



## INTERNET ARTICLE

### Biggest loser participants going strong

24 August 2016

After the launch of the biggest loser challenge on 16 August 2016 participants have set their goals and are ready for the challenge. Today all participants got back together to track their progress and to share a lesson by the nurse.

The lesson of the day was around sugar and how it affects the body. One teaspoonful equals eighty-five kilojoules. Nurse Tebogo warned that there is no difference between brown and white sugar. "Many people believe that brown sugar is somehow healthier than white sugar but this not true because the only difference is the colorant added to the brown sugar", she said. The participants were encouraged to reduce sugar intake as much as they could if they wanted to lose centimetres around their waists.

"A 340ml can of Coke contains up to 9 teaspoons of sugar," said nurse Tebogo. The participants were in awe of this revelation as Coke is the favourite go to drink" for many of them. Nurse Tebogo further revealed that even drinks such as iced tea and alcoholic beverages especially ciders have high sugar content. "Products that you might not suspect to have sugar content can be very deceiving, Diet Coke also has sugar content", she said.

The best way to get into the groove of things is to start reducing gradually and later on cut out completely. If one is used to taking three teaspoons of sugar in one's tea then reduce to one and a half. "The more you do this the more it will become normal and this is where the change of lifestyle begins," she said.

Starch should also be reduced and smaller portions should be consumed, this will later also become a lifestyle. Nurse Tebogo encouraged everyone to stay on their set routine and reaffirmed that this is a team effort and people should support one another.

Participants all posed for pictures and promised Communications that a total change is to be expected when the "after" pictures will be taken in eight weeks time. Participants said that they are looking forward to being the biggest loser and winning the big prize.

**Larry Crisp**