

Time After Time



Our beautiful cover star Dalia shares her birthday month with our magazine—time to celebrate!

Every month, I ask an inspirational woman in the region to write a letter to her younger self. Pretty much every single person who has done this has told us it's therapeutic—so much so that, to date, all of the interns we've ever had have also wanted to write one, just for herself (or her blog, because it's 2016 after all). I've been asked countless times when I'm going to write one myself. For someone who has few qualms about baring my soul here each month, I must confess: There's something I find terribly intimidating about that. Maybe it's because I don't know the ending of my story yet. Maybe it's because I feel like I still have so many life lessons to learn. Or maybe it's because I'm always so busy rushing headfirst into the next crazy project I'm working on that I can't often stop to reflect upon the things I've accomplished—and I don't mean a years-end roundup, I mean a solid look at my life's triumphs and failures thus far. I'll cut to the chase and say it now: I'm still not writing one yet (I will, someday!). But what I can do? Look back over the past two years. Since we

launched this magazine back then—yes, this is our 2-year anniversary issue!—my life has changed immeasurably. It hasn't been all unicorns and rainbows: There has been a lot of blood, sweat and tears, both in the work realm and beyond, but if there's one major thing I've taken away from it all, it's that I've learned to look at my so-called failures as lessons instead. See, to me—and all of us who have ever worked at WHME—what we stand for isn't just about being fit or eating well.

Yes, it's a huge part of it, but to us, living a healthy lifestyle is exactly

that: An attitude. We strive for balance, to be better people, to take care of our bodies better and also our minds, hearts and souls, and the first step in all of that is making choices we can stand by. I read this article on one of my favourite blogs, *Wait But Why*, called *The Tail End*—it broke down the human lifespan in visual charts, which was mind-blowing in itself, but the real eye-opener was the way it then measured how we'd fit our activities and experiences into that picture. When you break it down, the results are astonishing—and it makes you realise how precious time really is. Now, I'm not saying you have to rush out and live each day like it's your last—I'm practical if nothing else—but a realisation like that clarifies how important it is to make each choice in how you live your life with real conviction, and then savour each moment, for better or for worse. That way, no matter how you feel when you look back on it, you'll do so knowing it suited your dogma at the time, whatever that may have been—and that's a pretty awesome feeling, a sort of deep inner peace. I've been immensely proud of the journey of both this magazine and the people behind it, and what we've all accomplished as a brand, as a voice and as a vessel to reach women in our region, and as individuals. We can't wait to bring you another year of issues and events, and be part of your lives—thanks for coming along for the ride! Enjoy the issue, packed with the tips and features you've come to love, and we'll see you in April.

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TIME FOR A CHANGE

IF YOU HAVE...

10 SECONDS

Take a deep breath and just say "forget it!" sometimes. Should you really stress about *all* of the annoying little things in your life? Don't give away your efforts like they're charity. "Should You Give a Hoot?" p.101

5 MINUTES

Download one of these nifty apps or sign up for one of these races, that will see you raising money for great charitable causes while working out. "Get Fit, Do Good," p.52

10 MINUTES

Snack on some cheese and crackers: It might actually help cure your PMS or help you de-bloat. Some cheeses pack health benefits that will have you munching all day. "Bite Me," p.74

30 MINUTES

Take a break from shimmer and introduce some matte products to your beauty routine. Celebrities all over the world are doing it, and now it's your turn. "You're Gonna Love Matte," p.24

60 MINUTES

Take a boxing class, or jiu-jitsu, or aikido, or tai chi, but whatever you do, don't miss out on the martial art craze. It might just change your mind, and your life. "The Finest Art," p.56

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