

THE ONLY ACTIVE LIFESTYLE GUIDE FOR WOMEN

SHAPE®

**KNOCK
OUT
FLAB FOR
GOOD!**
p.68

MALAYSIA
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NO MORE DIETS!

EAT TO LOSE WEIGHT

**Slim down without
starving yourself**

GET AMAZING SKIN, FAST!

Perfect your
skin in 3 steps

*** YES, YOU
CAN SURVIVE
ANYTHING!**

6 women show
you how they did it

**DEBORAH
HENRY**
"MY 10
SECRETS
FOR
SUCCESS"



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PLUS! 90210's AnnaLynne McCord
"5 health rules I never break"

Wendy and her husband living up their dream holiday.

reader postcard



“Riding a camel around the Pyramids of Giza was simply amazing. We had a great time ‘unearthing’ Cairo’s hidden treasures!”

—Wendy Goh, Penang

Wish you were here? Send your favorite active-getaway memory to shape@bluinc.com.my

travel q&a

Q How will I know if I have enough time to make it for my connecting flights?

A Every airport has minimum connecting flight periods (including the time for you to walk to your connecting flight, and luggage to be transferred). If your first flight is delayed, your airline can help by: Escorting you to your next flight, delaying it, or booking you onto the next available one at no extra cost if you miss your flight. This however, works only if you have a through ticket, which means you’ll likely be on your own if your flights were booked separately.

Send your travel questions to shape@bluinc.com.my

Easy ways to travel safely and soundly

Exploring the world is fun, but losing yourself in all the excitement can leave you susceptible to danger. Here are some of our top precautionary measures to take while you’re on the road.

- ✓ **Keep a low profile** Wearing expensive jewelry and toting your favorite Celine Boogie or Louis Vuitton monogram bag will only lure thieves your way. Unless you’re attending a formal dinner party with an escort, it’s best to leave your valuables in your hotel’s safe deposit box.
- ✓ **Don’t carry a wallet** Put your day’s spending money in a pocket that’s secured by a button or safety pin, but be sure not to carry too much cash with you.
- ✓ **Be alert** while traveling by bus or train, particularly when arriving at a station. Thieves are always ready to take advantage of tourists overloaded with baggage and overwhelmed by a new location.
- ✓ **Don’t leave anything in your rental car** Make your car look as local as possible by not leaving touristy items such as maps, directions, and brochures lying around. As an added, albeit cheap security measure, try leaving the glove compartment open so would-be thieves can see that you have no valuables stored inside it!
- ✓ **Don’t let bad experiences ruin your trip** Even the most careful traveler can get ripped off. Make a police report for your insurance claims and move on!



Thirst-quenchers

These sports bottles make great companions, regardless of whether you’re at the gym or conquering the great outdoors.

> The smart bottle

This classic sports bottle with a twist (adidas, RM24.90, 750 ml) has a water level indicator so you know how much you’ve drunk, and whether you’re keeping yourself adequately hydrated. Plus, it’s so light you’ll hardly notice you’re carrying it!



> The 2-in-1 bottle

This hand-friendly bottle (Tupperware, RM39.80, 750 ml) has grooves that make maintaining your grip easier. It also has a handy compartment that lets you store small items inside! This unique bottle is great for the office, or when you’re out jogging.



> The tough-as-nails bottle

Designed for durability and performance, this Swiss-manufactured bottle (SIGG, RM109.90, 600 ml) is made with a single sheet of pure aluminum and a seamless construction that makes it virtually leak-proof. Best of all, re-using it means you’ll be doing your part in protecting the environment!

