

# THE SINGAPORE **Women's Weekly**

OCTOBER 2008  
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## Must-reads **this month**

- > **"I'M HAPPILY MARRIED, SO WHY DON'T I WANT THIS BABY?"**  
Why women in their 30s are having secret abortions
- > **"THEY CALL US CHORE WHORES"**  
What it's like to be PA to a celebrity

**Jessica Alba**  
On her new 'action role' as a mother

**WIN!**  
**\$10,000**  
in luxury resort holidays!



## **FREE UP MORE CASH**

from your salary every month See page 272

**GORGEOUS HAIR NOW**  
This amino acid doubles thickness fast see page 106

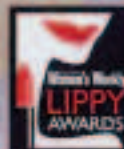
**6 step plan**  
to wean your child off sweets – with no fuss!

**ARABIAN EATS**  
Try this new twist to festive dishes



## Health Handbook

**BREAST CANCER NEWS**  
1,000 Singapore women are diagnosed every year  
Inspiring stories from women who overcame it **PLUS!** New prevention findings that may save your life



MAKE A CHILD **SMILE!**

with your new lipstick. Find out how, on page 115

gym manager, doctor, nurse...  
so what's their

# guilty pleasure?

We know we should eat healthily and exercise regularly, but we slip up sometimes. These three women – all health professionals – tell us how they, too, struggle with their indulgences by **Guan Libing**

## "I'm a couch potato"

**See Hai Ping, 32,** is a gym manager at Amore Fitness and is married with no children.

### What's your pleasure?

"Being a couch potato! I sacrifice my beauty sleep for late-night TV watching. I was never academically brilliant; I was not interested in studying and had a short attention span. But I could stay glued to the TV for hours! My parents used to nag me to sleep early, but once the TV is switched on, I find it hard to stop."

### How often do you watch TV?

"Seven days a week, after work. I watch at least three hours of TV every night:

on weekends, I can stay up till 2 am to watch English movies on rented DVDs."

### Why do you love it?

"Everyone has different ways to unwind. My late-night TV indulgence is to sit back on my bean bag, de-stress and unwind while being entertained! I don't go clubbing or drink either, so this is all right. And I must watch my favourite programmes like *CSI*, *Lost* and *Without A Trace*."

### Do you keep it a secret?

"Not at all. On most nights, my husband falls asleep before me. He doesn't get upset with me for going to bed later than him – in fact, I always ask him why he tires easily and doesn't watch TV with me."

### Are you planning to quit?

"I guess I should, but I don't intend to. It's impossible to lead a 100 per cent healthy lifestyle without any guilty pleasures – life would be too boring that way! What's

important is to keep a balance. My family thinks I should lead a healthier lifestyle by going to bed early – I usually watch TV till 12 am and wake up at 6 am. But I counter my habit by doubling abdominal crunches, leg-stretching exercises and deep-tissue massages to stay toned and healthy. I maintain my fitness level by working out at the gym for two hours four times a week. On weekends, I cycle or jog with my husband and siblings. I also watch my food intake: I only eat unhealthy foods like rojak, chips and chocolates on weekends."

Life without any guilty pleasures would be too boring! What's important is to keep a balance.

