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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!

Running Injury?

A running injury can really hold you back from being able to keep up with your usual running regimen, which can play a huge role in your commitment and motivation to working out. And while getting back to running might sound like the right thing to do, sometimes it can make it worse. Find an alternative workout until your injury is healed. Here are some suggestions:

- **Bicycling:** This is a great way to get a good workout and release stress. It uses all major muscles in the body and the motions can help to gently repair your running injury.
- **Swimming:** Water aerobics and swimming are perfect healing exercises which not only keep your muscles conditioned but help build more muscle in the legs, torso, back and arms. Swimming will also make you stronger.
- **Yoga:** An easy yoga class is a great way to get back into workout routines after an injury. Weekly classes can help you ease into more flexibility – plus it can provide comfort on the injured area.
- **Walking:** Of course we all know that this is one of the most beneficial exercises you can do – but the best part is, it's easy too! You can do it alone, with friends, your children, or even the dog. Walking just a few minutes a day, a few times a week will help keep the heart and muscles strong too.

TIP

Celery with peanut butter is a great snack. An unlikely but delicious combination! And if you aren't a fan of peanut butter you can try some other nut butter such as almond, cashew and hazelnut butter.



Heidi Klum

Lose Weight Using A Treadmill

It is very easy to lose weight on a treadmill because the leg muscles – one of the largest in the body – undergo a workout. When large muscles are worked regularly, they burn calories and grow stronger.

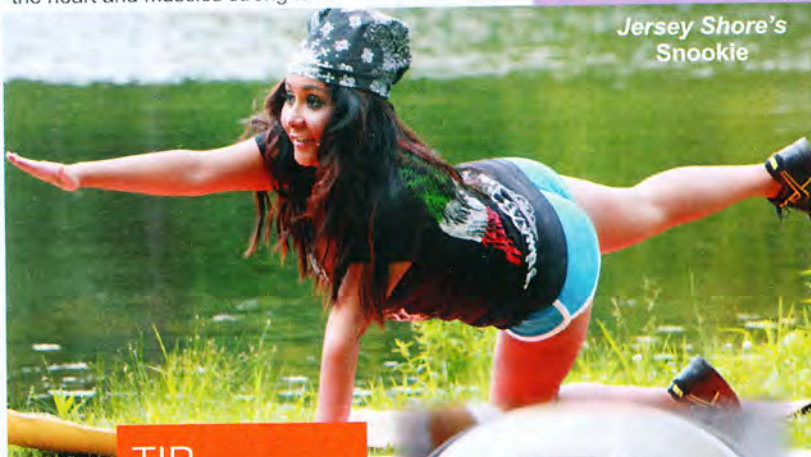
The Effectiveness: It is easy to use – and some have a variety of workouts, such as hill workouts, personal trainers, fat burning etc. Dependent of the speed of your walk, expect to burn around 100 calories per 1.6km. The more you weigh, the more you will burn. The faster you walk, the more calories will be burnt.

Workouts: It's perfect to lose weight on a treadmill because of its simplicity. Basic walking is one of the best exercises. Pull in the abdominals, throw the shoulders back and walk at a pace in which you feel comfortable.

Benefits: Heightened metabolism, lowers blood pressure naturally, tones legs, buttocks and abdomen.

Too Much? Do not overdo it, especially if you are new to exercise.

Consistency: Fitness builds when an exercise is performed consistently. The treadmill is the perfect way to lose excess kilos from all over the body.



Jersey Shore's Snookie

TIP

Eat cottage cheese or yoghurt with fruit when you're feeling peckish. Recent research has found that four daily servings of low-fat dairy products can boost your body's fat-burning ability. Calcium actually increases your metabolism and keeps your bones and teeth strong.



6 Weeks To The Perfect Holiday Body

We are helping you get into shape for that holiday bod over the Christmas break. Olga Rosenberg from Olinia Pilates Studio takes us through some easy exercises which are bound to have us looking fab in less than two months! Here's part three – Booty Busting workout!

You want a toned tush to show off in that booty-baring bathing suit? Olga recommends the following: Lie on your chest with hands under forehead and feet flexed, so your heels are in the air. Press heels together, squeeze your glutes (butt cheeks) to lift your straight legs off the floor, so your knees are lifted. Squeeze a little harder to lift your thighs off floor and continue to pulse up for 20-30 reps.



Stella McCartney

Stella Feels Stylish At Gym

Designer **Stella McCartney** – the daughter of former Beatles star **Paul McCartney** – says she is attracted to designing sportswear because she doesn't want to 'feel ashamed' at the gym. The 39-year-old, who made her first collection of fitness clothing in 2004 when she signed a deal with the sports brand adidas – now reveals she'll be creative director for the British team's kit at

the London 2012 Olympic Games – and says it's important that women feel comfortable when they are working out. "I don't want to feel ashamed of what I'm wearing at the gym because it's 'women's gear' and not as cutting edge technically as men's, but equally I want to feel stylish," she says.



Back Stretch For Runners

To prevent sore muscles and injury, runners need to stretch. Medical professionals recommend stretching before and after every workout. Here is a great stretch to try out, if you haven't already.

- **Lunge:** Assume a forward lunge position with the forward knee bent over the foot, one leg extended behind and your hands on the floor about shoulder width apart. Drop the knee of the extended leg to the floor. You may place a folded towel beneath the knee to prevent bruise or pain in the joint. Raise your arms above your head. Look at your hands. Press your hips forward and down. You should hold this stretch for at least 20 seconds on each side.

IS LIFE GETTING YOU DOWN?

KANNA

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Work That Preggie Body

Abdominal strength is very important during pregnancy and delivery but is very difficult to exercise. Sit-ups and ab crunches are out of the question – the most effective abdominal exercise is the tummy tuck. Get down on your hands and knees, keep your back straight and do not arch. Simply attempt to pull your belly button back to your spine by compressing your abdominal muscle. Hold the tightened muscles for a couple of seconds and then release. Repeat 15 to 20 times. You can do this exercise once a day to maintain and improve abdominal strength.