

(SELF)

STARTER

TAKING CARE OF BUSINESS

→ *You don't need an MBA to know that there are big benefits to connecting with colleagues over a workout.*

But what's the protocol? BY LESLIE GOLDMAN

Exercise is scientifically proven to improve executive brain function—the mental skill set you use to focus, organize information and manage time. And doing it with a coworker only boosts the benefits. “Exercising together takes your relationship to the next level: You inevitably talk about things other than work, and you get a rush and celebrate with a high five at the end,” says Jessica Alter, CEO of a networking platform for entrepreneurs called FounderDating. But as powerful as “sweatworking” can be for your career, it can be equally awkward.

(For one, you need a game plan for dealing with freshening up post-workout—otherwise, you may both find yourselves in a tiny locker room wearing even tinier towels.) Here's how to #WorkIt. BUSINESS > 18

HAIR: TAKUYA SUGAWARA FOR AVEDA; MAKEUP: NITASHA SWEE FOR NARS COSMETICS; MODELS: ALEX RUBIO AT ELITE AND ALEXA LEE AT WILHELMINA FITNESS. SEE GET-IT GUIDE.

Photographed by JUSTIN STEELE
Styled by TAYLOR OKATA

Choose the right workout

Ask your colleague if there's an activity she loves or a new class she wants to try, says Amanda Freeman, the entrepreneur behind New York City boutique-studio chain SLT, where many duos sweat and then do business. Going with one of these options? Keep a few things in mind:

RUNNING As long as you're similarly paced, this is the ideal way to catch up. Run slowly enough that you can both talk without feeling breathless.

SPIN, BOOT CAMP, ETC. The music tends to be loud and talking is discouraged, so meet at the studio 15 minutes before class begins to stretch and chat.

YOGA Because yoga can sculpt without much sweat, you'll avoid any potentially awkward locker-room situations. You may not be able to talk before or during the session, so budget time to grab a juice afterward.

Make an after plan

It's always good form to offer to treat a colleague or client to a postworkout smoothie, but ask her in advance if she'd rather go sweaty or shower first. "If she wants to freshen up, you should, too," says avid sweatworker Elisette Carlson, founder of the marketing firm Smack! Media. "Bring something simple to change into—like a tunic dress—so you can get in and out of the locker room quickly."

Keep it going

Connecting on social channels helps cement your relationship, says Beth Bridges, author of *Networking on Purpose*. So ask if you can share a workout selfie—tagging her. Or email the next day to ask, "Are you as sore as I am?" It organically boosts your bond and continues the conversation.



SKIP THE LONG WAIT Getting into a doctor's office takes 18.5 days, on average.

CALL YOUR DOCTOR...

➔ ...Or just try one of these apps. They let you order a consultation—or even a live M.D.—in no time, depending on your health issue. Consider this your referral. BY LISA HANEY

	If you're too busy to get to the doctor	If you feel like you're getting another UTI	If you're breaking out in a rash
DOWNLOAD	HEAL (iOS, Android) available in select cities	MAVEN (iOS) nationwide, but scripts only in the Northeast	SPRUCE (iOS) in 13 states; more coming soon
WHAT IT DOES	Use this Uber-like app to summon a doctor to your home, office or hotel within an hour. Heal docs can do a full physical, some urgent care like stitches and prescribe some meds.	Book a video appointment with an ob/gyn who can prescribe antibiotics (or Pill refills) for pharmacy pickup. Also handy for sexual-health questions.	Submit photos of affected skin plus your medical history and a dermatologist will send a treatment plan within 24 hours. Scripts will be sent to your pharmacy (Accutane excluded).
COST	\$99 per visit (plus \$19 for Rx delivery)	\$35 for 10 minutes with a doctor	\$40 per appointment

NOTE If your issue is life-threatening, go to the ER, stat! For complex matters, call your primary-care doc, advises James Beckerman, M.D., a cardiologist in Portland, Oregon. And a suspicious mole or lesion should be evaluated in person, says Mona Gohara, M.D., associate clinical professor at Yale School of Medicine.