







Look sharp | Live smart

GQstyle

KING OF CLUBS
Play your strong suit and up the ante

Page **120**

GQ's advice on what to pack for any occasion

Page **127**

Protect your eyes and the skin around them

Page **132**

Get your sea legs and build a captain's body

C-Squared suit R2 890, **Banana Republic** shirt R800, **Fabiani** hat R900, **Tie Stop** tie R450, **The Suited Man** tie pin R250, **lapel pin** R120, **Fabiani** pocket square R400, **Tag Heuer Carrera** watch R48 000

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APRIL 2015 **GQ.CO.ZA** 111





#EMYFITNESS' TRANSFORMATION STORY

FitLife

ISSUE 23 **FITTER • HAPPIER • HEALTHIER**

A Rookie's Guide To Lifting
Perfect Your Deadlift

CROSSFIT TAKEOVER
The Revolution Of Fitness
More on p34

RUN FREE
From Painful Shin Splints

5 WAYS TO BOOST YOUR ENERGY NOW!

Strong Sexy Fierce
Celestie Engelbrecht
Weightlifting Champ,
CrossFit Star And
Everyday Badass

PLUS: Can The Volumetrics Diet Help You Lose Weight?



CLUB

APRIL 2016

ENRICH YOUR LIFE | TFGCLUB.CO.ZA

IS *ONLINE DATING*
REALLY ONLY FOR
DESPERATE PEOPLE?

**3 MYTHS
BUSTED** PAGE
58

WIN
A NEW MITSUBISHI
MIRAGE!
EDUCOR BURSARIES
R100 000 CASH

**MY BABY IS
HAVING A BABY**
Coping with
teenage pregnancy
Page
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**DEALING WITH
THAT COLLEAGUE**
YOU KNOW THE ONE
WE'RE TALKING ABOUT...
PAGE
31

True-life story
'I HAD A CHANCE
YEARS AGO TO MAKE
MY LIFE GREAT AND I
JUST THREW IT AWAY'
PAGE
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**BRIGHT
SPARK**
AUTUMN HUES DON'T
HAVE TO BE MUTED
Page
38



FitLife

FITTER • HAPPIER • HEALTHIER

ISSUE 20

**WINTER-PROOF
YOUR RUN**

**TRY THIS
COMPLAINT
DETOX**

Exclusive
**MODELLING HIGHS,
FITNESS CAREER.**
THEN, A RARE CANCER.
HOW **BOTLE KAYAMBA**
SAVED HER OWN LIFE

**IRON
MAIDEN**
IS IRON THE MISSING LINK
IN YOUR WEIGHT LOSS?

**THE BIG
BANG!**
**THE TRX WILL BLAST
YOUR TRAINING TO
THE NEXT LEVEL**

**YOUR BEST
bum ever!**
FL's Guide To Building A Perky Behind

WE'RE GIVING AWAY OVER R10 000 IN PRIZES Polar M200 Optic Running Watch,
Running Shoes & More... See p73



FIT Life
FITTER • HAPPIER • HEALTHIER

JANUARY 2018

EAT SMART
No More Excuses!
Turn Vices Into Virtues

STOP BAD HABITS

GET TONED
8 Exercises For Full-Body Fitness

STRONG & SEXY

ON p10
How @Queenfitness Earned Her Crown

GET YOUR RUNNING MOJO BACK

Hit Your Targets
How To Have Your Best Year Yet

Upgrade Your 2018
Workout Wardrobe

SLIM DOWN, SAVE UP
Get Healthy On A Budget

4 MONEY-SAVING SUMMER RECIPES

MOVES FOR ULTIMATE GLUTE GAINS
#SquatGoals

WE'RE GIVING AWAY OVER R17 000 IN PRIZES Fitness Trackers, Running Shoes, NutriBullet & Many More... See p72





FIT • HAPPIER • HEALTHIER

Fit Life

ISSUE 19

WHAT'S #TRENDING
TOP 5 FOODIE TRENDS

THE SCIENCE
OF SUPER
IMMUNITY
VITAMIN C
PACKED RECIPES

4 THIS IS TABATA!
MINUTE
POWER
WORKOUT

WINTER
WARMERS
Upgrade your
OUTDOOR FIT KIT

ROCKIN' MAMMA

Takkies

**DANCED
HER WAY TO
FITNESS**

**DNA
DECODED**
DOES IT HOLD THE KEY
TO YOUR HEALTH?

WE'RE GIVING AWAY OVER R15 000 IN PRIZES Polar M200 Optic Running Watch, Running Shoes & More... See p73

FL_June V5.indd 1 2018/04/19 5:20 PM

EQUINOX

Goa
SWAYING PALMS
AND GOLDEN
SUNSETS

**NEW
KIDS ON
THE BLOCK**
*SunSquare and
StayEasy Cape Town
City Bowl hotels
open their doors*

**3 ICE, ICE
BABY!**
*frozen lollies
you'll love*

Family fun
**IS ON THE CARDS
AT MONTECASINO**

Siya Kolisi
*'Your background needn't determine your future.
You can always make it'*

COMPLIMENTS OF
TSOGO SUN

STAND A CHANCE TO WIN! GOPRO HERO5 HAMPER & MORE

FitLife

FITTE NOVEMBER 2017



YOUR ULTIMATE
**SUMMER
BODY PLAN**
21 DAYS + 12 MOVES TO
YOUR BEST BOD

EAT SMART
6 reasons
your diet *isn't*
working for you

**SLEEPING
BEAUTY**
Eat your way to
a good night's rest

**DE-STRESS
IN 4 MINUTES**
WITH DAILY MEDITATION

THE
ONLY
**+ GIFT
GUIDE**
YOU'LL EVER
NEED
5 pages of
festive spoils
for every athlete

6 weeks to ripped with SIV NGESI

FIGHTING FIT

B

Unathi
**'I WAS RAISED
TO BE BOLD AND
STAND TALL'**

BALANCED LIFE | SEPTEMBER 2017

#SCREENSAVER
IS THERE
AN UPSIDE
TO SOCIAL
MEDIA?

5
**TIPS TO
WORKING
YOUR SIDE
HUSTLE**

**BREAKING BAD
RELATIONSHIP
PATTERNS**

FOOD TO
HELP YOU
WAKE UP
Beautiful

Spring!
Hello

**14 PAGES OF NEW-SEASON
BEAUTY, FASHION & ACCESSORIES**

WIN! FITNESS TRACKERS, RUNNING SHOES & MORE

FitLife

FITTER • HAPPIER • HEALTHIER

FEBRUARY 2017

EATING HEALTHY
on a budget

FL goes to
BOOT CAMP

GRAND SLAM
10 ways to up your tennis game

HAIR HACKS
5 RULES
WE SWEAR BY

Bianca Koyabe
THE MAKING OF
A MODEL BODY
PLUS HER TOP 4 AB MOVES

Blast calories in 7 minutes
(Yes, it can be done!)

What supplements should you be taking?





QUIZ! HOW COMPATIBLE ARE YOU AND YOUR PARTNER?

BL
BALANCED LIFE | FEBRUARY 2017

Model

Radiant DJ Beauty Maven

INCOME PROTECTION
ARE YOU COVERED?

Love it!
V-DAY
DATE
NIGHT
FASHION

RECLAIM YOUR LUNCH HOUR

12
PRODUCTS
TO SPEED UP
YOUR BEAUTY
ROUTINE

**QUICK-FIX
HAIR HACKS**

**SUGAR
SHOW
DOWN**
**4 ALTERNATIVES
TO TRY**

Fashion Lover Adventurer TV presenter

Dinner On the go 24/7 Graduate

Zoe Brown
**HOW SHE MANAGES
TO DO IT ALL**



QUIZ! WHAT KIND OF LEADER ARE YOU? FIND OUT ON p57

BL

BALANCED LIFE | DECEMBER 2018

R3 000

EMERGENCY HOME
ASSISTANCE p6

10

WAYS TO
GIVE BACK
THIS SEASON

HOW TO
SPEND
YOUR BONUS

BOITY THULO

She's building a
brand, baby!

**40 &
FAB**

FUTURE-PROOF
YOUR HEALTH

SHOULD YOU
TOSS YOUR
RELATIONSHIP
CHECKLIST?

Exclusive

2017
SWIMWEAR
TREND EDIT