
10. National Men's Health Week begins today! All week long, the nationally syndicated health show The Doctors will scrutinize guys—including our editor, the very healthy Peter Moore. And on page 176, cohost Travis Stork, M.D., explains how to avoid being killed outdoors.

8. The French Open: Women's Singles Final is today. Speaking of clay, is there a more sculpted form than Maria Sharapova's? Roger Federer hones your serve in this issue's Freeze Frame.

9. Two subservives share this birthday. Johnny Depp (50! He's catching up to Keef) and Donald Duck. Dan is 79—about 514 in duck years—and still waddles around pantsless. Fine for waterfowl. For you, a perfect pair of shorts in this month's Style department.

13. Bonnaroo blasts off in Tennessee. Create a playlist from the lineup (Mumford & Sons, R. Kelly, McCartney, the Lumineers, Björk) and mix a summer cocktail. Click on Happy Hour at MensHealth.com/guygourmet. Wait... Björk?

14. Look! Up on the multiplex screen! It's Man of Steel, opening today. Before he was Superman, before he was Clark Kent, before he was Kal-El, actor Henry Cavill was an M-H cover guy. Forge your own age of steel with our Abs Training Guide, on newstands now.

10. All Father's Day. Stay on the couch. Have your kid fetch your iPad. Cue the M-H video on gifting. Tell your kid to ask for your wife. Resume what you weren't doing. Oh, and call your dad.

27. This isn't funny: It's National HIV Testing Day, so pick up the QnAQuick In-Home HIV Test. Its makers claim that it'll detect 92 percent of infections, so we'll take those odds, given the alternative.