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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!

Katy Jumped Rope... And Liked It!

Katy Perry has lots of energy to spare – but due to a hectic schedule and lots of travelling, she has to take a skipping rope everywhere to stay fit. Luckily it's economical and portable for travelling. "I hate working out, but I love jumping rope," says the star. "There's a rhythm. It's like dancing. I can double jump. I can cross. I can do all of it. I look like Rocky when I jump rope."

Did You Know?

Studies have found that an extra half a kilo of muscle on your body will burn up to 50 calories a day, even when you're just sitting around.

TIP

An intensive weight training session elevates your metabolism in the immediate aftermath of the session – sometimes for as long as 36 hours afterward.

Jump Rope Benefits

With so many benefits, we have to wonder why everyone hasn't started skipping around the house!

- Can burn 1 000 calories per hour.
- Easy to learn – and you can go at your own pace.
- It's fun and bound to have you laughing in the beginning.
- Inexpensive.
- Portable.
- Great for the kids, too – family participation and enjoyment

Madonna also uses a jump rope to get fit

Get Fitness Ready....

Hayward 25M Backpack: R349.95



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3 Simple Bikini Body Stretches

So summer is here – but that means you need to get into last year's bikini, after this winter's terrible cravings. Don't panic... apart from cutting down on junk food and getting some exercise, there are some stretches that will get you looking fab during that Christmas break away. Stretching is not just an integral part of keeping muscles loose and limber, it helps to tone and tighten some key bikini body areas too. Before you know it, you'll be as hot as Kourtney Kardashian!

Waist And Arms: Begin in a standing position with feet hip width apart. Raise the right arm over your head and bend it so the hand falls behind the shoulder. Grasp the elbow with the opposite hand. Pull the elbow gently to the left and slowly lean to the other side. Hold for 20 seconds and then repeat on other side. Why? This stretch simultaneously tightens and tone critical muscles that are exposed in your bikini, targeting three zones – the arms, shoulders and waist.

Thighs: Stand facing a wall, just a few inches away from it. Raise your right foot toward your left buttock, and grasp your toes or ankle with the left hand. The stretch should be felt through the front of the thigh – hold for 20 seconds and repeat on other side. Why? The thigh is a large muscle that is in full view when wearing a bikini.

Upper Leg And Calf: Start by standing and facing a wall, leaving about two feet between your toes and the base of the wall. Step forward with your right leg, placing your toes just at the base of the wall. Lean forward, cross your arms and place your head against the wall. Hold for 20 seconds, stand and then repeat on the other side. Why? The legs are among the most visible parts in a bikini – they need extra attention.



Kourtney Kardashian

7 Weeks To The Perfect Holiday Body

We are helping you get into shape for that holiday bod over the Christmas break. Olga Rosenberg from Olinia Pilates Studio takes us through some easy exercises which are bound to have us looking fab in less than two months!

Here's part two – **Shapely Arms For Summer.** To help keep our sleeveless summer styles looking great, Olga recommends resistance training. Contrary to common belief, resistance training actually burns more fat than aerobic exercise and will give you the definition you are looking for. Hold a Kettlebell vertically in front of your chest with two hands on either side of the handle (so the Kettlebell is bottoms up). Move the Kettlebell clockwise around your head in a fluid motion. Your joints will start warming up helping you to increase the range of motion in your shoulders.

After a few complete rotations, do tricep extensions. Stopping halfway, with the Kettlebell right above your head, make sure to keep your elbows close to the ears as you extend your arms all the way up, pushing the bottom of the Kettlebell to the ceiling and flexing the triceps. Bring the Kettlebell back down, over and behind your head, so the head of the Kettlebell is at the nape of your neck. Work to keep the shoulders down and your chest lifted as you continue. Repeat.

Did You Know?

When Uma Thurman lost her baby weight, she was lucky enough to have an exercise plan ready made for her. The *Kill Bill* star actually used sword fighting and martial arts training that she picked up in the movie, and thanks to this high energy, aggressive workout, Uma was able to lose 11 kilos in just six weeks.

IS LIFE GETTING YOU DOWN?

KANNA

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