

I-S

ZOUKOUT
HAPPY 10TH BIRTHDAY!
11 DEC 2010 | 8 PM - 8 AM
SILOSO BEACH, SENTOSA

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every week

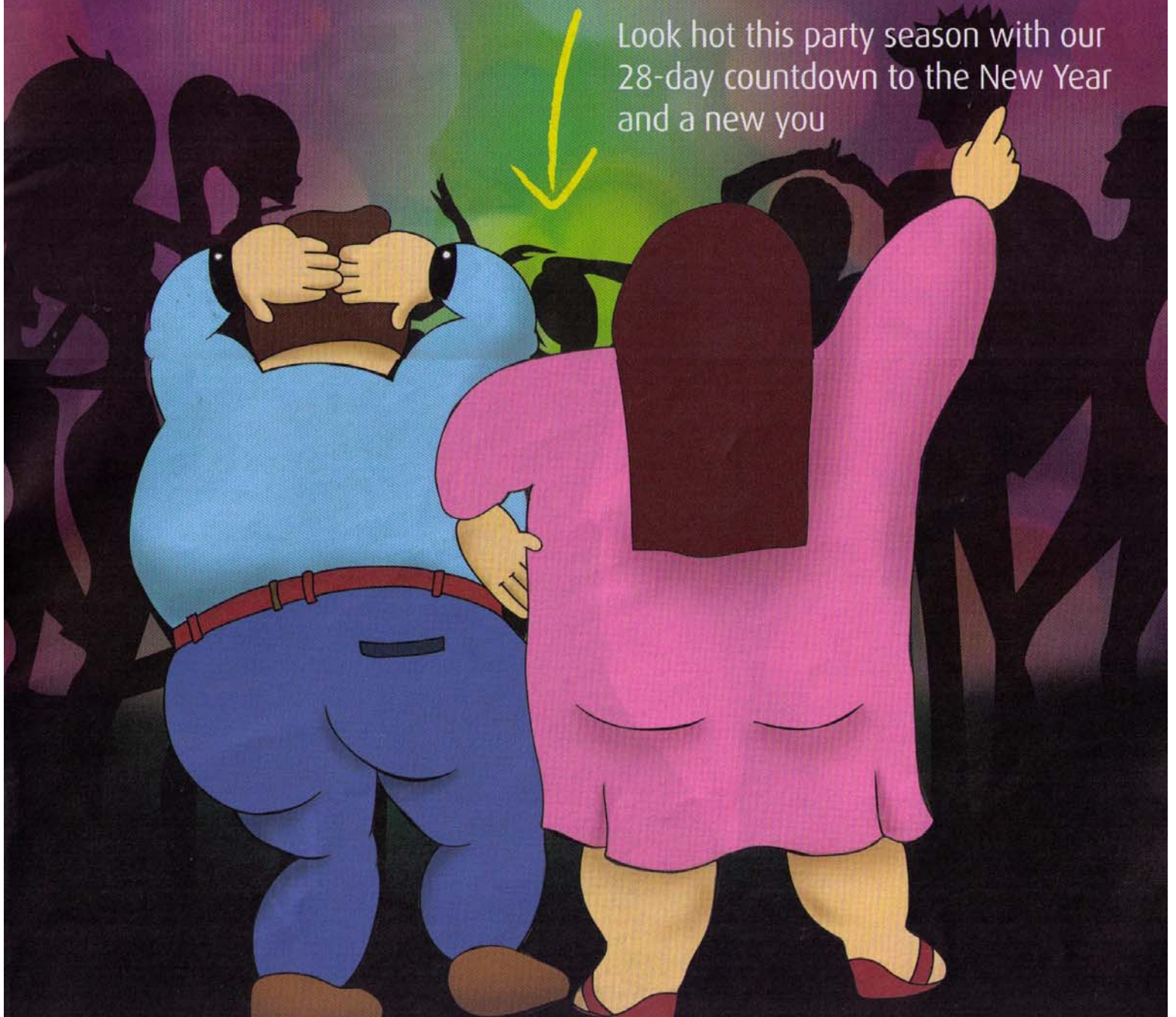
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fashion Beachwear
stage Cinderel-lah!
dining Turkey To Go

*Don't Let
This Be You!*

Look hot this party season with our
28-day countdown to the New Year
and a new you





8. **Get your metabolism up**
Your metabolism is the engine that burns calories. To get it up, eat a healthy diet and exercise regularly. This will help you burn more calories throughout the day.



9. **Get your sleep**
Lack of sleep can lead to weight gain. When you don't get enough sleep, your body produces more cortisol, a stress hormone that can lead to belly fat. Aim for 7-9 hours of sleep per night.

10. **Get your stress under control**
Stress can lead to weight gain. When you're stressed, your body produces more cortisol, which can lead to belly fat. Find ways to manage your stress, such as meditation or yoga.

11. **Get your water intake up**
Drinking water can help you burn more calories. Water is essential for many bodily functions, including metabolism. Aim to drink at least 8 glasses of water per day.

12 Suck out excess fat
We don't mean to be crude but if you've been running (cycling, punching or stretching) like hell but your love handles are still happily swinging away then it's time for some emergency action. If liposuction makes you queasy, go for the second best option: CoolSculpting by Zeltiq. This quick slimming procedure is fast gaining popularity with the discerning crowd, having been featured on TV programs like *The Doctor* and *The Rachael Ray Show*. The whole process involves sucking your targeted area using a vacuum and freezing your fat into oblivion. It lasts an hour and costs \$1,500 per treatment. Call **Medical Aesthetics** (#02-12 Cluny Court, 501 Bukit Timah Rd., 6462-2559).


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