

On the bright side



As anyone with an Instagram account might have noticed, there is something that most #fitspo accounts have in common: an outpouring of positivity. Research suggests that this isn't mere coincidence: While I'd perhaps put it a little more eloquently than Elle Woods in *Legally Blonde* ("Exercise gives you endorphins. Endorphins make you happy," in case you forgot), physical health is indeed a key component of happiness, and not just because of those endorphins—it's also the best way to beat stress and illness, huge factors in *unhappiness*. There's also something to be said for the strength of mind and confidence that comes with the ability to commit yourself to a healthy lifestyle. One person who is a shining beacon of good vibes and alacrity is our cover star, Nadine du Toit. Known and loved by many for her infallible positivity, this sunny personality keeps her chin up no matter what life may throw her way. Take a look at my own Instagram account and you'll see a flood of positive posts—yet as my friends know, I have my bad days too. I have this

theory that anyone who pretends that they're full of happy-juice 24/7 is full of rubbish. We all have our off moments—where everything feels like it's just a little bit too hard or too much. It's part of what makes us human, and the lows help us appreciate the highs that much more. But one key factor in being an optimist? You have to *choose* to try and be happy. I know sometimes it's out of our control, but I think we need to allow ourselves the space for some dark moments (we've got to let it out somehow), and then take a deep breath, pick ourselves up

and stand up stronger. Eventually, that smile will feel genuine again. Just give it time, and surround yourself with some positive people along the way, and you'll be golden. Between the flurry of social gatherings and gift-giving, the festive season is often also wrought with anxiety and undue amounts of stress, a fact that we often forget amidst all of the celebration even if it seems to happen every single year. It makes sense, in a way: All of those expectations for it to be the "most wonderful time of the year" can add a lot of pressure. And if your life hasn't been totally rosy lately, it can make you feel like a Grumpy Cat meme come to life. Trust me, I get it—I've been there too. But that's when I—after allowing myself a little bit of a mope or rant to get it out of my system, of course—decide to try and focus on the positive instead. I'll pick out the good things in my life, no matter how big or small, and try to put things in perspective. Good friends, your health, a roof over your head, the sun shining, a satisfying sweat session, an especially tasty meal—each of these is a moment to savour and store up for when times get tough. Think of them as smiles on reserve; your own bank of happiness, if you will. And if that isn't cause for celebration, then what is? Here at *WHME*, we'll be toasting to another year of great experiences with awesome people, issues we're really proud of, our kickass readers (that's you!), and the chance to keep growing next year. Wishing you all very happy holidays. See you in 2016!

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TIME FOR A CHANGE

IF YOU HAVE...

10 SECONDS

Chuck some fruit and water into your ice cube trays—better yet, fancy ones if you have them—for a quick-fix way to wow your guests with minimal effort at your next holiday party. "Ice, Ice Baby," p.15

5 MINUTES

Take a moment to think of these little tweaks to your strength training routine before your next gym sesh: They could be the key to stronger glutes. "Bringing Up The Rear," p.57

10 MINUTES

Heading off on holiday? Before you jet (or when you land—or both!), run through this simple but effective stretching routine to ease away any stiffness and aches. "Fit To Fly!," p.68

30 MINUTES

Toss together some of these easy, delicious and healthy recipes, pop them in your fave hamper and set up your living room for an indoor picnic to remember. "Basket Optional," p.77

60 MINUTES

Hit the gym—and give your BFF your phone to wipe away any temptation-inducing data—to make sure you come out on top with your heart. "The Breakup Divide," p.97

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