

TONS OF  
USEFUL STUFF

# Men's Health

Jumpstart Your Summer

## FIGHT FAT & WIN!

BEAT STRESS, BUILD MUSCLE  
& STAY LEAN FOR LIFE

## LOOK GREAT AT ANY AGE

PERFECT PLANS  
FOR YOUR 20s, 30s,  
40s & BEYOND!

## SCULPT SUMMER ABS!

15 FLAT-BELLY  
POWERFOODS

POLITICAL MUSCLE!

## AMERICA'S FITTEST CONGRESSMAN!

REP. AARON SCHOCK IS  
WILLING TO GIVE YOU  
THE SHIRT OFF HIS BACK\*

\*Take his new fitness challenge on p. 156

## YOUR ULTIMATE CARDIO PLAN

WHAT EVERY MAN  
MUST KNOW





## 2 SCENT

Sometimes the benefit of a good cologne has nothing to do with smell at all. When men wore cologne, women said they looked more confident, a 2009 study from the University of Liverpool found. And *that's* the big key to winning her over—smelling great is just a bonus.

### UPGRADE

“Women have a better sense of smell than men, so she’ll pick up scents you don’t.”

SMELL RESEARCHER ALAN R. HIRSCH, M.D., ON WHY YOU SHOULD ALWAYS GIVE HER VETO POWER OVER YOUR COLOGNE



### ON THE SHELF

#### (LEFT TO RIGHT)

#### EVERYDAY

**Ralph Lauren The Big Pony Fragrance Collection, #1**  
A morning mist of this light, refreshing grapefruit-and-lime scent wakes you faster than coffee. \$65, (125 ml), [bigponyfragrances.com](http://bigponyfragrances.com)

#### CLASSIC

▶ **Azzaro Chrome**  
It's woody, clean, and modern, an instant favorite. \$70 (3.4 oz), [macys.com](http://macys.com)

#### STATEMENT SCENT

**Bond No. 9 Cooper Square**  
Hints of cognac, patchouli, and lavender earn you the right sort of attention. \$230 (3.4 oz), [bondno9.com](http://bondno9.com)

#### SPICY

**Marc Jacobs Bang**  
The black, white, and pink pepper-

corns provide a bang indeed. \$75 (3.4 oz), [bloomingdales.com](http://bloomingdales.com)

#### FRESH

**Gucci Guilty for Him**  
The zing of lemon and mandarin mellows to a mix of sandalwood and cedar. \$75 (90ml), [bloomingdales.com](http://bloomingdales.com)

#### EVENING

**Prada Amber Pour Homme Intense**  
This assertive infusion of myrrh, patchouli, and vanilla (with subtle citrus) is best worn after dark. \$75 (3.4 oz), [nordstrom.com](http://nordstrom.com)

#### SHAVE CREAM

**Aveda Men Pure-Formance Shave Cream**  
The seaweed, licorice root, and natural oils help your razor glide, quashing any potential skin rebellion. \$18 (5 oz), [aveda.com](http://aveda.com)

#### RAZOR

▶ **Gillette Fusion ProGlide Power**  
Its superfine blades have a low-resistance coating, so they move with ease. \$13, [gillette.com](http://gillette.com)

#### BEARD TRIMMER

**Conair for Men i-stubble**  
Control your stubble down to the millimeter with this high-tech beard trimmer's 15 different settings. \$60, [conair.com](http://conair.com)

#### PRESHAVE OIL

**éshave Orange Sandalwood**  
If you're prone to razor burn, start your shave with this blend of oils. It tones, hydrates, and can protect your skin with antioxidants. \$19 (2oz), [eshave.com](http://eshave.com)

#### BRUSH

**Art of Shaving and Gillette Power Shave Collection**  
The oscillating motion of this first-of-its-kind

brush lifts your whiskers and creates a thick, moisturizing lather—fast. \$125, [theartofshaving.com](http://theartofshaving.com)

#### POSTSHAVE

**Kyoku SKN-FC 911: Razor Repair Balm**  
Essential oils from Japanese herbs help fight irritation. Witch hazel, chamomile, and aloe help your skin recover from the scraping. \$35, [barneys.com](http://barneys.com)

#### SHAVE CREAM

▶ **Jack Black Beard Lube**  
It's a preshave oil, shave cream, and skin treatment in one. \$16, [getjackblack.com](http://getjackblack.com)

#### ANTIPERSPIRANT

**Gillette OdorShield**  
When your pits are really cooking, this is your best weapon. It's stronger than most, and its fresh scent sticks around. \$4.50, [gillette.com](http://gillette.com)

#### DEODORANT

▶ **Malin + Goetz Eucalyptus**  
Use eucalyptus (with no aluminum, alcohol, or parabens) to smell great. \$18, [malinandgoetz.com](http://malinandgoetz.com)

#### BODY WASH

**Pattern Sage**  
Soaps can strip your skin of natural oils. This pH-balanced liquid protects pores with vitamin E. \$20, [patternbodywash.com](http://patternbodywash.com)

#### BODY WASH

▶ **Dove Men+Care Clean Comfort**  
At this price, nothing softens or cleans your face and body better. \$5, [dove.us](http://dove.us)

#### MOISTURIZER

**Lubriderm Men's 3-in-1 Lotion**  
Fragrance-Free  
What it doesn't have: fancy scents or oily films. What you'll love it for: smooth aloe that quenches dry skin. \$8, [lubriderm.com](http://lubriderm.com)

▶ EXPERTS' CHOICE

▶ READERS' CHOICE