

40-PAGE FASHION PREVIEW

Great buys to take you into spring

THE RULES OF STYLE
15 easy chic how-tos

PRETTY MAKEUP
Your new kit!

what's **HOT NOW**

The next big things in fashion, beauty, film & more...



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Top tips for getting into great shape

shoe in If you celebrated the New Year with a new pair of runners, it's time to go shopping again. The general rule is that a pair of running shoes will last for between 800 and 1,000km. So if you've been running 10km a few times a week since January, time's up. New Balance 1061 (above, \$160; 1800 654 512) is the updated version of a popular shoe that suits most and is especially good for runners who suffer from flat arches.

get the vibe Claudia Schiffer, Elle Macpherson and Kylie Minogue are all fans of the Power Plate, a vibrating platform on which you hold a pose for 30-60 seconds. The vibrations then cause the brain to involuntarily contract muscles, increasing the impact of your workout. Expect to see machines at your gym soon or buy one to use at home for a cool \$8,800. See www.powerplate.com.

healthy cocktail
Incredibly, there's a healthy reason to have a daiquiri! Research in the US...

step to it Counting down the days before next season's swimsuit hunt? To smooth any lumps, you'll need to walk the equivalent of at least 12,000 steps a day. Here are five ways to up your daily step count.

- 1 Buy a treadmill and swear you'll only watch TV while walking. You could fit in more than 7,000 steps during one episode of Grey's Anatomy.
- 2 Use the bathroom on the floor above your office so you climb an extra flight of stairs—and drink enough water at work to use it often.
- 3 Ditch the weekend coffee and muffin, and meet friends for a walk and talk in the park instead.
- 4 Get into the bush. Late winter and early spring bring out the best Australian wildflowers. Check local national parks for scenic routes.
- 5 Increase the intensity of your exercise, and therefore the fat-loss impact, by alternating a minute of running with a couple of minutes of walking.

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Claudia Schiffer
Elle Macpherson