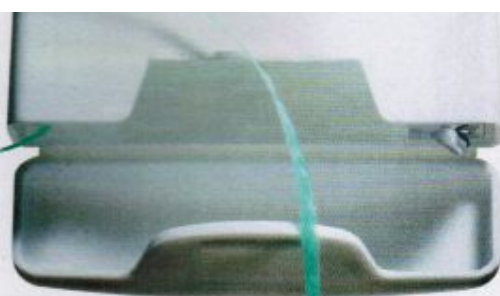


WHICH IS BETTER...



Under- or overdressing for an outdoor workout?

WEAR LESS. Your body temperature rises as you exercise, so you'll warm up. If you overdress, you'll be prone to overheating, says Janet Hamilton, C.S.C.S., clinical exercise physiologist and coach at Running Strong in Stockbridge, Georgia. Losing extra fluids through sweat could put you at risk for dehydration. Worse, the sweat could evaporate off your body, giving you a chill. A good guideline is to dress as if the temp is 20 degrees warmer; you should feel chilly when you walk outside. Also consider wearing a layer you can take off after the first mile.



FLOSSING BEFORE or AFTER you brush?

FLOSS FIRST. It loosens the food and plaque between teeth and under gums, so brushing can sweep them away, says Matthew Nejad, D.D.S., a dentist in private practice in Beverly Hills and faculty member at the University of Southern California Ostrow School of Dentistry. Any flossing is better than none (your toothbrush can't access the tight spaces between your teeth and in gums), but waiting until after brushing allows particles to settle back into the teeth. Getting rid of them is key to preventing cavities, bad breath and gum disease. The American Dental Association recommends flossing at least once per day. To remind yourself, stash floss by your toothbrush, where you'll see it.



WHICH IS WORSE...

STAYING UP PAST MIDNIGHT or GETTING UP BEFORE DAWN to finish work?

A LATE BEDTIME CAN BACKFIRE. Unless you're a night owl who normally stays up until 2 A.M., burning the midnight oil will work against your circadian rhythms. Your body ramps up production of melatonin (i.e., the sleep hormone) around 9 P.M. Trying to resist drowsiness will leave you fuzzy-headed and distractible, explains Robert S. Rosenberg, D.O., a sleep medicine expert based in Prescott Valley, Arizona. Melatonin drops in the early morning, so while you may wake up tired, you'll soon feel sharper and able to focus.

