

Man of Steel

BRENDAN BEHR TRANSFORMED HIS LIFE BY STARTING WITH HIS HEALTH

THE GAIN I've been chubby for most of my life and I never really took part in sport, or excelled at it when I did. Instead of exercising or looking after myself, my favourite pastimes were eating, socialising and late night bingeing. Add to that a job with lots of travelling, which equated to lots of on-the-go junkfood. Eventually, the way my body felt and looked really got to me and my self-esteem went down the drain.



WEIGHT BEFORE
94

WEIGHT AFTER
68

VITALS
Brendan Behr, 31,
Centurion, Gauteng

HEIGHT
1.67m

OCCUPATION
Legal Advisor

TIME TO GOAL
7 months

THE CHANGE I hit 30 and although I was always told that it is a life-changing age, I never believed it. I relocated to Pretoria from Port Elizabeth, and taking that leap into the unknown made me want to make a change. I started going to gym again and eating healthily. No training partner, just me. I was surprised at what I could achieve with determination and willpower.

THE STRATEGY I dropped carbs from my diet, added more protein and started eating smaller portions throughout the day. I also thought more carefully about what I was drinking, especially my beloved beer. I never had a gym routine, but then I committed to five days of training every week, focusing on cardio and a little bit of the super circuit. I didn't always want to get out of bed at 4.30am, especially in winter – but once I had

got into the habit of getting up early, it became second nature.


THE REWARD I feel healthier and I'm a lot more confident. My new motto is: anything is possible; and I now believe that you have the power to be your best. I took the biggest step in my life and entered the Specsavers Ironman (3.8km swim, 180km cycle and 42.2km run) in Port Elizabeth on 22 April and finished in 16 hours. My bucket list still includes a spinning instructors course, the 94.7 cycle race and a Two Oceans marathon, but I'm sure I'll add a few more. More importantly, I can only survive one day a week without training.

THE RESULT I lost 26kg in seven months, my body fat percentage was over 30% and it is now between 11 and 12. I also went down from a size 36 to a size 30.

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EAT THIS NOT THAT!

AT WOOLWORTHS

<i>Traditional beef lasagne</i>	<i>Italian handcrafted spinach and feta pizza</i>
PER 100g	PER 100g
560 kJ	1 004kJ
6.0g protein	10.9g protein
15.5g carbs	23.5g carbs
0.5g fibre	4.2g fibre
5.1g total fat	10.4g total fat
391mg total sodium	597mg total sodium



Don't be fooled by all the "healthy" green spinach, that feta is loaded with salt. Although the fibre and protein gains are greater, the fat and carbs aren't worth it.

EAT THIS, NOT THAT MEGAN PENTZ-KLUYTS PHOTOGRAPH DIRK ERASMUS, JAMES GARAGHTY NUTRITIONAL ANALYSIS DONE USING THE MEDICAL RESEARCH COUNCIL (MRC) FOODFINDER PROGRAM. ALL QUANTITIES HAVE BEEN ROUNDED OFF ACCORDING TO THE REGULATIONS AND GUIDELINES, AS PUBLISHED IN R146 OF 1 MARCH 2010 (REGULATIONS RELATING TO THE LABELLING AND ADVERTISING OF FOODSTUFFS, COSMETICS AND DISINFECTANTS ACT, 1972 (ACT 54 OF 1972)).