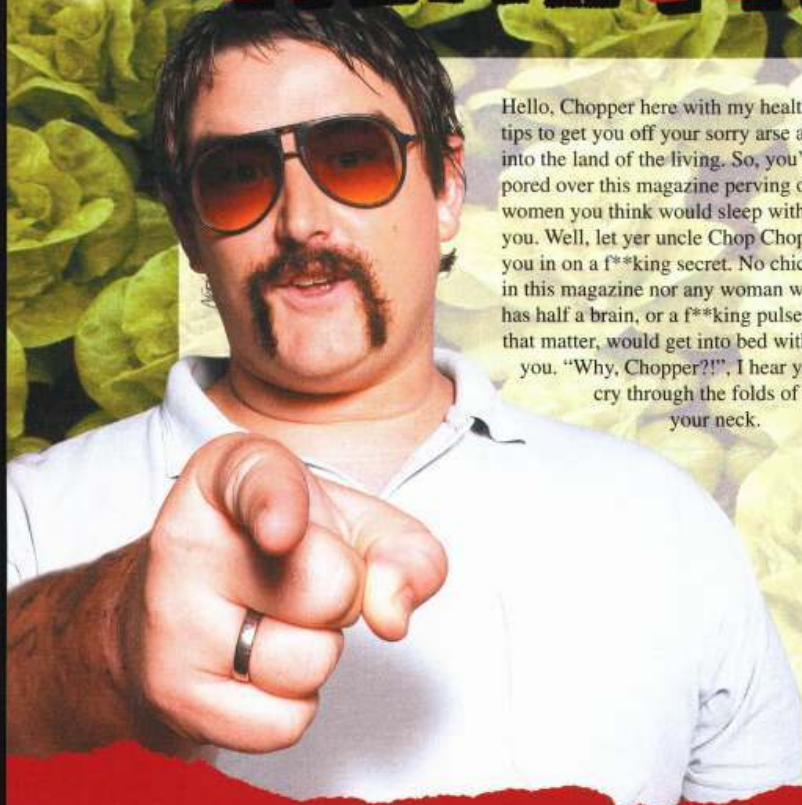
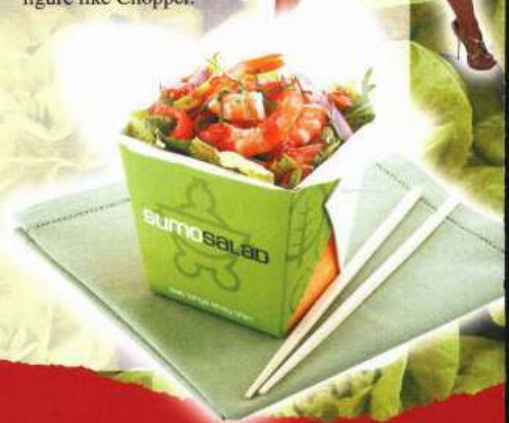


CHOPPER'S TOP 10 HEALTH TIPS



Hello, Chopper here with my health tips to get you off your sorry arse and into the land of the living. So, you've pored over this magazine perusing on women you think would sleep with you. Well, let yer uncle Chop Chop let you in on a f**king secret. No chick in this magazine nor any woman who has half a brain, or a f**king pulse for that matter, would get into bed with you. "Why, Chopper?!". I hear you cry through the folds of your neck.

Well take one look in the f**king mirror, dopey – it's because you're a fat bastard! If you spent as much time physically chasing skirt rather than sitting around reading about it, you'd be a fit f**ker. So, pull your bloody finger out and eat some salad, exercise and you too could have an enviable, svelte figure like Chopper.



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1 STEP MACHINE Forget the step machine, use the f**king stairs. I know a lot of f**kin' idiots who take the lift up to their gym, then they pay 20 bucks to get on a step machine. Just take the f**king stairs!

That way by the time you get to the gym on level 31 you can just buy one of those fluoro blue isotonic drinks and f**k off down the stairs again.

2 JOGGING Your pale, pasty skin might not have seen the sun for years, so get your arse outside and get some fresh f**king air. And if you are short for motivation tie yourself to a school bus, there's nothing like the fear of being dragged across a bitumen road with children laughing at you to keep the pace up. Once again if you drive to your gym then pay 20 bucks to get on a treadmill you are a deadshit.

3 GIVE UP THE CIGGIES That's right, give up the cigarettes. Quite frankly the government makes too much money from each pack only to throw it back in your face with ads of people's legs rotting off. If yer uncle Chop Chop wasn't addicted and hadn't been chugging away from the tender age of 7 he'd be one rich son-of-a-bitch. You shouldn't be able to tar a road with shit you cough up either.

4 SIT UPS If you are after a bloody six pack stomach and you've got a f**king keg instead then rip into a few sit ups. It's basically just going from lying down to standing to lying down, so try drinking a lot of beer, then before you break the seal go to bed, you will piss your way to a better stomach. After getting up for each whiz drink another beer.

5 GO EASY ON THE FRIED FOOD I don't know about you but I could eat just about anything if it was battered and deep fried. Offal - disgusting; crispy golden brown deep fried offal - I'll f**kin' have 2. But if you don't want your arteries clogged like a pig in a drain pipe then try eating something else, your heart will thank you.

6 DRINK LOTS OF FLUIDS You need to always stay hydrated throughout the day, especially when exercising. That's why I always have a case in the fridge next to my exer-cycle. It not only keeps your insides happy but it gives you a radiant glow. I know after about 20 tinnies I always feel like a sex machine.

7 SWIMMING If you want to get fit you should always get a good solid base by swimming some distance. When I was a personal trainer to those who owed me cash I would combine swimming with weight training, you can tell someone is putting in 110% when they make it back to shore from 5km out when you've tied them to 40kg worth of besa blocks.

8 CHOCOLATES Chocolate is for women, next time you are watching a show with Teri Hatcher in it while you jam chocolate into your face remember that that is probably exactly what your sister is doing at the same time.

9 WEIGHTS Lifting weights is good for muscle growth. Lifting dead weights like Keithy George is even better. The reason yer uncle Chop Chop looks like Arnie Shwarza-f**king-negger is because he's done time in H-Div and we always pumped iron in there. I also find a great way to work those guns is to throw a few beers back during the day to get the arm action pumping - yeahh!

10 EAT SOME SALAD YOU FAT BASTARD If you think that salad was invented to sit on a f**king plate as garnish then you are sadly mistaken. There's good shit in there that's not only healthy but fills you up too. Yer uncle Chop Chop loves his salads because it allows him to sink his 20 cans and still look like a f**king Adonis. So, eat some salad you fat bastard, cause even if you are tubby, the girls love a man who orders salad and I've never known a bloke with scurvy who picked up.



**EAT SOME SALAD
YOU FAT BASTARD!**

**TO SEE CHOPPER'S HEALTH RETREAT, VISIT
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