

Style and Substance



Rocking the athleisure at my monthly guest slot on Dubai Eye's The Agenda radio show!

When I was a tween, I went through an “I will not wear dresses” phase. I just point-blank refused, insisting that my tomboy heart need not be clad in such femininity. This was also when I was into the tattoo-style chokers famous in the grunge era, and sported a haircut that made me look, at best, like a cross between Harry Potter (thanks, round-framed glasses) and a button mushroom (my hair has been long since). What can I say, it was the 90’s and I was at the height of my teenage angst. Thankfully, my style has since evolved. Let’s breeze past the bit where I then retaliated against my anti-dresses rule by doing the total opposite and embracing anything with bows or ruffles (let’s blame *Gossip Girl* for my headband craze). Be it fitness, food or your social pursuits, it can take a little while to settle into your own beat when it comes to your tastes and style. No matter how much I cringe at some of my old photos, they were a necessary part of my quest to discover my own personal style. We all go through it. One of the things I love most about fashion these days is

this apparent “anything goes” attitude—whether you define yourself as a hipster, beach babe, minimalist, sultry siren, rock n’ roll vixen, or an athleisure-loving sports chick, the beauty of this current “flaunt it” generation is that you don’t need to pick just one style tribe. Whatever your mood is on a certain day, or even if you want to mix and match, just own it. That’s the vibe we went for with our fashion shoot this month, and we’re chuffed with the results. If your outfit makes you feel good, you *will* look better, and one of the key aspects to that is

making sure you choose pieces embodying who you are on the inside, as well as out. Like it or not, our fashion choices do say something about us—psychologist Dr. Jennifer Baumgartner even wrote a book on the subject (It’s called *You Are What You Wear: What Your Clothes Reveal About You*, if you’re interested) —and the way we choose our outfits can be linked to our mood, current tastes, lifestyle, and other internal motivations at the time. It makes sense, then, that what we wear can absolutely affect how others perceive us, and a tough economy doesn’t slow that down. In fact, it can do the opposite, with Dr. Baumgartner suggesting that as people may feel that they’re losing status from other parts of their lives during economic hardship, clothing can help project us to where we want to be, and maintain a sense of who we are. The fact that shopping can give us the same dopamine rush as enjoying indulgent foods or falling in love makes it all the more addictive, and it’s no wonder that the global fashion and textile industry is currently worth around US \$3,000 trillion. Much in the same way we choose to eat more mindfully, and work out with intent and dedication, why not do the same with your wardrobe? Rather than just looking for your next “hit,” consider who you are and what you want to say next time you hit the shops. Dress that up with confidence and a genuine smile, and you’ll always be in style. We hope you enjoy the issue, and we’ll see you in May!

Yihwa
YI-HWA HANNA
 Editor-in-Chief
 yihwa.hanna@itp.com

TIME FOR A CHANGE

IF YOU HAVE...

10 SECONDS

All it takes is one spoon of coconut oil to improve your health, hair, skin and pretty much everything else too. Is there anything this tropical fruit can’t do? “Going Nuts For Coconuts,” p.75

5 MINUTES

Take care of your pearly-whites by simply chewing on some carrots or celery sticks. Whitening and strengthening your teeth is as simple as that! “Age-Proof Your Smile,” p.21

10 MINUTES

Throw on one outfit that will take you from gym to work to dinner with friends. Workout leggings and sports bras have never been more in style. “The Rise of Athleisure,” p.34

30 MINUTES

Just take some time to unplug, really observe and listen to the people around you, put that phone down and interact. “Is Social Media Ruining Your Relationships?,” p.95

60 MINUTES

Introduce swimming to your workout routine with these amazing tips from Aussie Olympic gold medalist Stepanie Rice. “Going for the Gold,” p.52

WHME ONLINE

 WomensHealthME

 @WomensHealthME

 @WomensHealthME