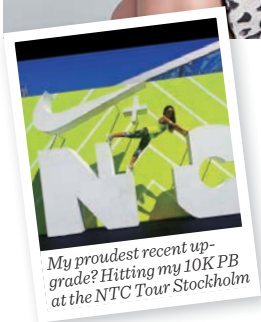


# Onwards and upwards



Years ago, when I lived in the USA, I remember seeing a series of advertisements that presented ways to “upgrade” your life. Clearly, they were effective—I still remember them all these years later, after all—but I also distinctly recall how sceptical I felt about what they were presenting as these so-called upgrades. Take, for instance, the one that showed two guys (potential suitors, not delivery guys) showing up at your doorstep, one of them with a bucket of chicken and one with a bouquet of flowers. Personally, neither of those offerings would inspire butterflies within me, but that’s precisely why I had such an issue with the idea that the chicken guy was presented as the rubbish option, and Mr. Bouquet was seen as the upgrade. What floats each of our boats isn’t necessarily the same thing—that’s part of what makes life exciting, isn’t it? And so by extension of that, how can we say that one of those guys is an upgrade, so to speak? To some

women, perhaps the upgrade would be the other way around, and I did find myself slightly affronted by the idea that all of us have a one-size-fits all version of what is the “better” option in life. Yes, there are certain things that I think people would universally see as an improvement, but I still hold true to the idea that one woman’s trash is very often another’s treasure. That’s not to say that we should be comfortable sitting on our laurels and perpetually thinking that life is just dandy as it is, though. We just have to find ways to tweak the little things in life so that our experiences become better for us individually—think of it as making your day-to-day more tailor-made. And I suspect if you start making

strides towards that, then yes, you will feel like you are effectively upgrading your life.

Whether you want to cut back on your cooking time, or just want to find tools that produce results with the finesse you’ve been craving, getting more out of your kitchen tools is always a good thing. Don’t like salads? Find a way to create some you’ll actually *want* to eat. Not quite where you want to be in your career yet? Try to find new, more effective ways to navigate the workplace. And if you’re trying to get fitter, leaner, or stronger, seeking ways to work out smarter rather than just working out harder is absolutely worth considering. One of my favourite things about the end of summer is that, now that we’ve had the chance to take a break and slow down, we also have time to reflect before once again picking up the frenetic pace of our normal schedules. Which means it’s a perfect time to pause and take stock of where we’ve been, where we’re going, and what we can do better from now on. And we’re here to help, with an issue packed full of tips for just that. See you in September!

*Yi-Hwa*

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## TIME FOR A CHANGE

### IF YOU HAVE...

#### 30 SECONDS

Add a splash of milk in if you’re drinking black tea—without it, the tannin in the tea could affect your iron levels, which could increase anaemia risk and slow hair growth. “Beauty Innovator: Fighting Hair Loss,” p.30

#### 1 MINUTE

Feeling stressed-out? Guzzle down some water—a study shows that even mild dehydration can affect our mood and energy. Downing about 2 litres a day should do it! “Scoop: Health,” p.14

#### 5 MINUTES

Grab your blender and whizz together one of these five delicious, low-calorie smoothie recipes for a nutritious boost to your morning. “Pimp Your Smoothie,” p.84

#### 30 MINUTES

Power through some of these amazing TRX workouts—the suspension will engage your core like crazy, and you’ll walk away feeling toned and strong, fast. “Hang Tight” p.51

#### 1 HOUR

Book in a “friend date” with your guy BFF—not only can he give you advice from a man’s perspective, it’ll enrich your soul (promise!) “The Other Kind Of Boyfriend,” p.95

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