

Do you believe doing crunches or working out before bed helps boost your metabolism?

Hmmm. Well, I'm not really sure about this one - but I'm going to have to say "no". Crunches are great to work your core and abdominal muscles, but it shouldn't matter what time of day you do them. Typically it's best to do your crunches and hard ab work at the end of your workouts, so that your core is not completely tired during the rest of the workout. But, doing a few crunches throughout the day (including bedtime) is totally fine. I wouldn't do a hard workout right before bed, just because it may interfere with your sleep. The best way to increase your metabolism is to eat breakfast, eat mini meals throughout the day and also increase your muscle mass (do strength training).