

January/February 2019

WELLNESS  
ISSUE

# Women's Health

## YOUR 2019 BODY

## 24/7 Glow

SKINCARE  
IS THE NEW  
MAKE-UP

HACK YOUR  
HEALTH WITH DNA

GET OUTDOORS  
TO TRAIN

FIND YOUR SLEEP  
THERAPY

EXTREME RECOVERY  
WITH VITAMIN IV

+ SIX-PACK SECRETS!  
HOME TONING!  
AND MORE...

### Real Food

*From Chrissy Teigen*

## Zoe Saldana

ON BEING FIERCE,  
FAMOUS & KICKING  
SUPERHERO BUTT

## FASHION MEETS FITNESS

14 Pages of  
Pro Gear to  
Smash Your  
Personal Best



9 772075 406001  
R50.50 (VAT INCL) NAMIBIA N\$53.00

**2016**



**FEBRUARY,  
JOBURG**

**2017**



**FEBRUARY,  
CAPE TOWN**

# **FiT NiGHT**

**2018**



**FEBRUARY,  
CAPE TOWN**





**NOVEMBER,  
JOBURG**



**AUGUST,  
JOBURG**

# OUT 2019

**3 DATES. 3 CITIES. TICKETS ON SALE AT [QUICKET.CO.ZA](http://QUICKET.CO.ZA)**



**JULY,  
DURBAN**



**AUGUST,  
JOBURG**