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BODY NEWS



By Angela Bekiaris

Gisele's Post-Baby Body

It didn't take long for **Gisele Bündchen** to get back into shape after having son Benjamin. And while we know celebs have personal trainers, the star shares some of her secrets. In an interview with *Vogue* magazine, the star revealed that she regained her figure instantly with little more effort than some yoga on a mat in her living room. "I think it's muscle memory," she said, adding, "I did kung fu up until two weeks before Benjamin was born, and yoga three days a week." **Gisele** also gave her opinion on where some women go wrong when pregnant. "I think a lot of people get pregnant and decide they can turn into garbage disposals. I was mindful about what I ate, and I gained only 13.6 kilos," she explained.

Start A Walking Group

Starting a walking group isn't that hard, and the rewards may well be worth a little extra trouble. To start

a walking group, just spread the word. Talk about your walking group to your family members, friends and neighbours. Now, get your walking group organised.

- How often to walk
- The distance to cover
- The speed to walk
- When and where to meet
- Whether to walk indoors or outdoors
- What to do in case of bad weather
- The route to take

Five Gym Mistakes

Hitting the gym isn't enough – you could be making some serious mistakes while there. Such as:

- Always doing the same workout
- Being distracted like watching TV
- Holding the handlebars
- Overfueling
- Not using the incline on the treadmill

No Fuss Butt Workout

Walking is a natural, anywhere, no-fuss butt workout. Tackle the hills for maximum gluteal impact and to burn a few more calories when you're trying to lose excess body fat. On a treadmill, use a five to seven percent incline to increase the workout.

Push Your Limits

Whether it's tackling an exercise you've always thought is impossible, or running for a kilometre more than usual, just do it! It's when you surpass what you thought you could do that you get fit and lose all that weight. You'll feel so proud of yourself!



Pilates For A Cure!

people's Angela recently participated in Pilates For A Cure – a one-hour session hosted by Olga Rosenberg, owner of Olinia Pilates Studio in Bedfordview.

The event was created to raise awareness for breast cancer and R2 600 was raised for Reach For Recovery, the charity organisation chosen by the studio. Says Olga: "Next year will be bigger and better with more advertising and more funds to donate to Reach For Recovery." Olinia Pilates will be holding a few more events in the coming year.

4 Physical Activity Tips

- If you don't have time for 30 minutes of activity at once, or if 30 minutes of continuous activity is too much for you, try breaking it up into three 10 minute sessions of activity. Exercise should be continuous for at least a 10-minute period of time.
- Get your whole family involved in physical group activities. It's always fun to kick a soccer ball around and stretch out your legs.
- Use free weights to strengthen your arms. Even smaller 1.5 to three-kilo weights are a great way to get strength in your arms. Try lifting weights while you watch television.
- If you are a golfer walk the course instead of using the golf cart.

Tip

Physical activity is an important part of maintaining an overall healthy diet. Calorie expenditure is just as important as your calorie intake. If you consume more calories than your body can use you will begin to gain weight. More activity means you can eat more food and continue to maintain a balanced diet.

Get Fitness Ready...

Here are this week's items for your workout.



Black Gym Pants:
R89.99, Mr Price

Top:
R549, Sissy Boy



Peach Shorts:
R59.99, Mr Price

TIP: Water intake is known to lead to increased energy levels, so eight glasses or so a day will do you some good.

EATING healthily is very important but with the recommended exercise, you will never achieve the weight you desire or feel the way you should. In other words, start exercising today!