

ANTON NILSSON

# Men's Health

COLLECTOR'S EDITION  
03/2025

3 Motivations-Booster,  
mit denen du  
jedes Ziel erreichst

★

Health-Check:  
Ist dein Herz so stark  
wie dein Bizeps?

★

Dieses Sandwich ist  
gesünder (und leckerer)  
als Salat

★

„Mir reicht's, Boss!“  
Wie du im Job klare  
Kante zeigst

FOREVER  
YOUNG

So bleibst du  
fit wie unser  
Cover-Star  
(Ja, der ist echt schon  
62 Jahre alt)



HEIGHT 186 | WAIST 92 | HIPS 86 | HAIR SALT & PEPPER | EYES BLUE-GREEN | SHOES 44 | SUIT 50

kult  
GERMANY

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MIRTO

MADRID 1956

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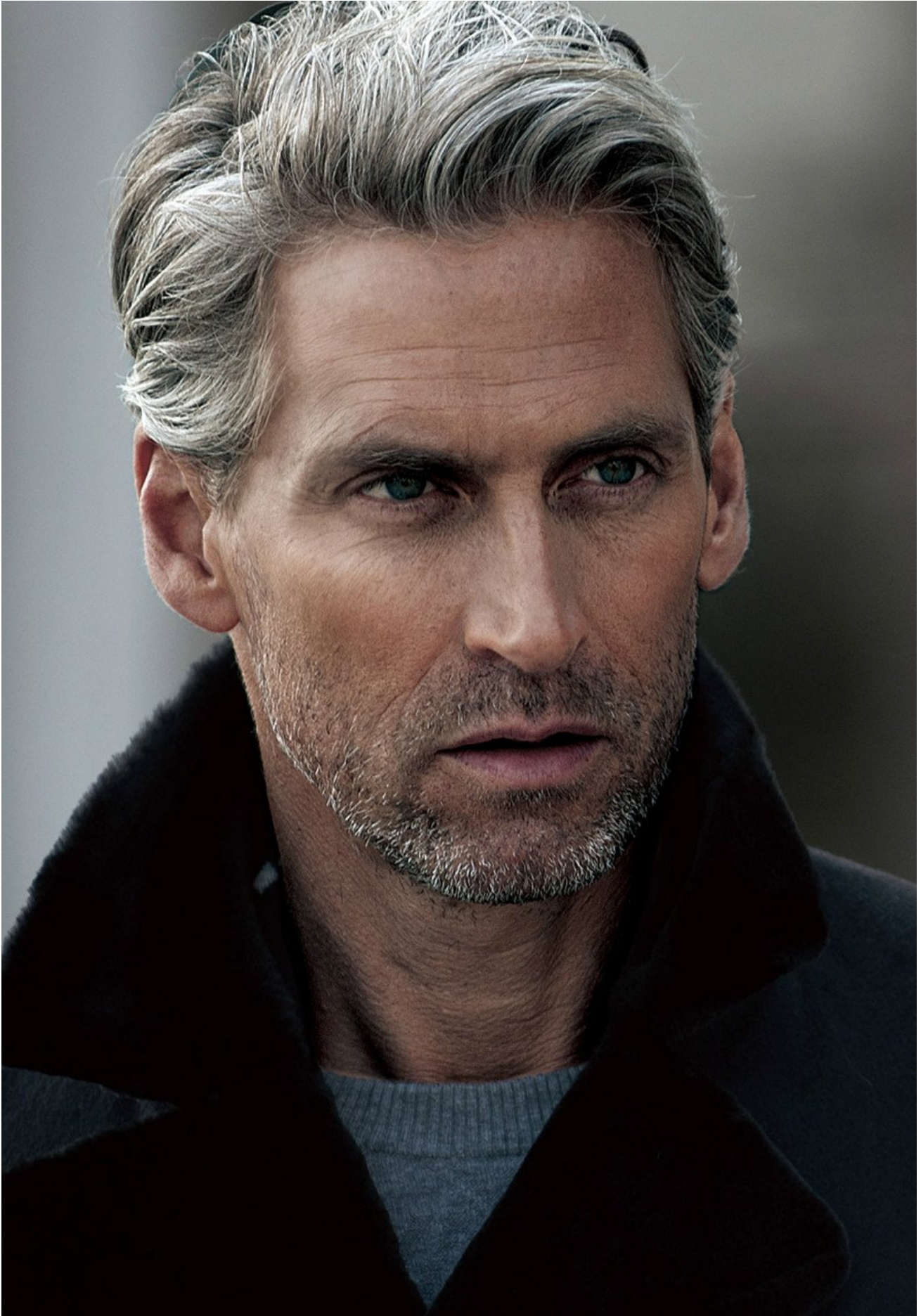
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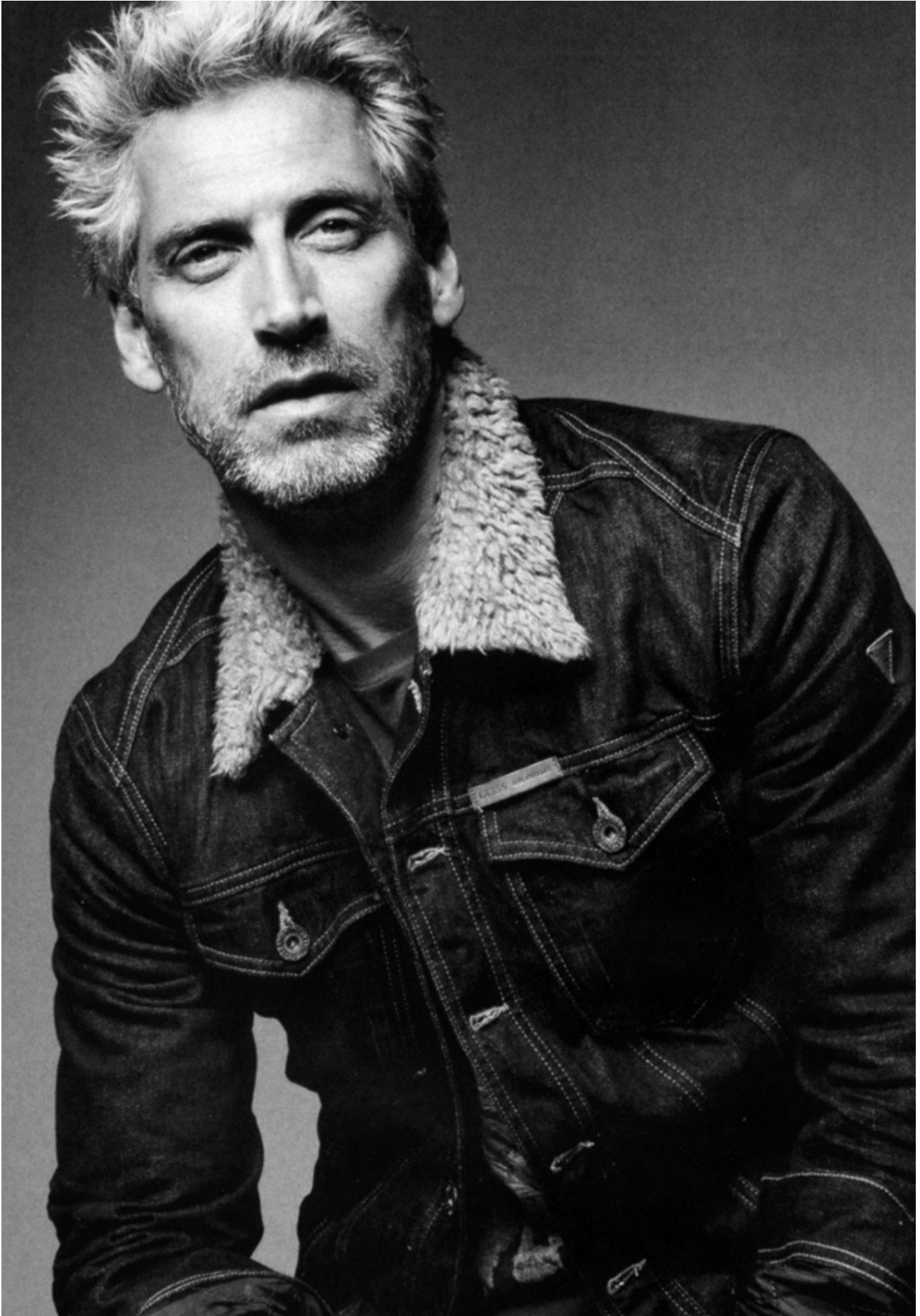


**CALVIN KLEIN**  
Cazadora de cuer  
**G-STAR RAW.**  
vaquera. **DIESEL.** C  
gris. **PEPE JEANS LI**  
Vaquero neg  
Zapatillas ti

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