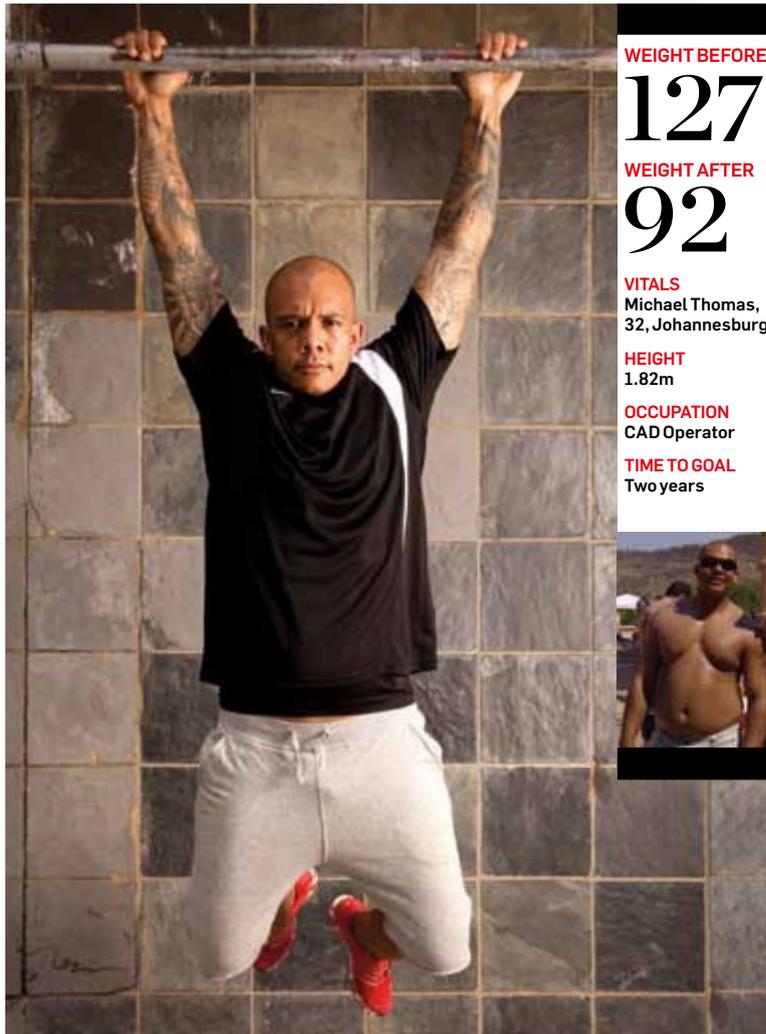


Fighting Fit

WHEN MICHAEL THOMAS JOINED THE CROSSFIT MOVEMENT, HE DIDN'T KNOW HOW MUCH HIS LIFE WOULD CHANGE FOR THE BETTER



THE GAIN In my mid to late 20s, exercise and eating right were very low down on my list of priorities, I didn't even own a pair of takkies. I was going to pubs and clubs four times a week, drinking and eating anything that came my way. Life was just one big party and worrying about my health and the future didn't cross my mind at all.



WEIGHT BEFORE

127

WEIGHT AFTER

92

VITALS
Michael Thomas,
32, Johannesburg

HEIGHT
1.82m

OCCUPATION
CAD Operator

TIME TO GOAL
Two years



THE CHANGE I was at my heaviest in 2009 at 127kg. I was only 29 at the time and the health risks were too great to ignore: it was time to lose the weight and get healthy. The obvious (and conventional) way to do it was to hit the gym, where I did some weight training and very little cardio – plus I had no idea what I should be eating. Then I was introduced to CrossFit at a gym called FightFit Militia in 2010. I never believed you could train your whole body in one workout. But I stuck it out, sweated through the various WODs (Workout Of the Day) and in 12 weeks I broke the 100kg barrier.

THE STRATEGY I was excited, motivated and determined to lose the remaining eight kilos to reach my goal weight. I went to a dietician and got set up with a great eating plan. I also started

reading more about healthy eating and filling up on more protein. A big part of my weight loss success was cutting down on carbs. I made a deal with myself that I would do something everyday that would make me sweat and I've stuck to it. I run, swim and just try to be an active person in general.

THE REWARD That's easy: I am so much happier with myself in general. So much so, my confidence shows in everything I do: at work, socially and most of all, in my relationship. In short, I am loving life at the moment and things are just getting better and better.

THE RESULT My total weight drop was 35kg. My body fat percentage went from about 30% to 13%, and my pants size went from a very tight 38 to a loose 34.

WIN! Could you be the next Belly Off! winner?

The next Belly Off! winner will become the proud owner of a Reebok RealFlex apparel hamper worth **R3 000**, including running shoes that deliver a "sock like" feel and promote natural movement. RealFlex training apparel is made to flex, with PlayDry moisture management and stretch fabrics for freedom of movement plus ergonomic armholes and RealVent engineered ventilation for ventilation without the chafe! For more info go to reebok.co.za.



EAT THIS NOT THAT!

WOOLWORTHS

Beef Casserole Pot Sweet Ginger Pork With Jasmine Rice

1191 Kilojoules (kJ)	1758 Kilojoules (kJ)
23.3g Carbs	62.7g Carbs
9.25g Sugars	22.4g Sugars
20.4g Protein	23.9g Protein
10.4g Fat (4.4g sat)	6.3g Fat (2.5g sat)
44mg Cholesterol	41mg Cholesterol
6g Fibre	8g Fibre
1554mg Sodium	1963mg Sodium

Although the beef pot contains a few more grams of fat, you'll save overall on kilojoules and sodium, plus you'll get a little more fibre and a slightly bigger portion. This hearty pot contains more vegetables and it comes minus the sweetsauce, so you'll also skip about 13g of added sugar.

