

## Slim Promise

KRIEN KISTNASAMI MADE A NEW YEAR'S RESOLUTION TO SHED HIS BELLY, AND STUCK TO IT. YOU CAN, TOO!

**THE GAIN** I have been overweight all my life – I was a chubby child and I thought it was just “puppy fat”, but when I hit my teens it was clear that I wasn’t going to grow out of it. I never knew when to draw the line and often indulged. My diet was made up of fast food, chocolate, sweets and all washed down with plenty of alcohol over the weekends. If being a couch potato were a sport, I would have been a pro athlete!



WEIGHT BEFORE

**122**

WEIGHT AFTER

**77**

**VITALS**  
Krien Kistnasami,  
24, Johannesburg

**HEIGHT**  
1.75m

**OCCUPATION**  
Community  
Manager –  
Social Media

**TIME TO GOAL**  
10 months



**THE CHANGE** At the end of 2011 I was chatting with friends about the long term repercussions of being overweight. That’s when it hit me; I was really messing up my life! At age 23 I was tired of feeling 83, so I made a New Year’s resolution and I enlisted the help of my friend and gym partner, Kamal Ramjee.

**THE STRATEGY** I had no idea what to do at the gym so Kamal started me off with cardio. I went from being a gym novice to going six days a week for 60 to 120 minutes per session. All sessions included high-intensity interval training cardio with 30 to 40 minutes on the step machine, the exercise bike and the elliptical glider. My diet also got a makeover: I cut down on carbs and junk food, and made way for protein and vegetables. I went cold turkey and cut out all sugar, and for the first time

in my life water became important. I even gave up smoking! I allowed myself one cheat a week, although this always left me feeling guilty.

**THE REWARD** My energy levels are high from the time I wake up until I go to bed and I hardly ever feel tired. Nowadays after a game of action cricket I’m ready and hyped to play another match. I can run 10km and still pop into the gym for some ab exercises! I’m always up for a challenge and now I don’t have to think of my weight holding me back. My confidence is sky high. Being overweight is not only a health risk but it limits you from enjoying life to the max.

**THE RESULT** I’ve gone from a XXXL T-shirt to a medium. My waist is down from 119cm to 90cm, that’s a size 46 to a 33 or 34! My total weight loss in 10 months? A whopping 45kg.

### 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](http://reebok.co.za).

## EAT THIS NOT THAT!

KAUAI

Chicken Caesar Gluten-free Wrap\*  
\*change any wrap into a gluten-free option

Grilled Chicken Caesar Salad  
with 75ml Caesar dressing

**2 200** Kilojoules (kJ)  
**26g** Protein  
**40g** Glycaemic carbohydrates  
**5g** Dietary fibre  
**28g** Total fat  
**2g** Saturated fat  
**386mg** Sodium

**2 955** Kilojoules (kJ)  
**32g** Protein  
**17g** Glycaemic carbohydrates  
**6.2g** Dietary fibre  
**57g** Total fat  
**8g** Saturated fat  
**944mg** Sodium

Both options give you a load of veggies that will up your immune-boosting antioxidants and boost your fibre intake. The Chicken Caesar Wrap (with a gluten-free choice) offers 25% less energy, half the fat and 60% less sodium. The salad packs a punch with 20% more protein and half the carbs. Choose to lose the salad dressing on your grilled Chicken Caesar Salad and it’ll give you the choice of both!

