When I scan the racks at my local newsagent around this time every year, I'm generally feeling a little worse for wear after a sedentary winter and looking for inspiration that will wake me out of my slumber. Sure, I want a magazine that will give me the vital health and wellbeing information I need to kickstart my summer overhaul, but I want it to look and feel like me at my best. Not like it's written for bodybuilders.

And that's been our mantra while creating this magazine. At Your BODY we believe the journey to a healthier life should be just as beautiful as the intended outcome. Which is why this magazine is not only full of the latest news in all things healthy, but is wrapped up in a gorgeous package, one that we hope will instantly inspire you. Your BODY has been designed for you – Australian women who are interested in learning about all things health, but still care very much about style.

I don't want to spend six days a week at the gym. I don't want to deprive myself of the occasional treat. I know how busy and uncontrollable life can often be. Managing work schedules and family commitments, trying desperately to be the perfect partner, daughter, friend, employee, colleague … it can all be utterly exhausting and more often than not, unrealistic. Putting all of these things before the most important thing of all – you – is what most women do because that's how we're wired. What we're not so great at is rewarding ourselves with some much-deserved "me" time. This is where Your BODY enters the picture.

We're heading into summer, so of course we're giving you loads of exercise tips and a four week fitness program designed especially for you (I urge you to take the challenge!). But we also know that fitness is just one aspect of living a healthy, balanced life. We have nutrition, stress management (let's face it, we're all under the pump), relationships, emotional wellbeing and much, much more, covered in this – our first issue.

It's been a labour of love and we really hope you get as much out of Your BODY as myself and the team have while pulling it all together.

*Lizzie and the Your BODY team*

P.s. I would love to hear your thoughts. Please feel free to email me at erenkert@acpmagazines.com.au

For 10 days of this issue's deadline, in which I would usually be eating whatever unhealthy takeaway option I could find, I enlisted the help of eatfitfood.com.au. This company deliver fresh, healthy meals to your door every morning and make eating ridiculously, well, effortless. At the end of the program, I felt amazing (and lighter!).

A sample of the menu:

**Day one: Breakfast:** Brown rice porridge with poached pear & walnuts. **Lunch:** Sweet potato on tomato, red onion & avocado salad with honey mustard dressing. **Dinner:** Lemon & chilli prawns with rice noodles and rocket

**Day two: Breakfast:** Gluten-free muesli with rice milk and poached pears. **Lunch:** Brown rice salad with broccoli, corn, cashews, mint, shallots and curried aioli. **Dinner:** Thai chicken laksa with flat noodles and bean sprouts

**Day three: Breakfast:** Free-range scrambled eggs with potato rosti, baby spinach and tomato jam. **Lunch:** Tomato, beetroot, carrot, avocado and hummus salad with ginger miso dressing. **Dinner:** Chilli, ginger, lemongrass, barramundi with broccoli, green beans, squash and lemon