

TIAGO CARREIRA



HEIGHT 186 CM / 6'11.5" | CHEST 98 CM/38.5" | WAIST 83 / 32.5 | HIPS 98 CM/38.5" | HAIR BROWN | EYES BLUE
SHOES 43 / 9.5-10 | SUIT 48 / 38

wiener
models
A KULT AGENCY

TIAGO CARREIRA

BLUE CODE

EAU DE PARFUM



EL GANSO

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Men's Health

100%
UTIL

**MENOS
5 KG
ESTE MÊS**

Temos o plano
que precisa

**CONSIGA
UM CORPO
DE CAPA**

**O fim da
calvície**

R\$56

**ASSÉDIO
AOS HOMENS**
EIA TUDO NA PÁG. 84

**Refeições
saudáveis**
Em 10 minutos
no microondas



IARÇ02018 PVP CONTINENTE 3.60€

**EDIÇÃO
ESPECIAL**

200

☒ **FIT**

21 receitas
de proteínas

☒ **SEXO**

200 mulheres
falam de prazer

☒ **NOVOS
PAIS**

Os desafios da
paternidade



NA CAPA
Tiago
Carreira

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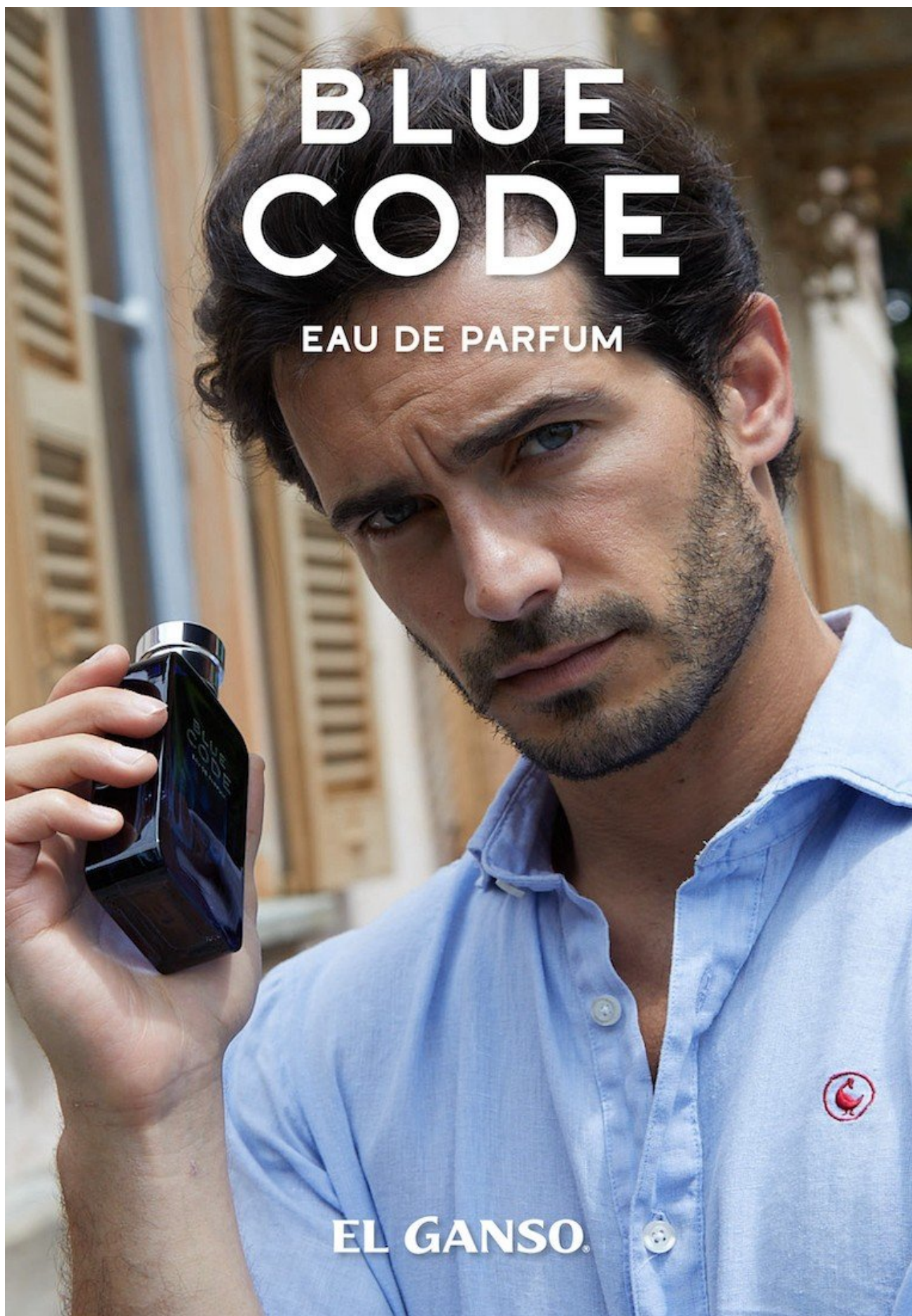
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Óculos, **Zeiss** na **Óptica Boavista**
Colete, **Fred Perry**
Jeans, **Guess**

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MODA

tiago carreira

O SONHO

A vida é composta pelos sonhos que abandonamos, que cumprimos e pelos quais lutamos. Tiago Carreira conhece os seus. Foi jogador de futebol, é um dos nomes mais relevantes na moda em Portugal, dança ao sábado na TVI e procura trilhar o seu caminho na representação. Enquanto isso, prepara-se para ser pai. Veja a produção fotográfica que protagonizou para a CRISTINA e leia tudo o que tem a dizer.

Foto: MARGARIDA MENINO FERREIRA | Produção: CAROLINA FREITAS | Fotografia: BARTOLOMEU

Camisola de malha e jeans: Prada Porto
Cabelo da produção

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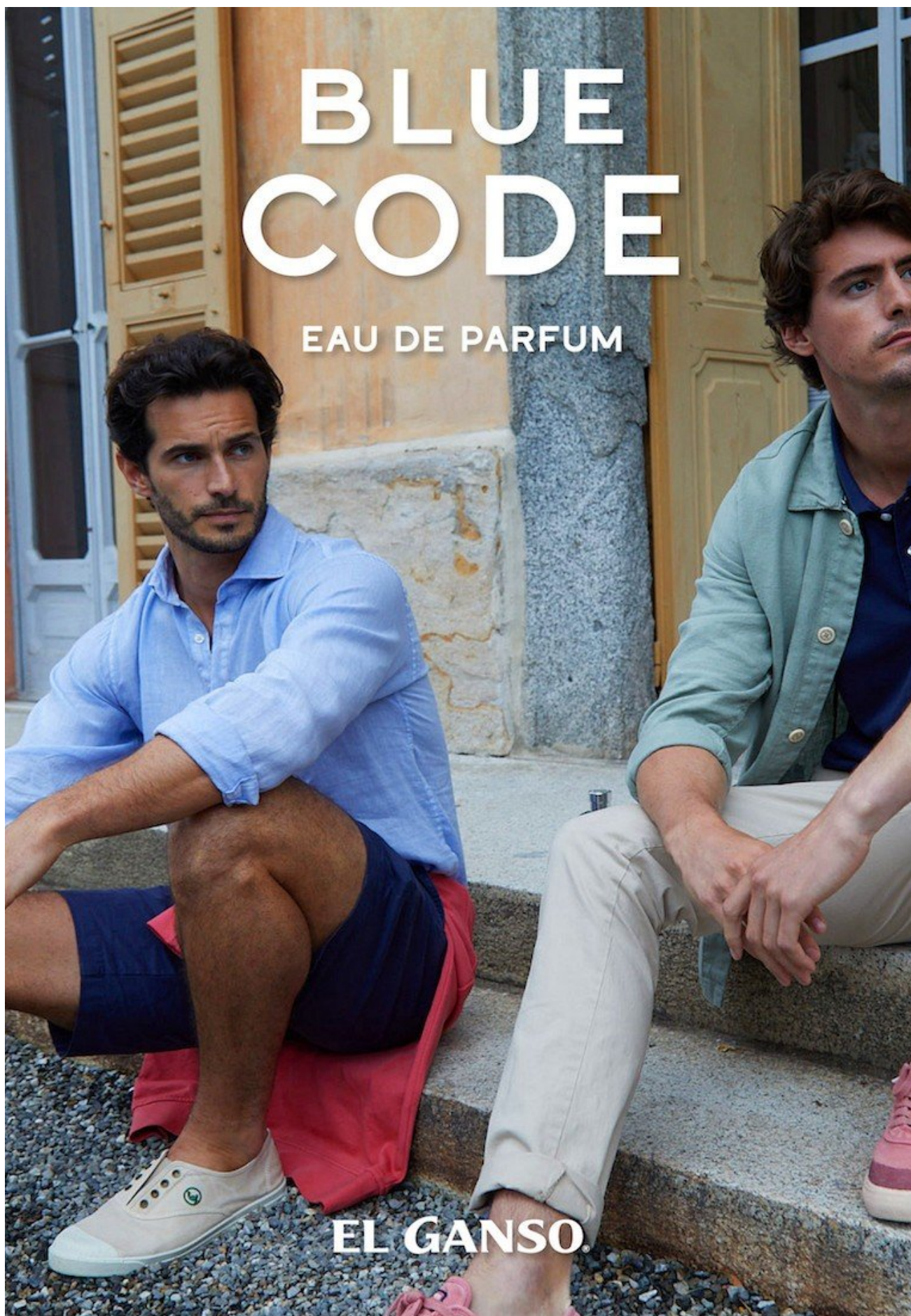
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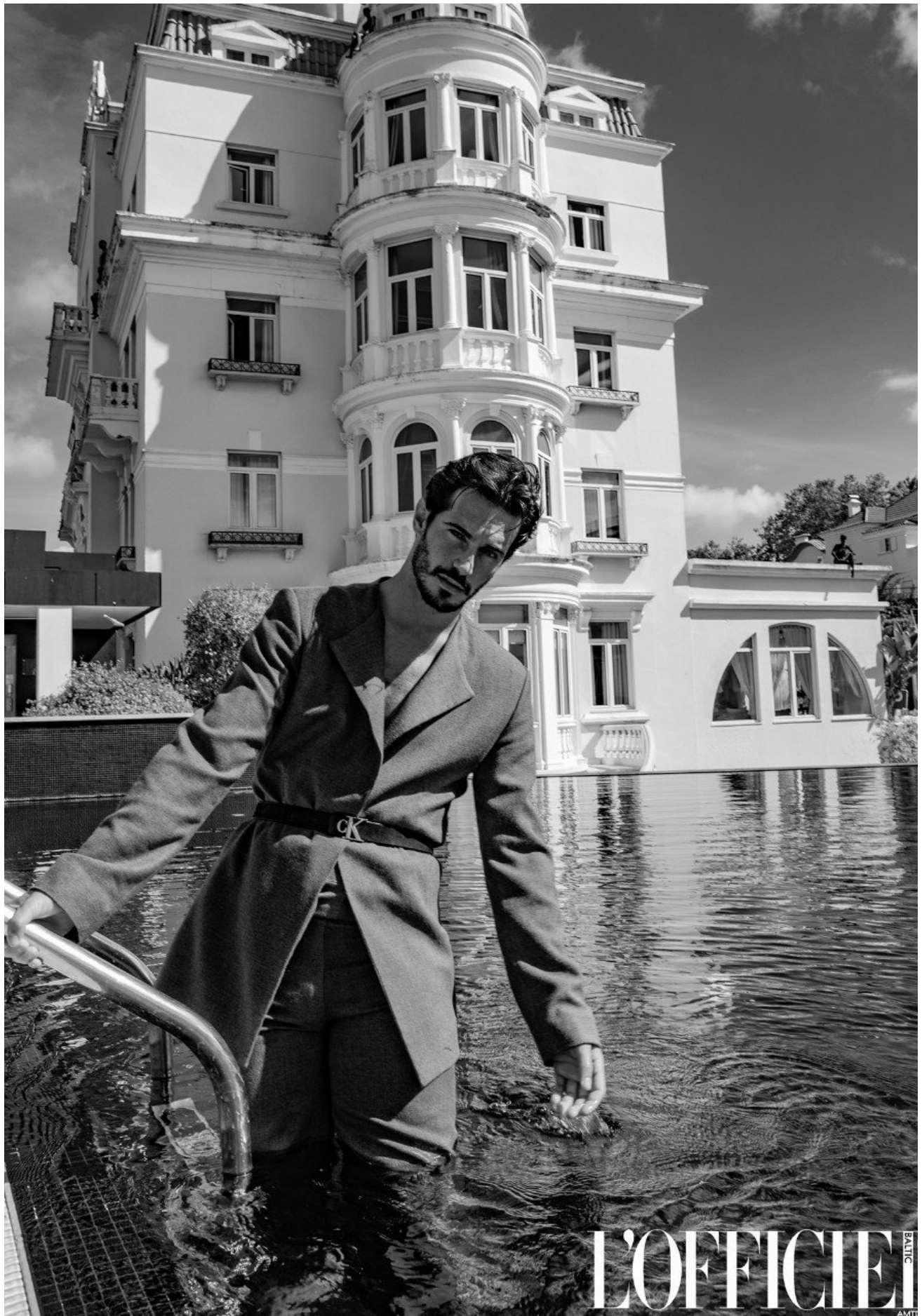
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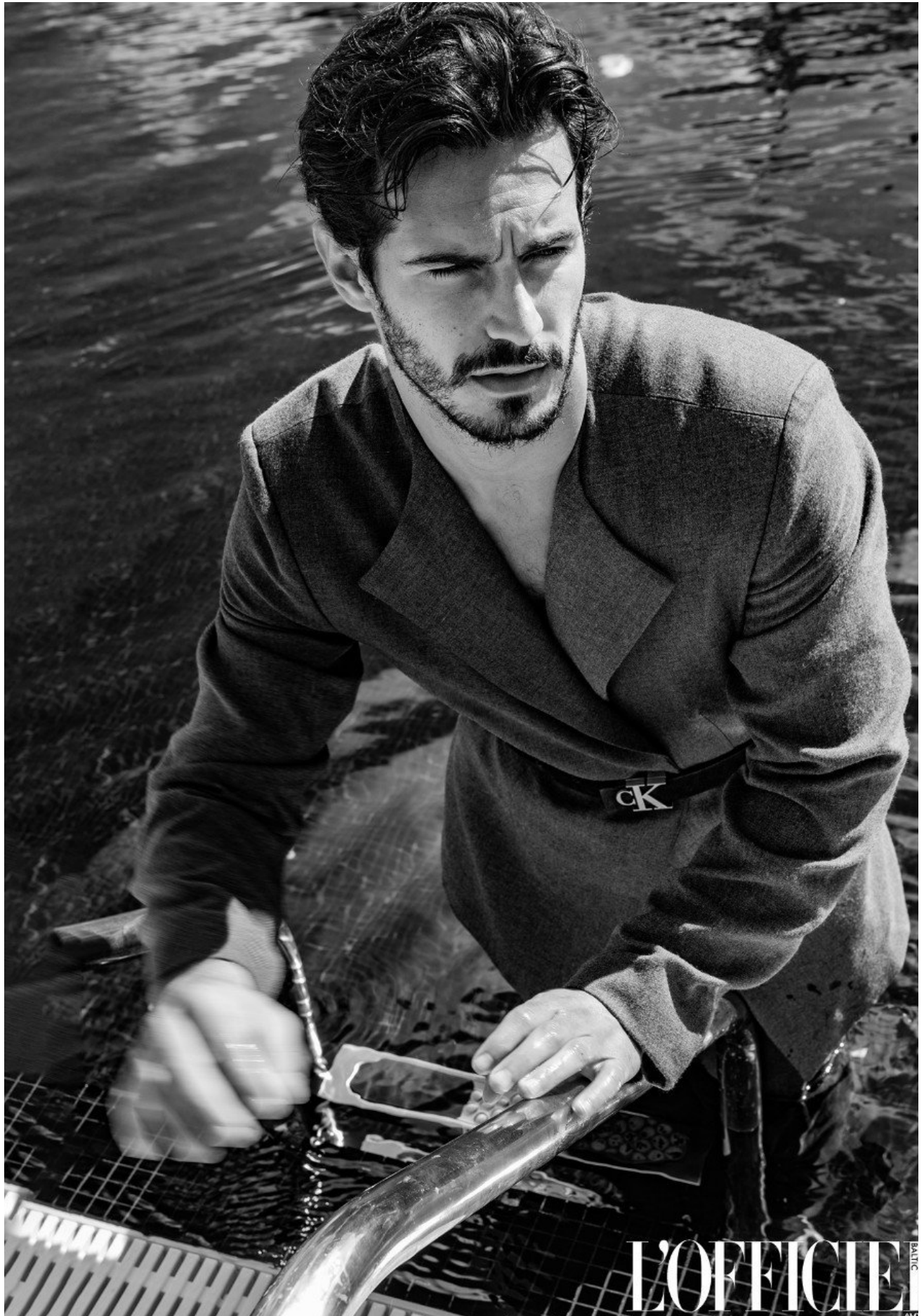
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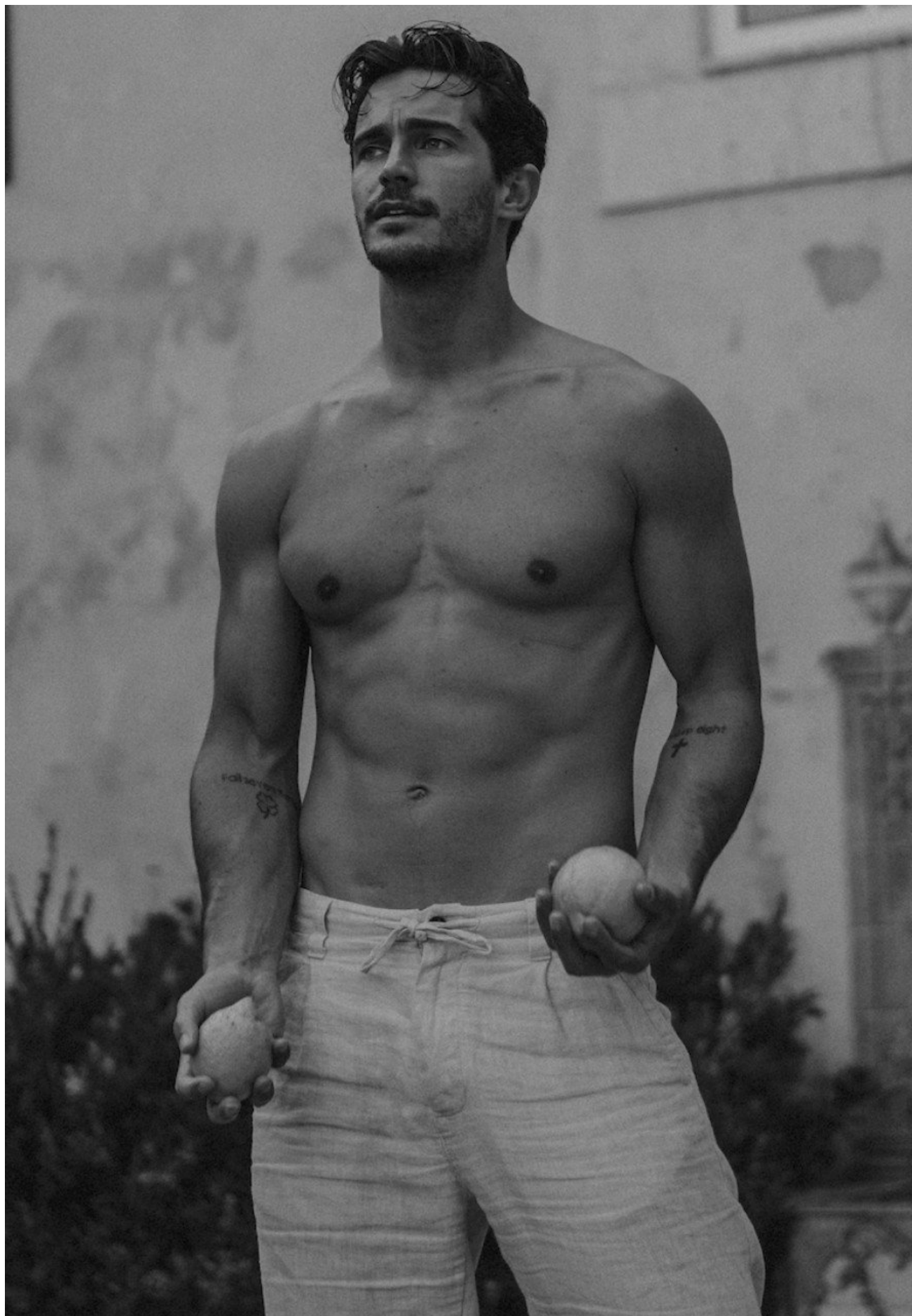
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100% ÚTIL

Men's Health

200



ESPECIAL
EDIÇÃO Nº 200
AS NOSSAS
MELHORES DICAS
DE SEMPRE

NA CAI
Tiag
Carreir

MAIS Treino, Nutrição e Sexo

5 605290 115782 0020
MARÇO 2018 PVP CONTINENTE 3.61

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48 — SWEATSHIRTS



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