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ELLE

MAY 2009

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LIFE MAKEOVER 09

FRIDAY 17 APRIL TO SUNDAY 10 MAY 2009

Join ELLE and RAFFLES CITY in the ultimate life makeover that will transform you from head to toe and inside out!

Simply spend S100* at participating fashion and accessories stores in Raffles City to enjoy fabulous perks. PLUS charge to MasterCard and receive an additional S10 fashion voucher.

More details overleaf.

RAFFLES CITY
SHOPPING CENTRE

WHAT A FEELING!

ELLE meets four women in the wellness industry, who share their thoughts on how being fit and healthy is good for the body, mind and soul.

OLEZIA TOSELLO, 36 FITNESS INSTRUCTOR As a freelance Amore Fitness instructor for the past three years, Siberian native Tosello teaches dance (salsa and belly dancing) as well as aerobics classes by day. She tries to fit the classes in the mornings, so she can be home by the evening to spend time with her husband and children – a 14-year-old daughter and a four-year-old son.

HER WELLNESS PHILOSOPHY "For some people, their indulgence is chocolates or even wine. For me, it's exercising – it makes me feel good and it is a natural lifestyle. I've always loved dancing and working out since young, and I love the beautiful silhouette of a person's body – that's what drives me on a daily basis."

"Work has become my play, my passion – my indulgence."

FITNESS SECRET

Work out on the go – 15 minutes is all you really need.

Jogging or cross-training for 15 minutes in the gym is sufficient for a short daily fitness routine. I would do some steps and simple marching for a warm-up to build up the momentum, followed by an intense jog or cross-training session. Sometimes, I also like to improvise certain moves from CardioLatino® (a signature workout class at Amore Fitness) into my warm-up session – lots of aerobics moves infused with cha-cha, salsa, rumba and other dance forms. I'll end with body stretches and breathing techniques.

I'd recommend this workout to anyone, to do every day! If you're already leading an active lifestyle and want to challenge yourself, do this four times a week. If you're just starting a workout regimen, I'd recommend doing this once or twice a week. We're often tempted to excuse ourselves – we're busy, we have no time, and so on – to

work out and keep fit. But anyone who has a desk-bound job needs to make that little effort to incorporate this workout into his or her lifestyle.

Busy executives can try to make use of their lunch hour to hit the gym to have a quick 20-minute workout on a treadmill or cross trainer, 15-minute shower and clean up, and a 20-minute healthy lunch, like a sandwich or soup. If there's no gym close by, then lunch at a place further away from your office so you walk at least 10 minutes to the lunch venue, and 10 minutes back!

At home while watching TV, do some crunches or get active with your feet with simple dance or stretching mini-workouts during the commercial break, or even throughout the whole TV programme. Who says watching TV can't help burn calories?

Never underestimate the power of exercise. It clears your mind and balances fun and fitness. Just a simple jog will help relieve stress, and the adrenaline rush will re-energise you the rest of the day. Even a brisk walk helps!

