

70 INSTANT FASHION UPGRADES

SPRING '09  
GUIDE to STYLE

# Men's Health

THE  
**BEST**  
CLOTHES  
IN THE  
WORLD!

**GREAT  
LOOKS**  
For Your 20s,  
30s, 40s  
& Beyond!

JUST  
FRESH



**WEAR THIS,  
NOT THAT!**  
USE COLOR TO  
CATCH HER EYE

**LOOK  
SMART  
EVERY  
TIME**

**14**  
**ESSENTIAL  
LOOKS FOR  
SPRING**

THE  
MEN'S  
HEALTH  
GUY  
**RYAN  
REYNOLDS**  
Jacket by  
Calvin Klein





