



LOST 53KG!

RUNNING AT A LOSS

Douw Prinsloo lost 53kg by overhauling his diet and tying the laces of his running shoes

THE BELLY OFF! CLUB



AGE
46

LOCATION
Doornpoort, Pretoria

OCCUPATION
Administration Office

HEIGHT
1.86m

WEIGHT BEFORE / AFTER
133kg / 80kg

TIME TO GOAL
5 years

THE GAIN I was still healthy when I left school and during my two years of military service – but then I let it all go. I used my fat as a defence mechanism and my diet was very unhealthy. Instead of dealing with the issues, I hid behind a layer of fat.

THE CHANGE One morning I woke up and decided that enough was enough. I weighed 133kg, I was uncomfortable, miserable, always sick and, in truth, an unpleasant, unhappy person. I drove to the gym where I was paying for membership, but never used the facilities. I spoke to a personal trainer and we started the next day.

THE STRATEGY I worked with my personal trainer three times a week but I was in the gym five times a week. I changed my eating habits, avoided the work cafeteria and packed my own lunch-

boxes filled with homemade foods and healthy snacks. The idea was not to go hungry and eat more often. I used to attack the fridge and eat unhealthy stuff when I got home – it was a bad habit I had to break. I also stayed away from sugar and fizzy drinks. It's also important to reward yourself when you reach your goals. My goal was to get myself below 100kg first, and the reward? A tandem skydive at Wonderboom airport. To do that you need to weigh below 95kg. I did this jump one day before my 41st birthday in 2009: I weighed 93kg. From then on, the journey continued, but with one essential difference: it became easier. In January 2011, I ran my first 5km race and since then I've never stopped running. I've done well over 140 races, including 51 half marathons, 14 marathons and five ultra marathons and the biggest one:

Comrades (I got a bronze medal and finished in 10h57). Throughout this, my friends, family and running mates stood by me and the Vitality wellness programme provided me with tools to keep me going.

THE REWARD Even though it's taken me over a year to shake off the excess weight and to become fitter and leaner, I'm still going strong.

THE RESULT This whole process has made me a stronger person and now I inspire other people to live healthier lives. My total weight loss is 53kg and my waist dropped from a size 46 to 34. See more of my story at myownjourney.co.za.



We want to hear your weight loss and personal success stories! Email us at tellmh@media24.com

COACH'S CORNER

Running Resources

Here are three ways to help you start your new weight-loss race. Time to tie those shoelaces.

- 1. Join a Club**
If you need to find a club near you, visit runnersguide.co.za and check your province for all your options. The whole country is covered with running clubs to help keep you motivated and off the couch. It also has a calendar function for finding races.
- 2. Plan Your Races**
Read through the Race Guides, Race Ratings and calendar in *Runner's World* or on their site (runner-world.co.za) to find the most popular races and sign up. Once you've paid, it will be another reason to stick to your tarmac training and to help lose the extra winter flab.
- 3. Invest In Running Tools**
In terms of measuring your performance, you can't beat a watch or smart wristband tracker. For even more ease of use, check out the Nike Plus tracking system, app and the watch – but there are a number of options that cater to all budgets. Check out our *MH 2014 Fitness Awards on pXX* for the latest in training and running gear.



WIN! COULD YOU BE THE NEXT BELLY OFF! WINNER?

The next winner earns a **Reebok RealFlex apparel hamper worth R3 000**, including groundbreaking running shoes that deliver a "sock-like" feel and promote natural movement. Visit reebok.co.za for info.