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## Combining Pilates And Kettlebells



people's Angela Bekiaris has been following the Pilates method of training for the past four years and has noticed an incredible difference in the shape and tone of her body. This is her account of combining Pilates workouts with Kettlebell training.

While individually, Pilates and kettlebells have become extremely popular worldwide – especially in Hollywood among some of the most gorgeous stars – and see great results, the two exercise programmes have found a way to benefit when coupled together. Olga Rosenberg, owner of Olinia Pilates Studio, recently ran a winter challenge whereby clients had the opportunity to combine the two programmes over four weeks. A 30-minute kettlebell class was followed by the usual 60-minute Pilates class twice a week, with the clients being measured and weighed at the start and finish. The results were incredible. While a few dropped on the scale, almost everyone dropped in centimetres – some up to 20cm around their whole body. people's Angela took part and while she's been doing Pilates for four years – and has seen great results – she was impressed with the combination, which saw her drop 10 centimetres around her hips and waist, and drop in body fat.

"The 90-minute workout each time was hectic, but worth it – I was honestly shocked when I was measured at the end of the challenge. I didn't expect to drop – and I even dropped 200 grams on the scale," she says.

Proof that the routines work well together, Angela made sure not to change her eating plan during the challenge either. "The only way to test it was to continue eating the same. The cardio workout from the kettlebells worked well with the usual Pilates training – 90 minutes was really a full workout and I felt great when the class was finished. And of course, I didn't feel guilty to enjoy a snack after."

Clients were thrilled with the combination, too. "I thoroughly enjoyed it, and it has motivated me to continue with the programme of two kettlebells and two Pilates classes a week," says Efty, 52, who lost a total of 20cm on her upper thighs, hips, bum and waist. Giselle, 25, who also lost 20cm on her upper thighs, hip, bum and waist too, as well as dropped two percent body fat, adds: "I loved it, it kept me motivated during winter." Another client, Monica, 31, lost seven centimetres in the same areas as the other women, and even dropped seven percent in body fat.

## Olga's Advice

"Who wouldn't want better body tone, greater flexibility and more control?" she says about the combination. "That's why we love Pilates. Throw in even more power, all-day endurance and quicker

fat loss – all from an item we can hold in our hand and pronto, there's your perfect body." And while Olga also added that the weight of the kettlebell should increase as you get stronger, she also stated that: "It is always best when first starting out with kettlebells to get some training with a certified instructor. Two or three one-on-one sessions will really get you off to the right start. It is key that you follow the correct basics to avoid any injury."

While Pilates is generally relaxing and meditative, a kettlebell workout incorporates the intensity and cardiovascular element of kettlebell exercises by adding arm exercises to Pilates poses and kettlebell squat movements. The swinging motion of kettlebell movements provide cardiovascular benefits, while also concentrating on strengthening the core and other muscle groups. The Pilates element offers a break in the cardiovascular intensity of kettlebell exercises while continuing to work your muscle groups. Similar to Pilates, a kettlebell workout requires body awareness, proper breathing and co-ordination.

For more information, contact Olga at Olinia Pilates Studio on (011) 615-4592, e-mail [olga@oliniapilates.com](mailto:olga@oliniapilates.com), or [www.oliniapilates.com](http://www.oliniapilates.com)



"Pilates is the only exercise programme that has changed my body and made me feel great." – **Jamie Lee Curtis**



## How Hollywood Stars Keep In Shape!



Jessica Alba

### Jessica Alba

This gorgeous star comes from a family who battles with their weight. So Jessica needs to workout to stay in shape. Her daily eating plan consists of lean meats and portions of vegetables, however she does indulge in yoghurt to satisfy her cravings.

### Carrie Underwood

Do you get bored while doing cardio? Try talking on the phone or listening to your favourite music – that's what Carrie Underwood does to help her pass the time in her 30-minute cardio sessions.

### Miranda Kerr

The Victoria Secret model works out her entire body by spending 30 minutes on her legs, core and arms, with 15 minutes on stretching afterwards. To keep her legs lean and toned, Miranda also does a five-kilometre run, as well as boxercise.



Miranda Kerr

### Jennifer Lopez

Everything in moderation is her motto! She exercises daily and eats a balanced diet. She doesn't drink alcohol at all and when she does need to lose weight she cuts back on her carbs.



Heidi Klum

### Demi Moore

The actress drinks herbal tea to curb her appetite between meal times. She also stays healthy by taking vitamins with her tea between meals.

### Heidi Klum

To lose her post pregnancy weight, Heidi took photographs of herself naked, which helped her to keep track of the way her body was changing

and kept them together so she could see her progress.

### Angelina Jolie

The actress eats a protein-rich diet of lean meats and fish, plus lots and lots of water, a popular diet among Hollywood's A-list celebs.

### Reese Witherspoon

Rumour has it the *Legally Blonde* star eats jars of baby food to help her control her calories and portion sizes.

### Marcia Cross

This *Desperate Housewives* star has a weakness for fruit sweets so she replaces the craving with strawberry-banana puree.



Marcia Cross

Disclaimer: The diets and exercise plans in this guide do not express the views of people magazine. You should contact your physician before starting with any diet or exercise regime.