

It's good to be bad!

Ditch the guilt and embrace your vices – here are five naughty habits that are actually good for you!

1 CUTTING YOUR WORKOUT SHORT

Forget long slogs on the treadmill, great fitness is a case of quality over quantity, explains Jayne McPherson of Evolution to Wellbeing (www.evolutiontowellbeing.com.au). 'You can get much more done in less time using high-intensity training than you can with long-distance running,' she says. 'Quick bursts of exercise alternated with short recovery periods gets your heart pumping hard and your metabolism fired up, so you burn calories quickly.' As long as you give it your all, your workout can be over in as little as 20 minutes!

2 LOSING YOUR COOL

If you have a tendency to snap in the heat of the moment, don't feel bad – according to Spanish scientists, anger can reduce stress and spark the same part of the brain that makes you happy! Psychologist Dr Lissa Johnson (www.lissajohnson.com.au) agrees it has its place. 'If you suppress your anger, it can fester and erupt in other areas,' she says. The trick to a healthy outburst, she explains, is verbalising what's making you see red. 'For instance, instead of calling someone selfish, tell them you feel neglected when your feelings aren't taken into account.'



4 LOOKING AT CUTE CAT PICS AT WORK

Your boss might think you're wasting time forwarding that Grumpy Cat meme, but it could be just the mental break you need. A Japanese study has found that watching cute cat videos makes you more productive and focused when you get back to the job at hand, while research from the US showed taking a breather to laugh at a funny video inspires creativity. Hit 'send' and tell your boss you're doing them a favour!

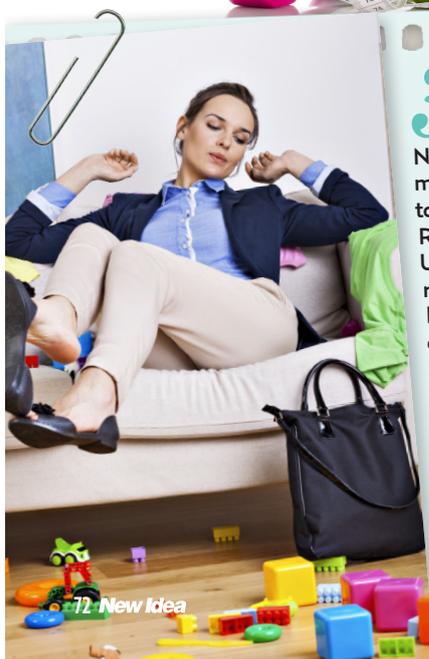
5 THAT EXTRA CUP OF COFFEE

Good news! Your daily caffeine fix has some amazing health benefits. Researchers from the Netherlands say that up to four cups of coffee a day lowers your risk of heart disease by 20 per cent, while Swedish scientists found that around two cups a day could slash your chance of a stroke. Other studies link coffee to improved memory and less stress – it's all thanks to the brew's hefty antioxidant content.



3 SKIPPING THE HOUSEWORK

No time to make your bed in the morning? It's the perfect way to scare off bed bugs. Seriously! Researchers at Kingston University in London have revealed that dust mites don't like the warm, dry environment of rumpled sheets. And if the housework got pushed to the backburner again, remind yourself that exposure to some bacteria is good for your immunity – a study in the journal *Science* showed that germ-free environments lead to a weakened defence system.



Feeling fidgety?

It might be one of those annoying habits, but research shows fidgeting can burn up to 1465kJ a day!