

MARRIAGE

My eyes have started to wander.



THE BEST WAY TO
GET AN ENERGY BOOST

Men's Health

WHAT MATTERS

27
MUST-HAVE
GUY SKILLS P.

BEST LIFE



minutes of hitting Play.

Kiss for 30 seconds, twice a day. Lip locking is the first to go when desire wanes. Reintroducing it will reestablish an emotional connection between you.

Consider the consequences too. Infidelity isn't what's most damaging to a relationship, keeping it a secret is. If you hide things from your wife, your marriage will become adversarial and you'll think about changing the cast of characters. Is that worth the scratch? **FRANK PITTMAN, M.D.**

Dr. Pittman is the author of Private Lies: Infidelity and the Betrayal of Intimacy.

FITNESS

How long should I wait to drink alcohol after exercising?

Ideally, you want 24 hours on either side of a workout, but in a world where cocktails go hand in hand with business, an hour is often all you have. Fortunately, that's enough time for your body to eliminate some of the alcohol. That's important because alcohol is

a diuretic, and for each liter of water you lose, your heart rate elevates eight beats per minute, causing it to work harder while getting less done. Alcohol also increases levels of cortisol, a hormone that breaks down muscle. Finally, remember what you learned in college: Drink on a full stomach. Complex carbs (e.g., whole-wheat bread) will help absorb alcohol and keep you hydrated. **LISA R. YOUNG, PH.D.** *Young is a registered dietitian and the author of The Portion Teller Plan.*

THE BEST ADVISORS

STYLE AND DESIGN

Eric Villency
Villency is the president of Maurice Villency, a top Manhattan design studio. He is a regular contributor to NBC's *Today* and the former host of *iDesign*, a weekly television series about architecture, fashion, and design.

SEXUAL HEALTH AND UROLOGY

Ridwan Shabsigh, MD
Dr. Shabsigh is the director of the division of urology at Maimonides Medical Center, in Brooklyn,

professor of clinical urology at Columbia University, and author of *Sensational Sex in 7 Easy Steps*.

FITNESS AND TRAINING

Mark Verstegen
Verstegen is the founder and chairman of Athletes' Performance elite performance training centers in Tempe, Arizona; Carson, California; Las Vegas; and Gulf Breeze, Florida. He is also the director of performance for the NFL Players Association, where he focuses on player

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safety and welfare, and the author of *Core Performance*, *Core Performance Essentials*, and *Core Performance Endurance*.

WELLNESS

Steven Lamm, MD
Dr. Lamm is a clinical assistant professor of medicine at New York University Medical Center and author of *The Hardness Factor*, *The Virility Solution*, and *Younger at Last*.

SPORTS MEDICINE

Jordan Metz, MD
Dr. Metz is a sports-medicine specialist

at the Hospital for Special Surgery, in New York. He is a nationally recognized expert in nonsurgical treatment of sports injuries and author of *Sports Medicine in the Office*.

ALTERNATIVE MEDICINE

Mark Moyad, MD
Dr. Moyad is the Phil F. Jenkins director of preventive and alternative medicine at the University of Michigan Medical Center and editor in chief of the journal *Seminars in Preventive and Alternative Medicine*.

Q: My boss takes credit for my work. How can I get recognition?

Make sure you're the guy who, when important papers need delivering, goes to the chairman's office and delivers them. In short, become a public figure so that higher-ups know what you do. But make no mistake: You're there to make your boss look good. If we bosses didn't get credit for the stuff we didn't really do, where the hell would we be?

BUSINESS MANAGEMENT



Gil Schwartz

Schwartz is an executive VP for a Fortune 500 company, a position he earned by living his own advice—namely, that even a bad strategy is better than no strategy.