

In Sickness and Health

NAVENDREN CHETTY'S WEDDING VOWS SIGNALLED NOT ONLY THE BEGINNING OF MARRIED LIFE, BUT ALSO A HUGE WEIGHT LOSS

THE GAIN I've always been overweight and I was cool with it. Nothing phased me because I was the happy-go-lucky "big guy" but I really started overindulging in 2011.

THE CHANGE It was Sunday afternoon when I ended up in casualty with stomach pain. The doctors diagnosed me with type 2 diabetes and my cholesterol was high. The next morn-



WEIGHT BEFORE

123

WEIGHT AFTER

75

VITALS
Navendren Chetty,
33, Joburg

HEIGHT
1.7m

OCCUPATION
Director

TIME TO GOAL
8 months



ing at 5am, a nurse – who really did not care enough to wake me first – injected me with insulin. When I woke up and told her it hurt, she told me to, "get used to it". I decided then and there that I was going to beat this somehow.

THE STRATEGY I owe my transformation to my wife and a client of mine (who I affectionately call Uncle Vincent). I knew I had to change my habits, but had no clue where or how to start. That's when Uncle Vincent scheduled an appointment with his dietician; who then set out a seven-day meal plan for me, which my wife prepared – she also got me to the gym five times a week. Her encouragement was all the motivation I needed. The weight loss came quickly and consistently.

THE REWARD My health has improved tremendously. I don't have to take any medication to

regulate my insulin levels or control my cholesterol, and my pancreas is now able to produce the insulin required for normal function. But I do still test my blood sugar regularly as a diabetic should. I didn't realise the importance of leading a healthy lifestyle until it adversely affected my life, and I think that a lot of other people make the same mistake.

RESULT I have lost 48kg in eight months and I am down from a size 44 to a size 32. I have two young kids (a one- and a three-year old) and I am now able to keep up with them – which has been my biggest reward. This change has inspired me help others who are battling with weight problems and diabetes: thank you *Men's Health* for keeping us educated, and who knows, maybe this article will inspire someone to lose weight and improve their health!

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EAT THIS NOT THAT!

AT SPUR... SPUR SIDE DISHES



Baked potato with one mini butter
Hot veg – creamed spinach and pumpkin

1320 kJ
10.0 g protein
35 g glycaemic carbohydrates
9.4 g dietary fibre
13.7 g total fat
9.1 g saturated fat
496 mg total sodium

Spur chips
Spur style onion rings

3195 kJ
11.2 g protein
72 g glycaemic carbohydrates
13.3 g dietary fibre
46.7 g total fat
20.3 g saturated fat
80 mg total sodium

Choose a baked potato with one mini butter and a portion of hot veg as these side dishes fill you up with 58% less kilojoules and axes the total fat by a whopping 71%. If on the other hand you're feeling a little indulgent and want to go big, a side dish of Spur chips and onion rings packs a punch with twice as many carbs. Since these dishes are both fried, they have more total fat and twice as much saturated fat, but 82% less sodium – as long as you don't add salt or condiments to your fries.

