

POWER BONDING

Your kids will love working out with you and you can pack in some good crunches

PERSONAL TRAINER



PRADEEP PAUL

If you're one of those harried parents who puts off exercise by saying you need to spend time with the kids, Alicia Ng has a suggestion: Exercise with your child.

Such workouts are more than fun, says the fitness instructor:

"It promotes playful interaction between parent and child. The

benefits are bonding, fun and fitness for both."

To prove her point, the 37-year-old Ng, who also takes part in beauty pageants – her latest was the Mrs United Nations Pageant in July, where she did Singapore proud by finishing as second runner-up – will be performing at the Amore Women's Day Out with her five-year-old daughter Desiree.

Going by the laughs, giggles and occasional pouts – from Desiree, not mum – during the photo-shoot, mother-child exercises are certainly fun.

Ng and Desiree will be performing a segment called Power Of 2 at the Women's Day Out weekend. It combines basic dance moves with low-impact aerobics techniques to provide a total body workout.

"Your child will love it as it's all about grooving to the latest pop songs, with well coordinated claps, kicks, side-to-side 'mambo-mambo' dance steps and more," says Ng.

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Amore Women's Day Out will be held at Ngee Ann City Civic Plaza on Oct 11 and 12. Ng and Desiree will be performing on Oct 11 at 9.30am. For more details, log on to <http://www.womensdayout.sg>.



LUNGE STRETCH

What it works: Arms, shoulders, front hip and calf
How to do it: Face each other and push gently against your child's hands. Straighten your back leg, pressing the heel to the floor. Make sure your toes are facing straight ahead.

Lean forward, supporting your body weight with your arms bent, and hold the stretch in the calf for at least eight seconds. Release the stretch and repeat on the other leg.

ST PHOTOS: DESWONG FOO

PAT-A-CAKE CRUNCH TWIST

What it works: Abdominals, especially the obliques (side of waist)

How to do it: Lie on your back, knees bent and feet flat on the floor. Have your child sit on your lower abs with her back resting on your thighs. Slowly lift your head and raise your shoulders off the floor. As you do this, reach across your body with your left hand and do a high-five with your child.

Slowly lower your shoulders without touching the floor, then lift them up again and reach across for a high-five with your right hand.

Inhale as you go up and exhale as you lower your shoulders. Do two to three sets of eight repetitions on each side.



HIP THRUST

What it works: Buttocks and legs
How to do it: Lie on your back with your knees bent. Have your child sit on your lower abs with her back resting on your thighs (far left).

Lift your pelvis up till your body is at a 45 deg angle to the floor (left). When the buttocks are fully lifted, flex them for a few seconds, return to the start position and repeat. Do two to three sets of eight repetitions.