

New Idea

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Play Ideas
WHITE RIBBON
ISSUE



KAHLIA CHAMBERLAIN'S
PARADISE WEDDING



WENDELL'S
SECRET LOVE CHILD



NICOLE SPEAKS OUT **WORLD EXCLUSIVE**

STOP THE VIOLENCE



BEC BREAKS DOWN



ANGIE BEGS DON'T TAKE MY BABY



HOT HOLLYWOOD BODIES

'My friends raved about it, and now I know why,' Kylie reveals. 'It's a convenient, time-efficient workout!'

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KYLIE MINOGUE POWER PLATE

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'My friends raved about it, and now I know why,' Kylie reveals. 'It's a convenient, time-efficient workout!'

The plate gives your muscles a high-speed workout – the vibrations make them contract and relax up to 50 times a second.

The makers claim that if you use it for 15 minutes a day, three times a week, it can improve blood flow and reduce cellulite.

HOLLYWOOD'S HOTTEST BODIES

Would you love to have a body like Kylie Minogue or Nicole Kidman, but can't bear to visit the gym? Try these fun workouts

Even if you're a top Hollywood star, going to the gym can be a drag. So what better way to beat the workout boredom than by choosing something wacky to get your heart racing and your metabolism firing on all cylinders?

While some celebrities are addicted to routine and spend hours on the treadmill every day, others need to shake it up a little to keep dedicated to their keep-fit plans.

Here, we take a look at the more unusual ways the stars are getting slim in time for the holidays and pick up some tips to shed a few centimetres in the coming months. And what better way to remove the guilt from a full-on Christmas food splurge?



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YOU CAN GET ONE TOO!

ELLE MACPHERSON BIKRAM YOGA

If getting hot and sweaty isn't your thing, then skip this season! Supermodel Elle Macpherson takes it to a whole new level with her love of Bikram yoga.

'I believe in Bikram yoga as an empowering form of conscious exercise,' says the 44-year-old mother of two.

This form of yoga, which was developed by Bikram Choudhury, is literally about getting as hot as you possibly can – it requires you to workout in a room that's been heated to 37C.

The idea is that the heated environment protects your muscles and allows for deeper stretching, detoxifying the body and increasing the heart rate for better cardiovascular workout.

As well as helping with toning and weight loss, Bikram yoga will help you focus your mind and feel calmer.

With the potential to burn up to 4200kJ per session, it might not take too long before you start looking like a supermodel too.

