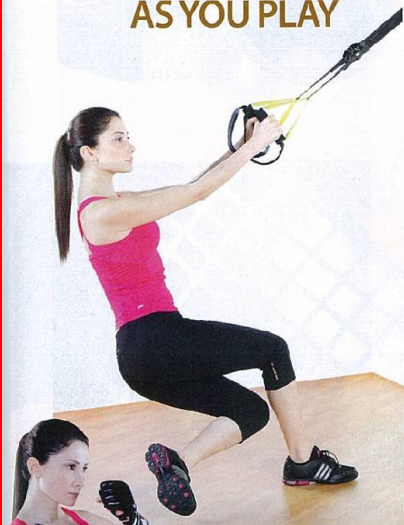


WEEK 2 PLAN: Be Healthier

We all know the pains of starting a diet, fitness routine or a food fad (apple cider vinegar, anyone?). But, if health is about getting a happy and relaxed body, why stress yourself out? This year, take small steps to better health, with a fun attitude and realistic goals.

ACT UP! GET FITTER IN FIVE WAYS, AS YOU PLAY



Too busy to exercise? Then try True Fitness's signature workout, Agility Circuit Training (ACT). "It's like four hours worth of workouts in one hour, as many of the fitness components are targeted," says master trainer Wendy Cho, who created ACT. The best part? ACT is fun!

"It's about playful mechanics... think back to the time when you were a child," says Wendy. So instead of machines that work just one area at a time, you do hopscotch-style hurdles, jump rope sequences, TRX suspension training, rope ladder drills and even shadow boxing. They keep you smiling, yet you burn 380 to 650 calories per workout!

Each station has three types of exercises lasting between 30 seconds to a minute. ACT's flexibility means the workout always stays true to your current fitness level, and it uses your body weight for a safer workout.

"IT WORKS!" says writer Madeline Lin. "At first, the ACT routine looked rather simple, but I was sweaty and breathless in just 10 minutes – and I was only at the second station! My favourite part was kickboxing, which is superb for stress-busting and fat-burning. In 30 minutes, I was feeling alert and raring to go, both physically and mentally. The next day, I felt the ache in my thighs and arms, but they seemed more toned. I liked that I could see results from just one ACT session!"

SMS & WIN!
See page 211



TO-DO LIST

- Do three sets of 16 jumps every other day.
- Have a heart-to-heart lunch with a family member or friend.
- Add honey to your cup of milk at bedtime.

BUST THOSE CALORIES!
SMS to win a complimentary ACT session at True Fitness. We have five sessions to give away.

1 Jumpstart Your Day

Also used as rebound therapy on trampolines, jumping helps slow down osteoporosis, revs up your immunity, and releases mood-lifting endorphins. "It's a weight-bearing exercise, so it increases the density of your ankle bones," says See Hai Ping, gym manager at Amore Fitness.

DO IT NOW

Lace up cushioned sports shoes, and reach for the sky on alternate days. "Do three sets of 16 jumps," recommends Hai Ping. "Take one-minute breaks between each set." Make sure you push off and land softly, on bended knees, to avoid injury.

2 Forgiveness Works

According to the Kiradjee school of massage, persistent body pains can be linked to emotional trauma.

"Your muscles contain memories of pain," explains founder John Odel. "People with shoulder problems often have unresolved parental problems, while chest and throat concerns are linked to communication issues."

DO IT NOW

Let go of past hurts. Select three people in your life you need to make up with, then ask them out for a closure lunch. Or write them a letter and post it – or burn it. For more information on Kiradjee massages, visit www.kiradjee.com.

3 Sweeten The Moments

Eat unprocessed, unheated honey. "Digesting it releases the relaxing hormone serotonin, which aids sleep," says dietician Jaelyn Reutens. Nutritional consultant Pooja Vig, of The Nutrition Clinic, adds, "Honey helps with digestion and heartburn." Manuka honey's UMF factor helps to inhibit the bacteria *helicobacter pylori*, which causes dyspepsia or indigestion.

DO IT NOW

Use unprocessed honey (it's full of useful phytonutrients) as a sweetener, or spread it on wholemeal bread for lasting energy. (Tip: Unprocessed honey tends to be cloudy, not the clear kind). For a more flavourful twist, try gourmet variants such as pumpkin and lavender honey, at \$16, available from Honey World, Tangs.