



INTERNETARTICLE

Anita lose weight to win Biggest Loser Challenge

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Anita Breedt, a Senior Accounting Clerk at the Department of Water and Sanitation (DWS) in Free State is a winner after being named the Biggest Loser.

An elated Anita beamed with excitement after her triumphant eight weeks journey where she lost 5 kilograms with a plan to shed more weight on her own. She thanked the organisers of the Biggest Loser Challenge and attributed her victory to her competitors saying if it was not for them she would not have won.

She says participating in the competition has taught her a lot about meal portions and which food types are good for weight loss and which to avoid from the dietician. She confesses however that the hardest part was to do exercises.

“Once you get going it becomes much easier, it is all in the mind. I have now adopted a healthy lifestyle and I am positive that I will achieve what I want in as far as the weight loss is concerned”, she added.

Anita says it was a healthy competition with her colleagues and the competition brought them even more closer as they became a tight knit group for the duration of eight weeks.

The Biggest Loser Challenge was initiated after Health and Wellness section found that many of the DWS employees suffer from being overweight.

Lindelo Mdletshe, an official from Employee Health Wellness Unit says this challenge is aimed at inspiring healthy lifestyle amongst the staff.

“Being overweight should be avoided before it turns into obesity. Being overweight could lead to hypertension, stroke, high blood pressure, osteoporosis and heart disease. Eating healthy and physical exercise also promotes self-esteem”, she explained.

Meanwhile, Anita is eagerly waiting for her treadmill prize which she says will not gather dust in her house she will use it to shed more wait.

Larry Crisp – Communications Officer for the Department of Water and Sanitation, Free State Region