

# Motocross Fix



A LIFE-THREATENING ACCIDENT CHANGED MOTOCROSS RIDER STEVE LE ROUX'S PERSPECTIVE

**THE GAIN** Growing up I was always passionate and enthusiastic about dirt bikes and motocross. I competed in some regional races but my fear outweighed my desire for success. When I was 17 years old, a massive crash left me with broken bones and no motivation. Once I recovered I gave up on racing and never left the comfort of my PlayStation and racing DVDs. Although the passion was still alive, the safety of my couch was more appealing.



WEIGHT BEFORE

**103**

WEIGHT AFTER

**83**

**VITALS**  
Steve Le Roux, 23,  
Pietermaritzburg

**HEIGHT**  
1.78m

**OCCUPATION**  
Masters student

**TIME TO GOAL**  
2 years 8 months

**THE CHANGE** I was introduced to enduro riding (dirt bike riding through natural terrain and obstacles). I fell in love with the sport and finally had the motivation to get my butt off the couch. I also began kettlebell classes. It was (and still is) the most intense and demanding (physically and mentally) form of exercise I've ever experienced! With my new fitness regime and the support of a long term relationship, I started to push myself even harder.

**THE STRATEGY** My aim was to increase my training and riding, along with being as disciplined as possible with my eating. I don't race with poor quality fuel in my bike and expect it to run at optimum, so how can I expect the same from my body if I'm fuelling it with junk? My training included high intensity trail and tar running (this progressed from a slow, three kilometre

shuffle around the block to what it is now, almost nine kilometres in 38 minutes), kettlebells twice a week, mountain biking and enduro and motocross practice. My diet is high in protein and low on carbs, with as many raw, unprocessed and natural foods as possible.

**THE REWARD**

I am stronger, fitter and more motivated and that means I set bigger goals for my racing, and most importantly, my life. Each time I swing my leg over a bike, I feel myself improve and I finally feel comfortable in my own skin.

**THE RESULT**

I have lost 20kg. My racing went from finishing two events out of 18 in 2011, to finishing 15 out of 15 in 2012. I went from merely surviving a race to competing for potential podium results in regional championships.

**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

Grilled Burger and Gravy Streetwise 2

<b>1 880</b> Kilojoules (kJ)	<b>2 620</b> Kilojoules (kJ)
<b>59g</b> Carbs	<b>42g</b> Carbs
<b>35g</b> Protein	<b>32g</b> Protein
<b>8g</b> Fat	<b>37g</b> Fat
<b>5g</b> Fibre	<b>4g</b> Fibre
<b>1 825mg</b> Sodium	<b>1 420mg</b> Sodium

Fill up with more food and feel fuller for longer. Unsurprisingly, the chips in the Streetwise 2 are the main offenders – accounting for more than half of the total energy of the meal. Choosing mash and gravy as a side will axe the fat content in most meals by more than 60%. Plus adding more chilli salt to your chips can sky-rocket the sodium content – South African legislation now looks at curbing sodium content of packaged foods as it's linked to high blood pressure.

