

Dropping Four X's

PIETER LE GRANGE'S ASTONISHING TRANSFORMATION FROM LARD TO LEAN

THE GAIN Throughout my school career, I was always the overweight kid. I used to play rugby for the school's team – but three months of rugby season was pretty much the only exercise I'd do year in and year out. After not exercising, continuously eating junk food and drinking heavily, my weight skyrocketed up from about 110kg to 145kg.



WEIGHT BEFORE

145

WEIGHT AFTER

90

VITALS

Pieter La Grange,
26, Mandini,
KwaZulu-Natal

HEIGHT

1.73m

OCCUPATION

Educator

TIME TO GOAL

19 months



THE CHANGE

At the end of 2010 I started to realise that I had a problem. I went for an EKG and a cholesterol test, and the results were terrible. I couldn't buy clothes from normal retailers – I always had to go to stores that had "up size" sections for bigger guys. I realised I had to do something drastic to improve my health.

THE STRATEGY

In the beginning I decided to just cut back on bread. Breakfast and lunch consisted of oats, fruit and a salad, and in the evening I'd have some protein and vegetables. Within weeks I started feeling the difference. And more importantly: seeing it too! I pretty much stayed on this meal plan for a couple of months. Then I incorporated weight training into my schedule for five days a week. Eventually, I decided to count kilojoules and

do more cardio with my weight training. I started a routine bodybuilders would use to muscle up for competitions, even though I don't want to go to that extreme.

THE REWARD

My overall strength has increased and my love handles are starting to disappear. I am able to do a 10km jog in just over an hour and my energy levels are much better in the mornings. For the first time in my life, I can do pull-ups and chin-ups in the gym and my dead lift max is 180kg. I am still working towards my goal of having a six-pack one day, but it seems a reality now.

THE RESULT

I lost 55kg in 19 months: my pants size dropped from a 46 to a 36 and my shirt size dropped from a XXXXL to a large.

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!

YOGHURT

Low-Fat Smooth Bulgarian Yoghurt* 100ml

Greek Style Double Cream Yoghurt* 100ml

230 Kilojoules (kJ)
3.2g Protein
6g Carbohydrate
0.8g Dietary Fibre
2.0g Total Fat
1.3g Saturated Fat
45mg Total Sodium
69mg Calcium

390 Kilojoules (kJ)
3.6g Protein
7g Carbohydrate
0g Dietary Fibre
6.0g Total Fat
4.5g Saturated Fat
57mg Total Sodium
74mg Calcium

*The Greek Style Double Cream Yoghurt is an indulgent creamy choice using ingredients like full-cream milk and cream. Enjoy the moment or opt for Bulgarian low-fat yoghurt which cuts the kilojoules by 41% by simply dropping the total fat by two thirds. This low-fat option further lowers the saturated fat by 71%. Research** suggests reducing overall saturated fat consumption in the diet, to help reduce the incidence of heart disease.*



EAT THIS, NOT THAT MEGAN PENTZ-KLUYTS PHOTOGRAPH CHRISTOPHER LAURENZ, (STILLS) JAMES GARAGHTY *WOLWORTH'S, WITH PROBIOTIC CULTURES **MOZAFARIAN D, MICHA R, WALLACE S. EFFECTS ON CORONARY HEART DISEASE OF INCREASING POLYUNSATURATED FAT IN PLACE OF SATURATED FAT: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS. PLOS MED. 2010 MAR 23; 7(3).