



editorial

Physical Well-being

Way back in 2011, the University of Malta (UM) launched *Research Matters*, a magazine whose goal, according to the rector at the time, Prof. Juanito Camilleri, was 'to open a window on the research activity underway at our *alma mater*'. Fast forward a couple of months, and in the summer of 2012, *Research Matters* was rebranded as THINK by Dr Edward Duca, Jean Claude Vancell, and the UM's Communications Office. Today, we celebrate 10 years of bringing research to citizens!

Dr Edward Duca has been involved as the Editor, and later on as Editor-in-Chief, since the magazine's inception. He, alongside Cassi Camilleri, Daiva Repeckaite, and myself (David Mizzi; the editors at the time) has helped guide and nurture THINK into the magazine you read before you today. Throughout this time, the magazine has managed to reach close to 2 million readers on issuu.com, hundreds of thousands on Facebook, and tens of thousands locally over its 10-year history. We have received thanks for the magazine from local and international political leaders, industrialists, and most importantly our readers. Duca has now decided to move on from THINK to focus on academia, teaching, and research to discover effective ways to communicate and share research with society. We would like to thank him for his efforts founding and cultivating THINK!

The global pandemic has also cast a glaring spotlight on our physical health and how fragile our bodies really are. Fortunately research is constantly trying to find new ways to improve our health and quality of life. In this edition of THINK, the first in our 10-year anniversary special, we take a look at the research that promises to improve our physical health. Stay tuned for future editions that examine other aspects of our well-being!

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