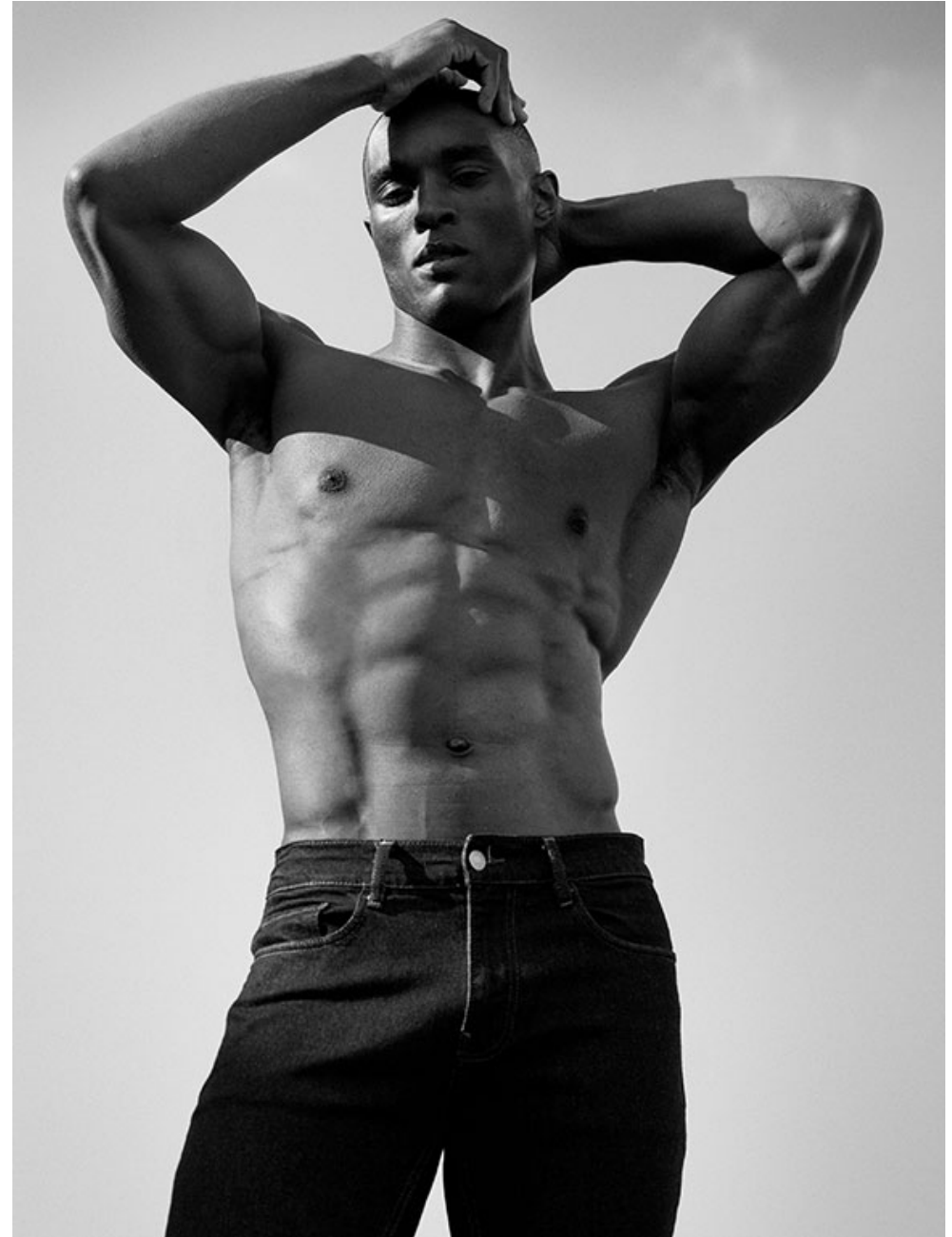


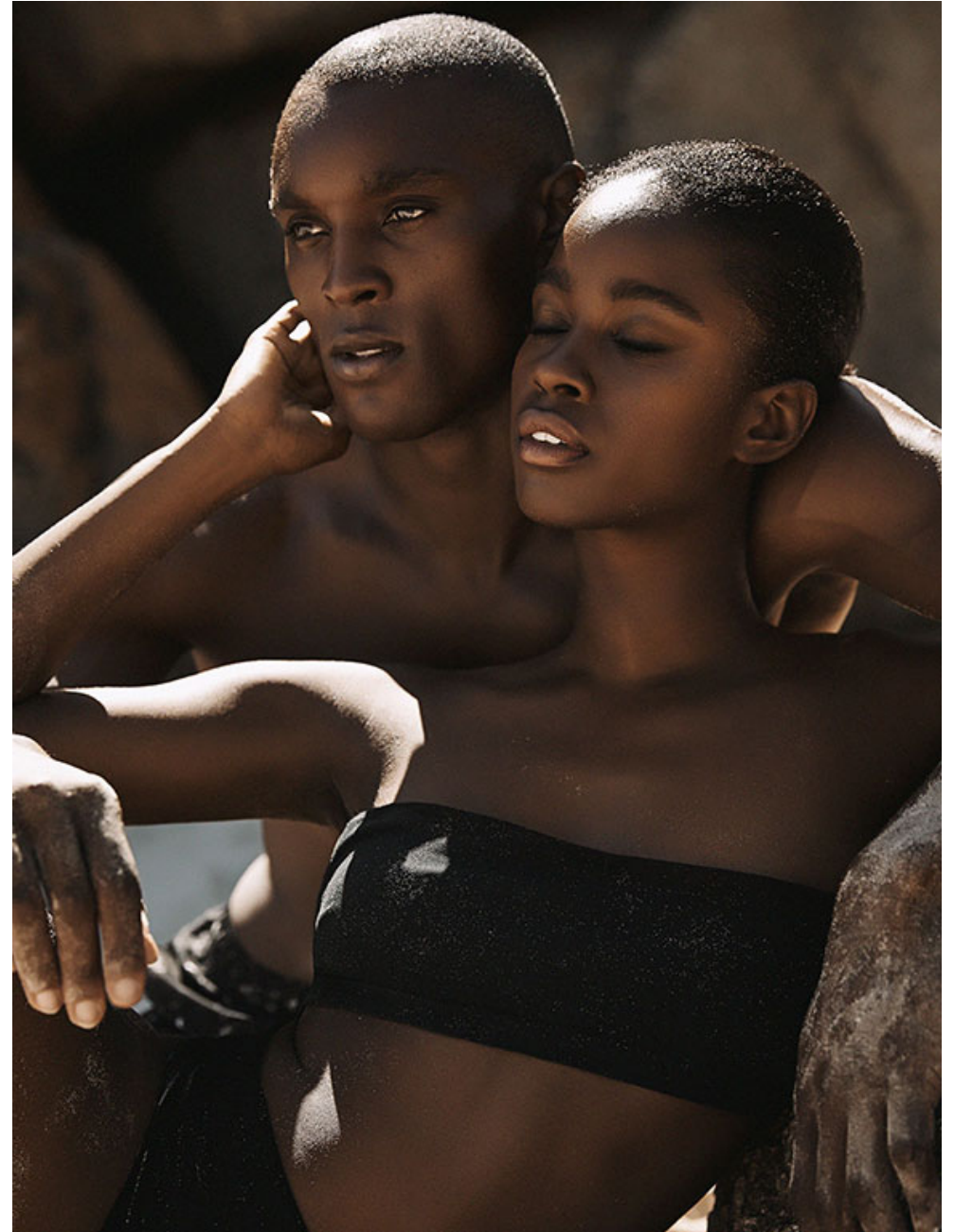
CURTIS R.

Height **187** / Chest **101** / Waist **80** / Hip **98** / Size **48-50** / Shoes **45-46** / Hair **black** / Eyes **brown** /



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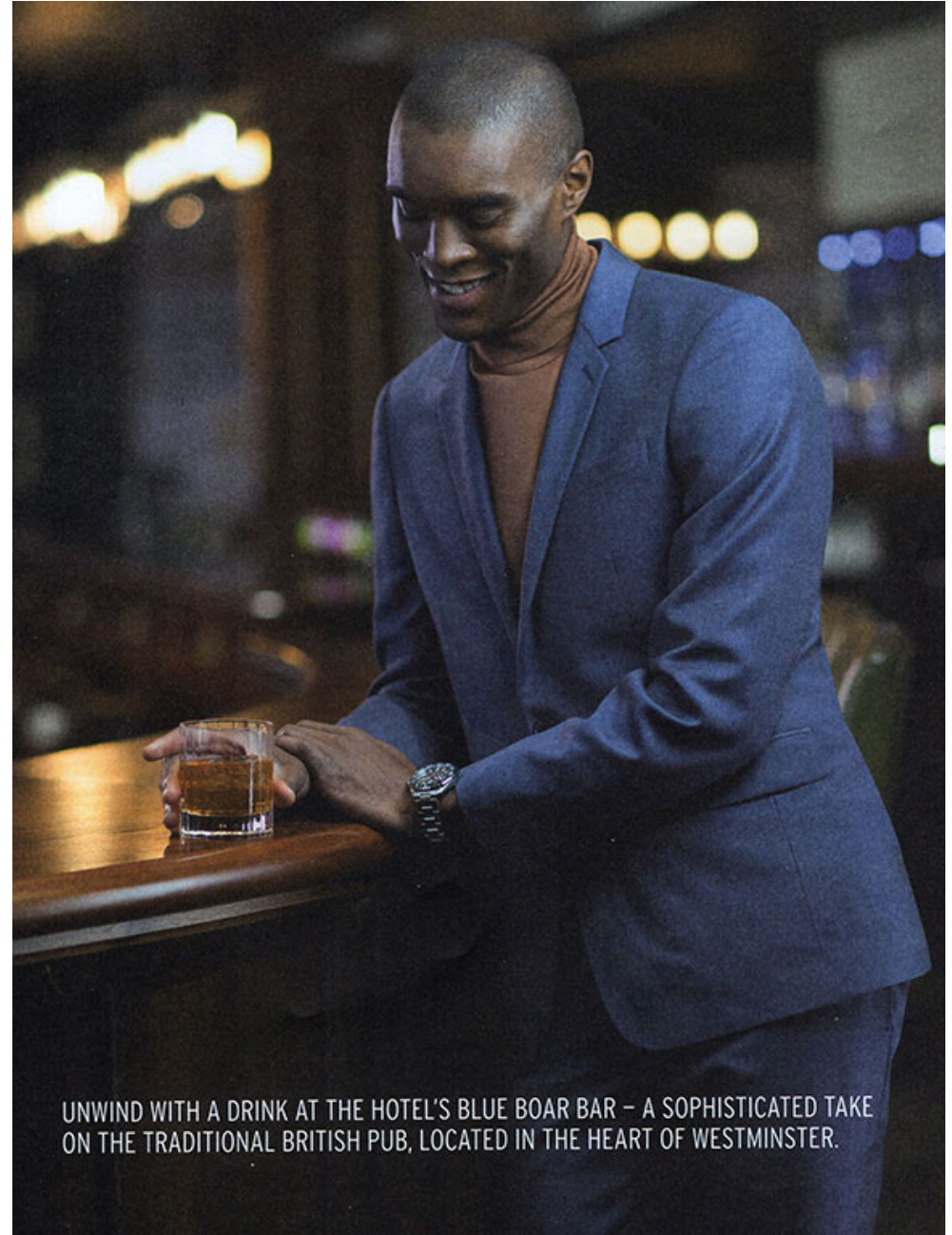
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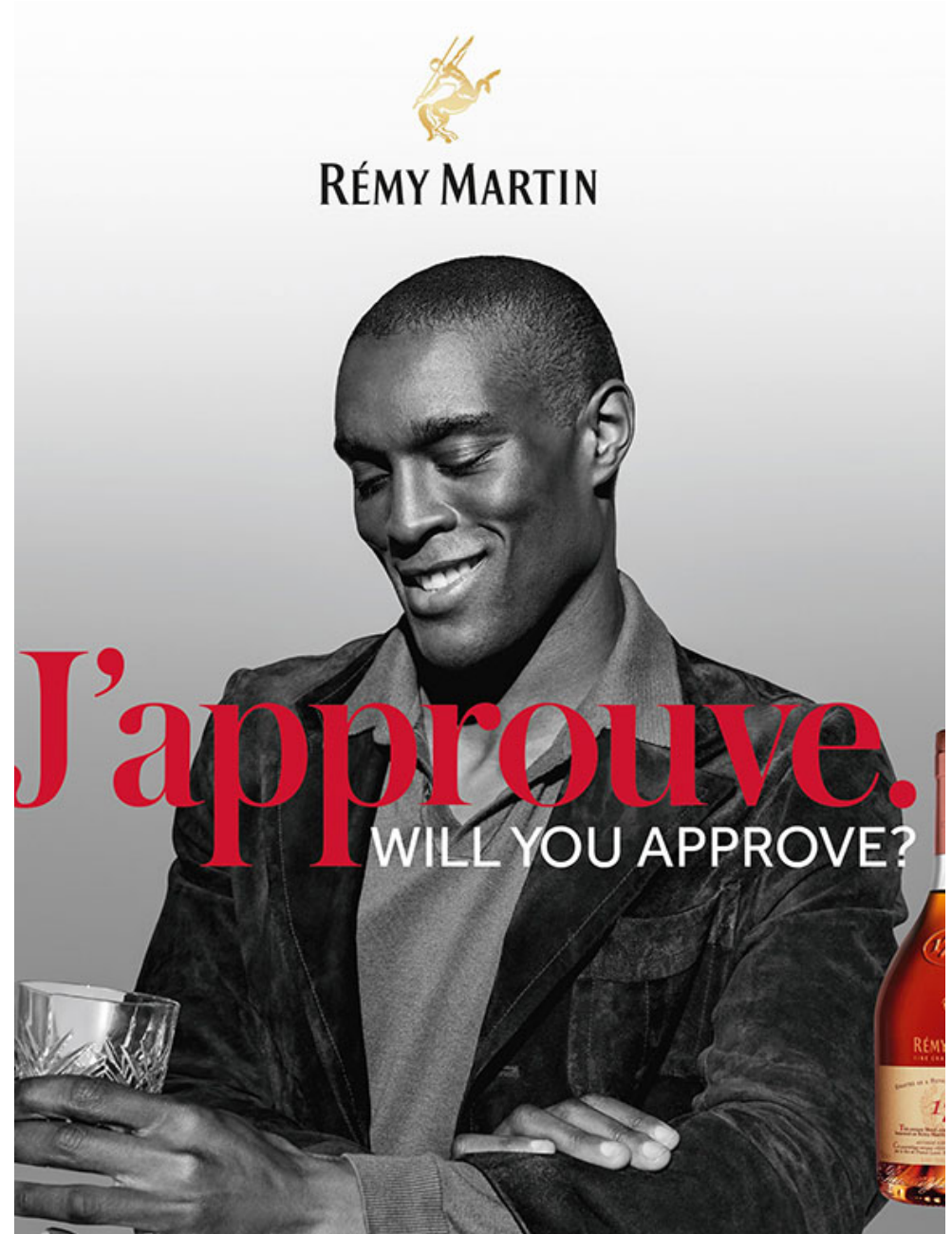
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CURTIS R.

Height **187** / Chest **101** / Waist **80** / Hip **98** / Size **48-50** / Shoes **45-46** / Hair **black** / Eyes **brown** /



CURTIS R.

Height 187 / Chest 101 / Waist 80 / Hip 98 / Size 48-50 / Shoes 45-46 / Hair black / Eyes brown /



CURTIS R.

Height 187 / Chest 101 / Waist 80 / Hip 98 / Size 48-50 / Shoes 45-46 / Hair black / Eyes brown /

>>> ATTITUDE / MOTIVE @ CURTIS R. REID

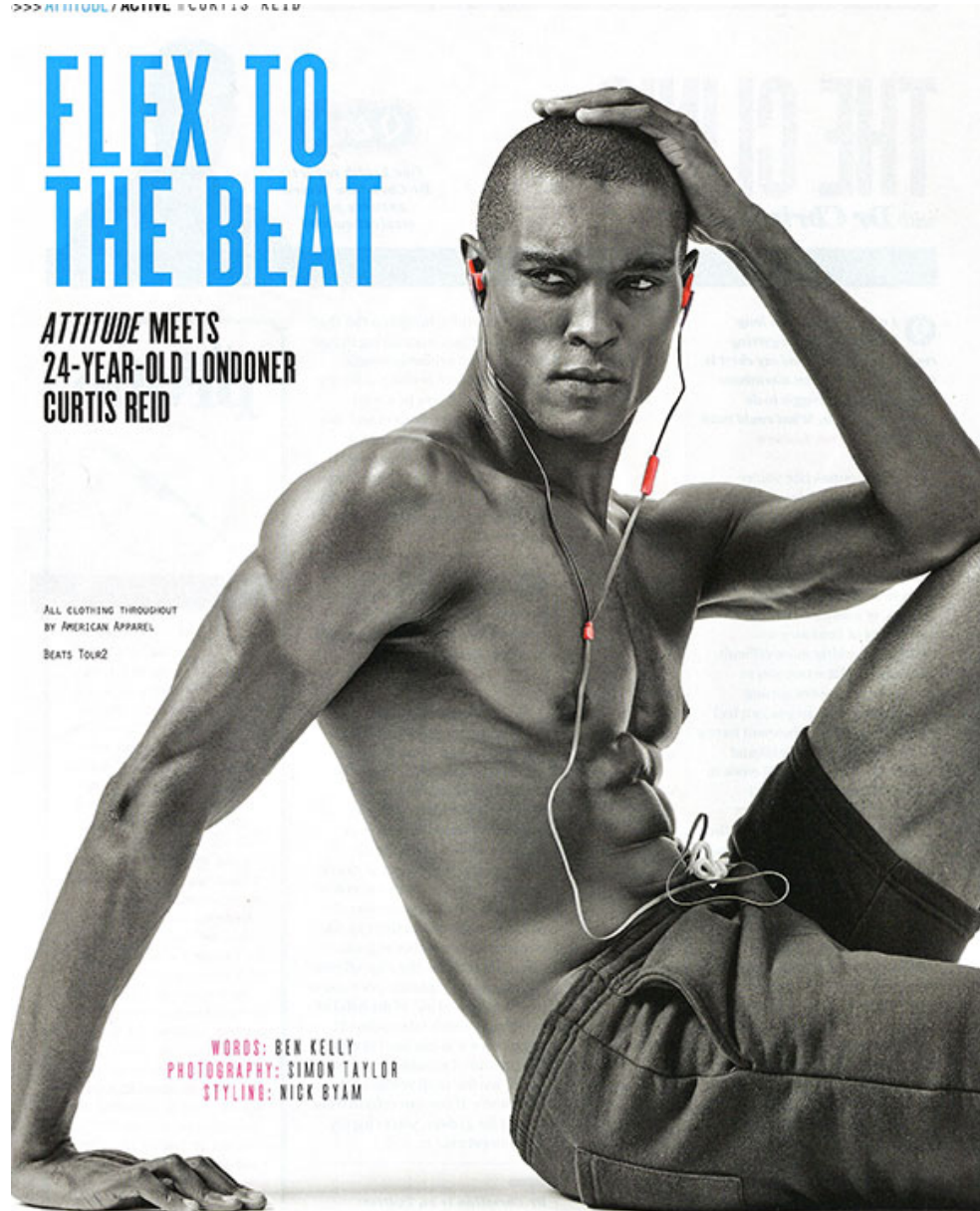
FLEX TO THE BEAT

ATTITUDE MEETS
24-YEAR-OLD LONDONER
CURTIS REID

ALL CLOTHING THROUGHOUT
BY AMERICAN APPAREL

BEATS TOUR2

WORDS: BEN KELLY
PHOTOGRAPHY: SIMON TAYLOR
STYLING: NICK BYAM



HOW DO YOU MANAGE TO KEEP IN SUCH GOOD SHAPE?

WELL, MAINLY I JUST DO CARDIO. I RUN FOR TWENTY MINUTES FOUR OR FIVE TIMES A WEEK, AND THAT ALSO INCLUDES BODY EXERCISES – CHIN UPS, PULL UPS AND PUSH UPS, AND ALSO SOME ABS WORK LIKE PLANKS AND SIDE PLANKS. I DON'T GO TO THE GYM BECAUSE I DON'T WANT TO GET TOO BIG; I WANT TO KEEP LEAN AND I TEND TO GAIN MUSCLE QUITE QUICKLY.

DO YOU DO MOST OF YOUR EXERCISE OUTDOORS?

YEAH, IN MY LOCAL PARK. IT'S QUITE EASY. I DO IT EARLY IN THE MORNINGS BEFORE I EAT SO IT HELPS TO BURN FAT RATHER THAN ENERGY. IF I EAT BEFORE IT WOULD BURN THE ENERGY NOT THE FAT. THE FIRST TIME YOU DO IT IN THE MORNING IT CAN BE HARD, BUT YOU GET USED TO IT. AS SOON AS THE FRESH AIR HITS YOU, YOU GET ENERGY AND YOU'RE ALL SET FOR IT THEN.

IS THAT YOUR GOVE FOR THE DAY?

YEAH, I JUST EAT HEALTHY AND THAT'S IT REALLY. I'M NOT A GYM BUNNY OR ANYTHING.

TALK ME THROUGH YOUR TYPICAL FOOD ROUTINE.

WELL, AFTER A WORKOUT I HAVE BREAKFAST AND THAT'S USUALLY MUESLI OR CEREAL: LIKE PORRIDGE AND BRIAN FLAKES, STUFF LIKE THAT. FOR LUNCH I HAVE SWEET POTATO ALONG WITH SOME TUNA OR SARDINES. SWEET POTATO HAS LOTS OF NUTRIENTS AND MINERALS. THEN FOR DINNER I WOULD NORMALLY HAVE RICE WITH CHICKEN OR SOMETHING ELSE, LIKE POTATOES OR VEGETABLES, BUT I'LL ALWAYS HAVE SOME TYPE OF MEAT. I DON'T USUALLY EAT RED MEAT ALL THE TIME; I'LL VARY BETWEEN WHITE MEAT AND FISH DEPENDING ON MY MOOD. I'VE HEARD THAT RED MEAT IS GOOD FOR BULKING WHILE WHITE MEAT AND FISH IS BETTER FOR LEANING.

ARE YOU NOW AT THE SIZE YOU WANT TO STAY AT?

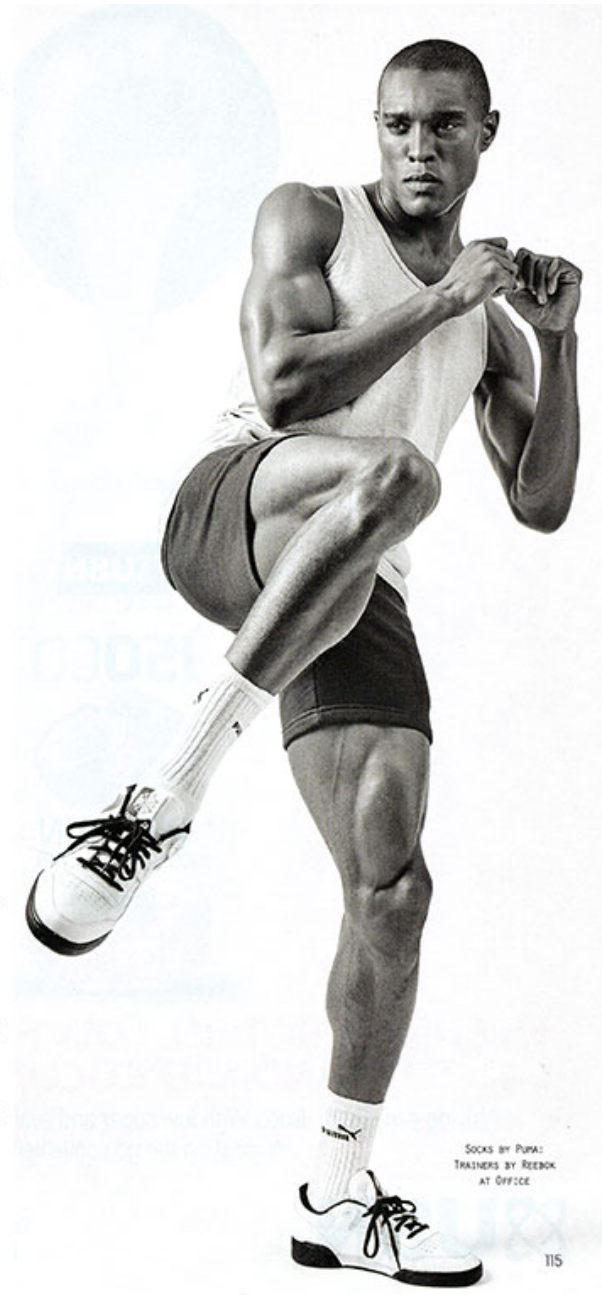
YEAH, AROUND THERE. I DON'T WANT TO GET TOO SMALL OR TOO BIG.

I IMAGINE YOU DON'T SNACK VERY OFTEN?

I DO SOMETIMES; IT'S HARD NOT TO SNACK. I HAVE CHEAT DAYS LIKE EVERYONE ELSE, SO MAYBE LIKE ONCE A WEEK – SOMETIMES ONCE EVERY TWO WEEKS. IT DEPENDS. IT COULD BE A RANDOM THING WHERE I NEED ENERGY. EATING HEALTHILY ALL THE TIME IS TOUGH AND YOUR BODY JUST CRAVES SOMETHING "BAD" EVERY NOW AND THEN. IF I DO INDULGE I MAKE SURE THAT THE NEXT DAY I GO BACK TO WORKING OUT. IT KIND OF REJUVENATES THINGS BECAUSE ONCE YOU EAT THE BAD FOOD THE BODY KICKS IN TO BURN IT OFF. IF I'M SNACKING I JUST HAVE SOME CASHEW NUTS.

DIET IS THE PART MOST PEOPLE FIND DIFFICULT, ISN'T IT? RATHER THAN EXERCISE.

FOOD IS THE MOST DIFFICULT BECAUSE ANYONE CAN GO TO THE GYM OR WORKOUT, BUT I FEEL IF YOU CAN WORKOUT AND BURN 400 CALORIES, YOU CAN PUT THAT BACK ON SO EASILY JUST BY EATING A CERTAIN MEAL. YOU NEED TO REALLY WATCH WHAT YOU'RE EATING BECAUSE IF YOU REALLY WANT TO

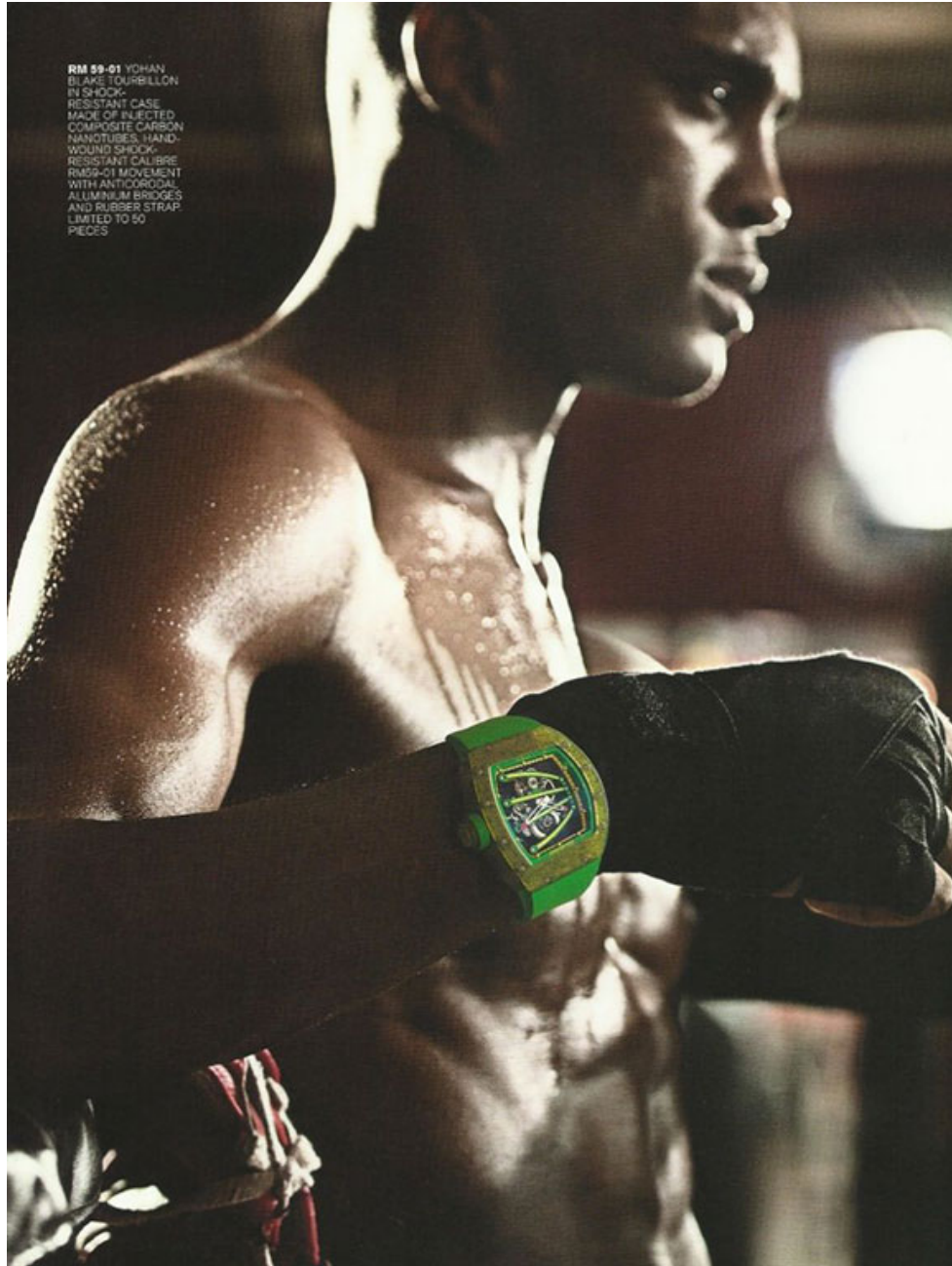


SOCKS BY PUMA:
TRAINERS BY REEBOK
AT OFFICE

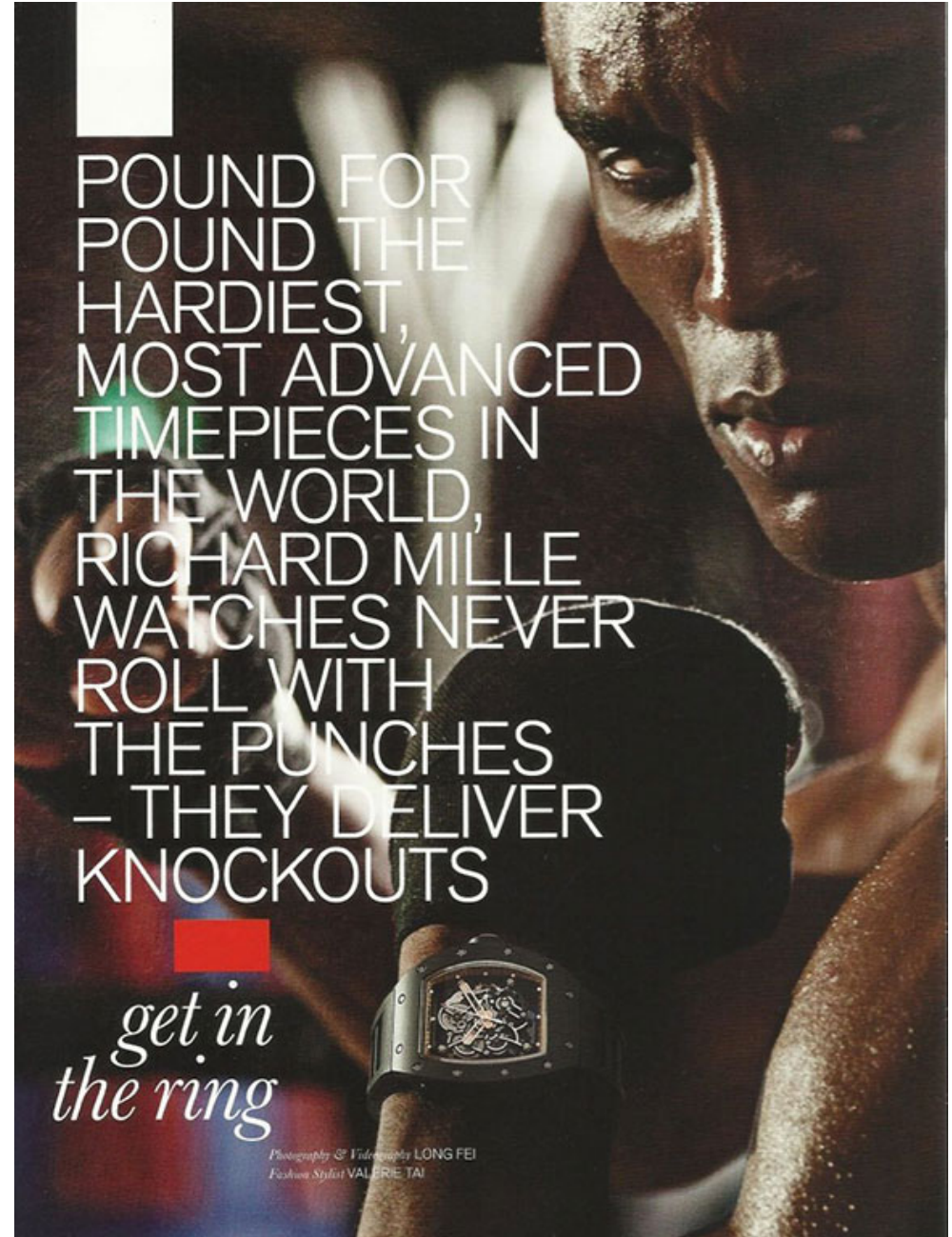
115

CURTIS R.

Height **187** / Chest **101** / Waist **80** / Hip **98** / Size **48-50** / Shoes **45-46** / Hair **black** / Eyes **brown** /



RM 59-01 YOHAN
BLAKE TOURBILLON
IN SHOCK
RESISTANT CASE
MADE OF INJECTED
COMPOSITE CARBON
NANOTUBES. HAND-
WOUND SHOCK-
RESISTANT CALIBRE
RM59-01 MOVEMENT
WITH ANTI-CORROSION,
ALUMINIUM BRIDGES
AND RUBBER STRAP.
LIMITED TO 50
PIECES



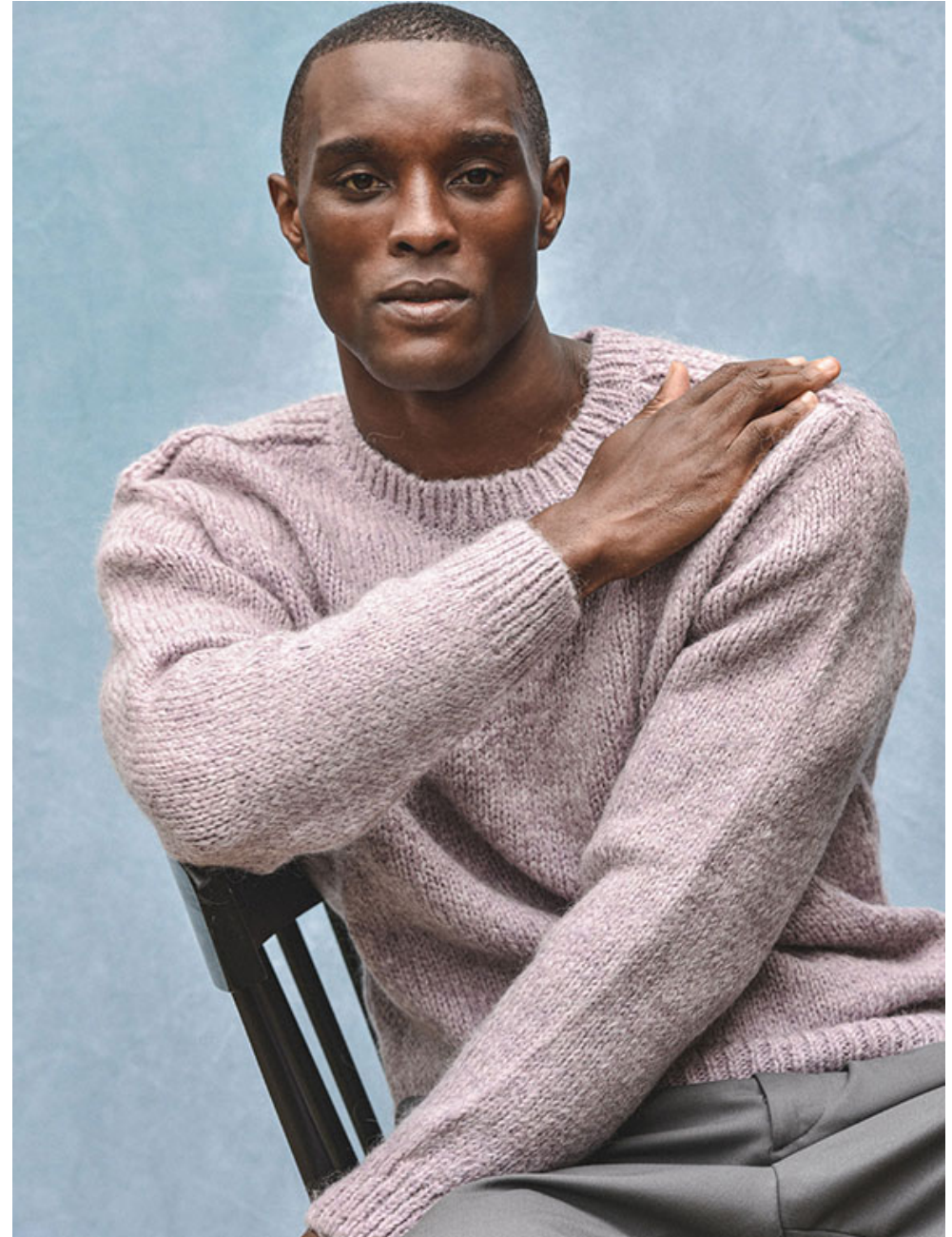
POUND FOR
POUND THE
HARDIEST,
MOST ADVANCED
TIMEPIECES IN
THE WORLD,
RICHARD MILLE
WATCHES NEVER
ROLL WITH
THE PUNCHES
– THEY DELIVER
KNOCKOUTS

get in
the ring

Photography & Videography LONG FEI
Fashion Stylist VALERIE TAI

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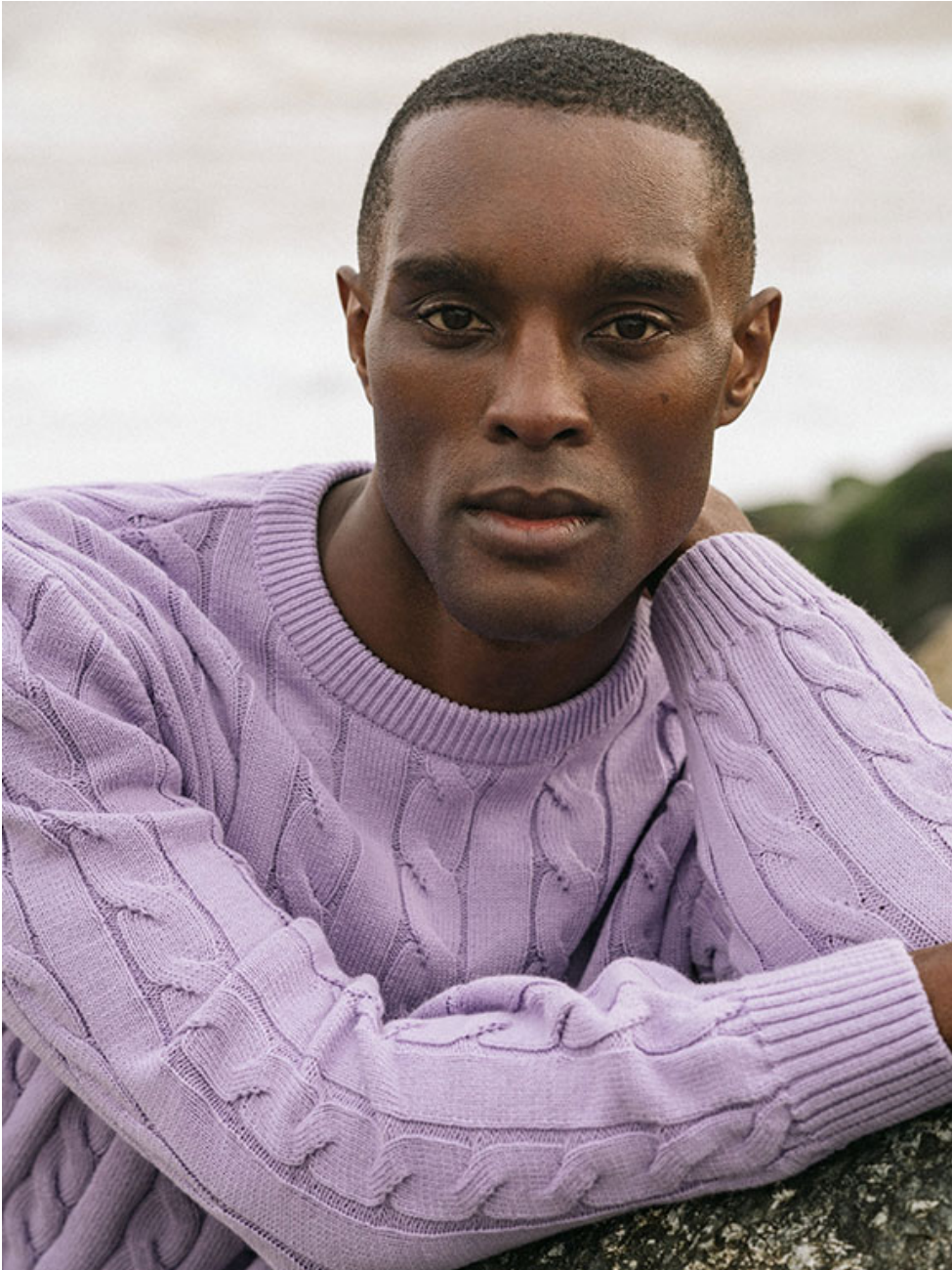
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