

#WellthyAndProud



As the Ed-in-Chief of *WHME*, I'm often met with shock when people hear that not only do I not own a set of scales, but I haven't in close to a decade. That's not to say that I never weigh myself—I just only tend to do it when I'm at a place that has one of those great machines that measure everything from fat percentage to your muscle mass. When I was younger, like many other girls, I checked my weight often, lamenting the gains and celebrating the triumph of the losses. As the years went by, it had a detrimental effect on my self-esteem. It didn't matter what my stamina or strength was like, or indeed my other great qualities as a human being: I felt like a beast, and not in a good way. Yet, being the curious soul that I am, I couldn't help but question how my weight could creep up and down so dramatically from not just one week to another, but even throughout the course of one single day—and so I began to read up on muscle mass, water weight, and so on. Now, don't get me wrong: Scales are important for alerting us when we are above a medically healthy weight, particularly in a region where obesity levels are still a great concern, but for most of us, that

number is not a good enough indicator of what's happening with our health in terms of the bigger picture, in my humble opinion. I now weigh more than ever before, yet I'm healthier than ever. My muscles are stronger, my skin is glowing, I'm sleeping more soundly, and while I may not be as slim as I once was, I have never been so toned or with this much boundless energy.

I wish I could tell you that I remember the exact day I decided to sit up and take better care of my body, but it was never that dramatic. I've always been active, but this shift, where I began to look at my life from a 360 perspective in terms of wellness, that's been a more gradual change. For me, food was always the hard part. A die-hard cheeseburger lover, it's hard to pinpoint just when I decided to pay as much attention to what I put into my body as how I challenge it physically—perhaps it was after my dad passed away, and I vowed to live my best life when he couldn't live his anymore. Or when I met a group of friends who, unlike anyone I'd met before, supported my new lifestyle choices by meeting me for morning workouts followed by a healthy breakfast on weekends, rather than snorting derisively when I said no to the fries I craved. With every green juice and kale leaf, my mindset shifted. Yes, I still battle with my weight from time to time, but ultimately, I know that having a healthy body is about more than just what the scale says, or what size my jeans are. As a leading brand that's the go-to authority on living your best life, it's time to throw out the outdated concept that weight loss is all that matters. We no longer use phrases like “Shed Two Sizes” on our covers, and starting this month, our transformation page (p.51) isn't *just* about women who have lost weight—we'll still applaud that, since it's a feat to be proud of, but we're also inviting the women who became #strongnotjustskinny, and those who maybe didn't have a visible change but adopted a healthier lifestyle in other ways, to share their stories too. And we want you to tell us: What can your body do that makes you the most proud? Record a video, or share a photo with a caption telling us what makes you “well-thy”—and don't forget to tag @womenshealthme and hashtag #WellthyAndProud and #InShapeMyShape so we can see it!

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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Post a quick video, or a photo, online and tell us what you're most proud of your body for, then tag us on social, and hashtag with the instructions in my letter at left. Let's celebrate being in YOUR beautiful shape!

5 MINUTES

Take a few extra minutes in your makeup routine to let your products “bake” or strobe them, with Haneen's killer beauty tips for your glowiest, freshest look ever. “Beauty Innovator,” p.27

10 MINUTES

Whip up one of these easy to make, nutritious and hydrating Ramadan-themed smoothies chock full of tasty coconut water to keep you going, fasting or not! “Grazed and Confused,” p.75

20 MINUTES

Change your bedsheets and chuck your pillows into the washing machine for a solid clean-out: It'll give you much better quality sleep, and even bash the blues. “Discuss: Health,” p.14

60 MINUTES

Grab your furry best friend (or if you don't have a dog, maybe volunteer to help walk the ones at a shelter!) for a whole new host of mind-body benefits. “Your Workout Unleashed” p.48

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