

TONS OF
USEFUL STUFF

Men's Health

STRENGTH & CALM

THE MIND/BODY
CONNECTION

LOOK GREAT AT ANY AGE

MAXIMIZE YOUR MONEYMAKING MOJO

THE TIME BOMB IN EVERY MAN'S MEDICINE CABINET

789

SMARTEST HEALTH,
FITNESS, NUTRITION,
MONEY & SEX MOVES
OF ALL TIME



The Men's Health Guy

Ryan Phillippe

"I want my head clearer,
I want to feel
capable and strong."
Ryan wears a Vince sweater and
T for All Masked jeans

ULTIMATE

THE BEST LIFE

GROOMING

Wake Up Looking Great

BLOODFLOW TO YOUR SKIN IS HIGHER WHILE YOU SLEEP. THE ADVANTAGE: ACTIVE INGREDIENTS IN GROOMING PRODUCTS CAN WORK MORE EFFECTIVELY. ADD THESE TO YOUR BEDTIME ROUTINE

DRYNESS

While you sleep, you're not exposed to daytime drying agents like wind or pollution, so it's a great time to let lotion soften wrinkles and reduce dryness, says dermatologist Ariel Ostad, M.D. Look for a product with hyaluronic acid, which bonds moisture to skin without leaving it feeling greasy.