

Talkin' bout a resolution



Resolution number one: Don't forget to breathe. Share yours with us at @womenshealthme

According to a report from Nielsen in January last year, the top new year's resolution of 2015 was... drumroll... fitness. Quelle surprise. Staying fit and healthy, followed by losing weight, sat firmly at the pinnacle of the top ten, followed by enjoying life to the fullest, spending less and saving more, spending more time with loved ones, getting more organised, learning something new, travelling more, and reading more. It's hardly breaking news to hear that this is what people vow to be more committed to at the start of every year, and let's be honest, the most popular resolutions for 2016 aren't likely to be any different. And that's pretty awesome. After all, aren't these all aspects of our lives that we could improve upon at any time? Taking care of our bodies and minds, our hearts and relationships, striving to be kinder, more empathetic, and more intelligent—these are all intentions that should never be sneered at, especially when they come with an even bigger push of effort than usual. I've said it before, and I'll say it again: I've never really been one for new

year's resolutions, since I believe you shouldn't have to wait until the start of a new calendar before deciding to make a positive change in your life. I mean, I get that it's probably the most widely acceptable form of procrastination that there is, but taking the chance to better something in your life is something that really need not be delayed. Having said that, I do understand the appeal. The beauty of a new year is that clean slate: A chance to cast aside any mishaps from the months gone by, and start everything with a fresh, new outlook. The

tradition of these resolutions has been around since the times of Ancient Babylon, even if their new year did start at a different time than most of ours. So this year, I'm getting on board with the resolutions thing. I've also made them knowing that the only person I have committed to in terms of seeing them through is myself—and *that's* why I'm going to succeed. Rather than write down a list of things I think I *should* be doing, I've thought about what I actually want to accomplish this year, if I'm really being honest with myself. Yes, that's a little harder than just writing down the old standbys, but all good things that are worth it usually are. In that same vein, I'm also going to remember that, much like the way eating and exercising the right way is what produces the real results that last, the changes I make won't always be instant or easy. Every baby step we take towards each goal is a step in the right direction, so even if you're rehashing something you wanted to achieve last year but didn't quite make, don't think of it as a #fail. It's just a bump in the road, and you're still closer to it than you might have been before. And remember, whatever your goal is, you can get by with a little help from your friends. Whether it's your fitness, nutrition, finances, relationships, sense of adventure, memory, or even just your closet and beauty arsenal that you want to improve upon this year, we're here to help with page upon page jam-packed with useful tips. We hope you enjoy the issue—see you in February!

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TIME FOR A CHANGE

IF YOU HAVE...

10 SECONDS

Pick up a bottle of facial oil and gently rub a few drops into your visage and décolletage before bedtime: It'll leave your skin softer, smoother, younger-looking and super nourished. "Well Oiled," p.21

5 MINUTES

Allow yourself some time for a meditation session before bed: It can help the brain detach memories from emotions, for deeper sleep and a fresh day ahead. "Lose Your Mind," p.100

10 MINUTES

Before you even think about breaking a sweat, don't forget to warm up properly first—it'll ramp up your workout and help prevent injuries too. "Warm Up The Right Way," p.51

30 MINUTES

Try whipping up one of our delicious recipes for these Mexican dishes: No lardy messes here, just light, fresh and simple meals perfect for any weeknight nosh. "Nuevo Mexican," p.71

60 MINUTES

Grab your vacuum cleaner and mop and get ready to give your home a solid clean-up: Not only will it leave your floors sparkling, it could also improve your love life. "Hot Mess," p. 94

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