

A photograph of a person's legs in black shorts lying on a rocky shore next to the ocean. The person is lying on their side, with their legs extended towards the viewer. The background shows a rocky coastline with the ocean in the distance. The text is overlaid on the upper part of the image.

grace anatomy

Get stronger, feel better, and look amazing. It all starts here.

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Toned arms

Eight years later and we're still all about the Michelle Obama arms: strong, toned and perfectly capable of carrying our own bags, thanks very much. Shoulder presses and tricep kickbacks will build muscle and firm up the area, but for an extra helping hand, turn to a tightening or firming body cream and apply in vigorous strokes up and down the upper arms, focusing on the triceps.

Bliss FatGirlSlim Arm Candy Arm-Perfecting Cream, RM129; Dior Svelte Body Desire Integral Perfection Care, RM280
Liza wears: Swimsuit, RM189, Solmer Swimwear, solmerswims.com

Bottoms up

We couldn't be happier to be living in a butt-positive age (though we'll discuss surgical enhancements another day). Embrace the size and shape of your god-given posterior, and keep it firm with squats – sorry, can't escape them – lunges and sun salutations. As for products, no need to break out the contour palette (yes, it is a thing). Reach for Clarins' legendary red bottle instead, which works to redefine and contour.

Edible Beauty Coffee Contouring Cream, RM168; Clarins Super Restorative Redefining Body Care, RM340
Liza wears: Swimsuit, RM119, H&M



Glow on

Cellulite happens to the best of us, and it's no indication of age, shape or fitness level. Keep your skin smooth and glowing with a three-pronged approach: start by dry brushing, starting from the soles and working your way up with long, firm strokes in the direction of your heart. Then hit the shower with a specialised body massager like Melvita's, followed by a proper body scrub full of natural goodness like Ren's, and finish post-shower with Clarins' kick-ass cellulite-banishing cream.

Melvita body massager; Ren Moroccan Rose Otto Sugar Body Polish, RM229; Clarins Body Lift Cellulite Control, RM235
Liza wears: Bodysuit, H&M





Core values

Your core, the group of muscles that extends from the abs to the pelvic floor, supports you throughout the day, whether you're sitting at your desk, sprinting up the stairs, or grabbing your bag off the luggage carousel. Keep it strong with kettlebell swings and mountain climbers. If loose skin around the stomach is a concern, the key is using products that have palpable firming and tightening effects. Apply liberally and massage firmly in post-workout.

Philosophy Amazing Grace Perfumed Firming Body Emulsion, RM160; Sothys Firming Body Cream. Liza wears: Bikini top, RM69.90, bikini bottom, RM69.90, both H&M

Firm bust

Nothing in life is certain except death and taxes and, if we might propose an addition, gravity. At some point in life, everyone's bust begins to drop due to loss of skin elasticity and the onslaught of gravity. However, you can lift things back up with the right bra, and develop the chest muscles to keep breasts firmer for longer. Try dumbbell flyes and burpees to strengthen the area, and bust creams and gels that will nourish the skin and keep things firm.

Melvita Bust Gel, RM128; Bliss FabGirl Leave it to Cleavage.
Liza wears: Swimsuit, RM189, Monoloco

HAIR Cody Chua. MAKEUP Shawn Goh.
MODEL Liza Budavari/Attitude Models

