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TONY'S LOVE

EXCLUSIV

THE
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LOLLY'S
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WHAT
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EWWW!!!

BODY BLOOPERS

CELEBS LIKE YOU'VE

NEVER SEEN THEM BEFORE!

SPECIAL!

SA'S ANIMAL SHELTERS
NEED YOU!

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WORTH OF CHRISTMAS GOODIES



BODY NEWS

EATING healthily is very important – but without the recommended weekly exercise, you will never achieve the weight you desire, or feel the way you should. In other words, start exercising today!

Ageing & Your Metabolism

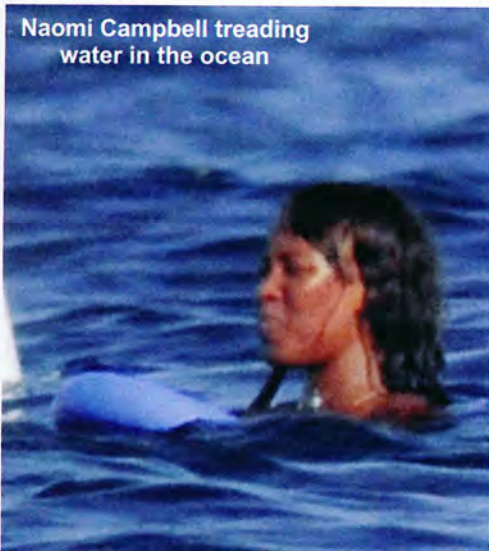
People think that because they are ageing, they automatically have a slower metabolism. Well, this is true – it does slow down as you get older – but not for the reasons most believe. It slows down because you stop moving as much, not because you're ageing. Your metabolism works off two main things – genetics and lean muscle mass. If your parents were lethargic/athletic/ping-pong pros, you will be more disposed to lead that kind of life. But not everyone is like that. Simply, when you're younger you move more.

Kelly's Lazy For Gym

According to the star, she would never join a gym because it's 'too much commitment'. Often praised for her curvy figure and pretty face, the Brit has a regular fixture on lists of the sexiest women in the world. By while she's flattered by the attention, she admits if it wasn't her job to look good, she would be much more relaxed. "Last week I was in L.A. and I did train every day with a trainer, but that is really not like me. I'd never buy a gym membership. That's too much of a commitment for me," she laughed. "I'm not neurotic about my looks and my figure. I'm not high maintenance. I only go to the hairdressers because it's my job to look good. I could quite happily not wash my hair for days or get my nails done."



Naomi Campbell treading water in the ocean



Deep Water Running

For a more intense exercise workout, try run in the deep end of the pool wearing a flotation belt. Use your ordinary upright running style. This is good for rehab and athletic training, as you can work hard with no impact. Plus it's different and more vigorous than water aerobics exercises which are generally done in the shallow end.

Walk First, Stretch Later

Walk at an easy pace for five or 10 minutes until you're warm before kicking into the high gear walking for exercise. When you are finished your walking session, do at least three static, not bouncing stretches for 30 seconds on each leg.

Bigger Chest?

The bench press can help give you size in your chest and shoulders – yes, this is mainly for men, who can really push themselves and do the movements properly, but women can go for higher repetitions to tone and strengthen the chest.

LL Cool J exercising



The Push Up

This is a great exercise that can be done anywhere. Just put your hands on the ground and perform the motion.

Did you know? A push up is one of the few exercises that works your whole body.



Matthew McConaughey stretching

One Week To The Perfect Holiday Body

Over the last eight weeks, we have been helping you get into shape for that holiday bod over the Christmas break. Olga Rosenberg from Olinia Pilates Studio shares the last easy exercise, bound to have you looking fab!

Here's part eight – Stretching.

Last but not least... stretching is very important! Keep in mind that you must breathe when you are stretching, in order to provide enough oxygen to the muscles. People tend to omit this when building muscle – that is why their muscles bulk up. Flexibility is extremely important when it comes to health and your body. Stretching your muscles will actually keep them toned. People have seen changes in their muscle tone and build by simply stretching for 20 minutes each day. You should always stretch before and after any type of physical activity, especially cardio and weightlifting workouts.

Breathe Through Your Mouth

To improve your aerobic conditioning, work hard enough to just naturally start breathing through your mouth to get enough oxygen. It is sometimes recommended to only breathe through your nose to minimise effects of air pollution, but this limits the intensity of your workout.

Fitness And Stress

Feeling stressed? Go work out and feel great. Exercise helps take your mind off car payments, your boss, the kids, etc. People with high levels of health and fitness who experience high stress have less sickness than fitness-challenged people with similar stress levels.