

THE MENTAL FITNESS ISSUE – 6 practical ways to get stronger

# Women's Fitness

FIT BODY, FIT MIND

INCORPORATING **Outdoor**  
FITNESS • ADVENTURE

## FLAT BELLY secrets

**5** essential tips for a leaner look

### Power foods

- ✓ Better moods
- ✓ More energy
- ✓ Less stress

**8** best upper body moves

Toned arms and shoulders in less than one hour a week

## Lose weight with walking

Try our 14-day plan to burn 500 calories

**HEALTH MATTERS**

The hidden benefits of vitamin D

## 6 BEST FITNESS BREAKS

At home and overseas

**STAY POSITIVE**

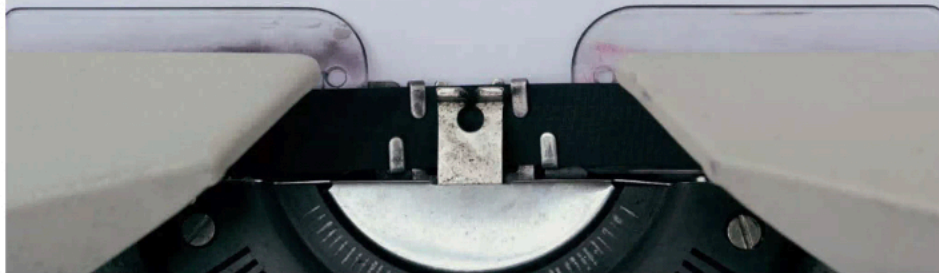
Raise your game with just three words



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This year i will...



# Six ways to feel happier

It's time to put 2020 stresses behind you and move forward...

**W**e know the past 12 months have been tough, so if you've found yourself in an almost constant state of heightened anxiety, taking some small steps to protect your mental wellbeing is important. Here's our expert advice on how to start looking on the bright side...

**1 Focus on the good**  
If you're feeling low, it can be easy to focus solely on the negative things happening in your life... but look closely and there will be positive things too, however small.

'A great way to boost positivity is to focus on the good things that have happened, as opposed to the bad,' says Antonia Harman, healer and emotional trauma expert at Divine Empowerment (divineempowerment.co.uk). 'It's all too easy to moan and re-live the negative, but the simple act of practicing gratitude for the good in your life has been proven to actually make you happier.'

**2 Get outside**  
Spending time in nature to boost your mood is not a new discovery – but it's amazing how we forget that this simple act can bring so much joy.

'You are basically a pot plant with feelings,' says Harman. 'You need water and sunlight to nourish yourself. Go for a walk in nature. A walk in the woods gets your body moving, as well as loading you up with negative ions that boost mood. If you're lucky enough to have a stroll on a sunny day, that's healing, too.'

**3 Dance every day**  
Music and movement are a winning combo when it comes to cultivating (and expressing!) positivity. 'Get out of your head and into your body,' says Nina Thistlethwaite from House of Wisdom Studio (houseofwisdomstudio.com). 'Dance is one of the best ways to come into the present moment and shift your energy. Put on one of your favourite songs or let a Spotify playlist inspire you and let loose. Dance like nobody's watching and allow whatever you are feeling to be there as it is – process it all through your movement.'

**4 Start a gratitude journal**  
Jotting down things you are grateful for is a great way to cultivate gratitude. 'Start writing down three things you are grateful for each morning and evening,' suggests Thistlethwaite. 'As you do this, the list

of things will grow and your perspective will begin to change. You'll feel more inspired as you cultivate gratitude.'

**5 Start as you mean to go on**  
Your morning routine can set you off on either the right foot... or the wrong one. 'Set yourself up for success by starting your day with intention,' says Thistlethwaite. 'Whether you have five minutes or an hour to yourself, implement a morning ritual to bring you into presence first thing in the morning. Rather than rolling out of bed scrolling social media, give yourself some time to mindfully arrive into the day. Try having a gentle stretch, practising a little conscious breathing or tuning into a short meditation.'

**6 Make an action plan**  
If you suspect your anxiety or low mood is due to a certain situation, now's the time to address it. 'Last year was a strange one, but you know what we gained?' asked Harman. '20:20 vision to see where things can be improved. Anxiety comes when we fear the future. Identify what the issues are and fix them. Make 2021 the time that you act – put all your planning into action and be brave.'