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ISSN 10107959 13045

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November 8, 2013, VOL 27 NO 45 R15.95 (VAT incl). Other countries R13.99 (tax excl)

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Kettlebells

Celebs Doing It: Jennifer Aniston, Matthew McConaughey, Jessica Biel, Katherine Heigl and Lance Armstrong

Kettlebell exercises have been around for years, but only really became popular in the last few. They have become a popular workout tool for both fat burning and weight loss and many celebrities are training with them. **Katherine Heigl** is just one – she started using kettlebells a few years ago and says she has never looked back. “I was probably in the best shape of my life before *Knocked Up*, but I hated going to the gym. I’ve now found a woman who teaches kettlebell classes. It’s a mix of cardio and weight training, but I only do it for 20 minutes twice a week and it has changed my body shape,” Heigl said.

Benefits: Olga Rosenberg from Olinia Pilates adds kettlebells workouts to her Pilates classes and shares five reasons to train with kettlebells:

1. **Efficiency:** Provides an intense full-body workout in an incredibly short period of time.
2. **Tension Management:** Kettlebells requires that you develop a high level of sensitivity with regard to grip strength and tension distribution that readily carry over into all forms of exercise.
3. **Mindfulness:** Kettlebell training requires you to be ‘in the moment’, allowing you to develop a high-level of concentration, focus, intensity and body awareness.
4. **Raw Strength:** By forcing the muscle to support the kettlebell you end up activating the deeper, harder-to-work, stabilising and supporting muscles. Most people who start using kettlebells see a rapid loss of excess body fat and weight loss.
5. **Unilateral Strength:** Kettlebells require that you develop unilateral skills, co-ordination and strength.

Pilates

Celebs Doing It: Vanessa Williams, Anna Paquin, David Beckham, Cameron Diaz and Kate Winslet

David Beckham started Pilates when he started feeling tired and worn out. *Desperate Housewives’* **Vanessa Williams**, now 49, says she has been doing it for a long time and once revealed: “I was doing Pilates before people even knew how to spell Pilates. I started with Pilates guru, Mari Winsor, after my first child, 22 years ago. She used to come backstage and do a mat floor workout with me when I was doing *Kiss Of The Spider Woman* on Broadway. Core strength balances your entire body. It pulls your shoulders back, tucks in your pelvis, makes you walk straighter, and gives you great posture.”

Benefits: Olga Rosenberg from Olinia tells us why Pilates is the way to go. It corrects posture, improves breathing, connects the mind and body, creates strength without bulking, increases flexibility, develops core strength, whole body integration, energy levels are improved, promotes a long lean appearance, stress relief, reduction of risk of injury, increased bone density, more efficient circulatory and respiratory system, greater joint mobility, and improves balance and co-ordination.



Jessica Biel



The Benefits Of Combining Kettlebells & Pilates

According to Olga, Pilates prepares the body and when adding load, like a cast iron bell to a body that is balanced and has a strong core, the likelihood of injuries is greatly reduced. The stability that one gains from Pilates is required to handle the bell in kettlebells. Kettlebells improves the cardiovascular system that is not the focus in Pilates. Emphasis is placed on both forms of movement on concentration and focus. The two forms complement each other because they are so similar in their approaches to movement and their principals are the same except Pilates is slower.

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