

Men's Health

THE MAGAZINE MEN LIVE BY

Style+Grooming



Sync Up Your Swimwear

You've moved on from Spring Break 2009—now it's time your swim trunks graduated too. A couple of things to look out for this year: bold patterns and bright colors, says *Men's Health* fashion director Sandra Nygaard. "Summer is one of the few times you can make a big statement without hesitation," she says. Another key? Pay as much attention to the fit and the length as you do the design. Or you could just let us do all the work: Use the matrix above to locate the sweet spot for your height, and you'll have a leg up on the competition before you even step onto the sand.

MH MUST-HAVE



MIANSAL BAG

Think of this carryall as your duffel's older, classier cousin. This sleek, lightweight bag is made from an Italian canvas that's water-resistant and actually more durable than leather—perfect for a week-end away. The nautical details set you apart and convey as much sophistication as bags that cost twice as much.

MIANSAL, \$745

