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Dive deeply into topics like machine learning, algorithms, Python, and more.Build a career with mathMath-related career fields are growing fast.According to the U.S. Bureau of Labor Statistics, math-related fields will grow by 27% between 2019 and 2029—that’s more than 56,000 new jobs. These rewarding and well-paying jobs include:ActuaryAccountantStatisticianOperations research analystData analystOf course, a math education isn’t just for people who aspire to purely math-related fields. Math is the foundation of business, finance, and all the sciences. These fields are also growing fast.There’s never been a better time to build your math education. Explore edX courses and get started today. Men know numbers--usually useless ones. I remember the score of the first test I took in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has on it right now (173,482.6), and the points I scored during my eighth-grade basketball season (2). But when I need to recall the important numbers, the life-and-death digits, my brainpan turns into a colander. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, target heart rate--I can't keep it all straight. So I asked the experts: Which numbers are essential to a man's health and as memorable as Heather Graham's measurements (36-28-34)Here they are: seven numbers that won't win you any bar bets, but can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career passing yardage (11,336) never could.24 Almonds.Eat them before dinner, and you'll lose weight. A Purdue University study showed that people who ate nuts high in monounsaturated fat felt full an hour and a half longer than the sissies who ate rice cakes. "With 9 grams of monounsaturated fat, an ounce of almonds is enough to keep most guys from going ballistic at dinner, the time when they're most likely to overeat," says Elizabeth Ward, R.D., a nutritional consultant in Massachusetts. And odds are the weight you lose will stay off. Researchers found that of two groups of people who lost weight, those eating a diet high in monos were still slim after 18 months, while those going low-fat quickly porked up again. How to nail that number: Wash the nuts down with 8 ounces of water; this will keep you from eating more than 24 before their appetite-suppressing powers can kick in. "The fluid expands the fiber in the nuts to help you feel fuller," says Ward.7:30 Mile.Check your watch at the end of a mile run. If it shows 7 minutes, 30 seconds or less, you're at low risk of a heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital, in Connecticut. "Poor exercise performance is one of the best predictors of heart-disease risk," says Dr. Thompson, who analyzed research from the Cooper Institute of Aerobics. "The faster you can run, the longer you'll live." And the greater your heart's stroke volume--the blood pumped per beat. "Even if you had a heart attack, a greater stroke volume would probably mean you'd survive it," says Dr. Thompson. How to nail that number: Practice quarter-mile intervals. Run a little faster than your mile pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do this twice a week. "Quarter-mile intervals are best because you're using a combination of speed and endurance, which makes you faster," says Dr. Thompson.3 days a week.That's how often you have to lift weights to help prevent diabetes. Finnish researchers found that when men at risk of diabetes trained with weights three times a week, their sensitivity to insulin improved by 23 percent, compared with no change in those training aerobically. Insulin sensitivity is key to helping your body process sugar (glucose). "Unlike endurance training, resistance training results in an increase in muscle mass. More muscle may help increase glucose disposal," says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail that number: Do the circuit-training program used in the Finnish research: Go to a gym and train the large muscle groups--back, abs, arms, and legs--by doing eight to 10 repetitions at each exercise station, resting for 30 seconds, and then moving on to the next station. Repeat two more times for a total of three sets.10 Minutes.Spend this amount of time icing after a run to save your knees from osteoarthritis. Weight-bearing exercises, such as running or playing basketball, draw blood and a lubricant called synovial fluid to your joints. And that's good--while you're exercising. But if extra synovial fluid and blood stick around too long, the cartilage can crack, and osteoarthritis will eventually develop. That's why post-exercise icing is so critical: "The ice makes the extra fluid run away from your joints, and then your lymphatic system filters it out," says Kevin Olds, C.S.C.S., M.S.P.T., a physical therapist in Memphis. How to nail that number: Keep a few instant cold packs in your gym bag. (Cramer cold packs are $18 for a box of 16.) In a pinch, put a cold can of soda just below the kneecap, right on the patellar tendon, says Olds. "That's where the joint line is."8 Ounces of OJ.Drink this much at breakfast, lunch, and dinner to prevent a stroke. Downing OJ--the not-from-concentrate kind--daily is still the easiest way to boost your high-density lipoprotein (HDL) cholesterol and in turn lower your stroke risk. When Columbia University researchers measured the HDL levels of 1,444 people, they found that those with the highest levels had a significantly reduced risk of an ischemic stroke, the type that affects most men. "HDL cholesterol is the garbage truck of circulation," says Dr. Thompson. "If you have a lot of garbage trucks, they can remove all the trash." This includes the "trash" that causes impotence. How to nail that number: Make it easier to stomach. If the acidity of OJ is too much, try Tropicana Pure Premium Low Acid orange juice. Missed a glass? Snack on a Hershey's Special Dark chocolate bar (the regular, 1.45-ounce size), the amount of chocolate Pennsylvania State University researchers found increased HDL levels by 4 percent.6 Pullups.A fit man who weighs between 170 and 200 pounds should be able to do this many. (If you're lighter, it's 10. Heavier? Four.) "The pullup is the perfect exercise to gauge your strength because it forces you to lift your entire body," says Michael Mejia, C.S.C.S., exercise advisor to Men's Health. "Men who can do this many shouldn't really encounter too many situations that they can't physically accomplish." But six means six perfect pullups. Keep your hands shoulder-width apart, palms facing out, and legs together. When your chin completely clears the bar, pause for a count of two, then slowly lower yourself and repeat. How to nail that number: Place a bench under the bar and do negative pullups. Stand on the bench, grasp the bar, and then bend your legs so your feet hang free. Take 5 seconds to lower yourself until your arms are straight. Step back on the bench and repeat three more times. Do two to three sets twice a week. "These will develop your muscles enough so that you'll eventually be able to lift yourself," says Mejia.2 Servings of fish.Put this on your weekly menu to help cancer-proof your prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who ate no fish had as much as a three-times-higher risk of prostate cancer than those who ate it regularly. The omega-3 fatty acids in fish help inhibit prostate-cancer growth, says Alicia Wolk, M.D., the study author. Tuna, salmon, and sardines are all swimming in omega-3s. How to nail that number: If Mrs. Paul's is your idea of deep-sea dining, take Coromega fish-oil supplements. You get a healthy dose of omega-3s--350 milligrams (mg) EPA and 230 mg DHA--in a ketchup-packet-sized portion of orange-flavored cream.Watch Next

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