

CERTIFIED MEN'S HEALTH COUNSELOR ONLINE COURSE: SESSION 12

- Health Tips for Men in their 20's, 30's, 40's, 50's, 60's, and Up

Following a healthy diet and exercise regime can improve the quality of life at any age.

Unfortunately, there is no one size fits all when it comes to our health. However, there are ways to tailor your habits to your age.

As we age our requirements change, including our nutritional needs and our required activity levels. A high quality multivitamin is recommended at any stage of life to meet these nutritional requirements, but there are specific nutrients that your body requires in higher quantities during different life stages.



20's

Diet



During your twenties the body is still growing so it is important to lay the foundations for future health. Eat a varied diet high in calcium to strengthen your bones and prevent osteoarthritis in later life. Around the age of thirty your bone mass stops increasing so you need to ensure you receive sufficient amounts of calcium prior to this point. Try to limit your alcohol intake as much as possible as alcohol strips the body of essential nutrients. If you are concerned about your alcohol intake, use Organic Spirulina for a daily body cleanse.

Exercise

During your twenties you should regularly take part in moderate and vigorous exercise to raise your heart rate and strengthen your muscles. Your twenties are simply about preparing your body for a healthy future.

Feel Great in Your 20s

"In your 20s, you have a wonderful ability to execute intense, heavy, frequent exercise," says Alexander Koch, Ph.D., an associate professor of exercise sciences at Truman State University. "Don't blow the opportunity."

The reason for that ability: a high tide of human growth hormone (HGH) and testosterone—currents that spur growth of the muscle fibers that ignite explosive lifts, sprints, jumps, and swings. "A man's HGH levels drop from 6 nanograms per milliliter (ng/ml) when he's 20 to 3 ng/ml when he's 40," says Koch. Your 20s represent the best time to build muscular power, which consists of generating maximum force as quickly as possible. (Muscular strength, by contrast, consists of force with no regard to time.)

To exploit this moment, you should head straight for the heavy weights, says Mike Boyle, A.T.C., the elite trainer who created the exclusive decade-by-decade workouts for this story. "You don't need much cardio because your metabolism still vaporizes pizza on contact. And you don't have to worry about flexibility because your joints are healthy and your range of motion doesn't need priming—yet."

Tips for Your 20s

Master the Muscle Trinity

There's no faster way to build muscle than with low-rep, heavy-resistance routines based on the fundamental strength exercises: the squat, the bench press, and the deadlift, says Mike Robertson, C.S.C.S., an Indianapolis-based trainer. Use these tips to do each exercise better. Squat: Keep your chest up and back naturally arched, and turn your knees out during the movement. Bench press: As you push the weight up, keep your shoulder blades back and down, and tighten your leg muscles. Tuck your elbows close to your sides. Deadlift: Keep your chest up and back flat, squeeze your glutes, and push from your heels on the lift.

Accelerate Strength Gains

Power is a function of strength and speed working in concert, so when you're in your 20s, your training should also include plyometric exercises, or explosive movements. "Jumps allow strength to be converted to power," says Boyle. "Think of it this way: Jumps train mainly your nerves, while weights train your muscles." In fact, along with helping you gain speed and power, doing plyometrics also builds new muscle, according to a 2008 Danish study published in the *Journal of Strength and Conditioning Research*.

Build a Body She'll Desire

Don't deny your vanity; just remember who you're trying to impress. In a landmark Harvard study, male undergraduates were asked to choose which bodies they wanted to have from a range of composite images. On average, the guys chose bodies with 30 pounds more muscle. By contrast, when women were asked to select men's bodies they found attractive, they chose guys with 15 to 30 pounds less muscle than the male participants had selected. "The ideal is closer to Derek Jeter's body than that of Barry Bonds," says Roberto Olivardia, Ph.D., a clinical psychologist and co-author of the study.

Fuel Up on Super

Protein is the key nutrient for building muscle. And all men, especially guys in their 20s, should take in at least 30 percent of their total calories from high-quality protein sources like lean meats, fish, dairy, and poultry, says Susan Bowerman, M.S., R.D., an assistant director of UCLA's center for human nutrition. Eat 1 gram of protein for each pound of your target weight. For instance, if you weigh 200 pounds but want to weigh 180, eat 180 grams of protein a day. To speed recovery from power workouts, drink a shake made with at least 20 grams of whey protein powder, 1/3 cup milk, 1 cup cranberry juice, and 1 cup frozen mixed berries (which are inflammation fighters).

The 20s Workout: Power and Agility

"Ultimately, to become fit you need three ingredients," says trainer Mike Boyle, A.T.C. "Resistance training, cardiovascular training, and flexibility training." Boyle divides his 60-minute workouts into three parts to achieve whole-body strength and fitness. "The ingredients don't change decade by decade, but the amount of time you dedicate to each phase does to counteract aging."

SPLIT YOUR WORKOUT LIKE THIS

Flexibility: 5 minutes

Strength: 40 minutes

Cardio: 15 minutes

Do this whole-body workout 3 days a week. Use the heaviest weight that allows you to complete the prescribed repetitions. The lifting tempo is 2 seconds up, 4 seconds down. Rest 2 minutes between short sets, and 1 minute between longer sets.

FLEXIBILITY

Start with 2 minutes of foam rolling over any areas that feel tight. Then do 10 kneeling hip flexor stretches and 10 lateral squats (like a lateral lunge, but with your feet wide apart).

STRENGTH

Monday

Squats: 3 sets of 5

Bench press: 3 sets of 10

Deadlifts: 3 sets of 10

Wednesday

Bench press: 3 sets of 5

Squats: 3 sets of 10

Deadlift: 3 sets of 10

Friday

Deadlifts: 3 sets of 5

Incline bench press: 3 sets of 10

Single-leg straight-leg deadlifts: 3 sets of 10

CORE (EACH WORKOUT)

Ab-wheel rollout or barbell rollout: 3 sets of 15

CARDIO

Outdoors or on a treadmill, run 15 sprints of 15 seconds each, with 45 seconds active recovery (jogging at a pace at which you can easily hold a conversation).

30's

Diet

Stress creates fatigue which places the immunity levels at higher risk of infection. To help strengthen the immune system, try to get a good night's sleep each night and beware of too many stimulants during the day, particularly in the afternoon. Although the demands of work and family life can be exhausting, try not to overdo it as this can affect blood pressure and onset psychological problems. If you are considering starting a family it is essential to receive a wide range of essential nutrients.



Exercise

Try to make time for exercise in your busy schedule. During your thirties it is important to start considering the health of your joints as they may begin to deteriorate. Try to mix up your exercise routine as much as possible; once muscles become accustomed to a particular exercise regime they use fewer resources performing it and so you receive fewer benefits.

Feel Great in Your 30s

The 30-something man can have it all. With his judgment now enhanced, he can compensate for the slight decline from his physiological peak in his 20s. And if he trains the right way, he can still whip the whippersnappers.

That's why the 30s are often the prime years of professional sports stars and, in particular, endurance athletes. For instance, a 2007 analysis of marathon times by German researchers revealed that runners don't slow down at all in their 30s—even though their hearts start losing stroke volume and their VO2 max levels begin to even out.

One reason: You can still extend your lactate threshold (LT), says Andrew Doyle, Ph.D., an associate professor of kinesiology at Georgia State University. "LT is the point when your muscles pump out fatigue-producing lactate faster than the blood can clear it and the muscles start burning more carbohydrates than fat. By extending your LT, you can exercise at a higher intensity, burn more calories, and better control your weight."

Tips for Your 30s

Supercharge Your Turbo

The shortcut to fitness is interval training, says Robertson. Brief, intense bursts of exercise at 80 percent to 95 percent of your maximum heart rate, interspersed with recovery interludes during which your heart rate returns to normal, burn more calories than steady, less-intense efforts do. They also improve performance. For instance, cyclists doubled their endurance after just 2 weeks of sprint interval training, according to a study in the *Journal of Applied Physiology*. Interval-training principles also apply to running, stair-climbing, rowing, and circuits.

Hit Your Fighting Weight

In this decade, your metabolism slows and your body-fat percentage creeps up. It's critical to keep that number below 22 (18 is optimal); research shows that doing this reduces your risk of high blood pressure, diabetes, and heart disease, says Heidi Skolnik, C.D.N., nutritionist for the New York Giants. "The two biggest diet saboteurs for busy men are calories from drinks and binge-eating sessions caused by staying late at work," she says. Solution: Find a low-calorie drink you can sip all day. Skolnik recommends green tea, because it also revs your metabolism. Also, stock your desk drawer with healthy, filling snacks, such as instant oatmeal, beef jerky, dried fruit, cans of tuna, and wholegrain crackers.

Make Training More Fun

The most effective and enjoyable way to prepare for an endurance event is to join a group-training program. Canadian research shows that you're more likely to stick to a workout program if you train with others rather than going solo. British researchers note that you're also more likely to push yourself much harder. Team in Training, for example, specializes in taking people from the couch to a marathon, triathlon, or century bike ride in a 5-month training program run by certified coaches. Along the way, you raise money for the Leukemia & Lymphoma Society and meet fitness-minded, charitable women: Nationwide, 73 percent of TNT participants are female.

Prevent Back Pain

Boyle tailored the 30s strength segment to focus on body-weight exercises that develop endurance and coordination. That means replacing high-weight, low-rep lifts with lower-weight, higher-rep sets, and doing some exercises on one leg. "As you grow older, you should begin to decrease spinal loading," he says. "Lifting higher reps with a lighter load still yields benefits, but with less structural stress." Boyle's workout also includes Swiss-ball rollouts, which help you build core strength and endurance. In fact, men with poor muscular endurance in their lower back are three times as likely to develop back pain as those with fair or good endurance, according to a study in *Clinical Biomechanics*.

The 30s Workout: Strength and Stamina

Do this whole-body workout 3 days a week. Use the heaviest weight that allows you to complete the prescribed repetitions. The lifting tempo is 2 seconds up, 2 seconds down. Rest 1 minute between sets.

SPLIT YOUR WORKOUT LIKE THIS

Flexibility: 10 minutes

Strength: 25 minutes

Cardio: 25 minutes

FLEXIBILITY

Start with 5 minutes of foam rolling; pay special attention to your back. Then do 5 kneeling hip-flexor stretches and 5 lateral squats.

STRENGTH

Pushups (elevate your feet on a 12-inch-high bench): 3 sets of 10

Single-leg or split squats (add dumbbells when you're ready): 3 sets of 10

Single-leg straight-leg deadlifts: 3 sets of 10 (each leg)

Inverted rows (add a weight vest if you can): 3 sets of 10

CORE

3 sets of 15 Swissball rollouts

CARDIO

Stick with interval running (if you have no knee pain) or ride a stationary bike. Add a 5-minute warm-up, or spin and then do 15 sprints (15 seconds each) with 45 seconds active recovery. Finish with a 5-minute cool down jog.

40's

Diet

Ensure you are eating essential fatty acids to maintain a healthy heart and brain function; these are popularly found in fish oils or flaxseed oil. This is a good time to get your cholesterol and blood pressure checked with your doctor. Many people are also at an increased risk of type 2 diabetes at this age. Macular degeneration often occurs during your forties so you may notice that your eyesight begins to weaken.



Exercise

As we enter our forties our metabolism begins to slow down so it is important to keep an eye on your weight. Any weight gained during this period will be even harder to lose later on. There are many steps you can take to boost your metabolism, such as eating a diet high in antioxidants, regular exercise, and taking supplements such as Acai Berry. When exercising concentrate on strengthening and weight bearing exercises. These will help to keep muscles and bones strong.

Feel Great in Your 40s

Your 40s mark the decade when you shift to caring for your body in the gym, instead of punishing it. "Your joints need sustained attention," says David Pearson, Ph.D., an associate professor of exercise science at Ball State University. Your nerve fibers are losing their effectiveness, which diminishes coordination, says Doyle. Your heart beats more slowly, cutting down the blood flow that delivers nutrients to and removes waste from joints and muscles. And you're losing about 0.5 percent of your muscle mass a year. To reverse these processes and stretch peak performance, your workouts now emphasize flexibility.

Tips for Your 40s

Roll Out Your Kinks

Every workout you do should now start with 10 minutes of targeted self-massage using a foam roller, says Boyle. Like a steamroller smoothing out a road, this device alleviates knots and tangles that constrict blood flow and hinder elasticity in your muscle tissue. Place your body on the foam and roll up and down for 10 to 15 seconds on the muscles you're targeting. Rollers are especially useful for soothing back pain, stretching tight hamstrings, and relieving shoulder tension. We like the Grid, which has three density zones. Research from Japan shows that people whose bodies are more limber have about 5 percent less arterial stiffness—a marker for heart disease.

Stuff Your Face

"Men in their 40s should try to eat 10 servings of fruit and vegetables daily," says David L. Katz, M.D., an associate professor of public health at Yale University and a *Men's Health* weight-loss advisor. "They need the antioxidant protection, and it's a proven way to stay lean." If 10 seems too hard, try 7. Studies suggest that diversity is as important as volume, and Bowerman advises trying to hit 7 different food colors to provide a wide shield of protection from heart disease and common forms of cancer. To help you hit your quota, Dr. Katz recommends including produce with every meal and eating it first, because the fiber will satisfy hunger. Also, try making all your snacks vegetables and/or fruit.

Be a Little Selfish

You deserve it. Inhale and focus on yourself. "Yoga is especially beneficial for men in their 40s, because that's when flexibility declines more," says Mehmet Oz, M.D., a professor of surgery at Columbia University and coauthor of *You: The Owner's Manual*. New science shows that doing yoga can improve flexibility, relieve back pain, and reduce stress. Oh, about that yoga glow: Boston University researchers report that people who did yoga weekly boosted levels of the brain chemical GABA by 27 percent. Low levels of GABA have been linked to anxiety. Practicing yoga can also help your body maintain its antioxidant levels, which deplete when you're run down, report Indian researchers.

Extend Your Range

Your new focus on flexibility is actually a three-pronged effort that also encompasses building mobility and honing balance. Boyle recommends workouts that include a strength-training component: full-body, complete range-of-motion exercises that stress your muscles enough to build or maintain mass but not enough to burden your joints.

The 40s Workout: Flexibility and Strength

SPLIT YOUR WORKOUT LIKE THIS

Flexibility: 15 minutes

Strength: 25 minutes

Cardio: 20 minutes

Do this work out 3 days a week. Master your form before you add weight. The tempo is 2 seconds up, 2 seconds down. Do the strength and cardio part as a circuit: perform 1 set of each of the 6 exercises (resting 30 seconds between exercises), and rest 1 minute. Then repeat 2 more times.

FLEXIBILITY

Foam rolling: 10 minutes before stretching
Kneeling hip flexor stretches: 10
Lateral squats: 10
Wall hamstring stretches: 10
Doorway pec stretches: 10
Bridges: 3 (hold for 10 seconds each)

STRENGTH

Pushups (elevate your feet on a 12-inch-high bench): 3 sets of 10
Rear-foot elevated single-leg squats: 3 sets of 8 each leg
Inverted rows: 3 sets of 8
Split squats: 3 sets of 8 each leg

CORE

Planks: 3 reps (hold for 30 seconds each)

Side planks: 3 reps (hold for 10 to 30 seconds each side)

CARDIO

Alternate between running, rowing, and biking intervals. Start at a pace at which you can sustain a conversation for 5 minutes. Then do five 60-second sprints with 2 minutes active recovery.

50's

Diet

Bone loss occurs for men and women, so calcium and vitamin D become increasingly important during our fifties. This is particularly important for women, as the menopause results in reduced oestrogen levels. Oestrogen has a protective effect on bones and when oestrogen levels reduce bones are susceptible to 'wear and tear' and fractures. Our minds may begin to struggle to meet day-to-day demands and so require care and exercise. There are numerous ways to maintain a healthy mind; try keeping it busy with puzzles and stimulants, eating a healthy diet, and take Ginkgo Biloba. This popular herb has been found to help maintain a healthy blood supply to the brain, and as a result many experts believe it can help to protect memory. Men should increase their consumption of foods high in zinc, such as pumpkin seeds, to protect prostate health.



Exercise

It is vital to keep active, however, don't overdo it with high impact activities. Instead try stretching and flexibility exercises and focus on any areas of the body that may be at risk of injury, such as the back or knee joints.

Feel Great in Your 50s and Beyond

A certain urgency permeates your workouts now: You still want to look good, but you're also training to stay alive. Exercising regularly is your strongest medicine. In fact, according to a recent commentary in the *Archives of Internal Medicine*, "Physical activity may be the most effective prescription physicians can dispense for the purposes of promoting successful aging."

The evidence keeps accumulating: Exercise protects your heart, relaxes your arteries, makes your erections harder, builds muscle, strengthens your bones, fights cancer, boosts your immune system, and perhaps most inspiring, it's one of the best ways to rewire your brain. "If you don't exercise, it's like your brain is in a cast—your brain cells and networks atrophy," says John Ratey, M.D., an associate clinical professor of psychiatry at Harvard medical school and the author of *Spark: The Revolutionary New Science of Exercise and the Brain*.

Tips for Your 50s and Beyond

Recharge Your Brain

Adults who devoted 4 days a week to an hour of moderate aerobic exercise (running, stair climbing, or riding a stationary bike) had more blood flow in their dentate gyrus, the area of the brain where memories are formed, according to a 2007 Columbia University study. Increased blood flow may signal the growth of new brain cells, a process known as neurogenesis, says Adam M. Brickman, Ph.D., a neuropsychologist and coauthor of the study. It's also possible, he says, that exercise stimulates the release of a growth factor in the brain tied to neurogenesis. Another study found that people who did resistance training once a week saw a 12.6 percent jump in a performance on memory tests.

Slow Your Cells' Aging Process

The cells of people with high omega-3 levels age more slowly, according to research from the University of California at San Francisco. Researchers aren't sure why, but it may have to do with the anti-inflammatory properties of omega-3 fatty acids. "Many of the conditions associated with aging—arthritis, cardiovascular disease, Alzheimer's—are related to chronic inflammation," says Bowerman. She advises eating cold-water fish (mackerel, salmon) twice a week, and taking 2 grams a day of a fish-oil supplement. Our favorite: Nordic Naturals Omega-3D, which delivers 550 milligrams of EPA and DHA and 1,000 IU of bone-strengthening vitamin D.

Relax Your Arteries

Regular aerobic exercise can delay and may even reverse aging in your arteries, concluded a 2008 review in the *Journal of Applied Physiology*. Study coauthor Douglas R. Seals, Ph.D., a professor of kinesiology and applied physiology at the University of Colorado at Boulder, explains how: Exercise boosts your heart rate, which increases blood flow. A better blood flow creates more friction on the blood vessels' inner lining (a.k.a. the endothelial layer), which, in turn, stimulates the production of nitric oxide. This improves the ability of your arteries to dilate and confers other benefits as well, like reducing inflammation and oxidative stress, protecting your arteries from developing disorders. New research indicates that high intensity aerobic intervals appear to deliver greater endothelial benefits than steady-state aerobic training, according to a study published in the *Journal of the American College of Cardiology*.

Fight Age with Muscle

After 50, the sedentary man's muscle loss speeds up and he then loses about 10 percent of his muscle mass every decade. This leads directly to osteoporosis. If you've been lifting weights, keep it up. If you haven't, start now—it's not too late. American College of Sports Medicine guidelines cover strength training for people over 65. Your workout should also involve more balance moves to strengthen your feet, ankles, and core and to straighten your posture.

The 50s and Beyond Workout: Fitness and Mobility

Complete this workout 3 days a week, but do the flexibility training every day. The tempo is 2 seconds up, 2 seconds down. Do the strength and core part as a circuit: perform 1 set of each of the 6 exercises (resting 30 seconds between exercises), and rest 1 minute. Then repeat 2 more times.

SPLIT YOUR WORKOUT LIKE THIS

Flexibility: 20 minutes

Strength: 20 minutes

Cardio: 20 minutes

FLEXIBILITY

Foam rolling: 10 minutes

Kneeling hip flexor stretches: 10

Lateral squats: 10

Wall hamstring stretch: 10

Doorway pec stretches: 10

Bridges: three 10-second holds

Bosu-ball drills: progress to one leg

STRENGTH

Pushups: 3 sets of 10 to 20

Split squats: 3 sets of 12; add dumbbells when you master the form

Lunges: 3 sets of 12

Front pull downs: 3 sets of 12

CORE

Planks: 3 reps; hold for 30 to 60 seconds

Side planks: 3 reps; hold for 10 seconds on each side

CARDIO

Alternate running, rowing, and bicycling intervals. Start with a 5-minute warm-up; then do five 60-second sprints, with 2 minutes rest. Mix in steady-state days during which you just bicycle, row, or run for 20 minutes at a pace slower than 70 percent of your maximum heart rate.

60's - 70's

Diet

Ensure you receive sufficient levels of vitamin D to protect the health of your bones; get out in the sun as much as possible or take a supplement to ensure you reach the daily requirements. In your sixties and seventies you require fewer calories so choose nutrient dense foods. Follow a diet high in antioxidant fruits and vegetables and fiber and try to limit the amount of salt in your diet as much as possible. In addition, studies have found that memory conditions such as dementia and Alzheimer's can be reduced with a higher intake of B vitamins. Why not try a complete Vitamin B Complex supplement. Also, try to include probiotics in your diet to improve the efficiency of the digestive system.



Exercise

As we age the body's natural production of nutrients reduces. This is certainly the case for the collagen and glucosamine that is present in our joints. Glucosamine and Collagen supplements can help to replenish dwindling supplies and help to protect joints from damage. Use basic stretching and balance exercises to help to maintain mobility and prevent falls.

How Do You Measure Up?

EXPLOSIVE POWER

The average guy's vertical jump

AGE	HEIGHT
20-29	19.7"
30-39	16.9"
40-49	13.8"
50-59	11.0"

Vertical jump is a good way to measure lower-body power, and it peaks during your 20s.

The MH Fit Standard: 22"

To boost your hops, says Kelly Baggett, the author of *Vertical Jump Development Bible*, stand at the edge of a 12- to 18-inch-high box. Step down, landing squarely in front of the box, and then jump as high as you can. Do 3 sets of 5, pausing 10 seconds between reps and 2 minutes between sets. Do this routine 3 times a week before your workout.

BODY COMPOSITION

The average guy's body-fat percentage

AGE	BODY FAT
20-29	14.1-17.4%
30-39	17.5-20.5%
40-49	19.6-22.5%
50-59	21.3-24.1%

More than any other measure, your body-fat percentage indicates your overall health. From this decade on, the average guy adds on the adipose (a.k.a. flab).

The MH Fit Standard: 11%-18%

Use this simple strategy to maintain a healthy weight: Stand on a scale every day. More than 44 percent of dieters who've kept pounds off for at least 5 years weigh themselves daily, according to a National Weight Control Registry study. The Wi-Fi Body Scale measures your body fat and lets you track your weight loss and muscle gains from any Web browser or your smartphone.

FLEXIBILITY

The average guy's sit-and-reach

AGE	REACH
20-29	15"-17"
30-39	15"
40-49	13"-15"
50-59	11"-13"

The sit-and-reach test measures flexibility, which declines by about 25 percent from your 20s to your 50s.

The MH Fit Standard: 17"

To improve flexibility hold a barbell at arm's length, your grip slightly wider than shoulder width. Bend forward from your hips with your knees slightly bent and your back straight, until your torso is almost parallel to the floor. Pause 2 seconds before returning to the starting position. Do 3 sets of 15 reps, 2 to 3 times a week, says Bill Hartman, P.T., C.S.C.S.

STAMINA

The average guy's pushup total

AGE	TOTAL
20-29	25
30-39	19
40-49	15
50-59	11

The number of pushups you can bang out without stopping is a good test of your upper-body strength and endurance. This is the kind of muscle you need to ferry groceries or carry an exhausted toddler. In his 40s, the average guy's total drops to 60 percent of its peak in his 20s.

The MH Fit Standard: 30

Here's how to avoid joining the ranks of the sparrow-chested: Determine your pushup max (the number you can do without stopping while maintaining perfect form). Now divide that number by 2 to determine your number of reps per set. Start with 3 sets, resting 1 minute between each. Each week for 6 weeks, shave 10 seconds from your resting period until you eliminate it entirely, says Alwyn Cosgrove, M.S., C.S.C.S.

What Men Want at 20, 30 and 40

It's a fact. If you walk past a group of guys, they are physically unable to resist the urge to ogle. Ever wonder why are men such boys? Do they ever grow up and notice the inner woman? After all, beauty is only skin deep, and we want a man to admire us for more than a seductive arrangement of body parts. As a public service, a poll of men at different stages of their lives were asked what attracts them to a woman. Their answers were very ... educational.

20: THE MORE THE MERRIER

"I'm a legs and butt man," says Andrew, a 23-year-old stockbroker. He explains, "My first thought when I see a woman is, 'Do I want to have sex with her?' That cuts out 70 percent right away. At this stage of my life I'm not particularly looking for anything long-lasting." That's probably because most male twenty-something's have one burning desire: to build a successful career. In terms of women, well, the more the merrier. Men in their twenties want a pretty woman, an ornament on their arm to show their boss and the world: "Hey, I must be really cool to attract such a hot babe."

There's a hope at the end of this semi-shallow tunnel of youth: As men in their twenties age, they begin learning from experience. "You get knocked around a few times by women with big knockers and you realize a pretty face isn't everything," says 27-year-old Peter, a marketing consultant. "But I'm still initially attracted to someone's looks. So any busty blondes reading this can contact me through the Website. But I also want a woman who's sensitive because, hey, I got feelings."

30: STABILITY -- AND SANITY

Jim, a comic, recalls, "When I was seven I wanted a girl who could make a good sand castle. At 17, she just had to be stacked. At 27, she couldn't want to be my wife. Now that I'm 30 I want somebody sane and stable. The bottom line: While a cute tush still makes my head turn, it's the gray matter that keeps me interested."

As he enters his thirties, a man's taste in women definitely changes. After the initial experimental stage where he dates a lot of people, he looks for a woman to fill certain roles, like wife and mother. Another way to put it: He's refining his taste. He knows he can't spend all his time in bed. The mid-to-late thirties are often the period when men give in to their urge to settle down. At 39, Paul, a computer consultant, is no longer looking to date, but to mate. "I want someone who looks like a good baby-maker, not an anorexic who's afraid to put a cookie in her mouth."

40: COMPANIONSHIP

Men in this age range still think a roll in the hay is nice, but now they're more eager for substance. They want to be nurtured. If you're up for the job, the 40s man may be yours for the taking. Many of them are burnt out, making tons of money and lonely as hell because they have no one to share their success. Still not convinced? Listen to 41-year-old Stuart, a computer systems VP. "Now that I'm in my wise forties, I'm more interested in the character of the person than the package it comes in. Is she caring? Is she as giving as she is taking? Those are the questions I ask myself about the women I meet."

The aphrodisiac for Stuart, as for many over-40 men, is compatibility. If there isn't a certain comfort level with a woman at this stage of a man's life, a relationship can be very frustrating. Bob, a 41-year-old advertising executive, knows this frustration. "It would be easier to meet someone if my primary interest was looks. But if I don't connect with someone in a cerebral way, I lose interest fast. I want to be with someone who laughs at my jokes, who'll take care of me when I'm sick, and let me take care of her. This seems like a mission impossible."

Yes, the 40s man is sensitive, but he's also prone to mid-life crises and heavy-duty alimony payments. Find this disheartening? Just keep in mind that some of the most compatible love matches are between older women and younger men. Why? These two age grooves are actually the most sexually in sync of any combo out there.

Dating in Your 20's, 30's, 40's, 50's and 60's

What is it that we are searching for? It is the butterflies we first encounter in the presence of your date, the sound of their voice, their smell, touch or is it the blissful moment that comes with exchange of the first "I love you"? As you progress through the decades dating dynamics change with age, your goals change, priorities change the longer you are single the tougher it gets to find "the one". We have outlined a few tips below so get on moving and find your true love.

Dating in your 20's

The dating pool is endless, everyone is in the same position either at university beginning life as an adult, traveling, hitting the party scene. Generally there much urgency to settle down quickly, your eager to please hoping looking for acceptance, fall in love simply for the buzz, you get excited about going and filling your social calendar.

You date more for external reasons, seeking the fittest, most attractive and most popular date, you live in the moment. It's all about timing with regards to taking the next step; after you finish your education, when you have a stable income, after that overseas trip. Once you have reached your mid to late 20's the dynamics slowly start to change, still no urgency you begin to think about a potential future partner.

Tips for Dating Success: Have fun, be clear with your intentions consider the person you are with for a long-term relationship, if not just be open and honest.

Dating in Your 30's

Dating with a purpose, you have finally figured out who you are! What makes you happy and you are looking for the right person to compliment your life journey. Many 30 something's move quickly through the relationship phases, often marrying within one to two years. No longer do you wait for the perfect time as you realize there is no time like the present and life doesn't happen by a schedule you just make you decision and live with the consequences. You are at a high in your career, leaving you little time and have often outgrown the night club scene, you have had many life's experiences both good and bad. You know yourself you have dealt with psychos, loved, experienced hurt, felt lonely, been left, broken hearts and finally realize that sitting in a bar until 5am dancing with the teens is not a good look. For both men and women the biological clock is ticking.

Tips for Dating Success: Be honest and realistic with your date; discuss your goals and dreams early on in dating stages, particularly the topics of children and marriage. If your goals are different and no compromise can be made move on quickly avoid heart break there will be someone out there with similar dreams.

Dating in Your 40's

It's time for you to think outside the square and take a proactive approach to expanding your social network, stand your ground get noticed and find your ultimate companion. Dating in your 40's it's usually your second time round dating potentials will more than likely have children from previous marriages, commitments and more emotional intelligence based on both positive and negative life experiences. In some cases extremely career driven individuals have re-surfaced and are ready to make that big commitment. When dating in your 40's you have evolved as a person, you know who you are, your often sure of what you want, more self-aware, settled in your career, secure, more direct, less mind games and interested in true companionship.

Tips for Dating Success: It may be to 'brush up' on your dating skills, practice with a friend, and let them give you honest feedback. Get a makeover, throw out that dated dress, jeans or shirt you have had for 10 years, give yourself a fresh lift with a new wardrobe, hairstyle and a healthy eating and exercise regime. You will feel healthier, look better and glow attracting like-minded fresh potential partners.

Dating in your 50's

Re-entering the dating scene can be both exciting and stressful at any age; it's time to take a proactive strategic approach for success to be achieved, just like you would with any other life goal you wish to accomplish. Don't wait around for fate to come knocking, open doors! Whether it's your first or third time most clients dating in their 50's are looking for fulfillment they are practical daters rather than emotional ones. Statistically men marry someone

with a three year age gap below and above their age, someone that will understand their love of the similar music, political experiences and dress sense.

Tips for Dating Success: Keep the conversation positive, a key turn of is negativity, don't share your war stories with your date, save them for your friends. Ask questions, prepare at least 5 questions to ask your date, find out what you would like to know about them, listen and respond with warmth. Think of at least three reasons why you are a catch, whether it's your famous cooking, your great story telling or your great knowledge.

Dating in your 60's

It's time to enjoy the fruits of your labor. You have worked hard, reached your peak of independence, financial states, freedom of life experience. Now is your time to find a companion a great friend to share your life journey. Life expectancy has increased well into the 90's it's important to act now! You have many good years left in you. Dating in your 60's means finding a best friend, a travel companion, a walking partner, someone to dine with not to mention your fulfill your physical needs, just because you have reached 60 doesn't mean your life has stopped, these days most people look and feel decades younger.

Tips for Dating Success: Stay positive, get out there and mingle, expand your network join a group, volunteer at a charity, take up dancing or hire the services of a matchmaker be proactive and take action. Embrace your freedom to explore new opportunities and do something about your situation rather than complain and worry about being single. Live life with optimism, one of the primary reasons both sexes request younger ages is the negativity and lack of enthusiasm of individuals within the same age range. If you stay vibrant, happy and look on the brighter side of life experience you will be found very attractive.

Tips for Dating Success: Be honest and realistic with your date; discuss your goals and dreams early on in dating stages, particularly the topics of children and marriage. If your goals are different and no compromise can be made move on quickly avoid heart break there will be someone out there with similar dreams.

So get out there and find true love!

**CERTIFIED MEN'S HEALTH COUNSELOR ONLINE COURSE - SESSION 12
QUESTION & ANSWERS**

NAME: _____
ADDRESS: _____
CITY, STATE, ZIP, PC: _____
PHONE: _____
FAX: _____
E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or mail it back to us at iridology@netzero.net or P.O. Box 485, Weimar, CA, 95736-0485. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please use a separate sheet to do this assignment.**

There is no homework for this session.