

**Lookout!**

## VIVA LE SPORT

@ Berjaya Times Square  
6 - 31 March 2010

Make a trip down to Berjaya Times Square and celebrate the Malaysia GP Sale with a difference.



### GREAT BARGAINS & DISCOUNTS

Calling all sports and health fanatics! Head over to the Sports Zone at 2nd Floor, West for more selections in sportswear as well as other sporting outlets such as Adidas, JM Tomo, New Yorker, Nike and many more located from Lower Ground to 5th Floor. Don't miss out the special Items of the Week at irresistible prices.

Plus, join in the exhilarating Viva Le Sport activities and walk away with fantastic prizes. *Refer to page 2 for more details.*

Just grab a Viva Le Sport brochure now from any of our Information Counters and kickstart your healthier lifestyle today.

### THE ICE AGE EXPERIENCE

A-not-to-be missed funducational experience that brings you back to the Pleistocene period 1 million years ago where prehistoric creatures once roamed planet Earth. With seven fascinating stations to explore, you would not want to miss out the life-sized ice age creatures come "alive" before your very eyes. Be sure to make a date with these prehistoric creatures up close and personal at **7th Floor**.

**NOW OPEN!**

Adult (13 years old & above)	RM12
Child (12 years old & below)	RM10
Senior citizen (above 55 years old)	RM10
Family package (2 adults + 2 children)	RM36
Cosmo's World Theme Park customer (all ages)	RM8

**\*Operating hours** Weekdays: 12pm - 10pm  
Saturday, Sunday, School & Public Holidays: 11am - 10pm  
(\*Subject to change without prior notice)

### CIMB KL OPEN SQUASH CHAMPIONSHIPS 2010

**18 - 20 March**  
Lower Ground  
Concourse

Come witness Malaysia's very own squash queen, Datuk Nicol David in action and other spectacular showcase of talented world-ranking players in this tournament.



## ENDLESS FUN

Switch on your fun mode and join in the exhilarating activities at Berjaya Times Square.

### AMPANG SUPERBOWL BOWLING TOURNAMENT

1, 8, 15, 22, 28, 29 March  
Lot 05-106 & 108, 5th Floor, East



Take part in the C Graded 9 Pin Special Tour, Graded Singles Special and C Graded 369 - XTRAVAGANZA Singles Special and bowl your way to weekly prizes totalling up to RM4,000 in cash! Entry forms available at Ampang Superbowl, Berjaya Times Square.

#### C Graded 9 Pin Special Tour Every Monday @ 10pm

Entry fee: RM60 for 5 Games (Champion wins RM500 cash)

**Graded Singles Special**  
28 March (Sunday) @ 9.30am  
Entry fee: RM480 for 15 Games  
(Champion wins RM8,000 cash)

#### C Graded 369 - XTRAVAGANZA Singles Special 29 March (Monday) @ 9pm

Entry fee: RM80 for 6 Games (Champion wins RM1,000 cash)

### WALL CLIMBING AND MINI FUTSAL INFLATABLE COMPETITION

13 & 14 March • Ground Floor, East



Put your brawn and skills to the test in these challenging competitions and walk away with attractive prizes. Purchase any amount at participating outlets from 1 to 14 March and enter the competitions for FREE\*!

### SPORTING HUNT

28 March, 1.30pm - 4pm • Ground Floor, East

Calling all hunters! Here's your chance to win fantastic prizes amounting RM3,200 in this treasure hunt. Just purchase any item at participating outlets worth minimum of RM50 in a single receipt to enter the Hunt\*. For more information, visit [www.timesquarekl.com](http://www.timesquarekl.com), contact Customer Care Hotline at 1-300-888-988, or visit the Ground Floor Information Counter.

*\*Terms and Conditions Apply*

## ALL ABOUT YOUR WELLBEING

### 5 STEPS TO A HEALTHIER YOU!

Make a difference in your lifestyle by adopting healthy habits in your daily life as we celebrate World Health Day on 7 April 2010. It's time to pay attention to yourself...

#### 1 EXERCISE

Put an end to the days of being a couch potato. Sitting too long actually adds inches to your waistline. Do yourself a favour by doing simple exercises.

#### 2 HEALTHY DIET

Be selective of the food you put into your mouth. Opt for fresh fruits and veggies, cut down on salt, sugar and fat intake.

#### 3 RELIEVE STRESS

Take it out on the stress ball if you have to. Play games to distract the mind or do simple meditation or yoga.

#### 4 ZZZ TIME

"Early to bed, early to rise, makes a man, healthy, wealthy and wise" – Benjamin Franklin. Now you can say bye-bye to your cuppa joe in the morning.

#### 5 THINK POSITIVELY

It's all in your head. Think happy thoughts, not only do they uplift your mood in an instant but also keep you right on track.



# Get Healthy

## GATEWAY TO EMPOWERING WELLNESS

### GNC LIVEWELL

Lot LG-31,  
Lower Ground, West  
Tel: 03-2145 4950

*GNC Mega Men & GNC Women's Ultra Mega*  
Nutrients keep your body functioning effectively and efficiently. But food alone may not provide the recommended vitamins and minerals that you need. Cement good health by taking a supplementary vitamin each day. Choose one that's packed with an array of antioxidants that'll benefit your health, plus timed-release goodness for optimal absorption.



### NATURAL HEALTH FARM

Lot LG-29,  
Lower Ground, Central  
Tel: 03-2144 3721

#### *Jessie Chung Super Health Program*

This comprehensive program combines traditional and modern methods of cellular regeneration technique. What better way to cell detoxification with a simple four-step formula designed to prevent anti-ageing, enhance immune system, normalize body weight and body shape, improve metabolism and more.



### COSWAY

Lot 06-18 to 20 & 26,  
6th Floor, West  
Tel: 03-2145 1677

Free joints from stiffness, aches and pains with Glucosamine! Each tablet supplies 500mg of pharmaceutical grade Glucosamine Sulphate from world renowned leader in joint care, Bioiberica, SA, Spain. Dissolves quickly for higher absorption and contains more bio-actives for faster and better effects. It's clinically proven to offer results in 4 weeks.

*\*Results may vary in individuals*



## ALTERNATIVES TO A HEALTHIER YOU...

### JUICE & MORE

Lot 01-22A,  
1st Floor, West  
Tel: 03-2145 3896

Revel in nourishing fresh fruits and vegetables juices for a natural detoxifying and cleansing ritual. Freshly extracted juices with NO added sugar can taste just as good. Start your day with the Detox-Immune Booster bestselling Liver Tonic made from beetroot, orange and carrot for a zesty sweet taste.



### espresSOUP™

Lot K-02-01,  
2nd Floor, Central  
marktan@espressoup.com.my

Wholesome, delicious soup for soup lovers! Get your hands on piping hot soup served in healthy farmer bread bowls. Watch out for best-seller mushroom, pumpkin, broccoli, tomato and other tasty selections made only from the freshest ingredients. Don't miss out other light bites of pasta and salad on the menu.



### SUBWAY™

Lot 03-103,  
3rd Floor, West  
Tel: 03-2144 2792

Bite into SUBWAY™ restaurant's wide selection of Subs, Deli Style Sandwiches, Wrap and Salads, made fresh before your eyes. All sandwiches come in delicious 6-inch or footlong portions with your choice of fresh bread, toppings and condiments.



# Oodles of Noodles



## HANKUK RAMYUN

Lot LG-71, Lower Ground Floor, East  
• Tel: 03-2141 0224

**Haemul Ramyun, RM15.00**

– Bite into springy ramen served in spicy yet flavourful broth of mushroom, onions, vegetables and Gochujang (Korean hot pepper paste) topped with generous seafood condiments of shrimp, squid and clams.



## PENANG VILLAGE

Lot LG47 to 49 & 76,  
Lower Ground Floor, East  
• Tel: 03-2144 8825

**Penang Char Koay Teow, RM9.90**

– Stir-fried flat noodles, infused with the 'charred' aroma, in high temperature seasoned wok with prawns, squids, cockles, beansprouts, egg, soy sauce and chili paste that gives its distinctive light brown colour tinged with red from the spices used.

A treat for  
all the  
noodle lovers  
out there



## SWEET CHAT CAFÉ

Lot LG-49A, Lower Ground Concourse  
• Tel: 03-2148 7833

**Curry Laksa, RM14.90**

– A buoyant dish bursting with the flavours of a coconut-infused soup, the spiciness of chili and the fragrance of spices, served with a unique combination of handmade Shanghai noodles, shrimp dumplings, slices of BBQ chicken chop, fried bean curd and long beans.



## VERY THAI CAFÉ & RESTAURANT

LG-72, Lower Ground Floor, East  
• Tel: 03-2142 1078

**Phad Thai, RM13.90**

– Stir-fried rice noodles, cooked to perfection in fish sauce, tamarind juice, red chili pepper, served with condiments of beansprout, shrimp, chicken, wrapped with fried egg to keep it steaming hot and garnished with crushed peanuts, and coriander with lime.



## TIMELESS PENANG CAFÉ

Lot 01-25, 1st Floor, West  
• Tel: 03-2141 2863

**Giant Prawn Assam Laksa, RM16.90**

– An appetizing dish with tangy fish-based soup, the tasty giant prawns add sweetness to the broth, served with thick rice noodles, garnished with cucumber, chili and pineapple slices.



## KIKU ZAKURA

Lot 02-17, 2nd Floor, West  
• Tel: 03-2145 1101

**Cha Soba Maki, RM23.00**

– Strands of green buckwheat noodles, pieces of crabstick and Japanese pickles carefully rolled in nori (seaweed), cut and served a la sushi merging the delicate tastes of green tea and sour pickles to tempt even the fussiest eaters.



## GASOLINE CAFÉ

Lot 03-115, 3rd Floor, East  
• Tel: 03-2141 2912

**Egg & Milk Spaghetti, RM12.90**

– Relish in the full-bodied creamy flavours of milk and egg sauce served over silky al dente spaghetti infused with natural herbs and spices, crunchy greens, tomato slices with choices of beef bacon, chicken or fish fillet.



## SHIHLIN TAIWAN STREET SNACKS

Lot 03-110A, 3rd Floor, Central  
**Handmade Oyster Mee Sua, RM6.00**

– A special stock comprising 5 core ingredients, brewed over a slow flame, forms the soup base for the imported handmade mee sua. Generous amounts of oysters and shredded chicken are added before serving. It is best eaten while hot!

# On Board



## VQ

Lot 04-68 & 69, 4th Floor, East

Who says keeping up with latest fashion designs has to be a costly affair? Go easy on your purse by heading over to VQ for wide selections of tees, dresses, skirts and more. Prices start from RM10 onwards.



## SPORTS TOTO FITNESS CENTRE

Lot 06-61, 6th Floor, Central  
Tel: 03-2148 2626

Fancy working out while overlooking the scenic view of Kuala Lumpur? Now you can do so at the newly opened fitness centre equipped with the latest state-of-the-art facilities for your convenience.



## STEP

Lot 05-13, 5th Floor, East  
Tel: 03-2142 2268

Shoes for your every Step. Check out the hottest Spring shoes from woven sandals, wedge heels, peep toes and platform shoes here.



## B STATION

Lot 05-107, 5th Floor, East  
Tel: 03-4270 6013 (HQ)

Fresh hotdogs off the grill, anyone? Choose the Spicy hotdog or Original flavored ones topped with handmade pickles smothered in either of these sauces: spaghetti, barbeque, mustard and even teriyaki. Enjoy your meal with their original coffee blend!

## New tenants at Berjaya Times Square!



## GIRAFFE

Lot 07-64, 7th Floor, Central  
Tel: 03-2143 2886

Increase your height by 6cm to 10cm with Giraffe shoes, an ergonomically designed elevator shoes with heightened insole increaser and solid outsole. It looks like you're wearing a normal pair of shoes but with extraordinary results!



## ORGANIC BEAUTY WELLNESS

Lot 08-25, 8th Floor, West  
Tel: 03-2142 8836

The way to great inner and outer beauty begins here. If you're prone to getting sick or just want to improve your overall health and wellbeing, then be sure to walk-in for free consultation for your entire family.



## SUN PARADISE

Lot 01-70, 1st Floor, East • Tel: 03-2141 2145

Don't you fret going for a dip in the pool because of the unsightly bulges? SEPALESS is here to the rescue. The attractive 'two-piece' swimming costume is specially designed to contour the bodyline for a flaunt-worthy figure. Don't miss out this innovative design.



## Don't go without these...

### SOX WORLD

Lot 01-18, 1st Floor, West & Lot 02-31, 2nd Floor, Central • Tel: 03-2141 2706

Pamper your feet with a pair of SOX WORLD socks today. Be it with school shoes, running shoes or sneakers, you'll find one that fits your needs here. Get your pair of work-out partner here!

### BORDERS

Lot 01-66, 1st Floor, East • Tel: 03-2141 0288

Book lovers will be thrilled to find a wide selection of books and magazines here. Get rewarded with \*FREE skin consultation, 20 minutes mini facial and 3 pieces sample at Origins when you spend a minimum of RM70 in a single receipt. Also, don't miss out the Unipress Medical & Healthcare Bookstore located within Borders for more compelling information on healthy lifestyle.

\*Available while stocks last. Terms & Conditions apply.

### EYE HEALTH SCREENING FOR WORLD GLAUCOMA DAY

12 March, 10am - 6pm • Lower Ground Floor, East

Don't take your eyes for granted! Your eyes will thank you for taking early precautions to prevent glaucoma and other eye-related diseases.