

Art Department



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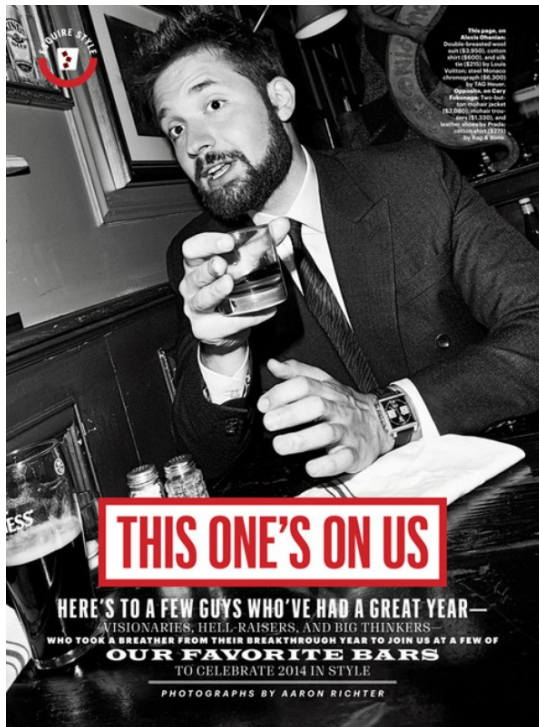
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SHIFT INTO TOP GEAR

If your commute leaves you looking unkempt, try these new essentials meant to help every man go the distance.

BE READY TO ROLL

SOMETIMES IT'S TOUGH TO LOOK AS GOOD IN THE OFFICE AS YOU DID WHEN YOU FIRST LEFT THE HOUSE. Problems inevitably arise en route—you're sitting in a car, crammed into a bus, pedaling a bike. And that's bad news. A disheveled appearance could put a wrinkle in your career prospects, a study by the Center for Talent Innovation found. In fact, three out of four execs said that noticeable apparel blunders, the kind that can happen in transit, detract from a man's "executive presence." A polished look, on the other hand, "shows that you respect yourself and the people you're interacting with," says Mark Shephard, a vice chairman at Bank of America Merrill Lynch. Try these options designed for men on the move.

THE BIKE COMMUTE
More people are pedaling to work these days—about 6 percent of the population, the U.S. Census Bureau reports. These three essentials, featuring breathable, water-resistant fabric, will prevent the CEO from mistaking you for the pizza delivery guy.

1/ YOUR JACKET
Stay dry in spring drizzle with a lightweight nylon windbreaker. Bonus: The bright madras pattern makes it less likely you'll wind up as someone's hood ornament.

2/ YOUR SHIRT
This polo is a bicycle commuter's best friend. Shoulder vents help air circulate, and lightweight merino wool keeps you clean. Stash your wallet in the rear zip pocket.

3/ YOUR PANTS
Stretch cotton helps keep you from overheating as you climb hills, and the fabric's finish repels water and dirt. A flip of the cuff reveals reflective taped seams.

2012 JUNE \$89
2012 NEW \$89 \$119
LEVI'S COMMUTER PANTS, \$89
60% TALL \$119, 60% TALL \$119
60% TALL \$119, 60% TALL \$119

90 MEN'S HEALTH.COM April 2014

THE TRAIN OR PLANE COMMUTE

Being well put together could pay off. A recent study in *FLCS One* found that commuters need only a quarter of a second to assess your competence, likability, and attractiveness based on your appearance. Here's how to guarantee that they'll like what they see.

1/ YOUR JACKET
This knit cotton blazer feels more like your favorite sweatshirt. Roll it up or wear it all day. It won't wrinkle. The versatile gray works with everything from khakis to jeans, and interior zippered pockets are perfect for your wallet, passport, and other carry-on items.

2/ YOUR TIE
Here's a hidden extra: On the reverse side of this tie is a convenient microfiber panel perfect for buffing smudges from your shades and smartphone screen.

3/ YOUR PANTS
Heading to the office after your flight? Cloak the cotton chinos for lightweight wool or stretch denim. Better yet, these wrinkle-free polyester trousers look like wool and feel as comfortable as a natural fiber. Even after a red-eye, you'll hit the street looking freshly pressed.

LAND SMOOTHLY

PUT YOUR LIFE ON AUTO

So you don't have a full-on personal assistant? The next best thing might be the *Wick* service (PTT) or *Wick* (The Wick). The *Wick* service (PTT) or *Wick* (The Wick) links your travel, social media, and email apps into a single interface that lets you easily set up a series of simple, targeted workflows. How? When it works, *Wick* does it for you. It's a "Wick" (a "Wick" in the "Wick" category) and "Wick" (a "Wick" in the "Wick" category) and "Wick" (a "Wick" in the "Wick" category).

WICK.COM

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THE CAR COMMUTE

More than 86 percent of us drive to work, and our average commute lasts 15 to 18 minutes. That's plenty of time to mull over your look. These upgrades, which use fabrics designed to move without wrinkling, line that car from athletic apparel, but they're made of business.

1/ YOUR SHIRT
The four-way stretch is great, but in this shirt's slicker properties that'll save your skin. Stretchable. Unlike cotton, which leaves you feeling crumpled when you perspire, this fabric moves moisture away from your skin. So if you're sweating that presentation, the group will never know it.

2/ YOUR PANTS
The cotton twill fabric is blended with 3 percent Lycra to give these pants extra mobility—a bonus whether you're driving to work or taking a. The slim-fit design also features a side zip pocket to keep keys and coins from showing the pavement.

3/ YOUR SHIRT
Slicker made from synthetic blends, like those containing nylon and polyester, effectively wick away sweat, and spandex can conform to any size body.

NO PHONE LEFT BEHIND

It's your worst transit nightmare: putting your phone in your pocket and realizing it's not there. No more. This shirt's built-in pocket is always in action. You'll want to keep it close to your body, so it's always handy when you need it. The shirt also has a pocket for your keys, and its built-in speaker and microphone allow you to keep talking while 20 feet of your phone.

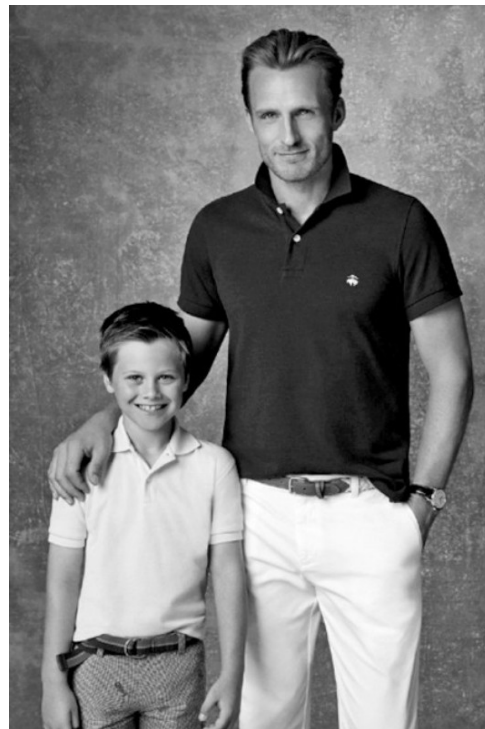
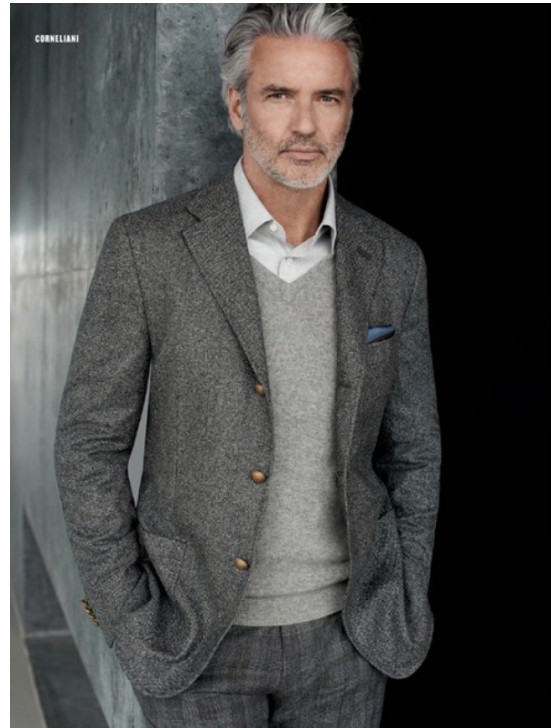
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Want to buy these items? See page 156.

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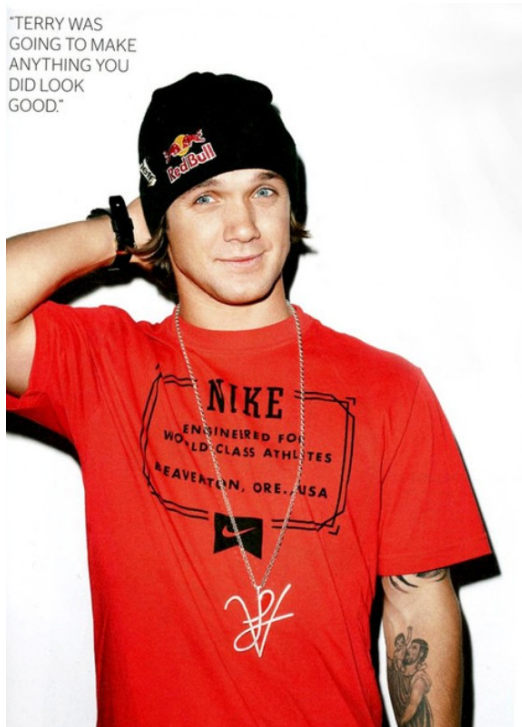
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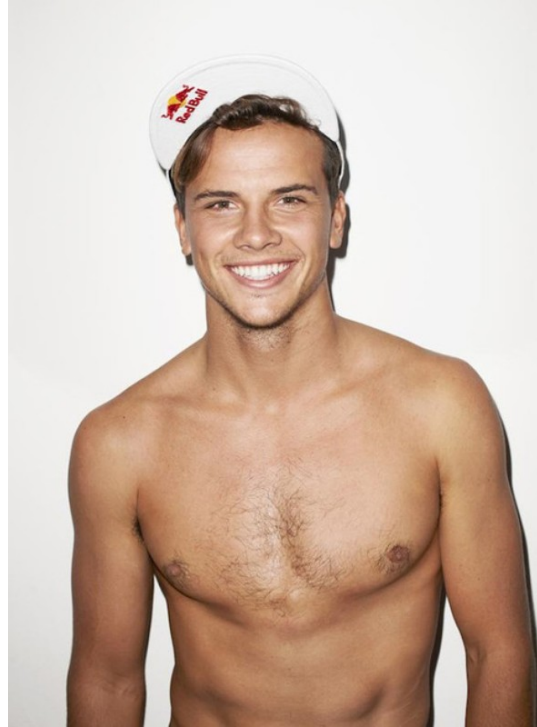
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