

# Sing When You Win



SINGER LLOYD CELE CHANGED HIS BODY AND LIFESTYLE TO BETTER HIS CAREER AND FAMILY LIFE

**THE GAIN** I have to travel a lot, performing locally and internationally, and I neglected my body by eating whatever I wanted, whenever I wanted. After two years of living this way, I became slower, weaker and I was always tired. I had no stamina. Image is very important to my career and I realised that my work was being affected by neglecting my body. That's when I decided something had to be done.



**WEIGHT BEFORE**  
**101**  
**WEIGHT AFTER**  
**84**  
**VITALS**  
Lloyd Cele, 30, Johannesburg  
**HEIGHT**  
1.75m  
**OCCUPATION**  
Recording Artist/  
Song Writer/  
Musician  
**TIME TO GOAL**  
Four months



**THE CHANGE** My wife and my family were honest enough to tell me the one thing I refused to hear: "You're fat." Once I had realised how out of control I had let my body become, I changed my diet and started jogging three kilometres, three times a week. I drank lots of water and hit the gym at least twice a week for the first month. When it came to my gigs, I became conscious of what and when I was eating; I carried my shakes and supplements everywhere. I took charge of my life and remained disciplined, and I started to see some positive changes.

**THE STRATEGY** I started with setting a realistic goal – five kilos in two months, but I lost that in a month. My main strategy when it came to food was eating less carbs, adding more protein and eliminating fat! But I also changed the way I prepared

my meals – making sure they were always steamed, grilled or raw – and learnt to downsize my portions. I started to weigh my food, drink lots of water, eat at the right times and have a healthy snack, like a health bar, in between meals. I made sure my training was consistent: I bought a bike and cycled every second day for five kilometres.

**THE REWARD** I now have the body I have always dreamt of. I look younger and I feel good. I'm more confident on stage, I have more stamina when I am performing, and I'm more energetic and lively. I don't just have energy for the stage, I'm also able to play more with my two kids. Most importantly, I'm proud of what I have achieved.

**THE RESULT** I lost 17kg and, even better, I've made my healthy habits a big part of my daily lifestyle.

**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 MCDONALD'S

Sausage and Egg McMuffin      Big Breakfast

<b>2 220</b> Kilojoules (kJ)	<b>3 357</b> Kilojoules (kJ)
<b>57g</b> Carbs	<b>90g</b> Carbs
<b>24.6g</b> Protein	<b>29.3g</b> Protein
<b>21.8g</b> Fat	<b>34.5g</b> Fat
<b>1 038mg</b> Sodium	<b>1 279mg</b> Sodium

Research shows that eating breakfast is linked to lower body mass index (BMI). If it's lower energy you're wanting, grab a Sausage Egg McMuffin and a small juice which axes the fat and carbs by more than a third but still fills you up. However, if you are looking to boost your energy and carb intake, order the Big Breakfast with a medium juice to wash it down. Choosing the Sausage and Egg McMuffin also cuts the salt by nearly 20% (but that's still half of the World Health Organisation-prescribed 2g RDA, for breakfast!).

