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Fix your thyroid

This week's tip comes from Jen Wittman, holistic health expert, chef and owner of The Healthy Plate and Thyroid Loving Care wellness programs.

If you're having a hard time losing weight, or are dealing with brain fog or fatigue, your thyroid might be to blame. Proper thyroid function is crucial to weight management, focus and energy, and a selenium deficiency could be affecting yours. One way to get your daily dose of selenium is to eat two Brazil nuts a day. Other selenium-rich foods are sunflower seeds, eggs and mushrooms. **METRO**



WITTMAN PROVIDED

Health notes



The TD 5 Boro Bike Tour rolls into town this spring. / METRO FILE PHOTO

New studios we can't wait to check out in 2014

1 RowHouse (555 W. 59th St., 212-288-8045) and **CityRow** (80 Fifth Ave., 212-242-4790), two indoor rowing studios

2 Fly Fitness (pole dancing, hoops, aerial classes, yoga): 348 W. 36th St., 212-643-0256

3 Simply Cycle Astoria: 30-69 Steinway St., 2nd Fl., 718-806-1962

4 ChaiseFitness 92Y: (the bungee workout's second location; hosting free classes today), 1395 Lexington Ave., lower level, 212-987-6100

5 CrossFit NYC The Black Box: 157 Columbus Ave., 212-684-2018

Dates to know

1 Today: Last day you can get 30 percent off **Organic Avenue's Love Deep or Go Green Cleanse**

2 May 4: The 37th annual **TD 5 Boro Bike Tour** (register now at www.bikeneewyork.org). **MEREDITH ENGEL**



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