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BODY NEWS

BY ANGELA BEKIARIS

EATING healthily is very important – but so is exercise. Make training a crucial part of your week – you'll thank us.



Energy Push

(Great For Digestion)

- Breathe slowly and repeat 20 times
- Take a comfortable stance with feet shoulder width apart, arms in front of you, palms facing down
- Inhale and pull hands back towards your shoulders
- Exhale, pushing your arms back out to starting position

TIP

Don't go exercise crazy. Experts say being a fitness junkie can be more dangerous than doing nothing at all. Balance is key!

Why To Do Pilates While Pregnant

- During pregnancy a non-active woman will lose her muscle tone. Most women's abdominal muscles get stretched and diastasis recti (the separation of your rectus abdominis, the six pack muscle) occurs. Doing Pilates before and during your pregnancy will help minimise and speed up the recovery of diastasis recti.
- Pilates exercises focus in on the transverse abdominis, the deepest abdominal muscle that wraps around your waste like a corset. Strengthening this muscle helps pull the two parts of the rectus abdominis together.
- Pilates also builds strength in the upper back muscles that helps pregnant women maintain proper posture. This helps to relieve lower back pain that results from poor posture.
- Doing exercise also releases endorphins which will help your mood, making you feel happier and better throughout your pregnancy.
- Due to the fact that Pilates exercises also train you to have a better mind body connection and work from very deep within the body (specifically the deep core muscles), women who have done Pilates during pregnancy also have an easier time during delivery as they know where to push from.
- Doing Pilates during your pregnancy will help you bounce back to your pre-baby body much quicker.

Eat Fresh Vegetables

Eating fresh vegetables on a daily basis is the perfect eating choice. Fresh vegetables are full of many valuable nutrients that your body is unable to get from supplements. For instance vegetables such as cabbage and broccoli, hold many natural isothiocyanates (key for reducing the risk of some cancers) that cannot be readily obtained from ingesting supplements. Taking supplements on a daily basis also slows metabolism (thus less calories burned), according to experts.

10 Safety Tips For Peggies Doing Pilates:

Pilates instructor Olga Rosenberg from Olinia Pilates Studio shares some great tips for pregnant women who are doing Pilates.

- Consult your doctor before you start with your exercise regime.
- Keep hydrated.
- Make sure you are in an area that is ventilated.
- Listen to your body – if you are feeling sore or uncomfortable stop and speak to your trainer.
- You have to be aware that as you progress in your pregnancy so the body changes, so you need to ask your trainer questions.
- As baby grows so your tummy muscles are moving away from the back. Hence, the back is losing its support. Don't overdo it with abdominal exercises.
- In your last trimester try not to stay too long in one position. Keep alternating from lying on your back, onto your side, all fours, standing etc.
- In your last trimester use a rolled up towel to slot under your waist when lying on your side – this will support your spine.
- Your centre of gravity is changing as baby grows – this will affect your balance.

Make sure you are careful when doing exercises that require balance.

- Never start a new form of exercise when you are pregnant. You don't need to introduce a new way of moving. Your body is trying to deal with its new changes.



Celebs Who Turned To Pilates During Pregnancy

Many of Hollywood's stars enjoy Pilates – especially while pregnant. Hilary Duff, Sarah Michelle Gellar and Selma Blair were just some of the many who did Pilates during their pregnancies.

Hilary Duff enjoys Pilates while pregnant.

Did You Know?

Pilates is a low impact form of exercise and can be modified to suit the specific needs of pregnant women during their entire pregnancy.

Get Fitness Ready...

Here are this week's favourite picks.



T-shirt: R34.99, Jet



Shorts: R160.00, Foschini



Trainers: R449, Green Cross

Courtesy of www.all4women.co.za, www.oliniapilates.com, www.ivillage.co.uk and www.diet.com