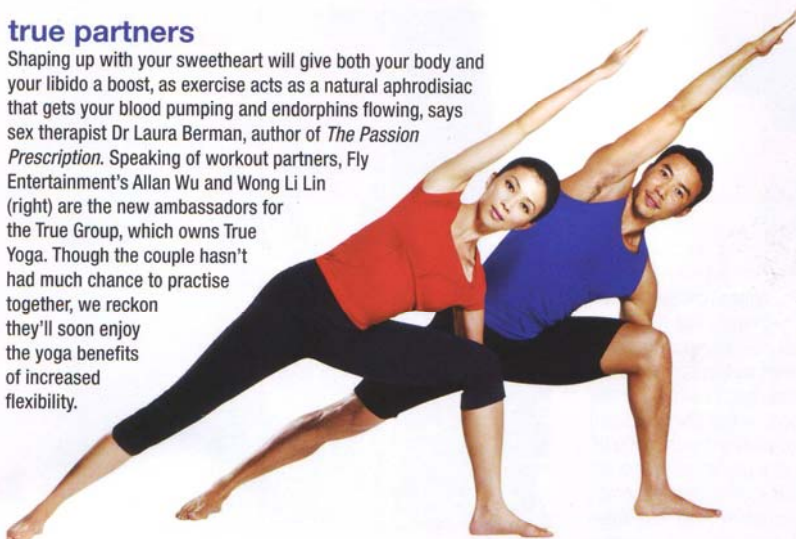


true partners

Shaping up with your sweetheart will give both your body and your libido a boost, as exercise acts as a natural aphrodisiac that gets your blood pumping and endorphins flowing, says sex therapist Dr Laura Berman, author of *The Passion Prescription*. Speaking of workout partners, Fly Entertainment's Allan Wu and Wong Li Lin (right) are the new ambassadors for the True Group, which owns True Yoga. Though the couple hasn't had much chance to practise together, we reckon they'll soon enjoy the yoga benefits of increased flexibility.



Lose 3 Kilos (without even trying!)

- BURN 50 EXTRA CALORIES by walking with poles, from sports stores. It'll zap 20 per cent more calories and tone your upper body.
- BURN 75 EXTRA CALORIES with 10 one-minute jogs to your walk.
- BURN 100 EXTRA CALORIES by turning your weights workout into a circuit by doing jumping jacks rather than resting.

All based on an hour-long workout.

Heads Up

If you enjoy a game of rugby or cycle without a helmet, pay attention: Women are up to three times more likely to sustain a concussion. According to the *Journal of Athletic Training*, this may be due to women's weak neck muscles. Do this exercise: Lace your fingers behind your head and push back. Lace your fingertips on your forehead and push forward. Put your left palm on your cheek and push left, and repeat with the right. Hold each move for five breaths and repeat five to 10 times three days a week.



Numb Deal

You're on the elliptical and you feel your toes going numb. Don't worry; it's quite normal – you may not be getting enough blood circulated to your toes. Try buying bigger shoes (your sneakers should be at least half a size larger than your going-out heels), and lift your foot and wiggle your toes every few minutes during exercise.

Get Off That Chair!

According to a study in *Diabetes*, sitting for a few hours switches off enzymes that capture fat in the bloodstream – but standing up re-ignites them. So take calls on your feet and you'll rev up your metabolism and burn calories.



Edited by Barbara Koh / Photography by Getty Images



MOVE OF THE MONTH

Tush Toner

We love this do-anywhere move that'll lift and tone your tush. Says Amore Fitness gym supervisor and personal trainer Loretta Lagman, "With this exercise, you can work your butt and thighs as you watch your favourite TV show." To do the Supine Hip Extension/Bridge exercise: Lie on your back with your hands at the sides, palms down, knees bent and feet on the floor. Engaging the abs, lift up hips while keeping feet on the floor. Hold for two seconds as you contract your glute muscles. Lower hips till almost touching the floor and repeat the moves. Do two to three sets of 10 to 15 repetitions.

Model: Amore Fitness instructor Fiona Ong

