

A natural evolution



When it comes to style, my fashion sense has seriously evolved over the years. First, there were the matching outfits that made everyone think my sister—who is two years older than me—and I were twins, and I don't mean dressed in the trendy clothing I see most kids wearing these days. I mean puffy, princess-like dresses that made us look like giant cupcakes, or—dare I say it—corduroy overalls that I shudder to think of even now (thanks, Mum). Then there was the teenage semi-goth phase—note to self: black lipstick and plastic chokers are not a good look on me, even if they've been comeback trends in recent years. Next was my absurdly high-maintenance phase in university (what on earth was I doing to take that long getting ready?!), my “dress like an 80's women-in-business advert for my first job out of uni” phase and my “I've discovered vintage clothes and hipster markets” stage, and now, at the age of 29, I have finally

settled into my sense of style. A little bit sophisticated, a little bit athletic, a little bit beach babe, feminine but tough, and always reflective of who I am—after all, our personal style is how we present ourselves to the world, and is a reflection of our personality and lifestyle choices, right? Fashion naysayers often insist that it's just clothing and shouldn't matter, but I beg to differ (and so does the multi-billion dollar fashion industry). They say it only takes up to seven seconds for people to form a first impression (and scarily, *much* longer to change it), and a 2013 study by *Psychology Today* found that even the most subtle changes in what we wear (from fabric choice to how well a piece is fit to our body) can affect the snap

judgments—which often lead to lasting impressions—other people have of us, be it in our social lives or the workplace. It makes sense, then, that our style evolves as we move through different phases in our life—and that, if what we wear is reflective of who we are in each one, it often takes us a little time to figure that out... just ask our gorgeous cover star, Kate Mara (p.70). Still, there are some things that are perennially chic—a little black dress, a well-tailored crisp white shirt, a pair of jeans that hug you in all the right places, and in the springtime, floral prints. While the concept is not groundbreaking (cue a reference to *The Devil Wears Prada*), the many new ways to wear them are—whether it's bold, sweet, tropical or English garden-inspired you're after, our bonus fashion section will help you find what's right for your style, not to mention give you a peek into the fashion industry with our insider interviews. One thing all the experts—and the *WHME* team—can agree on? A fit and healthy body, a kind heart and a radiant smile are always in style. See you in May!

Yihwa

YI-HWA HANNA
Editor-in-Chief
yihwa.hanna@itp.com

Follow me on Twitter and Instagram!
[@yihwahanna](#)

TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Text that cute guy you went out with yesterday—whether he's already texted you first or not. There's no need to wait for him to make that move anymore. "Dating Rules: Break or Bend?" p.79

5 MINUTES

Run through our handy checklist before your next doctor's visit to make sure you're both getting the most out of it. "7 Lies We Tell Our Doctors" p.56

10 MINUTES

Craving a little somethin' to munch on? Try one of our recipes for tasty, homemade popcorn—whether it's sweet or savoury you crave, it's the perfect healthy snack. "Kernel Knowledge" p.61

15 MINUTES

Grab a kettlebell and blast the calories with this easy yet intense routine that will leave your body toned and from top to toe. "Get In Killer Shape With Kettlebells," p.50

30 MINUTES

Whip up a DIY Oat Bran Mask, and while you wait for it to work, rub on some coconut oil or coconut cream to soothe the dry skin and eczema. "Shortcuts to Gorgeous" p.36

WHME ONLINE

WomensHealthME

@WomensHealthME

@WomensHealthME