

My HEALTH

Lorna Maseko: Ballet dancer

She believes in healthy eating, but just can't resist a McFlurry with all the trimmings



Text: TANKISO KOMANE Picture: THUY DULLAART

How do you keep your body beautiful?

I go to the gym at six in the morning, three to four times a week on average. Plus we have hectic schedule of ballet rehearsals and performances every day at the South African Ballet Theatre.

How do you stave off the early onset of Alzheimer's?

For someone as fit as I am, the chances of getting Alzheimer's are pretty limited. And as a dancer, I spend all day remembering steps and that reduces the chances even further.

Have you ever had a serious medical scare?

No.

How do you deal with stress?

I go to church to get a sense of peace and where I'm going in life. I'm also lucky to have such awesome friends and family who keep me stress free.

Do you believe in alternative medicine?

Not really, but if it works for you, do it. With me, if I get a headache I'll just pop a Panado and it will be gone. If I need to go and see the doctor I will do that. It's important in my career that I take care of my health.

Do you buy generic or brand name medicine?

I only take medicine prescribed by my doctor.

Do you have any tried and tested home remedies?

Years ago I used to take methylated spirits and apply it between my toes to make the skin soft and avoid bleeding — which goes with the territory

Are you a vitamin popper?

I have a stock of vitamin pills at home which I never take. I buy them because everyone is doing it.

Do you have a fitness regime?

I run a lot and do pilates.

Do you believe in diets?

I believe in healthy eating. Diets never work. It's off and on again just like taking drugs.

Are you a carb-phobe?

There are carbohydrates in almost everything, but I try to follow a balanced diet by eating lots of protein.

Have you ever had unsafe sex?

I can't answer that.

Do you drive-through?

I used to, not anymore.

What's your guilty pleasure?

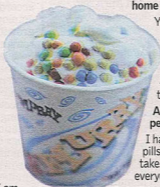
McFlurry ice cream with everything in it.

Bottled or tap water?

I drink bottled water all day during rehearsals and nothing else afterwards.

Have you gone organic?

No, blacks don't do that.
— Tankiso Komane



WATCH THE VIDEO

Watch our interview with Lorna online at www.thetimes.co.za