



Most of us want to feel good, but achieving optimum status between body, mind and soul is not easy. You may be at maximum fitness, but your brain feels frazzled. Perhaps your mental focus is razor sharp, but your physical self is falling apart.

Whatever you need to be at your best, there is no denying how much healthier living can contribute to higher levels of happiness. Turn to p24 where local experts share valuable tips to get positive energy pumping. If you just begin with one of their hacks you'll be on the right track!

Spiritedness often starts in the mind. If you're lacking confidence and direction right now, or riddled by negative introspection, our thoughtful piece on p34 might help to overhaul your thinking patterns. Alternatively, if it's motivation you need to lift you up, head to p30 where - in tribute to International Women's Day on 8 March - three fabulous females share the challenges they went through when setting up their own companies here in Singapore. It's inspiring stuff!

Of course, it's not all about the girls. Every reader's heart will feel fit to burst thanks to the gorgeous story of ANZA member Mark and his therapy dog Bentley on p38. Lastly, as research has found that just moving your mouth into a smile can make you feel automatically cheerier, don't miss our round-up of Singapore's best comedy clubs on p22.

Exercise, wellness, a sense of community, healing cuddles* and having a laugh - the opportunity to indulge in all of these



endorphin-boosting activities (and so many more) are all part of the package when you sign up to ANZA. You've literally got the finest things in life at your very fingertips already - feeling good just got so much simpler! Enjoy!

Jo

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**Don't quote me on the cuddles!*



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