

FACES

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COVER STORY

America's Next
Top Model winner

Jaslene

Searches for her
perfect man...

"I shouldn't have
to look at a belly
flop, if mine's trim
and taut, right?"

New Year,
New Body

Fun fitness routines
coming to a gym
near you!

NEW SECTIONS

ON THE CRAWL

The Opera opens!

HIT & RUN

Diesel-Powered BMWs

TOP 10
RISING
PERSONALITIES
Young, Hot, Inspirational

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DISH OUT THE POWER

Ditch your treadmill for the Power Plate – the best and quickest way to burn excess fat!

In a time where almost everyone is plagued by the 'hurry sickness', there is little time to be spared for a full blast workout routine. Thus, most of us (when I say most of us, I mean me), end up exercising on a minimal basis, or not at all. Unlike other workout equipment that burn calories according to one's stamina, Power Plate accelerates what the body naturally goes through daily as it moves, exercises, recovers and relaxes in a short amount of time.

The workout that works

Backed by scientific research, Power Plate offers safe and proven results in weight loss, improved blood circulation, stronger bones and cellulite reduction in half the time of a normal gym workout. The technologically advanced and easy to use equipment offers 3 special technologies to enhance health and fitness: the Advanced Vibration exercise patented 517 Power Plate machine, the Japanese patented 517 Ultrasound Lipolysis treatment, and the Body-Photo-Stimulation Skin Rejuvenation treatment.

The Advanced Vibration exercise offers benefits beyond regular exercise in just a fraction of the time a conventional workout routine takes by transferring vibrations to muscles in the body, causing them to contract in a reflex action. By holding a pose for up to 60 seconds at a time, multiple muscle groups are activated simultaneously to stretch, tone and strengthen – allowing you to focus on the areas of your body that you want to work on the most.

How the Power Plate revolution began...

In the 60s, Soviet cosmonauts used 'Acceleration Training' to counteract bone and muscle degeneration caused by zero gravity. This was considered to have been responsible for the cosmonauts' ability to stay in space for over 400 days – more than 3 times longer than their American counterparts. In 1999, Olympic trainer Guus van der Meer adopted these techniques to first train elite athletes and then people of all ages, weights and fitness levels. Today, celebrities such as Madonna, Elle Macpherson, Claudia Schiffer, Kylie Minogue and professional athletes like Lance Armstrong and Rafael Nadal have all included Power Plate into their workout regimes.

POWER PLATE AT BODYTONE WELLNESS STUDIO

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