

SPECIAL MILITARY ISSUE

TONS OF USEFUL STUFF

Men's Health

Soldier Strong!

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- ▶ 8 Full-Body Workouts
- ▶ Results in 7 Days

PLUS!

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Blast Fat!

36 New Weight Loss Strategies

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1st Sgt. Diamond Ott
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HEALTH

I'm 35 and dating again. Should I get the HPV vaccine?

Mark, New York, NY

Can't hurt. For straight men 21 and younger and gay men 26 and younger, the answer is a strong yes. For older guys, more studies are needed—and insurance won't cover the \$500 for the three shots. Most sexually active, unvaccinated people get HPV. Many infections go away on their own, but some lead to cancer. There's no HPV test for men, and shots won't deter strains already contracted. But the shot can also cut your risk of oral HPV (linked to throat cancer), says Gary Glassman, D.D.S., M.S. Don't give oral if you have a cold sore or bleeding gums, and don't brush or floss before or after; the tiny cuts raise your risk.

THE EXCHANGE

MARCH

Your biggest, strangest, and most embarrassing questions—answered!



I'M STIR-CRAZY. WHAT'S A GOOD, FAST OUTDOOR WORKOUT?

Tom, Westwood, MA

Go back to school—specifically the stadium. After a five-minute warmup, take on the stairs. But not like Coach told you. Instead, do these moves from Instagram training sensation Kaisa Keranen, M.S., N.A.S.M. **Traveling burpee:** From a plank, crouch and jump up to the next step, landing in a pushup. **Stair long jump:** Leap up as many steps as you can. **Lateral crossover run:** Run up sideways, your trailing leg crossing in front of your uphill leg. **Single-leg stair hop:** Like it sounds. Mix these into intervals (45 seconds on, 30 off), 2 to 4 sets. If you do run stairs, be smart: Spare your knees by not skipping steps; land with your full foot on each step; look at the next step, not down; and keep your posture upright. That's the advice of Budd Coates, director of training at *Runner's World*, who adds that short, choppy steps help overstriders shorten their gait and quicken their cadence.

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WHAT'S THE DIFF?

Seltzer, club soda, and mineral water

Finn, Canton, OH
All are carbonated water. Club soda, unlike the others, has additives like sodium, potassium citrate, and bicarbonates, says April Wachtel, founder of Swig + Swallow. Club soda is a tad bitter and sharp; seltzer is more neutral. Use club soda (like Q Club) for stronger-flavored liquors, and seltzer for nonalcoholic drinks. Mineral water (Perrier) is naturally carbonated and has softer, smaller bubbles; that's not ideal in the average cocktail, especially over ice.