

No guts, no glory



I've always been a bit rubbish at New Year's Resolutions. Aside from the fact that most of us tend to give up on them by around March (no really, there's actually been studies conducted to prove this!), it's just never made sense to me to only want to make a change for the better at the start of each year. Instead, I prefer to approach a new year with a philosophy on how I'd like to live my life. Back in December, NIKE had asked me what my resolution was. My response? "I want to be stronger, faster, tougher, and more creative and compassionate." With each year I strive to better myself, inside and out, and I don't think this is something we should exclusively reserve for when we crack open a fresh calendar.

Having said that, it is a great time to take all of our reflections from the year gone by, and force ourselves to get off our backsides and start implementing any changes we may have been mulling over for months. One thing I seem to

find myself thinking with every year I get older is that I don't want to live with any regrets, and that I constantly have to remember to be more bold lest I miss any opportunities life may unexpectedly throw my way. After all, who knows what amazing things you'd miss out on discovering if you're too afraid to experience something new? In keeping with the spirit of living a more courageous lifestyle, last month, when an email popped into my inbox on a Wednesday afternoon asking if I wanted to come and try out wingwalking the next day, I immediately said yes. Ok, I actually spent the next ten minutes arguing with myself in my head about the pros and cons of trying a dangerous extreme sport with less than

24 hours notice—wingwalking, if you haven't heard of it, basically involves standing on top of a plane while it flies through the sky with nothing to protect you from the elements except for a jumpsuit and a pair of goggles—but the moment my host said, "It's a once in a lifetime opportunity!" I was sold. Was it scary? Yes. Was it worth it? *Absolutely*. Exhilarating, unforgettable and making me feel truly alive, it was one of the most exciting things I've ever had the fortune to experience. Now, I'm not saying that you have to strap yourself to a plane to fully embrace what life has to offer—having courage is about so much more than being a daredevil. It's about having the bravery to face the things that intimidate you, be that changing up your style, trying strange new foods, having tough conversations that you've been putting off, or even tackling cleaning out your closet. Which is why we've packed this issue with ways to step into 2015 with a bold new attitude, whatever that might mean to you. As Eminem and Sia so succinctly put it, "Guts over fear," right? Enjoy the issue!

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TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Line the inside rim of the inner corners of your eyes with a metallic coloured eye pencil—it'll make your eyes look bigger and brighter! "7 Weeks of Tiny Tweaks," p.29

5 MINUTES

Try our brain teaser game to work out your mind—it'll help boost your memory, concentration skills and supercharge your overall brain power. "Train Your Brain," p.62

10 MINUTES

Need to have a difficult convo? Write down the points you'd like to make, then set a time, date and place for it to make the tough sitch smoother. "We Need To Talk," p.93

15 MINUTES

Grab a box or a step and your favourite workout gear, and run through this high-powered workout to blast calories (and hit every muscle group) at superspeed. "Speed Up Fat Burning," p.78

60 MINUTES

Set a timer, and dedicate an hour each day to your "power hour" in which you tackle must-do work, file essentials and focus, to stay on top of e-clutter. "Digital Overload," p.102

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