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NIELSEN MEDIA INDEX 2008

# her world

APRIL 2009 \$6 SINGAPORE

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**Be Inspired**

HER WORLD WOMAN OF THE YEAR 2008

**GOH SOO KHIM**

YOUNG WOMAN ACHIEVERS 2008

**LAURENTIA TAN**

**YIP PIN XIU**

## 3. GET RID OF THAT BELLY

...by shaking it! Amore Fitness's latest dance classes BollyBlitz and TwinBlitz offer a fun and painless way to battle the bulge.

BollyBlitz is a high-intensity cross training workout that's an update from other Bollywood-inspired workouts, with an added element of hip-hop. You'll start off with a 15-minute warm-up before moving on to the main routine of more than 30 hand and arm movements and over 40 leg movements to form a dance choreography. The pace begins slowly but picks up quickly to the fast beats of Bollywood music.

Expect hip shimmies, foot work and moves with names like "sowing seeds", "happy-walk", "junior-flyer" and "window wiping arm". These moves will really test your stamina level. For example, "window wiping arm" as the name suggests, requires both hands (palms open, fingers slightly curled) to move from left and right to up and down in a 'wiping' motion, all the while accompanied by a toe tap in the same direction. The 55-minute workout ends with a 10-minute cool-down session to slow down your heart rate after an intense session.

For something less intensive, choose TwinBlitz. This all-rounded workout involves traditional belly dancing moves like hip and shoulder shimmies that are



executed with aerobic rhythm. Good to sign up with a pal as some of the moves require you to partner up. The sensuous movements provide an overall body tone-up as it does not just target the abdomen.

You can potentially burn off 500 calories during one session. Classes will preview at the new Amore Living at Tampines One. Call 6336-3822 for a trial class. Membership rates start from \$4 per day. Members can choose from over 300 workout classes available at eight clubs. *HW*

## 4. STAND UP STRAIGHT - WITH A BALL

Good posture makes you look taller (and leaner), more confident and less likely to suffer from creaky bones and nasty back pain.

Exercise helps, and the latest fun way is with Yoga Ball, a new class at True Fitness. It involves doing yoga moves on a fit ball. This gives your core muscles a good workout as you have to maintain your balance to avoid falling over. The stronger your muscles, the better your posture. Proper yoga breathing techniques also increase oxygen flow in your body so you feel more alert. This class suits all fitness levels, even newbies to yoga.

*The first 150 Her World readers to call True Fitness Parkway Parade at 6348-2900, can try a Yoga Ball class absolutely free (usual price \$38).*

**WHERE:** True Fitness Parkway Parade. Log on to [www.truefitness.com.sg](http://www.truefitness.com.sg) for class schedules. Memberships start from \$79 per month. Members enjoy unlimited access to Group Exercise classes and the use of fitness facilities at True Fitness centres.

### PROBLEM 3

#### My skin is losing its elasticity.

Skin loses elasticity as you age but Expressions International's (tel: 6235-9890) Prowave Skin Tightening & Firming Treatment can nip the problem in the bud. How it works: This non-invasive treatment targets trouble areas like cellulite around the butt and thighs and wrinkles around the eyes, forehead, lips and mouth using radiofrequency waves to generate heat within the skin. Skin becomes firmer as a result. During alternate treatment sessions, an Expressions Hyaluronic Acid - Lifting & Lightening and Age-Defying - Boto-lift cocktail is used to further stimulate cell renewal and improve skin elasticity. Each session costs \$300 and five to 10 sessions spread out over every two weeks is recommended.

