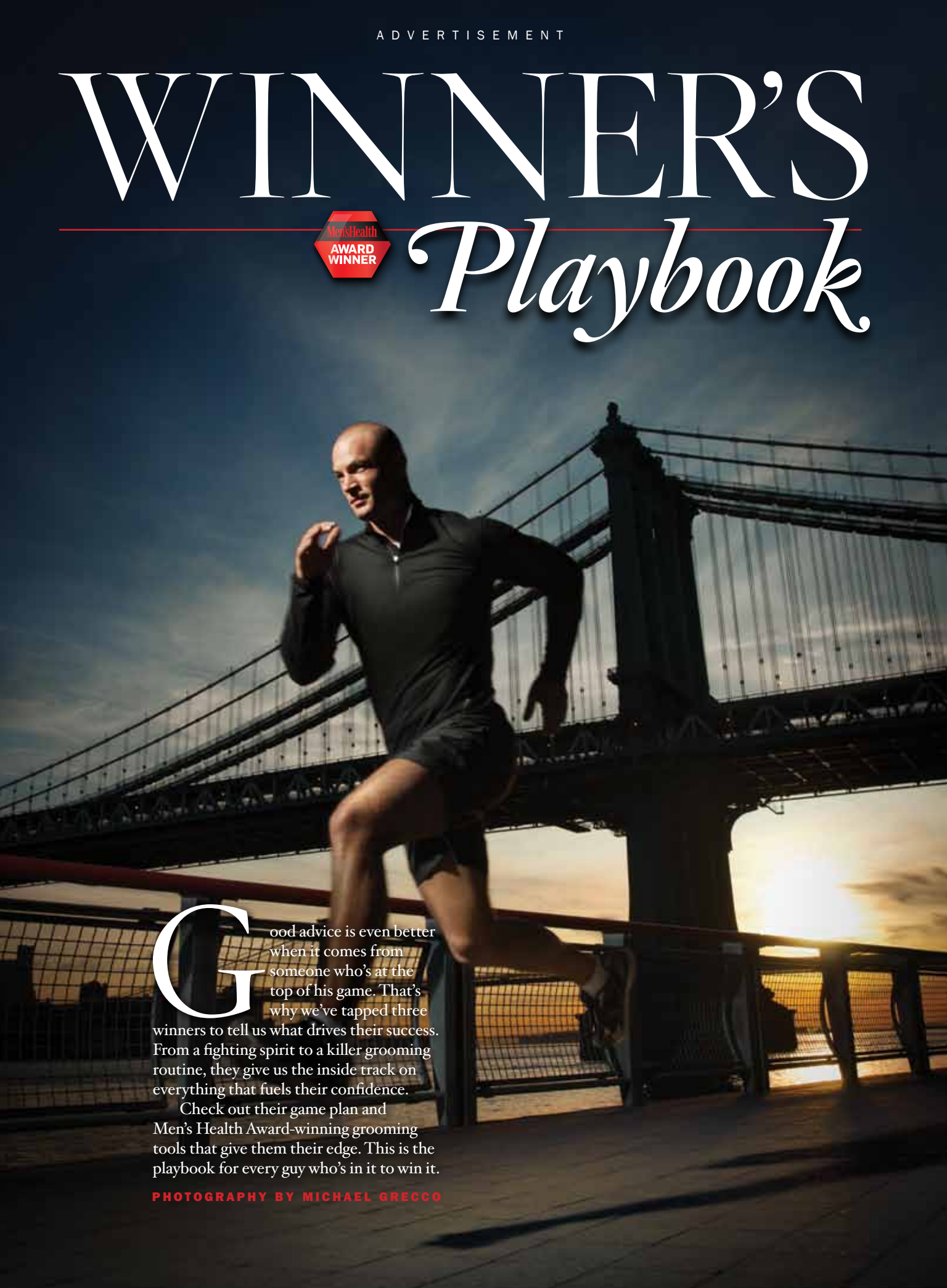


WINNER'S

Playbook

A man in a black athletic outfit is running across a suspension bridge. The sun is setting in the background, creating a warm, golden glow. The bridge's cables and structure are visible in the background.

Good advice is even better when it comes from someone who's at the top of his game. That's why we've tapped three winners to tell us what drives their success. From a fighting spirit to a killer grooming routine, they give us the inside track on everything that fuels their confidence.

Check out their game plan and Men's Health Award-winning grooming tools that give them their edge. This is the playbook for every guy who's in it to win it.

PHOTOGRAPHY BY MICHAEL GRECCO

CHAMPION



JASON VAN OIJEN

NY STATE MUAY THAI CHAMPION
PROFESSIONAL MODEL

What's the secret behind your success?

In the ring, my fighting spirit sets me apart. When my opponent and I are both tired, I push myself to go harder. In modeling, it's really about having a strong work ethic and putting yourself in the right place at the right time.

What's more cutthroat, the world of Muay Thai Boxing or the world of fashion?

Definitely fashion. Although the level of competition is higher in a fight, we respect each other and there's great camaraderie outside the ring.

How does grooming boost your performance?

For modeling and boxing, I'm more confident when I'm lean, in shape and clean-shaven. White teeth also give me confidence—in life, on a shoot, wherever.



Jason is ready at a moment's notice with a gym bag stocked with Men's Health Award winners. The **Gillette Fusion ProGlide Power Razor** has thinner, finer blades that effortlessly glide through hair with less tug and pull for incredible comfort* for his sensitive skin. Paired with **Gillette Fusion ProGlide Hydra Smooth Shave Gel** it delivers incredible glide and a smooth shave. **Crest 3D White 2-Hour Express Whitestrips** give him a noticeably whiter smile in 2 hours. And **BOSS BOTTLED. NIGHT.** is a woody, provocative scent that allows him to conquer the night.

First 4 Blades vs. Fusion

DAREDEVIL

ANDRE DE SILVA

HOLLYWOOD
STUNT MAN



What's the most dangerous stunt you've ever done?

I once had to do a high-speed motorcycle chase through a tunnel at night wearing a mirrored visor. I could only see the taillights of the cars ahead of me, so there was no room for failure.

How does grooming enhance your confidence?

If I can smell myself sweating, that's a huge distraction, so good grooming helps me focus. I present myself as fit, young and healthy, so my grooming reflects that.

What drives you?

I'm definitely a risk-taker. I like the adrenaline rush of racing cars, performing stunts and doing martial arts. But I've trained hard to learn stunt driving and stage combat, so don't try this at home!



Andre uses Men's Health Award winners like the **Gillette Fusion ProGlide Styler** to give him an edge to play any role; he can trim, shave and edge with one precision tool to master any facial hairstyle. As a stunt man and actor, his **Scope Dual Blast Mouthwash** fights fear and bad breath on contact so that he's always ready for a close up. To stay focused and give sweat a beat down, he relies on the strong wetness protection of **Old Spice Sweat Defense**.

GALLERIST

TRIPOLI PATTERSON
OWNER, TRIPOLI GALLERY
EAST COAST SURFING CHAMPION

Why transition from surfing to the art world?

As a competitive surfer, the spotlight has always been on me. As an art dealer and curator, I now get to put artists in the spotlight, and that's very rewarding.

What's the greatest lesson you've learned in your careers?

The ocean teaches you so much. You're giving yourself up to something more powerful than you, and you need to rely on your skills and stay focused to come out okay. It's the same thing in business—there's a lot at stake and you've got to stay focused to get the job done.

Your hair is definitely unique...

Yeah, it says a lot about who I am: down to earth, unpretentious and comfortable in my own skin.



Tripoli masters the art of grooming with Men's Health Award-winning tools that complement his low-maintenance style. **Head & Shoulders Active Sport 2-in-1 Shampoo** locks in scalp's moisture, leaving his hair feeling hydrated. His smile gets a healthy boost with **Crest Pro Health Clinical Plaque Control** to help keep plaque from coming back. And his **Gillette Hydrator Body Wash** helps lock in moisture and increases skin's hydration level.

Photographed at Bertrand Delacroix Gallery, NYC.



WINNERS

When you feel and look your best, you've got game. So put the brands that bear the Men's Health stamp of approval in your playbook. Find all of these award-winning products and more at Rite Aid.

Go to AwardWinnersPlaybook.com to get insider tips from our winners, grooming tips from a Men's Health expert, and more info about these award-winning products.

- 2012 Best Shampoo**: Head & Shoulders Active Sport 2-in-1 Shampoo
- 2009 Best Body Wash**: Gillette Hydrator Hydratant
- 2012 Best Rinse**: Scope Dual Blast
- 2011 Best Whitener**: Crest 3D White Whitestrips
- 2012 Best Razor**: Gillette Fusion ProGlide
- 2011 Best Razor**: Gillette Fusion ProGlide
- 2012 Best Antiperspirant/Deodorant**: Old Spice Sweat Defense
- 2012 Best Toothpaste**: Crest Pro-Health Clinical Plaque Control



With us, it's personal.