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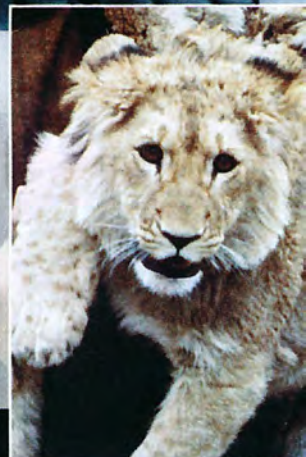
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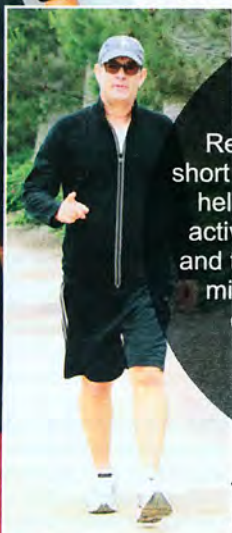
Fergie

# BODY NEWS

**E**ATING 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!

## So Fergilicious

There's no doubt The Black Eyed Peas' **Fergie** is drop dead gorgeous but she works hard to stay in shape and get heads turning. Nothing comes easy, although it may seem like it! The singer achieved this hot body with hard work and dedication. Four times a week, **Fergie** spends an hour on a varied exercise routine that includes running three to five kilometres, lifting weights and doing lunges and crunches.



Tom Hanks keeps active by walking

## Get Moving!

Research shows that multiple short walks throughout the day can help you establish the physical activity habit. Also, by getting up and taking short walks (two to five minutes) you can prevent the discomfort of fatigue and stiffness that often accompanies long hours working at your desk.

## Antenatal Exercises

Perhaps the most common antenatal exercises recommended by doctors, nurses, mid-wives and trainers is the Kegel pelvic floor exercise. It is simple and can be done anywhere. When sitting comfortably, tighten the same muscles in your pelvic floor you would use to stop urine flow. Hold them tightly for a count of four to six, then release. Repeat this exercise 15 to 20 times – and you can repeat it three times a day. This exercise is important in supporting your baby and during delivery.

## Evangeline's Fitness Regime

Lost star **Evangelina Lilly** keeps her daily exercise routine interesting by mixing it up with running, yoga, Pilates, dance, weights, scuba diving and surfing. Her top two health tips? Get eight hours sleep and drink plenty of water.



## 8 Weeks To The Perfect Holiday Body

Over the next eight weeks, we will help you get into shape for that holiday bod over the Christmas break. Pilates guru **Olga Rosenberg**, from **Olinia Pilates Studio**, takes us through some easy exercises which are bound to have us looking fab in just two months! So make sure you check out all eight parts – you wouldn't want to hide behind that towel in December!

### Part One: Thinner Thighs

Every woman dreams of thinner thighs, and the best way to get them looking great is by toning them up with Pilates exercises which specifically target the inner and outer thighs. And it doesn't help when the cellulite we've developed makes them appear even larger at times. Of course, it goes without saying that you have to watch your diet, too – Pilates won't work miracles if you're throwing down a burger and chips every lunch – but these steps are sure to help (with a little power walking too, perhaps).

**Front And Back Leg Extensions:** Lie on your side and lift up on your elbow. Your elbow, shoulder ribs and hips are lined up at the back of the mat.

Place your legs to the front of the mat at an angle. Your top hand is in front of your chest on the floor for support. Align yourself with shoulders stacked and hip over hip. Ribs are lifted.

- Lift your top leg up to hip level and kick your leg toward your nose for two beats.

- Reach your leg straight back, keeping it long for two pulses.

- Squeeze into your buttocks as you do the movements and keep your chest open.

## Get Fitness Ready...

Hot Air T-shirt: R249.95



Classic Cortez: R499.95



Nike Court Force: R899.95



All items available from Nike. Contact them on 0860 116 044

## Build Core Strength

Get that fitness ball out the cupboard – or visit your nearest gym or Pilates studio – and the Superman exercise. This is one of the classic moves in fitness ball workouts. Keep your toes on the floor, place your hips on the ball. Reach above and ahead of yourself in the position of Superman flying. Work on holding the position and balance using your back muscles and abs. It looks easy, but is much harder than it appears.

## 6 Fitness Benefits Of Hula Hooping

While some may think hula hooping is childish, there are actually a surprising amount of benefits to an exercise involving hula hooping. Here are just some of the top six.

- It helps burn fat. It requires effort from some of the biggest muscles in the body – which require a significant amount of energy which forces the body to burn fat stores.
- It strengthens and tones your body. Muscles that can be toned include: glutes, thighs, hips, legs, knees and abdomen. In addition, the twirl tones the arms and shoulders.
- It increases your fitness level. Just 10 minutes of hula hooping can provide enough benefits to your body to increase aerobic activity.



- It improves your mood. It's fun and makes exercising less of a chore.

- It improves your coordination. It requires a certain amount of timing and rhythm and so your coordination will improve as your body starts to learn this timing.

- It improves flexibility of your spine. Increased practice in hula hooping can train your spine to use a greater range of motion.

**Did you know?** If you recently saw the movie *The Wrestler*, you'd see how great **Marisa Tomei**, 44, is looking. The actress credits her physique to hula hoop dancing. It whittles down the waistline by strengthening the torso muscles, and is also intense enough to really get your heart rate up.

