

People
 We Speak To Big Brother Alice's K
Glee's Season 4
 SECRETS!

HARRY
 FLIRTS WITH
 KATY PERRY

FIFTY
 SHADES OF GREY:
 THE MOVIE

STARS
 SPEAK
 OUT

KANYE
 NOT FAMOUS
 ENOUGH FOR KIM



NO. 1 FOR PUZZLES

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 Have An
 ADDICTIVE
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people



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 HEALTH NE

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Plus **Pearl** **Lorna** **Euphonik**
 Our Hot Locals Spotted Out



5-page
 Beauty
 Must-
 Haves



9
 Real-Life
 Stories

'My Yo-Yo
 Body Hell'



*Ruled By
 Bulimia*

Tell US
 Your Story
 For Cash!

'I Work As A
 STRIPPER'



5
 HOT
 POSTERS



Adele
 R286-Mil



Justin
 R450-Mil



Lady Gaga
 R425-Mil

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Under

30

July 27, 2012, VOL 26 NO 30
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ISSN 10107959
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Chris



Nicki



Katy



Vanessa



Rihanna

BODY NEWS

BY ANGELA BEKIARIS

Need some help staying fit and healthy? Use our tips to get you moving in the right direction and getting your back in shape.

Kelly Clarkson stage at MuchMusic Video Awards Toronto

10 Benefits Of Pilates For Kids

Pilates instructor and owner of Olinia Pilates Studio, Olga Rosenberg, thinks it's vital for kids to start Pilates from a young age. Here are just 10 of the many benefits.

1. Teaching them to use their imagination whilst moving allows them to understand the mind and body connection.
2. Understanding their body in space and feeling their way through space brings awareness and focuses them.
3. Making them aware of how they feel when performing certain exercises allows them to feel confident.
4. Working with their own body weight is good for building strength.
5. They are introduced to apparatus which they incorporate to restore balance and concentration.
6. Allowing them to explore all plains of motion for their bones and muscles to maintain mobility and function.
7. Teaching them to 'be' in a world that moves so fast and focuses on the doing.
8. Having fun through movement.
9. Teaching them to respect their bodies.
10. Exploring a different way of moving which teaches them to experience life from all possible angles with the principles and tools that Pilates is famous for.

Weight Doesn't Affect Kelly's Shows

Kelly Clarkson says she has fun on stage no matter what size she is. The 30-year-old singer, who shot to fame as the first winner of *American Idol*, has been sporting a slimmer frame these days after struggling with a fluctuating figure for years, but she reveals that she puts minimum effort into her weight loss. "There's no secret! She exclaimed to *US Weekly* recently. "I'm just trying to eat a little better and work out a little more. But no matter what size I am I love performing, no matter how big or little I am! I feel good!"



Did You Know?

Models **Gisele Bündchen** and **Miranda Kerr** have credited and praised yoga for losing their baby weight.

Miranda Kerr



Gisele Bündchen

How Exercise Makes You Feel

Focus on how you're feeling with your exercise routine and ask yourself the following questions:

- Do I enjoy this exercise and can I maintain it?
- Is it reducing my stress levels

and allowing a connection between my mind and body?

3 Great Yoga Exercises

• **Mountain Pose:** Stand tall with your arms by your sides. Breathe gently and deeply.

• **Extended Mountain Pose Up on Your Toes:** Interlace your fingers together and extend your hands up towards the ceiling as you slowly lift your heels off the floor and rise up on to your toes. Give yourself time to become balanced, then breathe.

• **Tree Pose:** Stand tall with your arms by your sides. Stare at one spot on the wall or floor in front of you to help keep your balance. Then, slowly grasp your left ankle and place the sole of your left foot against the inside of your right leg or thigh, as high up as you can.

Did You Know?

Lady Gaga, a yoga fanatic, takes her yoga mat with her around the world.

Lady Gaga

Courtesy of Cover Media, www.oliniaPilates.com, www.lifehack.org and www.ivillage.co.uk

TIP The most important part of yoga is breathing deeply, so remember to do so throughout each exercise, and hold each pose for a count of five deep breaths.

Get Fitness Ready...

Looking good in the hood! Check out what we have picked for you



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R299.95,
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Hoodie:
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Meltz



Bomber:
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TIP Whether it's a zip-up or pull-over, hoodies will keep your head and ears from freezing!