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ISSUE!

Men's Health

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FAST!**
DREW BREE'S
WORKOUT
P. 157

IN JUST 2 WEEKS
+ Lose Your Gut
+ Build Lean Muscle
+ Power Up Your Diet

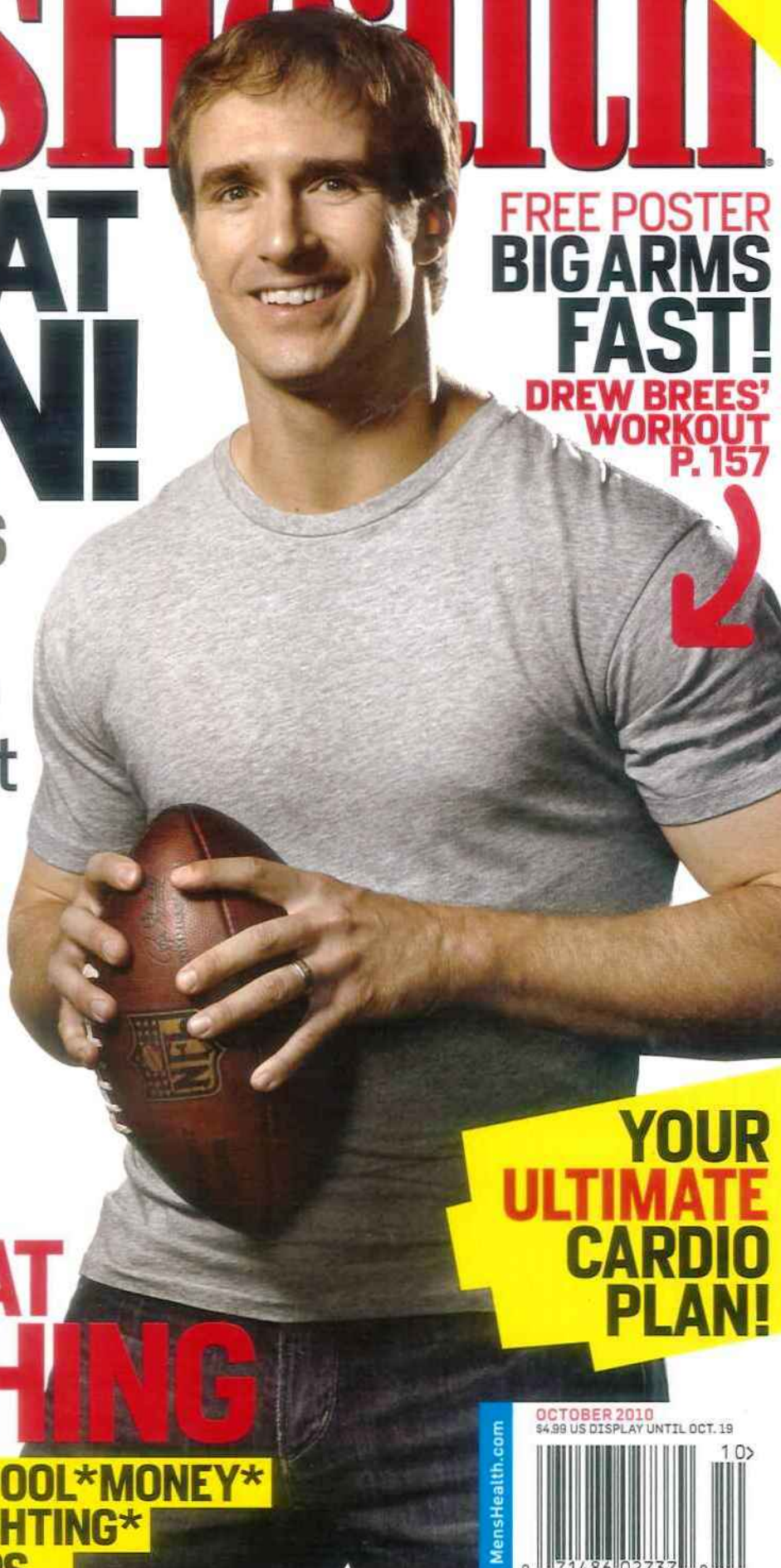
30 RED-HOT SEX SECRETS

Look Better— Instantly!

HOW TO WIN AT EVERYTHING

**YOUR
ULTIMATE
CARDIO
PLAN!**

LOVE*SEX*GOLF*WORK*POOL*MONEY*
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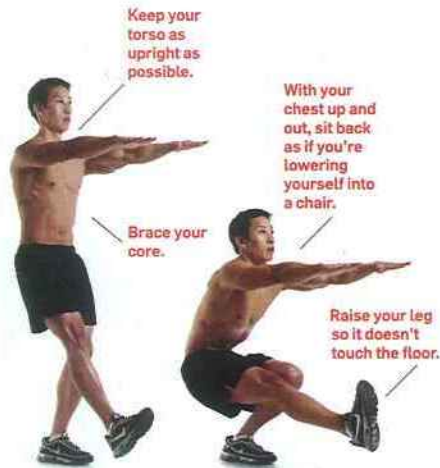
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beginning with an initial consultation to determine how many veneers you need. If you want to remodel your entire mouth, go with eight to 10 on top and 10 on the bottom, since those are the teeth people see when you grin, says Mark Wolff, D.D.S., Ph.D., chairman of the department of comprehensive care at New York University's college of dentistry. On your second visit, your dentist will load you up with a local anesthetic and prep each tooth, sanding away about half a millimeter of enamel. Then the doc will take an imprint of your mouth and send it to a lab that makes the veneers. In the meantime, you'll be fitted with temporary veneers. When the custom set is ready, you'll come back to have your new smile cemented in place. If money's tight, go with resin veneers; they cost about \$750 a tooth (versus \$2,000 for porcelain). But porcelain looks much more real, and it lasts longer—up to 15 years—so it's generally considered the best option. When you're ready to begin, ask for a recommendation from a friend or family member who has veneers (work that Facebook network!) or go to aacd.com and click on "Find a Cosmetic Dentist." Choose an "accredited member or fellow" (not just a "member") who specializes in veneers and performs two to four procedures a month.

I can't do even one single-leg squat. Am I weak, or uncoordinated?

MAX, FARGO, ND

Neither. Single-leg squats are *really* hard. In fact, they're probably the most challenging leg exercise, says Mike Robertson, C.S.C.S., a strength coach in Indianapolis and the author of *The Single-Leg Solution*. "They demand mobility, strength, and balance. That makes doing them difficult but also rewarding, because they strengthen your glutes, quads, and hamstrings." To train your body to do a single-leg squat, Robertson suggests starting off with 3 sets of 10 split squats and 10 lunges three



times a week until you can bang them out easily. (For more instruction, visit MensHealth.com/singlelegsquat.) Then try a single-leg squat on a 12-inch-high box. Stand on the box holding your arms straight out in front of you. Balancing on your right foot, bend your right knee and lower your body until your left heel touches the floor. Pause, and then push yourself up. Three sets of 5 reps on each side twice a week is all you need, says Robertson. When you improve, switch to a 6-inch box, and when you can do them perfectly, try a flat surface.

Why do I bite my lip when I groove to music?

SPENCER, BRENTWOOD, CA

You're *feeling* the music. "Biting down on your lip can become a habit because it serves as a way to intensify pleasure," says P. Murali Doraiswamy, M.D.,

a professor of psychiatry at Duke University. "That's because your lips are packed with nerves, and the mild pain caused by your teeth biting on them triggers the release of feel-good endorphins." Another possible explanation: That rockin'-out overbite or tune-induced facial contortion (musicians call it "bass face") could occur for the same reason people grimace when they have orgasms or get hurt—it's just another way we're wired to convey how we feel. In fact, biting on your lips can plump them up, which sends a signal to others that you're stimulated. So if you're on the prowl, keep chomping. Hey, it works for Mick Jagger.

I'm confused by all the chatter about aspirin, acetaminophen, and ibuprofen. Which of these should I have at home?

DAVID, STAMFORD, CT

One drug doesn't do it all (actually, Vicodin does, but we're talking about nonaddictive over-the-counter painkillers). So your best bet is to stock both acetaminophen (such as Tylenol) and ibuprofen (such as Advil). Acetaminophen will relieve pain and reduce fever, while a nonsteroidal anti-inflammatory drug (NSAID) like ibuprofen will block the biochemicals that promote inflammation and swelling. "For generalized aches and fevers, take acetaminophen because it's relatively gentle on your body," says Mary Lynn McPherson, Pharm.D., a professor at the University of Maryland school of pharmacy. "But for pain that has an inflammatory component, such as pain from a sprained ankle, an NSAID is better." Ibuprofen tends to be shorter-acting, so for chronic pain that lasts 12 hours or longer, go with the NSAID naproxen (such as Aleve). Of course, if you have any heart-attack risk factors, keep a bottle of regular-strength aspirin around, too. At the first signs of a heart attack—breathing difficulty and/or chest pain that spreads to your left arm or your jaw, for example—chew one aspirin for 30 seconds and then swallow it. Doing this could reduce blood clotting by 50 percent.

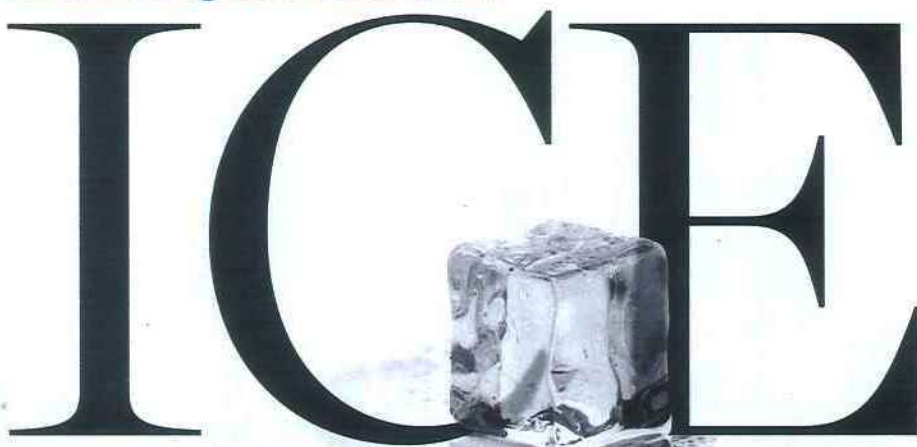
I'm young and single. Do I really need to have life insurance?

DENNIS, BEAUMONT, TX

Unless you're providing financial assistance to a family member—an older parent or a dependent sibling, say—don't waste your dough. "Most single people don't need life insurance because no one is relying on their income," says attorney and financial advisor Gary Schatsky, president of ObjectiveAdvice.com. Instead, make sure you have long-term disability insurance. This coverage will safeguard you if an injury or chronic illness prevents you from working. The odds of that happening are surprisingly high: a 20-year-old worker has a three in 10 chance of becoming disabled before reaching retirement age. Schatsky recommends contacting a financial advisor to discuss which coverage would be best for you. The National Association of Personal Financial Advisors (napfa.org) offers a comprehensive list of advisors who do not receive commission—many of them do. Disability insurance can be expensive: Annual premiums, even for young men, can approach \$2,000. Reduce your premium by buying a policy that will pay you only 65 percent

ONE-WORD ANSWER

"What's the fastest, simplest way to soothe my face after shaving if I have no balm?"



Rubbing an ice cube on your skin for 15 seconds immediately after shaving decreases bloodflow and causes the muscles that control your hair follicles to contract, says Kenneth Beer, M.D., a dermatologist in West Palm Beach and the owner of ScientificSkin.com. "This will decrease redness and help your pores return to normal size, reducing irritation."