

New Beginnings



I have a confession to make: Until a few weeks ago, I didn't know how to ride a bike.

That's right, I never actually learned this basic skill until I was well into adulthood—and embarrassing as it is for me to admit, I was nervous about it. So commonplace that the expression "it's just like riding a bike" is used when encouraging people to learn new skills—implying that eventually, said skill will become part of our basic intuition—you'd be forgiven for thinking teaching someone how to ride a bike would be relatively easy. But despite my friends' eagerness to impart their wisdom upon me, by the time I was straddled on the seat, they couldn't actually figure out how to teach me since when they ride a bike, they just *do* it.

Suffice it to say, I didn't learn on my first try. But that's part of the joy of learning something new—most accomplishments

that are truly worth being proud of are those that involve some sort of challenge on the journey there. Just ask any of the women in our Reboot Your Life feature (p.116)—most of us are wired to fear the unknown, and not knowing if you'll come out the other side better or worse is undoubtedly daunting. Whatever new path we're trying to follow, it usually takes courage, support from those around us, and a fair amount of trial and error before we finally make it.

One of my favourite things about springtime is the arrival of the fresh and new. The gloom of winter will soon be but a distant memory as the sun creeps out a little longer each day, flowers begin to bloom,

new styles hit the shops, and the days just seem that little bit brighter. This spring is particularly special to me, since with it marks the first-ever issue of our magazine, the regional edition of the award-winning, internationally renowned lifestyle brand of *Women's Health*. We've spent countless hours (and ordered more takeout than we ever thought possible) putting this issue together, trying to give you everything you need to live your best possible life. Enjoy—we can't wait to hear what you think.

Until next month!

Yi-Hwa

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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Swap your usual H2O for coconut water when you're making oatmeal or smoothies. Naturally electrolyte-rich, it'll give you a boost. "Taste of Paradise," p.87.

60 SECONDS

Take a few deep, long breaths, meditate or give yourself a mini neck and shoulder massage before you hit the hay. It'll help soothe you into a deeper, better sleep. "Sleep Tight Every Night," p.80.

5 MINUTES

Sign up for an account on [Noviplus.com](#)—members are privy to health, fitness and wellness discounts around the UAE, and we're giving away a FREE membership to every reader. "Tech Talk," p.120

15 MINUTES

Grab a pair of dumbbells and a stability ball, and sculpt your arms into enviable shape with this simple workout. "Arm Yourself For Spring," p.61

1 HOUR

Take the time to enjoy a hearty morning meal: breakfasting like a queen, lunching like a princess and dining like a pauper can help you lose weight. "Stack Your Day," p.26

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