

BUFF BRIDES

As with all brides-to-be, looking hot at the wedding is a priority. To get in shape for her nuptials to ice hockey player Mike Fisher, *American Idol* star Carrie Underwood had her personal trainer Tony Greco (a National Hockey League trainer) whip her into shape. Besides keeping a food diary, Carrie says cardio and weight training helped melt away those extra kilos, plus gave her more energy for her shows. Hillary Duff, who just tied the knot with ice hockey star Mike Comrie, hit the gym five days a week for intense cardio sessions, incorporating circuit training, courtesy of trainer Harley Pasternak.



Both Hillary and Carrie turned to cardio to match the fitness of their ice hockey-pro husbands.

FIT FOR YOUR FEET

Women are nine times more likely to develop a foot problem because of improper fitting shoes than men. Get fitted right with Reebok's ZigTech Shoes which help reduce wear and tear in your key leg muscles, so you can keep on moving. The shoes have a zig-zag sole that absorbs the impact of the heel strike and propels you forward. At \$149, from Royal Sporting House outlets.



MOVE OF THE MONTH

SQUATS WITH FRONTAL RAISES

With our busy schedules, it's smart to practice exercise moves that work different muscles at the same time. Amore Fitness personal trainer Rosnani Abdullah explains, "This move not only gives you a firm and perky bottom, it also tones your arms."

- Stand straight with legs slightly farther than hip-width apart. Hold weights by your side.
- Bend knees and push your hips out, as if sitting on a chair (see far left). As you lower your butt, raise your arms in front (do not go beyond shoulder height). Press into heels and squeeze your butt as you return to standing position, and lower your arms to the sides. Do 3 sets of 12 to 15 repetitions.



ASK THE EXPERT

Q&A

"When do I need a sports drink? And are such drinks fattening?" – Gillian, 29

Sports drinks are designed to hydrate and replenish minerals lost during intense physical activity. Those containing calcium and magnesium help to strengthen bone density. In addition, the combination optimises energy metabolism, improves muscle contraction and nerve activity for better performance. Sports drinks contain high amounts of carbohydrates and if not utilised, the extra carbohydrates will convert to fatty acids, which are later stored as body fat. If your daily workout is less than 60 minutes, opt for plain water instead.



Simone Bouman, from Purac Asia Pacific. She has a masters degree in Food Science, specialising in Food Chemistry and Nutrition.

GET ON PAR

If you are still struggling to tell a wood from an iron, here's how to keep score – and impress – during the Barclays Singapore Open which will be held from November 11 to 14, at Sentosa Golf Club (psst... SMS in to win tickets!).

SMS & WIN!
See page 239

KEEPING SCORE

- Par is the number of strokes it should take a golfer to sink the ball in the hole. Each hole on every golf course (of which there are 18) has a par between three and five.
- A birdie occurs when you make the hole one under par. So, if the hole is a par 3, a birdie means finishing the hole in 2 shots.
- Shooting two under awards you an eagle.
- Albatross is a very rare bird and it refers to the rare score of three under par.
- When you finish the hole one stroke over par, you have scored a bogey (too many of these could explain a cranky husband post his golf game).

4 Extra kilograms of fat lost over 10 weeks when dieters did strength training, compared to those who only dieted

SOURCE: EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY