

**It's All About You!**

**SEXOLOGIST WHY WE HAVE FANTASIES**

**ANGIE WARNS BRAD TO LOSE WEIGHT**



**KIM & KANYE'S ROYAL WEDDING**



**EXCLUS**



**FASHION DOLL IT UP**



# people

**KENDAL**

**17 BIRTHDAYS**

**WIN R130 000 WORTH OF XMAS Goodies**

**FREE PULL-OUT MAG**



**CELEB DIET Special**



**POSTER LADY GAG**

**EXCLUS TOP SHOWS NURSE**



**INSPIRATIONAL Real-Life**

- 'MY TRIP TO CONGO CHANGED MY LIFE'
- NEW KIDNEY, NEW LIFE
- SEX CHANGE TEENS DATING
- 'MY MEMORY WAS WIPED OUT FOR 32 YEARS'
- PAKISTANI GIRL 14, SHOT BUT NOT SILENCED

*Rob's*

# REVENGE ROMANCE



**WIT TAYLOR**

**PL A O ON- WITH TWIL HU**



November 30, 2012, VOL 26 NO 48 R14.95 (VAT incl). Other countries R13.11 (tax excl)



ISSN 10107959

12048

9 771010 795057

# BODY News

BY ANGELA BEKIARIS

EATING healthily is very important – but so is exercise. Get fit today with our fab tips!

## Pilates Partner Stretches

Partner stretches are beneficial to either assist or add resistance for both parties involved. Pilates instructor Olga Rosenberg shares three of her favourite stretches.

**STRETCH:** Sitting facing each other with your legs apart, take hold of each other's right hands. Lift the left arm to the ceiling and lean over to the right. Now lift the left armpit up to the ceiling. Then try it on the other side.

**Benefits:** It stretches the sides and shoulders.

**Tips:** If you have a shoulder injury be very careful how much pull you are using – if you feel any discomfort, rather leave this stretch.

**STRETCH:** Sit with your legs stretched out in front of you and feet touching. Now reach and hold each other's hands. Use a towel if you cannot touch hands. First person will lean back and hold for a while then swap.

**Benefits:** It stretches the hamstrings, calves and the back.

**Tips:** Warning! If you have a bulging disc in the spine please leave this one out.

**STRETCH:** Sit in front of each other with your legs crossed one over the other. Hold each other's hands. Then one person gently pulls the other forward and then swap partner and then swap legs and repeat.

**Benefits:** It stretches the buttocks.

**Tips:** You will feel more of a stretch if you sit further away from each other.



Kirstie Alley has had many diet excuses over the years but is in great shape these days

### TIP

Remember that if you are feeling uncomfortable while doing partner stretches, speak to your partner so that you can adjust either the pressure or a position of the limbs. Everyone needs a bit of TLC and that is why partner stretches are fun.

### TIP

Is your energy lagging? Though it may be the last thing you feel like doing when you're tired, exercise – even a brisk walk – can be more effective than a nap or cup of coffee at fighting fatigue.

## Evening Exercise Pros & Cons

For some of us the evening is the ideal time to exercise. For others not. Here are some pros and cons around it.

### Pros:

- For most people, body temperature and hormone levels peak at 18h00.
- Muscles are warm and flexible.
- Some of us are able to work out harder late in the day because the perceived exertion is lower.
- Can help regulate the amount of food we feel like eating for dinner.
- Late evenings don't typically have the level of disruptions or distractions as other times of the day.
- Exercising at the gym is often easier later in the evening when other members have gone home.
- Late evening workouts can de-stress us and help us turn off our brain after a day of stimulation.
- Exercising at night can make us more relaxed and tired facilitating a better night's sleep.

### Cons:

- Distractions and conflicting commitments are more likely in the evening than in the mornings.
- Exercising late at night may energise some of us making it difficult to get to sleep.
- Exercising outside at night is obviously more dangerous than during the morning or afternoon.
- During summer, evenings are the hottest part of the day making it uncomfortable to exercise.
- Night exercise doesn't enjoy the 'afterburn' effect – our metabolism drops when we fall asleep.

## 5 Worst Diet Excuses

Don't let these excuses come out of your mouth.

- 'It's too expensive'
- 'I'm too busy'
- 'I've had a bad day'
- 'I deserve a treat'
- 'It's genetics'

Courtesy of [www.oliniapilates.com](http://www.oliniapilates.com), [www.all4women.co.za](http://www.all4women.co.za) and [www.diet-weight-lose.com](http://www.diet-weight-lose.com)

## Get Fitness Ready...

Here are this week's favourite



**T-Shirt:**  
R329, By Witchery, Stuttafords

**Sunnies:** R69.95, Jay Jays



**Sneakers:**  
R1 299.95, Superga