



THE 6-PACK

CHALLENGE

Eight of our brave staff members bared their wobbly bellies, and entered our eight-week

challenge. Use their advice to get your body back into shape

BY ARTHUR JONES





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Summer's been good to you. The burgers, braais and beers have meant your jeans are a little tighter and your chins have multiplied in your holiday snaps. The past two months were filled with good times and, yes, it was all worth it – but now it's time to hit "Recovery Road" running. That's where we come in. With the help of the high-tech

South Africa (SSISA), we challenged eight of our staff members to get into shape, to fit comfortably in their clothes and to summit the office stairs without sounding like an asthma-riddled bulldog.

Being a loyal reader, you know we like to constantly challenge you to become a better man. Standing by our word, our eight intrepid challengers subjected themselves to intensive training programmes and smart eating plans from the brain trust at SSISA. These men are not carb-shy cover models, single-digit-body-fat athletes or muscle-bound gym gurus – they're normal nine-to-fivers with bonds, families and dodgy knees. There's a fashion guru who wants to lose weight and a night-owl creative director who wants to bulk up; a time-starved dad who wants to get the body he promised himself 10 years ago; a guy who's never set foot in a gym before; a school sports hero who used to be active (but isn't any more); and one weekend warrior who is active, but wants to stay injury-free. Sound familiar? Even though you may not have the help of SSISA or personal trainers, consider this your body blueprint, the schematic to help you get back on your own recovery road.

And, most importantly, this isn't just for vanity's sake; some of these eight men lowered their blood pressure, cholesterol and body fat considerably, dodging dangers like diabetes, heart disease and other serious health problems. Consider them your fitness guinea pigs, and all the lessons they learnt from the SSISA experts and earned in their own training sessions will help you to get back into the best shape of your life.



THE SLIM-FIT STYLE GUY
Neil Doveton, 47, fashion director

"In my 47 years before this challenge, I had spent 24 days – total – in a gym, which if you do the maths, works out to be 0.14% of my life. I honestly didn't know my lunges from my plunges. Up until now, I've managed to maintain my weight without much effort, then I hit my mid-forties and the inevitable middle-aged spread arrived with a vengeance. I couldn't fit into my jeans any more and shirts started to burst at the buttons, which isn't a good look. My biggest obstacles? My lack of confidence and the fact that I was astonishingly weak. I remember once rolling right over the top of an exercise ball and straight into the back of some other guy who was training! But, thankfully, my trainer Lorando was always there to guide me, and never let me get away with half-arsed attempts. Another learning curve was finding out that my eating habits really sucked. Being single, I mostly only ate when I was really starving instead of planning meals. This led to stuffing myself with fast food, toasted cheese sarmies and pies – lots of pies. I also used to do my grocery shopping after work every day, which resulted in buying food while I was hungry – tossing a couple of chocolate bars and a can of fizzy drink into the shopping basket at the cash point became second nature. Karlten Smit (our dietician) taught me to shop once or twice a week, plan meals, keep fresh salads and veggies in the fridge and cook a big meal twice a week so I can take some leftovers to the office for lunch. It even helped me to save a little cash. In terms of the overall changes, I still can't believe that I lost so many kilograms – it works out to be 15 normal-sized tubs of butter! Even better, I now have abs! After all these years the little bastards finally showed themselves! Granted, they're nowhere near cover model abs, but it's good to see them pop up from under the layer of middle-aged dread."

	BEFORE	AFTER	DIFFERENCE
WEIGHT (kg)	81.70	74.10	-7.6kg
BODY FAT (%)	29.7	23.4	-6.3%
VO₂ max	34.27	43.18	+8.91
WAISTLINE (cm)	85	80	-5cm
CHEST CIRCUMFERENCE (cm)	94	96	+2cm

"Neil's greatest improvements were the drastic changes in his body composition and the improvement in his exercise tolerance."

– Lorando Ressoa, biokineticist



THE GUITAR HERO
Clinton Jurgens, 29, senior designer

"Prior to signing up, my fiancée had pointed out to me that I'd 'picked up a few' over the past while. I told myself (and her) that it was just the bad lighting in our apartment, but the truth was that I was packing on the kilos. My main problems? What I was eating on the weekends – the type of food that gets given to you in a brown paper bag over a counter. And I wasn't active at all (besides having a good sweat at one of my band's gigs). So when the Six-pack Challenge arose in the office, I was quick to sign up. But then it hit me – this was going to be serious. The challenge started, and for the first time in a very long while, I was really motivated. My biggest physical problem going into this challenge was a recently dislocated shoulder. It really restricted my bench presses, but Lezandre gave me great alternative exercises to do. It showed that you can find exercises to work around any injury, which can be seen in my results. On the last day of testing, my bench press was back to where I wanted it to be. Training with a biokineticist or knowledgeable personal trainer, even if it's only once a week, really helps. You get to see what you should be doing and they push you to achieve your goals. When it came to my eating plan, Karlten provided me with a proper eating routine, so I didn't lose all my hard work by eating junk on the weekends. My big diet changes were to cut out my daytime cups of coffee and replace them with water (I kept a water bottle at my desk), I started having breakfast and I ate more fruit. The toughest part was definitely just before the halfway mark; I felt like I wasn't seeing the type of results I wanted. But I pushed on and, sure enough, three days later I could suddenly see the changes that were happening, which provides the best kind of motivation!"

	BEFORE	AFTER	DIFFERENCE
UPPER BODY STRENGTH (kg)	76	117	+41kg
WAISTLINE (cm)	81	76	-5cm
BODY FAT (%)	17.20	13.40	-3.8%
CHOLESTEROL (mmol/L)	4.94	4.01	-0.93mmol/L
VO₂ max	44.76	47.18	+2.42

"Clinton worked hard to regain his weight-training confidence after his clavicle injury, and once he did, he lost a lot of body fat and ended up with a great, toned body."

– Lezandre Joubert, biokineticist



MASTER OF THE UNIVERSITY
Hishaam Solomon, 24, marketing coordinator

"Before this challenge started, my fitness and health were affected by one thing: time. Apart from my job, post-grad studies and an upcoming wedding, time was not – and has not – been on my side for a while. I would trade my gym sessions for research sessions, and the only exercise I was getting for the day was walking from the office to the pie place on the corner. I was always tired and was only sleeping for about three to four hours a night (and the sad thing is I wasn't even partying!). But, from my first training session, I was put on a serious learning curve. During the first workout I learnt never to drink too much water while training. I threw up into the gym waste bucket! The guys in the office found that really funny. I probably would have too, but I was trying to stay conscious. On the upside, it was one of the many lessons I learnt. My diet got a serious overhaul. Before my sole source of nutrition was a masala steak sandwich with chips. Some days I wouldn't eat at all and would just live on coffee; the only balance in my diet was two spoons of coffee, two spoons of sugar and a dash of (full-cream) milk. Now I've cut down on the coffee, only have one spoon of sugar and actually eat healthy food, which doesn't include pies, boerewors rolls or masala sarmies. I've found that just eating the right food can help you lose weight. During the challenge I went to dinner with my fiancée; I ordered a salad with my meal and the waiter thought I was joking. After a good laugh I told him I was serious. The results of all this hard work are that my cholesterol level is much lower, my chest is bigger and even though I'm not where I want to be just yet, I've improved my quality of life. Now I always make time to train and to eat properly. And I'm careful not to drink too much water!"

	BEFORE	AFTER	DIFFERENCE
CHOLESTEROL (mmol/L)	6.56	5.36	-1.2mmol/L
BODY FAT (%)	24.7	19.3	-5.4%
CHEST CIRCUMFERENCE (cm)	97	100	+3cm
WAISTLINE (cm)	80	77	-3cm
VO₂ max	32.48	38.19	+5.71

"Once Hishaam's attitude towards training changed, he really started to enjoy it. It was amazing to see his potential once he put his mind to it."

– Fawwaaz Abrahams, biokineticist



THE MARRIED MUSCLE MAN
André Valentine, 26, editorial assistant

"My biggest obstacles were my tight work schedule and my misconceptions on what was okay to eat. Believe it or not, I did believe that a pepper steak pie was fine to eat for breakfast every morning – five days a week! Also, my exercise routine had become nonexistent. A mixture of work and other commitments meant that my training went down the drain, and I packed on the kilos (about 30 of them). Added to my work pressures, I also had to plan a wedding, so I quickly learnt that I needed to apply what I was learning at SSISA in my home gym. I now know that **cardio doesn't have to be a continuous 30-minute routine – you can break it up between target exercises and still get great results.** Sometimes, the things I discovered were pretty funny – that a pyramid means that the running gets more and more as the session goes on, or that I could make 'fake' sweat with my water bottle to fool my trainer! But seriously though, I learnt to enjoy running (which I loathed in the beginning), and now I run even when I don't have to. And training in the evening is my perfect alone time. While I'm tuning my body, I'm able to reflect on the day (which gets better as you improve your fitness). I discovered that the best music to work out to is definitely heavy metal (it's like an earful of ibuprofen). But, to be honest, changing my diet was tough. Contrary to my belief, most sausage is not lean meat and pies are bad for you. I learnt that fibre is king, lettuce doesn't weigh much and that a tight schedule is no excuse for junk food. The fact that I'm buying groceries and keeping them at work is amazing and convenient, which stops me from going out to get a pepper steak pie. There's no six-pack (yet), but I'm in much better shape than when I started, and my fiancée loves that – a great result!"

	BEFORE	AFTER	DIFFERENCE
VO ₂ max	22.28	44.08	+21.8
WEIGHT (kg)	123.75	115.70	-8.05kg
LOWER BODY STRENGTH (kg)	226	323	+97kg
UPPER BODY STRENGTH (kg)	114	152	+38kg
WAISTLINE (cm)	116	108	-8cm

"His work ethic steadily improved as the weeks passed and he was rewarded by losing just over eight kilograms of fat and by making enormous strength gains."

– Chad Gravenhorst, biokineticist



THE SIX-MILLION RAND MAN
Tudor Caradoc-Davies, 29, head of Rodale online

"Before this challenge, I'd been out of action for 10 months with knee and hip cartilage damage. In fact, I'd been hobbling since the age of 19 with some kind of injury or other, normally to do with knee, back or neck pain. I'd been thrown by an overzealous judo coach as a kid and, between patella tendonitis, growing too fast and rugby injuries, my body was not so much a temple as it was a dilapidated ghost house complete with creaks, groans and the never-ending zombie of my unfulfilled sporting ambitions. To put it into perspective, I'm the guy who if I sneeze too hard, I literally put my neck out, but I'm up for a game of koppestamp. The second biggest obstacle was going to be my love of good food, wine and beer. I took Karlien's advice and focused on meal frequency, portion size and breakfast. I always thought the washboard abs guys were full of it, until I tried it. It worked. I also learnt that carbs could appear at breakfast and lunch, but not for dinner. To avoid injury, I started going to ZenZero (www.zenzero.co.za), a studio running a hybrid of yoga and Pilates with an emphasis on strengthening your core. My balance, strength and posture improved, and doing crunches, sit-ups and leg extensions became so much easier. That didn't stop me from getting cramp in one ab, literally! It was weird, I let out a high-pitched yelp and slapped the floor. **My advice for injury-prone guys looking to lose weight is to forget about the gung-ho overnight six-pack. Start slowly, focus 80% on diet and have a few treats every now and then!** Whenever time permitted, I'd play frisbee on the beach or touch rugby, just to remind my muscles that their purpose was function, not gym-mirror flexion. Now I feel fit enough to do anything I want. And my girlfriend worships the new me. At least I tell her to."

	BEFORE	AFTER	DIFFERENCE
WAISTLINE (cm)	97	91	-6cm
UPPER BODY STRENGTH (kg)	106	133	+27kg
CHOLESTEROL (mmol/L)	5.43	4.68	-0.75mmol/L
SIT-UPS IN A MINUTE	31	51	+20
BODY FAT (%)	21.10	18.90	-2.2%

"Regarding his pre- and post-measurements, Tudor definitely increased his strength and improved his cardiovascular fitness."

– Lezandre Joubert, biokineticist



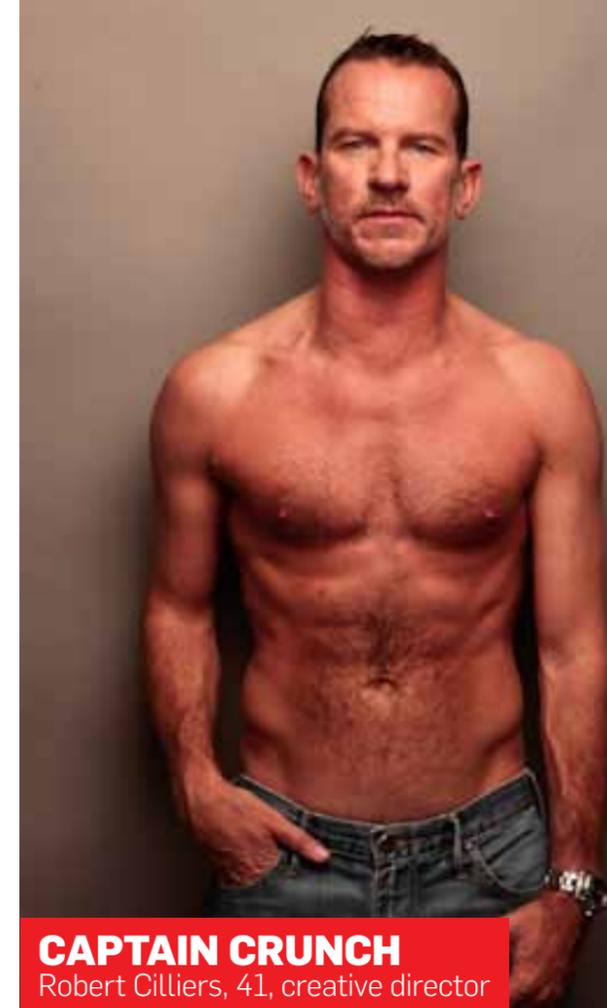
THE SIX-PACK SLUGGER
Alistair Fester, 27, designer and picture editor

"I returned home from the UK at the end of 2009. I'd lost a lot of weight in the time I was overseas, running after busses and travelling almost everywhere on foot. British food wasn't that great, so I didn't eat out much. Also, my girlfriend and I shared a house with a dietician, so without us knowing we adopted a healthy diet. Unfortunately, that all ended when I arrived back in South Africa and moved in with my parents. With mom's home cooking, braais, gatsbies and Sunday roasts, I picked up nearly 10kg in a few months. The problems I faced? Time management and motivation were problems for me when I had to train on my own. I was always ready to do group training (baseball training or weekend rides with friends), but I would often cut individual cycling sessions. But through the challenge, I learnt to stay consistent and become disciplined. Aside from wanting to look good, my other motivations were to reduce my risk of illness, to become stronger and increase my fitness to be able to do the sports I enjoy (be lighter for cycling; run faster and be more agile for baseball). I also learnt a great deal about what I ate. I never thought about how much carbs, sugar or protein I had eaten or needed, for that matter, and never looked at food labels until Karlien explained it all to me. During the first week I changed my eating by substituting healthy meals systematically, starting with breakfast on day one. **I've now adopted some good eating habits – breakfast is always healthy; I have smaller food portions; I use little to no oil when preparing food; and I have veggies with every meal.** I even gave the meal plan to my mom and she started preparing these healthy meals for my dad and herself. They're both over 60 and reported some weight loss themselves!"

	BEFORE	AFTER	DIFFERENCE
WEIGHT (kg)	88.75	79.85	-8.9kg
WAISTLINE (cm)	80	74.50	-5.5cm
CHOLESTEROL (mmol/L)	4.40	3.80	-0.6mmol/L
FLEXIBILITY (cm)	31	35.50	4.5cm
BODY FAT (%)	17.70	14.40	-3.4%

"Alistair significantly reduced his body fat percentage and went from being overweight to having a normal Body Mass Index (BMI) by losing roughly eight kilograms."

– Chad Gravenhorst, biokineticist



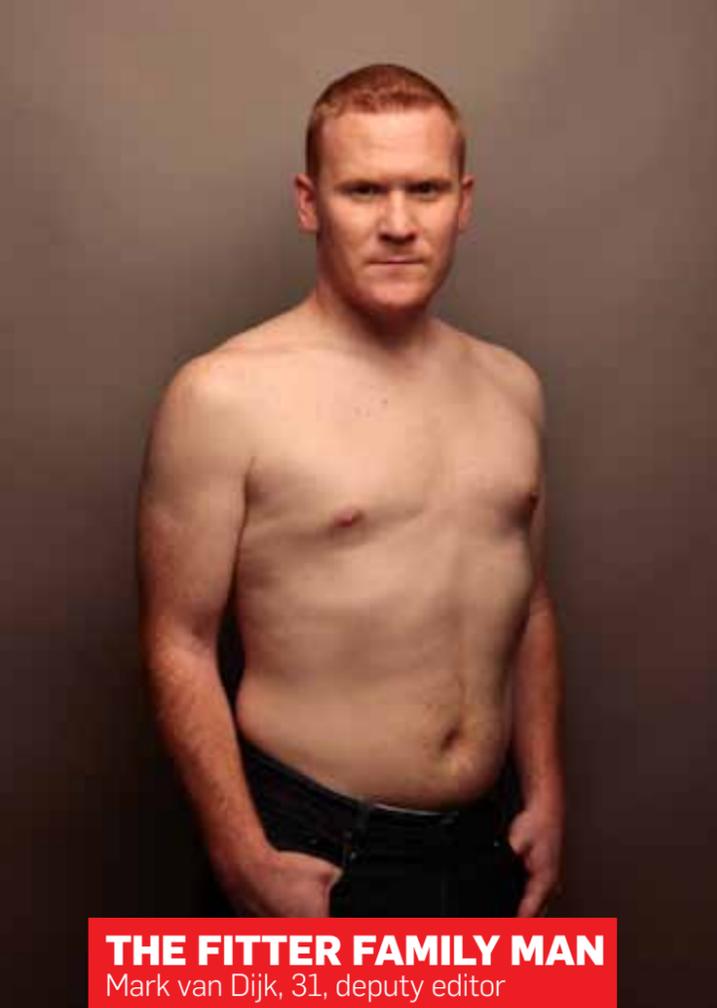
CAPTAIN CRUNCH
Robert Cilliers, 41, creative director

"I was the only one who wanted to gain and not lose weight, but at the same time wanted to get back the six-pack I used to have back in the good days (when I was 30). The day you turn 40, your body just seems to start storing fat on your midsection, and I had developed a 'boep', even though I generally live a healthy and active lifestyle. So I needed to get rid of the belly fat while still gaining as much muscle as possible. Unfortunately, like the other guys on the challenge and most of you reading this, I also had some serious obstacles. Besides being more of a beanpole than a beefcake, I didn't have much time to dedicate to this new body project. The second major obstacle: my old, battered body. I had a bugged left shoulder (and yes, that's the technical term for it) and dodgy knee from my sporting days. The third obstacle: I needed to basically double my kilojoule intake so that I could build the muscle that I wanted. Considering that I'm not a big eater, it was a challenge. And then the last obstacle was probably the hardest: **I needed to cut down on my drinking. Alcohol is full of 'empty' kilojoules (meaning they don't have any nutritional value), and it interferes with fat burning.** But, thanks to SSISA and some major effort on my part, I was able to overcome those obstacles. That ended up being the biggest reward from doing this challenge – I have a brilliant diet plan, I've gained a greater insight into compound exercise training and learnt more about training. For example, **I learnt that getting a six-pack is not about doing hundreds of sit-ups every day; it's about having a balanced training routine that melts the fat that covers your abs.** And with regards to my injuries, I was able to strengthen the supporting muscles around my dodgy joints."

	BEFORE	AFTER	DIFFERENCE
WAISTLINE (cm)	85	76.50	-8.5cm
UPPER BODY STRENGTH (kg)	80	120	+40kg
CHOLESTEROL (mmol/L)	4.73	3.93	-0.8mmol/L
SIT-UPS IN A MINUTE	52	70	+28
FLEXIBILITY (cm)	29	35	+6cm

"Rob really made excellent progress. He ended up improving his strength levels on all the exercises!"

– Lorando Ressoa, biokineticist



THE FITTER FAMILY MAN

Mark van Dijk, 31, deputy editor

"Time was, and is, my biggest obstacle. I leave home just after 7am and get home just before 7pm. My kids go to bed at 7.30pm. I'd rather spend time with them than in a gym, and I thought that when my girls turned 13 and decided they hate me, then I'd spend those spare hours working out. So I knew that the eating plan wouldn't be the real issue; it was about finding the time for training. Also, I learnt in the beginning that weight loss as a goal is, in and of itself, not a real goal (it's more about losing centimetres around your waist than dropping kilos). In June I weighed 105kg. Between then and the Six-pack Challenge starting in September, I made a quiet, but concerted effort (no gym, no diet plan, just a bit of soccer with friends and fewer snacks over weekends) to get down into the nineties. I lost seven kilograms in three months without really even trying. The biggest step is the first: deciding to get off your butt and stop subjecting yourself to other people's fat jokes. I also learnt about portion sizes. About three weeks into the programme, I thought I had lost my appetite. Truth is, all I'd lost was the capacity to eat huge meals. There's nothing on the menu now that I never ate before, and there's nothing that I used to eat that's now verboten. My biggest motivation was the looming shadow of my family history: my father had one kind of cancer and two kinds of strokes before he turned 59 (it was a brain tumour that finally killed him), and it breaks my heart that he never got to meet his grandchildren. Somewhere around week six of the programme, my 35-year-old brother was diagnosed with type-2 hypertension (the get-your-affairs-in-order-because-you're-about-to-die type), so that gave me another nasty wake-up. My DNA is trying to kill me... and that's all the motivation I need."

	BEFORE	AFTER	DIFFERENCE
WAISTLINE (cm)	93	88	-5cm
WEIGHT (kg)	98.2	94	-4.2kg
SIT-UPS IN A MINUTE	17	34	+17
VO₂ max	42.77	47.87	+5.1
BODY FAT (%)	23.90	21.70	-2.20%

"At first, Mark struggled with maintaining the weekly number of training sessions, but that changed and his dedication resulted in his fitness levels showing huge improvements."

—Fawwaaz Abrahams, biokineticist

THE SIX-PACK TRAINING PLAN

Here is your comeback plan, courtesy of the scientists at SSISA. For more detail on the exercises and tactics below, go to www.mh.co.za/sixpackchallenge for the full rundown of this programme.

SSISA WEEKLY TRAINING SCHEDULE

WEEKS 1-4

Week 1: Cardio at 60-65% of heart rate (HR) max **Week 2:** Cardio at 65-70% of HR max
Week 3: Cardio at 70-75% of HR max **Week 4:** Cardio at 75% or above of HR max

Monday Cardio session 1 / chest, biceps and triceps workout and core (3x 12-15)
Tuesday Rest or 10-20 minute run or walk
Wednesday Cardio session 2 / legs workout and core (3x 12-15)
Thursday Rest or pool session (10-50 laps progression weekly)
Friday Cardio session 3 / back and shoulders workout and core (3x 12-15)
Saturday Rest
Sunday 20-30 minute jog or cycle

WEEKS 5-8

Week 5: Cardio at 75-80% of HR max **Weeks 6-8:** Cardio at 75-85% of HR max

Monday Cardio session 4 / legs workout and core (4x 10-12)
Tuesday Rest or 20-30 minute run or walk
Wednesday Cardio session 5 / back and shoulders workout and core (3x 10-12)
Thursday Rest or pool session (10-50 laps progression weekly)
Friday Cardio session 6 / chest, biceps and triceps workout and core (3x 10-12)
Saturday Rest
Sunday Cross-training session – super circuit at gym

WEEKS 1-4

Stretches: Hamstrings, quads, calves, shoulders, triceps, back and chest

Cardio session 1:
 Cycle 10 minutes
 Row 5 minutes

Chest, biceps and triceps: 3x 12-15 reps
 Push-ups
 Bench press
 Incline barbell press
 Dumbbell curls
 Triceps kickbacks
 Hammer curls

Core: 2x 15-20 reps
 Crunches
 Oblique crunches
 Heel taps
 Modified plank (4 reps x 30 seconds each)

Cardio session 2:
 Elliptical 10-15 minutes
 Stepper 10 minutes
 3x 1 minute skipping

Legs: 3x 12-15 reps
 Squats with medicine ball
 Lunges
 Leg press machine
 Standing calf raises
 Single-leg extensions

Cardio session 3:
 Treadmill 15 minutes
 Arm rowing machine 5 minutes
 Step-ups on a Reebok Step: 3x 20 steps, 30 second break

Back and shoulders: 3x 12-15 reps
 Seated dumbbell shoulder press
 Lat pull down to chest
 One-arm row
 Seated vertical row
 Standing opposite lat and frontal raises
 Bridging on stability ball (6 reps x 30 seconds each)

WEEKS 5-8

Stretches: Lower back, glutes, hamstrings, quads, calves, shoulders, triceps, back and chest

Cardio session 4:
 Shuttles 5-10 minutes
 Row 10 minutes
 Stepper 10-15 minutes

Legs: 3x 10-12 reps
 Smith machine squats
 Hip lifts
 Walking lunges with dumbbells
 Incline leg press machine
 Seated calf raises
 Adductor and abductor machine

Cardio session 5:
 Boxing 5x 45 seconds with 20 step-ups
 Cycle 15-20 minutes

Back and shoulders: 3x 10-12 reps
 Smith machine shoulder press
 EZ bar upright row
 Pull-ups – Smith machine
 Pulley-upright row
 Reverse flys
 Standing opposite lat and frontal raises
 Bridging on stability ball (8 reps x 30 seconds each)

Core: for 10 minutes
 Medicine ball, Russian twist, crunches, crossover crunches, plank holds, Bosu crunches, bicycle crunches, crunches with legs at 90 degrees

Cardio session 6:
 Treadmill 20 minutes
 Elliptical 15-20 minutes
 Arm rowing machine 5 minutes (high intensity)

Chest, biceps and triceps: 3x 10-12 reps
 Dumbbell - Chest press
 - Flys
 - Incline chest press (45 degrees)
 Barbell - Bench press
 - Incline chest press
 - Biceps curls

Triceps dips off a ledge, feet on medicine ball
 EZ bar preacher curls
 Triceps push-down machine



SSISA DIETICIAN'S 8-WEEK EATING PLAN TO HELP YOU SHAPE UP

Combine the different options provided to make up your own menu plan. With fitness levels and training intensity increasing over time, you may need to increase your nutritional intake accordingly, provided you are losing weight consistently. If you lose more than one kilo a week, you can also step up your kilojoules. See weeks five to eight for guidelines on how to appropriately step up the dietary intake to match training requirements. (These are guidelines based on the needs of a 90kg man following the eight-week exercise programme in this article.)

	WEEKS 1-4	WEEKS 5-8
BREAKFAST Choose one of the following options	OPTION 1: TRADITIONALLY HEALTHY • 1 large slice rye bread spread thinly with 1 tsp margarine/butter topped with 1 scrambled/poached egg (serve with sliced tomato, mushrooms and peppers). Plus a fruit (1 cup sliced pawpaw) OPTION 2: BRING ON THE FIBRE • 1 cup high-fibre cereal or cooked oats with 1 cup fat-free milk or yoghurt. Add a sliced banana and 1 small handful nuts (5 almonds) OPTION 3: SMOOTHIE ON THE RUN • ½ cup fat-free milk + 100ml fat-free yoghurt + 1 large ripe banana + 1 cup berries (2 tbsp oat bran optional)	ADD ONE OPTION FROM LIST A AND B TO YOUR EXISTING EATING PLAN. LIST A: • 30g chicken/lean meat/reduced-fat cheese/lean cold meat • 40g fish • 1 egg • ½ cup legumes LIST B • 1 cup rice/pasta/couscous • 300ml fruit smoothie • 300ml low-fat drinking yoghurt/lassi • 3-4 cups unbuttered popcorn • 1 medium bran or fruit muffin • 1 low-fat cereal bar (<5g of fat per 30g of carbohydrate) • 2 slices wholewheat bread/3-4 wholewheat crackers • 3-4 digestive biscuits/2 rusks/3-4 biscotti
SNACK	• 1 fruit serving (6 large strawberries) + 175ml fat-free plain yoghurt or 25g lean biltong	
LIGHT MEAL Choose one of the following options	OPTION 1: GOURMET SANDWICH • 2 slices wholewheat bread or 1 bread roll spread thinly with pesto. Fill with 30g lean roast beef + 30g mozzarella cheese. Add sliced tomato and fresh basil leaves OPTION 2: VEGETARIAN SALAD • 1 cup pasta rice + ½ cup legumes (red kidney beans). Add marrows, Peppadews, roasted cherry tomatoes and rocket OPTION 3: BITS AND BITES • Spicy skinless chicken leg or 1 medium chicken kebab (60g chicken). Serve with wholewheat pita bread and tzatziki or hummus dip. Add raw baby corn, mangetout, cucumber and carrot sticks	
SNACK	• 1 fruit serving (roughly size of cricket ball like medium apple) + 1 slice bread (or 3-4 wholewheat crackers) thinly spread with peanut butter, cottage cheese or avocado	
MAIN MEAL Choose one of the following combinations	OPTION 1: QUICK CHICKEN PASTA OR STIR-FRY • 200g skinless chicken (or fish). Serve with tomato and roast broccoli and peppers or stir-fry vegetables (carrots, peppers, spinach, cabbage) + 1½ cups pasta, noodles or rice (if time-stressed, use quick cooking rice) OPTION 2: SLOW COOKING • 200g skinless chicken or lean meat tagine or stew/curry. Add vegetables + 1½ cups brown rice and lentil mix or large baked roti OPTION 3: EATING OUT • 6 piece sushi starter (e.g. California rolls) or 1 cup non-creamy soup + Approx 200g grilled steak or 240g grilled line fish + Served with small portion rice or a baked potato and large salad. Enjoy a skinny cappuccino or caffè latte for dessert.	
FREE VEGETABLES Bulk up meals and snacks	Broccoli, cauliflower, cabbage, green beans, gem squash, courgettes, spinach, Brussels sprouts, aubergine, radish, mushrooms, pattypan, asparagus, lettuce, rocket, watercress, tomato, cucumber, green, red and yellow peppers	

BEFORE PHOTOGRAPHS: JAMES GARAGHTY AFTER PHOTOGRAPHS: BYRON KEULEMANS WORKOUT PHOTOGRAPHS: TROYE MAY

GENERAL GUIDELINES

- 1 cup = 250ml; 90g protein = deck of playing cards; 1 tbsp = 15ml; 1 tsp = 5 ml
- Daily allowance: one cup fat-free milk (for tea/coffee) or 1 cup yoghurt. You can have up to 4 cups of tea and coffee in a day.
- Aim to drink at least six glasses of fluid a day, of which at least half should be water. Take a bottle of water to training and only use sports drinks or high-sugar drinks for training sessions lasting longer than 60 to 90 minutes.
- Limit alcohol to two units per occasion. 1 unit = 120ml wine; 1 tot spirits or 1 light or half a regular beer. This cannot be carried over for a specific night's binge.
- Limit the amount of oil to one teaspoon per person per meal. Soy sauce, lemon juice, wine, stock, water or Spray 'n Cook (also available in olive oil) can be used to replace all/part of the oil/margarine in cooking. Similarly, lemon juice, low-fat yoghurt, wine, soy sauce or stock can be used to baste or marinate food to prevent it drying out. Emphasise seasoning (spices, fresh herbs) in dishes to enhance flavour.

Karlien Smit, registered dietitian with Shelly Meltzer & Associates, dietitians associated with the Sports Science Institute of South Africa (www.ssisa.com)

Come and hear the inside story of the challenge and how to get a killer body from the SSISA experts and the guys from Men's Health magazine!

- When:** 28 March 2011
Where: Conference Centre, Sports Science Institute of South Africa, Cape Town
Time: 18h30 (registration from 18h00)
Workshop fee: R50 per person
 • There will be a lucky draw as part of the workshop, with excellent prizes!
 • Seating is limited, so email workshop@ssisa.com to book.
 • Visit www.ssisa.com or phone 021 659 5649 for more info.

