

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

# SHAPE

FEED  
YOUR  
FERTILITY  
(PG 123)

MPAS HEALTH/FITNESS MAGAZINE  
OF THE YEAR 2010  
WWW.SHAPE.COM.SG

SINGAPORE  
MARCH 2011 | \$6.00

INTERNATIONAL  
WOMEN'S DAY SPECIAL

## 54 REASONS WHY WOMEN ROCK

We're better lookers,  
drivers, spenders...

+ more research-  
backed facts!

6 BEAUTY  
TREATS  
you shouldn't  
scrimp on

Burgers, pizza  
and fries  
that won't stick  
to your thighs!

20 MOST  
SLIMMING  
JEANS EVER!  
FOR ALL SHAPES  
AND SIZES

\* Be a  
triathlete by  
May 1!  
Your exclusive  
Shape plan

EXCLUSIVE FOR SHAPE READERS

REFRESHING  
DETOX TREAT

Accur Drainage Detox  
Massage Therapy at  
\$28 only (Jade, Usual Price \$190)

Complimentary Nature Skin Green drink  
after treatment

BONUS FOR FIRST 60 CUSTOMERS

FREE Herbal Ball (worth \$28)

BODY WELLNESS

SHAPE



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Pain in the  
outer knee  
may be due  
to frictional  
damage.

## hold that stretch!



Yet more studies are finding that pre-exercise static stretching can affect athletic performance in a bad way. The latest, published in the *Journal of Strength & Conditioning*

*Research*, found that male runners who did static stretches for 16 minutes before a 60min run performed worse and used up more energy than those who simply sat quietly for 16 minutes. Try dynamic stretching instead, suggests personal trainer and running coach Meghan Kennihan of Chicago, on the Idea Health & Fitness Association website. Do walking lunges, high-knee running, butt kickers and side shuffles.

## DECODE YOUR PAIN

Got a niggle in your knee? Here's what it could be, say Dr Patrick Goh, consultant sports physician with Sports Medicine International, and Gino Ng, sports physiotherapist at Sports Solutions.

**YOU FEEL** Pain in front or just below the kneecap, after or during a run. Knee swelling.  
**IT PROBABLY IS** Patellofemoral pain (PFP) syndrome (or "runner's knee"). Women, with wider hips, are especially prone to it. Mainly caused by the sideways movement of the kneecap due to an imbalance between the inner and outer thigh muscles, or weak or tight buttock muscles.  
**TREAT IT** Strengthen the thigh muscles and stretch regularly. A switch to midfoot-style running may also help.

**YOU FEEL** Pain in the outer knee.  
**IT PROBABLY IS** Iliotibial (IT) band friction syndrome. The IT band is a tough group of fibres that lies on the outside of the thigh extending from hip to knee. A tight IT band is prone to frictional damage at the knee and also leads to PFP.  
**TREAT IT** Ice it, stretch it and use a trigger ball to release tightness in the IT band and gluteus.

## how we're keeping fit in march

➔ **By doing sun salutations on the MRT.** Heck, we're taking yoga everywhere, thanks to YogaDownload.com. The site offers video classes for all levels, ranging from 20min flows to 60min intensives. Download, dump on iPod or smartphone, and do a down dog. From US\$1.99 (\$\$2.56) per class.

➔ **By teaming up with our girlfriends to tackle the Venus Run,** a 5km cross-country race at Bedok Reservoir on Sunday, March 20. The total age of each three-woman team has to be at least 83 – in celebration of International Women's Day on March 8 (or 8/3 in date form!). Sign up at [www.singaporeathletics.org.sg/venus-run-2011](http://www.singaporeathletics.org.sg/venus-run-2011).

➔ **By working out for free.** The Health Promotion Board has a host of fitness classes weekly that don't cost a cent. Try brisk walking, jogging or aerobics, all held at convenient locations such as malls, the CBD area and heartland parks. Find one that suits you at [www.hpb.gov.sg/physicalactivity/](http://www.hpb.gov.sg/physicalactivity/).



TEXT: JEANETTE WANG; MARK PHOTO: PHOTOLIBRARY



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March 20.  
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