

1 BRUSHING YOUR TEETH

Dentists say almost *no one* hangs in there the recommended two minutes—but we all should. The problem with the quick brush isn't only the plaque buildup; it's also that we tend to brush too aggressively to compensate. "The thinking is that by scrubbing harder, you'll make up for not doing it as long. And that can wear away tooth enamel, as well as your gums," says Howard S. Glazer, D.D.S., a former president of the Academy of General Dentistry. If your toothbrush bristles look frayed after a month or so of use, you're overdoing it. Dr. Glazer's advice: "If you can't take two minutes to do a thorough job twice a day, ease up and just brush more often."



2 LIFTING WEIGHTS

Look, you get points for doing this at any speed! But slower's *so* much better. Sure, you want it over with, but "lifting and lowering dumbbells too fast means you use more momentum than muscle," explains celeb trainer Teddy Bass. Fitness experts agree that you get way fewer benefits from a rushed workout. Bass recommends taking at

least three seconds each to lift and lower.

3 SHOPPING FOR GROCERIES

Supermarkets have a health halo—people think they're buying healthier options there than at, say, the drive-through, says Los Angeles nutritionist Ashley Koff, R.D. But when you're rushing and don't read labels, what you get could be no better than fast food. "Quick-grab foods like frozen dinners and packaged snacks are often highly processed and loaded with sugar and salt," Koff says. If you have to be in and out in minutes, do your dash around the perimeter of the store, which often houses healthier picks (grape tomatoes + corn + basil + scallops = a quick and healthy sauté dinner!).

—Shaun Dreisbach

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



I have a confession: I cut and burn myself when I'm stressed. Why do I do this?

—B.S., CINCINNATI

It's brave of you to talk about this—a lot of self-harmers are reluctant to get help. For many women, intentionally cutting or burning themselves is a way of dealing with difficult emotions; some people find that the pain distracts them from anxiety or sadness. Others may feel a rush.

Have a Q of your own? E-mail Dr. Manson at healthhelp@glamour.com.

How can I stop?

You've told me your secret—can you take the next step? Mental health professionals are still devising ways to treat self-harming; antidepressants are one option, and we know talk therapy can help. It can teach you "in the moment" strategies to help you cope with your feelings in healthier ways and get rid of this distressing crutch for good.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

Eat...more!

◀ YOU CAN HAVE THIS
Eggs Benedict (1 English muffin, 2 eggs, ¼ cup hollandaise sauce, 2 slices ham)
597 calories, 38 grams fat

OR ALL THIS ▶
Greek omelet (2 eggs, 2 tbsp. feta, ½ cup tomatoes, ½ cup spinach), toast with 1 tsp. jam, and 3 oz. potatoes
440 calories, 17 grams fat

SO REMEMBER: Creamy sauces are a killer at brunch. Go for an omelet with tons of filling veggies, and you can have taters and toast, too! —*Marissa Lippert, R.D.*

health quickie Another reason to love your sis: A good relationship with her can protect you against depression.

TOP LEFT: PATRIC SHAW; EAT MORE: JONNY VALIANT; FOOD STYLIST: SUSAN SUGARMAN; PROP STYLIST: THEO VANVOUNAKIS; TOP RIGHT: © HOJGER SCHEIBE/CORBIS; MANSON: HEATH ROBBINS; HEALTH QUICKIE: LAURA PADILLA-WALKER, PH.D., BRIGHAM YOUNG UNIVERSITY, 2010