

Summer Shape Up

COMPILED BY LETITIA HEROLD

ARE the extra kilos gained from the winter making you sluggish? With summer knocking on the door, it's time to ditch those jeans for hot shorts, and heavy jerseys for tight tank tops. This diet and shape guide will help you shape up for summer and the holiday season.

Disclaimer:

people magazine does not endorse any of the diets or exercise programmes featured in this guide. This guide is compiled to give you an idea of the eating and exercise programmes available. A doctor should always be consulted before you embark on an exercise, eating and diet supplement programme.

Juice Revolution

For more information visit www.juicerevolution.co.za or call 082 562 452



JESSICA ALBA, Gwyneth Paltrow, Blake Lively and Rosie Huntington-Whiteley are a handful of Hollywood starlets who have embraced the juicing way of life. Judging by their flawless figures and complexions, juicing must be the way to go.

Whether you're looking for a detox or prefer to sipping your greens instead of eating them, juicing is guaranteed to get you getting your daily dose of essentials veggies, fruits and vitamins. But embarking on a juice detox or diet takes mental strength, and often the hassle of juicing all your own veggies can leave you preferring not to juice at all. Now, a cool South African company called Juice Revolution is making juicing super easy. Their unique and personalised service will deliver your juice directly to your door – all you have to do is just open the bottle and sip away!

All the juice is made from fresh produce that has been pre-washed in an award-winning natural fruit and vegetable wash. The juice is cold pressed in a stainless steel twin gear, twin auger juicer, which grinds at an incredibly slow 82 RPMs. This results in high nutrient juice with more enzymes intact due to very little

heat friction and oxidation. The juice will be blast frozen to preserve the nutrients and then delivered to your door. The company offers a variety of juice programmes and you can choose a three, five or seven-day detox juice programme, and/or lifestyle and athletic juices. 5

Benefits of Juicing

JUICING offers many life-enhancing health benefits, including a faster, more efficient way to absorb immune-boosting nutrients naturally found in fruits and vegetables.

It provides a way to access digestive enzymes typically locked away in the fiber matrix of whole fruits and vegetables. Most commercial juices are processed and lacking in nutrition, while cold pressed raw fruit and vegetable juices are loaded with an abundance of vitamins, minerals and phytonutrients.

Juicing for weightloss

EVERYONE can lose weight by juicing! Since your body is taking in all the nutrients it needs to sustain itself, those nasty toxins are forced out of your body. Since many of those toxins are stored in fat, you shed weight at a very fast pace.

MASTERCHEF SOUTH AFRICA season two winner, Kamini Pather, tells us about her experience on the Juice Revolution Diet: Did you ever consider juicing before you tried the juice revolution programme?

I had considered it, but it seemed like a mission.

How long did you do the programme for?

I did the seven-day detox, but only managed to complete six days because I had to leave for the Seychelles on the seventh.

What was your reason for embarking on a juice revolution programme? Was it for weight loss or general well being?

I had been working really hard and it left me feeling drained. I did it to increase my energy. The weight loss was a bonus!

How did you feel while on the programme? Did you have more energy?

I learned about the difference between mental and physical hunger, which was quite life-changing for the person who is constantly grazing. My energy levels were consistent and I was surprisingly not hungry at all on the program. I felt quit fidgety but I think that was because without cooking and shopping for food there was so much more time in my day.

What were the results?

My stomach was flatter, and I felt cleansed and renewed from the inside out. My skin looked radiant and I was ready to hit the Seychelles.

Giveaway

ONE lucky reader can win a three-day Super Juice detox programme valued at R900. Simply Sms the word "juice" followed by your name, surname and postal address to 48408. SMSes cost R1.50. Closing date for entries October 27, 2014. Terms and conditions apply.



Blake Lively's Detox Juice Recipe:
1 Cup of kale
2 Leaves of Swiss chard
1/2 Cup of parsley
1/2 Small beetroot
1/2 Cup of pineapple
2 Medium green apples
1 Sprig fresh mint
1/2 Medium lemon



Diets Decoded

BAFFLED by all the diet tips, tricks and miracles on the market? Stick to the eating plans that really work, says nutritionist Carina Norris.

D IETING can be a confusing business these days. You've got 'macro' this and 'trans' that; traffic lights and superfoods; low-carb, no-carb, bi-carb... Okay, we made that last one up, but it seems that not a week goes by without a new 'miracle' diet to try – surrounded by celebrity hype and overnight success stories, they immediately gain an evangelical following and then – poof! A few months later they slip back into obscurity where they belong. The trick is to sort the real deal from the diet disaster, and find the one that best suits your lifestyle. Read on and breathe a sigh of relief.

The Paleo diet

ALSO known as the hunter-gatherer diet, this plan focuses on the way humans ate before farming, with emphasis on fresh fruit and vegetables, lean meat and seafood. There are no processed foods, sugar, salt, grains, legumes, dairy, coffee or alcohol.

Best for: People who want to embrace a natural lifestyle and are prepared to make big changes.

Pros: It's nutrient-dense and relatively high in protein, so it's a sustaining diet. But, unlike other high-protein plans, it's low in saturated fat, too.

Cons: Although not as low-carb as Atkins, it limits you to good sources of starchy carbohydrates such as wholemeal bread and pasta. Banning certain foods and sugar means a huge adjustment to most people's lifestyle.

EXAMPLE DAY

Breakfast: Grapefruit, scrambled eggs topped with salsa. Herbal tea.

Lunch: Green salad with omega-3 tomato dressing. Glass of lemon water.

Dinner: Marinated mushrooms, spicy baked chicken with stuffed squash. Baked walnut-cinnamon apples.



The Macrobiotic Diet

THE emphasis is on balance – yin and yang. It's mainly vegetarian and low in artery-clogging saturated fat. Food is organic and fresh, and about half of each meal should be made up of wholegrains (largely brown rice), with plenty of vegetables (and, to a lesser extent, fruit), and around ten percent low-fat protein, including fish or legumes, especially soya (edamame) beans and tofu. Soups, like miso soup, are important. Sugars, spices, alcohol, eggs, meat and cheese are banned.

Best for: Spiritual souls. It could also help with menopause and PMS symptoms, and reduce the risk of certain hormone-related cancers due to the phytoestrogens in soya products.

Pros: High in complex wholegrain-carbs, the body's preferred energy source.

Cons: It can be difficult to get enough protein, iron and calcium

EXAMPLE DAY

Breakfast: Millet flake 'porridge' with stewed apple and raspberries.

Lunch: Miso soup. Lentil and chickpea salad with shredded carrots and tamari and citrus dressing.

Dinner: Prawn and vegetable stir-fry with sesame seeds, served with brown rice. Sugar-free fruit jelly.



The Rainbow Diet

BASED on the foods eaten in the northern Mediterranean, this diet ensures you get the necessary variety of protective and corrective foods. Just think about the colours of the rainbow. Dark reds come from cherries, plums, aubergine, grapes and beetroot; reds, yellows and oranges from tomatoes, apricots and peppers; whites from fish, onions, nuts and seeds; greens from fresh vegetables, green tea and olive oil. You can eat goats' and sheep's cheese, but should cut back on cows' dairy, and eat just a little meat.

Best for: Almost anyone – easy to follow, with an emphasis on good food rather than deprivation.

Pros: High in vitamins, minerals and plant compounds, and low in saturated fat – it promotes good health and helps reduce the risk of cancer and heart disease.

Cons: Not good for lovers of red meat and cows' dairy products.

EXAMPLE DAY

Breakfast: Fresh fruit juice. Muesli made with whole oats, apple slices, nuts, pumpkin seeds, sunflower seeds and linseeds, plus a little soya milk.

Lunch: Smoked mackerel with green leaves, sliced peppers, spring onion, fennel and beetroot. Olive oil, apple cider vinegar and garlic dressing.

Dinner: Goats' cheese and walnuts on salad leaves. Grilled chicken breast with lentils, stewed with red onions, mushrooms and garlic, plus broccoli or spinach. A glass of red wine.

Fitness Freak

FORMER professional soccer player, model and entrepreneur Ryan Botha is known for his rock-hard abs and impressive pecs. He chats to us about his training regime and his new business venture, Point Break Fitness Centre, located in Cape Town, which has been operating since May 2013.

How much time do you spend training?

I train five to six times a week: strength training four times a week and boxing (cardio) twice a week.

What exercise works best for your body?

Strength training works best for me.

Besides working out in the gym, what else do you do to keep fit?

Indoor soccer.

Do you follow a strict diet/eating plan?

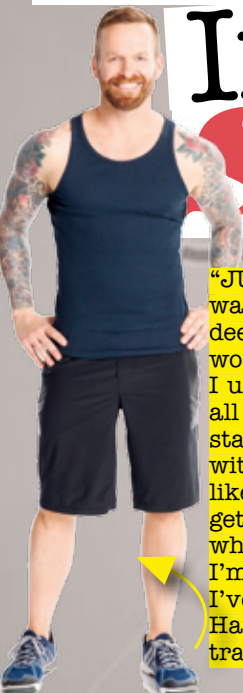
No, not really. I eat 80 percent clean and 20 percent cheat meals.

What makes Point Break Fitness unique?

At Point Break Fitness we design workouts specifically for our clients' own needs. Clients will never do the same workout twice and nothing generic, keeping their training varied and interesting.



Crossfit Your Way Into Shape



"JUMPING into CrossFit was like jumping into the deep end of a pool. These workouts are so compact. I used to do long sessions all the time, and my body started to get beat up. But with CrossFit, it's almost like my body is finally getting a chance to rest, while at the same time I'm pushing it harder than I've ever pushed it." – Bob Harper, The Biggest Loser trainer



CROSSFIT is a strength and conditioning programme, with intense workouts being designed to get you into shape in minimal amount of time. Not only will you be stronger, but fitter too in all aspects. Hollywood stars such as **Hugh Jackman**, **Henry Cavill** and **Jessica Biel** have been known to partake in numerous CrossFit sessions to get them into tiptop shape for various movie roles. Chief Instructor and Owner of CrossFit BlackHeath, Russell von Gool, gives us the lowdown on CrossFit.

What is Crossfit?

CrossFit is a form of exercise, comprising of constantly varied high-intensity workouts made up of three elements:

- 1) Monostructural (running, rowing, cycling)
- 2) Weight lifting (deadlifts, cleans, snatches)
- 3) Gymnastics (body-weight movements, handstand push ups, pull ups, muscle ups)

These three elements are put together to create a complete body workout.

What is unique about Crossfit?

CrossFit is unique and different to many training styles because of the constantly varied high-intensity training. CrossFit workouts are never the same.

What makes Crossfit different from other training methods?

CrossFit is different in many ways but one of the most prominent is that, in CrossFit, we use functional movements which help you on an everyday basis.

Who can do CrossFit?

CrossFit is not a fitness fad or a form of exercise that only elite fitness freaks do. Every workout has scales of difficulty and skill levels that can be adjusted to allow anyone to train whilst still maintaining a level of exercise that is tests all members.

How quick are the results with CrossFit training?

Like any form of exercise, one class is not going to make you into a fitness model. In my opinion, CrossFitters see results over a period of three months, with greater results seen after six months – more body fat loss and greater strength.

Women are always afraid of bulking when

they train with weights – is this the case with CrossFit?

This is a fear a lot of women express when first starting CrossFit, but the first thing to remember is that technique is what helps lift weights, not bulk muscle. Activating muscle is not going to make you bulk up. Lifting weights aids in centimetre loss as well as decreasing body fat percentage.

How often should one do Crossfit training to get maximum results?

To see the maximum results you should be coming to CrossFit at least four times a week. I suggest workouts on Monday, Tuesday and Wednesday, 'rest' on Thursday, and train on Friday. This way you will see the best results.

What are the benefits of Crossfit training?

CrossFit is greatly beneficial to your body. You will become cardiovascularly fit, notice improvement in strength, and reaction times will increase due to faster twitch fibers being active.

Can one incorporate Crossfit into other workout plans?

CrossFit is so well rounded that you most likely wouldn't need to do other workouts.

Tell us about CrossFit sessions:

CrossFit sessions at my box are one hour long on average – sometimes a little over and sometimes slightly under. I use a three-part session which breaks up the hour nicely:

- 1) Five or ten minute warm up, depending on the type of session.
- 2) Strength/technique, where we either build strength on movements we have already learned or we take the time to teach you a new skill.
- 3) The WOD (workout of the day) – this can vary dramatically depending on the style of workout and the goals for the week's programming.

For more information visit www.c-crossfitblackheath.co.za

Giveaway

FOUR lucky readers can win a two-month unlimited training session at CrossFit Blackheath (Johannesburg). Simply SMS the word "crossfit" followed by your name and surname to 48408. SMSes cost R1.50. Closing date for entries October 27, 2014. Terms and conditions apply.



"AS a fairly new mom, the idea of being able to do a seven to 30 minute workout and know it's enough is pretty amazing, it's the perfect mommy workout." – Paula Patton on CrossFit after she had her son, Julian.



"MY muscles have never had such tone" – Malin Åkerman, actress

Fitness The Latino Way...

IF you have a passion for dance and fitness then Adrelatin Dance Fitness Fusion is a cardio workout you have to try. Under the instruction and guidance of a highly qualified latin dance professional, it's a pulsating combination of adrenalin and vibrant latin dance, rhythm and vibe. Created by César Alvarado, an award-winning singer, dancer and choreographer from Lima Peru in South America, this original concept was born with a simple goal in mind: To dance, work out, and have fun! **For more information visit: www.info@adrelatin.com.**



Giveaway

THREE lucky readers can win a month's worth of sessions at Adrelatin in Johannesburg. Simply Sms the word "adrelatin" followed by your name and surname to 48408. Ssms cost R1.50. Closing date for entries October 27, 2014. Terms and conditions apply.



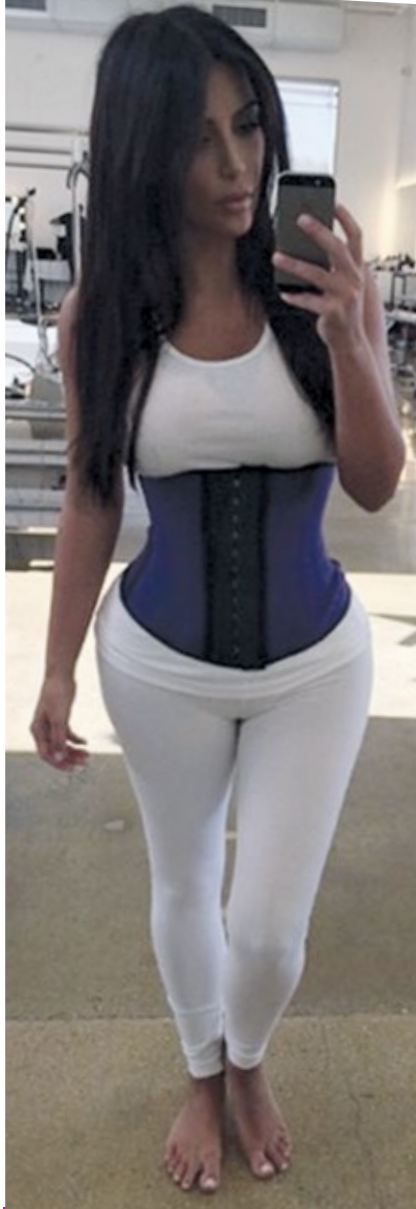
Eating For *Your Age*

BELIEVE it or not, you should be eating according to your age!

20s: Build a good foundation and create good habits. This is when you should also be increasing your bone density and eating nutrient-rich foods.

30s: Build on what you learnt in your 20s, and instead of cutting out certain foods, rather look at reducing calorie intake. Eat smaller meals more frequently, incorporating the major food groups – carbs, proteins and fats.

40s: This is generally when your hormones start to play a key role. And if not correctly balanced, they can wreak havoc on your system causing major fluctuations in your weight. Opt to replace animal proteins with vegetarian sources such as beans, nuts, avos and seeds.



Corset Training

KIM KARDASHIAN is looking to shrink her tiny waist even more by wearing a corset while she trains in the gym. Rumour has it the star is also looking to wear a corset for a minimum of seven hours a day to further shrink her midsection.

Actress **Jessica Alba** openly spoke about wearing a corset post pregnancy, which helped her lose the extra baby weight. "I wore a double corset day and night for three months, it was sweaty, but worth it."

Shedding *The Fat*

WHEN trying to lose weight, don't use light weights with more repetition – the aim is to replace existing fat with lean muscle by using heavier weights with lower reps.

Cycle *Birds*

COUPLES who cycle together stay together – well not necessarily, but it's still great to have a cycle buddy. **Victoria** and **David Beckham** have been spotted attending numerous Soul Cycle classes together. Similar to a spinning class, SoulCycle was founded on the belief that fitness could be inspiring. With a motivational workout, a beautiful environment and outstanding customer service, each 45-minute class is meant to be a transformative experience that combines inspirational coaching with high-energy music, which benefits the mind and body.



Wave *Shape*

IF you are a water bunny and love to ride the waves, you'll enjoy WaveShape – a 45-minute workout which will get your body toned in all the right places. The workout works on using multidimensional movement patterns of surging and other board sports to build strength without using expensive equipment.



No Excuses

AN easy way to tone flabby triceps is by performing tricep dips using your bath as a bench. Do three reps of 10 tricep dips at night just before you brush your teeth, and say goodbye to sagging arms!



Broaden Those Shoulders

THE trick to getting your hips to look smaller is to make your shoulders look bigger. Make your shoulders broader by increasing reps on your shoulder workouts – not only will your arms get stronger, they'll look leaner, too.



Strengthen Your Core

BUILD a strong core with seated Russian twists, which you can even do at night before bed. This movement can be done with or without a kettle bell.

- Sit on the ground with your knees bent and your heels about a foot from your butt.
- Lean slightly back. It's really important that you do not bend your spine, and keep your back straight.
- Place your arms straight out in front of you with your hands one on top of the other. Your hands should be level with the bottom of your ribcage.
- Pull your navel to your spine and twist slowly to the left. The movement comes from the ribs rotating, not from your arms swinging. Inhale through centre and rotate to the other side.



Going Nuts

NOT only have almonds been proven to aid with weight loss since they're a healthy and nutritious snack, but they contain more fibre than any other nuts and are rich in vitamin E, making them a super food for your gut!



Jumping Rope

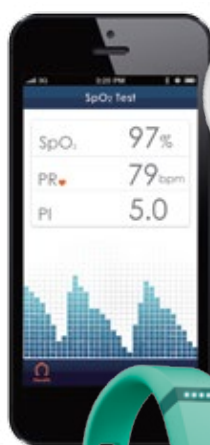
SKIPPING not only burns calories but is a quick way to loose body fat overall. If you workout at home, try and incorporate a five-minute skip into your warm-up routine – this will maximise your workouts, especially for belly fat loss.

Fitness Gadgets

THESE cool gadgets are a must as you embark on your fitness journey!



Adidas MiCoach Armband For Universal Smartphones/iPod Classic: R499, iStore



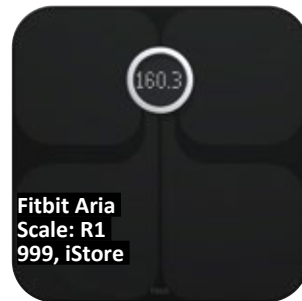
Tomtom GPS Watch Runner: R2 000, DionWired



Fitbit Flex: R1 399, iStore



GEAR Fit: R2 299, Samsung



Fitbit Aria Scale: R1 999, iStore

Giveaway

ONE lucky ready can win an awesome iStore fitness hamper valued at over R3 500 consisting of:

Adidas MiCoach Armband

Fitbit Flex

Fitbit Aria Scale

Simply Sms the word "iStore" followed by your name and surname to 48408. Ssms cost R1.50.

Closing date for entries October 27, 2014. Terms and conditions apply.