

Join in, be cool

I figured you've probably got news of the ultra-glam wedding weekend that went by coming out of your ears by now. So, I'll spare you a never-ending list of the who's-who joining the celebrations (it would probably be a lot easier to list the ones that didn't make it — although I can't imagine who'd risk getting bumped off that guest list!). Instead, how about a quick look at a few very different ways to spend some (quality) time and money? (Psst, you could end up in pretty posh company yourself.)

Tone Up: First up, I'd recommend you don't leave your get-fit-quick plan for the last minute (like doing 5,000 crunches just before attempting to squeeze into a particularly delightful



FILE PIC

KEEPING FIT: Nawaz Modi Singhania

ensemble for new year's eve). I've heard a great deal about Pilates, touted as the exercise of choice for most celebrities from **Madonna** to **Catherine Zeta-Jones**, so I decided to see what all the fuss was about. I was pretty impressed with a session held by **Michael King** at YMCA recently and if you're looking for that long-lean toned look, this is probably the work out for you. In fact, **Nawaz Modi Singhania's** gym Body Art at Hughes Road has been sculpting some of the beautiful bodies for over a decade using similar techniques. (Email: nawazms@hotmail.com)