

Banking on Change

AFTER A HEALTH SCARE, PHANGISA MATSEBULA USED HIS CORPORATE SKILLS TO GET BACK ON TRACK



THE GAIN I have always been a food lover, and growing up with a professional chef as a mom didn't help. I probably started gaining weight from puberty. I ate often and never really watched my portion sizes. Finally my weight peaked at 141kg. My blood pressure was off the charts and I hated exercise.



WEIGHT BEFORE
141
WEIGHT AFTER
104

VITALS
Phangisa Matsebula, 24, Johannesburg

HEIGHT
1.93m

OCCUPATION
Trainee - Land Bank Recoveries unit

TIME TO GOAL
9 months



THE CHANGE I had been seeing doctors because of my weight since junior school and I was tired of the poking and prodding. On one of my last visits my physician told me my heart muscles were degrading. It wasn't the first time I'd heard this, but at around that time my dad called me to say a friend's son had died of a heart attack. He was around my age and also overweight. It finally sunk in that my health and wellbeing isn't just about me. I moved to a new place and the change in environment also helped me to make better decisions.

THE STRATEGY I am a strategist by nature, so I analysed my problem and set out a plan. I started by making an appointment with a dietician to get a framework to complement my exercise routine. Then I started doing some easy exercise, swimming laps at home for

30 minutes a day, and then I added 30-minute brisk walks. When winter hit I added three kilometres to the treadmill and gradually increased the kilometres weekly. By the end of winter I was running 11km, four days a week. I was also losing about five kilos a month.

THE REWARD I'm a totally different person mentally and physically. I am as confident in business as I am in myself. I rewarded myself with a trip to Monaco and the south of France where, for the first time, I went to the beach without a shirt. It's also an added perk having the ladies hit on me for a change.

THE RESULT My BP is now 125/80, my body fat down from 37% to 18%, and I lost 44kg in nine months. My waist is down from a size 44 to a size 36.

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EAT THIS NOT THAT!

COL'CACCHIO PIZZERIA



Armando Foro
Spiced jerk chicken, peppadews, yoghurt dressing and a hole in the middle filled with salad.

Isabella Salad
Lettuce, cherry tomatoes, onion, bacon, avocado, feta.

2 651 Kilojoules (kJ)	3 632 Kilojoules (kJ)
35.5g Protein	35.3g Protein
71g Carbs	7g Carbs
19.9g Total Fat	74.7g Total Fat
6.4g Saturated Fat	28.3g Saturated Fat
1 119mg Sodium	1 766 mg Sodium

Great news – the Armando Foro pizza not only cuts kilojoules by nearly a third and fat by three quarters, it also has 37% less salt. Portion size and the addition of a fresh salad provides more protective nutrients and fibre to the meal. But if you're looking to cut carbs, the Isabella salad comes in at 90% less.

