

## POSITIVE FEEDBACK

One piece of protective gear you don't want to lose: your rose-colored glasses. **Optimistic athletes are less likely to become injured, and they bounce back faster if they do get hurt**, according to new research from the U.K. Glass-half-full guys may simply be more conscious of injury-prevention practices, or they may experience less stress during competition, reducing their susceptibility to injury, says study author Ross Wadey, Ph.D. Plagued by pessimism? Try turning your negative thoughts into positive, performance-enhancing ones. If you're feeling nervous, for example, interpret your jitters as a sign that you're pumped up to play, says Wadey.

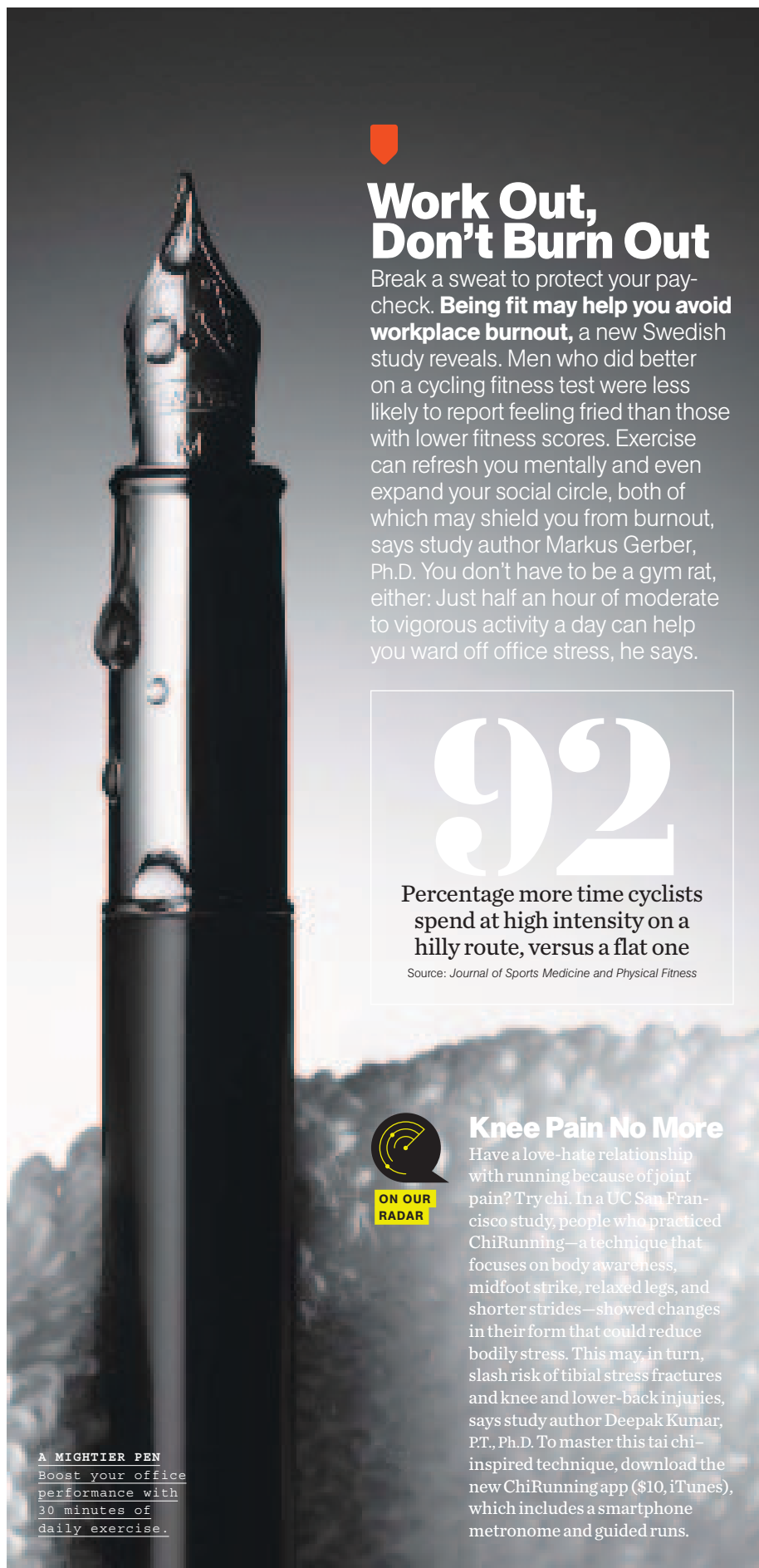


## GET AHEAD OF YOURSELF

Keep your eyes on the prize: A recent French study suggests that **you'll run faster if you focus more on the finish line than on your performance**. Athletes who were assigned a goal-oriented task (completing a race as quickly as possible) sprinted significantly faster than those given a performance-related task (honing their running form). Your brain can't react as quickly as your muscles can, so focusing on each step only slows you down, says study author Bernard Thon, Ph.D. The effect extends beyond sprints: During a long run, zero in on finishing the last leg of your route to help take your mind off your tired muscles.



For up-to-the-minute cardio news and tips, go to [news.MensHealth.com](http://news.MensHealth.com).



## Work Out, Don't Burn Out

Break a sweat to protect your paycheck. **Being fit may help you avoid workplace burnout**, a new Swedish study reveals. Men who did better on a cycling fitness test were less likely to report feeling fried than those with lower fitness scores. Exercise can refresh you mentally and even expand your social circle, both of which may shield you from burnout, says study author Markus Gerber, Ph.D. You don't have to be a gym rat, either: Just half an hour of moderate to vigorous activity a day can help you ward off office stress, he says.

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Percentage more time cyclists spend at high intensity on a hilly route, versus a flat one

Source: *Journal of Sports Medicine and Physical Fitness*



ON OUR RADAR

## Knee Pain No More

Have a love-hate relationship with running because of joint pain? Try chi. In a UC San Francisco study, people who practiced ChiRunning—a technique that focuses on body awareness, midfoot strike, relaxed legs, and shorter strides—showed changes in their form that could reduce bodily stress. This may, in turn, slash risk of tibial stress fractures and knee and lower-back injuries, says study author Deepak Kumar, P.T., Ph.D. To master this tai-chi-inspired technique, download the new ChiRunning app (\$10, iTunes), which includes a smartphone metronome and guided runs.

**A MIGHTIER PEN**  
Boost your office performance with 30 minutes of daily exercise.

Photograph by LEVI BROWN, prop styling: Sarah Guido/Halley Resources