



# SHAPE YOUR BODY

HEALTH IN ACTION

If a sexy middle is on your must-have list this month, try some wet workouts. Sports like waterskiing, kiteboarding and stand-up paddleboarding boast serious core-strengthening benefits, torch up to 2 000 kilojoules an hour, and sculpt your legs, back, shoulders and arms.

So the next time your friends ask you to spend a day at the dam or the beach, jump right in!



## FOUND!

### The perfect adventure day pack

Lighten your load on a hike with the featherweight Mobex back pack (R699) from new-in-SA, Columbia Sportswear Company.

It weighs in at a mere 600 grams, has a flexible frame and is a great shape for easy loading. Added extras include a removable internal tool bag, an integrated safety whistle, and a padded back for extra comfort.

Find Columbia stores at Eastgate and Woodmead Value Mart in Johannesburg; Canal Walk in Cape Town; and the Pavilion Mall in Westville, Durban.

*“Beginning an exercise programme or improving your current exercise plan is the single most important element in maintaining your good health.” – Dr Linda Friedland*

### How to stick with it

Finish this sentence: “My workout keeps me \_\_\_\_\_.” Whether you said “happy” or “healthy” influences how often you work up a sweat, according to a study from the British Psychological Society. People who received daily texts that read, “exercise makes you cheerful” worked out two more hours per week than those who got messages saying that physical activity is good for their bodies. Focus on the spirit-boosting benefits of your sessions and you just may log more of them.



ONLINE POLL

Do you wear a sports bra when you exercise?

Yes, every time

64%

No, I don't have one

23%

No, not always

13%

Kathy McQuaide from the Sports Science Institute of South Africa, explains that the ligaments keeping your breasts in place – Cooper’s ligaments – are thin, weak bands that can easily stretch. If you don’t wear a supportive sports bra then repetitive bouncing and movement during exercise can result in saggy breasts.

#### Follow these tips when shopping for a sports bra:

1. Your breast size can change up to six times in your life, so get fitted for a good sports bra once a year.
2. A fit specialist will measure the circumference under and around the fullest part of your bust. You’ll get a more accurate reading if someone else is holding the measuring tape.
3. Do the “jump test”: Jump up and down waving your arms. Try and simulate the actions that your sport requires and see if the bra allows free movement. The sports bra should feel secure and your breasts should have minimal movement. Once you know your size, try different styles until you find the perfect support. Be aware that size can vary from brand to brand.

Take part in our latest poll by logging on to [www.shapemag.co.za](http://www.shapemag.co.za)

#### FITNESS Q&A



### Q What exercise will improve the shape of my legs?

**A** For lean legs, ditch bulk-creating squats and focus on weight-bearing cardio – jogging, running, swimming and walking – as well as toning exercises to lengthen the thigh muscles. Wearing a pedometer, aim for a daily target of 8 000 steps, plus a minimum of 20 minutes continuous walking.

Also try this muscle-lengthening lunge at home: Standing on the floor, extend one leg back with a large stride, pushing the heel back but staying on the ball of your foot so the leg has only a slight bend at the knee. Lower the back knee towards the floor, then straighten your leg to bring you back up to standing and return to the start position. This takes 4 counts. Repeat 6–10 times each side.



### BY THE LIGHT OF THE MOON

If you're in the Cape this November, gather some friends and family and take the Hi-Tec Full Moon Hike through the Renosterveld Conservancy, between Stellenbosch and Klapmuts. Catch the sunset over Table Mountain, with stunning views of the Winelands on top of Klapmutskoppie. The 9.7km hike (with a 5km option) is on November 21, from the Dirtopia Trail Centre, Delvera Farm, R44 between Stellenbosch & Klapmuts.  
**To find out more, and to book, call 021-884-4752 or visit [www.dirtopia.co.za](http://www.dirtopia.co.za)**

## Try this!

Aim for an extra hour or two of sleep per night for the three weeks preceding a race. You won't just feel more rested and ready to perform – you'll be able to sprint faster and go longer.

Source: American Academy of Sleep Medicine



2-second fix

Fold your yoga mat in half before you roll it up post-session. You'll avoid getting germs on the side you do poses on.

## THIS MONTH I TRIED... ► Bodyboarding

"Bodyboarding is good for an all-over body workout, and is highly addictive," says Vicus Kruger, chairman of the Boland Bodyboarding Association. Kruger gave me my first lesson in bodyboarding at Eerste Steen Beach, Blouberg in the Western Cape, and he's right – I'm hooked.

The art of duck diving (used to get you and your board under the turbulence of a breaking wave) and catching waves is hard work, and you can expect a tumble or two. Unlike surfing, you lie on the bodyboard, and use your arms to paddle and legs to kick, before the wave carries you to shore. The key is to head out to where the waves start to swell and then catch the wave as it approaches. You might not learn how to steer left or right straightaway, so just



enjoy bouncing straight to the shore like I did the first few times. It's a social sport, and it's a good idea to go with a friend in case you get into trouble at sea.

You'll need a board, wetsuit and fins. My Science Bodyboard was R999. I wore a Reef Tri Flex Ladies suit (R1 400) – wetsuit prices start from about R900, and Reef Floating Fins (R350). You could

also try [www.gumtree.co.za](http://www.gumtree.co.za) for second hand gear and upgrade as you improve.

Find out more at [www.sixty40.co.za](http://www.sixty40.co.za). For lessons in Cape Town go to [www.thebodyboardingacademy.co.za](http://www.thebodyboardingacademy.co.za); and in KZN, [www.factory7.co.za/](http://www.factory7.co.za/) [shellybeach](http://shellybeach) – Angeliqe Ruzicka



**minutes...** the recommended amount of time you should spend working out, three times a week, to prevent disease. Up it to 45 minutes, five or six times a week, and you'll cut your risk of serious illness by 60 percent.

Source: University of Connecticut, US

## PLAYLIST

### TUNE IN & WORK OUT

THIS MONTH'S READER  
PLAYLIST WINNER:

LISE MORRISON FROM WELGEMOED,  
BELVILLE, CAPE TOWN

- ▶ **Rock DJ (4:06)**  
Robbie Williams
- ▶ **United States of Pop (Blame it on the pop) (4:45)**  
DJ Earworm
- ▶ **Walk of Life (4:25)**  
Dire Straits
- ▶ **Maria (4:01)**  
Blondie
- ▶ **Setting Sun (4:00)**  
Chemical Brothers
- ▶ **Hold on Tight (3:06)**  
Electric Light Orchestra
- ▶ **Break Your Heart (3:19)**  
Taio Cruz ft. Ludacris
- ▶ **Black and Gold (3:40)**  
Sam Sparro
- ▶ **Not Myself Tonight (3:16)**  
Christina Aguilera
- ▶ **Why Don't You Love Me? (3:25)**  
Beyoncé

**Total time: 38**

### DO YOU HAVE THE ULTIMATE WORKOUT PLAYLIST?

Send us your favourite songs and stand a chance to win a R300 voucher from Kalahari.net  
**Email [shape@media24.com](mailto:shape@media24.com) with Playlist in the subject line**

