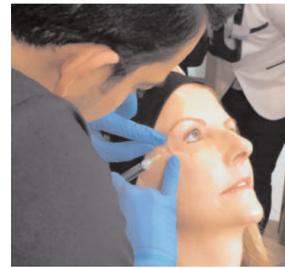


LIFE



Acid injects new life in damaged skin

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WINTER will soon be upon us, when getting out of bed will require a great deal more effort, never mind gathering the energy to go to gym or to do any form of exercise.

However, it is not impossible to get motivated to exercise in the cold months.

Other than the gym, there are a number of options available.

One of them is BODYTEC, electro muscle stimulation (EMS) training that is fast gaining popularity nationwide.

Requiring only a commitment of once a week, it may sound like a gimmick but its South African founders say their 20-minute strength training sessions are not a quick fix and are tougher than hitting a regular gym.

Boris and Sandra Leyck established their first studio in Cape Town in 2011, turning it into a franchise that now has 26 studios across the country.

"We discovered the concept in Germany where EMS training is very popular. Here we are still a little bit behind.

"Sandra and I had nothing to do with the fitness industry although we both liked to exercise and to do a lot of sports.

"I tried EMS training for the first time in Munich where a good friend of mine had opened a studio," explains Boris.

"I couldn't walk for a week, I was completely sore. After coming to Cape Town for the world cup, I said to Sandra: 'Let's stay in this beautiful country and start an EMS concept'.

"We opened BODYTEC City Bowl first and from the beginning our target was to start a franchise.

"Now we are running studios around the country, in Cape Town, Durban, Joburg and Pretoria," he says.

"Boris put his business suit in the cupboard and started training a few of our friends while I worked in the marketing side of things," says Sandra.

"I still had a job because for us it was quite scary starting something new.

"At first no-one wanted to come, most people thought it (EMS) sounded like a weird thing to do. We invited 50 of our best friends for free training to learn how it works. They were amazing and helped us to spread the word.

"As we grew from one studio to more it became easier and now there are competitors. There are now over 20 EMS concepts in South Africa who do things slightly different from us but who are using similar technology. That has helped us a lot because we don't have to explain to people anymore what EMS is... people now understand that there is this industry out there," she says.

But how does it work? According to the BODYTEC website, EMS uses low frequency stimulus attached to one's body. The training activates 90 percent of one's muscles simultaneously, with the contractions reaching a much higher intensity than those done voluntarily. These impulses are combined with traditional low-impact exercises for an intense full-body workout.

The intensity of the equipment allows one to thoroughly work out all areas of the body, while also targeting problem areas. This type of workout results in the delayed onset of muscle soreness, which means increased fitness, toning, strength and endurance.

While results vary from person-to-person, users can expect to see and feel a difference after six training sessions.

The training is not only designed for those looking to tone up and build muscle, but also for cross-training athletes that need additional strength training.

It is ideal for those with a busy schedule and decreases the risk of injury since it is a weight-free workout that does not apply pressure on the joints.

A personal trainer works with you at all times to ensure that your individual training caters to your needs.

"It is not that this is worse or better than any gym, but it is a quicker and more effective way if you don't have time," says Sandra.

I tried a 20-minute session at their City Bowl studio last week. The wired body suit is intimidating at first but I got used to the vibrating sensation pulsing through several parts of my body. Ten minutes into the workout I started to sweat, as if running up a steep hill... my muscles were working harder than normal. A week later my body is still sore.

Boris explains: "We don't do any cardio training, but it is an excellent add-on for athletes, runners, cyclists, golfers and elderly people. Also people who don't have time - from business people to moms who just do 20 minutes a week. The EMS concept comes from the medical field of professional sports. It has been used for the last 30 to 40 years in the fields of sports medicine and rehabilitation.

"But we don't promote it as a weight-loss programme because we don't want to over promise. You do burn calories here and you do lose weight, but if you eat unhealthy it won't work."

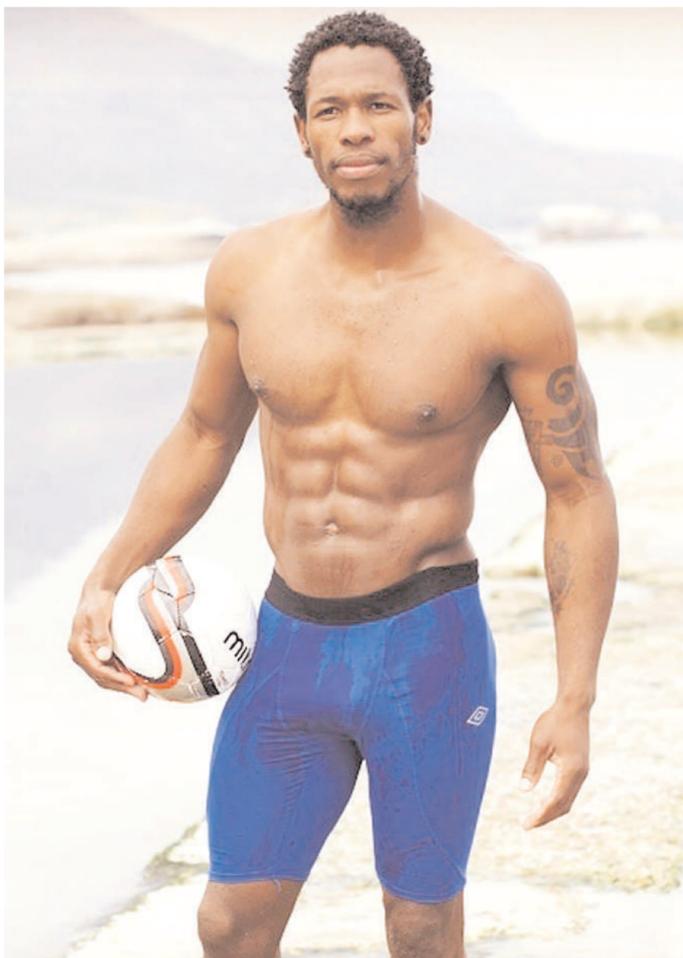
● For more BODYTEC information:
Website: www.bodytec.co.za
Facebook: www.facebook.com/bodytec
Twitter: BodytecSA



WIRED UP: The BODYTEC website says the method uses low frequency stimulus attached to the body. The training stimulates 90 percent of the body's muscles simultaneously, with the contractions reaching a much higher intensity than those done voluntarily.

New exercise method tougher than gym

Electro muscle stimulation gaining plenty of support from fitness enthusiasts, writes **Nontando Mposo**



TONED: Personal trainer Masi Ngcwatywa has tips to keep fit this winter.

Masi Ngcwatywa: Trainer/model/actor and founder of Masi's Bootcamp

MASI Ngcwatywa is based in Cape Town but trains athletes, celebrities, children and everyday folk across the country.

His training method combines a mixture of cross training, including hiking, cycling, running, stretching, and strength and core training, as well as a personalised eating plan.

His transformation story began in high school when he was a skinny soccer player at the Santos Football Academy.

Weighing 55kg at the time he didn't give much thought to what he ate, and would eat everything from chips to burgers and pizza on a daily basis.

"I looked like a walking skeleton. People always reminded me of how skinny I was.

"It didn't bother me much, but after hearing it for so long it definitely affected my self-esteem," he says.

"After high school I made it a mission to put on some muscle. "I started following workouts, proper form and diet to a T.

"Results came quicker than I expected and I guess that was how it all started," says Ngcwatywa.

Ngcwatywa's training advice

● Set realistic goals for yourself and start slowly by following good eating habits and getting a professional fitness consultant.

● Stay active by exercising three or four times a week. If it is raining or cold outside you can still do home-based exercises that require no equipment and minimal effort.

"People often think that if you train every day or twice a day you will lose weight, but that is not true.

"You just need to be active for about 30 to 45 minutes a day and follow good eating habits," he says.

"I have realised that one does not really need to sign-up for gym.

"You can work out at your home or in public parks, but make sure you get an assessment done by a professional physician so you have a personalised training programme to follow."

For information on Masi's Bootcamp or to book a training session, visit the Facebook page: Masi's Bootcamp.

Also e-mail: Masithetrainer@gmail.com, Twitter: [@masifitness](https://twitter.com/masifitness) and Instagram: Masi Ngcwatywa

Win! Win! Win!

ONE LUCKY reader stands the chance to win four sessions, which equal one month's free training at any BODYTEC studio of their choice.

There are 26 studios nationwide, with 11 in the Cape.

SMS, CABODYTEC, name, surname and e-mail address to 34445. Competition opened at 6am today and closes at midnight. Ts & Cs apply. Each SMS costs R1.50. Winners will be notified via e-mail.