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NIELSEN MEDIA INDEX 2007

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& DATE-
RAPED"

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CALLS THAT
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+ fresh updos, wearable
big hair & more!

FANN WONG
"I CAN'T WAIT
TO BE CALLED
MRS LEE"

Taking it to heart

How healthy do you have to be to protect yourself from heart disease? These three women find out after a body check at the Singapore Heart Foundation. **BY JOYCE LIN**



The big eater

Grace Lim, 34, single

Job: Spa manager

Working hours a week: 44

Height/weight: 1.58m/56kg

BMI: 22.4

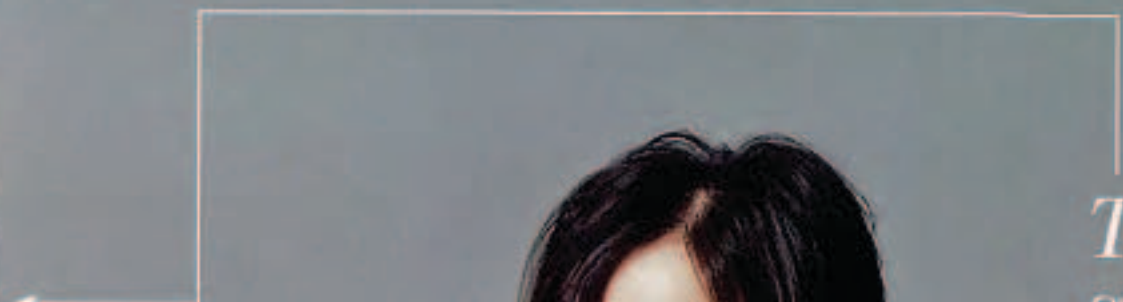
Drinks: No

Smokes: No

Exercise: Twice a week at the gym, doing both cardio and toning exercises.

Diet: Three regular meals a day. Must have carbs (either bread, rice or noodles) at every meal, vegetables and meat, and two servings of fruit every day.

Family history of heart problems: None



The very stressed-out professional

Rekha Kaur, 25, single

Job: Business executive

Working hours a week: 40

Height/Weight: 1.63m/62kg

BMI: 23.3

Drinks: 3 glasses of wine and 2 beers while partying with friends once a week.

Smokes: 10 sticks a day. Smoking since age 19.

Exercise: Gym activities – cardio machines and kickboxing or yoga classes 2-3 times a week.

Diet: A granola bar for breakfast, tuna sandwich for lunch, fruits for snacks and noodle soup for dinner. Occasional ice cream indulgence.

Family history of heart disease: None

The one with the family history

Janice Lee Fang, 29, married

Job: Brand manager

Working hours a week: 60

Height/weight: 1.58m/47kg

BMI: 18.8

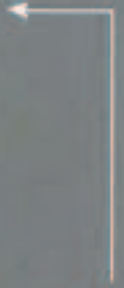
Drinks: 2-4 glasses of wine or beer a week. Mostly to unwind.

Smokes: No

Exercise: Running 2-3 times a week, cycling 1-2 times a week.

Diet: Anything and everything but always in moderation. Lots of carbs, vegetables, and fresh food.

Family history: Dad suffers from high blood pressure and has a heart condition which runs in the family. →



Fast facts

Guidelines for cholesterol, blood sugar and blood pressure levels:

BLOOD PRESSURE:

Not more than 120/80 mmHg

BLOOD SUGAR:

Not more than 6.1 mmol/L

TOTAL CHOLESTEROL:

Not more than 5.2 mmol/L

GOOD CHOLESTEROL:

Not more than 1.3 mmol/L

BAD CHOLESTEROL:

Not more than 4.1 mmol/L for people who are at low risk of heart disease



“I don’t think I’ll cut down on my carbs as it’s one of my indulgences.”

Lowest risk

GRACE’S TEST RESULTS:

Blood pressure: 110/75 mmHg

Random glucose: 4.7 mmol/L

Total cholesterol: 4.61 mg/dlmmol/L

Dr Goh’s comments:

“Grace is at lowest risk of heart disease. Her blood pressure, random glucose and total cholesterol are within normal limits and she does not have any risk factors. But she could look into her diet and see what kind of carbs she’s eating. She can opt for less refined carbs such as whole grains, which are high in fibre and tend to make you feel fuller for longer. She can maintain her current body weight, but for even better heart health, she should aim for cardio exercise up to five times a week.”

Grace says:

“I was happy with the test results, especially since it

shows me that I’m getting positive results from working out for the past five years and eating healthily too. I don’t think I’ll cut down on my carbs as it’s one of my indulgences. But I’ll take Dr Goh’s advice and try to exercise more frequently, since I am trying to lose another 2kg. Having the blood test done has made me more reassured that the efforts I’ve put into my health haven’t been in vain, and it has motivated me to want to work out more – especially since the gym is just next door! I think it wouldn’t be a problem at all for me to increase my workouts to five times a week to improve my fitness levels even more.”

