

EXCLUSIVE: YOUR BEST HAIR-LOSS FIXES p 56



Game Set Match

ROBERT KENNEDY'S

# MAXIMUM FITNESS

NO B.S. JUST RESULTS.

FOR MEN

## FIGHT FLAB!

and win  
p 80

## EAT SMARTER! BUILD MUSCLE! SAVE MONEY NOW!

Your \$50 Per Week Meal Plan p 50

## BIGGER BICEPS

in 6 sessions  
Guaranteed p 102

# "TAKE YOUR BEST SHOT"

## 5 ENERGY BOOSTERS

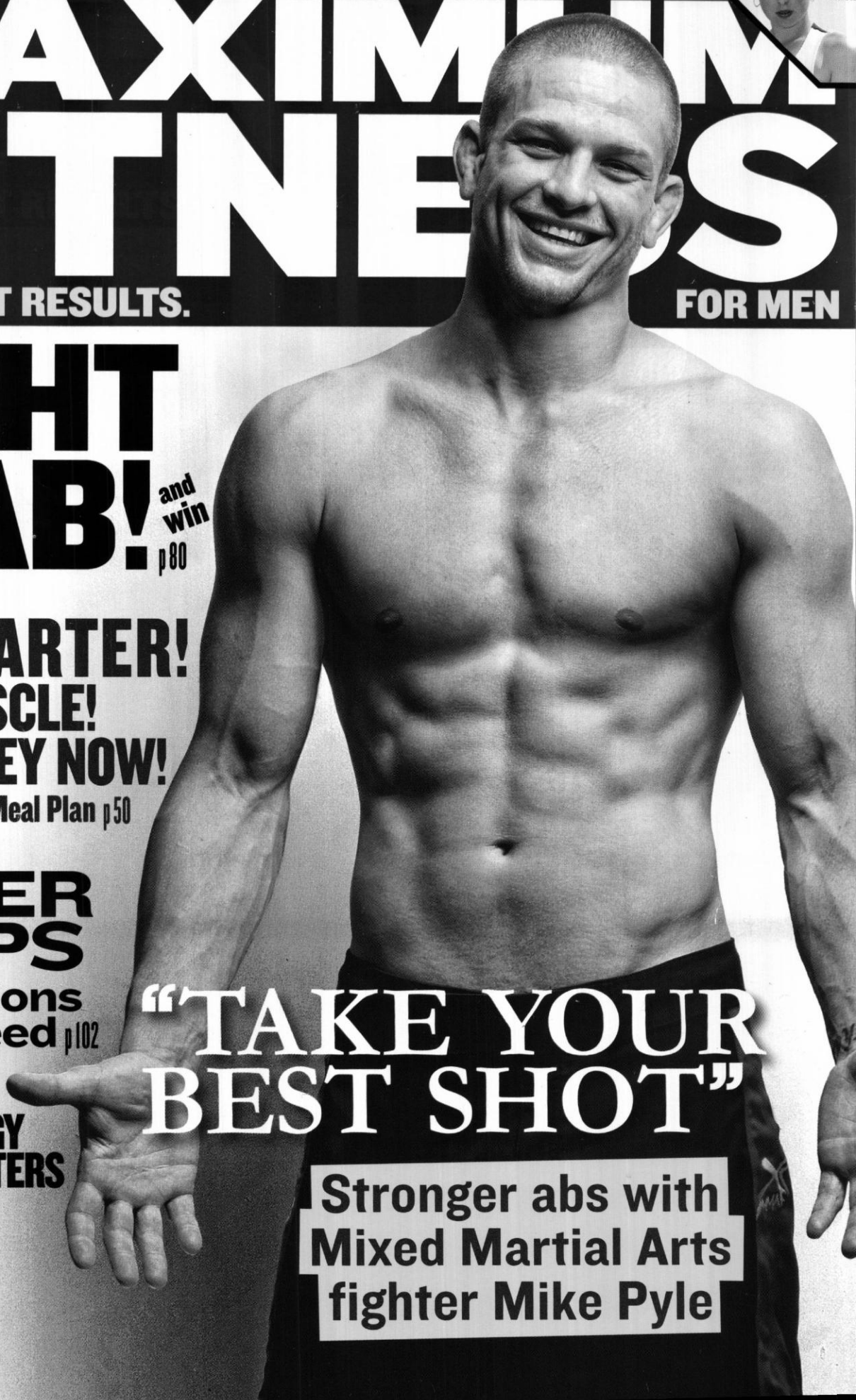
Stronger abs with  
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fighter Mike Pyle

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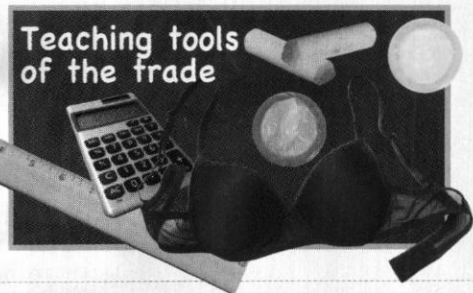
WWW.MAGNETIC.COM DISPLAY UNTIL 12/23/2008



# SEX IN THE SYLLABUS

**IN A TREND** that seems to be keeping pace with society's ever-increasing tolerance of alternative lifestyles, a merger of pornography and academia is now walking the halls of higher learning.

Gone are the talking, animated sperm cells that bounced around the projector screen to the tune of mind-numbing narrations. The faceless, anatomically correct silhouettes that were once used to highlight sexual functions have also been retired. In their place, you can now listen to lectures from porn actresses and sex experts on sex toys and assorted paraphernalia that give new meaning to show-and-tell.



Teaching tools of the trade

UC Berkeley, San Francisco State University, MIT and Wesleyan University are a few of the institutions of higher learning that have taken this unconventional approach to teaching about sexual matters.

According to the University of California at Berkeley's student newspaper, *The Daily Californian*, the school's male-sexuality course climaxed when instructors performed sex acts onstage for their student audience.

Proponents justify the sweeping of societal mores under the carpet by touting the new teaching methods as a necessary part of serious scholarly research. But old-school opposition worries that clothing-optional classes and blue-movie book learning will suck the legitimacy out of the academic world.

The debate rages on, and the outcome could determine whether future freshmen will just be going off to college or getting off in college (or, more accurately, get-



This is one class you won't want to miss

ting off differently than they have in past semesters). And you thought *Animal House* was just a movie!

While we support academic freedom, it's significantly cheaper to purchase the Sinclair Institute's (1-800-955-0888) highly instructive series of how-to DVDs (and if you're old-school, you can get VHS tapes). Sinclair comes highly recommended by the well-respected Society for the Scientific Study of Sexuality.

-Jim Larkins



Higher learning?

## know the NUMBERS

Sometimes math and money are far from your mind. We can respect that—who wants to think of calculations when you're about to enjoy an evening with someone close? Admit it: At times like that, your mind is racing so fast it's hard to think of anything other than what's going on in front of you. Who says a man can't feel passion? Not MaxFit, and since we're always looking out for you—and, well, since our date card's been a little empty lately—we did the math for you.

- \$14,000** A typical hospital birth
- \$400** Pregnancy termination
- 92 cents** One condom



## SAVE THE BREAK

THREE WAYS TO TURN A "BREAKUP" AROUND

**OK, YOU'RE AT** the breaking point, but you're still not sure what to do. You still want to give it your all and not waste the months—or years—that you've invested in your relationship. What's she thinking, and what's your best move?

**1 SHE THINKS SHE WANTS A BREAKUP.** Calmly give that to her. If she comes back to you a few days later, it probably means that she was only trying to get your attention in the first place, so give her more of it going forward.

**2 SHE WANTS A CLEAN BREAK.** Let it end, honoring only what was good about it. Breakups aren't always forever—you may get back together months later, cooled down and remembering only the good stuff.

**3 SHE ACTS LIKE SHE BROKE UP.** Patience. Go about your business. The real reason for her "cold shoulder" might come to light—and it might not be about you.

Paul Dobransky, MD, is the author of *The Secret Psychology of How We Fall in Love*.

## SEX SHOP

### CANDY PANTIES

Panties are the most incredible sexual tool a woman can flaunt, and they can turn on the heat in a flash. The Candy G-String for her (\$14.95, Seductions) is far from its fruit-candy counterpart of years ago that had your lass sticking to the bedsheets after a good lickin'. This brand-spanking-new candy G-String (and the Candy Pouch for you) has taken the happy memories of chomping on a candy necklace from your youth to bring you a different sense of joy when you're munching through to the prize.

-Christine Atkinson