

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

SHAPE

WIN!
FITNESS
FIRST PRIZES
WORTH OVER
\$12,000
(PG.86)

WWW.SHAPE.COM.SG

SINGAPORE
MAY 2009 | \$6.00

SLIM DOWN BY MAY 31

LOSE WEIGHT FAST!

SIGN UP NOW!
**SHAPE
RUN
2009**
(TURN TO PG.32)

SCULPT A BIKINI BODY

GET THE
WORKOUT
ON PG.104

*EAT TO
FLATTEN
YOUR
BELLY

- ✓ Outwit food traps
- ✓ Blast more calories
- ✓ Quick-result workouts

**Makan host
Michelle Chia**
She eats fried
carrot cake & still
looks like this!

PLUS TIPS FOR A BETTER HAIRCUT, MANICURE, WAX & MORE PG.44



SCOOP IN MAY

EVENTS, PROMOTIONS & NEWS

Everest effort!

Everyone's talking about **YEO'S** Bringing Dreams Into Reality campaign. Yeo's H-TWO-O was the official isotonic drink for the first Natas Singapore Women's Everest Team. The brand's latest initiative has to do with charity. For every 2,000 wishes received for the Everest team on its



website, Yeo's will donate a \$10 food and drinks hamper to the Singapore Council of Women's Organisations' Star Shelter for female victims of family violence and others in need of protection. This closes on June 21. Log on to www.yeos.com.sg/mteverest for more details.

Live free

Step into the new **NIKE** Free 5.0 shoe (\$149) that fits like a glove. Other members in the Nike Free family includes the Nike Free 3.0 (\$149) and Nike Free Everyday (\$169). Here's why you could get used to these shoes:

- The grooved sole's flexibility lets your foot move as it wishes, not how the shoe wishes.
- Its great arch support and cushioning make every walk or run a joy. Plus it offers good sole protection.
- It helps train muscles to strengthen feet and increase stability.



Yeast infection?

Itching, sore and have a whitish-grey, cottage cheese-like discharge? You may have a vaginal yeast infection. It's pretty common among women and easily treated with **CANESTEN** Vaginal Tablets, which effectively treat the infection and relieve all those uncomfortable symptoms pronto. Canesten 1-Day Therapy (\$15.90) and Canesten 3-Day Therapy (\$13.90) are available at leading pharmacies without a prescription.



Clinically proven to treat Vaginal Fungal Infections

MAHP0800119

Zap zits

The solution to healing and preventing those confidence-breakers: **ACNES MEDICATED** Creamy and Foaming Washes, the toning and mattifying Powder Lotion, Oil Control Moisturizer SPF 15+ and special care products like the Sealing Jell. Available at Watsons, Guardian, supermarkets, department stores and cosmetics shops.



Have you heard?

Fitness chain Amore has added another feather to its hat: **AMORE LIVING**, a unique concept store that integrates fitness and wellness with the latest techniques and equipment for today's families. Amore Living is located at #05-18/19/20 Tampines 1. Call 6789-8822 for the fitness programme and 6784-1822 for the wellness spa. Find out more at www.amorefitness.com.



Slim and sharp

CASIO Exilim's new high-speed digital cameras are stylish and have amazing functions. Our faves: the Casio Exilim EX-S12 (\$499) that's only as tall as a credit card, just 0.5cm wide and 15mm deep; and the Casio Exilim EX-Z400 (\$499) that fits perfectly in the palm of your hand. Both have the new Casio Engine 4.0 which reduces power consumption by 30 per cent and increases battery life. For more details, log on to www.exilim.com/intl.

