



ANOTHER **KARDASHIAN MARRIAGE CRISIS**



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PILES ON 18 KILOS

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BODY NEWS

BY ANGELA BEKIARIS

Eating healthily is very important – but without the recommended exercise, you will never achieve the weight you desire, or feel the way you should. Staying fit is key, so get your fitness tips today and start training!

Britney Exercising Like Crazy

We recently told you that new *X Factor* judge **Britney Spears** is on a strict diet. Now sources are adding she's working out like mad too in a bid to look her best on the show. "She's drinking gallons of room temperature water with lemon slices to help flush the fat and toxins out of her body. For the first two weeks of her programme she's going to go pretty much carb-free, which means it will be all lean protein and steamed veg," says the source. "And of course she will be working out like mad. Back when she first got super famous, she was doing 1 000 sit-ups a day, and that's her goal again. She's doing cardio and abs work twice a day, every day, and she's got interval training with free-weights five days a week."



Kim and Khloé on the way to Pilates

Walking & Running

So you love to walk and run to stay fit. Make sure you follow the following tips – whether indoor or outdoor.

- Walk at a moderate pace (level four) for five minutes.
- Pick up speed until you're walking at a fast pace (levels five-six) for three minutes.
- Increase pace to a run (levels seven-eight) for two minutes.
- Repeat steps two and three, five more times.

Kardashians Do Pilates

Reality stars **Kim** and **Khloé Kardashian** were spotted on the way to a Pilates class in Sherman Oaks, California recently (right). The brunette beauties kept their heads down while passing the paparazzi.

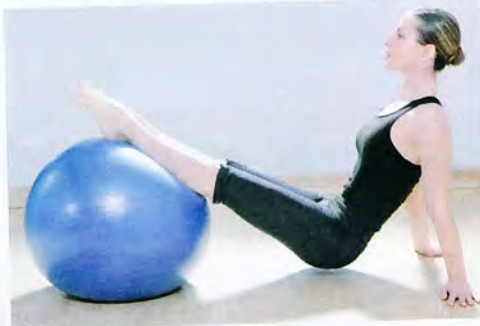
Safety Tips For Pilates

Make sure to follow these tips, supplied by Pilates instructor Olga Rosenberg of Olinia Pilates, when in a Pilates class.

- Listen to you instructor and their instructions.
- Make sure you wear comfortable clothing that you can move easily in without restricting your body.
- Only wear socks or do the class barefeet – shoes won't allow you to feel the connection of your body to your surroundings.
- Make sure you are an arm's width from anyone around you so that you keep focused and in your own space.
- When working with any of the small apparatus in the group classes, make sure that you know how

to handle them and that you are aware that they can be dangerous.

- Try not to eat before class – your body will not want to move as efficiently as it should, due to it trying to digest what you have just ingested.
- Painkillers or anti-inflammatory tablets should not be taken before you do class – they will mask the pain and you will injure yourself because you don't know how far to push yourself.



- Your instructor should always be informed on how you are feeling before you start the class, so that the instructor understands where you are physically and emotionally.
- Your instructor is as important as your doctor. If you are pregnant, let your instructor know ASAP – there are precautions they will need to give you.
- Make sure your hair is not in the way – flicking your hair out the way can cause neck stiffness.



TIP
 Kick the carbs 90 minutes before exercising – sources say avoiding them prior to a workout will help your body burn the right fuel. The reason for this is eating carbohydrates will raise your insulin levels, causing your body to burn the on-hand sugar from the carbs for energy, rather than stored fat (which is the goal of the exercise in the first place!)

Courtesy of www.all4women.co.za, www.zimfit.com and www.olinipilates.com

Get Fitness Ready...
 Here are this week's funky tops just for your workout.



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