

Women's Day Out for fans of aerobics

FOR fitness instructor Vanessa Lee, aerobics is more than just an avenue for her to keep fit.

The 20-year-old instructor at a children's gym found her calling to help young kids keep fit, after she picked up aerobics at an Amore Fitness gym a few years ago.

Ms Lee told *my paper* that she has also gained many new friends - "many of them are my mentors and they advise me when I am down or have problems".

Ms Lee is so passionate about aerobics that she will - for the second year running - compete in the gruelling three-hour Aerobics Challenge at the Amore Women's Day Out event at Ngee Ann City Civic Plaza on Oct 11 and 12. Last year, she was among the top 10 participants in a similar five-hour event at the Amore Women's Day Out.

The biggest women-only aerobic-based sporting event, organised by the Singapore Sports Council and sponsored by Amore, is now in its sixth year.

Ms Lee said that she hoped to encourage and inspire women - through her participation - to lead fulfilling and healthy lifestyles through active participation in sports.

Besides that, there's also - among others - the Experience Fitness segment for the fitness newbies, the Body-Mind-Soul event for the yoga enthusiasts, and a Power Of 2 session for mothers and children to bond and keep fit together.

Visit www.womensdayout.sg for more details.

There are special rates for early-bird registrations (before Aug 15).

my paper readers stand a chance to win complimentary tickets to the event. Look out for contest details in *my paper* from next Wednesday.