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LIFE

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LOOK LIKE
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HEALTH MIND & BODY NEWS * TEEN FOCUS * DÉCOR * GADGETS * FASHION & BEAUTY

MAKE sure you get your fibre.

FIBRE KEEPS *Blake In Shape*

BLAKE LIVELY has one of the hottest bods in Hollywood – even now as a pregnant woman.

One of her secrets is fibre, say sources. “I know, fibre sounds boring, but it flattens your tummy, improves digestion, and has

been behind the success of all of my clients,” says Cynthia Pasquella, celebrity nutritionist and holistic life coach, who helps keep Blake the envy of the Upper East Side.

“I recommend people eat anywhere from 35 to 45 grams of fibre a day, which is slightly higher than the typical 25 grams a day.”

PUTTING A Spin On Pilates

Spinning By Applying Pilates Principles

IF you’re an avid Pilates fan and want to start spinning and cycling, Pilates instructor Olga Rosenberg from Olinia Pilates Studio says using your Pilates principles will help you achieve better results. To avoid big quads as well as aches and pains, Olga suggests you apply your Pilates tools and correct pedal strokes. “I have seen the shape of my legs transform from bulky quads to elongated quads and to strong hamstrings and calves. I do not have any pain in my knees or Achilles’ tendon anymore,” she explains.

Spinning Tips

OLGA shares some of her spinning tips with us...

1. Ask your instructor to help set up your bike.
2. Think about elongating from the back top of your head when sitting on your seat.
3. Think about relaxing your shoulder blades.
4. Think about relaxing your lower back.
5. When peddling, think about scraping the mud off the bottom of your shoes, leading with your heels.
6. Think about all the above at the same time so it becomes a full-body integration. The thinking connects your mind to your body.
7. Don’t tense up when you’re thinking try to keep relaxed.

TIP

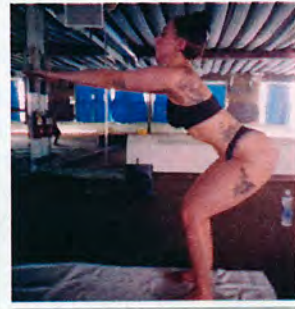
TRY to participate in some type of physical activity for a total of at least 60 minutes each day.

Gaga Does Yoga

DRESSED in her underwear, as people do when they attend a yoga class, Lady Gaga showed us how flexible she is and how she stays in shape. Showing off her every curve, the star was seen enjoying her class and every pose, proving that she’s more than just a singer. If things go sour in Hollywood, we know what she can fall back on...

TIP

KEEP the apple skin on for even more nutrients and try to choose natural peanut butter wherever possible to avoid cholesterol-raising trans fats.



An Apple For Post-Workout

YOU’VE just had a fabulous workout and need a snack? An apple is the perfect snack post workout, say experts. It’s small and nutritious, can boost your recovery time and it improves energy levels. You can even enjoy an apple with two tablespoons of peanut butter – about 32g of smooth peanut butter (no salt) helps to maximise muscle repair and recovery (it provides the body with 6g of carbohydrate, 8g of protein and 16g of fat).

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