

# THE BEST ADVICE

HEALTH

FINANCE

NUTRITION

FATHERHOOD

SEXY

RELATIONSHIPS

CAREER

TECH

URGENT QUESTIONS

TOP EXPERTS

DEFINITIVE ANSWERS

*My gym clothes make me look like a putz. What should I wear?*

At the gym, the law of the jungle governs the dress code: If you're rocking eight-pack abs and get-out-of-my-face guns like Terrell Owens's, wear whatever you like. But mere athletic mortals should take a subtler approach.

Looking good matters from a motivational standpoint: The better you look, the more passionate you'll be about staying in shape. To distinguish yourself from logo-embossed gym rats, upgrade to the same designers that craft your office wear: Giorgio Armani, Hugo Boss, Ralph Lauren, and Zegna all have form-fitting sport lines, and Nike and Adidas also offer smart, stylish choices. Choose shirts made from synthetic fabrics that wick away sweat faster than cotton, so you'll never advertise how hard you're working. If you're concerned about keeping your muscles warm, layer compression shorts or shirts (Nike and Under Armour make the best versions) underneath your clothes, or warm up in a pair of track pants.

A word of caution: While adding individual flair is a good instinct, »

**POWER SUIT**  
Dress in Armani Collezioni Active to sweat and impress.

WHAT MATTERS TO MEN.

# BEST LIFE

EAT  
WELL,  
LIVE  
WELL

Economic Zen  
Keep Your Cool—  
And Profit

A Gourmet's Guide  
To Feeding Your  
Body, Your Mind  
And Your Passions

PLUS

Obama's Secret  
Fitness Strategy  
How The World's  
Busiest Exec  
Stays Lean

Burberry's  
Christopher Bailey:  
5 Style Rules  
to Live By

America's Best  
Farm-to-Table  
Restaurants  
The Luxury  
of Simplicity

**BILLY CRUDUP**  
The thinking man's  
action hero

(Mr. Crudup wears John Varvatos. Story on p. 90)