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If I don't eat before I work out, will I burn more fat and calories?

—Danielle, Athens, GA

"You'll burn about the same amount of fat and calories whether you eat before a workout or not—but you'll be able to exercise harder and faster if your body is well fueled," says Lorraine Matthews-Antosiewicz, R.D., a nutritionist in Edison, New Jersey. Skipping food before hitting the gym can decrease your stamina and endurance and put you at a greater risk for injury, she says. Plus, strenuous exercise on an empty stomach can increase the production of the stress hormone cortisol, which can lead to the breakdown of muscle tissue—the exact opposite effect you want after pumping iron. That's why having a quality snack before you work out is a good idea: Shoot for a 200-calorie mix of carbs and protein, like an apple and low-fat cheese or hummus and baby carrots.

My mind races at night, and I can't sleep. How can I settle it down?

—Rachel, Warren, MI

Your solution actually starts during the day, says Stephanie Silberman, Ph.D., a sleep specialist and clinical psychologist in Cooper City, Florida, who suggests creating a "worry list" of things that keep you awake (like finishing a work project), including how and when you plan to tackle each task.

Then, one hour before bed, turn off electronics, dim the lights, and do something you find relaxing: fold laundry, read a book, stretch, listen to music, or complete a puzzle. Make sure the activity won't stress you out and can be done every night so that your body will begin to recognize it as a signal to wind down. Once you're in bed (which should be reserved only for sleep and sex, says Silberman), do a relaxation exercise to shift your focus and decrease anxiety; Silberman suggests counting up in threes.