

YOUR MOST COMMON EXERCISE INJURIES—SOLVED!

SHAPE[®]



MALAYSIA

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DO THIS NOW!

SHRINK YOUR BELLY &

**LIFT YOUR BUTT
in just 2 weeks**

**6 DIET TRAPS
YOU NEED
TO AVOID**

*Stop them from
making you fat!*

**REV UP YOUR
METABOLISM**

**BURN MORE
CALORIES, GET LEANER
AND STRONGER**

*Malaysian food
weighed in:
The good,
bad and ugly*

**PLUS! MALIN ACKERMAN'S ROCKIN'
BODY SECRETS**



RUNWAY REPORT

Pant Perfect

Always had that pair of leopard-print leather pants that you bought on a whim, but could never quite work up the courage to wear? Well, now's the time to break them out! The runways are bursting with statements pants of all cuts, designs and colors. **TIP:** If you're a little shy about trying out this trend, pair it with a simple top to balance out the boldness of your pants.



NICOLE FARHI

FENDI

BALMAIN

PAUL SMITH

AGNES B

JISSEY MIYAKE

Shop For A Green Cause

Did you know that June 5th is World Environment Day? If it's slipped your mind, there's another chance to show your love for Mother Nature. Gear up for outdoor adventures and sojourns in the urban jungle with stylish yet versatile pieces from Jeep Apparel. You'll be doing your part for the environment, as 5% of sales revenue made from 1 July to 30 September will be channelled to the Malaysian Nature Society's GREEN aid fund.



TEXT: NEHA NARESH, BOTTOM TEXT: ADELINA TAN, RUNWAY PHOTOS: TPGNEWS.COM

“Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening.” —COCO CHANEL

FUN FACT According to the Breast Site, an online independent information guide, 13 February is known as **Dead Bra Day**. This a day specially dedicated to you and your friends to get rid of worn-out bras that are no longer of any use. Mark your calendars so you'll be well prepared to celebrate this event when it rolls around next year!

BLOGSHOP OF THE MONTH

Emcee Couture



Emcee Couture stands out from the many blogs shops by offering special alteration services and custom made dresses for their customers. Their main focus: Dresses, although you'll also have tops and skirts to pick from. So the next time you're looking for that perfectly fitted dress, hop on over to www.emceecouture.blogspot.com and choose from one of their lovely creations, or even better, design your very own masterpiece! **What's more:** If you're hunting for bridesmaids dresses, Emcee Couture also provides design and sewing services at affordable prices!