

Men's Health

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AUGUST 2010 £3.99

100% USEFUL

LEAN MUSCLE FAST!

Beach Ready In 2 Weeks

BURN 978 CALORIES AN HOUR

Style Yourself 15lb Slimmer

LIVE TO 100! p65

8-PACK ON A PLATE!

29 Foods For Rock Hard-Abs



£100K SALARIES FOR EVERYONE!

- Easy Seduction Tricks ✓
 - 23 No-Strings Flings ✓
 - Girls On Girls On Boys ✓
- It's Our 100 Greatest Sex Tips!

FLATTEN YOUR BELLY!

The Tour de France Weight-Loss Plan

The Best & Worst Drugs For Men

LOSE YOUR GUT WITH ICE CREAM!



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Wring every last drop of pleasure from your hard-earned holiday

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Our latest musical installment will help you improve your 10k time



MH CORE

Edited by Ian Taylor

GENTLEMEN, WE CAN IMPROVE YOU

We've unlocked the secrets of gold-standard wages



SEAL A SIX-FIGURE DEAL

It's not just bankers and CEOs who take home £100k or more a year. Get your name on the most astonishing pay slips in the jobs market

Words Ed Chipperfield
Photography Peter Crowther Associates

£100,000 ETHICAL HACKER

Fight your way to £100k on the front line of cyber-security

Everything from bank details to MI6 secrets are wrapped up in vulnerable computer systems – and because there's a national shortage, becoming a digital 007 puts five zeroes on your pay packet. A government survey found that 90% of ethical hacking recruiters had difficulty filling jobs – even ▶

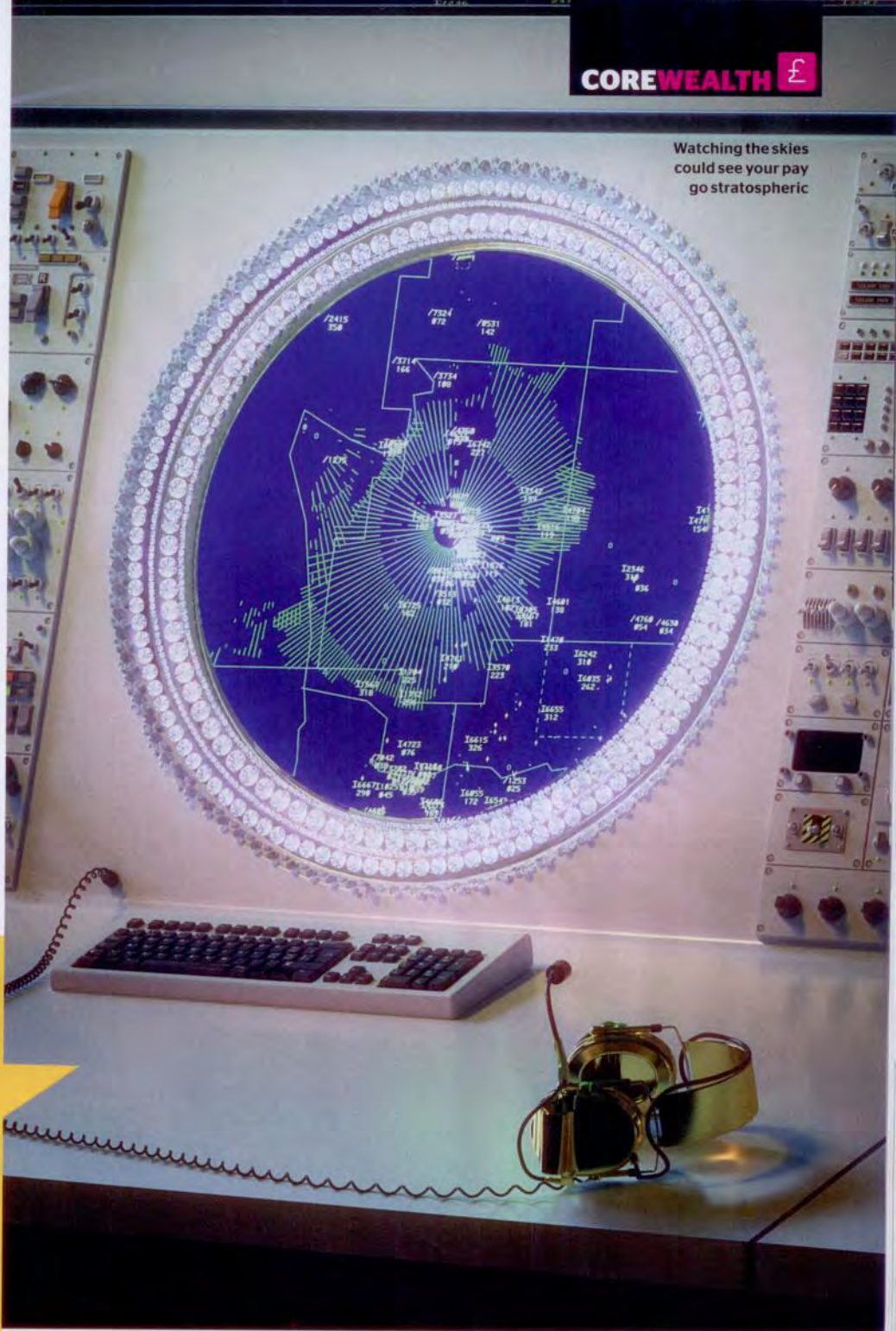
though it's not as specialist as you might think. "To get in you need to be creative and curious, but you don't need a computer science degree," says Dan Haagman, director of 7Safe, a leading cybersecurity agency. In reality, you just need an interest in computers, an analytical mind to take it further, plus good people skills. "It's not all hairy guys in heavy metal T-shirts; we need people who come over well with clients," Haagman says.

Since a lot of business comes from blue-chip companies, rookies reach £70K in just a few years. Breaking the £100K barrier involves managing clients and teaching teams of new hackers – think of it as the electronic answer to Mr Miyagi. To get started, try a five-day intro with the Ethical Hacker Certification course from firebrandtraining.co.uk. This gives you the basics of servers and viruses, the foundation for a career in virtual derring-do. Then, look into industry-certified exams at crest-approved.org. If you're a graduate, try postgrad schemes with the Institute of Information Security Professionals at instisp.org. Otherwise, you could win a scholarship by taking part in a new government competition. Cybersecuritychallenge.org.uk has a series of exercises that anyone can enter as well as profiles of the different kinds of jobs available in the sector. It's like *The X Factor* with a bit more Ctrl-Alt-Del.

£177,000
AIR TRAFFIC CONTROL
Take home a jumbo salary as the marshall of the skies

Bossing the runway with Ray-Bans, crisp white shirts and a cool head in a crisis is more about aptitude than academia. And yet, if you have just five GCSEs then you can be an air-traffic controller, although engineers, IT workers and people who can display numeracy skills tend to be favoured. Now is the time to hit the control tower because there's a serious global shortage of controllers, meaning faster tracks up the ladder in the sky.

The only place to get started is natscareers.co.uk, where you can find aptitude tests, instructional videos and training games. Apply online and you'll be qualified after 18 months of intensive training, which includes theoretical, legal and technical work. You're guaranteed a salary of £42,000 in three years (rising to £48,000 if you work shifts) and more experienced controllers top £90,000. Plans to standardise licenses across Europe mean that you will also have the option to make lucrative career moves to the continent. According to the Union of Air Traffic Controllers, you can demand up to £800,000 in Spain, and earn an average of £177,000.



Watching the skies could see your pay go stratospheric

£125,000
STENOGRAPHER
Make your fortune simply by typing... very, very quickly

Being privy to big deals, listening in on the most controversial tribunals and attending crucial meetings: A stenographer does all this with none of the responsibility – and a six-figure salary. **Speech-to-type work is increasingly in demand.** "We're often used in private sessions by businesses, disciplinary hearings, and real-time speech-to-text for TV," says Mary Sorene from the British Institute of Verbatim Reporters. Affinity for the spoken

and written word is an obvious benefit, Sorene says, so English graduates or journalists are ideal candidates. But so long as you can move all ten fingers and hear from both ears, you're qualified to train. Two years' part-time training at bivr.org.uk lets you join the trade body and plug into their jobs network. Getting to 180 words per minute is the first step to becoming a Certified Court Reporter, opening the door to lucrative freelance gigs. Or, opt for an 11-month course with Merill Legal Solutions (wordwave.co.uk), who pay up to £60,000. But if you're good it pays to go freelance, Sorene says. "It's possible to charge £250 per session, with up to three sessions a day." That's £125,000 a year. Did you get that? ▶