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CATCH?

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'HAPPY ANNIVERSARY:
I WANT A



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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!

Elliptical Trainer Vs Rowing Machine

So you're at the gym, using the same old machines – first the treadmill, then the elliptical and then maybe some rowing. But which one are you actually benefitting from the most – and why? We take a look at the elliptical trainer and rowing machine.

Benefits Of Both: Effective total body workouts that employ a huge number of the body's muscles to get the work done. The more muscles used, the more calories burned – so both machines are a good choice. They have similar features and are both low impact exercises, reducing the risk of injury.

Calories Burned: Because the rowing machine actually uses more of the body's muscles during the workout, it tends to burn an average of 800 calories per hour, while the elliptical burns a still amazing average of 700 calories per hour.

TIP

Regardless of your body appearance, regular fitness helps improve your self-esteem.



Exercise During Pregnancy

The most important thing about exercise or Pilates during pregnancy is to keep it up. It's a great way to ease your delivery and increase the speed of your recovery after your baby is born. You will have more energy for taking care of the baby and your body will quickly bounce back to your pre-pregnancy size and weight.

Upper Body Stretch At Your Desk

Start by strengthening your back and reaching your arms as far as you can over your head. This will stretch your arms, your upper back and your shoulders. Next, try a neck stretch – this will alleviate a lot of upper body pain. Rotate your head side to side, looking as far back over each shoulder as you can. Drop your head forward so your chin touches your chest, and slowly roll your head from side to side. Never roll your head completely around in a circle – this can worsen neck pain.

Hamstring Stretch For Runners

As a runner, you need to ensure you stretch to prevent injury and muscles soreness. Tightness in the hamstrings – the muscles that run along the back of the thighs – can cause stiffness and lower back pain. Here's how to stretch them:

- Sit with your legs extended in front of you and your knees straight.
- Lean forward from the hips. Don't round your back. Reach for your feet by sliding your hands up your legs.
- Reach as far as you can – flex your feet to increase the stretch.
- Hold this stretch for at least 10 minutes and then repeat.

Workoutaholic?

Don't be a workoutaholic. Many beginners train feverishly under the assumption that more is better, especially when results first appear. However, you're much better off easing into the process.

Strength Training

Strength training helps increase your metabolism because muscle uses more calories to maintain itself than fat. So the more muscle you have, the more calories you'll burn every day, not just when you are exercising.

4 Weeks To The Perfect Holiday Body

We have been helping you get into shape for that holiday bod over the Christmas break. With only a month left Rosenberg from Olinia Pilates Studio continues to share some easy exercises which are bound to have you looking just like **AnnaLynne McCord** (above) in no time!

Here's part five – **Perfect Posture And Beautiful Back**. Upper back workouts are great to reduce the unwanted back fat.

Olga recommends: Standing erect with shoulder dis in your legs, keep your hands on your hips. From your waist, slowly twist to your left till you feel a stretch on back. Hold it for some time and then come back to the starting position. Repeat with your right side. This is the best back fat exercises for women and is very effective.