

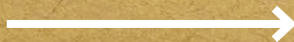


THE BIG BREXIT *Survival Manual*



Regardless of whether you thought we'd be stronger together or better apart, Brexit is no longer just a clunky portmanteau. It turns out Brexit does mean Brexit and it's happening right now. Whichever way you voted, we at MH are here to tell you that it's going to be OK. More importantly, you're going to be just fine, because what follows is your 10-point plan to emerge from the forging flames of a brightly sovereign Britain with your health, fitness and happiness entirely unscorched. It's a brave new world. Navigate it wisely

WORDS BY TOM WARD - ILLUSTRATIONS BY BEN MOUNSEY



01
Begin Neutral Negotiations

“The slight economic downswing is a small price to pay to ditch the overbearing hypocrisy of Brussels,” your colleague Mike argues. “Eventually, we’ll all be better off.” Loudly explaining that Mike’s life savings may as well be made of chocolate won’t help. To diffuse things, international business coach Lynn Scott (lynnscottcoaching.co.uk) suggests an ironically Belgian approach.



1. Delay your response When we feel threatened our bodies produce high levels of cortisol, which clouds our minds. Taking a few seconds to breath and responding on the second ‘out’ breath, however, will produce oxytocin, helping you deliver a clear and confident riposte.



2. Hit cruise control To calm an emotional colleague, your voice should be low and soft, like a pilot’s. Keep at least two feet between you and try not to gesture with your hands to prevent them from feeling threatened. Unlike landing a badly damaged plane, semaphore won’t help here.



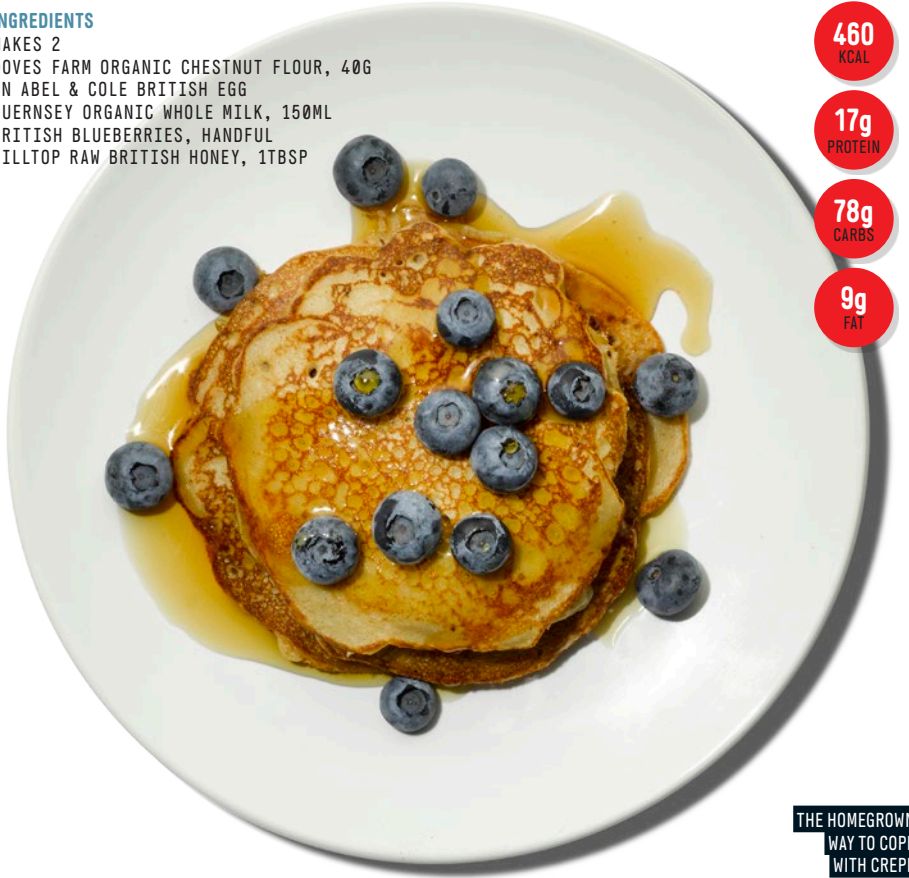
3. Save it for later Using ‘we’ lets your colleague know this is a conversation you’re having together, not an argument with opposing sides. End it by saying something like, “We’d better get back to work, but let’s talk later.” If he corners you again, bring up a topic you both agree on. Like Trump.

02
Fuel New Growth

As confused Conservative MP Andrew Davies declared last year, “We *will* make breakfast a success!” But there’s no reason why Brexit and breakfast can’t hold equal importance. Nutritionist Rhiannon Lambert combines the best of Blighty’s homegrown ingredients, to help you stoutly start another day while others crumble around you.

INGREDIENTS

MAKES 2
DOVES FARM ORGANIC CHESTNUT FLOUR, 40G
AN ABEL & COLE BRITISH EGG
GUERNSEY ORGANIC WHOLE MILK, 150ML
BRITISH BLUEBERRIES, HANDFUL
HILLTOP RAW BRITISH HONEY, 1TBSP



460
KCAL

17g
PROTEIN

78g
CARBS

9g
FAT

THE HOMEGROWN
WAY TO COPE
WITH CREPE

READY BREXIT BLUEBERRY PANCAKES

METHOD

1. Alongside the protein in the egg, chestnut flour is packed with essential fatty acids to keep you feeling fuller for longer, which should prevent any embarrassing slip-ups. Mix the flour, whole egg and milk in a bowl with a hand blender until smooth. It’s not cheating, we promise.

2. Available in your back garden from June to September, blueberries provide blood sugar-balancing levels of fructose and

glucose, alongside heart-protecting fibre and essential minerals including magnesium, iron, potassium and zinc to keep you fighting fit until lunch. Toss frozen berries into your batter, or hold back fresh ones to sprinkle over the top.

3. Melt a little butter in a hot pan and cook your pancakes on both sides until golden brown. Opt for raw honey and you’ll take on just 64 calories per tbsp, which should help sweeten any deal.

03
Protect Financial Imbalances

Worried about your yacht fund? Clem Chambers, author of *101 Ways To Pick Stock Market Winners*, charts the financial sinkers and swimmers, so you can keep your head above water



SMILE THROUGH THE PAIN

Heavy night after May’s latest policy fluff? Sprinting for 30 minutes helps prevent alcohol-induced brain damage, claims the Uni of Colorado Boulder

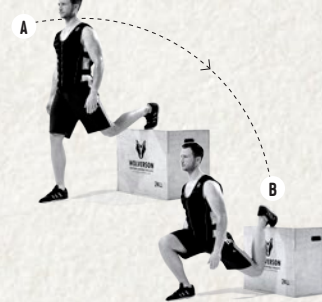


04
Build Domestic Strength

When it comes to building a better body, there are no trade sanctions. To celebrate the egalitarianism of the weights room, this lunchtime session from strength and conditioning coach Leo Savage of Third Space (thirdspace.london) brings together the finest foreign muscle-builders. Do three rounds of this circuit with a 20-second break between exercises for a full-body overhaul. See what we can do when we all work together?

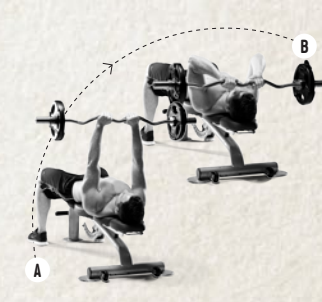
1/ BULGARIAN SPLIT-SQUAT
10 REPS, 20SEC REST

Start in a split stance position with your weakest leg behind you (A). Go down by bending the rear leg, driving through the front leg (B). Slump on the Sofia later...



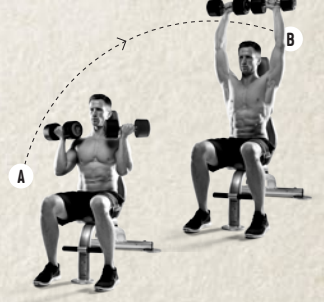
2/ FRENCH PRESS
10 REPS, 20SEC REST

Lie on a bench, with an EZ bar above your head (A). Flex your elbows, moving the weight behind your head (B). Extend your arms. Feel the burn. No surrender, now.



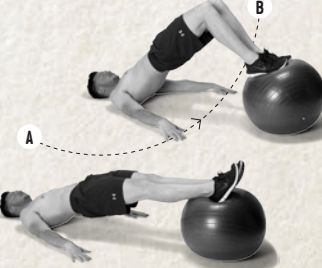
3/ ARNOLD PRESS
10 REPS, 20SEC REST

Sit with a dumbbell in each hand, below your chin (A). Push the weights above your head, rotating hands so palms end facing out (B). Cue Austrian Oak-like arms.



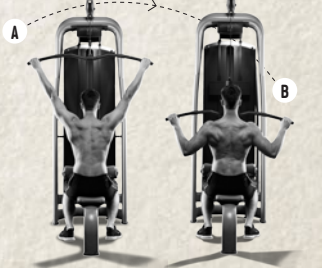
4/ SWISS BALL KNEE TUCK
30SEC ON, 20SEC REST

From a bridge, put your feet on a Swiss ball (A). Engage your torso then tuck your heels into your glutes (B). Extend back to the bridge. Staying neutral doesn’t help.



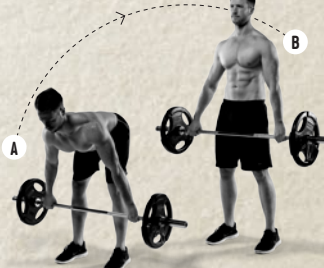
5/ LAT(VIAN) PULL-DOWN
15 REPS, 20SEC REST

Sit with arms extended above your head (A). As you pull down, pull your elbows in behind your body. When the bar hits your chest (B), slowly extend your arms.



6/ ROMANIAN DEADLIFT
10 REPS, 20SEC REST

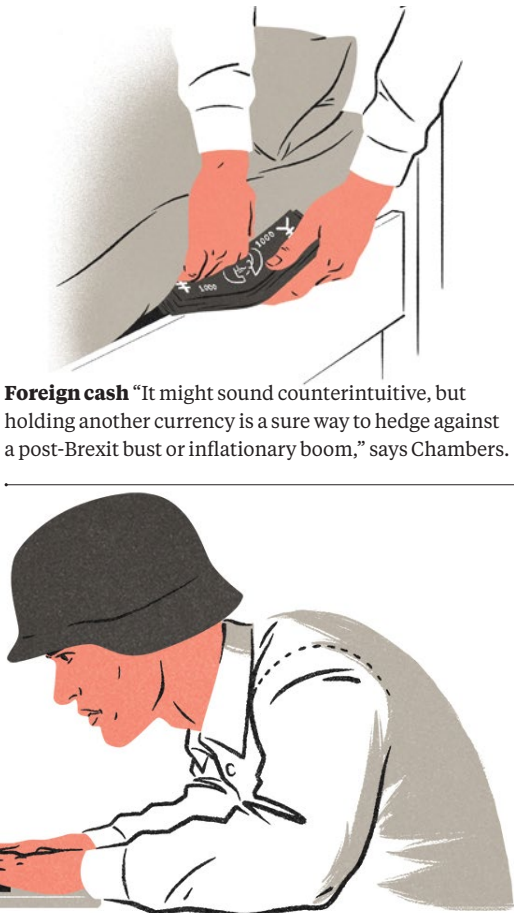
Stand with a barbell in front of you. With a straight spine, push your hips back as you lean forward (A), then drive them forward (B). Now it’s time to Bucharest.



PHOTOGRAPHY: HEARST STUDIOS. DAN MATTHEWS. GETTY

05
Share
The
Wealth

MIT economists predict Brexit will be four times worse for the UK's economy than predicted. But, if you want to sink your money into more than the fallout shelter in your backyard, Chambers has some smart investments to grow your nest egg without shelling out.



Foreign cash "It might sound counterintuitive, but holding another currency is a sure way to hedge against a post-Brexit bust or inflationary boom," says Chambers.

FTSE 100 Tracker "This is a brokerage account that tracks big companies and pays out 4.5% yearly dividend, without the need to be a stock-picking genius," he says.



Silver coins "Gold is too obvious, and silver hold its value nicely," he says. It's fitting, too – the pound's value originally equated to the price of 11lb of sterling silver.



Tinned soup "If you think Brexit equals the apocalypse, investing in essentials is a smart move." Especially so since Heinz Balance soups now contain 25% less salt.

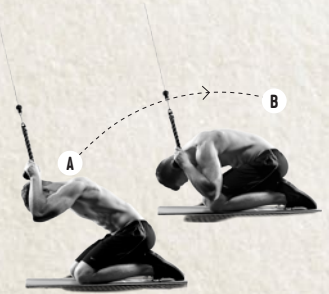
STERLING STUFF: DON'T LET YOUR FINANCES FLAG

06
Work On Your
Core Policies

A solid centre gives stability. Fast and effective, a hard Brexsit-up plan (sorry...) overloads your abs with a high volume of exercise over a short period. Complete three sets of these once a week, giving your utmost on all reps. And remember, it will all be over soon.

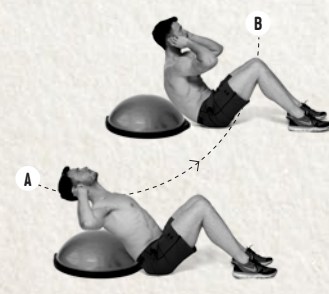
1/ CABLE CRUNCH
8 REPS, 30SEC REST

Rig a high pulley and rope attachment then kneel in front of the machine, holding the rope on either side of your neck (A). Keeping your spine straight, crunch forward until your elbows are just above the floor (B), then slowly straighten up to the start. Yes, it should hurt.



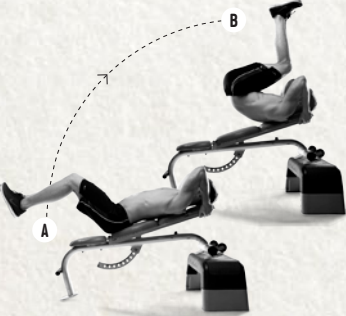
2/ BOSU BALL CRUNCH
8 REPS, 30SEC REST

Lay over the bosu ball, keeping it in the centre of your spine (A). With both feet flat on the floor, crunch upward, contracting your abs (B). Slowly lower back down, guiding your abs through their full range of motion. If you're wobbling, your core isn't tight enough.



3/ REVERSE CRUNCH
8 REPS, 30SEC REST

Lie flat on your back with your hands by your side, legs raised at a 45-degree angle to the floor (A). Draw your knees towards your chest, feeling the burn, then return to the start (B). Your lower abs will thank you in the long run. Go back to the start and repeat twice more.



SMILE THROUGH THE PAIN

Tea prices might be rising, but a high-cocoa hot chocolate a day improves blood circulation to the brain to reduce your risk of Alzheimer's, according to Harvard Medical School



SMILE THROUGH THE PAIN

If Brexit is giving you a headache, the answer could be a chill pill. The University of Pennsylvania found that pre-workout BCAAs help fix the neurotransmitters in your head, boosting brainpower



07
Invest In Liquid Assets

All this hardline politics is thirsty work, we're sure you'll agree. But with boozy continental city breaks rendered less attractive by the exchange rate, we bring you the best health-conscious beers our European 'friends' have to offer. Cheers.



Lervig Hoppy Joe
Country: Norway
ABV: 4.7%

The American Chemical Society has recently touted hops' anti-cancer properties. This offering combines three different varieties of hops, and hints of citrus, caramel and grape in its taste, so get it down like a Viking would. £2.30 [beermerchants.com](#)



La Trappe Dubbel
Country: Holland
ABV: 7%

After scooping a host of brewing awards, this effort promises a fruity aroma and Ivory-coloured head. Its 7% ABV, meanwhile, should summon plenty of Dutch courage. £2.35 [beermerchants.com](#)



Hacker Pschorr Anno 1417
Country: Germany
ABV: 5.5%

Untreated and unfiltered, this old-school lager has been crafted using pre 19th-century tech developed by monks, leaving the yeast in for an extra hit of B vits without compromising on taste. Luckily, you don't have to be a monk to receive its blessings. £2.95 [beermerchants.com](#)

08
Brextonary
Corner

You're going to be talking about this everywhere, so get to know your Transitional Deal from your EHIC.

01 – Transitional Deal

Like the discount your gym offers while the pool's being re-tiled, this smooths over the rift between the UK and Europe until we can negotiate a more permanent deal. Like your gym refurbishments, sorting it out could last years, with a March 2019 deadline set for an agreement to be reached.

02 – EHIC

Remember the European Health Insurance Card you lost after that ski trip to Morzine? It covers all health mishaps in the European Economic Area, meaning you're treated for free. Its future is up in the air, but there are non-EU member countries – like Switzerland – that still accept the card.

03 – Freedom of Movement

Leicester Uni found that those against immigration are 8% less happy than those in favour – a similar happiness gap to that between those earning £50k and £20k per year. Interestingly, University College London found that, from 2000-2011, EU immigration added £20bn to the UK economy.

04 – WW3

Is war over Gibraltar really looming, as post-Brexit questions are asked about the sovereignty of the island? Luckily, neither Spain nor the UK are looking for a dust up, with the Spanish foreign minister urging the UK to "be cool". With a siesta cutting stress by 37% we say *todo es buen, amigo*.

05 – NHS

The most vocal leave campaigners promised £350 million per week for the NHS. The website What Does Boris Owe? has calculated the yet-to-materialise funds at more than £14bn. Another reason to eat well, stay active and safeguard your health. Luckily you're holding the right magazine.





SMILE THROUGH THE PAIN
Adding five minutes of footwork drills to cardio workouts boosts quick thinking by 11%, according to the *Journal of Strength & Conditioning Research*. Handy for water-cooler debates

09
Stockpile Foreign Goods

With 27% of our food coming from the EU and a smorgasbord of European delights soon to feel the bitter sting of import taxes, Lambert is on hand to soothe nutritional relations with her pick of the health-honing essentials worth buying in by the boatload.

01.



02.



03.



04.



05.



01 – German Sausage

The sad bratwurst served up to tourists in Alexanderplatz this is not. High-end rindswurst easily holds its own against anything we've got. With 16g of protein, B vitamins and calcium, it's not the wurst thing for you, either. *Kurz & Lang Rindswurst* £8 kurzandlang.com

02 – Polenta

Delivering fewer calories than cous cous, and less of a post-meal slump than spaghetti atterrati, this other Italian staple forgoes the health hipster pricetag to serve up to half your iron RDA plus bone-building phosphorus. *Alimenti Dallari Polenta Bramata* £1.95 souschef.co.uk

03 – Swedish Meatballs

Not just the reward for a morning of furniture shopping, Swedish meatballs boast a formidable amino acid profile, plus vitamins A, D, and B12. They can't help you assemble flat packs, though. *Scan Swedish Meatballs* £2.79 ocado.com

04 – Sauerkraut

Sure, you could make it at home, but no one does it quite like the Germans. Stock up to bolster gut bacteria and load up on fibre, vits C and K, manganese and iron. Ideal when your health's in a pickle. *Hengstenberg Sauerkraut* £1.60 ocado.com

05 – Camembert

France's finest export since Léa Seydoux packs 20g of protein per 100g and the same amount of sat fat as feta and mozzarella – just leave the oven baking and endless baguettes to the French. *Gillot Camembert* £6 thefoodmarket.com



SMILE THROUGH THE PAIN
A US study found the strongest 10% of people were 66% less likely to suffer from degenerative cognitive diseases. Plus, you know, you'll be fit for the uprising

10
**Brexit
The Brexit**

Finally, if it's all too much and you don't want to wait for the supposed longterm benefits of going our own way, jump ship to one of these welcoming and less tumultuous nations. We'll see you in Vancouver, everyone.

STILL CAN'T HACK IT?
PACK YOURSELF OFF



01 – See Green

Irish parents grant you a ticket to the Emerald Isle, as do Irish grandparents. A fondness for Guinness, however, does not, although, researchers from the University of Wisconsin discovered it will reduce your risk of heart attack. Go to citizensinformation.ie.

02 – Stew On It

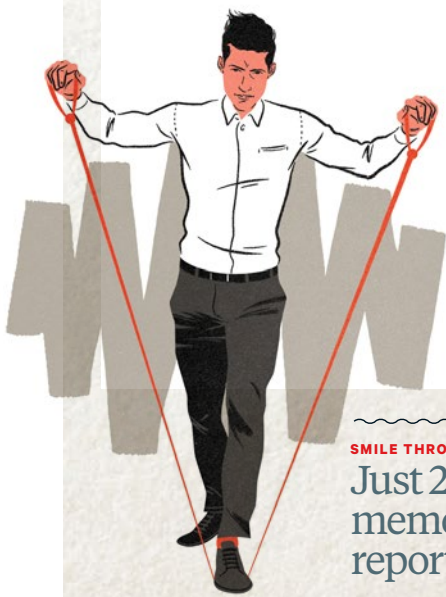
Andrzej Duda, Polish president, has the power to grant citizenship (and EU membership) to anyone he likes. More good news is that their national dish, Bigos, is a stew made with shredded cabbage and meats, making it an immunity booster in a bowl. Go to london.mfa.gov.pl.

03 – Say Sayonara

A diet comprised mainly of fish, heart-healthy soy and phytochemical-rich seaweed helps Japan lead the WHO's list of the healthiest countries in the world, with men living to over 80. There are a dozen types of visas, allowing you to work there too. Go to japan-guide.com.

04 – Apprendre le Français

Canada and the UK have a long history, and there are more than 60 immigration programmes open to Brits. With Canada averaging 7.8 on the OECD Better Life Index (the UK scored 6.9), there's never been a better time to emigrate, eh? Go to canadavisa.com.



SMILE THROUGH THE PAIN
Just 20 minutes of resistance training can improve your memory to the tune of 20%, the journal *Acta Psychologica* reports, helping you remember the good times