



KHANATURAL

Crystal
Hawkins

February 2025



Editor's Note

KHANATURAL MAG

I will never stop providing the best content related to wellness in a magazine. It is my commitment and the entire Khanatural Magazine team to always provide the latest and most substantive content on the local and international wellness scene because we believe our readers deserve the best.

Khaborina
Q.

Editor-in-Chief



In this issue

Dallas Texas born Crystal D Hawkins shares her mind blowing journey. We raid your kitchen for the trendiest gadgets. Thando Myeni our globe trotting young star is one to watch and Dambisa M.'s February advise is "Slow Down."

KHANATURALMAG

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**THE LOVE OF
KITCHEN GADGETS**



**THANDO MYENI IS
BEING WATCHED**

WORKOUT OF THE MONTH

FEBRUARY 2025

PLANKING

Planking Benefits

- **CORE STRENGTH:** Planks strengthen your core muscles, including your abdominals and lower back.
- **IMPROVED BALANCE:** Planks can help you move more smoothly and prevent injuries.
- **POSTURE:** Planks can help you stand and sit up straighter.
- **REDUCED RISK OF INJURY:** A strong core can help prevent injuries to your spine and other joints.
- **IMPROVED ATHLETIC PERFORMANCE:** Planks can help you perform better in sports and other physical activities.
- **REDUCED CHRONIC PAIN:** Planks can help reduce the risk of chronic pain, especially in your lower back.
- **IMPROVED FLEXIBILITY:** Planks can help improve flexibility in your hips and thighs.
- **IMPROVED METABOLISM:** Planks can improve your circulation and metabolism.
- **WEIGHT LOSS:** Planks can help you burn calories and lose weight.

When you first start out, aim for a 20-30 second plank. Practise doing this for a week, and then when you feel ready, try holding it for 40-50 seconds, repeat and keep building from there.

FEBRUARY 2025

IT'S CRYSTAL

A mother - A teacher - A yogi

CLEAR





The Best for This Month

Getting to know Crystal D. Hawkins

HER BEGINNING

Crystal's journey is truly captivating. Growing up in Dallas, Texas, the 12-year-old Crystal would often ask her mom to meet her at school, so her mother could assess her safety while challenging herself to run the mile-long distance as her mother drove at a safe distance. "This unwavering determination has been the driving force behind my journey." Just by looking at Crystal, her physical structure, strength, and disciplined training become clear.

CRYSTAL IN THE ARMY

Please share your military experience with us.

"I stood out as an anomaly; someone who actually enjoyed the tough morning physical training (PT) sessions, even with the drill sergeants' booming voices."

Did you find it easy to make connections during this time?

"I met an amazing woman at the gym who was in phenomenal shape. Her strength and beauty lit a fire within me, compelling me to achieve what she had."

How did she receive you?

"She graciously took me under her wing, sharing invaluable tips on proper nutrition and its profound impact on the body."



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A CRYSTAL JOURNEY

THE RESULT

"Noticing my enthusiasm, my former Army sergeant generously offered to guide me through workout routines, carefully focusing on each muscle group. Feeling incredibly empowered with this knowledge, I embarked on a fitness journey that has persisted to this day, with just as much fire and passion as when it first began."

THE GAINS. THE WINS

"Naturally drawn to the discipline and rigor of the bodybuilding realm, I participated in numerous bodybuilding and figure competitions, winning every single one."



LIFE CHANGES

*The intense lifestyle is a great part of life, but surely it cannot be our entire life. Do you agree?
“Yes, I agree, because after a decade of immersing myself in this intense lifestyle, I began noticing the toll it took on my body. I had to make the difficult decision to step away from competitions, dedicating time and effort to understanding my body's truest needs and finally establishing something more sustainable.”*

THE REBIRTH

How did stepping away from something that was a great passion of yours change your life. Could it be because you knew that there was so much more to you?

“That decision changed my life forever. It created in me an intense desire to share my experiences, inspire others, and provide the guidance and support that I once received from that woman at the gym and my former Army sergeant. I would soon go on to serve as a diet technician, providing dietary guidance to patients in a medical setting.”

THE MOTHER

Being a mother shifts so many gears. Being a mother inspires and challenges us. Please share your motherhood journey with us.

“The birth of my son and daughter who are 11 months apart, motivated me to explore simpler approaches to fitness that didn't involve going to the gym with 2 babies, ultimately giving rise to my YouTube channel, Puzzle Fit.”

THE FUTURE THAT IS CRYSTAL & PUZZLE FIT

“Over the past decade, Puzzle Fit has evolved into a trusted platform, offering a variety of fitness disciplines, including the recent addition of Ashtanga yoga.”

We are happy to announce that we are official supporters of PUZZLE FIT and the extraordinary Crystal Hawkins herself. Do join us. She is a force that will inspire you daily.

For the love of KITCHEN GADGETS

We've added a new dynamic to our magazine.
A feature that allows us to raid your kitchen.



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- watermelon slicer • vegetable chopper • snap & strain •
electric water boiler



**Compiled by
The Khanatural Kitchen
team**

I recently attended a housewarming party for a friend who just bought a new house. When our tour reached the kitchen, she said, "When I moved in the first things I unpacked were my favourite pots and pans, my sharp chef's knife, and go-to cooking utensil. These are my kitchen essentials, and I couldn't cook without them." This conversation inspired my article.

Inspired by the conversation, I couldn't help but ask some of my colleagues which kitchen tools and gadgets they wouldn't be able to live without. Check out their responses.

Watermelon Slicer

I love watermelon so much, this is a gadget I need. - Madeline Marie (Real estate)

"I slice and dice up a juicy watermelon in seconds. I gush about my time-saving stainless steel watermelon slicer device everywhere I go (because it's watermelon season) . It leaves me with a perfectly cut fruit every time."

Vegetable chopper

Palesa (Choreographer)

"I love my vegetable chopper. It is not only a produce-chopper but also doubles as a cheese grater. It saves me time and energy, plus it's great for my diet. I'm addicted to my salads and fresh veggies."

Hlophe

Snap & Strain

However, it looks like the 'Snap & Strain' strainer dominates the kitchen. Loved by women but mostly by men. Nice.

Themba Nodada who's an Editor says:

"I'm tired of losing precious pasta down the drain. This Snap-On strainer and drainer is the coolest contraption, as it easily attaches to any pot or pan making it easy to detach during washing."

THESE ARE GREAT FINDS. YOUR TURN. WE WOULD LOVE TO HEAR ABOUT YOUR FAVOURITE KITCHEN GADGETS.



TRENDSETTER

TRENDSETTER X GEN Z



THANDO



K KHANATURAL

"The years of rigorous studying the art of acting has equipped me with tools to help me deliver dynamic performances."

THANDO MYENI IS ONE TO WATCH

"I'm a dynamic gen Z with a passion for on screen acting and all things current & trendy in the fashion and online space."

A QUALIFIED ACTOR

KHA: Our founder Khabonina tells us you're an exceptional actor. You were apparently in the same film - "coming soon" vibes.

"LOL, this true, but so hush. As a thespian at heart, I have built a solid background in theatre.

KHA: Where did you study your brilliance, your Acting?

LOL. I studied acting at the Wits School of Drama (2018) and enrolled in an advanced actors' program at the Joburg Theatre through the Indigo View Academy (2020-2021)."

KHA: Are you equipped to deliver?

"Hell yeah. The years of rigorous studying of the art of acting has equipped me with tools to help me deliver dynamic performances with every project I've taken on."

KHA: Where have we seen you?

"After completing my studies, I launched myself into the entertainment industry and appeared in my first cameo on the South African Netflix series 'Justice Served' (2022).

My bold and captivating voice afforded me the opportunity to be a part of the first Disney+ African sci-fi animated series Kizazi Moto: Generation Fire (2022).

A POWERFUL VOICE

KHA: We believe that your voice has a life of its own. It deserves its own visa. "LOL. Thank you. Well, my voice is one of the characters in 'Generation Fire' episodes. I also owe this to my unique script interpretation.

"I recently landed a role on a film titled 'Loved Out' directed by Tendayi Nyeke which is set to hit our screens sometime soon.

KHA: Who is Thando offset?

"When I'm not on-set being the glamorous star that I am. I can be found jet-setting to various destinations around the world. I enjoy creating lifestyle and fashion content on my social media platforms."

KHA: Where can we find and follow thee o great Thando ?

"(Instagram: @thandoxmyeni/ Tiktok: @thandoxmyeni)

With his vibrant personality, Thando shows huge potential at becoming South Africa's next "It Boy" and the country's hottest export!

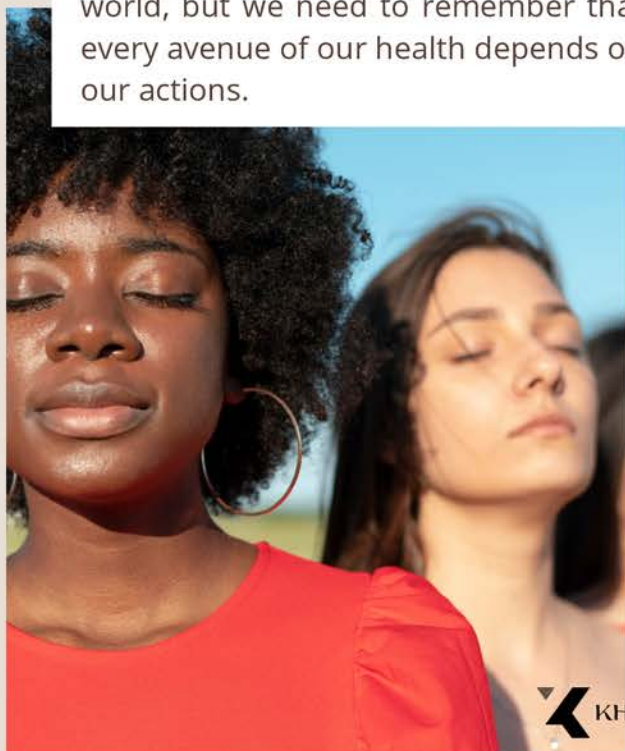
We know you agree !



SLOW DOWN - WITH DAMBISA M

In this issue, we're talking about taking things slow and allowing ourselves to be truly and fully present - both for ourselves and those around us. Khanatural Magazine is about more than just about physical health; it's a channel where we get to pause and indulge in the wonders life has to offer. We explore the avenues of health, including mental, emotional, social, spiritual or soulful, financial, occupational, intellectual, and cultural. Taking a break and slowing down is our focus for this month's health talk. What does it actually mean to 'slow down' in the highly fast-paced society we live in? It's simple—it's about understanding what self-love language is, and we can do this with ease.

I feel like the year started and just went full throttle at 180 km/h. It's funny how fast paced our lives are, isn't it? Sometimes, we just need to pause and reflect, accepting that life will continue even if we take that much-deserved eight-hour sleep. We are the champions of our own lives. We can chase all the money and love in the world, but we need to remember that every avenue of our health depends on our actions.



As February is the month of love, I tend to use this time to reflect on the things that clearly show self-love or, conversely, self-neglect. What have I done in the past, or what am I doing now, to show myself love? or, how have I neglected myself through my actions? Taking a break is an act of self-love that your soul will forever thank you for.

Since returning to the office on 6 January, it has been back-to-back deadline-driven days. Sometimes, I wonder why God didn't choose me to be a trust fund baby. There's no way I'm going to hustle and bustle from now until year-end. When that feeling creeps in, it serves as a reminder to slow down. I've started going to the gym, and I love it. Even if it's just an hour, it allows me to put away my phone and focus on myself. And, it takes a bit more self-convincing that I am not a trust fund baby and this is the life that I have to live.

Let's pause, reflect, and take things slow. The world will keep moving with or without us, so slow down. Being present is everything. It helps us achieve greater focus, emotional well-being, resilience, and appreciation for life, enabling deeper connections, reduced stress, and a more fulfilling experience of the moment.

Remember - SLOW DOWN.



X KHANATURAL

**KAYLEIGH
GONCALVES**

trend

YOUNG TALENTED WITH VALUES

ONE TO WATCH

Next

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