

# If the shoe doesn't fit...



No matter how diverse your social circle is, there always seem to be a few articles out there on the interwebs that seem to end up all over your feed, shared by anyone and everyone. One such piece last month was about “The age you peak at everything, according to science.” The results were depressing, to say the least: Whether it was learning a new language (7), remembering names (22), achieving optimal muscle strength (25), finding a partner for marriage (26), or running a marathon (28), considering I’ll turn 32 next month, I seem to have missed the boat on a lot of these things. On the bright side, I’m apparently yet to hit my peak for a high salary (39 - that’s for women only. Men were down for 48, which is a whole other somewhat frustrating topic of discussion), to make a Nobel Prize-winning discovery (40 - yes, there is still hope!), arithmetic skills (50), understand people’s emotions (51), vocabulary (71), happiness with one’s body (74), and psychological well-being (82). While I would really like to pretend that

this is the reason why I was terrible at calculus at school—I’ve always been more of a creative arts and words person, which means my conversational skills by the age of 71 should be pretty epic—I’m still going to have to say bosh to all of that. Yes, me, the woman who almost always pipes up with the phrase “...studies say...!” thinks this must be a load of nonsense. Why, you ask? I mean, where do I even begin? The thousands of people the

world over who have learned new languages, or only started exercising then achieved their fittest and most muscular body ever, or run their first marathon (then gone on to run many more, beating their PB each time), later in life? Or the many people I know who have found true love later on in life—and in fact, encourage it, since they claim that many of us will know ourselves (and what we want) better by then, making it easier to find a compatible life partner to have a lasting relationship with? Interestingly, style was nowhere on that list. One could argue that that’s because style is eternal, as the late, great Yves Saint Laurent (one of my all-time favourite designers) once said. Personally, I’ve always believed that finding your style identity is something that tends to change as we grow, evolving with us throughout the different chapters of life. While we do tend to settle into a more long-term style identity at some point in life, this usually comes hand in hand with when we’re comfortable with who we are, who we want to be, and how we are portrayed in society. And the irony is that our most natural sense of style tends to come out when we start dressing for ourselves, rather than to cater to what other people think. Just as some of the best fashion throughout history has come from people who march to the beat of their own drum, I believe we’re likely to achieve our best in life, too, if we forget about what these so-called ‘peaks’ are supposed to be. After all, why would you want to subscribe to someone else’s preordained idea of what your life’s highlight reel is meant to be, when you’re so much better off with a bespoke version? In fashion terms, it’s the equivalent of choosing couture over the mass-produced off-the-rack option. And who’s to say that we’re ok with ever peaking, anyway? I, for one, strive to continually do better, and be better. I hope you have a great month—enjoy the issue, and we’ll catch you in May!



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

## TIME FOR A CHANGE

### IF YOU HAVE...

#### 15 SECONDS

Try a different parting than you usually have for your hair: Whether your hair is thinning or not, it will help create more fullness, as well as ease things out, not to mention give you a new-ish look! “Losing It,” p.21

#### 5 MINUTES

Sit down and think about how many times you have apologised today and write it down. It could be hurting you more than you think. “Sorry, you’re poisoning your self-esteem,” p. 85

#### 15 MINUTES

Grab a sandbag and try this simple but seriously effective workout: The unstable weight will kick things to the next level in this functional routine. “Bag A Tighter Body,” p.67

#### 30 MINUTES

Whip up one of these easy recipes using secret ingredients that boast so much flavour they’ll taste really fancy. They’re good for you, too. “This Is Amazing! What’s In It?” p.71

#### 60 MINUTES

Try these hips-focused workout moves and you could unlock your best body yet. Bonus: It could help with back pain, knee pain, better balance, and so much more. “Hips, Hopping” p.45

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