

## GREAT EASTERN WOMEN 10K 2011

In support of women's health and fitness, True Fitness was the Official Fitness Partner for the Great Eastern Women 10K 2011 for the 3rd year running. An annual running event for women in Singapore, the Great Eastern Women 10K is one of the largest women only running events in Asia.

To help participants prepare for their run, True Fitness organised two Race Clinics on 28 May 2011 and 11 June 2011, where the ladies experienced the benefits of stretching with a Hot Yoga class at True Fitness Suntec City on both dates.





True Fitness was also amid the buzz at the Great Eastern Women 10K 2011 Race Expo held at Leisure Park Kallang on 18 and 19 June 2011. Eager participants gathered over both days to collect their Race Packs, as well as amass stamps from the various booths to win exciting prizes!

On 3 July 2011, the ladies finally put their training into practice on Race Day. The flag off at 7:30am set off the sea of red which culminated in a fun-filled carnival at The Padang. True Fitness is indeed proud to be a part of this successful event!

