

Men's Health Look 2006





Kevin Tsehesi from Cape Town has been named as the winner of the *Men's Health* Look 2006 at a memorable event at The Forum in Johannesburg. MC for the evening was Mark Bayly with entertainment from Orbita.

After being selected, all finalists spent three days in Mozambique where they were put to the test - both physically and mentally. Activities on the adventure trip included snorkelling, a cook-off, as well as a paddle and quad orienteering experience - all this, while the judges got to know each finalist better.

Men's Health annually searches for the ultimate South African man - he is fit, lives a balanced lifestyle and is not afraid of taking risks. Now in its seventh year, this programme rewards men who manage to balance friends, family, relationships, finance and his career while still remembering to spend time on his health and well-being.

Men's Health Look 2006 is sponsored by Boss by Hugo Boss, Mazda, Gillette M3 Power and USN.

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