

# Finding fitspiration



There are two women who I've met in the past decade who have changed my life: Liris Mosquera, a Colombian fitness instructor and dance teacher, and Sonja Belgard, a German physiotherapist and personal trainer. I've been fortunate to have many incredible, inspirational women in my life—from my mum and sisters, to my best friends, college professors, mentors and more—but these two women in particular are in large part responsible for my lasting and genuine love for living a fit, healthy and well-balanced lifestyle.

Despite having a very active youth, filled with countless pastimes from horse riding, taekwondo, ballet and netball to swimming and belly dancing (not to mention various musical and artistic pursuits), I was never one to be described as a "gym bunny." In fact, I was usually the one forging my mum's

signature to get out of gym class in high school (sorry, Mum!). It wasn't that I didn't enjoy the exercise—I just preferred finding other ways of being active instead. Fast forward to my adult life where like most, I just don't have enough time to get outdoors as often or pursue as many hobbies as I'd like to, and my post-college years saw my health and fitness levels taking a slight nosedive. That is, until I took Liris's amazing dance fitness classes that reminded me of how much I love to dance, and Sonja introduced me to the joy of weight training, making me

realise my body could accomplish things I had never before thought possible. They both reminded me that the key to getting—and staying—fit for life is finding a regime that works for you, so you'll not only stick with it but actually truly enjoy it, and I haven't looked back since.

Finding the fitness regime or active pursuit that'll keep you loving exercise and staying healthy can be tough, whether you're bored with your existing routine or just unsure of where to start. We've packed these pages with motivation and fresh ideas to inspire you, and if you're looking for another boost, I'm so excited to say that the Nike Training Club has finally come to the Middle East, offering women a variety of free fitness classes to get you or keep you in shape while having tons of fun. They also have a free app you can download, with some amazing DIY workouts. With so many great ways to keep fit at our fingertips, I'm foreseeing a very healthy, happy summer for all of us ahead. Enjoy the issue—until next month!

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## TIME FOR A CHANGE

### IF YOU HAVE...

#### 1 MINUTE

Text or call that cute guy you've been crushing on, your boyfriend, or your husband, schedule your next gym date together, and watch sparks fly. "It's Getting Hot In Here," p.97

#### 5 MINUTES

Log on to the website for our exciting competition, TheNextFitnessStar.ae, to vote online for your favourite finalist in our search for the region's next big thing in fitness!

#### 10 MINUTES

Overhaul your entire look without any major beauty commitment by pinning your hair up into a faux bob, trying a colour block makeup effect, or making over your manicure. "Little Risks, Big Rewards," p.30

#### 15 MINUTES

Sculpt a toned, tight midsection by hitting your muscles from all angles—all you'll need is a kettlebell, a stability ball, and a can-do attitude. "15 Minute Workout: Toned To The Core," p.58

#### 45 MINUTES

Make some bulgur burgers with almond harissa for a satisfying meal with a kick, to keep you full without weighing you down. "Go With The Grains," p.77

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