

URBAN

THE STRAITS TIMES THURSDAY, JULY 31 2008

YOUR GUIDE TO LOOKING GOOD

BRIDALSPECIAL

27 Dress

Stand out in coloured gowns and short frocks in our alternative guide to an all-white wedding

UNUSUAL
PLACES
TO SAY I DO IN

WEDDING
FAVOURS
TOO PRETTY TO EAT

EVENT
PLANNERS
WHO TURN DREAMS
INTO REALITY

WIN!

SEAN JOHN UNFORGIVABLE
FRAGRANCES WORTH \$1,300

JULY 31 2008

BRIDALSPECIAL

THE STRAITS TIMES URBAN

FIT FOR A BRIDE

PERSONAL
TRAINER



PRADEEP PAUL

Three experts share their shape-up moves

You've got something borrowed, something blue. Now, how about making sure you look your best on your special day? Three fitness experts – Joan Liew, director of boutique gym Fitness Factory (www.fitnessfactory.com.sg); Laila White, managing director of fitness company Elite Fit (lailawhite@elite-fit.com); and Yvette Tee, who teaches yoga classes at Spaboutique (yvette@kryoga.com) – are here to help.

Each has picked her favourite exercise to help you shape up for the big day.

Liew, 32, zoomed in on the upper back and the area under the armpits. White, 41, targeted the shoulders and Tee, 37, chose to tone up the core region.

Of course, all three also insisted that brides-to-be should ensure they do cardio work as well as watch their diet in the weeks leading to the big day.

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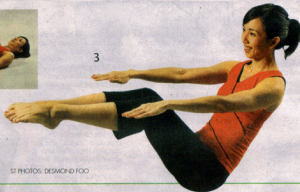
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ST PHOTOS: DESMOND FOO

- ◆ **Tee's exercise:** Boat Pose
- ◆ **What it works:** Tones the abdominal muscles, which will make you look trim in any style of gown. It is also good for the digestive and hormone systems and relieves tension.
- ◆ **How to do it:** Lie on the floor with knees bent and feet on the floor (1). Inhale, hold your breath and raise your chest (2) and feet off the floor (3). Keeping your spine long and shoulders relaxed, breathe normally and hold this position for between five and 10 counts. Exhale and return to start position. Do 10 repetitions.