

BY YLVA VAN B

The Tooth A

When it comes to oral health, some toothbrush features do a better job than others, says Karen Wolf, a registered dental hygienist and president of the Canadian Dental Hygienists Association in Antigonish, N.S. Here's what to look for.

- **A straight handle.** This simple design provides the best control.
- **An appropriate head size.** Kids' toothbrushes are sized by age, while adults' come in small, medium and large. Medium is a safe bet for most adults, but you may need a small one if your jaw doesn't open wide enough. Ask your dental hygienist for a recommendation.
- **Soft bristles.** Medium to hard bristles can damage enamel and exacerbate

DANCE WITH A DIFFERENCE

Tired of the same old aerobics class? Try neuromuscular integrative action (NIA), a creative barefoot workout that is way more fun than it sounds. Geared to any age and fitness level, the class encourages participants to explore their emotions and music through expressive dance-inspired movements. (While you're following the instructor's foot moves, you're also moving your upper body to the beat of the music.) NIA combines different aspects of martial arts, yoga and T'ai Chi in a feel-good class that improves strength, endurance, balance and flexibility. Classes are provided by individual certified instructors; check www.niac-on.ca for one in your area.