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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!

5 Weeks To The Perfect Holiday Body

We have been helping you get into shape for that holiday bod over the Christmas break. Olga Rosenberg from Olinia Pilates Studio takes us through some easy exercises which are bound to have us looking fab in, now, just over a month!

Here's part four – Toned Calves For Short's Season.

Olga recommends calf raises, so the next time you're standing do some! The most basic way to do the move is to stand with feet a bit closer than shoulder width apart and to push yourself up on to your tiptoes and then back down. Repeat as many times as you can. To make it more challenging, stand on a step with your heels dangling off the back to increase your range of motion.

Add Exercise To Your Daily Routine

You don't need much to make this happen – just a few small changes and you'll be exercising before you know it.

- Instead of big weekend brunches, try find a nice path and go for an hour walk. You'll burn calories and feel great.
- Walk up the stairs at work – forget there is even a lift.
- Walk to the local shops if possible.
- Take the dog for a walk/run in your spare time.

- Make use of shopping sprees by spending more time going around the shopping centre than in the changing rooms.

Inner Thigh & Groin Stretch For A Bikini Body

This area needs special attention for bikini season. Stand with your feet spread just a little more than shoulder width apart. With your hands on your hips, bend the right knee and simultaneously move the left hip downward toward that knee. Hold the stretch for 20 seconds, stand and then repeat on the other side.

Side Crunches

Let's be honest... none of us are crazy about our love handles, get your fitness ball and start working on them. Start by lying with your back on the top of the ball, and your feet against a some other object. Turn your body right or left to a 45-degree (more) in relation to the ball. Raise your top elbow straight up to the ceiling. Keep your elbows away from your body and maintain a 45-degree angle for the duration of the movement. Lower slowly. Repeat. Repeat two sets of 15.

TIP

When walking, bend your elbows. This causes your arms to swing faster which in return will help your legs to move faster.

Weight Training & Diet

A great way for anyone to enhance their workout is to follow it with a protein shake or protein bar. After a tough workout, this can help the body rebuild muscle faster and stronger. And the bigger the muscle, the faster your metabolism becomes. A good way to add muscle weight is to take part in 'body sculpt' classes in your local gym – these are classes that use weights, medicine balls, push-ups and sit-ups in combination. The alternative is of course to try weights at the gym – but make sure to always be careful to use the perfect form and never overdo it.

The Plank

Get those abs screaming by doing some plank. Start by clasping your hands together and placing your elbows on top of the stability ball. Extend your body in a straight line from shoulders to toes. Keep your abs contracted. Hold this position for 10 seconds at first then try to work yourself up to 30 seconds. Repeat twice.



Model Catherine McNeil

TIP

When stretching before a workout, it's best to stretch after you've gotten warmed-up for about five minutes (your muscles will be looser).

TIP

Replace your running shoes often. At least after every 400-800 kilometres of walking/running.



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