

THE ULTIMATE **WEEKLY MAG** THAT HAS IT ALL!

FOR ONLY **R13.95**

FREE

WWW.PEOPLEMAGAZINE.CO.ZA

people

TAYLOR THE MAN- EATER

WHO'S HER NEXT VICTIM?

JUNK FOOD

**LEADS
TO
DEPRESSION!**

AMAZING REAL-LIFE STORIES

MADDIE



IS THE HUNT OVER?



**PORN STAR
WEDDING**

**MADAME
LULU
THE
DIVA**



**KELLY'S
DRUG
NIGHTMARE**

YUK!!!



**KIM'S
FUR
UPROAR**

ISSN 10107959



9 771010 795057

NOVEMBER 26, 2010, VOL 24 NO 48
R13.95 (VAT incl). Other countries R12.23 (tax excl)

BODY NEWS

EATING healthily is very important – but without the recommended weekly exercise, you will never achieve the weight you desire, or feel the way you should. In other words, start exercising today!

3 Weeks To The Perfect Holiday Body

We have been helping you get into shape for that holiday bod over the Christmas break. With less than a month left, Olga Rosenberg from Olinia Pilates Studio continues to share some easy exercises which are bound to have you looking fab!

Here's part six – **Perfect Abs.**

The perfect abs don't come easily, but doing abs on a fitness ball takes the pressure off your back and works your abs just as hard.

Step 1: Sit on the ball and place your hands on the back of your head

and walk your legs out lowering your body onto the ball until your upper back and shoulders are all that remain on top of the ball. Legs should be shoulder width apart.

Step 2: Lift your pelvis to straighten your lower back and tighten your buttocks and contract the abdomen muscles.

Step 3: Keeping your elbows pointing out to the side, slowly raise the shoulders slightly, being careful not to pull the neck. You should feel the crunch in the abdominals – the thighs and buttock muscles will be working.

Step 4: Hold the position for a moment then slowly lower the shoulders to the ball and repeat for as many times as you can perform the exercise without straining.

Rest for 30 seconds or less between sets. Do two or three sets of 12 to 15 repetitions every other day.

TIP

According to experts, unless it is the primary focus of your training, do cardio after, not before, you lift weights. Or do it during another part of the day – or better still, on a separate day.



Alicia Keyes

Guideline Workouts For Brides

So the big day is around the corner and you haven't reached that weight just yet. Don't panic... **people** is here to the rescue!

- Three weight-training workouts per week – best way to get toned.
- Full body workouts – one exercise per body part.
- It has to burn – try 30 repetitions for each exercise.
- Minimal rest between sets – 30 to 60 seconds.
- Follow each weight training workout with 20 minutes of interval.

Did You Know?

- Working out increases your anaerobic threshold. This allows you to work or exercise longer at a higher level.
- Regular exercise helps improve cholesterol levels. It helps decrease total cholesterol levels and increase 'good' cholesterol levels.

Examples Of Physiological Over Training Signs And Symptoms:

- Increased resting and sub maximal heart rate (resting heart rate can also be decreased in over training state)
- Muscle soreness
- Decreased maximal heart rate
- Menstrual irregularities
- Decreased performance
- Loss of strength
- Increased illness and injury frequency
- Loss of co-ordination



Why Should You Work Out?

There are many benefits to regular physical fitness. The obvious include: lower body weight, decreased risk of disease, lower body fat, improved physical appearance. And the less known benefits include: reduces instances of depression, a more positive self-esteem, better sleeping patterns and more energy and stamina.



Exercise For Seniors

- Wear comfortable clothing and footwear appropriate for the temperature, humidity and activity.
- Choose activities that are fun, that suit your needs and that you can do year-round.
- Start exercising at a low intensity, especially if you have been mostly sedentary, and progress gradually.
- Find a companion to exercise with you if it will help you stay on a regular schedule and add to your enjoyment.