

Armed Response

WHEN HE DECIDED TO GET HIS BODY BACK, MAARTEN COETSEE STACKED HIS WEIGHT LOSS ARSENAL WITH THE BEST INFORMATION HE COULD GET HIS HANDS ON



THE GAIN As a teenager, I wasn't very active and experienced problems with my weight from a young age. As time progressed through primary and high school, I was made fun of and laughed at. When I finished matric, I started to gain more and more weight. I ate unhealthy foods and drank a lot, not realising the damage I was doing to my body.



WEIGHT BEFORE

124

WEIGHT AFTER

81

VITALS
Maarten Coetsee
28, Pretoria

HEIGHT
1.78m

OCCUPATION
Data Capturer

TIME TO GOAL
16 months



THE CHANGE

On 1 January 2011, I looked at myself and wondered where I was going. I was experiencing some personal problems, I was wearing a size 40 and a XXXL shirt, and I was letting my health slide. But I started to imagine how I was going to look in my 40s. I realised that the time was now or never.

THE STRATEGY

I made a decision to get my body back. I joined a gym and got myself into a programme. The second step was looking at what I was eating and drinking and making sure that I was making healthy choices. Thirdly, I started using supplements to boost my weight loss. At first it was difficult, but as time passed it became much easier. I started living a new life. To keep motivated, I told myself that I didn't pick up all this weight in one

month which meant I wouldn't lose all the weight in one month. The secret to successful weight loss for me, was making sure I ate more protein during the day. I also cut out all fizzy drinks and alcohol. I still allow myself one day a week to "cheat", but it's important that I don't overdo it.

THE REWARD

The biggest reward was buying a size 32 pants and a medium shirt. Not only that, but people started to tell me that I looked good, and that made me feel good. I know now that it was worth all the hard work.

THE RESULT

I have lost 43kg; I have gone from 124kg to 81kg in a year and four months. My body fat was reduced from 25.8% to 14.5%, a total reduction of 11.3% body fat.

WIN! Could you be the next Belly Off! winner?

The next Belly Off! winner will become the proud owner of a cutting-edge Adidas hamper filled with high-tech performance gear: a lightweight Supernova convertible jacket with Climaproof tech for all-weather training; a moisture-wicking, short-sleeved Response T-shirt; a sturdy Clima team bag for all sports and travel needs; a small gym bag; a shoe bag; a cap; and a water bottle worth **R2 110**. Go to adidas.com for more product info.



EAT THIS NOT THAT!

AT DEBONAIRS PIZZA

Sweet 'n Sour Chicken Real Deal Club Sub Real Deal

1 881 Kilojoules (kJ)	2 372 Kilojoules (kJ)
21.9g Protein	28.3g Protein
47g Carbohydrates	50g Carbohydrates
6.3g Dietary fibre	4g Dietary fibre
20.3g Total fat	29.6g Total fat
1 004mg Sodium	1 250mg Sodium

You'll avoid nearly 500kJ and 10g of fat by opting for the Sweet 'n Sour Chicken, plus the pineapple and peppers that accompany it will provide you with a little more fibre. The chicken is also lower in sodium because it doesn't contain the processed meats that fill the Club Sub.

