

people



R.I.P. SHIRLEY TEMPLE

10+
Real Life



ADDICTED TO



SURGERY

THE CHANGING
FACES OF KIM,
KHLOÉ & BRUCE



'I WANTED TO DIE... SO I KILLED MY KIDS!'



DNA TO HUNT RHINO POACHERS



JULIA'S SISTER'S SHOCK SUICIDE



OPRAH DROPS 27KG



KATE TO WILL: STOP KILLING ANIMALS!



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PLUS HAS KENDALL HAD FILLERS?



WOW!

SILENT EPIDEMIC: SA'S TEEN SUICIDES

A MUST READ FOR ALL PARENTS

BY ANGELA BEKIARIS

WHEN your workout gets boring, take it outside...

BEWARE!

HEALTHY FOODS WHICH HIDE SUGAR

THE following foods could have you fooled:

1. Flavoured yoghurt – it might be fat free but it's not sugar free.
2. Coleslaw – the mayo which is mixed with the veg is the no-no.
3. Jars of tomato-based pasta sauce – they're quick and easy to whip up, but can contain up to 40 grams of sugar, say sources. That's 12 teaspoons.
4. Flavoured water – has added sugar just like soft drinks.



TIP
If you're ever in doubt, check the nutritional label on the packaging to see how much sugar something has before buying it.

TIP

MAKE smart and informed choices when shopping. Choose healthy, fresh foods over canned foods and avoid processed meats and meals – which are also packed with salt.



Healthy Drinking Tips

NEXT time you're thirsty, think twice before gulping down the usual.

1. Water is the best choice for quenching your thirst. Coffee and tea, without added sweeteners, are healthy choices too.
2. Some beverages should be limited or consumed in moderation. These include diet drinks, fruit juice and milk. Alcohol in moderation can be healthy for some people, but not everyone.
3. Avoid sugary drinks like sodas, sports beverages and energy drinks.

Did You Know?
SPORTS beverages are designed to give athletes carbs, electrolytes and fluid during high-intensity workouts that last an hour or more. For other people, they're just another source of sugar and calories. Energy drinks have as much sugar as soft drinks, enough caffeine to raise your blood pressure, and additives whose long-term health effects are unknown.



Healthy Lunches For Work

STOP ordering in while you slave away at your desk. And stay away from that horrible vending machine. Here are some great lunch ideas to stay healthy.

1. Leftovers from last night's dinner – but only if dinner was healthy.
2. Sandwiches, wraps and pitas – remember brown or wholewheat to start off with, and keep the filling healthy and low-calorie: cottage cheese, avocado, hummus, grilled chicken, salad etc.
3. Snacks – dried fruit, unsalted nuts, rice cakes, carrots, biltong, Provitas etc.

TIP
PACKING your own healthy lunch for work will make a difference to your waistline and your wallet.



Eating Tips

PILATES instructor Olga Rosenberg from Olinia Pilates shares her eating tips with us:

1. Drink lots of water
2. Eat a variety of fresh vegetables
3. Eat plenty of orange and yellow fruit
4. Berries are very important to consume
5. Eat small meals regularly
6. Eat every three to four hours
7. Take a multi vitamin
8. Have a balanced diet of protein, carbs and fats