

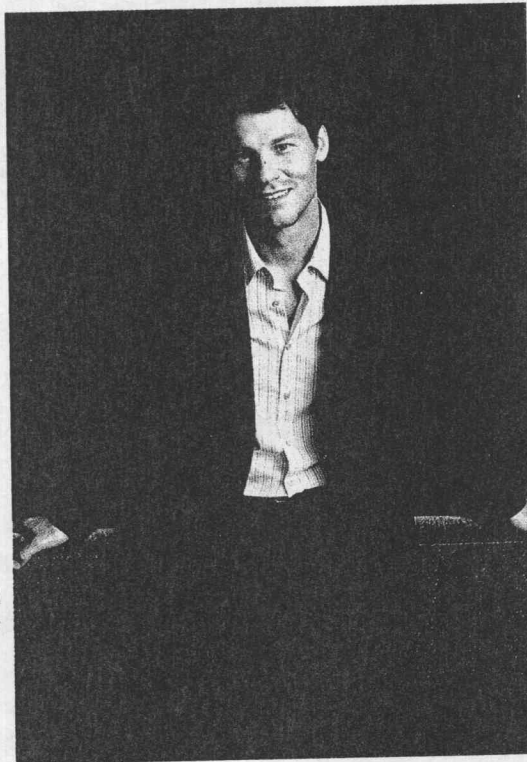
# Lean Body, Oval Office

The best manager for your health isn't the government, or the insurance companies. It's you

**F**OR MORE THAN 20 YEARS, *Men's Health* has stood firmly in favor of President Barack Obama's platform on health-care reform. Which is pretty weird, since the man has been in office for only about 9 months.

No, I haven't pored over all the pending legislative efforts. I'm neither an economist nor a political scientist; understanding and explaining the long-term ramifications of the various proposals is something I'll leave up to those who are fully immersed in the debate. (That means, of course, the lobbyists.) But it's not the political aspect of reform that we support. Instead, the one part of President Obama's platform that we can and should all agree on, 100 percent, is something quite different: his message of personal responsibility.

This month we're thrilled to present an exclusive interview with Number 44. Our sister publication, *Women's Health*, is running a corresponding interview with First Lady Michelle Obama. She's also gracing the cover of our new publication, *Children's Health*. Some of you (especially jealous types in the media) might be wondering: *How did this happen?* It's simple: Peter Moore, the editor of this magazine and the author of the story on page 130, approached the new administration this past spring with an opportunity to speak directly to the 21 million readers of *Men's Health* and *Women's Health* in the United States, as well as 9 million more across the globe. Why would the Obamas go for that? Because you, the magazine's readers, represent America's best hope for improving its health-care system and controlling spiraling costs. You belong to the most engaged health constituency on the planet—an army of millions of men taking personal responsibility for their own health.



And continuing to make personal health a priority is just about the best thing we can do for our country. President Obama succeeds at staying lean and healthy because he makes his fitness a priority, and he remains an inspiration to each and every one of us who wonders, "Do I really have time to exercise today?" (Even while he was on the campaign trail, Obama set aside 45 minutes about 6 days a week to exercise.) If the president can find time to hit the gym between dealing with two wars, a recession, and a massive piece of nation-changing legislation, are you really too busy to do the same? (From now on, every time you're tempted to skip the gym, I want you to say to yourself, *I am busier than the president*. Then go ahead and miss a workout—but only if you truly believe it.)

Regardless of your political bent, regardless of whether you believe running a health-care system is a job for the government or for private industry, the fact is that only one person has bottom-line responsibility for your health. And that person isn't a government bureaucrat or a bottom-line-minded manager at an HMO, or even your doctor. That person is you.

And that's a message for which the Obama family—and *Men's Health*—both stand.



## THE SMARTEST THINGS EVER SAID ABOUT ... HEALING

*Ugliness and fatness are genetic disorders . . . and it's only your fault if you don't hate yourself enough to do something about it.*  
**Ben Stiller as White Goodman in Dodgeball**

*Shallow men believe in luck . . . Strong men believe in cause and effect.*  
**Ralph Waldo Emerson**

*The job is never done. So long as we live, we must work on ourselves.*  
**Jack LaLanne**

*Your heaviest artillery will be your will to live. Keep that big gun going.*  
**Norman Cousins**

*America's present need is not heroics, but healing; not nostrums, but normalcy; not revolution, but restoration.*  
**Warren G. Harding**

*Every day, and in every way, I'm getting better and better.*  
**Herbert Lom as Dreyfus in The Pink Panther Strikes Again**

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