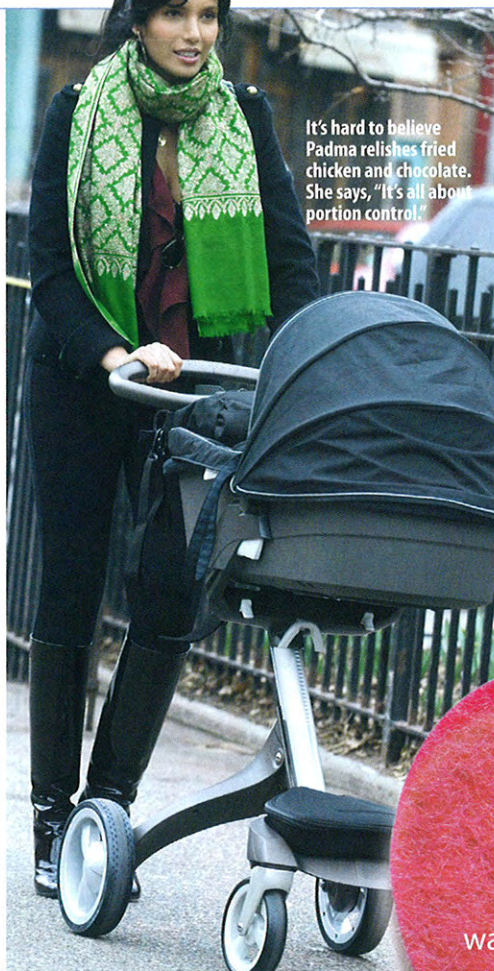


HOT MAMA PADMA

She just had a baby in February, but model, author and *Top Chef* host Padma Lakshmi, 39, seems to have her pre-baby body back. Although she's guarded about the father's identity, the ex-Mrs Salman Rushdie is open about how she got back in shape. She says, "There's no trick. It's called exercise. I box and jump rope. I run up and down the stairs, and do a lot of weight training." The star had struggled with endometriosis for many years, and her pregnancy was described by her doctor as "nothing short of a medical miracle".



It's hard to believe Padma relishes fried chicken and chocolate. She says, "It's all about portion control."

Q&A

I'm finding it very hard to continue with my daily gym workouts. Is there some way I can motivate myself?

Chances are you're bored with your current routine. These tips will keep you on track:

- ★ Sign up for a group class. Check out belly dance-inspired BellyBlitz or fat-burning CardioBlitz, at the new Amore Living outlet at City Square Mall (Tel: 6781 1822).
- ★ Put on your earphones and go outside for a brisk walk. If you still feel unmotivated after 15 minutes, go home guilt-free – it's not realistic to feel up to the task every time.



WALK FOR YOUR HEART'S SAKE

A new British study shows that just walking for 30 minutes, five days a week, effectively lowers levels of three blood test markers (TNFalpha, interleukin-6 and C-reactive protein). High levels of these raise your risk of heart disease and other illnesses.

12 hours

How long a post-workout mood boost can last.

SOURCE: A STUDY BY THE UNIVERSITY OF VERMONT

Mei racerback, \$72, and Ling crop pant, \$79, from Om Republic.



SMS & WIN!
See page 205

OM IN STYLE

When yoga fan Min Sim got bored with the yoga wear available here, she did the next best thing – she made her own. When its clean lines and Oriental details won the attention of others in yoga classes, she was motivated to start her own range, Om Republic. Inspired by Min's love for classical Chinese dance, the range, made with organic cotton, is available at www.omrepublic.com. Prices start at \$49 for a sports bra top.

MOVE OF THE MONTH

CAMEL POSE

Hunched over your desk for most of the day? Pure Yoga instructor Michelle Ricaille says, "The Camel Pose helps relieve tight and tired neck muscles, and stretches those in the chest."

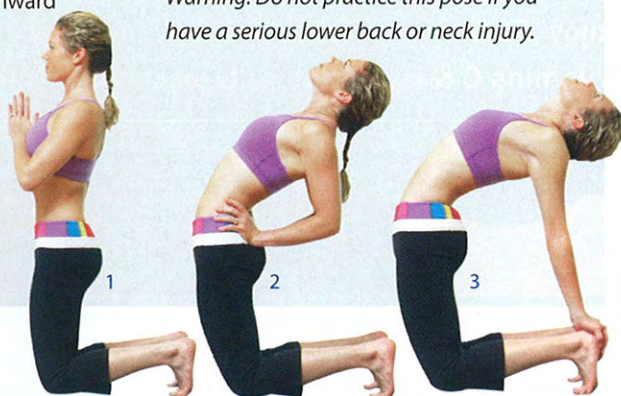
1 Kneel with knees hip distance apart and toes curled under. Place hands on hips, rotate thighs slightly inward and root your tailbone down toward the floor. Take a deep breath to lift the spine and open the chest. Hold for three to five breaths.

2 Place hands on your lower back and push buttocks down with your hands. Inhale,

lift the chest and lean back. Exhale and hold for three to five breaths.

3 On your next inhale reach your right arm back to your right heel, then left arm back to your left heel. Draw shoulders back and lift chest to the ceiling. On your exhale, try to go deeper into the pose. Hold for three to five breaths.

Warning: Do not practice this pose if you have a serious lower back or neck injury.



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