

# Ask anything

A GROOM-TO-BE ON TINDER? SWIPE LEFT!

## FITNESS

**My friend swears working out in front of a mirror makes her more confident. I feel like a dork. Does it really work?**

It can! Sweating mirror-side helps you spot form flaws, and it lets you soak in the results of all your hard work. You might feel a little silly at first because we're socially conditioned not to be caught staring at ourselves, but remember this: Everyone's focused on their own workout—they're not going to be monitoring you. Try wearing a sleeveless shirt to see your new muscles working. Still feel self-conscious or find your eyes drifting toward areas you're not super-happy with yet? It's totally okay to pass. It just may be that you're one of those people who gets in a better workout without being followed by your reflection at every turn.



Rachel Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, CA, and author of *Drop Two Sizes*



**Guy Next Door**  
Clint Carter

VS

**Girl Down the Hall**  
Faye Brennan

*Clint is a senior editor at Men's Health; Faye is a senior editor at WH. Here, they Gchat their way to solving your relationship probs.*

**Just found my BFF's fiancé on Tinder. To tell or not to tell?**

### GIRL DOWN THE HALL

Hmm... I know of some long-term (and very much in-love) couples who have admitted to each other that they'd like to go on it out of curiosity, just to see how all the singles are dating these days.

### GUY NEXT DOOR

C'mon! That's as odd as keeping a box of cookies at your desk when you're on a diet: It's way too easy to cheat in a moment of weakness. If it's your BFF, then you can ask her anything, right? Like, "Why is your fiancé on Tinder?"

### GIRL DOWN THE HALL

I'm not sure it can be delivered so bluntly. Instead, say, "Hey girl, I was on Tinder the other day, and I'm pretty sure I saw your guy. Not reading into it, but just wanted to relay that info." Let her decide what to do from there.

### GUY NEXT DOOR

If my best pal discovered that my fiancée was on Tinder, I'd expect him to let me know. If this isn't innocent, imagine the guilt you'd feel if this dude gets caught screwing around after they're already married. Not worth the secret.

**BOTTOM LINE:** Sound the alarm. You'll feel like crap—and you may risk losing a friend—if she finds out you knew and kept your mouth shut.

**I'VE BEEN DRINKING A TON OF SELTZER—AND NOW HAVE ACID REFLUX. ARE THEY LINKED?**  
The fizziness can cause gas, which puts pressure on your esophagus, potentially leading to damaging reflux. See your doc.