

PLUS! COULD YOU BE A CLEO STAR? AUDITION DETAILS ON

# CLEO

SIN  
AUGUST 2009  
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**SEXY-HOT  
BOXERS**  
{ The men, not  
the underwear! }

Get a strong  
**ORGASMS**  
BEDROOM BOO  
FOR EVERY C

**BE THE  
GIRL THAT  
GUYS ALWAYS  
NOTICE**  
The new laws  
of attraction,  
explained!

**CLEO EXCLUSIVE!**  
The girl who's so not  
the new Rihanna  
Is Ciara too PC for our liking?

**WAIST  
FOR M**  
Ab workout  
gotta d

*Fashion*  
**FORWARD**  
Lead the style game with  
these easy tips

**PROJECT RUNAWAY**  
**56** WAYS TO UNWIND & ESCAPE FROM  
YOUR CRAZY SINGAPORE LIFE

The insane  
**green** **things**  
celebs do

**Office Confidential**  
How gossip can help you



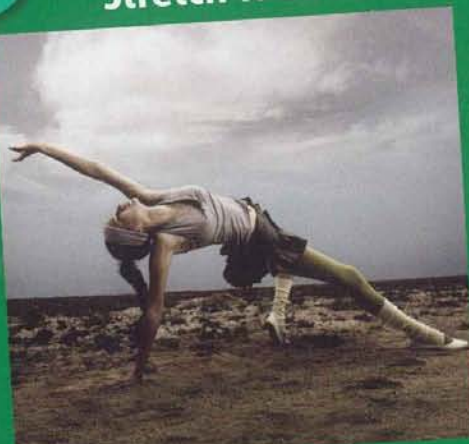
# LUST FOR LIFE

## Body & Soul

BY ANNABELLE FERNANDEZ

This month's I-love-me treat

### Stretch it out



All dancers are flexible, right? Wrong. Although I've been dancing since secondary school, I haven't done any proper stretching in the past few years. So when tasked to review a class from Amore Fitness' new Blitz Program, I choose Stretchfit in the hope of re-awakening my hamstrings. An hour-long stress buster class consisting of dynamic, fluid movements to help one develop a strong and flexible body, it starts off with some simple stretches. Piece of cake — or so I think. By my last 15 minutes, I'm struggling to keep my balance! Thankfully for beginners and those rusty in the area of stretching, you're given exercise belts to hook under the sole of your foot and hang onto while extending that leg, which helps stretch the thigh muscles. At the end of the session, I can feel my muscles thanking me for this break, since I sit at my desk eight hours a day. Perfect for those looking for a mid-intensity workout during their lunch hour. - DENISE CHEN

AMORE FITNESS IS AT #04-02 PARK MALL. TEL: 6733 7333.

### CLEO readers

can enjoy a complimentary Stretchfit session! Simply be the first 100 to present this page at Amore Fitness at #04-02 Park Mall. To book a slot and for more enquiries, call 6336 6822.

TERMS AND CONDITIONS APPLY.

## BEST FOOT forward

Think you're leading a healthy lifestyle and not committing any foot faux pas? Think again.



**You only wear flats**  
Heels have a bad rep but flats aren't totally innocent either. Most flats provide little or no support for the bottom of your foot, causing excessive tilting and rotating. Wear shoes with a slight heel to support your feet, and stretch your calf muscles and Achilles tendon regularly.



**You exercise regularly**  
Intense, high-impact exercises can result in sports-related injuries like Achilles Tendonitis. The good news is, most sports injuries are preventable. Singapore Footcare Centre boasts state-of-the-art facilities and podiatrists to help you manage and prevent future foot injuries. Visit [www.sgfootcare.com.sg](http://www.sgfootcare.com.sg) for more information.



**You go for pedicures**  
Besides well-exfoliated feet and smartly polished nails, you might leave your salon with a fungal infection as well, if the staff don't practise proper hygiene and clean their tools properly. Always ask how the instruments are used, whether new ones are used for each customer, and how they are sterilised after use.



It's good FOR YOU



## Embracing signs of old age

"BEAUTY COMES FROM A LIFE WELL LIVED. IF YOU'VE LIVED WELL [AND] YOUR SMILE LINES ARE IN THE RIGHT PLACES, WHAT MORE DO YOU NEED?"

UNLIKE THE REST OF HOLLYWOOD, JENNIFER GARNER ISN'T AFRAID OF WRINKLES AND ANY OTHER SIGNS OF GROWING OLD.



## It's a *smell* world

Do you work in a female-centric environment? In a recent study at Monell Chemical Senses Center in Philadelphia, men and women were asked to rate the strength of underarm odours, alone and alongside various fragrances. Only two of 32 scents blocked underarm odour when women did the smelling, while 19 fragrances significantly reduced the strength of underarm odour for men. Make sure your colleagues don't shun you with Nivea Deodorant Total Age Repair Q10 Roll-on, \$4.70, which tightens pores, keeps underarms wrinkle-free and reduces dark underarms while providing 24-hour protection against body odour and sweat.