

# Forever young



Chorch and I hit the NYC pavements hard for the WH International Conference

Growing older is a funny thing: So many of us spent our teenage years borrowing our mum's heels and makeup in an effort to look more mature and be taken more seriously, only to grow up and start slathering on anti-ageing creams and essentially begin a quest to rediscover things that make us feel young again. Being an adult does come with its fair share of benefits—the joy of having a great career or settling down and starting a family of your own, for instance—but I think most women would agree that we'd rather do without some of the side-effects of ageing, like the inevitable slide of our metabolism or the dreaded appearance of wrinkles. Yet as with most things to do with the human body, what you put in is likely to dictate what you get out of it, and there are certain things we can do to keep everything from our skin to our physique in prime condition—which is

why we've dedicated this issue to staying fabulous, no matter your age.

One thing that always makes me feel like a kid again is going to a water park. Last month, I headed to Yas Waterworld through a collaboration with Fitbit®. The idea was to see if a day at the park could count as an adrenaline-fuelled day of exercise, making it an ideal active weekend pursuit. After just half a day of taking in the rides, my Flex wristband told me I'd already completed my recommended daily 10,000 steps—not too shabby, considering that on an average day at work, I'm lucky if I do half of that. As a child, being active was easy. I ran, swam, played outdoors and never let my parents rest on their laurels. Nowadays, a

mostly desk-bound job means I have to hit the gym to keep fit, and the not especially pedestrian-friendly nature of my surrounding environment means I hardly walk. A recent trip to New York City for the annual International Women's Health Conference—a truly inspiring experience—saw me more than double this figure, with ease. After just one day of pounding the pavements, I'd clocked up a grand total of 21,772 steps, over 17km—and the surprising part was that I had hardly even noticed it. Which just goes to show that incorporating sneaky ways to live a healthier lifestyle isn't actually as hard as we think. If there's one thing I've learned over the years, it's that staying healthy is the true fountain of youth, and it's one I plan to keep drinking from until I am old and grey. Enjoy the issue—until next month!

*Yi-Hwa*

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## TIME FOR A CHANGE

### IF YOU HAVE...

#### 30 SECONDS

Shift the strap of your bag to the other shoulder and stretch out a little—it could save you from developing back pain later on. "Is Your Fashion Sense Hurting Your Health?" p.41

#### 5 MINUTES

Spend a little extra time grooming and defining your eyebrows: They frame your face and can subtly take years off your entire look. "Glow From Top To Toe," p.27

#### 15 MINUTES

Grab a pair of dumbbells and get ready to define your backside, strengthen and flatten your core, and blast fat off to slim your legs, no matter how busy your schedule. "The Jeans Body Workout," p.57

#### 10 MINUTES

Write down all of your daily purchases. Keeping track of your spending habits the way dieters maintain a food diary can transform your financial life. "Money Rules That'll Make You Rich," p.102

#### 30 MINUTES

Whip up a nice Balsamic Reduction sauce and use it on anything from fish to chicken for a low-calorie way to spice up dinner. "Hit The Sauce," p.79

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