

ZEST FOR LIFE

MAGAZINE

WINTER ISSUE 2016

NEW YEAR
NEW YOU

WHY LESS
IS BEST

8 REASONS
TO TRAVEL

Why You
Should Drink
More Water

10 STEPS
TO DAILY
HAPPINESS

BREAKFAST
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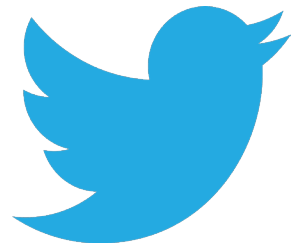
THE FIRST
ISSUE OF
ZEST FOR
LIFE!

Live For Today



ZEST FOR LIFE

A FEEL GOOD LIFESTYLE MAGAZINE



Editor's Note

Dear Readers

The New Year has arrived and so has the first issue of Zest for Life! I'm so incredibly excited to finally be releasing the first issue. New Year is the perfect time for new beginnings and new adventures; the chance to fill a brand new book of three hundred and sixty five pages with words and memories. Every year people make resolutions to change something about their lives. Some want to lose weight, some want to join a gym, others want to eat healthier and exercise more. Even though these are great things to aim for and will improve your general health and wellbeing, if you really wanted to achieve them, you wouldn't have to wait for the 1st of January to arrive to start changing your life. Every morning, when the sun rises into the sky and the moon disappears, you have a chance to change what your life looks like. Every day is new - don't wait for a specific day to improve your life. Don't take anything for granted and don't expect life to give you everything you need and want. Life is a long journey. We might all have different paths to take, different chances to be the best we can be and different challenges to face but we are all on the same journey together. Remember that happiness is not a goal, it's a choice. Every morning when you wake up you have an important choice to make - are you going to let the insignificant factors of your life you are unhappy about keep you from being happy, or are you going to smile, be grateful for everything you do have and work hard to achieve your dreams? Gratitude is something we all have the ability to express, yet we spend most of our lives complaining about not having the biggest TV, the nicest clothes or the job we really want. It is human nature to always want more but we need to also remember to admire the beauty around us. So, instead of worrying about achieving a certain list of resolutions in the next twelve months, focus on being a better version of yourself. Be grateful. Be strong. Be ambitious. Be happy. Have an amazing year. I wish you all the success and happiness in the world.



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New Year, New You

There are things that we all want to do and may have been putting off for a while, whether it is losing weight or starting a new project. Although it sounds cliché, New Year really is a good time to start doing things that you have been meaning to do. Something about the whole 'New Year New Me' saying gives people an extra kick of motivation they did not have before; it is almost like a deadline has appeared and you cannot put things off any longer. So once the hangover and the post-party blues of January 1st are over with, there are some things you can start doing for the better.

TAKE A MENTAL HEALTH DAY

Before you start doing anything, you should really take some time out for yourself and think what it is you want from this year. Is there anything in particular you want to achieve, or change? Is there anything that happened last year that you want to avoid happening again this year? To set some goals, you need to really think about what it is that you want to do and how you could really make this year all your own.

GET ORGANISED

If the space is cluttered around you then it can be hard to organise your thoughts. Doing an aptly named 'spring clean' can help arrange everything in your life. Cleaning everything to make it fresh can make you feel good, but this is also a good opportunity to do some deep cleaning, such as throwing away things that you haven't used in a while. Make a rule such as 'if I haven't worn this item for a whole year, then I will throw it away' (of course you can make a few exceptions for things that are your favourites and that you are praying will come back into fashion soon), and make way for the new things in your life.

MAKE TO-DO LISTS

Maybe it's just me, but making to-do lists is one of the things that gets me through the day. Even if I put the smallest items on there like 'shower, paint nails, clean room' I feel so much better after I have ticked something off (I should probably take my own advice and start making real goals this year). But in this case, for New Year, you can make to-do lists that start with 'By the End of This Year I Will' and end with you listing everything you can realistically achieve in that time. You can reach high and be ambitious, but there is no point putting things on there if you know they are not going to happen for another few years. You will only be disappointed. You want to have ticked everything off by the end of the year and be deliriously happy about it, because you will be in control of your own life.

REDECORATE

Even if it's just putting up some fairy lights, getting some photos printed, buying a cool new lamp and placing it in a room, or replacing some curtains/bedsheets/cushions, changing the decorations in a room can make a place feel brand new. You can switch up your space to suit your current mood and the person you feel that you currently are or want to be. Project how you are feeling on the inside onto the outside and vamp up your surroundings, whether it is artistic and moody or a splash of rainbow colours, it will make you feel amazing to have a space feel truly your own.

A NEW HOBBY

The New Year is the time to try new things! This could be something to de-stress like doing jigsaw puzzles, trying out yoga by watching online tutorials, meditating, or trying out the new adult colouring book phase. You could join a new club, or even just go to a new restaurant and try a type of food you have never tried before. You could try volunteering, such as making cards for terminally ill children, if you like crafts or spending time at a kennel if you're an animal lover. You could even set yourself challenges for the things you already like to do, such as a reading challenge to ensure you do not get too caught up in life and have time to read all the books you have been meaning to.

GET A NEW LOOK

Again, this doesn't have to be a drastic change, because the look you have right now is probably already incredible. It can just be your usual haircut with perhaps a few layers put in, or you could get an ear piercing or get your nails done. Pampering yourself is a way of boosting confidence. Even wearing a new shade of lipstick can change your usual look, so if you usually wear popping pinks you could wear a passionate red or a dark shade every now and then to show off your other sides.



A NEW EXERCISE ROUTINE

If you're like me and don't do much exercise at all, this can be something like committing yourself to a few walks a week, or spending every other day doing a short session on the cross trainer, or even doing twenty sit-ups before bed. If you are a regular exerciser, this could mean switching up your routine so you don't get bored. You could try a new class and see if you like it, or change the order in which you do your exercise so it feels brand new. Updating your work-out mix with some hot new jams can also help revive an old exercise regime, and dancing to your favourite songs is good for the body and the soul.

PLAN A TRIP

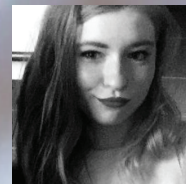
Even if you can't break the bank and go for a lavish holiday abroad, think of somewhere you have always wanted to go, even if it is a city in the country you live in for a weekend getaway or a day trip. It's another place to tick off your list! There are often cheap deals to fun places abroad that you can look out for and snatch up. Or this can be the time to save up for something really meaningful if what you want out of this year is to travel somewhere special. Visiting new places and travelling parts of the world is also a great way to explore yourself and can be one of the best things you will ever do. Despite the cliché, travelling really is the best way to find yourself. If you are not sure what you wanted your goals for the year to be, travelling can be the way to figure that out – even if what you learn about yourself is that you want to do more travelling.

BUY NEW THINGS

Spring sales are a perfect time to do this, and probably why they take place in the New Year (not just because people get money for Christmas). Is there a key style piece you have always wanted but never sure you could pull off? This is the chance to be daring and express yourself, to start the year rocking the fashion that you're truly feeling.

LOVE YOURSELF

The message is not to change yourself just because it's New Year; it is just a reminder that this is a fantastic time to embrace the positive changes you can make to be the best self you can be, reach for something great and achieve everything you have always wanted! Continue to love the way you are now, and love the things you can do.



Words By
Contributing
Lifestyle &
Travel Writer
Ally McLaren



Why Less Is Best

One of the great things about 21st century life is choice. It's everywhere. Places to shop, blogs to follow, food to eat, films to watch, you name it and there will be options as long as your arm. Take coffee. Fifty years ago you would ask for a coffee and you would need to choose either black or white, if you were lucky. Today, the choices come thick and fast. Drink in? Takeaway? Soy? Almond? Skinny? Full fat? Half shot or triple shot? Decaff or double caff? Caramel? Hazelnut? Extra froth? Extra hot? Starbucks claims that it offers a mind-blowing 80,000 drink combinations.

The thinking is, of course, that the more options we have, the better life is, as there is always going to be something out there completely suited to us. However, the problem with this is that you actually have to find your idea of perfect. The perfect knee-high winter boots, perfect coffee, favourite TV show, best toothpaste and that decision-making process is enough to give you a headache. It sounds obvious, but the trouble is, the more options we're given, the more decisions we need to make. Imagine you're in Sainsbury's, choosing crisps. Rows and rows of crisps, more than three hundred and fifty varieties in all. You could easily spend five minutes scanning the brands, flavours, prices, in search of the perfect choice. You probably do the same in your corner shop where the options stretch to Monster Munch, two types of Hula Hoops and four flavours of Walkers and choosing takes ten seconds, tops. All that time saved.

When you think about it, the Starbucks 80,000 drink combinations sounds like a nightmare. By the time I've navigated the barrage of questions about the coffee I want, I'm often snappy and tempted to say forget it, just give me a tap water. Except that just opens up a whole new line of questioning - still or fizzy? Do you want ice with that? I had my own moment of realisation in the summer. I was staying in a remote part of the Scottish Highlands and self-catering was on the menu. I'd planned to do a big supermarket shop but exhaustion and a vomiting child meant I never made it, so we spent the week scraping together meals sourced from the local-shop-post-office-newsagent-general meeting place and it was so easy!

Pasta? One type. Toothpaste? Two brands to choose from. A shelf of wine with a couple of decent white, couple of decent reds. Bread? Choose from sliced white, sliced brown or big box of floury rolls. None of the usual linseed, 7-grain, thick slice, thin slice, unsliced, wholemeal, bran, farmhouse and on and on. I might struggle if I had such limited options day in day out, but for a week, it was pure bliss to be rid of the endless day-to-day decision-making about little things which don't really matter to me.

Of course there's no denying that we're lucky to have access to such choice; our lives are so much richer because of it. But many of us are buckling under the weight. Waitrose's Food and Drink Report 2015 found that two thirds of us feel overwhelmed by the choice available to us. We love the idea of having so many options but when it comes to actually deciding between different four hundred and fifteen types of detergent in Tesco, it's a drain on the old brain cells.



It's not just food. I'm so overwhelmed by the choice of TV shows on offer that I flick through them endlessly, never watching anything properly. Narrow my choice down to a smaller number of ten and I'll settle on something and actually watch it.

The highly respected American psychologist Barry Schwartz talks about this choice paralysis in his book *The Paradox of Choice*, which argues that we have too many options available to us and when people are given too many options they become paralysed and can't make a decision, even if it's something as basic as which type of jam to buy in the supermarket. When they eventually make a decision, they're less likely to be satisfied with the decision because they're constantly wondering whether they should have taken the endless other options which were on offer instead. Schwartz says, "Learning to choose is hard. Learning to choose well is harder and learning to choose well in a world of unlimited possibilities is harder still, perhaps too hard."

So what's the solution? Well, we can try to stop over-analysing every daily decision for a start. Do you really look back and kick yourself over something minor which you bought and did a month ago or more? (If only I'd bought the tinned tomatoes with added basil rather than the plain pre-chopped, life would have worked out so differently...)



Words By
Contributing
Lifestyle Writer
Alexandra Borthwick

Keep a clear head and remember this: most of the time, these decisions don't matter. Save your brain for the big decisions about family, work, health, money and so on. When it comes to choosing between Greek, Greek-style or plain old natural, pick a tried and tested one, stick with it and move on or choose something different if you're feeling daring but don't give it a second thought. Do you really want to waste time deliberating over something so mundane? The one you have been buying until now has been fine, so don't worry about it.

What about the big decisions in life? Psychologists and life coaches tend to advise that we should avoid 'all or nothing' thinking. You want to quit in your office job and set up your own baker's shop but the idea is so overwhelming and the risks are so great, it's easier to freeze with indecision and ditch the idea altogether than go for it.

If you stop being so black and white and find a middle ground, the decision is suddenly less daunting. Why not go freelance and take cake commissions on the side? Or stick with the office job but start a buns 'n bagels blog? Suddenly it all becomes more accessible, less terrifying. Whatever you do, try to own the decision; don't let the decision own you. When you feel yourself overwhelmed by options and in a paralysis of choice, make a snap decision or walk away with no decision at all. That way you'll buy some time- you just need to decide what to do with it.



10 Steps To Daily Happiness

Though we might often experience moments of joy or exhilaration, this does not necessarily mean we are 'happy'. It's the small things that constitute happiness. Benjamin Franklin once said "Happiness consists more in conveniences of pleasure that occur every day than in great pieces of good fortune that happen but seldom." Due to the fact, many of us dedicate much time to worrying about the future, the present and the everyday is often neglected. Psychologists have recently suggested that happiness lies in a positive daily routine, and therefore we can effectively 'choose' to be happy by consciously adapting our everyday lives. But how do we do this?

1. Smile - The phrase 'a smile can go a long way' is indeed one to live by. Starting the day smiling may prove difficult especially with early rises, however it can determine your mood for the entire day. Watching a short funny video or reminiscing about a memory that made you laugh will instantly brighten your day. Laughing and smiling is also scientifically proven to release endorphins and heightens levels of serotonin, the 'happy hormone'. Smiling at others also develops a feeling of self-worth and allows them to smile back in return, which can feel rewarding.

2. Think Of A Positive Thought For Every Day - On your way to work, university or whilst getting ready, it's beneficial to reflect on something positive about the day ahead. Even if it's as simple as admiring the beautiful morning frost, thinking about catching up with friends later that evening, or knowing you will meet a deadline at work. This will set goals for the day, which will in turn provide you with a sense of achievement once it comes to a close.

3. Give Yourself A Compliment - Whilst standing in front of the mirror think of one positive feature about your appearance, what you are wearing or something great about your personality. This might feel strange at first, but it really does work and will make you feel valuable and ready to face the world.

4. Eat Something Healthy - Healthy eating is continually encouraged - and for good reason. This simple step is guaranteed to make you to feel healthy in body and mind. Drinking a smoothie, eating fruit and conquering your five a day will indeed make you feel good about yourself. Choosing to pursue a healthy life will have positive effects on your body shape, skin and digestion.

5. Listen To Some Music - Turning on the radio or listening to music in general can set your mood for the rest of the day. Music has the power to dominate your brain and consequently set your immediate mood.



6. Be Grateful For The Life You Live - Waking up in a warm house, with clean drinking water and food to eat is taken for granted all too often. Remember to be grateful for the basic comforts you have around you that so many people are deprived of. Put your life in perspective; it is important to realise that there are people who endure a life that is much worse than yours.

7. Speak To Someone You Love - Talking with friends, family or your partner will significantly improve your day. Even if it's dropping them a text, giving them a ring for half an hour or a quick Skype session, it will instantly boost your mood.

8. Reflect On Something You Have Achieved - Whether big or small, we all achieve things every day. Getting to work on time, submitting an essay which has taken you weeks to write or beating your time on a regular run are all achievements in their own right and are therefore things to be proud of. To quote Heather Small, 'what have you done today to make you feel proud?' Asking yourself this each night before going to bed will allow you to feel that the day has been a worthy contribution to your life.

9. Have Some Alone Time - As much as keeping a strong social life is deemed essential for happiness, it is also important to have some time alone and pursue activities which make you feel good. From watching your favourite TV series, reading a book or walking your dog, it gives you time to reflect and most importantly relax. Similarly, it allows you to prioritise tasks that need completing in the next week or month and therefore will help you to feel organised.

10. Appreciate The Time You Have - Another day gone is another memory embedded forever in the past. The saying 'time is of the essence' is very true and as we grow older the days only pass quicker and quicker. Cherish the moments that have shaped that day to be a unique one. Remember you're a day older than you were yesterday.



Words by Contributing
Lifestyle Writer Emma
Corr



Dungeons & Dragons

Dungeons and Dragons is a fantasy table top role-playing game, enjoyed exclusively by sweaty, computer-coding nerds. Or maybe not. The mainstream view of Dungeons and Dragons that it is a socially awkward, male-focused hobby is no longer relevant. There is a growing awareness that games like Dungeons and Dragons can change how we think, how we tackle problems and interact with one another. They can provide limitless opportunities for creativity and social inclusion, and can alter our approach to real-life situations.

In Dungeons and Dragons, each player creates his or her own character with distinct personalities and abilities. The characters join together to embark upon imaginary adventures in a fantasy setting akin to old mythologies and the fantastical worlds of J.R.R. Tolkien. The characters, performed by the players, interact with their environment and work together to solve problems, engage in battle, and gather treasure and knowledge. The game encourages both logical and creative thinking and so attracts people with an aptitude for learning.

Admittedly, I came to the game with my own reservations. I'm not too confident at verbal improvisation or complex games, so the concepts of character-acting and play being negotiated by numerous polyhedral dice was initially concerning. But at that point I was unaware of the main selling point of Dungeons and Dragons - that it is best when played with friends (or at least people with similar interests and/or enthusiasm).

Setting up my character sheet was smoother once a friend gave me some guidance. Character sheets delineate your character's race, abilities, moral outlook, etc.; I played as a half-elf ranger with a bear companion - not too bad a choice. Though a seemingly complex game, the rules can be picked up quickly and the process becomes easier with time. As you play, the Dungeon Master (the game's referee and storyteller) explains a situation to which the characters have to react. The players must collaborate to come up with a solution, and the more creative solutions are often rewarded with more experience points - these are scores that allow characters to become more powerful.

Here's an example conversation:

Dungeon Master: You're a band of couriers carrying time-sensitive information of great importance to the capital. You come across a group of unarmed refugees who are being attacked by goblins - things do not look well for them. What is your next move? [The characters discuss]

Head-strong Ranger: Let's continue on and ignore the attack; this information needs to get to the capital as soon as possible. We shouldn't be distracted.

Benevolent Paladin: But it's our moral duty to stay and defend the refugees. They need our help!

Impish Rogue: I could always sneak up on the goblins and try to scare them off?

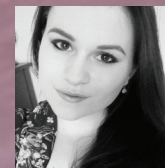
Knowledgeable Fighter: I know what to do! Why don't we leave the slower, better-armed members of the group to fight the goblins? The faster members of our party can continue on to deliver the information on time.

Dungeon Master: You have chosen wisely. [The game continues]

In this way Dungeons and Dragons is structured, yet also open-ended: the results of the party's choices and the overall storyline for the game are determined by the Dungeon Master, but the characters forge their own paths through their actions. There is always more than one way to solve a problem, and the most predictable solution is not always the best. Group dynamics are therefore an important part of the game. The characters work together to decide actions and achieve goals. You learn more about your friends because of the heroes they have chosen to be, and the shyest amongst your friendship group can gain confidence by playing a role that is separate from themselves. It is not a game of winners or losers so everyone is equal.

I play with a core group of friends. There are around eight of us and we use Dungeons and Dragons as a means of staying in contact that doesn't involve going on a big night out or having an expensive meal. We play our roles, laugh with each other and eat far too many snacks. Apart from social benefits, the game has other 'transferable skills' in the way of logic, basic mathematics and the use of imagination. Everything within Dungeons and Dragons is related to imagination, to what is essentially controlled fabrication.

Within the game you can do anything you want and be anything you want, so long as it remains structured around the rules (the Dungeon Master ensures these are adhered to). The game is therefore a more active method of escapism than watching a film or playing a video game, because it encourages you to think and interact with others in a creative way. So if one of your New Year's resolutions is to try something new, challenge your friends to a game of Dungeons and Dragons in 2016. It could be your next not-so-guilty pleasure.



Words by Contributing
Lifestyle & Travel Writer
Lydia Osborne



8 Reasons To Travel

Travelling is a great way to view the world and to open our eyes to new adventures. So why not plan some new adventures for 2016? Here are eight reasons why you should travel the world this year.

PERSPECTIVE

The small issues we have in our day-to-day lives are often forgotten about when we travel to a different location. You can visit various towns, cities and countries, depending on how far you would like to travel. A good trip will help you to gain perspective on how others live and a better understanding for different atmospheres and cultures. You may be pleasantly surprised about how different you feel.

SOCIALISE

We often feel like we are bound to everything around us, from our jobs to money and society. In reality we are tying ourselves down to things that may change tomorrow. Travelling opens our eyes to new possibilities and makes us more vulnerable to new things. Allow yourself to socialise with the locals and get to know your environment. Travelling allows us to create stories, which means you will have more to talk about when you return home.

COUPLE TRAVELLING VS SOLO TRAVELLING

If you're fortunate to have another half, travelling is a great way of bonding by unravelling new destinations and committing yourselves to new adventures. If you're travelling solo, you will learn how resourceful you are and you will discover how you can navigate around unfamiliar territory. Which can boost your mood and self-esteem.

KNOWLEDGE

Travelling can strengthen your brain by experiencing new things. Each place has a history and a story behind it, so make sure you try to learn something new on your travels. Whether you're staying in your own country or going abroad, there are a lot of things you may not get to experience anywhere else. Make sure you try new foods and go on new adventures.

TRAVEL WHILST YOU CAN

Many of us get put off travelling by the belief that we can do it whenever we want. However, life has a habit of getting in the way and sometimes we don't have the time to travel. So try not to leave it all until retirement - travel now. You should experience the world while you're growing as a person, instead of leaving it until later on in your life.

PHYSICAL HEALTH

Travelling can help a lot with your fitness, especially when walking around a new city. Even with public transport, we tend to do a lot of our touring on foot as we can take better photos and explore freely. If you're the outdoors type then you will be putting in a lot of exercise.

NO MORE STRESS

It only works if you're travelling on a personal basis and not with your job. The more time you have to unwind and recharge will help you when returning home. Travelling takes away the daily stresses in life and it allows you to focus on yourself, your feelings and anything that brings you joy.

CREATE MEMORIES

Thanks to digital cameras and memory cards, we can take as many photos as we like of our travels. You can share your experiences with people who wouldn't have thought to travel there, which might give them ideas to do some travelling too. Create lots of memories, wherever you decide to go.



Words By Contributing Lifestyle
Writer Savannah Lloyd-Smith



VISIT VIENNA

Vienna, the capital of Austria is one of the most elegant cities in Europe. It's a beautiful place with plenty to see and do, especially at New Year. I visited the city of music for two days with my partner to enjoy the New Year celebrations and I would definitely go back again to explore the culture further and visit more landmarks and museums.

The charming streets of Vienna are welcoming from the moment you arrive. Enjoy the hustle and bustle of people, the designer shops and stunning architecture. Soak up the wonderful atmosphere and get lost in the fairy tale streets, as a horse and carriage passes by. Vienna is a beautiful blend of old and new. There are so many different ways you can travel around the city! Walk around Stephansplatz and admire the impressive St. Stephen's Cathedral, take a short walk to Graben and Kohlmarkt and shop until the late afternoon.

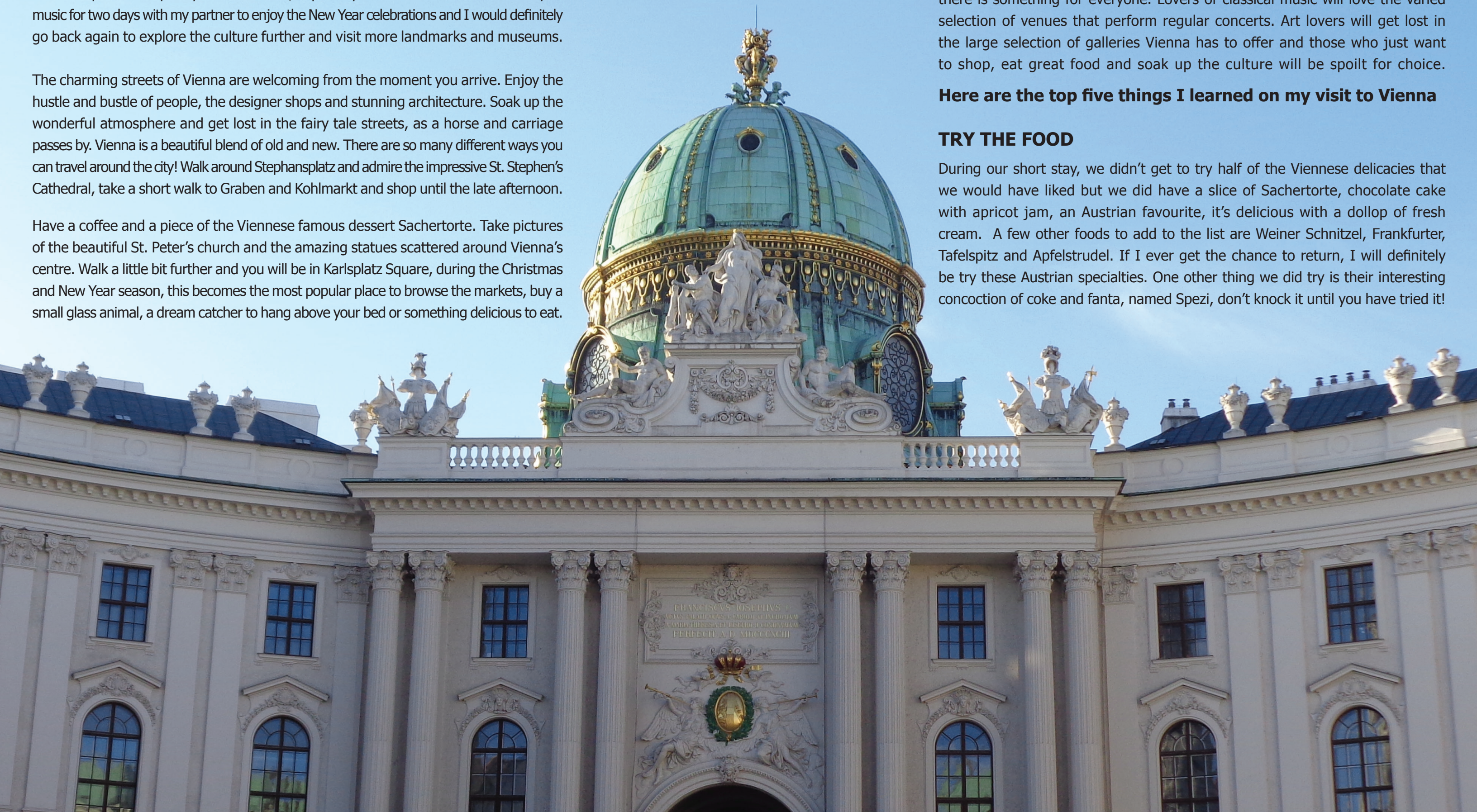
Have a coffee and a piece of the Viennese famous dessert Sachertorte. Take pictures of the beautiful St. Peter's church and the amazing statues scattered around Vienna's centre. Walk a little bit further and you will be in Karlsplatz Square, during the Christmas and New Year season, this becomes the most popular place to browse the markets, buy a small glass animal, a dream catcher to hang above your bed or something delicious to eat.

To keep warm, you should have a cup of mulled wine or hot fruit punch, you can even keep the mug as a souvenir! The city is bursting with history and grace, there is something for everyone. Lovers of classical music will love the varied selection of venues that perform regular concerts. Art lovers will get lost in the large selection of galleries Vienna has to offer and those who just want to shop, eat great food and soak up the culture will be spoilt for choice.

Here are the top five things I learned on my visit to Vienna

TRY THE FOOD

During our short stay, we didn't get to try half of the Viennese delicacies that we would have liked but we did have a slice of Sachertorte, chocolate cake with apricot jam, an Austrian favourite, it's delicious with a dollop of fresh cream. A few other foods to add to the list are Weiner Schnitzel, Frankfurter, Tafelspitz and Apfelstrudel. If I ever get the chance to return, I will definitely be try these Austrian specialties. One other thing we did try is their interesting concoction of coke and fanta, named Spezi, don't knock it until you have tried it!



SPEAK THE LANGUAGE

It is rude to assume that every country speaks perfect English, learning a couple of German phrases is not only polite, it is necessary if you end up in a situation where they don't speak your language and you hardly speak theirs (this happened to me twice in Vienna). Be respectful of the culture in Vienna and use basic greetings such as Bitte (please), Danke (thank you) and Guten Tag (good day), it really makes all the difference. We purchased a Collins German pocket dictionary and it definitely helped.

TAKE LOTS OF PICTURES

There are so many amazing buildings and places to see in Vienna, again, we didn't get to see all of the magnificent landmarks but we made sure we took plenty of pictures of those we did see. Make sure you see St. Stephen's Cathedral, you can't miss it as it takes up most of Stephansplatz square! Other places to visit and take pictures of are Hofburg Palace, The Rathaus and Museums Quartier Wien.

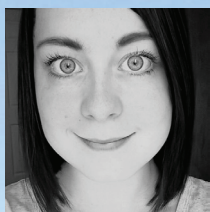
WRAP UP WARM

If you are going to Vienna in the winter time, make sure you wrap up warm. The temperature dropped to -5°C while we were there, the wind was icy cold, but there are plenty of opportunities to warm up, having food from the stalls, having a look around the shops and going in a restaurant or cafe for a meal.

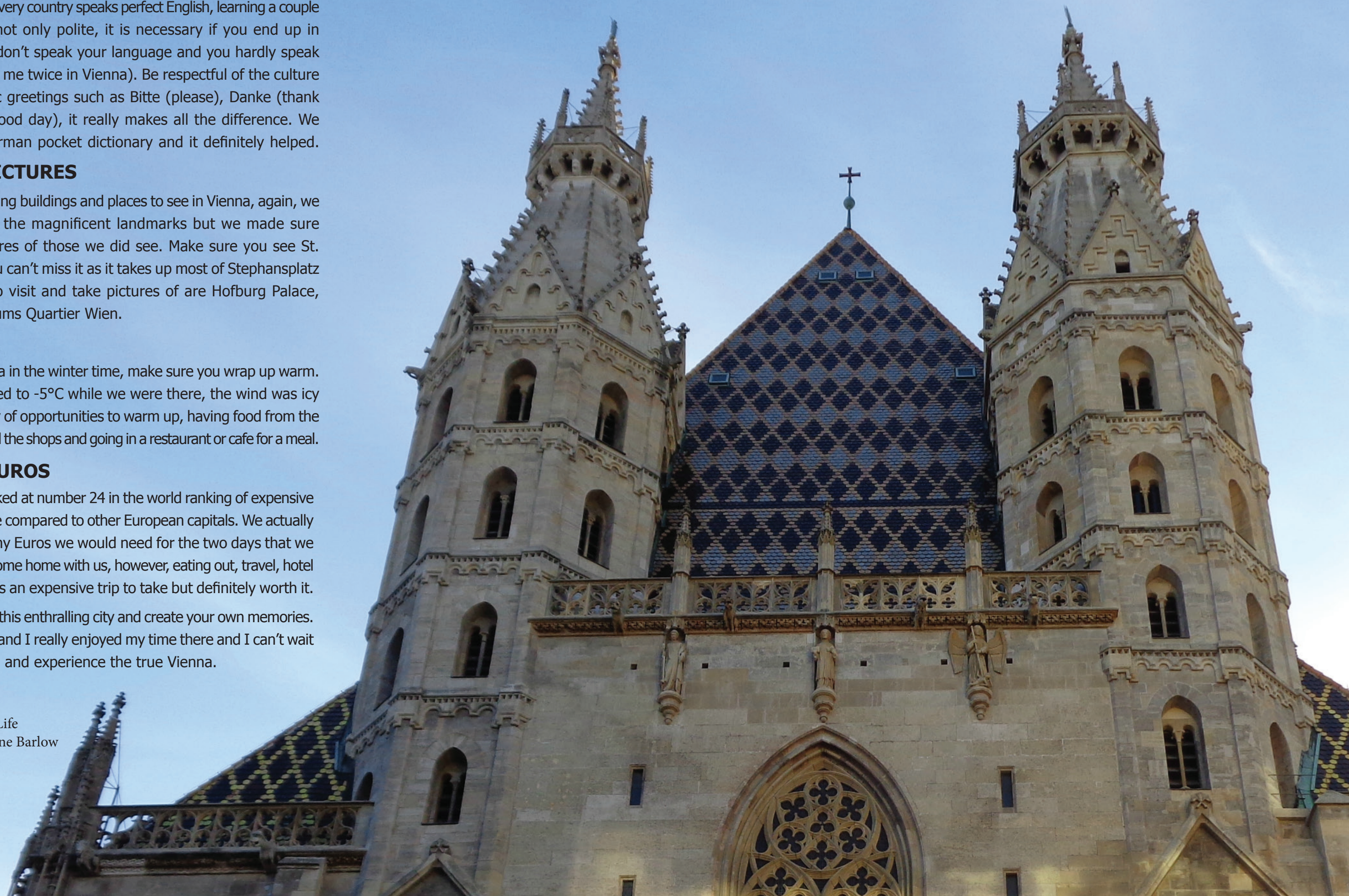
TAKE ENOUGH EUROS

Vienna is expensive. Ranked at number 24 in the world ranking of expensive cities, Vienna is expensive compared to other European capitals. We actually over-estimated how many Euros we would need for the two days that we were there and brought some home with us, however, eating out, travel, hotel and flights combined, it is an expensive trip to take but definitely worth it.

I hope you decide to visit this enthralling city and create your own memories. Vienna is a beautiful city and I really enjoyed my time there and I can't wait for the chance to return and experience the true Vienna.



Editor of
Zest For Life
Emma-Jane Barlow



TOP 5 THINGS TO DO IN BRUSSELS

My partner and I visited Brussels for New Year 2016: here are our highlights.

1. Cinematek

Hidden near the Parc de Bruxelles, the Cinematek was our favourite discovery. It's not your standard Odeon multiplex – it's a film archive with charity foundation status, with every ticket being only 4 Euros. Its building includes a little museum where you can browse through memorabilia and archive material, and the cinema itself has an impressive program of art house films.

The cinema tends to show films as parts of cycles focusing on different actors: plans for 2016 include Christopher Lee *sob* and Charlotte Rampling. We saw American Graffiti as part of their series on Harrison Ford, and the version was an original reel of the film that wasn't remastered. This gave the whole cinema atmosphere a memorable, unique, authentic feel.

Don't be put off by language barriers – all films are screened in the language they were produced in, so Anglophone films have French and Flemish subtitles. There is also a program of silent films screened nearly every day with live piano accompaniment, which we will be sure to catch next time!

2. Musée des Instruments de Musique

One of the most interesting museums we visited in Brussels was the Musée des Instruments de Musique. It's an interactive experience with an emphasis on listening – you are given a tablet that has samples of musical instruments on it, and then you navigate through the museum listening to the sound each musical instrument makes (bearing in mind the museum houses more than 2,000 instruments!)

In this way the museum allows a unique insight into the instruments behind the music: you get to see how music progresses over time, understand how certain instruments were important in certain eras, and marvel at the surreal and obscure instruments that fell by the wayside. Such experiments include a glass harmonica and an Ondes Martenot, an early electronic musical instrument.

The museum is interesting because it demonstrates how particular instruments can capture history and culture, and how one successful arrangement by a popular musician can entrench an instrument in the cultural canon. It is ultimately a celebration of music in all its forms.



Grand Place

The Grand Place is a magnificent cobblestone square that showcases the best of Brussels's architecture. The focal point is the imposing 15th century spired city hall, which is surrounded by antique guildhalls with baroque and Neo-Gothic features. It is undoubtedly the most memorable landmark in the city and is a UNESCO World Heritage Site.

The place looks particularly beautiful at night – we returned to it throughout our stay, and during the evenings in the Christmas/New Year period the buildings around the square are illuminated with an hourly light display set to music.

The Brussels City Museum is also housed on this square and features a little insight into the history of the city, including old maps, pieces of architecture and over 700 costumes belonging to Manneken Pis (the famous fountain statue of a little boy urinating).

Centre Belge de la Bande Dessinée

This is Belgium's national Comic Strip Centre, and is a place of interest and awe not only for comic fans. Its main exhibition looks at the evolution of comics – one portion argues that religious manuscripts were the first cartoon strips – and explains how they are made, from initial sketches to computer graphics.

Another exhibition focuses on Tintin, Belgium's favourite cartoon character, whilst the others cover popular characters like the Smurfs and showcase international comic strip art. The whole museum is a learning experience and there are lots of interpretative signs in English.

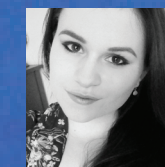
The museum is housed in a beautiful light-filled building made by Victor Horta and also includes a café, a French comic-book library and a shop that has a comprehensive stock of comics.

Musée René Magritte

Part of the Musées Royaux des Beaux-Arts, this museum is dedicated to the Belgian surrealist artist René Magritte and is an astounding collection of his works and life.

The building is home to 200 original Magritte paintings, drawing and sculptures and is the biggest permanent Magritte archive in the world. It offers an intriguing exploration of the artist's work which includes intimate insights into his personal life through photos and films.

Even if you are unaware of Magritte, this museum is a definite must-see for anyone interested in Belgian culture. We even had a copy of a Magritte painting in our hotel room – he is celebrated in his homeland for his humorous and thought-provoking images, which tend to challenge conceptions about life and reality. The Musées Royaux des Beaux-Arts also contains Musée d'Art Ancien and Musée d'Art Moderne – under 26s can get a combined ticket for 3 Euros.



Words by Contributing
Lifestyle & Travel Writer
Lydia Osborne

STAY ON TRACK

The New Year can bring fresh starts, new beginnings, great intentions and an opportunity to change. People move towards improving situations that they were not happy with the previous year. Amongst these are career changes, moving home, holidays, giving up smoking or alcohol. Arguably, the most popular is the desire to lose weight, be healthier and exercise more. Signing up for a gym membership, joining the local yoga classes, finding the nearest weight loss group or starting the latest fad diet to try to shift those excess pounds.

The start date for this radical re-haul is usually the 1st January ... though sometimes it is postponed until you go back to work or when the kids start back at school. You might even delay until the last of the Christmas goodies have been eaten. We all start with excellent intentions, full of focus and motivation, but this full guns approach can actually be our biggest downfall.

Making so many sudden changes at once can actually cause us to sabotage our own efforts. No one likes change, and too many changes implemented at once usually results in us falling back into bad habits ... those habits that we were trying to break in the first place. In turn this leaves us feeling like failures; deflated and disappointed. It is nearly a month into the New Year; how many of you are still on target with your weight loss plans? Is your new fitness regime still going smoothly? Maybe you have had a few blips but still going and not entirely happy with the results that you are getting. Don't give up, let's just take a step back and assess the situation.

Firstly, you need to set your intentions. Write down your goals and what it is that you actually want to achieve. There can be more than one thing on your list - get them all down. What is your goal weight? It might be to fit back into your favourite outfit or suit. What fitness level would you like to be at? Is there a local 5k run that you want to work towards?

From this point, pick one of your goals from the list. You will probably find that from this one intention, once the ball starts moving, all your other goals will start to fall into place. With your chosen goal, have a brain storming session. Think of all the different steps that you could take to help you achieve this.

Is it a weight loss that you wish to achieve? Try thinking of all the little habits that have hindered your previous attempts. Is it that afternoon break when you have four biscuits with your cup of tea instead of one? Maybe it's the supper time treat of cheese and crackers. It doesn't matter what it is, just write it down! It could be that you skip breakfast so end up indulging in coffee and cake mid-morning. You could do this process over a few days so that you find all the little tricks that sabotage your efforts of fitting into those smaller jeans. You will be surprised at the habits that you start to notice. These are your focus points, the little steps forward and the areas that you must overcome to achieve your goal weight.

It might be that you want to complete a swim-athon, sign up for the 10k run or learn how to play tennis. Again, brain storm all the forward moving steps that you could take to achieving this. It could be something as simple as going for a walk, signing up for lessons, stepping foot back in the local swimming pool or buying the sports equipment needed. No matter how small the steps, write them down.

Do this process with whatever goal you have chosen. It can be applied to other areas of your life as well. Display it on a wall or cupboard so that it will be visible to you daily. From this, you will pick one positive move ... only one. It could be that you need to give up coffee or start doing the exercise DVD you bought. Keep it simple and don't rush in too much. Reduce your coffee intake by one cup each day; it maybe that you get down to one cup a day and stay at that point for a week. It is still a noticeable improvement! The exercise DVD may only be 20 minutes long but to achieve the first 10 minutes for the first few days is amazing and something that you can build upon.

The whole idea is to not set yourself up to fail. Choose one positive step or area to focus on from your brainstorming board and work on that until it is completed. Stick a gold star over it on your board to show your achievement and keep working through all of the little steps until you can only see gold stars. Soon you will start noticing the results in how you look and feel. A healthier you, more toned, enjoying your new fitness activities. All this and reaching your goal is an awesome feeling ... knowing that you did it. You didn't give up!

The whole process might only take a month; it could be 6 months or until the end of the year. If you have a deadline for achieving your goal, write it in the middle of your brainstorming board but keep it realistic. Stick at it and don't give up ... the little steps build up to greatness! Soon you will be a healthier and happier you. That is definitely something worth working for.



Words by
Health & Wellbeing
Contributing Writer
Diane Eliza Maccabe



Can Creative Outlets Improve Your Health & Wellbeing?

I'm a strong believer that doing something creative can put a positive spin on most situations. A lot of you will agree that completing some sort of task gives a day much more of a purpose. You're left with a more satisfied feeling than if you were to sit in your PJ's and watch Netflix all day. We've all been there. Sure, you might have caught up on that cool new series you're mad about, but as soon as the credits start rolling you find yourself sat there wondering 'what have I actually done today?'

Doing something creative is always my go-to pick me up. Whether it's writing, drawing, photography or designing something new in Photoshop, it gets me doing something. Everyone has something they enjoy doing, and it helps immensely if it's something you can get lost in. Once you get in that zone hours, can drift by like minutes. It can help you to relax and see a situation or problem in a completely new way.

So what's your creative medicine?

Drawing/Painting

I've often been told by people that they 'can't draw', but the truth really is that everyone can draw. Seriously. Drawing covers a whole range of different styles, layers and techniques. Sure, you may not see yourself as the next Leonardo da Vinci, but you can still doodle that adorable cat with the crooked tail and big eyes. We can all draw something, and it's a great way to distract yourself. You're in complete control when you're drawing. You can create a new species, give your lovely chemistry teacher a new makeover, sketch that scene out of your window or even erase everything and start again entirely. If you want to draw, then just go do it.

Photography

Taking photos is a great way to let off steam as it makes you look at the world in a different way. A tree or even a coffee mug can suddenly become the most interesting of subjects. You'll notice things you might not have seen before and your brain gets engaged in everything around you. Nearly everyone nowadays has some sort of photo-taking device. You might not have a camera, but your phone will work just as well. I often find that photography gives you a new perspective on things and can be applied to all aspects of your life and wellbeing.





Reading

So you don't like creating things yourself? Well that's absolutely fine, because reading books can get your creativity flowing just as much. Every book requires the reader's imagination to get the story moving. Without you it would just be dead words on a page. Reading doesn't require any hard work, just engagement. Getting lost in a good book can be one of the simplest pleasures in life. For that period of time you invest in someone else's life and it can be a great way to reboot and refresh your own.

Writing

Writing can be quite relaxing as it allows you to get your thoughts and ideas down on a piece of paper. Plus very much like drawing, you can write whatever you want to. It can be fictional, a real account on something that's happened to you, a poem, an observation, anything at all! You can write with a pen and paper in the garden, write on your laptop in your bedroom or even type on your phone whilst sat on the bus. I often find that writing can be the best kind of therapy. There's something about writing troubles down that allows you to accept and understand them. Writing something down makes it more official and it's no longer just a thought swimming around in your head. You know what they say about a problem shared!

Not much attention is drawn to the creative side of therapy, which is a shame because I think it can be a huge help. If you think back to when you were a child in nursery or play-school, you'll likely remember doing something creative and loving it. Being creative is how we learn. When we get older it's seen more as a waste of time, and this really shouldn't be the case. We all have time to be creative and I think our general wellbeing can be helped massively as a result.



Contributing Writer
Rebecca Hayes

WHY YOU SHOULD DRINK MORE WATER

Water is important. We know that we need water for our bodies to function properly, yet we neglect to drink the recommended amount of water each day. Considering our brains are 90% water, it's a no-brainer really to drink as much water as possible. There are so many benefits to drinking water including the prevention of headaches and joint pain. Drinking also improves concentration, boosts your immune system and relieves fatigue.

Here are a few reasons why you should drink more water for a healthier, happier you:

Performance

Hydration plays a big part in athletic performance. Water composes 75% of our muscle tissue. Make sure you have a bottle of water with you when you exercise and keep topping it up. If you don't drink enough during cardiovascular activities such as running, you will quickly feel the effects of dehydration including weakness, fatigue, dizziness and electrolyte imbalance.

Pain Relief

Don't medicate, hydrate! Drinking water at regular intervals will reduce pain in your joints by keeping the cartilage soft and hydrated, it also helps prevent cramps and sprains when exercising, proper hydration helps to keep joints lubricated, which makes joint pain less likely. Sometimes headaches can be caused by dehydration. Instead of reaching for ibuprofen when you next get a headache, try drinking more water.

Mood Improvement

Yes, that's right. Drinking the recommended amount of water each day will improve your concentration and lift your mood considerably. Research says that dehydration can cause mood swings and irritability. Your brain is mostly water; drinking more will increase focus and will also boost your energy levels.

Weight Loss

We often mistake hunger for thirst. Our bodies need a regular intake of food but they also need water. Staying hydrated can serve as an appetite suppressant and help you lose those few extra pounds. Drinking lots of water between meals will also raise your metabolism, and the great thing about water - it has zero calories!

Glowing Skin

Regular water consumption can improve the colour and texture of your skin by helping your body build new cells. Water keeps your skin fresh, soft and smooth, it also gets rid of wrinkles - it's the best anti-ageing treatment around! For a youthful appearance, drink eight glasses of water a day. Drinking plenty of water also regulates the body's temperature through sweating.

Detox

Staying hydrated is important to keep the body functioning, water helps the body to get rid of waste through sweat and urination, which will reduce the risk of urinary tract infections and kidney stones. Drinking plenty of water, combined with fibre, also cures constipation.

Boosts Immune System

Drinking water constantly will help your body fight infections, hydration can lower your chances of flu, cancer and even heart attacks. Also, research has revealed that staying hydrated can reduce your risk of colon cancer by 45% and bladder cancer by 50%.

As with most things, the amount of water for each person is individual, but if your urine is not mostly clear, you're probably not getting enough H₂O. Experts recommend that you drink eight glasses of water each day. Make sure you listen to what your body needs. If you don't like the taste of water (many of us don't), why not add a bit of lemon, a few sprigs of fresh mint or even an orange slice? Drink more water - it's the best thing you can do for your body today.



Editor of
Zest For Life
Emma-Jane Barlow



THE BENEFITS OF WALKING

Walking is a beneficial activity which is often dismissed because of its simplicity. Walking has many health benefits and you can work it into your everyday life. Not only does walking improve your mood - it's also a great memory booster, improves blood circulation and helps your body fight against diseases. Walking is free so you can do it anywhere, anytime ... even when you're travelling.

Improves Your Mood

Walking as little as ten minutes a day is helpful when it comes to improving your mood. It's not how much walking you do – it's how persistent you are. Regular exercise helps to increase blood and energy flow to the brain, which improves mental activity.

Burns Calories

Burning calories is a tough daily task we all face. Walking helps to elevate your heart rate, which enables you to burn more calories. Try walking up hill or walking faster than usual to help burn extra calories.

Live Longer

According to the Daily Mail, Walking twenty minutes a day cuts premature risk of death by a third.

Helps With Sleeping

Many people believe that a work out at the gym helps to promote sleep; however, this isn't strictly true. Walking is far better exercise when it comes to getting a good night's sleep.

Improve Energy Levels

Walking can increase energy and overall quality of life. Energy levels can strengthen the circulation of the heart muscle, which helps your body and mind.

Good Posture

Walking helps to gain good posture, especially when you are standing still. So keep your head up, shoulders back, chest out and eyes looking ahead when you're on a walk. Avoid pushing your head forward.

Improve Flexibility And Strength

Walking, or any activity that makes your muscles work harder than usual, is a great way to improve flexibility and strength. This helps to increase your muscles strength, size, power and endurance.

Increase Your Metabolism

Walking has a low-impact and effective method of exercise. It's an important factor in the metabolism process in which substances such as food is broken down and used for energy.

Boosts Brain Power And Enhances Memory

Exercising helps to increase your energy and improves your long-term memory, problem-solving abilities and helps to require people to think abstractly.

Relieves Stress

Whether you are stressed at work or at home, you can walk life stresses away. Walking briskly helps to spark your nerve cells in the brain that can help to relax your senses.

Improves Circulation

Walking regularly can help you improve circulation and decrease pain if you have poor circulation. Going for walks after meals can help increase your circulation as well as your digestive system. Walking at least thirty minutes is recommended.

Reduces Risk Of Cancer & High Blood Pressure

Walking helps to reduce the risk of developing high blood pressure and diabetes. You can also decrease the risk of cancer by walking at least three to five hours per week at an average pace.



Words By Contributing Lifestyle
Writer Savannah Lloyd-Smith



The Most Important Meal Of The Day

There are lots of debates concerning breakfast, and whether it is in fact the most important meal of the day. Is a high protein breakfast better? Should we all opt for a light breakfast?

Regardless of the different theories, what I do know from years of experience is this; in the mornings when I wake up, I am really hungry! Bet a lot of people are as well. I like to have something good to eat, especially if the day is going to be a busy one.

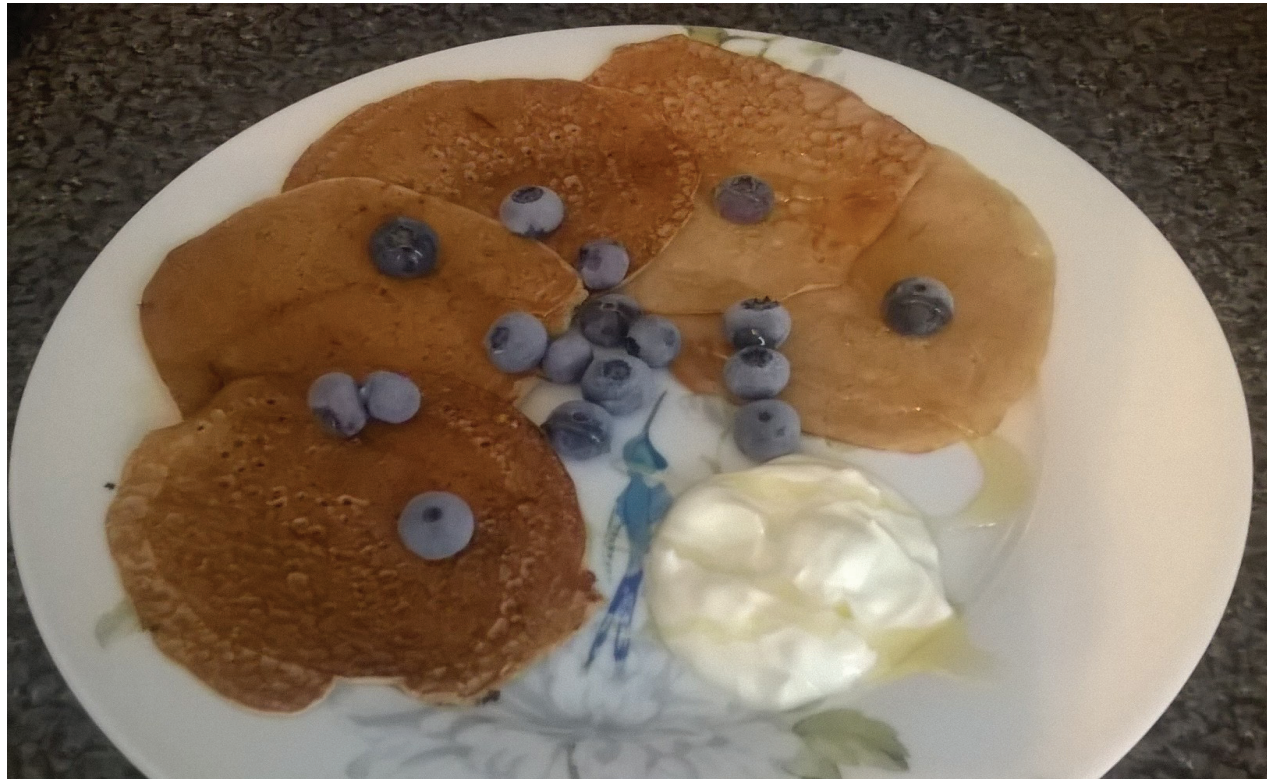
There are so many benefits to eating breakfast. Stabilizing blood sugar levels and kick starting your metabolism are really good health points. Feeding your body some great nutrition in the mornings will help keep your energy levels steady and keep the body ticking in the right way.

After years of trying different diets in an attempt to stay trim, I have found that getting a balance and eating three healthy meals a day is a great key to success. Hearty and healthy breakfasts are the favourite, plus they stop me from snacking on the wrong foods mid-morning. So much better for my waist line!

While the weather is chilling and everyone is recovering from the festive food over load, I would like to share a few of my favourite morning hunger fixes. They will warm your cockles or boost your energy on these dark winter mornings. Packed with lots of good stuff, they will definitely give you a great start to the day.



Banana And Honey Pancakes



Banana And Honey Pancakes

Serves 4

Ingredients

- 4 whole eggs
- 2 ripe bananas
- 70g desiccated coconut
- 100g ground almonds
- 2 tbsp organic honey
- ½ tsp gluten-free baking powder
- Coconut oil for cooking

1. In a blender, add the bananas, honey and eggs. Blast it through until it has formed a smooth purée.
2. Then add the ground almonds, coconut and baking powder, beat until all has combined into a thick paste.
3. In a non-stick frying pan, melt some coconut oil on a low heat. You will have to cook them in batches.
4. Put 2 large spoonfuls of mixture per pancake into the pan, smoothing out to form circular shapes. About 4" diameter, roughly.
5. They will only take a couple of minutes to cook each side, be careful they do not catch underneath. Flip over when you think they are cooked underneath.
6. When cooked through, keep them warm until all pancakes are cooked.
7. Serve with some chopped fresh strawberries or a few blueberries, plus a large dollop of Greek yoghurt. *The mixture can be pre-made the night before and kept in the fridge.*

Breakfast Sundae



Breakfast Sundae

Serves 4

Ingredients

- 200ml coconut milk
- 2 ripe bananas
- 4 tbsp chia seeds
- Selection of fresh blueberries
- 4 tbsp Greek yoghurt
- Desiccated coconut for sprinkling

1. The main part of this recipe needs to be made the night before or an hour or so before serving.
2. In a blender or smoothie maker, put in the banana and coconut milk.
3. Blitz it up for a few minutes and pour into a deep bowl or jug.
4. Mix in the chia seeds until combined. Cover the container with a lid and place the mixture in the fridge for the allocated time.
5. When you are ready to serve breakfast, layer the blueberries in four dessert glasses.
6. Then spoon out the chilled mixture over the berries, dividing between the bowls.
7. Add a tablespoon of Greek yoghurt on the top, then sprinkle the coconut (a dusting of snow flakes!) and decorate with a few blueberries. *Gorgeous!*

Words To Inspire

What lies behind us and what lies before us are tiny matters compared to what lies within us - Henry S Haskins

Do it with passion, or not at all - Rosa Nouchette Carey

You must be the change you wish to see in the world - Mahatma Gandhi

If opportunity doesn't knock, build a door - Milton Berle

All our dreams can come true if we have the courage to pursue them - Walt Disney



If you want to live a happy life, tie it to a goal, not to people or objects - Albert Einstein

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway - Earl Nightingale

Success is walking from failure to failure with no loss of enthusiasm - Winston Churchill

I have not failed. I've just found 10,000 ways that won't work - Thomas A. Edison

I believe that the only courage anybody ever needs is the courage to follow your own dreams - Oprah Winfrey

Too many of us are not living our dreams because we are living our fears - Les Brown

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel - Maya Angelou

Believe you can and you're halfway there - Theodore Roosevelt

Certain things catch your eye, but pursue only those that capture the heart
- Ancient Indian Proverb

Everything has beauty, but not everyone can see - Confucius

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy." They told me I didn't understand the assignment, and I told them they didn't understand life - John Lennon

The only person you are destined to become is the person you decide to be
- Ralph Waldo Emerson

The journey of a thousand miles begins with a single step - Lao Tzu

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection - Buddha

The power of imagination makes us infinite - John Muir

An eye for eye only ends up making the whole world blind - Mahatma Gandhi

The best dreams happen when you're awake - Cherie Gilderbloom

I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive - Joseph Campbell

Don't count the days, make the days count - Muhammad Ali

Don't wait. The time will never be just right
- Napoleon Hill

WRITTEN IN THE STARS

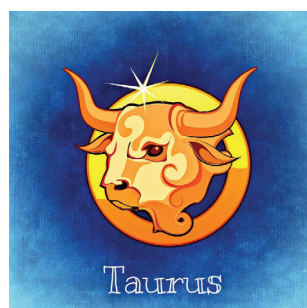
What does spring have in store for you?

We all hope that we will have a better future, will our financial situation be better? Will we find our true love? Will it be the year that we get our dream job? Zest For Life has predictions for each zodiac sign for the next few months as winter ends and spring begins.



21st March - 20th April

As we move from winter to spring, you will go through a variety of changes in different aspects of your life Aries. In February, everything will develop in the best possible way, especially in terms of business and career. The first twenty days of February will be a great time to experiment with something new and by the end of the month, everything will fall into place. The stars also recommend that you recall what passion is Aries. Don't suppress your emotions, feel what you want to feel, open up your heart, if you succeed with this in February, you will find out what happiness can feel like. If you don't, fate will give you another chance to find love later on in the year. You will definitely experience some positive vibes in March, especially with your finances. When we reach April, you will put career aspirations to one side and focus on your relationships. Show love to everyone you care about and possibly search for a new love or friendship to add to your life. Expect a lot of changes good and bad in your life over the next few months, embrace them, remember that Arians love to be first.



21st April - 20th May

You will come across a number of tricky situations in February Taurus, if you deal with these problems alone, the balance in your life will eventually be restored, however, if you drag other people down with you, these situations could do more harm than good. Despite the strong negative vibes coming your way, you will experience some great memories during the month of February with those you are closest to. Whether it's a significant other or a friend, hold them close and be thankful for them. This year will also be the perfect time to resolve underlying issues in your relationships and move forward. It's important for you to focus on the present during February, wait until March begins to start making plans for the future. People will see you differently this year, in the first few months of 2016, you will be more confident and you will learn to be happy with yourself, flaws and all. March will be the month of money, your top priority will be to secure your finances, to prepare for the next phase of your life.



21st May - 21st June

The beginning of the year might not be the most dynamic and positive time for you Gemini, but don't lose hope! Things will get better as spring begins. In February, make sure you find some time to yourself, focus on you, your inner world and your deepest feelings. You know there are unsolved problems in your life at the moment, all you have to do is think things through for a while and you will know what to do when we reach the second week of March. You are searching for intellectual stimulation at the moment, it has been a long time, when this desire is filled you will be the happiest person on the planet. March will be the month that everything changes, career opportunities, money and love will all be positive during this time. Spring will be the season of success for you Gemini, take your time and enjoy the new direction that your life is going in. March is the time to not only stretch your mind but your social life, make plans with your close friends and family members.



21st June - 22nd July

The first few months of 2016 will be the perfect time to achieve all of your goals. You need to learn to harmonize your emotions and doubt, believe in your own abilities and you will succeed. February will be an especially exciting time, there will be no time to relax in front of the TV if you want to make things happen. March will be a positive month, changes might happen out of your control, don't look to see the problem, the universe has a way of telling you what you need and when. Put away your fears and start seeing life from a whole new perspective. You no longer want to be a caterpillar in 2016 Cancer, you have an inner desire to have freedom, you will turn into a beautiful butterfly when the time is right. A career change could be on the horizon, apply for positions that have a great interest to you. As spring approaches, you will have a sudden wanderlust to go to new places and meet new people, February would be the perfect time to plan a trip.



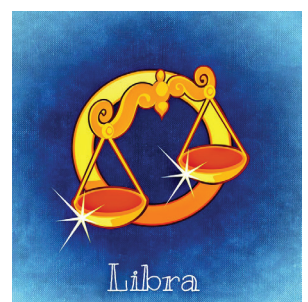
23rd July - 22nd August

A person from your past will make an appearance in February, possibly March. The problem is Leo, this person is afraid to tell you how he or she really feels, be patient with them. You will have the opportunity to make your decision, depending on the situation. You might choose to try again and see where this new relationship takes you, spring is a chance to try something new. If you decide to pass on the relationship, spend lots of quiet time by yourself and figure out exactly what you want. Your positive energy will increase as you become more passionate about what you are doing. February is a month that you need to focus on your health, start exercising more and choose healthier foods options, you will soon feel better. March will be the month that you need to pay close attention to your finances Leo, you often make decisions quickly with money, think twice and ask yourself if you really need it or you just want it.



23rd August - 22nd September

This spring, don't hide in your shell like a turtle, loneliness does not suit you Virgo. Everybody enjoys time on their own but if you embrace every opportunity to be around people, the 'love bug' might just bite you in time for Valentine's day. Open your eyes, the special person you need in your life might be closer than you think. If you already have that special someone in your life, you will take your current relationship to the next level during the month of February. A solar eclipse will happen in your relationship sector March 8th, you will finally commit yourself to someone or something. March will be the month your life changes, you will have to do a lot of running around in February to prepare for this, consequently, health will be an issue of concern, don't overdo it. You have said 'no' too many times in the past, now is the time to move in a new direction. Whether it be a new career, a new relationship or a new attitude, now would be the perfect time to change.



23rd September - 22nd October

You need to use your creative abilities to formulate a strategy for 2016. You have waited a long time to get where you are, use every bit of courage and initiative you have and go for it! Once you accomplish one of your goals you will be more confident and possibly enlarge your social circle. Don't let any negative situations or negative people bring you down, live your life and enjoy every minute of it. You are a great multi-tasker Libra, but you need to remember to listen to your body and give yourself a break once in a while. February will be a confident month for you Libra, you will have a high self-esteem this month, you believe that you are doing the right thing and heading in the right direction. You will be excited about a possible work opportunity that will be coming your way this year, find a job that you really enjoy and find out what your purpose is.



23rd October - 21st November

Now is the right time to demolish any barriers that have been holding you back previously. With a positive attitude and the right amount of determination, you will accomplish what you have always wanted Scorpio. During the month of February, you may have a few problems to solve which may test your patience, stick with it and you will find the answers. When spring begins, this will be your most productive time, when Mars is retrograde in Scorpio. This slow, strong Mars will help you on your journey to success. Spring is the best time to simplify your life, organise your home and get rid of anything you don't need. It might also be a good idea to make some extra money by selling possessions you no longer use. The more you let go of, the happier you will be. During the second week of March, you may finally dig beneath the surface and uncover what exactly has been bothering you for a while, get a notebook and write it down.



22nd November - 21st December

This spring will be a time for personal development. Make sure you cultivate talents and skills that have got you to this point and start searching for brand new opportunities. February and March will be slow months due to Jupiter being in retrograde until the beginning of summer, you have to take it one step at a time but you will get there. You have been focusing on one particular dream for the last few years, when you look back you can see the work you have done, now you need to look forward and see yourself achieving this goal by the end of the year, this spring will be the beginning of something exciting. The Sun is in your sector in March, you will definitely feel more romantic and affectionate towards your loved ones. You may have a brief romantic encounter during this time, if you are looking for a serious relationship, you're best waiting until the end of March or the beginning of April.



22nd December - 20th January

Capricorn, your slow and steady efforts during the next couple of months will lead to better things if you learn to be satisfied with every achievement, no matter how small. Another prediction this spring is that you should be ready to terminate any toxic relationships you may have. You don't need to be tied down by the emotional baggage of other people, let go of people who don't appreciate you, free yourself from negativity. During the next few months, let yourself feel deeply about everything and everyone you love, make little gestures, not just now but for the rest of the 2016. February will be a month of visualization and planning, preparing yourself for the changes that will come in the summer and autumn months of this year. Planet Jupiter will help you on your path to success and happiness, once you decide what dreams you want to achieve.



20th January - 18th February

You are feeling extra positive this spring Aquarius, you have a generous and jolly disposition and this will effect not only you, but everybody you come into contact with. Neptune in your sign continues to add an air of intrigue to your aura and the presence of Jupiter gives you a confidence that will boost your positive attitude even more. The next couple of months will not run as smoothly as you would like, there might be problems arising in financial matters, once the complication is resolved, your mind will be free of anxiety and you can focus on any projects you are trying to finish or goals you are trying to reach. February will be a time for romance, you have a strong desire to either find someone special or express your feelings of gratitude for an existing partner. March will be a month of hard work and positive rewards.



19th February - 20th March

Think big with your plans for this year Pisces. Use February, March and April to work hard towards your goals, whatever they may be. Self-confidence is key to get you through the next couple of months. A Solar Eclipse in March could give you a career opportunity that you have been waiting for. You definitely won't feel lonely this year Pisces, your circle of friends could expand during February and March and there could possibly be love on the horizon. Be bold, be yourself and great things will happen. Be careful with the money you spend in February, save every penny you can.

Thank You For Reading The First Issue Of Zest For Life.

ZEST FOR LIFE

SPRING ISSUE

OUT APRIL 25TH 2016

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WELLBEING
SUMMER
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