

TRUE CRIME

PART 3

We Have The 2nd Highest Number Of Serial Killers In The World...

COLLECTOR'S SPECIAL

PACKED WITH SHIPPIING ACCOUNTS OF REAL LIFE CRIMES AND HAFFLING MYSTERIES, GUARANTEED TO SHOCK AND ENTERTAIN!

CRIME SPECIAL: SA'S SHAME



ROYAL SECRETS

Revealed!

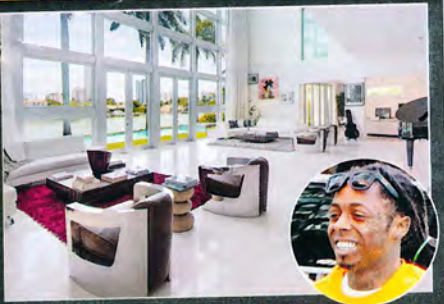


DOT 2 DOT PLUS 37 PUZZLES



PEOPLE

OUR FAVOURITES...



LIL WAYNE'S R252-MIL MANSION

MZANSI CELEB DICTIONARY

BRUSH UP ON THE LATEST LINGO WOO SHEM!



4-WEEK

Bikini

BODY

MIRACLE!

Plus **CELEBS' FUN FITNESS ROUTINES**



RiRi



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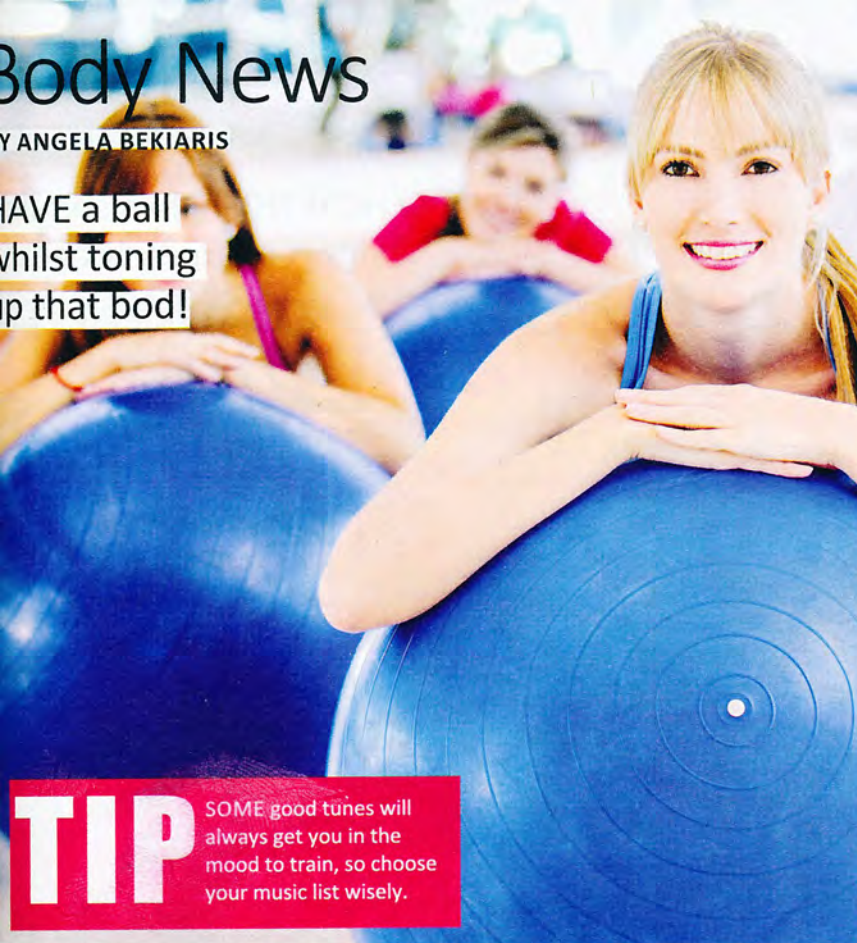
THE HORROR OF HUMAN TRAFFICKING

Body News

BY ANGELA BEKIARIS

HAVE a ball whilst toning up that bod!

DETOX BODY & MIND WITH PILATES



PILATES instructor Olga Rosenberg of Olinia Pilates Studio shares some great Pilates tips with us to help detox body and mind. And at this time of year, that's something we all need.

* **Think Principles:** Olga suggests you start off by lying on your back with your legs stretched out and arms at your side, elbows bent. With your head resting on a book think of the words: 'neck free'. Now just focus on those two simple words and keep repeating them in your head, allowing the body to change for you. Now think of the words: 'elbows free'. Keep repeating those words, allowing the body to change for you. Lastly, think of the words: 'knees free', once again repeating them in your head, allowing the

body to change for you. These three phases should be repeated in your head with every Pilates move you perform.

* **Release:** Lie on your back, with your arms in a T-position, knees bent and ankles together. Roll your feet, knees and hips from side to side slowly and allow your breath to guide you.

* **Push And Pull:** Lie on your back, with your knees bent and your arms at your sides. Using the bottom of your feet, push and pull gently, feeling your skin move forward and back against the floor or your mat. Feel how all your bones move inside your body just by moving your feet. Stop the movement and take a moment to check in with your body to feel where the tension spots are and where you feel relaxed.

TIP SOME good tunes will always get you in the mood to train, so choose your music list wisely.



Bikini Ready Tips

SUMMER is already here, and bikini season is knocking on the door. Don't panic... We have some tips to help you get your body into tip-top shape. We're stealing tips from the pros, and, lucky for us, Pilates instructor Olga Rosenberg is happy to share.

- * Start your day with a green juice just like Olga does, and two hours into the day eat at least two fruits, as well as nuts and seeds.
- * For lunch, stay away from fast food or office cravings – instead, enjoy some protein and veggies like the fitness guru, later snacking on another fruit.
- * When it comes to dinner, it's important not to binge or overdo it. Olga suggests a very light meal so that you can digest the meal before sleeping. "My body spends the night cleansing and healing without expending energy on digesting my dinner," adds Olga.

Did You Know? HOLLYWOOD stars **Lea Michele** and **Emma Roberts** turn to Pilates for building lean muscle? They even take classes together at times, adding that 'working out with a friend is both effective and fun'.

VARIETY IS KEY

WHEN it comes to training, our gorgeous Hollywood ladies are always sweating it out. Looking good 24/7 isn't easy, you know. **Britney Spears** and **Jennifer Aniston** are known for their regular yoga sessions, but they make sure to include cardio exercises into their routine, too. **Spears** burns her calories on stage, admitting that she indulges in fast food and needs to keep cardio in

her programme to burn those calories off. **Jen**, on the other hand, does a spin-yoga combo three days a week. "[I do] 25 to 30 minutes of spinning and then 30 to 40 minutes of yoga," she says. But don't be fooled if you think she's eating junk after class. **Jen** is known for her healthy diet, sharing that her daily diet consists of carb-free meals like hard-boiled eggs, tuna, salads and roast chicken.

