



**Climbing like Spiderman:** Juliana (left) competing against New.



**Racing against time:** Juliana climbing as fast as she could to clock the fastest time at the challenge.

# Having fun taking on an uphill task

Poo shows prowess by scaling wall in 31 secs

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Photos by **ART CHEN**

»I enjoy working out because it's a good way to burn energy and release stress«  
CHERMAINE POO

**A**THLETIC Chermaine Poo showed off her sports prowess recently when she scaled a rock-climbing wall in 31 seconds at the Fitness First Wall Climbing Challenge, and had another go at the wall later.

"I was faster on the first round because I was competing against another person while the second round was done just for fun," said Poo, who admits to being a competitive and determined person.

Besides learning rock-climbing a few years ago, the former SMK Assunta Petaling Jaya student used to represent her school in athletics, badminton, cheerleading, volleyball and netball.

"I enjoy working out because it's a good way to burn energy and release stress. Due to my hectic schedule, I try to work out at least three times a week. Given a choice, I'd prefer working out every day," the Miss Malaysia/Universe 2005 runner-up said.

"I'm now undergoing a more intensive workout in preparation for my new movie. It's an action-based movie which requires me to be physically fit," said the chartered accountant who is now working full-time as a TV host, emcee, actress and commercial talent.

A Fitness First member for four years, she lives by the health club's fitness motto of "motivation that gets you started, habit that keeps you going."

Other celebrities at the challenge included TV host Juliana Ibrahim and celebrity couple Christien New and Lavin Seow who did not climb as she was nursing a foot

injury.

The Fitness First Wall Climbing Challenge, which offers an outlet to showcase participants' strength and agility, is held in line with the release of the movie Spider-Man 3 on May 1.

The challenge is open to all Malaysians aged 16 and above.

The first 30 who can reach the top daily within a given time will walk away with two movie tickets to a special screening of Spider-Man 3.

Only 16 short-listed candidates from each of the male and female categories will qualify to compete at the grand finale.

The winners of each category will win a one-year Fitness First membership and prizes from co-partners like DKNY, Columbia Tristar, Crocs and Cathay.

Qualifying rounds were held from April 24 to 28, from 4pm to 9pm at The Curve, and culminate with a grand finale at 10am on April 29.

"The Fitness First Wall Climbing Challenge is a new and creative outlet to make fitness more enjoyable and rewarding, while at the same time testing the participants' endurance, fitness level and agility," Fitness First Malaysia National PR & Marketing Manager Chuah Cheng Lin said.

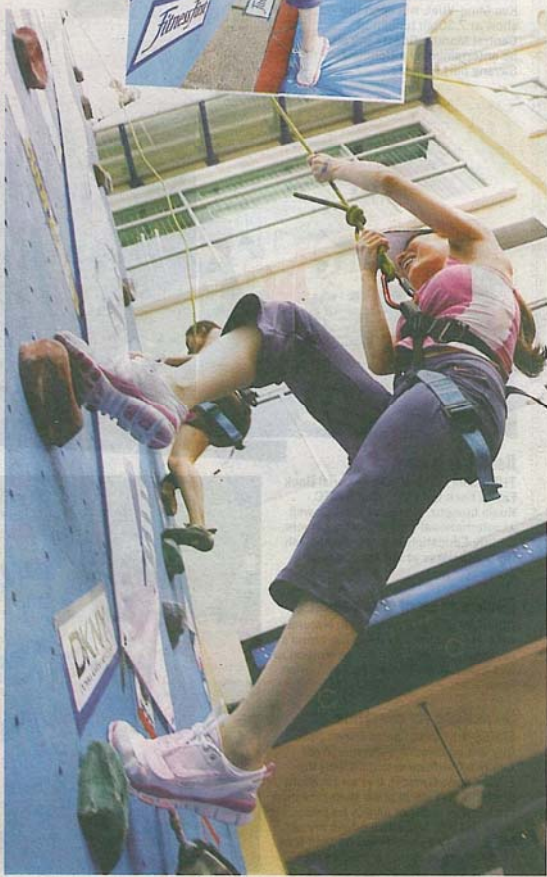
"It also provides a total body workout, improves agility and body-balance, and works to build self-confidence and esteem.

"We want to encourage and motivate more people to stay in shape, to be active and to keep learning, and we want to provide them with adventurous and exciting ways to do that."

To join the challenge, participants can sign up on the spot during the qualifying rounds at The Curve or register online at [www.fitnessfirst.com.my](http://www.fitnessfirst.com.my)



**In fighting spirit:** Poo getting ready to compete with Juliana.



**Athletic:** Poo owes it to frequent workouts.

**Getting ready:** Poo gearing up for the challenge.