

SHAPE

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**SHAPE
RUN 2013!**
Early bird
deals
Pg 23

SINGAPORE
APRIL 2013 | \$6.00

FAT FREE ZONE

SAY GOODBYE TO
✓ JIGGLY ARMS
✓ JELLY BELLY
✓ THUNDER THIGHS

*Sweat off
the sulk*

BAD MOOD-
BUSTING MOVES

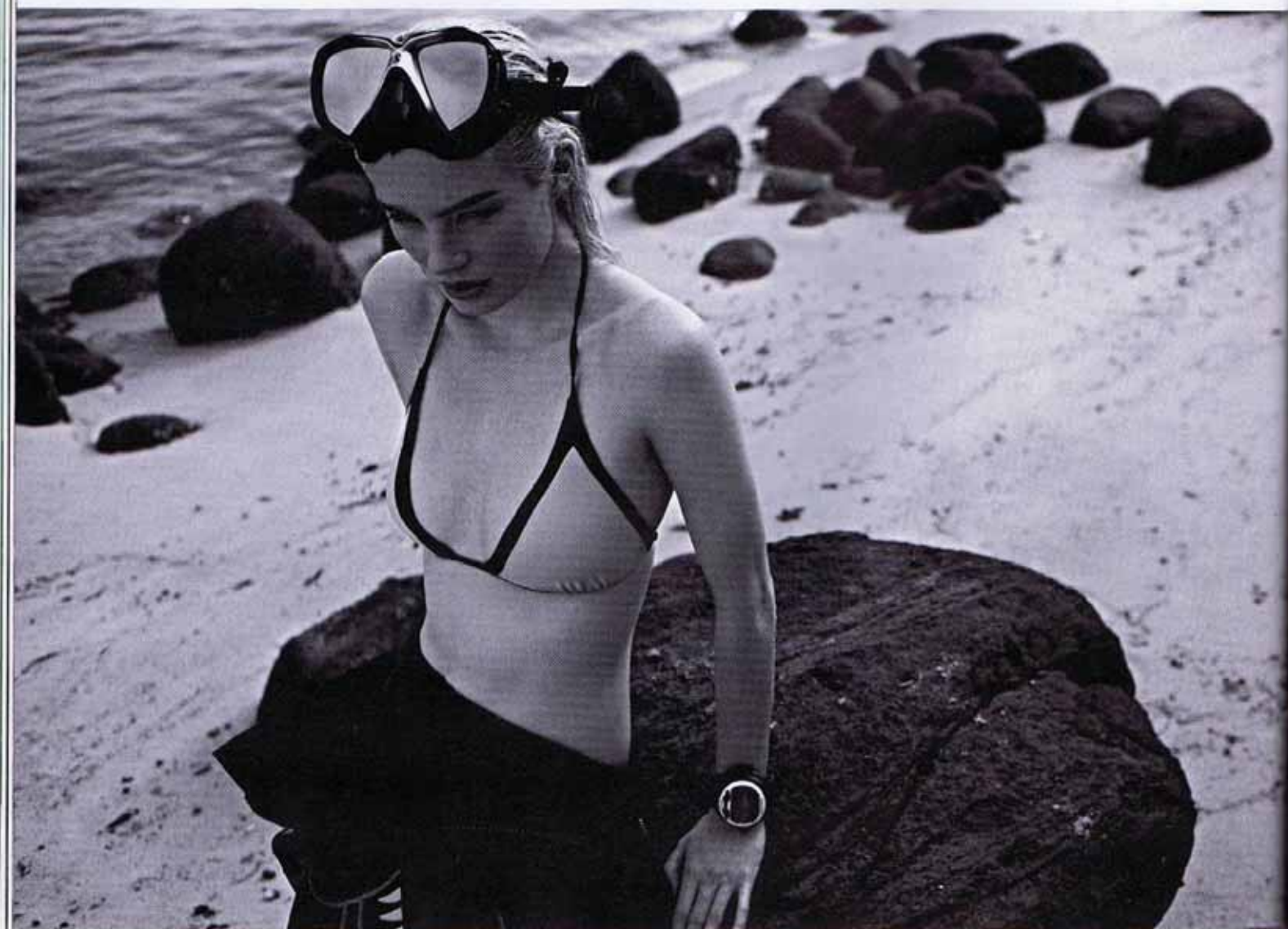
46 Healthy Kitchen Secrets

FROM DIETITIANS,
CHEFS AND OTHER
FOOD EXPERTS

OBESOGENS
CHEMICALS
THAT MAKE YOU
FLABBY Pg 30

BONUS! Trail running quick-start guide
PRO TRAINING TIPS FOR BEGINNERS • GEAR ESSENTIALS • ROUTES FROM EASY TO ADVANCED





Scubapro Spectra
Trufit Mask, \$101.70,
Subgear XP10 Dive
Computer, \$497.60,
all from Diveshop@sg.
Mileti bi-colour halter
bikini top, \$84.90, from
What Women Want.

Fourth Element
Hydroskin,
\$74.90, from
Living Seas.

