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Harry Potter SPECIA

POSTERS • FUN FACTS • NOW & THEN
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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!



JUSTIN BIEBER
Fast Five 2 (Friday, 18/12)

Justin Bieber's Beast

Singing sensation **Justin Bieber** has praised his personal trainer for being a 'beast'. The 16-year-old heartthrob, who has been increasing his fitness regime recently in order to look good for the ladies, has sought the help of celebrity keep-fit guru Dolvett Quince – renowned for putting stars through grueling sports regimes. And he has

been just as tough on Mr **Bieber**, who recently tweeted: 'Serious workout today with my new trainer @dolvett – dude is a beast and he is getting me right for these girls. Follow him.'

Prevent Shin Splints

Strengthen the front of your lower leg by lifting the side of a weight plate with your toes (heel on the ground) or walking around on your heels, then stretch your calves. If you have mild shin splints, cut back on your running and check that your shoes aren't worn out. A severe case calls for time off running and a trip to the doctor's rooms.

Alcohol & Working Out

Never drink alcohol before your workout. Your reflexes can still be compromised, plus your hydration is affected.

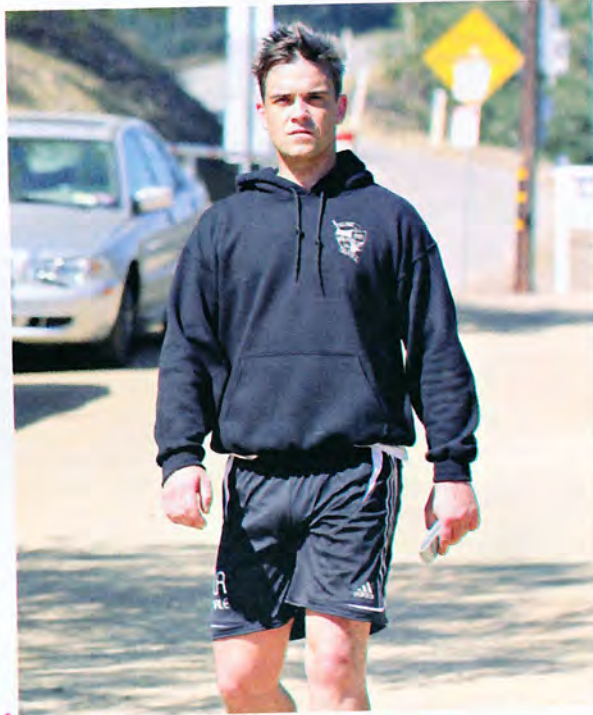
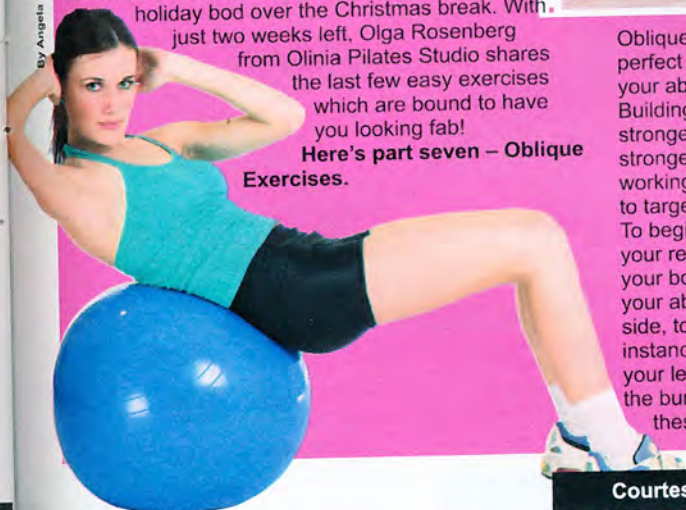
PMS

Did you know that women with severe premenstrual syndrome may have low levels of beta endorphins? A fitness programme raises beta endorphins levels, as well as reduces stress – all associated with PMS.

2 Weeks To The Perfect Holiday Body

We have been helping you get into shape for that holiday bod over the Christmas break. With just two weeks left, Olga Rosenberg from Olinia Pilates Studio shares the last few easy exercises which are bound to have you looking fab!

Here's part seven – Oblique Exercises.



Calf Stretch For Runners

The calf muscle cramps easily if not properly stretched. Understretching or not stretching the calf muscle can also put it at high risk for strain and other injury.

Here's how to stretch this muscle:

- Stand arm's length from a wall, extend your arms and place your palms on the wall about shoulder width apart. Lean on the wall.
- Extend one foot behind you, press the heel down and move the other foot closer to the wall.
- Lean toward the wall from your hips until you feel a stretch in the calf of the extended leg.
- Hold your calf stretch for at least 30 seconds on each side.

Tip: Over time this stretch may begin to feel less and less intense. When this happens, begin moving your extended foot back further.



Matthew McConaughey

Oblique exercises play an important role to get the perfect beach figure! The obliques are the sides of your abs. It's what gives you that lean, tapered look. Building the sides of your abs also makes your core stronger, which essentially makes your entire body stronger. So don't ever forget your obliques when working your abs – and a Pilates ball is the perfect tool to target them just right.

To begin, get in position just like you're about to do your regular crunches on the Pilates ball. Then, crunch your body to the side. You'll really feel the side of your abs burn. You can even twist your elbows side to side, touching your elbows to the alternate knee. For instance, you come up and touch your right elbow to your left knee, etc. This also causes you to really feel the burn early on – something you'd never get doing these types of exercises on the floor.

Robbie Sings On The Treadmill

He might be one of the best entertainers in the world, but does that mean he has to sing on the treadmill? Well, strange or not... he does! The British singer recently revealed that he was singing while training to prepare for the Take That tour. And because he is taking his return to the group so seriously, he wants to show off his new dance moves on stage too – which is why he has hired a trainer to help him get into shape. Says the star's trainer, Nicky Holender: "Robbie is now training like a full-on athlete. It's an American football-style of regime. But now we have to ramp up the training even more to get him ready for the tour. He is in shape now – but we need to get him into ridiculous shape. I make him run on the treadmill and sing all his songs without missing a note. We need to make sure he can perform the dance moves and sing at the same time."

Home Exercises

Hate the gym? Don't stress... you can work out at home and still look fab. You can do body weight exercises like push-ups, pull-ups, crunches, squats and lunges. You can even get some dumbbells or elastic exercise bands which are inexpensive and easy to use. And for some cardio, you can jump rope or get an exercise video.

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