

A photograph of two men running on a sandy beach towards the ocean. The man on the left is wearing a green t-shirt and blue shorts, while the man on the right is shirtless and wearing dark shorts. Three dogs are running alongside them: a beagle, a black dog, and a brown dog. The ocean is in the background under a clear sky.

HOW DO YOU BEAT STRESS?

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM 

Running helps. But what do you do?

LET'S TALK
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