

# Men's Health



SEPTEMBER 2010 £3.99

100% USEFUL

**MICHELIN STAR  
MUSCLE FUEL IN  
JUST 15 MINS** p112

**FULL BODY  
FITNESS!  
(IN 15 MINS)**

**Beach-Ready Abs In  
Coffee-Break Time!**

**BIGGER  
ARMS  
NOW!**

**Your Explosive Plan  
For Action Hero Muscle**

**DROP 5%  
BODY FAT  
IN 31 DAYS**

**900 Second  
Love Handle  
Blitzers** p67

**Booze-Proof  
Your Body For  
Just £30** p25

**82**

**SEX TRICKS TO  
TRY TONIGHT**

**STRIP AWAY  
MONEY STRESS**

**PLUS!**  
Tough Life Lessons From  
The Expendables  
**JASON STATHAM • ARNIE  
JET LI • STEVE AUSTIN  
& SLY STALLONE**



**+STYLE SPECIAL BESPOKE LUXURY, FOR LESS!**

# Contents

*Style, despite its slippery refusal to be defined, is not innate but learned. Our guide will educate and emancipate your wardrobe, for every occasion. Sit back and prepare for a better looking life*



**s11** **100 Ways To Smarter Casual**  
Our panel of style experts have compiled a century of confidence-boosting tips to ensure you always step out looking your very best



**s27** **Finishing School**  
Take our test to find your style type and discover the most suitable accessories with which to embellish your look. Whatever your style, the devil is in the detail



**s39** **Coming Up Trumps**  
Like their owners, not all suits are created equally. With expert help, we have shortlisted the perfect suiting options for whenever you need to up your game

## MEN'S HEALTH'S STYLE ADVISORY BOARD

Our 100 Ways to Smarter Casual was compiled with the help of a panel of fashion industry experts. From buyers to designers (and the odd excruciatingly well-dressed man about town) these fashion authorities have the final word on all things stylish, simply read and apply.



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**LEFT TO RIGHT**

- Parka £595 Aquascutum
- Leopard £36 Forrest and Bob at [mywardrobe.com](http://mywardrobe.com)
- Skirt £115 Zadig & Voltaire
- Tights £13 Falke
- Heels £250 Diane Von Furstenberg
- Sunglasses £245 Prizm

- Parka £135 Firetrap
- Polo shirt £65 Original Penguin
- Jeans £75 Won Hundred
- Brogues £80 Dr. Martens
- Sunglasses £195 Dior Homme

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A fine-gauge knitted polo shirt is more comfortable than the softest cotton shirt and is smart enough to wear under a suit to the office



- Maintain optimum control over your hair with light, mouldable wax. Wet-look gels will make your hair look fake and feel unpleasant when you touch it.
- Complement a round face with rectangular or square sunglasses.
- Invest in a slim, neat leather belt. It's the first thing you see when you unbutton your jacket and will last you a lifetime.
- When managing your wardrobe, think long term. Splurge on items you know will reap rewards such as suits, shoes and coats and spend less on up-to-the-minute casual gear.
- Always buy the right jeans by taking the shoes and belt you're most likely to wear with them when you go shopping
- Save money by mixing high street bargains with pricier accessories. Premium quality shoes, watch and bag will improve the look of less expensive clothes.
- Keep favourite jeans in better shape for longer by washing them less. Keep them clean by spraying them with an antibacterial cleaner and airing outside.
- Always dress in proportion. Full width trousers need chunky shoes, tapered trousers need slim shoes.
- Keep your head cool with a flat cap. This classic style suits any face, shape and age.
- Stay fresh footed by using wooden shoetrees - they absorb excessive moisture and help retain shape.
- Gain a V-shape torso by choosing a jacket with a 'waisted' cut.
- Being over dressed is never as awkward as being too casual. Whatever the interview, you won't go wrong with a dark suit.





● Glasses E205 Prism

Solid Blighly construction and subtly hornrimmed for a bookish look that ladies love



● Wallet E130 Mulberry

A soft leather bifold wallet has a zip-fastened holder for your change. The slim profile makes it barely visible in a trouser pocket



● Watch E3,395 Bremont

The Swiss might still make much better chocolate than us, but this British watch is the equal of their timepieces. The metallic blue face offers great versatility with both formal and casual outfits

● Tie E50 Jaeger

A navy blue tie is a solid, conservative option for everyday wear, but this Jaeger tie incorporates a paisley pattern for a little added spice



● Cufflinks E85 Links of London

These links add contrast and a flash of metallic to your de rigueur blue work shirts

# 1 YOU ARE The flag flyer

The Brits are a fastidious tribe. We like to hang our cultural hats on the pegs of eccentricity, heritage and craftsmanship, so when we step out in our finest garb, we appear both the sum of the nation, and the parts of a confident individual. These home-grown talents have the qualities to outlive any trend.



● Bag E195 Fred Perry

Made from virtually indestructible Harris Tweed, you know your iPad is safe in Fred Perry's bag. Best worn with a duffel coat and Mod attitude



● Scarf E105 Drakes; desert boots E250 Lodger; hat E35 Oliver Spencer

Three irrefutable proofs that outerwear is a very British strength. Worn together, these items will neatly coordinate your look, while the combination of textures hints at a quirky personality beneath

*These home-grown talents have the qualities to outlive any trend*