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Uncommon Knowledge

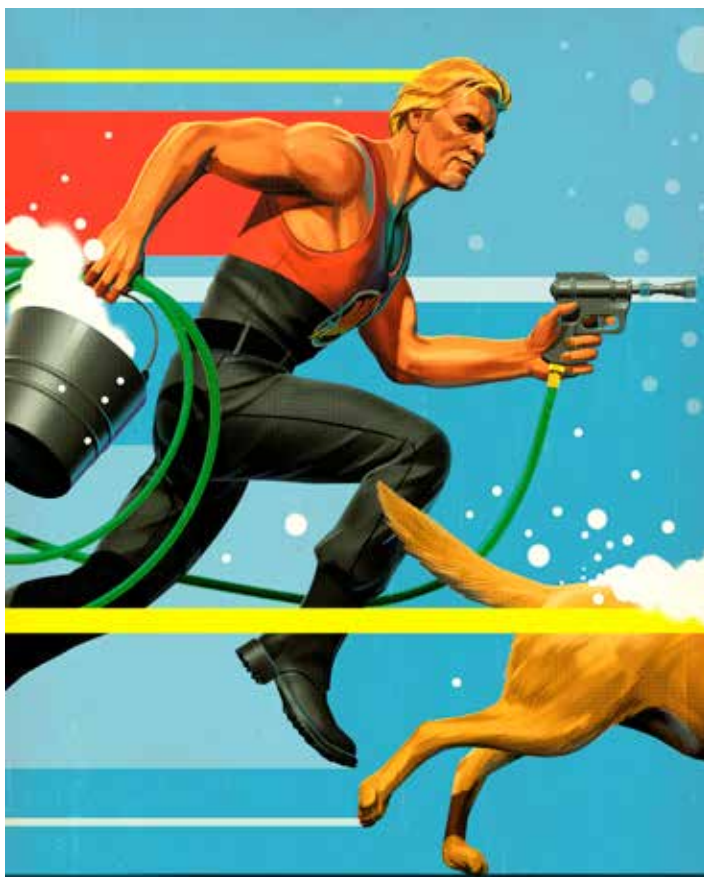


HOW TO DO EVERYTHING FASTER

YOUR TIME IS YOUR MOST VALUABLE ASSET, AND IT'S UNDER ATTACK. PREPARE TO STRIKE BACK.

THERE'S A REASON OUR MOST POPULAR SUPERHEROES are also among the fastest. Speed is power, their stories teach us. But you don't need a superpower to look superhuman. When you take action without hesitation, you're better able to pull your boss's ass out of the fire, sweep a beauty off her feet, or shake off

the side effects of those tequila shots your knucklehead buddy ordered last night. And these days, such skills are critical—because you don't have a minute to waste. “We're more starved for time than ever before,” says Jan Yager, PhD, the author of *Work Less, Do More*. “Even with all the apps and services designed to help us save time, people are feeling pressured to do more and more with fewer resources.” The Flash may not rush to your rescue, but, thankfully, our army of experts can help. Read on and prepare to speed past your problems. ▶



DESKUNK A DOG

Mix 1 quart 3% hydrogen peroxide, ½ cup baking soda, and 1 teaspoon soap, the Humane Society advises. Scrub Stinky with gloves, avoiding the eyes. Be fast; the mixture can bleach fur. And dump out what's left. Then wash him with pet shampoo.

SLIP OUT OF A HOLIDAY PARTY

You want to score points for showing up, but you also want the option to leave early. The best way is to tell the host at the same time you RSVP that you have a competing commitment, says Jacqueline Whitmore of the Protocol School of Palm Beach.

ASSEMBLE IKEA FURNITURE

Stick all the screws to a magnet before you start and you won't have to play pickup when they spill all over.

STOP A SHAVING NICK

Apply ice to the area for about 15 seconds to slow the bleeding. Then dab on a bit of ground black pepper, which has coagulating properties, says Craig Whitely, owner of the Grooming Concierge.

HEAL A BLACK EYE

Apply a wet green or black tea bag to the area. A chemical inside (epigallocatechin gallate) has anti-inflammatory properties and the caffeine will shrink the nearby blood vessels.



EXIT A ONE-NIGHT STAND

Think ahead: Mention a morning appointment before the romp, says dating coach DeAnna Lorraine. Afterward, ask her if you can set your phone alarm. In the morning, cuddle for a few minutes before going so you don't look like a jerk.

AVOID A HANGOVER

Duh—stop drinking. But if you've already overimbibed, don't go to sleep right away; that'll slow your metabolism. Stay up a half hour to whip up and scarf down a cheese omelet. It's high in cysteine, an amino acid that can help your body detox.

DEFUSE A FIGHT

Want to snuff your fuse and avoid an angry spat? Set your phone alarm for 25 minutes and use that time to distract yourself with something you enjoy doing, like shooting hoops or playing catch.

SHOW A GUEST THE EXIT

When a guest won't take the hint, use nonverbal cues to convey that the party's over: Turn off the music and start washing the dishes. Unfortunately, even these moves will be too subtle for someone who's inebriated, in which case ask (politely) how he or she is getting home. Call a cab or coordinate with a friend for a ride. If that doesn't do it, use a hint of humor. Try phrases like "I will now be your bouncer for the evening." Say it with a smile, and promise future plans.



PAINT A ROOM

Push furniture into the center of the room and cover it with plastic. Lay drop cloths in a 4-foot-wide swath around the perimeter. Now you can paint without stopping to wipe up roller spatters.

Style & Grooming

GET A DOUBLE-DUTY DO

TAKE YOUR LOOK FROM SLOPPY TO SHARP WITHOUT LOSING STREET CRED

SO YOU WANT TO LOOK MORE OFFICE-FRIENDLY WITHOUT

appearing bland? Fear not. “The rules are changing as to what’s business appropriate,” says Mike Sposito, head barber at Fellow Barber in Williamsburg, Brooklyn. “Your look doesn’t have to be boring.” The trick is finding a cut that’s versatile enough to be corporate during the week and casual on the weekend. Instead of asking your barber for a high and tight, try keeping some flair: Ask for a low fade with a No. 2 on the sides, blending up to an inch in length near the crown. “It’s an upgrade to a classic businessman’s cut,” says Sposito. On top, keep 3 to 5 inches in front, and ask the barber to cut your hair progressively shorter toward the back so the hair up front is twice as long as the hair in back. “That way, you’ll be able to style it in any direction—including straight back—without having too much hair in the way,” Sposito says.

AT THE OFFICE

Use a nickel-size dab of pomade with a low to medium shine. (We like Brooklyn Grooming’s scent-free stuff.) Apply it to damp hair, starting at the crown, and then comb your hair in the direction it naturally grows. (Check your crown to see which way the follicles point.) Finish it off by combing back the front at a 45-degree angle, in the same direction as the rest of your hair.

ON THE TOWN

Blow-dry your hair straight back until it’s mostly dry, then work a nickel-size amount of a no-shine texture paste into your mop. (Sposito prefers Fellow Barber Texture Paste.) Use your fingers to pull up and twist small sections of hair—no wider than a pencil—to add texture. Use the hair dryer again, holding it about a foot away, to add height and finish off the look.



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SECRETS TO CLEANING UP GOOD

HERE'S HOW TO ENSURE SHE LIKES WHAT SHE SEES



1 MAINTAIN YOUR MITTS

First, clip each nail following its natural curve, says Angel Williams, a New York City manicurist. With a hangnail clipper, remove torn skin at the base, and then even out the edges and push back your cuticles after coating them with preshave oil. Finally, use a buffer to banish ugly cracks and bumps.

2 TAKE A HAIR HOLIDAY

Product buildup mats your mane. Skip gels and creams for a few days, and vary your shampoo routine. “Rinse vigorously daily, use a cleansing conditioner every 2 days, and regular shampoo weekly,” suggests Paul Boucher, a stylist at Floyd’s 99 Barbershop in Dallas.

3 POLISH YOUR IVORIES

When considering a date, 71% of women scrutinize a guy’s grill, a Match.com survey found. Try this DIY whitener from Chicago dentist Jessica Emery, DMD: Make a paste of baking soda (1 tablespoon) and hydrogen peroxide (5 drops). Apply it to your front teeth, wait 15 minutes, and then brush.

4 TEND TO YOUR BROWS

Work with their natural shape, says celeb makeup artist Fabioloa Arancibia. “Brush the hairs upward and trim long pieces,” she says, “but don’t go crazy or it’ll look spotty.” We like Tweezerman’s facial hair scissors; rounded tips make the job easier.

5 MANAGE YOUR MUG

SCRUFF To maintain a quarter-inch beard, trim it twice a week using a No. 2 setting, says Mike Sposito, head barber at Fellow Barber in Williamsburg, Brooklyn. Go over your neck with a No. 1 guard so the beard tapers off instead of ending abruptly. Blend your beard into your sideburns or hair with a No. 3 setting. Then, without a guard, edge above the beard around your cheekbones and clean up any strays. Last, shave from the Adam’s apple down.

CLEAN-SHAVEN Trim your beard to one-sixteenth inch with a No. 1 guard and leave it for a week to soften any tan line, says Sposito. Use a facial scrub to remove dead skin. “Skin around the follicles can build up, leaving dandruff,” he says. Massage in preshave oil to help the razor blade glide, and apply a coat of shaving cream—but not an aerosol foam, which can dry your skin.

BABY’S-BUTT SMOOTH Using 2-inch strokes, shave in the direction your hair grows, rinsing the blade after each pass. Want a closer shave? Go across the grain. “Keep in mind that hair changes directions, especially on your neck,” says Sposito. Finish with cold water to close your pores, and then apply an alcohol-free aftershave and a moisturizer.

MAKE YOUR TATTOO DISAPPEAR

YOUR MEMORY OF SPRING BREAK 2004 IS FUZZY—BUT THE EVIDENCE ISN’T. START HERE TO COVER UP THAT ANCIENT INK



PERMANENT

LASER TREATMENT A beam of light breaks down color pigment, explains dermatologist Dennis Gross, MD. For a business card-size tattoo, you’d need about six sessions.

CON It can destroy your natural pigment, meaning you’ll need to wait for your skin tone to normalize.

TEMPORARY

CONCEALER To hide a small tattoo, break out liquid cover-up. Tattoo artist Kat Von D has a namesake makeup line that can help you keep your little secret.

CON It can take as many as three layers to work.

PATCHES Think reverse temporary tattoos. You’ll need to layer them for fuller coverage, but the strips of polymer cling to the skin longer than makeup does.

CONS It looks and feels like a Band-Aid, and you’re limited to 12 shades.

Health



WE PREDICT THAT THE ZOMBIE APOCALYPSE WILL NOT HAPPEN THIS YEAR, BUT THIS DOESN'T MEAN THAT HORDES OF STRANGERS CAN'T INFECT YOU AND MAKE YOU FEEL LIKE THE WALKING DEAD. SO INSTEAD OF A FLAMETHROWER, YOUR DEFENSIVE WEAPONS SHOULD BE THESE STAY-WELL STRATEGIES. AND IF YOU STILL END UP GETTING SICK? COME ON, IT'S NOT THE END OF THE WORLD.

1/ STOP TOUCHING YOURSELF

Unless sterile surgical gloves are part of your wardrobe, keep your mitts off your mug. People who occasionally touch their eyes and nose are 41% more likely to develop frequent upper respiratory infections than hands-off folks, a study in the *Journal of Occupational Health* found.

2/ SAY HELLO TO YOGURT

Cold and flu viruses might have an Achilles' heel: Greek yogurt. In a study published in *Clinical Nutrition*, people who consumed a specific strain of probiotics daily reduced their risk of catching a cold or flu bug by 27%. Aim to eat at least one serving a day of Greek yogurt with live cultures, suggests Spencer Payne, MD, an associate professor of rhinology at the University of Virginia School of Medicine.

3/ REFILL YOUR MEDITATION

We'd like you to contemplate perfect health. Researchers from the University of Wisconsin at Madison found that people who meditated took 76% fewer sick days than those who were not so Zen. Meditating trains you to stay focused and calm, which helps alleviate stress that can leave you

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TIPS TO HELP YOU STAY WELL

HOW TO SURVIVE WITHOUT SO MUCH AS A COUGH, SHIVER, SNIFFLE, OR GESUNDHEIT

vulnerable to infection. To get started, try the brief mindfulness sessions available for free at marc.ucla.edu.

PEOPLE WHO MEDITATED TOOK 76% FEWER SICK DAYS

4/ NAIL YOUR TEA SHOT

Skip the black coffee and brew some green tea. Its magic ingredient, a catechin called epigallocatechin gallate (EGCG), can damage influenza virus particles and stop them from entering your system, a German study reveals. The scientists believe that EGCG may also interfere with pneumonia-causing bacteria. Knock back as much green tea as you want, or take a daily EGCG supplement, say study authors Joerg Steinmann, MD, and Eike Steinmann, PhD.

5/ REFUSE THE BOOZE

University of Massachusetts Medical School research suggests that one binge-drinking session triggers a flood of cytokines, proteins that can induce fever and increase inflammation. Any more than five drinks in 2 hours is a binge, the CDC says.

6/ BOIL OVER Viruses that cause foodborne illnesses tend to loiter on produce. To slash your chance of sickness, try blanching your greens—kale, spinach, and chard, for example—in boiling water for

2 to 3 minutes. Then dunk them in ice water to stop the cooking. (Blanching can give your greens a different kind of flavor.) Heating to 212°F greatly reduces norovirus in spinach, a study in the *Journal of Food Protection* reports.

8/ SWEAT OUT A COLD

Moderate exercise is nothing to sneeze at. In fact, it can slash your risk of catching a cold by 27%, Korean researchers report. Working out switches on your immune response, possibly by sending a cascade of natural killer cells to hunt the rhinovirus. Already ill? Keep exercising, Bill Schaffner, MD, a professor of preventive medicine at Vanderbilt University, advises: “Exercise stimulates the production of epinephrine, which constricts blood vessels in and around your mucous membranes and can relieve nasal discomfort.”

9/ SAY “HUM BUG!” Humming may annoy other people a bit, but it really annoys germs. “Humming has been shown to increase nitric oxide in the nose, which is antimicrobial,” says Payne. Try this technique from an Indian study: Take a deep breath, close one nostril, and exhale out the other nostril as you hum. Repeat on the other side. Do this five times. Allergy sufferers who tried it after using a steroid nasal spray twice a day for 3 months felt about half as congested as those who used only a spray, the study reports.

10/ COVER YOUR WIENER

Sauerkraut may provide sweet relief. Researchers in Italy report that *Lactobacillus plantarum*,

a type of probiotic found in fermented foods such as kraut and kimchi, may reduce the potency of a certain kind of strep bacteria. *L. plantarum* triggers a protein that helps control inflammation while simultaneously slowing bacterial growth. Give your sandwiches and hot dogs a kick by layering on King’s Kimchi or Gold Mine Organic Raw Sauerkraut.

11/ WASH YOUR HANDS OF IT

It takes a good scrubbing with soap and water to actually rub a virus off your skin, Payne says. That means 20 seconds at the sink and a thorough drying: Wet hands are more likely than dry ones to spread germs, notes the CDC.

EXERCISE CAN SLASH YOUR RISK OF CATCHING A COLD BY 27%

12/ GO TO THE MAT

Scientists in Japan speculate that twisting yourself into yoga stretches may help boost your immune defenses, which in turn can better prepare you to fight illnesses like colds and the flu. The combo of relaxation and physical activity triggers an increase in saliva levels of beta-defensin 2, an antimicrobial peptide that breaks down invading microbes. Just one 90-minute yoga session doubles beta-defensin 2.

13/ EMBRACE YOUR HONEY

That green tea we recommended in #4? Here’s your sweetener. A study in the journal *Microbiology* found that when colonies of *Streptococcus pyogenes*—the strep throat bug—were treated with manuka honey, the bacteria count fell by up to 85%. And a study from Pakistan found that the sticky stuff may also inhibit forms of staph, pneumonia, and salmonella.

5 MISTAKES YOU MAKE EVERY DAY

7 A.M. YOU BRUSH JUST AFTER BREAKFAST Brushing after eating acidic foods—especially fruit and juice—can weaken enamel, says Mark Wolff, DDS, PhD, of the New York University College of Dentistry. That may lead to discoloration and greater odds of cracks and chips. **RINSE AND WAIT** Didn’t brush before eating? Swish with water and wait 40 minutes for the calcium in your saliva to remineralize weakened areas. Then brush.

8:30 A.M. YOU COMMUTE WITH OPEN WINDOWS

Air pollution on highways can be up to 10 times what it is in the burbs, says Scott Fruin, D.Env., an environmental health researcher at the University of Southern California. Diesel fumes may contribute to headaches, cancer, and heart disease. **RECIRCULATE** Shut the windows and hit “recirc” on your AC. Doing this can cut your particulate pollution exposure fourfold, one of Fruin’s studies found.

1 P.M. YOU MICROWAVE YOUR LUNCH IN PLASTIC

BPA-free? It’s better but not perfect. Phthalates can still leach into your food, potentially damaging sperm and altering hormones, says Germaine Buck Louis, PhD, a director at the National Institutes of Health. **BET YOUR ASS ON GLASS** Transfer food to glass before nuking it, or warm it on the stove at home and pack it in a stainless steel thermos to keep it hot.

7:30 P.M. YOU DRIVE HOME AFTER HAPPY HOUR

People with a blood alcohol concentration (BAC) of just 0.01%—well below the 0.08% legal limit—are 46% more likely to cause a crash than drivers who are totally sober, a University of California, San Diego study reveals. **CHEW BEFORE BREWS** Cut your BAC by 30% by eating beforehand, says Aaron White, PhD, of the National Institute on Alcohol Abuse and Alcoholism.

9:30 P.M. YOU CHECK WORK E-MAIL BEFORE BED

Managers who use their smartphones for work after 9 p.m. wake up groggy, a University of Florida study found. And a large Singaporean study shows that too little sleep can raise your odds of dying of a stroke. **POWER DOWN** Keep the charging station out of the bedroom, and turn off e-mail notifications after 9 p.m. If it’s an emergency, someone will call.

7/ HIBERNATE FOR HEALTH A shut-eye deficit can be a nightmare for your immune system: According to a study conducted in Finland, a single workweek of less than 4 hours of sleep a night can alter the way your genes function, changing pathways that switch on your immune response and potentially increasing inflammation. For a better night’s rest, consider changing up your bedroom lighting with a bulb that can help you reach dreamland faster.

Food & Nutrition



- APPLE-CINNAMON WHIP
- CHOCOLATE-BERRY SMOOTHIE
- FIG-ALMOND POWER PARFAIT
- APRICOT-RICOTTA PITA
- WHITE BEAN AND MOZZARELLA TOSS
- NUT BUTTER SLICE
- CREAMY GREEN SMOOTHIE
- SESAME EDAMAME TOSS
- PUMPKIN SEED TREK MIX
- COLLARD SNACK WRAPS
- EGGS + TROPICAL SMOOTHIE
- SPICY TUNA & CHIPS
- EGG, AVOCADO & SMOKED SALMON WRAP
- CREAMY BLUEBERRY-ALMOND SMOOTHIE
- TUNA & FETA SALAD
- CRUNCHY ORANGE YOGURT PARFAIT
- COFFEE + CRUNCHY BANANA
- SMOKY, CHEESY BAKED POTATO
- CHOCOLATE, PB & BANANA SHAKE
- QUICK SPINACH SALAD

20 BEST SNACKS FOR MEN

WHEN HUNGER TAKES HOLD, YOU CAN FUEL YOUR BODY OR GROW YOUR GUT. WHICH WILL IT BE?

IF YOU'RE BETWEEN THE AGES OF 20 AND 39, YOU LIKELY consume 32% of your daily calories in the form of between-meal treats—the highest snack intake of any demographic. Your probable targets: chips, crackers, candy, cake, pastries, and sugary and alcoholic drinks. But as you're about to see, snacking doesn't have to mean indiscriminate feeding. "Use between-meal eating to deliver nutrients you're not getting otherwise," says Willow Jarosh, MS, RD. ►

CALCIUM

WHY YOU NEED MORE

It's the ultimate bone builder—and a nutrient that athletes are often deficient in.

WHY YOU WANT MORE

Calcium literally helps you move. It's essential to the chemical reaction that makes your muscles contract. "Calcium also helps them relax better during recovery, which can prevent cramps," says Jim White, RD, a sports dietitian based in Virginia Beach, VA. Plus, calcium aids in the release of hormones that play an important role in digestion and fat metabolism.

5 WAYS TO HELP HIT YOUR DAILY 1,000 MG ▼



APPLE-CINNAMON WHIP (210 MG) PUREE ½ CUP COTTAGE CHEESE WITH ¼ CUP SLIVERED ALMONDS AND 1 TEASPOON CINNAMON. THEN STIR IN A SMALL HANDFUL OF DICED APPLE.



CHOCOLATE-BERRY SMOOTHIE (321 MG) BLEND TOGETHER 1 CUP CHOCOLATE MILK, 1 CUP FROZEN BERRIES, AND 1 CUP SPINACH.



FIG-ALMOND POWER PARFAIT (354 MG) LAYER 1 CUP PLAIN YOGURT WITH 2 TABLESPOONS SLICED ALMONDS AND 2 DICED DRIED FIGS.



APRICOT-RICOTTA PITA (351 MG) COMBINE ½ CUP PART-SKIM RICOTTA, 2 CHOPPED DRIED APRICOTS, AND ¼ TEASPOON CINNAMON. SPOON INTO HALF OF A 5-INCH WHOLE WHEAT PITA.



WHITE BEAN AND MOZZARELLA TOSS (347 MG) MIX ½ CUP CANNED WHITE BEANS WITH ½ CUP DICED MOZZARELLA, 1 TEASPOON OLIVE OIL, 1 TEASPOON VINEGAR, AND SALT AND PEPPER TO TASTE.

MAGNESIUM

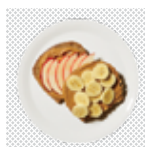
WHY YOU NEED MORE

Almost half of Americans consume less than the RDA. Being stressed compounds the problem: Adrenaline spikes can drain magnesium from the body. But a deficiency is seldom obvious, says Ruth Frechman, MA, RDN, spokeswoman for the Academy of Nutrition and Dietetics.

WHY YOU WANT MORE

Not sleeping well? An Iranian study found that magnesium can increase snooze-inducing melatonin. And British researchers discovered that the mineral can lower blood pressure.

5 WAYS TO HELP HIT YOUR DAILY 400 TO 420 MG ▼



NUT BUTTER SLICE (246 MG) SPREAD 4 TABLESPOONS ALMOND BUTTER ON 2 SLICES WHOLE WHEAT BREAD AND TOP WITH SLICED APPLES AND BANANAS.



CREAMY GREEN SMOOTHIE (134 MG) BLEND TOGETHER 1 CUP MILK, 1 BANANA, ½ AVOCADO, AND ½ CUP FROZEN CHOPPED SPINACH.



SESAME EDAMAME TOSS (126 MG) MIX 1¼ CUPS SHELLS EDAMAME WITH 2 TEASPOONS SESAME OIL, 1 TSP RICE WINE VINEGAR, AND 1 TEASPOON REDUCED-SODIUM SOY SAUCE.



PUMPKIN SEED TREK MIX (175 MG) MIX ¼ CUP UNSALTED PUMPKIN SEEDS WITH 2 TABLESPOONS DRIED CHERRIES AND ¼ CUP UNSWEETENED WHOLE GRAIN CEREAL.



COLLARD SNACK WRAPS (140 MG) MIX ¼ CUP COOKED QUINOA WITH ¼ CUP BLACK BEANS, 1 TEASPOON OLIVE OIL, ¼ TEASPOON CHILI POWDER, AND SALT AND PEPPER TO TASTE. WRAP IN 2 LARGE COLLARD LEAVES.

VITAMIN D

WHY YOU NEED MORE

Americans get a big fat F when it comes to D. Research in the *Archives of Internal Medicine* found that three out of four teens and adults are deficient.

WHY YOU WANT MORE

This vitamin protects bone, maintains your immune system, and builds bigger, stronger muscles. "Vitamin D is thought to influence gene receptors that determine muscle strength, size, and endurance," says dietitian Kim Larson, RDN, CD, CSSD. And dwindling D may be linked to erectile dysfunction.

5 WAYS TO HELP HIT YOUR DAILY 600 IU ▼



EGGS + TROPICAL SMOOTHIE (255 IU) BLEND 8 OUNCES PLAIN, FORTIFIED YOGURT, 1 FROZEN BANANA, AND ½ CUP EACH CANNED PINEAPPLE IN LIGHT SYRUP AND FORTIFIED OJ. EAT WITH 2 HARD-BOILED EGGS.



SPICY TUNA & CHIPS (200 IU) MIX 3 OUNCES CANNED TUNA WITH 1 TABLESPOON LIGHT MAYONNAISE AND 1 TO 2 TABLESPOONS SALSA. SERVE WITH TORTILLA CHIPS.



EGG, AVOCADO & SMOKED SALMON WRAP (237 IU) SPREAD 2 TABLESPOONS MASHED AVOCADO ON AN 8-INCH WHOLE GRAIN TORTILLA. TOP WITH 1 OUNCE SMOKED SALMON AND 1 SLICED HARD-BOILED EGG.



CREAMY BLUEBERRY-ALMOND SMOOTHIE (186 IU) BLEND 1½ CUPS FORTIFIED MILK, ½ CUP FORTIFIED ORANGE JUICE, ½ CUP FROZEN BLUEBERRIES, ½ BANANA, ½ CUP ICE, AND 1 TABLESPOON ALMOND BUTTER.



TUNA & FETA SALAD (203 IU) PLACE 3 OUNCES CANNED TUNA IN A BOWL. TOP WITH ½ CUP GARBANZO BEANS, ½ CUP CHOPPED BELL PEPPER, 2 TABLESPOONS FETA, 1 TEASPOON OLIVE OIL, AND 1 TEASPOON RED WINE VINEGAR.

POTASSIUM

WHY YOU NEED MORE

Potassium may be your most neglected nutrient. A study in the *American Journal of Clinical Nutrition* found that a whopping 95% of men don't hit their daily mark.

WHY YOU WANT MORE

Potassium keeps cells fueled and functioning optimally by helping move nutrients in and waste out. "Potassium also helps your body utilize the carbohydrates you eat; plus, it helps synthesize protein to help create muscle," says nutritionist Tracy Gensler, MS, RD.

5 WAYS TO HELP HIT YOUR DAILY 4,700 MG ▼



CRUNCHY ORANGE YOGURT PARFAIT (1,044 MG) IN A SMALL BOWL, COMBINE 1 CUP PLAIN, LOW-FAT YOGURT WITH 1 CUP ORANGE SEGMENTS AND 2 TABLESPOONS CHOPPED PISTACHIOS.



COFFEE + CRUNCHY BANANA (1,038 MG) PRESS 2 TABLESPOONS ROASTED, UNSALTED SUNFLOWER SEEDS ONTO ½ LARGE BANANA SO THEY ADHERE. PAIR WITH A 12-OUNCE LATTE.



SMOKY, CHEESY BAKED POTATO (1,141 MG) TOP A MEDIUM BAKED RUSSET POTATO WITH 2 TABLESPOONS SHREDDED CHEDDAR, 2 TABLESPOONS CHIPOTLE SALSA, AND 2 TABLESPOONS PLAIN, LOW-FAT YOGURT.



CHOCOLATE, PB & BANANA SHAKE (1,118 MG) BLEND 1 CUP PLAIN, LOW-FAT YOGURT, 1 BANANA, 2 TEASPOONS PEANUT BUTTER, 2 TEASPOONS COCOA POWDER, AND A HANDFUL OF ICE.



QUICK SPINACH SALAD (847 MG) IN A MEDIUM BOWL, TOSS TOGETHER 3 CUPS BABY SPINACH LEAVES, ½ SLICED AVOCADO, 1 TEASPOON OLIVE OIL, A SPLASH OF BALSAMIC VINEGAR, AND SALT AND PEPPER.

BUILDING GREAT CHILI

A MAN DOES NOT SIMPLY “MAKE” CHILI. A MAN BUILDS CHILI.

He spends the time needed to source the finest materials, establish a strong foundation, and add his own personal touches. Of course, as a veteran of pregame parking-lot feasts, you’ve probably come to learn that not all men work from the best blueprints. Some chili builders overcomplicate their recipes. Others torch tongues with too much spiciness. Truth is, we could all use a lesson from one of the country’s best chili consultants, Elizabeth Karmel, executive chef of Hill Country Barbecue in Manhattan, Brooklyn, and DC and the author of *Soaked, Slathered, and Seasoned*. “There’s a lot of debate about what makes a great chili,” she says. “But the secrets are really pretty simple: Use a good spice blend, build a base of layered flavors, and be patient.” Read on. Eat up.

START WITH SPICES

“The spice mix is the cornerstone of any good chili recipe,” says Karmel. “Make sure it’s balanced with sweet, savory, spicy, and bitter.” Sure, you can always buy a premixed packaged chili seasoning, but your own blend will unlock more robust flavors. The combo below is Karmel’s go-to mix. Tweak the recipe so it’s uniquely yours; just go light on the powdered spicy peppers, which can quickly overwhelm subtler flavorings. You won’t use the entire $\frac{2}{3}$ cup this recipe makes, but any leftover mix will keep in your pantry for up to 6 months. It also works well as a rub for meat.

THE CHILI SPICE MIX

- | | |
|-------------------------------|--|
| 2 Tbsp ground cumin | 1 Tbsp white sugar |
| 1 Tbsp chili powder | 1 tsp white pepper |
| 1 Tbsp ground ancho chile | 1 tsp freshly ground black pepper |
| 1 Tbsp ground chipotle chile | $\frac{1}{2}$ tsp ground cayenne |
| 1 Tbsp smoked Spanish paprika | In a medium bowl, mix all the ingredients. Store in a mason jar. |
| 1 Tbsp granulated garlic | Makes $\frac{2}{3}$ cup. |
| 1 Tbsp granulated onion | |

BASIC CHILI RECIPE

- | | |
|--|--|
| 2 TBSP OLIVE OIL | 2 CANS (15 OZ EACH) BEANS (KIDNEY, WHITE, PINK, OR BLACK; MIX FOR VARIETY), RINSED AND DRAINED |
| 2 FINELY CHOPPED LARGE YELLOW ONIONS | 12 OUNCES BEER OR WINE |
| 3 GRATED GARLIC CLOVES | 1 CUP WATER (OR MORE BEER OR STOCK) |
| 1 LB EACH SIRLOIN AND CHUCK, GROUND OR CUBED (SEE “TOP SWAPS,” BELOW, FOR PROTEIN OPTIONS) | 6 OUNCES TOMATO PASTE |
| 2 CANS (10 OZ EACH) TOMATOES WITH GREEN CHILIES | 2 TBSP HOMEMADE CHILI SPICE MIX |

1/ CREATE AROMAS

Add the oil, onions, and garlic in a large pot on medium heat. Cook till the onions soften, about 5 minutes.

2/ BEEF UP

Brown the ground or cubed meat in the pot so it picks up savory flavors.

3/ GO DO SOMETHING

Add the beans, tomatoes, beer or wine, water, tomato paste, and spice mix and stir thoroughly. Cover, turn the heat to low, and simmer 1 to 3 hours, stirring often. You’ll know it’s ready when a soup spoon stuck into the pot stands upright and then slowly falls. If the spoon falls over immediately, not enough liquid has reduced; keep cooking.

4/ CHOW DOWN

Season with salt and ground black pepper to taste and serve with cheese, sour cream, lime, and pickled onion (see “Get Pickled,” below), if desired. Makes 4–6 servings

TOP SWAPS

Swap the proteins Poultry breasts cook better when poached whole in simmering liquid, so don’t bother browning them. Wait till step 3 to add them. They’ll turn tender during the long cooking process.

Craft with craft beer A microbrew can bring bold flavors to chili. Try experimenting. Pour in a robust smoked porter for campfire-like notes or a hops-loaded IPA for an added peppery bite.

GET PICKLED

These tangy strings will help balance the savory chili: In a medium saucepan, add 1 large red onion, sliced into $\frac{1}{8}$ ”-thick rings. Cover with water and add $\frac{1}{2}$ cup cider vinegar, 2 smashed garlic cloves, $\frac{1}{4}$ teaspoon cumin seeds, and a pinch of salt. Bring to a boil and cook until the onions are crisp-tender, about 3 minutes. Refrigerate.

Sex & Relationships



BULLETPROOF YOUR BOND

YOUR LIFE CHANGES FOREVER WHEN YOU TAKE THE PLUNGE. SEE HOW HITCHED GUYS ARE MANAGING—IN GOOD TIMES AND IN BED

You'd think a wedding ring would simplify a man's sex life. While his single friends spend their nights emptying their checking accounts in cocktail bars, the married guy feels secure in knowing where and with whom his night ends. Then there are the other perks. "After marriage, your sex life changes for the better in several ways. For instance, you're having sex on a regular basis—and hopefully in a more exploratory way," says Paul Hokemeyer, PhD, a marriage therapist based in Manhattan.

"You can try new things and explore the edges of your sexual preferences." Sounds ideal. But realistic? We wanted to find out, because marital happiness often begins—and sometimes ends—in bed. "A healthy sex life early in the marriage leads to a strong intimate connection later in the marriage, when the sex becomes less frequent," Hokemeyer says. (Wait, what?) If sex is one of the pillars of a healthy marriage, then how are most off-the-market guys faring behind closed doors? ►



INDULGE YOUR FANTASIES

BUILD TRUST

Go ahead and spill all the dirty details of your dreams to her. "People feel vulnerable and relieved when they reveal hidden sides," says Gurit Birnbaum, PhD, a researcher in Israel who studies sexual fantasies.

HAVE MORE SEX

"Fantasies cause arousal to simmer throughout the day, making you both want sex in the evening," says Barry McCarthy, PhD, author of *Rekindling Desire*.

SHE'LL WANT YOU MORE

Desire thrives on mystery, which fantasies supply, McCarthy says. But if that mystery fades, we're often tempted to look for it elsewhere. You contain multitudes. So does she. Explore.

GIVE YOUR SEX LIFE A TWIST

BELLY FLOP

WHY IT WORKS: "YOU CAN KISS HER NECK OR TALK DIRTY," SAYS *MEN'S HEALTH* SEX ADVISER DEBBY HERBENICK. AND REAR ENTRY TARGETS HER G-SPOT.

PULL IT OFF: HAVE HER LIE ON HER STOMACH WITH A PILLOW UNDER HER HIPS, PELVIS ANGLED UPWARD. ENTER FROM BEHIND, EXTENDING YOUR ARMS TO LIMIT THE WEIGHT ON HER.



SHOULDER HOLDER

WHY IT WORKS: CONSIDER THE SCENERY. "IT'S GREAT FOR MEN WHO WANT A VIEW OF EVERYTHING," HERBENICK SAYS.

PULL IT OFF: KNEEL SO YOU'RE FACING HER AS SHE LIES ON HER BACK. LIFT HER LEGS, REST HER CALVES ON YOUR SHOULDERS, AND PULL HER PELVIS TOWARD YOU.



SPIDER

WHY IT WORKS: "SHE'LL HAVE MORE CONTROL OVER THRUSTS AND MOVEMENT," HERBENICK SAYS.

PULL IT OFF: SIT WITH YOUR LEGS EXTENDED. LIFT YOUR KNEES, AND HAVE HER BEND HER KNEES SO THEY'RE NEXT TO YOUR CHEST. LEAN BACK ON YOUR ARMS FOR SUPPORT.



HIS PORN HABIT

45 Percentage of married men who watch porn with their wives

15 Percentage who've never tried watching porn with her—but say they'd consider it

40 Percentage who don't think she'd be into watching X-rated flicks

HOW ADVENTUROUS HE IS



CHEATING

1 in 5

Married men who've accused their wives of cheating on them

26 Percentage of married men who admitted to cheating on their wives

29 Percentage of those guys who were caught

RESIST THE URGE TO STRAY

DO A REALITY CHECK

Feeling tempted to slip away with Britney from the mailroom? Sex with someone new might be hot—but not that hot. "The fantasy usually exceeds the reality," says Paul Hoke-meyer, PhD, a marriage therapist. "It's normal to fantasize about someone else, but keep it in your head. Actual affairs are messy and not worth those 15 minutes of sexual bliss."

MAKE FACE TIME

If temptation strikes on the road, turn to apps like Snapchat to instigate foreplay with your wife from afar. "It'll fight the loneliness," says Brandy Engler, PsyD, author of *The Men on My Couch*. When in transit, try a more PG distraction like Words with Friends. "The more fun you have, the better," Engler says.

UNLEASH YOUR FREAK

"If you're the good guy all day, you may be longing to do something bad," says Engler. And she might have the same idea. "Women also want to indulge that naughty side," she says. "If so, ask her to read one of her favorite *Fifty Shades*-style passages to you," Engler says. You'll learn what kinks she's looking to explore—and she may feel more inspired to act.

BREAK OUT OF A RUT

First, escape the house, says sex therapist Laurie Watson, author of *Wanting Sex Again*. "Thinking about chores can put a damper on her libido." Instead, talk, laugh, and flirt like you used to. "Gestures that communicate desirability will go a long way," says Vinita Mehta, PhD, a psychotherapist in Washington, DC. The "date night" idea is familiar because it works—especially when you try something new, Mehta says. When you share novel and exciting experiences, the energy can spill over into the bedroom.

Fitness & Muscle

5 LEAN MUSCLE WORKOUTS



SCULPT A CHISELED BODY IN JUST 28 DAYS

THERE ARE TONS OF WAYS TO GET IN SHAPE, AND THIS training plan focuses on five of the most effective. “Concentrate on movements, not muscles; do something nearly every day; and do lots of repetitions,” says trainer Dan John, owner of the Westridge Street Barbell Club in Utah. By combining strength moves and dynamic stretches, John’s 4-week program will help you not only boost your numbers in the gym but also build strength that translates far beyond it. “It combines mobility, stability, strength, and cardio,” he says. “And all you need is a kettlebell or dumbbell to get started.” Consider it a blueprint for building the body you want in 30 days or less.

WORKOUT INSTRUCTION

Complete these five workouts each week for 4 weeks; use the chart at right to see which numbered workout you'll be doing each day. Exercise directions begin on the following page.

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
WEEK 1	1	5	2	1	3
WEEK 2	4	5	1	2	1
WEEK 3	1	5	2	1	3
WEEK 4	4	5	1	2	1

WORKOUT 1 / SUPER STRENGTH

This workout pairs high-rep strength moves with dynamic stretches. Do each pair as a superset (back-to-back). Complete each superset three times without pausing. Cap off your workout with the two “finishers” to boost your burn.

	STRENGTH	STRETCH
SUPERSET 1	SINGLE-ARM SHOULDER PRESS (10 REPS PER ARM)	HIP FLEXOR STRETCH (30 SECONDS)
2	SINGLE-ARM SUPPORTED ROW (10 REPS PER ARM)	HIP FLEXOR RAINBOW (30 SECONDS)
3	KETTLEBELL SWING (30 REPS)	BIRD DOG (30 SECONDS)
4	GOBLET SQUAT (10 REPS)	SIX-POINT ZENITH (30 SECONDS)
FINISHER 1	PUSHUP POSITION PLANK (2 MINUTES)	
2	SUITCASE CARRY (30 SECONDS. REST AND REPEAT WITH OTHER ARM.)	

WORKOUT 2 / KILLER CARDIO

You'll do only two strength moves today: The kettlebell swing and goblet squat. But that doesn't mean you're getting off easy. Do 12 supersets of 15 swings and 1 squat. After each superset, do the “filler” indicated right for 30 seconds.

FILLER	
1	HIP FLEXOR STRETCH (LEFT FOOT FORWARD)
2	HIP FLEXOR STRETCH (RIGHT FOOT FORWARD)
3	HIP FLEXOR RAINBOW (LEFT FOOT FORWARD)
4	HIP FLEXOR RAINBOW (RIGHT FOOT FORWARD)
5	BIRD DOG (LEFT ARM, RIGHT LEG)
6	BIRD DOG (RIGHT ARM, LEFT LEG)
7	SIX-POINT ZENITH (RIGHT ARM)
8	SIX-POINT ZENITH (LEFT ARM)
9	PUSHUP POSITION PLANK
10	SUITCASE CARRY (RIGHT HAND)
11	SUITCASE CARRY (LEFT HAND)

WORKOUT 3 / SWEAT CYCLONE

This sweat session is based on Tabata training, which combines brief bouts of intense exercise and rest. Do the exercise in Tabata 1 for 20 seconds as hard as you can, then rest for 10 seconds. Continue for 4 minutes. Repeat for Tabata 2.

TABATA	
1	GOBLET SQUAT
2	KETTLEBELL SWING

WORKOUT 4 / TOTAL-BODY RECHARGE

Think of today's training as “active recovery.” (You're going to need it after the Tabatas.) Follow the instructions for Workout 1 but use slightly lighter weights and complete just 1 set of each exercise.

WORKOUT 5 / MUSCLE MOBILIZER

The goal here is to enhance mobility, which is key to unlocking strength. Do the stretches as a circuit, performing each one for 60 seconds (30 seconds per side). Do 3 circuits total without pausing to rest.

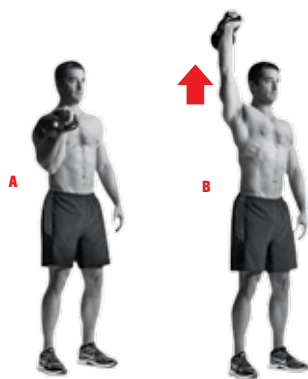
STRETCH	
1	HIP FLEXOR STRETCH
2	HIP FLEXOR RAINBOW
3	BIRD DOG
4	SIX-POINT ZENITH

EXERCISES

SINGLE-ARM SHOULDER PRESS

A/ STAND WITH YOUR FEET SHOULDER-WIDTH APART AND “RACK” A KETTLEBELL IN YOUR RIGHT HAND. (THAT IS, HOLD IT IN FRONT OF YOUR SHOULDER WITH THE WEIGHT RESTING ON YOUR FOREARM, ELBOW BY YOUR SIDE.)

B/ PRESS IT DIRECTLY ABOVE YOUR SHOULDER, ROTATING YOUR ARM SO YOUR PALM FACES FORWARD. PAUSE, AND RETURN TO THE STARTING POSITION. DO ALL YOUR REPS, SWITCH ARMS, AND REPEAT.



SINGLE-ARM SUPPORTED ROW

A/ HOLDING A KETTLEBELL IN YOUR RIGHT HAND, PALM FACING IN, BEND AT YOUR HIPS AND KNEES AND PLACE YOUR LEFT HAND ON A BENCH (OR EVEN THE SEAT OF A CHAIR). LET THE KETTLEBELL HANG AT ARM'S LENGTH.



B/ BRACE YOUR CORE AND PULL THE KETTLEBELL TO YOUR SIDE, KEEPING YOUR ELBOW TUCKED. DO ALL YOUR REPS, SWITCH ARMS, AND REPEAT.

KETTLEBELL SWING

A/ PLACE A KETTLEBELL ON THE FLOOR IN FRONT OF YOU. SPREAD YOUR FEET SLIGHTLY BEYOND SHOULDER WIDTH, PUSH YOUR HIPS BACK, AND GRAB THE KETTLEBELL'S HANDLE WITH BOTH HANDS.



B/ KEEPING YOUR BACK NATURALLY ARCHED, SWING THE WEIGHT BETWEEN YOUR LEGS.



C/ AND THEN THRUST YOUR HIPS FORWARD AS YOU SWING IT TO CHEST LEVEL. SWING IT BACK BETWEEN YOUR LEGS. THAT'S 1 REP. CONTINUE SWINGING WITHOUT RETURNING TO THE STARTING POSITION.



GOBLET SQUAT

A/ HOLD A KETTLEBELL VERTICALLY IN FRONT OF YOUR CHEST, USING BOTH HANDS TO GRIP ITS “HORNS” (THE SIDES OF THE HANDLE).



B/ BRACE YOUR ABS AND LOWER YOUR BODY AS FAR AS YOU CAN BY PUSHING YOUR HIPS BACK AND BENDING YOUR KNEES. PAUSE, AND PUSH YOURSELF BACK UP TO THE STARTING POSITION.



PUSHUP POSITION PLANK

ASSUME A PUSHUP POSITION WITH YOUR HANDS SLIGHTLY BEYOND YOUR SHOULDERS, YOUR ARMS AND LEGS STRAIGHT. YOUR BODY SHOULD FORM A STRAIGHT LINE FROM YOUR HEAD TO YOUR ANKLES. HOLD THIS POSITION UNTIL YOUR TIME IS UP.



SUITCASE CARRY

GRAB A KETTLEBELL WITH YOUR RIGHT HAND AND LET IT HANG NEXT TO YOUR SIDE AT ARM'S LENGTH. LET YOUR LEFT ARM HANG FREE. BRACE YOUR CORE AND WALK FORWARD, KEEPING YOUR CHEST UP AND TORSO STRAIGHT.



HIP FLEXOR RAINBOW

A/ ASSUME A STAGGERED STANCE WITH YOUR RIGHT FOOT 2 TO 3 FEET IN FRONT OF YOUR LEFT, AND LOWER YOUR BODY UNTIL YOUR LEFT KNEE TOUCHES THE FLOOR AND YOUR RIGHT KNEE IS BENT 90 DEGREES. PLACE YOUR LEFT HAND ON YOUR RIGHT KNEE. THIS IS THE STARTING POSITION.



B/ REACH YOUR RIGHT HAND BACK AS FAR AS YOU CAN TOWARD YOUR TOES.



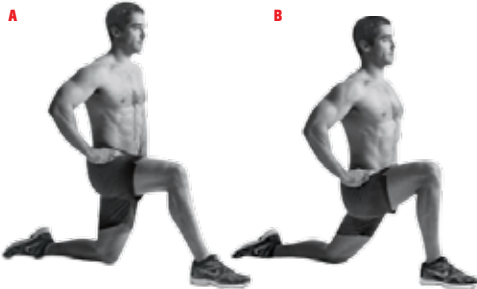
C/ KEEPING YOUR RIGHT ARM STRAIGHT, ARC YOUR RIGHT HAND OVER YOUR HEAD UNTIL IT'S STRAIGHT OUT IN FRONT OF YOUR CHEST. SWITCH LEGS HALFWAY THROUGH EACH SET (UNLESS OTHERWISE INDICATED).



HIP FLEXOR STRETCH

A/ ASSUME A STAGGERED STANCE WITH YOUR RIGHT FOOT 2 TO 3 FEET IN FRONT OF YOUR LEFT, AND LOWER YOUR BODY UNTIL YOUR LEFT KNEE TOUCHES THE FLOOR AND YOUR RIGHT KNEE IS BENT 90 DEGREES. PLACE BOTH HANDS ON YOUR HIPS.

B/ PUSH YOUR HIPS FORWARD UNTIL YOU FEEL THE STRETCH IN YOUR LEFT HIP AND QUAD. PAUSE, AND RETURN TO THE STARTING POSITION. SWITCH LEGS HALFWAY THROUGH EACH SET, UNLESS OTHERWISE INDICATED.

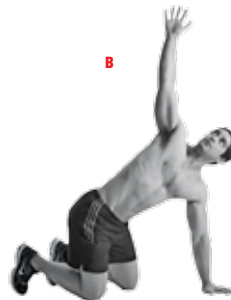


SIX-POINT ZENITH

A/ GET DOWN ON YOUR HANDS AND KNEES. KEEPING YOUR BACK STRAIGHT.



B/ TWIST YOUR TORSO UP TO THE RIGHT AND SWING YOUR RIGHT ARM TOWARD THE CEILING. PAUSE, AND RETURN TO THE STARTING POSITION. REPEAT WITH YOUR LEFT ARM. CONTINUE ALTERNATING SIDES.



BIRD DOG

A/ GET DOWN ON YOUR HANDS AND KNEES WITH YOUR HANDS SHOULDER-WIDTH APART AND PALMS FLAT ON THE FLOOR.



B/ BRACE YOUR CORE AND RAISE YOUR LEFT ARM AND RIGHT LEG UNTIL THEY'RE IN LINE WITH YOUR TORSO. HOLD FOR 5 TO 10 SECONDS, AND RETURN TO THE STARTING POSITION. REPEAT WITH YOUR RIGHT ARM AND LEFT LEG (UNLESS OTHERWISE INDICATED). CONTINUE ALTERNATING ARMS AND LEGS.



Expert Advice You Can Trust—from *Men's Health*!

Men's Health is committed to offering responsible, practical advice for the intelligent man—supported by professionals and legitimate scientific research. We believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important component of physical and mental well-being. Still, we respect that sex is a private matter and that each person has a different opinion of what sexual practices or levels of discourse are appropriate. Our goal—for sex and all other topics—is to provide information that empowers men's lives.

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