

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

SHAPE

WIN!
A PURE YOGA
MEMBERSHIP
ON PG.56

WWW.SHAPE.COM.SG

SINGAPORE
JULY 2009 | \$6.00

NO-DEPRIVATION PLAN

DROP ONE SIZE!

- Super-sculpt your body
- Diet-friendly menus
- Vibrate to lose weight

**HANGOVER?
KNEE PAIN?**
Massage your hand
for relief (pg.66)

***We're 5!**
Celebrate with
us at Shape Run

BURNING ENOUGH FAT?

Take these
sports tests to
find out (pg.98)

**FLU-PROOF
YOURSELF...**
...at home,
work & play

"MY GUY GROOMS ME"
How to get your man to wax your legs & more



SCOOP IN JULY

EVENTS, PROMOTIONS & NEWS



Holistic haven

The **AMORE LIVING** fitness and wellness club at Tampines 1 is a hit with its Blitz® series of high-intensity and low-impact cardio workouts for body conditioning. The series includes BodBlitz®, BellyBlitz®, CardioLatino® and the latest BollyBlitz®, which includes the dynamics of bhangra dance with lots of hip-hop movements. Join in and you may even burn 500 calories at just one session. Amore Living is at #05-18/19/20 Tampines 1, tel: 6789-8822. To find out more, log on to www.amorefitness.com.



Brush up

OMRON HEALTHCARE has launched the lightest battery-operated Sonic Power Toothbrush that weighs just 64g. This nifty gadget features a vibration transmitting system that reduces vibration to the hand, making it extra comfortable to use. The Omron HT-B201 uses a duplex brush head with micro-fine bristles that remove plaque quickly, even in hard-to-reach spots. Available at selected pharmacies and department stores. **SPECIAL OFFER:** Pay just \$25 (UP: \$37.45) for the Sonic Power Toothbrush HT-B201 at the *Shape Run Carnival* from July 10 to 12. Limited to 500 units only.



Cool comfort

Active women will love **ADIDAS'** adiSHE performance underwear. The range offers a perfect fit and support, without compromising on style. What's more, its soft cotton fabric enhances moisture management, while its seamless body construction reduces friction. Only the white version is available at selected adidas Sport Performance outlets.

Good gulp

Have a glass of **NESTLE Bliss®** Low Fat Yogurt Drink for your daily intake of probiotics. It's packed with good bacteria (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) that help to maintain a healthy digestive system. Every Bliss® Yogurt Drink is also packed with real fruit juice and doesn't contain artificial colouring. Available in 250g (\$1.20) and 750g (\$2.75) sizes.



Coming to town

Italian sportswear brand **FILA** has a new boutique at Tampines 1, with another on its way at ION Orchard. Well-known for its beliefs in comfort, variety and performance, Fila was the National Team Partner of the Singapore Bowling Federation in February. It was also the first official apparel sponsor of the Cold Storage Kids Run in May and in November, it will be the official sports apparel sponsor for the Great Eastern Women 10K Run.



Bladder relief

Research has shown that cranberry extract can help prevent recurrent urinary tract infections (UTIs). If you're not a fan of cranberry juice, try **CranUT™**, a health supplement with 100 per cent natural cranberry extract. It contains no sugar or preservatives, and releases the goodness of the entire cranberry (fruit, seeds, skin and juice). UTI sufferers can expect relief from painful symptoms within 24 hours to 72 hours. Available at Guardian, Watsons and reputable pharmacies.