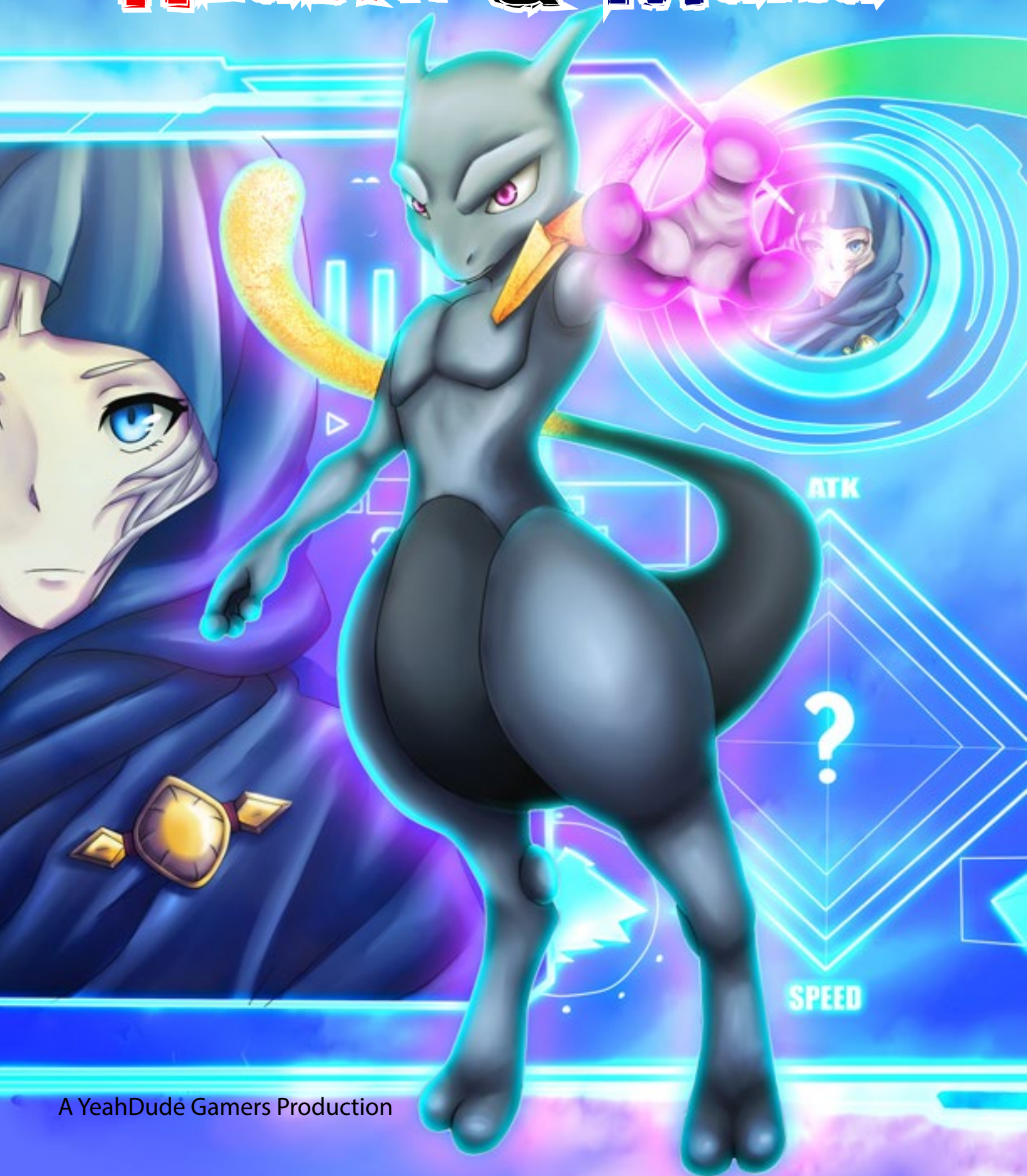


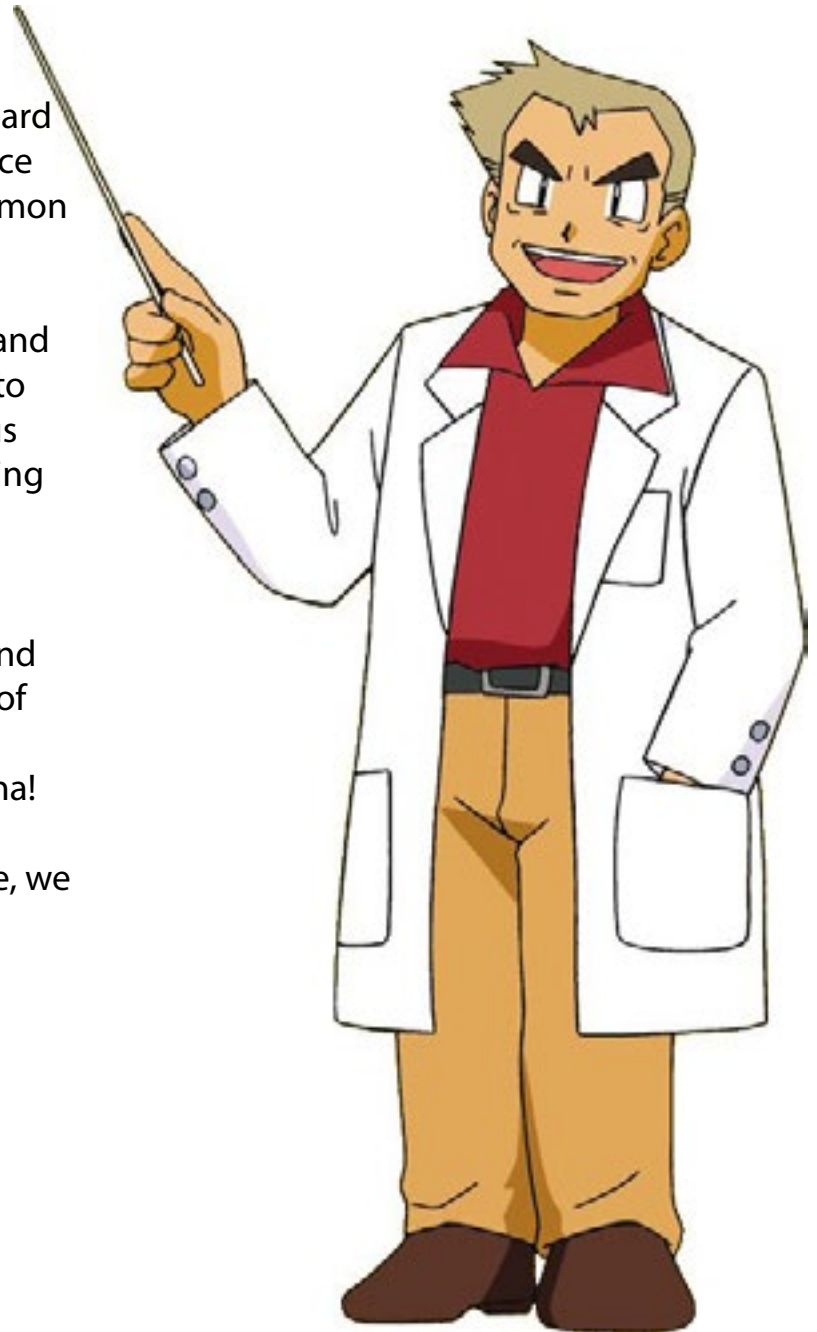
Health & Mana



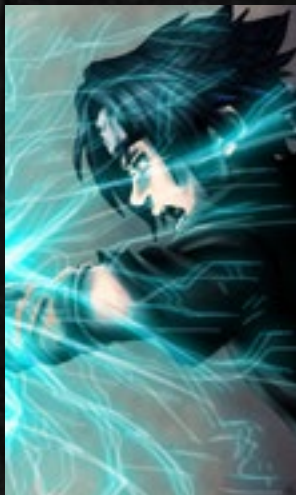
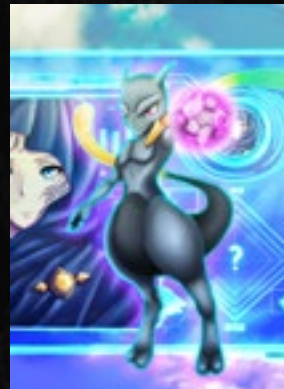
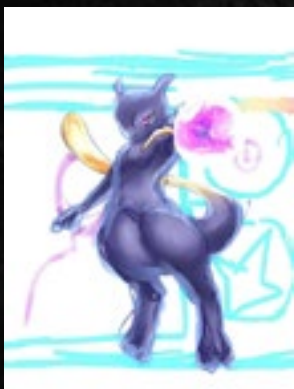
Greetings Trainer

Greetings and welcome to our second issue of Health & Mana, the monthly e-zine put together by the YeahDude Gamers team for your enjoyment! It's hard to believe that 2016 marks 20 years since Pokemon first entered our world! Pokemon spread its reach across platforms from television shows to card games, board games, toys, snacks, and video games and it is still one of the biggest crazes ever to hit North America. Although many of us "OG" Pokemon trainers stopped watching the show and movies many years ago, the games have held strong as a staple in the lives of many gamers. From new trainers to seasoned veterans, young and old have been able to enjoy the world of Pokemon, and that's what we're celebrating this month in Health & Mana! However, before you start venturing through the pages of this month's issue, we have a question...

"Are you a boy or a girl?"
-Professor Oak



Cover Artist



The beautiful artwork on the cover of this mont's issue is a request we commissioned from artist Trent Rose and we couldn't be happier with how well it turned out! Depicted above is the progression of his wonderful cover art as well as some more of his work.

If you would like to hire him for a commission of your very own you can always send him an EMAIL at: trs2407@gmail.com

OR

If you just want to help support his artwork by purchasing some awesome swag from his Red-Bubble store, you can find that at redbubble.com/people/fortheloveofnerd

**Stop Slacking and
be a Machomp**





By ElatedSacrifice (The Xboxpert)

How often do you wish you could have the body of Kratos? Maybe with more of a tan and with less facial paint or tattoos, but those abs... right? Or have you ever looked at Marcus Fenix and thought to yourself "Wow he definitely never skips leg day..." Anyone ever looked at Zero Suit Samus and wish they looked that good in a one piece jumpsuit? Perhaps you've thought of hitting a gym... no wrong kind of gym you don't get a badge for this one. You think Mario ever looks at his brother Green Mario and wishes he was maybe a little taller and thinner like him?

We all love to hate ourselves, some of us want to improve what we don't like, some are happy with where they are and that's ok to. Some of us want to improve our social life, get more friends, get closer with friends, hang out with people more. Some aspire to be nicer to everyone around them because what goes around comes back around right? Many wish they could have a better body than what they do, some work hard at it, some think they are working hard at it, and others fail and get discouraged and give up on themselves, often more than once. That last one is me, I have completed the first month or two of a handful of 60 or 90 day workout programs without fully completing any of them. I see results, but I grow complacent, or get busy. My continuity has issues that are arduous to change. I make excuses for myself, I skipped a day because the kids were too crazy. I need to skip today because I am working extra hours, or I woke up late. No matter your reason when it comes to skipping out on exercise it is nothing more than an excuse. Short of something really catastrophic happening to you, there is always time to work out, trust me I know.

Now we all love to play games, otherwise you likely would not be reading this magazine correct? So trust me I know how hard it is to put down the controller when you have spare time and pick up some free weights instead. So this is where we compromise, this is where we make it fun for people like us. There are a few great websites out there for geeks like us that want to get in shape, look 'em up. One I like in particular is nerdfitness.com Keep a positive attitude, do not think about it like work, you have to enjoy what you are doing to keep at it every day or it gets monotonous quickly. Bettering yourself in any way is hard work, changing yourself is a task not to be taken lightly, especially im-

provements to your body. Once you get to where you want it's not as simple as staying that way with no effort, it is a chore simply to maintain. You aren't working out, you are leveling up. You are gaining experience and increasing your stats. You're becoming the best there ever was. RPG players will find that they will get into the swing of this much easier than others when thinking in these terms.

The next thing I can say that will help you, which a lot of us are resistant to is the diet you eat. I do not mean going on a "diet" because those do not work. I mean literally just paying attention to what you eat. Each person is going to have to tweak the best content for them so it works the best for what they want. I firmly stand by the low-no carb diet for the loss of weight, and a good balance of carbs and protein for those who want to gain. I know how easy it is to grab a bag of chips, or pizza rolls, or pizza itself when it comes to gaming. But think about how much less grease will be on your controllers when you're eating baked chicken on a bed of salad, a whole heck of a lot less hand wiping will be done. Take time to plan out your meals, cook for yourself for the week if you can afford it and keep it stored until consumption, it is definitely an undertaking but worth it in the long run.

The last thing I can say and probably the biggest challenge and the most important is you need a support system. Whether that be a close group of friends, a significant other, or maybe a group of people you know well online. You need the positive support of those around you when you start changing, you don't want anyone mashing the "B" button when you start to evolve, stopping you in your tracks. Ignore those "B" button pushers, you want the evolution to take place, you'll be better off and much happier when it does happen.

We need to remember to focus on the most important character we will ever play, ourselves. We only get one shot at this game, so we might as well make it the best playthrough ever, right? Find some time, make some time, or take some time for yourself and your health and you'll end up being able to leap into hay bales from skyscrapers and not get injured too... maybe...

Stay safe out there friends, and game on.

Top Ten Female Gym Leaders

By M.Spider

This past month we celebrated International Women's Day and as such we had our very own M. Spider put together a list of the Top Ten Female Pokemon Gym Leaders. Although the list is subjective to opinion, these ten women work very hard to maintain their titles as Gym Leaders and provide a challenge to growing trainers along their Pokemon journey! Happy International Lady Dudes Day!

10. Viola [X and Y]

So, yeah, I like bug type Pokémon more than I should and since she is the only female bug type gym leader I'm gonna give her #10 on my list. Why? Reasons.



9. Jasmine [Gold and Silver]

Jasmine is the first Steel gym leader and could be said to dabble in electric types as well due to Magnemite's dual typing. Due to the nature of being a gym leader who specializes in a new type can be daunting to new and veteran players who do not know the new types weaknesses although after travelling up the lighthouse and finally being able to face off against Jasmine leaves the trainer with a sense of disappointment because her Magnemite's betray one of steels weaknesses.

8. Korrina [X and Y]

Korrina is a little more than just a gym leader in Pokémon X and Y. She eventually gives you a Lucario and Lucarionite allowing for mega evolution and is a key factor in revealing the mysteries behind mega evolution. She also has the honor of being the first gym leader to use a Pokémon with a move that has two attack types.



7. Valerie [X and Y]

As the first fairy type gym leader she is like nothing I ever expected when thinking of the new type. Honestly I expected a tutu and crown before the dead eyes and wing like sleeves of her design. I was genuinely creeped out when I first saw her for breaking all preconceived notions of what would have made a fairy type gym leader she is on the list



6. Elesa [Black and White]

Screw volt switch and her damn emolga. That combination makes ground type attacks useless which of course is Electric type Pokémon's only weakness. This type of increased strategizing and combinations of Pokémon give Elesa an edge when it comes to the female gym leaders of Pokémon.



5. Sabrina [Red and Blue]

Sabrina and her warping platforms were the stuff of nightmares when I was younger. Granted they are easy as hell now that I'm capable of rational thought unlike my younger self. Most of her Pokémon are only weak to bug and ghost and with both being in short supply and a lack of significantly damaging bug moves can make Sabrina quite a challenge for some trainers making her one of the more memorable female gym leaders

4. Skyla [Black and White]

Skyla is the 6th gym leader you will face in Black and White. She gets this spot solely for the fact that she cemented how I felt about Joltik the most adorable bug pokemon. You square off with her shortly after going through Chargestone Cave which is where Joltik live. I had caught one and immediately wanted it in my team. After absolutely steamrolling Skyla Joltik and eventually Galvantula found a permanent place on my team even going so far as to breed and train an almost perfect Galvantula for my team.



3. Clair [Gold and Silver]

Female? Check. Dragons? Check. Only gym leader to not immediately give you their badge? Check. Clair is pretty badass as far as Pokémon trainers go. She is Lance's younger cousin and rocks the dragon types just as hard as he does. While her original roster consisted of 3 Dragonairs and a Kingdra in other appearances she has expanded her roster to include some beastly dragons including one of my favorites Garchomp.



2. Misty [Red and Blue]

Misty is the first and only female water type gym leader. So far every battle with her throughout all of the games has included a Staryu. She is the gym leader of Cerulean City and the second gym leader in Pokémon Red and Blue causing serious problems for my younger self who chose Charmander and didn't understand the benefits of using pokemon of different types to overcome their individual weaknesses.



1. Whitney [Gold and Silver]

Like most people who have played Pokémon Gold and Silver there is a special place in hell for Whitney and her vile Miltank. Whitney is one of the only walls I have ever encountered in a Pokémon game. Her Miltank with Rollout can easily roll over almost anything you have access to by the time you fight her unless you grind out a few extra levels or use strategies my small mind couldn't of hoped to come up with back in the day.



What were your first thoughts upon booting up Pokken Tournament?

DarkWave- Total excitement. I am a long time fan of pokemon. My first game that was just mine was Pokemon Red Version. As I got older I grew more and more attached to the fighting game genre so when I finally had this before me I was nothing but excited.

SilverVarg- Hype and childlike joy. I've been playing pokemon since it came out and to finally have combination of my love of pokemon with my insane love for fighting games, that i've had since i first played street fighter when i was 3, is just awesome.

How do you feel about the game graphically?

DarkWave- I am very pleased with the game's graphics. I can't tell you how many times I flipped my shit because Charizard's sprite gave him an overly round body and a neck like a broken pencil. Charizard, and every other pokemon on the roster, looks as badass and or cute as they deserve to whether they just stand there or let loose some of our favorite attacks.

SilverVarg- The graphics are very appealing and the characters look great. They all have a new life to their looks and combining that with great animation and awesome moves make this game awesome to look at! And don't even get me started on the environments, which by the way look beautiful and very well designed! THAT HAUNTED HOUSE LEVEL DUDE!

In terms of game play, what did you enjoy the most?

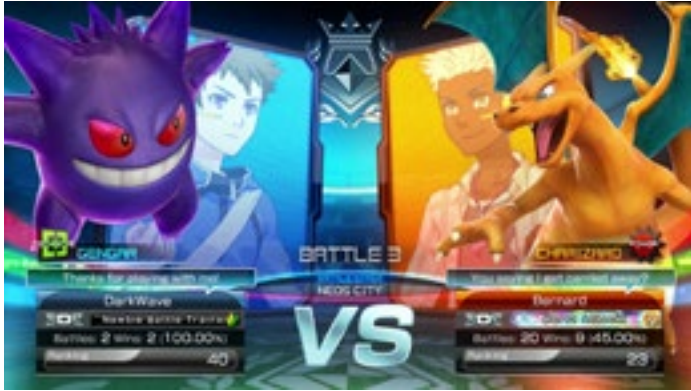
DarkWave- I really enjoy how fluid the game play is. The combat has a lot of cool and interesting things in it but if I have to pick one thing its the fluidity of play. The fights flow together no matter what you are doing and you never have fighters bobbing around in odd directions as you try and get the combo right on your controller.

SilverVarg- To be honest i really like the different phases and how combos are executed differently depending on the phase you're in. I myself like dual phase the most as its 2D aspect is close to home for me, being that i'm a lover of 2D fighters. not only that combos look cool and are satisfying to pull off.

Who is your favorite Pokemon to fight with presently?

DarkWave- This is actually a hard call. Three of my all time favorite pokemon are in the game and they all play differently. Charizard, Gengar, and Sceptile. When it comes down to it I have to go with Charizard. He has that perfect mix of mobility, adaptability, and most of all, power.

SilverVarg- At first i didn't really know who i wanted to get good with but then after trying out Machop for a while I know i had found my partner. His aggressive close quarters fighting style is what i'm used to and good at, and his combos are fun to pull off. I like Sceptile and Lucario as well and they are just as fun to use and I like using the Cubone and Dugtrio support team.



What is your favorite part about Pokken Tournament so far?

DarkWave- You mean aside from the fact that is freaking POKEMON FIGHTING GAME!? But in all seriousness I'm going to have to save the combat. I usually get bored if a good story does not hook me into a game and Pokkenn Tournament, from what I have played so far, has very little story even for a fighting game. I'm impressed that the game play alone makes me want to go crawling back.

SilverVarg- I'm definitely going to go with DarkWave on this one and say combat. The variety of what you can do and how to handle situations is fun to experiment with and trying to come up with new stronger combos can be fun as well. Though I usually like a good story with a fighting game the combat is more than enough to make up for the short story.

How do you think this game will do in the competitive scene?

DarkWave- I admit have never been much for competitive play when it comes to video games. That said I think the game will do well competitively. The game is easy to pick up and play but its fluid combat system means it takes some skill to make sure you are always pulling off exactly what you intend to. So yeah, I think it will do really well.

SilverVarg- Though I can't be sure if this game would ever make it to EVO as a competitive player I see this game doing pretty well otherwise with other competitive players especially since this game borrows mechanics from other well know fighting games like street fighter and of course tekken. for instance the counter attack functions a lot like the focus attacks from the Street Fighter 4 series where it super armors through an attack and then hits them leaving them in a crumple state where you have the opportunity to do some free combos on them. You can also use counter attack to move through projectiles and get closer to your opponent just like focus canceling.

Is there enough content to satisfy people who like to play offline?

DarkWave- I'm going to say yes and no. The variety of offline content is limited but there is a lot of what they do have. I spent hours playing the game and only got 3 pokemon to level 20 with no level cap in sight. The tournament mode has some odd spikes in difficulty as well so just blowing through it in one wack is not really an option. When it comes down to it nostalgia and a love of pokemon is what will keep bringing you back to the game.

SilverVarg- In ways i think it will. Though the league part of the game only takes less that 6 hours to complete, it is fun while it last and friends will have tons of fun playing it together as well as couples and families since it's easy to access and pick up. There is also a good amount of customization for your avatar and trying out different team combinations is pretty fun as well.

If there is going to be DLC characters in the game, what pokemon would you like to see added?

DarkWave- Wow that is a good question. I'm a pokemon junky and some of the pokemon I would like to fight as are either already in the game as fighters or support pokemon. There are tons more I would like to see in the game but if I had to pick one it would be Steelix. I don't think there has ever been a fighting game that let you control the giant snake monster. Also Steelix is a badass, enough said.

SilverVarg- Definitely Marowak, though i think Hitmonlee and Hitmonchan would be cool too. Marowak is a long time favorite pokemon of mine and seeing Marowak in this game would would be just make this game even greater for me. I think Marowak would be a great combination of long range and close quarters combat as well having some great potential for cool moves like bonemerang and thrash to be used in combos. To be honest I think Marowak would have no trouble at all fitting in with the rest of the cast and would be a well received addition to the roster.





Many of us have been playing pokemon since we were kids, battling against our friends and gym leaders until we became pokemon masters. For some children out there, every day is a battle, not with pokemon, but for survival. These kids are facing some terrifying stuff and they need all the help they can get. That's why we here at YeahDude Gamers are supporting Children's Miracle Network Hospitals this year through Extra Life, a charity where gamers like you and me can help make a difference by playing games and collecting donations! 100% of all proceeds go directly to Children's Miracle Network Hospitals, so every donation really makes a huge difference. We raised a couple hundred dollars last year and are looking to break 1,000 this year! Help support our team by clicking the image below. Thank you all for your support. Game on!





Multi Player

Did being a gamer play any part in why you started dating? Was it an important quality to you?

Corey- It helps but it wasn't a deciding factor plus I was pretty sure I could get her into gaming after a while anyways.

Amy- At the time it wasn't important because I wasn't much of a gamer at the time but when I finally got to see him play and see how good he was at them it was REALLY attractive.

Has gaming had a positive or negative effect on your relationship? In what ways?

Amy- Positive because we get to experience our love and passion for video games together and its a good way to spend time together.

Corey- I would definitely have to say positive as well. I love having someone to always have the opportunity to play games together with and its like having an adventure together as well.

Do you game together (co-op) or does one of you play while the other watches? If more complex, please explain.

Corey- We mostly play our own games but together though sometimes we have some co-op fun. Amy- Yeah and sometimes when I'm about to take a nap I like to watch him play as I fell asleep.

Which one of you the default player one when you play co-op games together? Why?

Corey- I'm usually player one but it's usually because I'm the one to pick the controller up first.

Amy- *laughs* Yea pretty much.

If you could be any video game character for a day, who would it be and why?

Amy- Chun-Li, she's my favorite female video game character and I would love to kick to kick some ass with those legs!

Corey- That's actually a hard question. I pretty sure I'd want to be Dante. He's so freaking cool and I'm sure I'd have fun with those powers and crap ton of weapons at his disposal. I guess Amy and I would be kicking a lot ass then. *laughs*

If you could take your partner on a date to a location in a video game, where would you take them?

Corey- Definitely Moonlit Wilderness from Tekken 5. The moon is full and beautiful and the landscape is so breathtaking I feel like it would be the perfect place to have a date. Plus THAT CASTLE IN THE BACKGROUND!

Amy- Vigird(City of Deja Vu) from Bayonetta. It's absolutely gorgeous and relaxing and I think it would be the best place for a date.

Corey- That's actually my second choice.

If you were to compare your relationship to a video game couple, who would it be? Why?

Amy- I have no idea. O-O

Corey- I would have to say Cecil and Rosa from ff4, because no matter how dark life might get and how frustrated or depressed I might be

she's always there to put light back in my world and put a smile on my face.

Amy- AWWWWWWWWWW!!!

If you could date any game character, who would you date and why?

Corey and Amy - Bayonetta... *laughs*

Corey- Well glad to know we think alike. For me it's because she's freaking hot and I love her strong attitude and that hair! I also like Chun-Li though and I think that would be pretty awesome as well.

Amy- For me I'd rather not say unless you want have a NSFW column.

Then again there's also Felcia, Mileena, Necalli, and Blanka... Don't ask me why on Blanka. Most of that's just physical attraction though for actual dating it would be Chun-Li... Can we please stay a couple though?!

Corey- Wouldn't have it any other way.

Who would you want your lover to cosplay/roleplay in the bedroom?

Corey- Chun-Li! Always had a thing for her and she fits a lot of things I'm attracted to.

Amy- Siegfried from the soul calibur series. He's fucking hot and oh my god that hair!

Have you ever used a video game themed pick-up line? If yes, what was it? If no, is there one you would like to use?

Corey- No I haven't... But if I could I guess I would use "Are you an RPG? Because you're my Final Fantasy."

Amy- Good one. Basically in the past I just used a lot of cheesy Pokemon pick up lines. Like What do you wanna do to my Cloyster and Wanna lick my Meowth.

What Pokemon moves would you use in bed?

Corey- Well of course there's harden but I'd also use lick, pound, bone rush, and then finish it with an explosion.

Amy- Charm, squirt, splash, sweet kiss, lick, explosion, swallow, and then rest.

Corey- Yea definitely rest.

If your partner was a Pokemon, what type would they be?

Amy- I see him as a fighting/ground 'cause he's strong, has a lot of energy, and he's pretty down to earth.

Corey- I would picture her as a ghost/grass because she's dark and gothic and very spiritual and at the same time she loves nature and she's very connected to it as well.

Top Pokemon Generations

By M.Spider



6. Pokémon Ruby and Sapphire

This may anger some of the die hard gen 3 fans but I can't stand Ruby and Sapphire. I'm not even completely sure what it is that rubs me the wrong way be it the trainer designs or the Pokémon that were added. Even the addition of abilities which add so much to the depth of Pokémon isn't enough to dig this one out of the hole I dug for it



5. Pokémon Diamond and Pearl

Diamond and Pearl marked Pokémon's jump to the Nintendo ds. While a good mix of new elements and the classic Pokémon formula it didn't have enough charm to place higher on my list. That being said they are by no means bad games, they are just not as good as the other gens



3. Pokémon Gold and Silver

Gold and Silver were an improvement over the original games in every way not only did you have Johto and entirely new region to explore but you also had Kanto to go back to and explore the region after 3 years since the original games happened

4. Pokémon Red and Blue

The originals that started it all. While they may not have aged as well as other entries in the series it is hard to find fault with the innovators of something that had never been done before





2. Pokémon Black and White

Black and White brought with it something that every trainer has wanted since Red and Blue, Pokémon that have animations and an attitude all their own. Pair that with only being able to acquire the new Pokémon until you have beaten the elite four gives an experience that rivals that of the original Red and Blue. The wonderment of only seeing and catching Pokémon you have never seen before is a magical feeling we may never get again.

1. Pokémon X and Y

X and Y brought my favorite side activity in the form of customizable trainers. There is something wonderful about being able to change your trainer's appearance based on your mood. Aside from that boosting the number of Pokémon available to a staggering 700+ coupled with the best version of global trading to date makes catching all of the non-event legendary Pokémon easier than it has ever been.



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Stay tuned for next month's theme

