

Weight issues aren't just for mortal men and women. Henry tells Men's Health that he considered himself "round" for much of his life. He didn't start to feel better about his body until he start to train for his new movie Immortals. It was during that training process that Henry found the joys of working out with his fellow cast members. It's that group mentality of having everyone supporting each other as they lifted weights and ate tasteless meals all in the name of their craft. In this day and age when muscles can be sculpted with airbrushes and computer generated, Henry accomplished his eight-pack abs with hard work and determination. "It's very stressful, Cavill says "waking up Monday morning and saying, 'Can I still see that vein in my abs?'" Cavill Wasn't Always Super The superhero began life a chubby little boy. As a child in England, Henry Cavill was known as

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