

Men's Health

SMALL STEPS, BIG RESULTS!

8.08 | **STYLE****IN SHORTS ORDER**

WHAT TO WEAR WITH SUMMER TROUSERS

American Apparel has 100% cotton T-shirts in many colours. If you've been on the dumbbells, go for the deep V-neck. (£12, americanapparel.net).



A pique cotton Fred Perry polo is a style classic, and is still made in the UK to the original 1952 spec. If it ain't broke... (£40, fredperry.com).



Flip-flops are great with shorts, but if your feet are more Frodo than fragrant, canvas plimsolls are equally stylish. Try PF Flyers (£40 asos.com).

**THE EXTRA 10% BECAUSE IT'S ALWAYS THE LITTLE THINGS...**

The brains at Durham and Plymouth universities claim football teams that play in red win more often. Increase your off-field scoring rate with these red Diesel sunglasses. The light titanium construction makes them super comfortable. Aviator Mask £99 Diesel at David Clulow (davidclulow.com)

**Women love you in... Cargo shorts**

Actress and model **Lisa B** shows how this humble item can be the most powerful weapon in your summer wardrobe arsenal

1 WHY SHOULD I WEAR THEM?

Casual wear is as important to your wardrobe as the right suit – and it's harder to get right. Cargo shorts make the perfect summer style option. The roomy pockets mean you don't need a manbag or jacket, while the relaxed fit flatters most body types. Comfortable and practical, they have a sexy, rugged appeal.

2 HOW SHOULD I WEAR THEM?

Although cargo shorts have a relaxed fit and shouldn't be tailored, you must get the right size. The waistband should sit just on your hip; wearing them too high shortens your torso, making you look squat. If you're tall, choose a style that finishes below the knee; you'll appear less gangly. Shorter guys need a style that finishes above the knee; it makes their legs look longer. Longer is also better if you've been slacking on the squats and lunges, to lessen "chicken-leg syndrome". Topman has pairs in a good range of lengths (topman.com). Keep to neutral colours unless you want to look like one of Kylie's backing dancers. Classic army green suits most skin tones; beige or brown looks best with a hint of tan.

3 WHAT SHOULD I TRY TO AVOID?

Sidestep mad patterns or overly fussy style details and stick to plain colours or classic camouflage. Never team cargo shorts with socks and sandals if you ever hope to have sex with a woman you don't have to inflate. As a rule of thumb, lose the socks altogether – unless you're wearing trainers. Smart shirts are another error worthy of the school-going youngster. Cargo shorts are best worn with a nicely fitted T-shirt in a colour that complements both your skin tone and the shade of

the shorts. The key thing is not to look as if you've tried too hard. Personally, I like a man to have more important things on his mind than over-styling his look. Forget prim and proper; think Pimm's and lemonade.

4 WHERE SHOULD I BUY THEM?

Abercrombie & Fitch has a great range and now you don't have to cross the Atlantic to get your hands them: there's a UK website (abercrombie.co.uk) and a flagship store in London. A&F

does like a toothy, bare-chested male model in its adverts, but their casual clothing is undeniably great. Timberland also does a fantastic range of cargo shorts for active wear (timberland.com), while Howies' shorts come in a range of organic cottons and canvas for the environmentally minded (howies.co.uk). Now all you'll need is some sun...

Lisa B's Lifestyle Essentials (Icon Books) is out now. Find out more at lifestyle-essentials.com

From now on we're hoping we get picked for the B team



TWO-SECOND TIP STOP HOLES IN YOUR FAVOURITE OLD KNITWEAR GETTING BIGGER BY DABBING ON CLEAR NAIL VARNISH