1. **6 Weight-loss Myths for Men** We debunk the old wives’ tales, urban legends, and just plain bad information that can keep you from hitting your goal.

2. **Guys Get Real About Body Image** Worrying about how you look isn’t just a female thing. Men have their own unique concerns and pressures—and these WW members want to talk about it.

3. **A Guy’s Guide to Seafood** It’s some of the healthiest food you can add to your diet. Get the lowdown on the tastiest picks from today’s catch.

4. **Ready, Set…Hike** How to trim down by becoming one with nature.

5. **Ready, Set…Cycle** Get pedaling, get in shape and get where you’re going.