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HOW SEXY IS THE SINGAPORE WOMAN?

Local guys, expat men and women weigh in

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USEFUL STUFF YOU DON'T HAVE TO PAY FOR

YOUR BEST HAIR EVER

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THE THIRSTY GIRL'S GUIDE TO THE NEW IT COCKTAILS

IS HE NORMAL DOWN THERE?

Shape, size, what's odd, what's not



• health

Hollywood Perfect

The secret to Madonna's sinewy arms and Gwyneth Paltrow's killer gams is celebrity trainer Tracy Anderson. While it's unlikely she'll be in Singapore soon, there are cardio-dancing and muscle-strengthening classes here with almost the same results as her workouts.



TRACY'S METHOD #1

Dancing at breakneck speed for an intense cardio workout

ALTERNATIVE:

Cardio Latino class at Amore Fitness (www.amorefitness.com)

Learning the Latin-inspired moves feels as manic as Tracy's dance classes – imagine yourself as a backup dancer at a concert. They're fairly easy to master and repetitive, like twirling your body while raising your arms. But there's no let-up in pace so you'll feel your heart rate going up throughout. It works to trim your abs, tone the butt and thighs.

TRACY'S METHOD #2

Work out muscles from different angles

ALTERNATIVE:

Gyrotonic Pilates Circuit Class at The Body Clinic (tel: 6438-2900)

Tracy created her own pilates-like machine called the Hybrid Body Reformer that works muscles from different angles. The Gyrotonic

Expansion System at The Body Clinic is also a machine with a pulley system, straps and weights that will require arching your body backwards while stretching your arms forward and pulling them towards you – you'll discover muscles you never knew existed. The workout will engage your upper body, lower body and abs, focusing on one section at a time. After one session, you'll sit taller and walk straighter as the upper body exercises open up your chest and shoulder joints to prevent hunching while strengthening your spine.

TRACY'S METHOD #3

Keep your workout as varied as possible

ALTERNATIVE:

Total Body Conditioning at Sky Fitness (tel: 6271-0818)

Cardio training and resistance training are given equal billing so you get the best of both worlds. Dance sequences of music videos like the Pussycat Dolls' *Don't Cha* are taught during the cardio section while sculpting and toning exercises using elastic resistance bands, lightweight dumb bells and fit balls are done in the second half. The moves change every few minutes, in line with Tracy's philosophy of keeping your workout as varied as possible so that your body is continuously challenged.

CALL YOUR GYNAE NOW...

If you haven't had a Pap smear in ages, don't delay further. It's the simplest way to detect cervical cancer, yet many women rarely go for regular tests.

Power Over Cervical Cancer is a new campaign to get more women to go for regular Pap smears to reduce their risk of cervical cancer. Started by The Society for Colposcopy and Cervical Pathology of Singapore with support from pharmaceutical firm Glaxosmithkline, it aims to get 18,000 Singaporean women to assess their risk level with a brief questionnaire on www.pocc.sg.



One of its celebrity ambassadors, radio DJ Rosalyn Lee, says a Pap smear in 2007 uncovered abnormal cells in her cervix. An outpatient procedure burned the cancerous cells and she is now cancer-free. "If you get regularly tested, cervical cancer is something you can control." The campaign includes a fund-raising concert on Oct 16 and a search for five public ambassadors. For more information, call 1800-762-7622.