

37 “Healthy” Things You Have Permission to Stop Doing Right Now

The news that flossing is not essential for dental hygiene took many of us by surprise, but that's not the only health habit that may not be helpful.

Weighing yourself every day



"Too many people judge their health by the number on the scale, but muscle is more compact than fat, so it takes up less space in your body. That's why when you exercise, the scale may not budge, but your clothes fit better. Muscle burns more calories than fat. People who are muscular typically have a high basal metabolic rate, which means they burn a significant number of calories, even when resting. So don't be a slave to the scale. It's what that pound consists of that matters." —Anthony Musemici, *certified personal trainer, master spin instructor and co-owner of CrossFit Bridge and Tunnel in New York City* (Here are important [reasons your scale could be wrong.](#))