

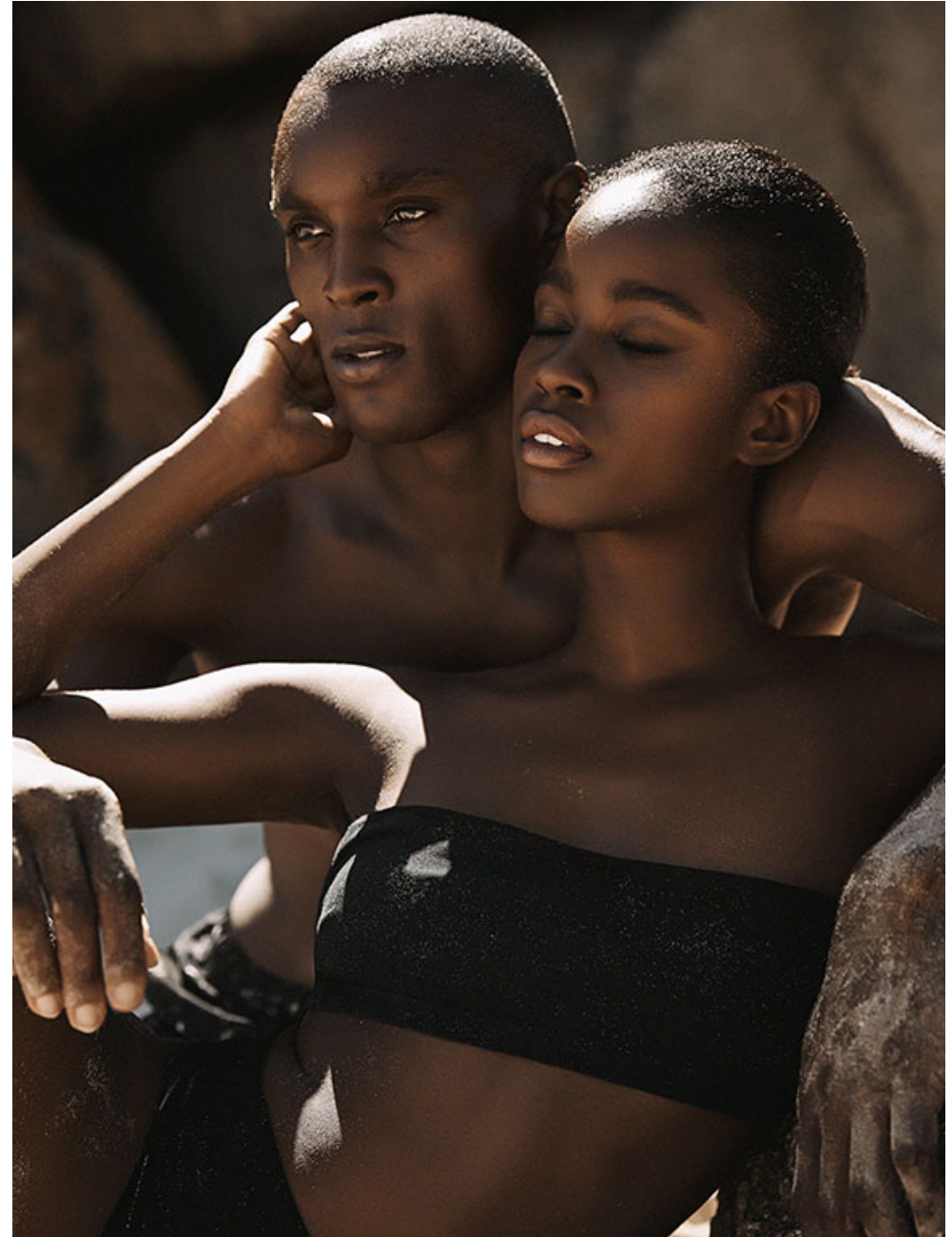
# CURTIS R.

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



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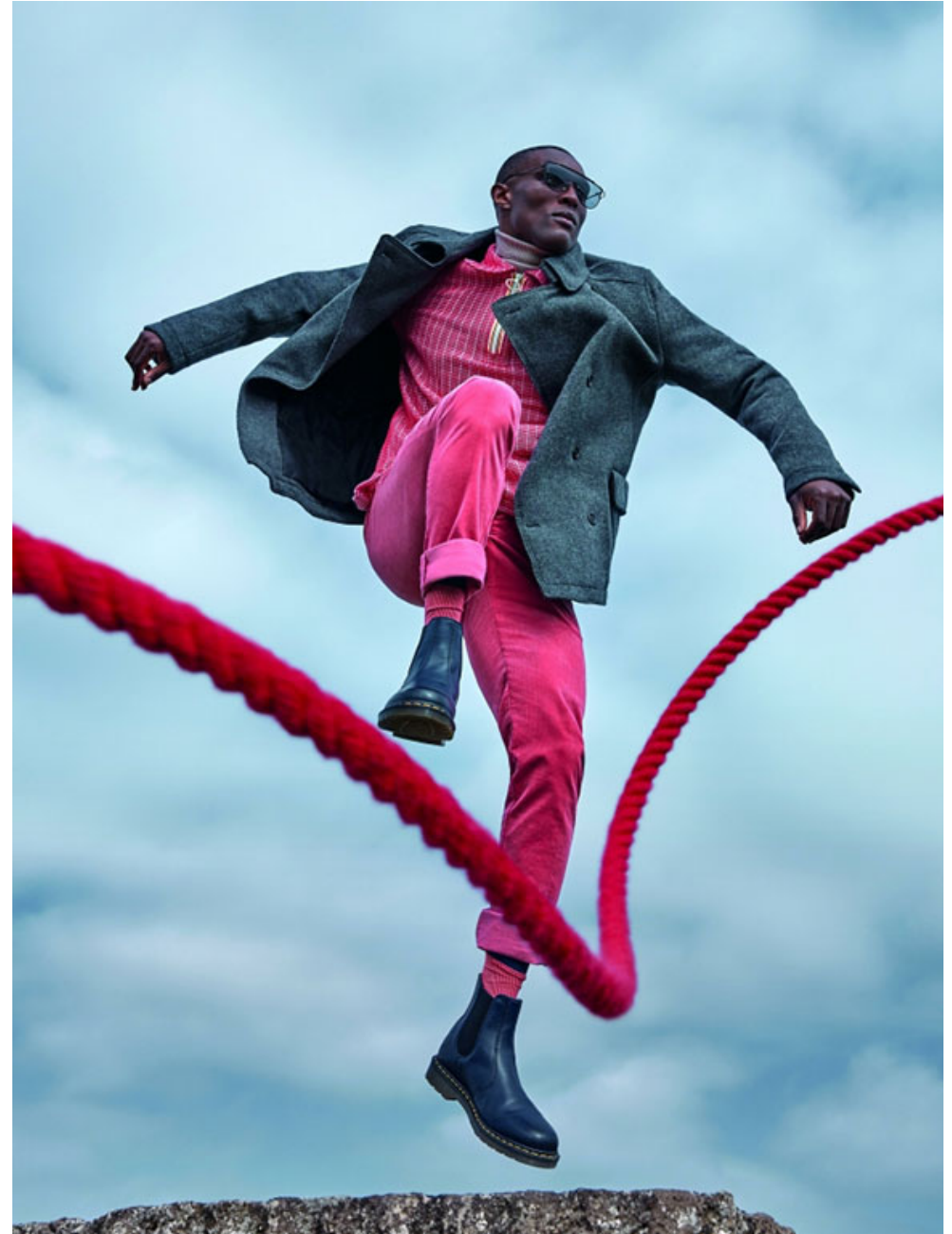
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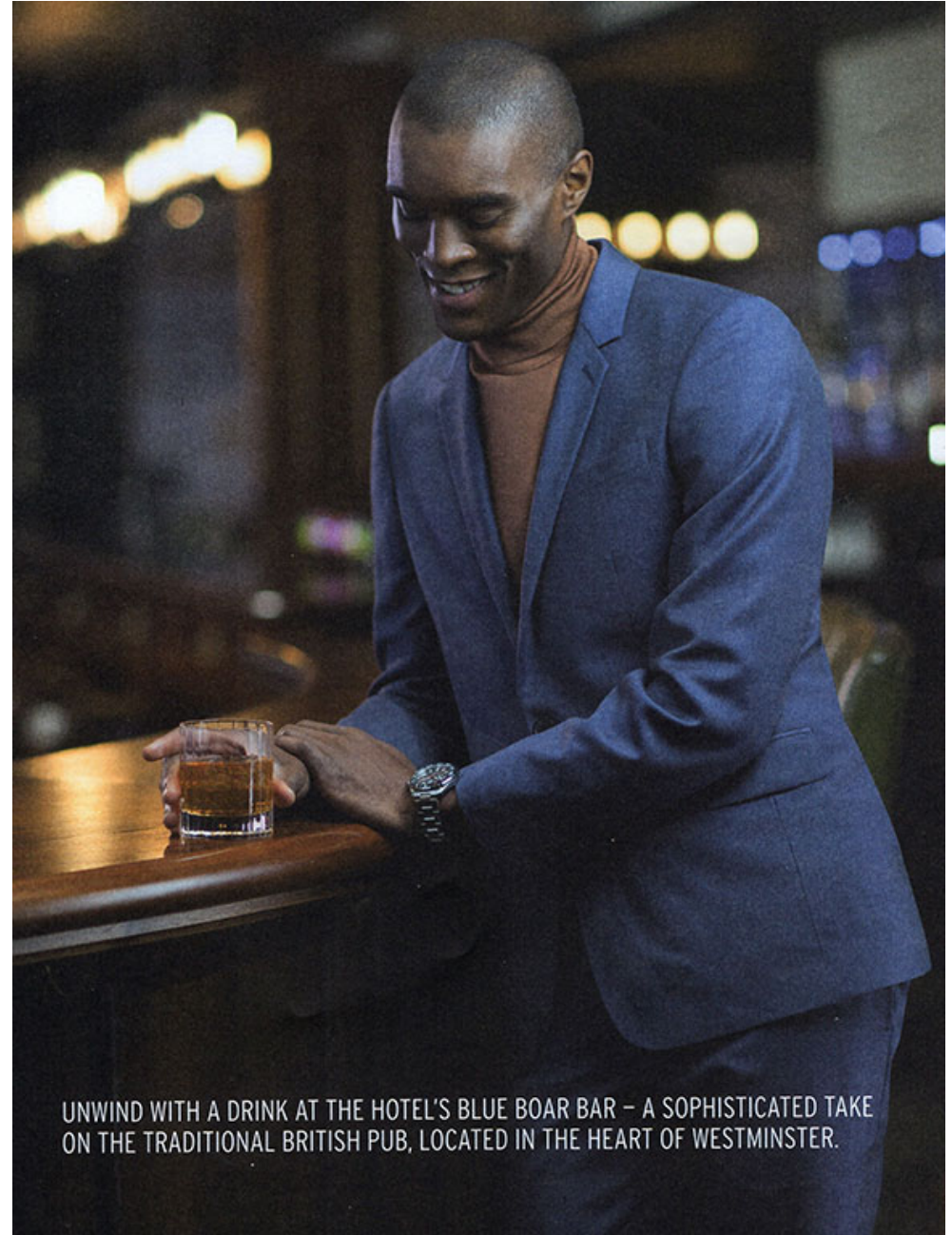
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PROPOSAL SUIT: Coat by Neil Barrett, sweater by A&P, trousers by Hugo Boss, shirt by Henry James, hat by Barbour.  
THIS SUIT: Coat by Maje, suit jacket and trousers by Henry James, turtleneck and bag by Hugo Boss, shoes by Tote of Sweden.  
OPPOSITE PAGE: Coat by Rag & Bone, shirt by Tote of Sweden, tie and Goyard bag scarf by Tote of Sweden, trousers and shoes by Hugo Boss, watch by Tag Heuer.

5  
#STAYINSPIRED



UNWIND WITH A DRINK AT THE HOTEL'S BLUE BOAR BAR – A SOPHISTICATED TAKE ON THE TRADITIONAL BRITISH PUB, LOCATED IN THE HEART OF WESTMINSTER.

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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 /

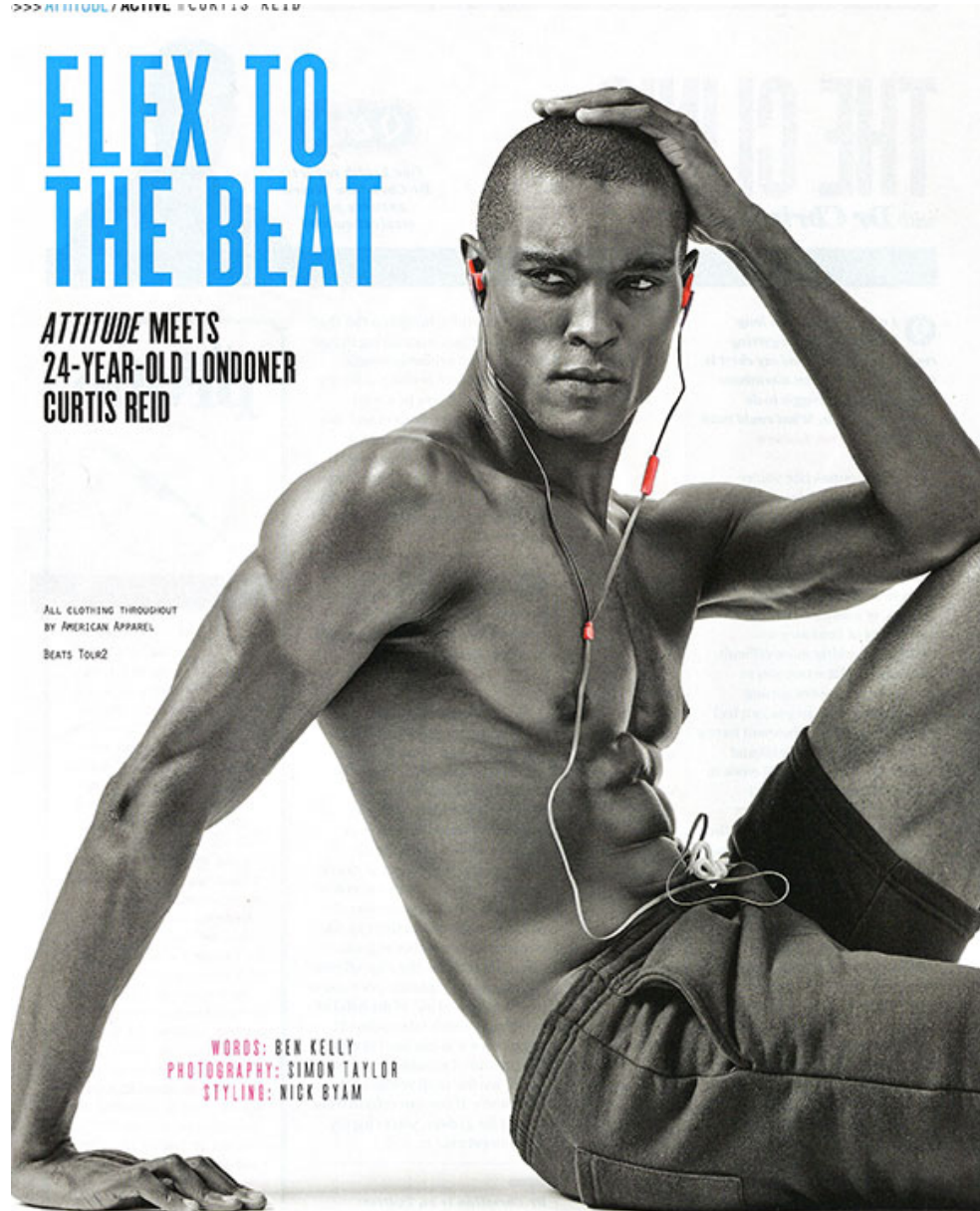
>>> ATTITUDE / MOTIVE CURTIS R. REID

## 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?

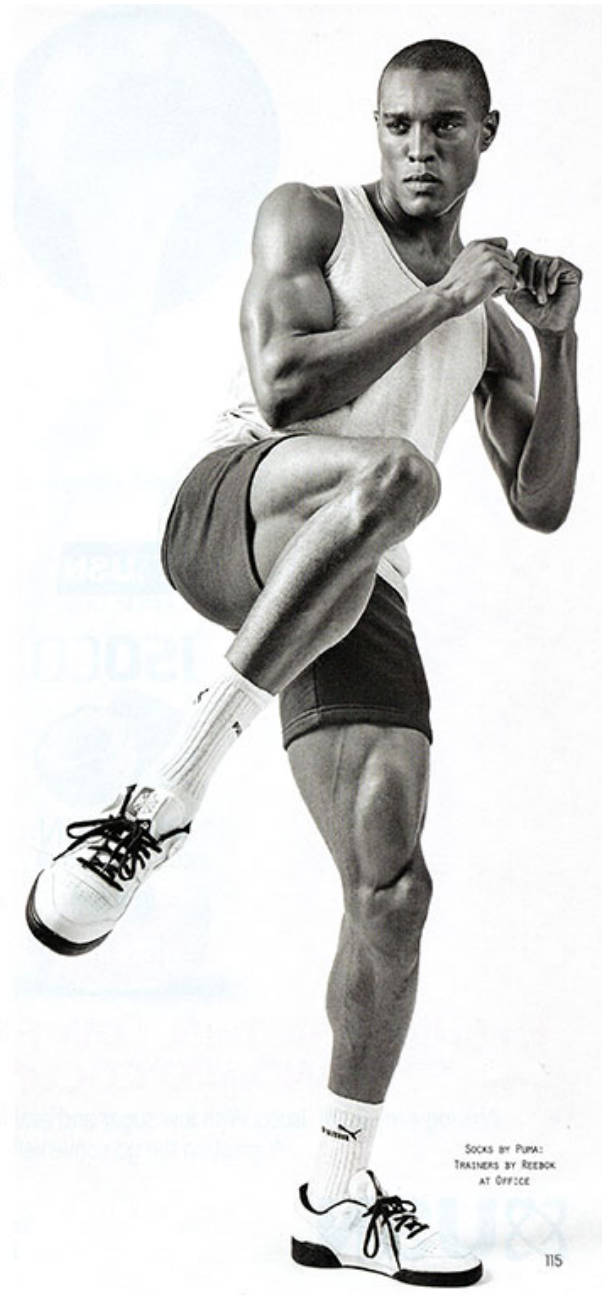
YEAH, AROUND THERE. I DON'T WANT TO GET TOO SMALL OR TOO BIG.

### 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

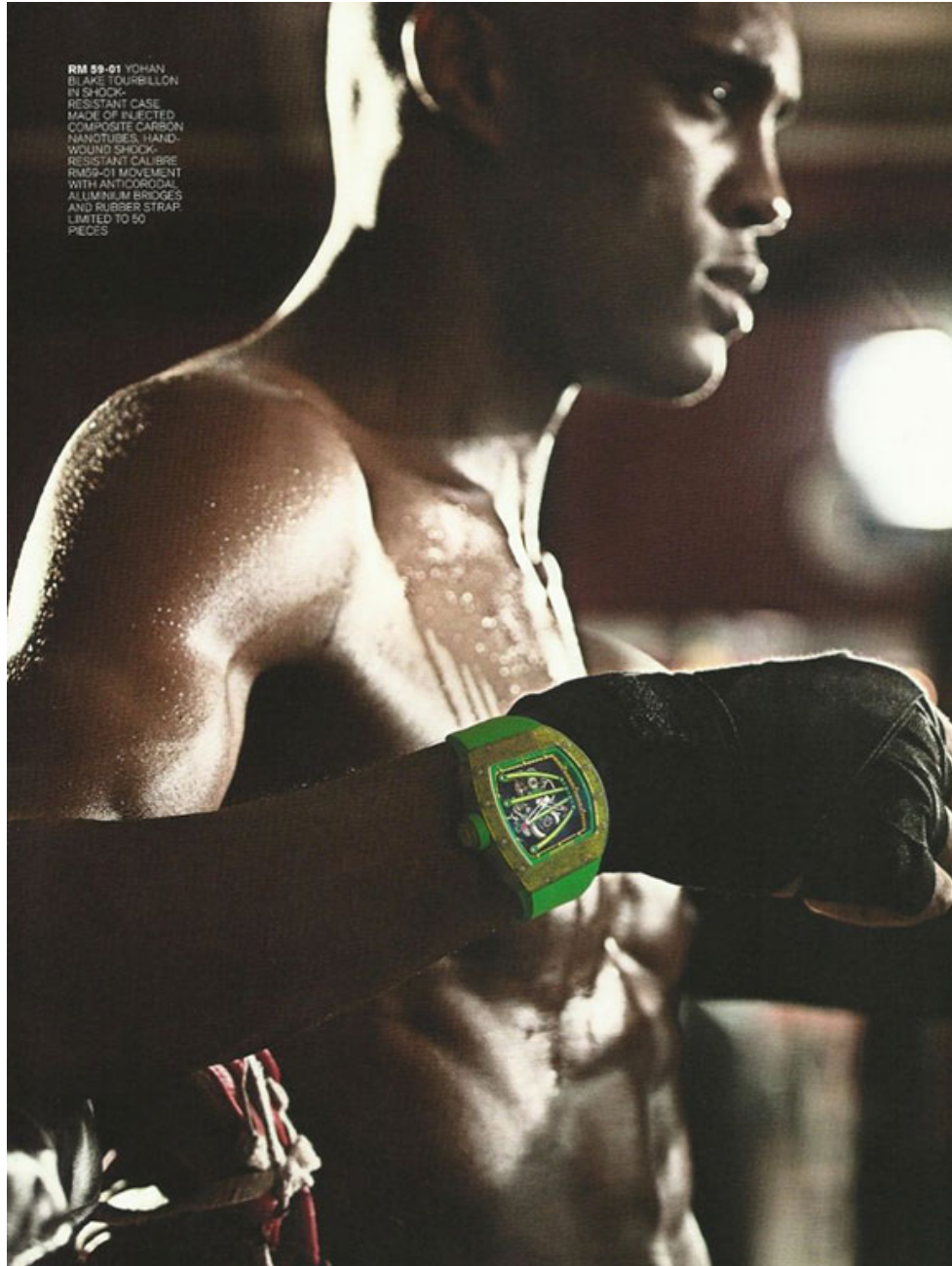


SOCKS BY PUMA:  
TRAINERS BY REEBOK  
AT OFFICE

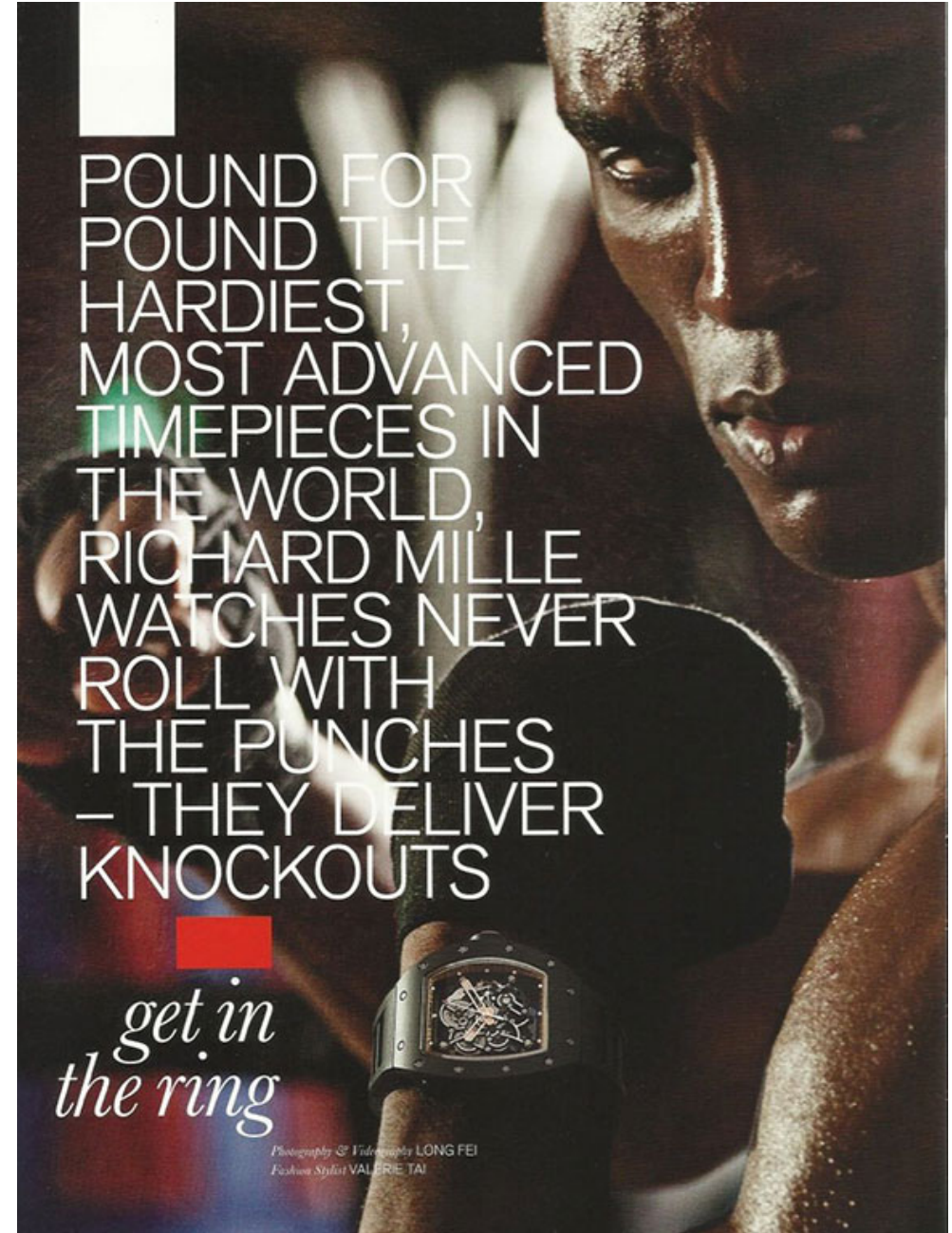
115

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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 ANTICORROSION,  
ALUMINIUM BRIDGES  
AND RUBBER STRAP.  
LIMITED TO 50  
PIECES



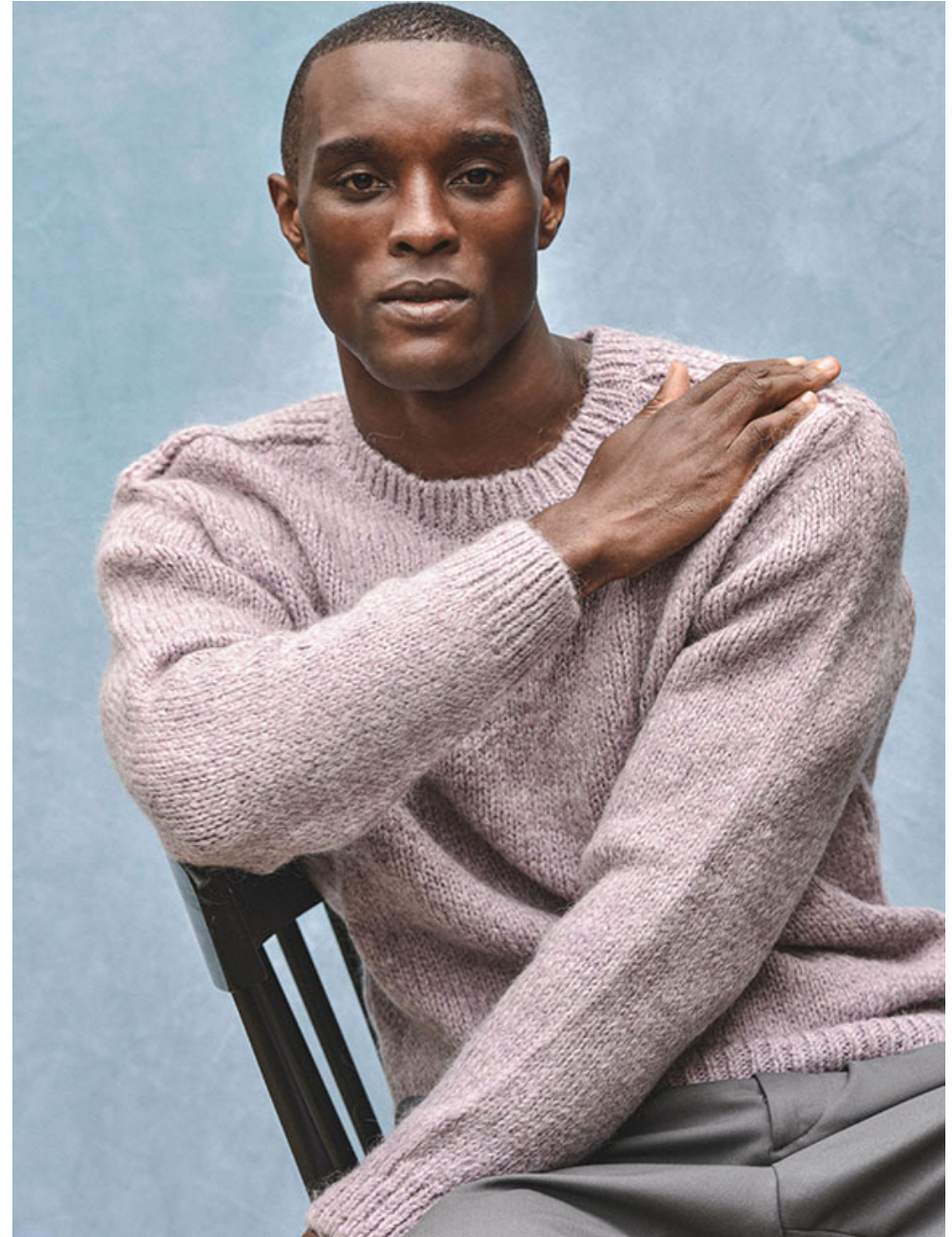
POUND FOR  
POUND THE  
HARDIEST,  
MOST ADVANCED  
TIMEPIECES IN  
THE WORLD,  
RICHARD MILLE  
WATCHES NEVER  
ROLL WITH  
THE PUNCHES  
– THEY DELIVER  
KNOCKOUTS

get in  
the ring

Photography & Videography LONG FEI  
Fashion Stylist VALERIE TAI

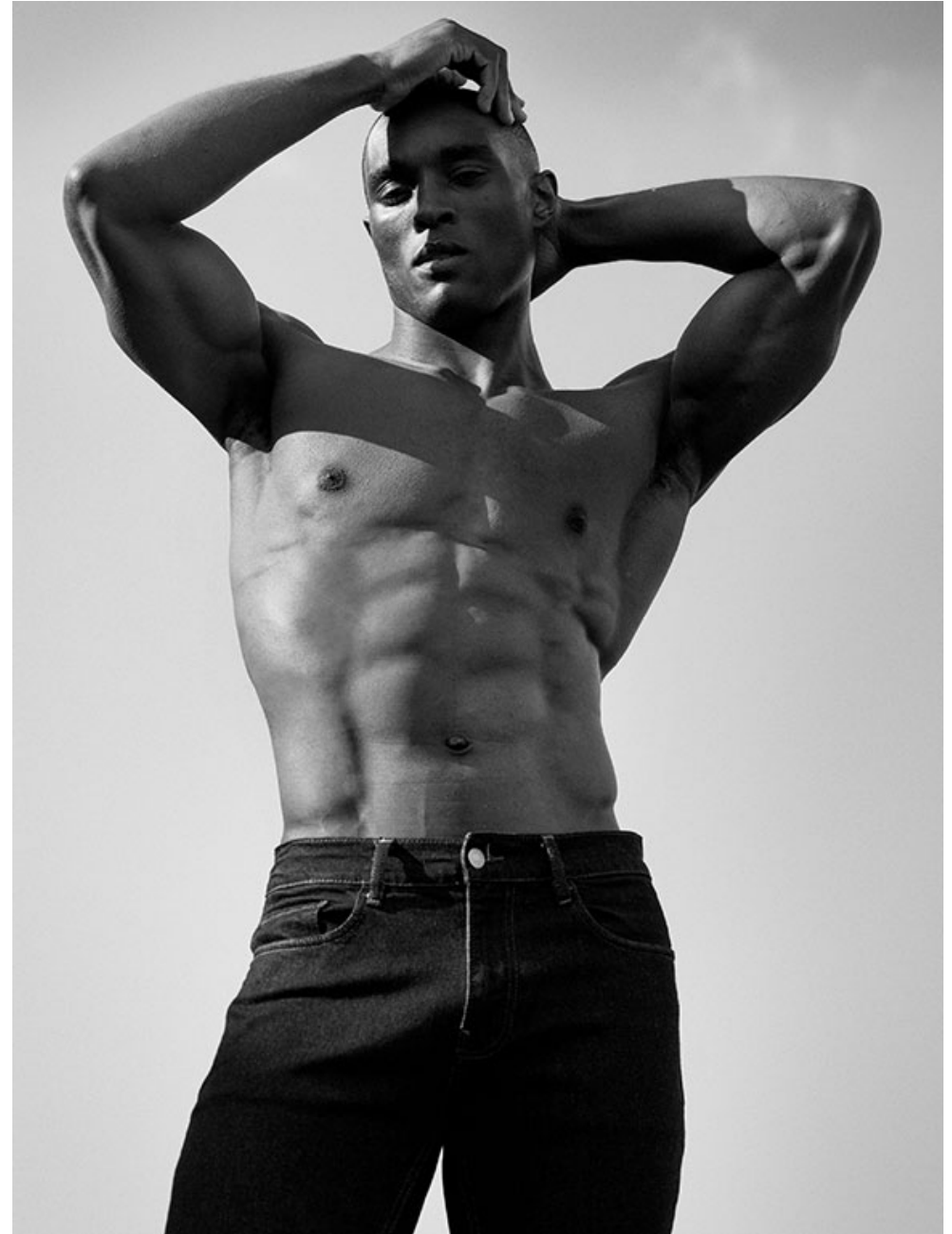
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**ELEMENT X-ROAD JERSEY  
HERREN**

Das leichte Element X-Road Trikot ist funktionell, komfortabel geschnitten und bietet außerdem dank dreifacher Rückentasche genug Stauraum für alle Touren.

Material: 100 % Polyester.  
Größen: M-XXL.  
Black Cadmium Yellow  
885 030 07 **€ 69,95**

**ELEMENT SHORTS HERREN**

Länger geschnittene Bikesshorts aus leichtem, dehnbarem und kaum spürbarem Material. Der großzügige Stauraum und die hochwertigen Verarbeitungsdetails lassen die Shorts schnell zum Lieblingstück werden.

Material: 94 % Polyamid, 6 % Elastan.  
Einsatz: 100 % Polyester.  
Größen: S-XXL.  
Olive 881 430 01 **€ 89,95**

**GORE**  
BIKE WEAR



258  
RUNNING

**RAPORT T-SHIRT CREW NECK  
HERREN**

Luftiges Shirt aus Jersey Material, ideal zum Laufen und für alle anderen sportlichen Aktivitäten. Es sorgt für ein angenehmes Klima, macht alle Bewegungen mit und ist so weich, dass man es gar nicht mehr ausziehen möchte.

Material: 100 % Polyester.  
Größen: S-XL.  
Black Melange 613 063 01 **€ 54,95**

**KANON SHORTS HERREN**

Die atmungsaktiven Shorts sind beliebte Begleiter beim Laufen und Trailrunning. Die engen Shorts sorgen für schnellen Feuchtigkeitstransport und hohen Tragekomfort. Die luftigen Overshorts bieten ein angenehmes Klima sind mit einem elastischen Bund für optimalen Sitz ausgestattet.

Material: 89 % Polyester, 11 % Elastan.  
Einsatz: 93 % Polyester, 7 % Elastan.  
Größen: S-XL.  
Odlo Graphite Grey/Lime Punch  
616 063 02 **€ 64,95**

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