

WORKING OUT WITH THE GIRLS

THIS YEAR, AMORE WOMEN'S DAY OUT CELEBRATED WITH THE STARS AND MORE ENERGETIC ACTIVITIES.

BY FARRAH ISAAC

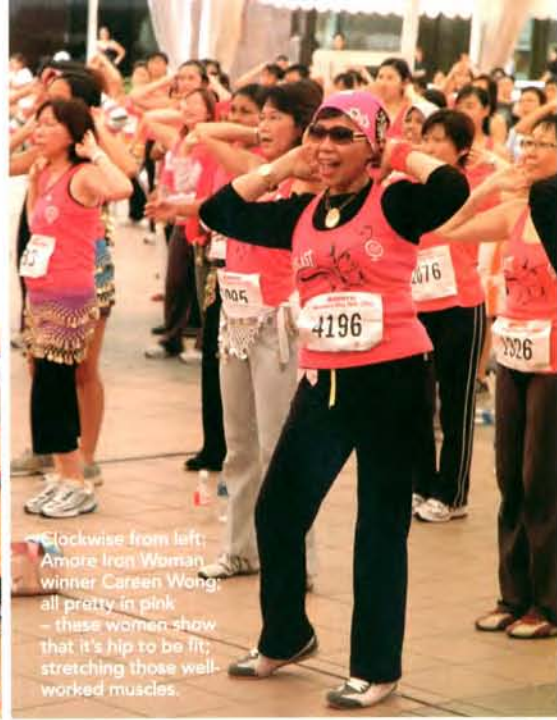
If you were near Ngee Ann City on the weekend of September 1 and 2, it would have been impossible to miss the sea of women in pretty, pink tank tops at the Amore Women's Day Out 2007.

The event, now in its fifth year, proved that it is certainly getting better with age. Together with local celebrities, such as MediaCorp actress Felicia Chin — who popped by for some belly dancing, and 91.3FM deejay Suzanne Walker — who shared her experience on how she quit smoking, participants were treated to two-whole days of fun-filled activities.

The event kicked off on the first day with its signature three-hour Aerobics Challenge. This year, instructors led the way with a Cardio-Latino aerobics workout. A sudden downpour did nothing to dampen the women's spirits. Yasmina, a first-timer at the event, said: "It was cool to be part of a large group as it motivates you and really keeps you going."

Since the Aviva Ironman 70.3 was being held on the same weekend, Amore organised its own 5-hour Iron Woman challenge. It consisted of Cross Training and Cardio Blitz moves and was an extension of the Aerobics Challenge. Other highlights at the event included evening yoga and stretching exercise sessions, as well as Experience Fitness, where visitors to the fair got to try out various exercise techniques and different workouts.

Women's Day Out was part of the Singapore Sports Council's "Sport A New You" campaign to encourage more women to take part in sports.



Clockwise from left: Amore Iron Woman winner Careen Wong; all pretty in pink — these women show that it's hip to be fit; stretching those well-worked muscles.

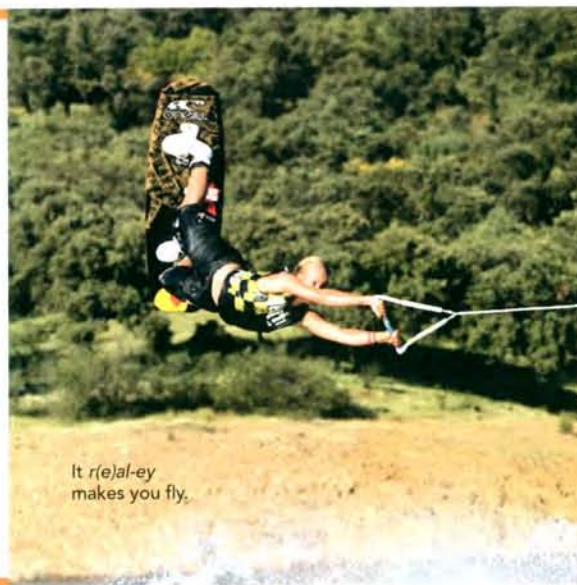


underneath you again, so that the front edge doesn't catch water and cause you to slam into the water." Here's how to do it step by step:

1. Edge out as far as you can. Try to get next to the boat.
2. Flatten your board and let it come off its edge. Edge into the wake with 80 per cent of your weight on your front foot.
3. When you reach the wake, come in at an angle of 90 degrees in a seated position. This lets you push hard off the wake.
4. As soon as you reach the top

of the wake, push off with your legs. If you timed it right, you should be flying. Someone in the boat can also help you with the timing by blowing a whistle at the moment you need to push.

5. The minute you leave the wake, relax your shoulders and let the board snap behind you. Make sure you have your arms out, so that you can pull the handle back to your hip to get the board underneath you again. Try to look at the boat during your flight.



It r(e)al-ey makes you fly.