

Leading By Example



WEIGHT BEFORE: 137KG

NAME DAVID CROSS

AGE 28

LIVES CAPE TOWN

HEIGHT 191CM

JOB PERSONAL TRAINER

WEIGHT LOST 51KG

TIME REQUIRED 18 MONTHS

WEIGHT AFTER: 86KG

THE GAIN

As a teenager I was involved in a variety of sports, be it football, karate, tennis, basketball, cycling or athletics. My weight gain began when I left school to work in London, where the combination of corporate money and a corporate lifestyle meant a lot of unhealthy drinking and eating. Over a period of five years I ballooned from 100kg to a pants-splitting 137kg.

THE CHANGE

I was out clubbing with friends and my friend suddenly turned and told me that I was too fat, and that I would never change. In my drunken state I put male pride on the line and told him I would. While eating a full English breakfast with the same friend the next morning he reminded me of our conversation and I told him that I hadn't forgotten. We left it at that.



THE STRATEGY

I needed to break the habit of a lifetime and started by using my corporate gym membership for the first time. I put on my gym shorts and T-shirt and, funnily enough, still thought I looked okay, until I walked through the doors of the gym. I hadn't a clue. I pretended I knew what I was doing but I didn't. So I enlisted the services of a personal trainer – an ex-footballer who would drill me into shape. The cliché “no pain no gain” was an understatement. My sessions were vomit-worthy, but I loved it. Soon I went from one session a week with my trainer to three, and then five a week. A chance holiday to South Africa further changed my life. I fell in love with Cape Town and decided to quit my job in London and move. I studied personal training and decided to make it my career. Once immersed in Cape Town life and enjoying my healthy eating, the weight just fell away.

THE RESULT

In 18 months I went from a 137kg whale to 86kg of lean mass.

THE REWARD

My self-confidence and energy levels are at an all-time high. I'm also a successful personal trainer and have a great base of clients who are all motivated to change their lifestyles for the better. I enjoy my life more now than I can ever remember.

COULD YOU BE THE NEXT BELLY OFF WINNER?

The next Belly Off winner will take home the LG SolarDOM, a technologically advanced light oven that cooks four times faster than conventional ovens. Because it works so much faster, and uses halogen lights, it preserves nutrients and the taste of your food, making your food preparation even healthier. Another huge benefit is that the LG SolarDOM uses 20 percent less electricity than other ovens on the market. Go to www.menshealthsa.co.za to enter the **Belly Off challenge**, and you could be the winner of this super appliance. Price **R3 500** Check www.lge.co.za for a complete list of SolarDOM stockists.

