

## Change of Mind

JP VAN ZITTERT'S BIGGEST HEALTH RISK WAS HIS OWN DENIAL. THIS IS HOW HE OVERCAME IT



**THE GAIN** I was very active at varsity – I played semi-professional rugby – but my diet was only fast food three times a day, every day. I thought that if I trained hard I'd be able to just train it off, but the kilos started piling on. Once I ended my rugby career my weight worsened. I am only 1.76m tall, but I tipped the scale at 110kg – I was huge. And I was in denial. Instead of facing my body, I just bought bigger clothes to accommodate my huge size.



**WEIGHT BEFORE**  
**110**  
**WEIGHT AFTER**  
**85**

**VITALS**  
Johannes Petrus van Zittert, 23, Potchefstroom

**HEIGHT**  
1.76m

**OCCUPATION**  
Industrial psychologist

**TIME TO GOAL**  
Two years



**THE CHANGE** Two family members were diagnosed with diabetes and the doctor told me that I was on the same path. For the first time, I was scared about my health and had no more clothes that fit. I realised something had to be done.

**THE STRATEGY** At first I went back to my old ways and focussed on training hard, but I ate badly. That was unsuccessful. I decided to consult sports nutritionist Waldi Bosman. He helped me design a proper plan. With the new lifestyle and cardio plan I lost my first 15kg in about a year. After this I realised that weight training was essential. Combining cardio and weight training allowed me to lose those last 10kg. The biggest change was sticking to smaller portions and eating seven times a day – forcing my metabolism to speed up. Alcohol and junk food are history, and the focus is

on healthy veggies, high protein meals and just enough carbs to keep me going at training.

**THE REWARD** The rewards are endless, my self-esteem is back, I feel better about my lifestyle and I participated in the Cape Argus Pick n Pay Cycle Tour, as well as in a couple of triathlons. I'm also more social, active and outgoing. I want to share my story because I want people to realise that they shouldn't wait until it's almost too late to start living healthily – you can start today!

**THE RESULT** I went from 110kg to 85kg in two years and I've been keeping the weight down for a year now. My body fat percentage dropped from 30% to 9%. I am also undergoing training to become a spinning instructor and now my main goal is competing in an Ironman triathlon.

**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!

AT KFC



<p><b>Hot Zinger Burger</b> Chicken fillet covered in hot and spicy Zinger breading with lettuce, tomato and dressing.</p> <p>←</p> <p><b>2 165</b> Kilojoules (kJ) <b>59g</b> Carbs <b>35g</b> Protein <b>14g</b> Fat <b>1 724mg</b> Sodium</p>	<p><b>Double Down</b> Two chicken fillets with colonel dressing, two slices of cheese and a smoked chicken slice.</p> <p>→</p> <p><b>3 130</b> Kilojoules (kJ) <b>33g</b> Carbs <b>67g</b> Protein <b>32g</b> Fat <b>2 660mg</b> Sodium</p>
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Choosing a Hot Zinger burger gives you 31% less energy and 56% less fat, but has 1.7 times more carbs than the Double Down, which pumps up the protein by another 48%. It's important to watch your sodium intake when you're choosing your favourite takeaway – a high sodium intake has been linked to a number of diseases including hypertension and heart disease. The Hot Zinger burger cuts sodium by 35%.