



Fire

ON THE MOUNTAIN

WOMEN'S MOST POPULAR CELEB MAG!

people
Has Heart

CT NEEDS
YOUR HELP!

WIN
CASH!

32

FAB PUZZLES!

people



SHARON

SLAMS

KIM!

'NORTH IS NOT AN ACCESSORY!'



BRAD VS
ANGIE
KIDNAPERS
KIDS'
HOOLING



MIAMI'S
BALD
SPOT
GROWS



KATE
BEGS FOR
PLUGS!

WINNING IT!
KARDASHIANS'
DEAL
REVEALED!



R\$20-
MILLION



R172-
MILLION



R149-
MILLION



R133-
MILLION



R92-
MILLION
TACH!



R135-
MILLION

March 20, 2015, VOL 29 NO 12
\$17.00 (VAT incl). Other countries R14.91 (tax excl)
ISSN 10107959
1 5 0 1 2
71010795057
W.PEOPLEMAGAZINE.CO.ZA

REAL LIFE



MEAN MONSTER
MAKEOVERS



'I WAS MY
DAD'S SEX
SLAVE'



PORN
SISTERS
EARN R4-MIL



POSTER
BROOKLYN

HEALTH, MIND & BODY NEWS * TEEN FOCUS * RECIPES * GADGETS * FASHION & BEAUTY

HOW long until you see results?

WHEN TO EXPECT

Change With Pilates

Did You Know?

PILATES instructor

Olga Rosenberg shares some fab fitness facts with us:

- * Sitting for long periods makes your hamstrings lazy.
- * Using the wrong peddling technique will overwork your quads.
- * If you are not thinking about your posture when spinning all the wrong muscles will overwork.

If you're wondering when you'll see a change in your body after starting Pilates, and how many sessions per week you should be doing to see results, Olga Rosenberg from Olinia Pilates, Bedfordview has some advice. She suggests you do at least two sessions a week – the more sessions you attend the better to remind the

body. "The truth is your body will not change if you are not consistent. I always recommend that on the other days that you are not doing Pilates you need to do another discipline," explains Olga. "If you want results you need to do the hard work. The change in your body will only happen if you are ready to let it happen. There are no short cuts and if anyone else tells

you any different they are lying to you." Olga also adds that the change in your body will happen over several months – it can even take up to a year to see results, but you will! "Anything new needs practice and constant attention."

Orlando
Bloom



PEOPLE EXCLUSIVE PICS!

Orlando Pumps Iron

ORLANDO BLOOM is already one of Hollywood's sexiest men – but when we saw him pump some iron in Malibu recently his sex-appeal reading went through the roof! The actor was seen enjoying what looked like a hectic work out, and by the expressions on his face we think it's safe to say it was 'no pain, no gain' in this case!

Why All Men Should Lift Weights

1. It makes you feel strong and fit.
2. It helps you burn fat.
3. It increases your energy.
4. It teaches you discipline and hard work.
5. It makes you healthier.
6. It improves poor posture.
7. It helps you look good naked.



PEOPLE EXCLUSIVE PICS!

Kendall & Justin Go For A Hike

KENDALL JENNER seems to be doing a lot of hiking these days – this time, though, she left BFF **Cara Delevingne** at home and took another friend, **Justin Bieber**. The stars were seen hiking on Runyon Canyon after getting their party on at the singer's mansion. Nothing like some good exercise after a hectic night out!

Tips From Sandra Bullock's Trainer

TIP
YOU can handle more than you think – don't over-train, but push yourself where you can to see better results.

SANDRA BULLOCK is without a doubt one of the most toned and beautiful women in Tinseltown. Her personal trainer, Simone De La Rue, shares some fitness tips with all of us.

- * Stay off the scale.
- * Don't be too hard on yourself.
- * Set realistic goals.
- * Maintain balance in your life.
- * Be happy with yourself.

Get Fitness Ready

Panel Leggings: R449, By New Balance, Zando

Black Bra: R549, By New Balance, Zando



Cross Trainers: R239.99, Mr Price

STOCKIST: MR PRICE: 0800 212 535 / ZANDO: 0861 92636