

WHAT MATTERS TO MEN

BEST LIFE

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

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BILLY CRUDUP
The thinking man's action hero

(Mr. Crudup wears John Varvatos. Story on p. 98)

THE BEST ADVICE

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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, »

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