

# Charitable Brits

By the Staff Reporter



Franschoek Health Club Director, Okkert Brits

Former Commonwealth Games Gold medalist, African Pole vault record holder, three-times Olympian and numerous medal winner Okkert Brits, is also a director and partner of the Franschoek Health Club. Having vaulted competitively against each other, Managing Partner Theo Beyers and Okkert become friends and realised they shared the same vision, functional training

approach and desire to make a difference in peoples lives. This led not only to their joint involvement in the club but also in fundraising efforts locally.

After going through mental and physical tests Okkert was recently chosen as one of 18 celebrity survivors out of about 400 possible contestants on M-Net's Survivor show. He only had a week with his family and friends before he was flown off to 'paradise' on the island of Santa Carolina.

"I really didn't think they would choose me" he said. "There were a lot of decisions to make. I run a company and it would mean being away from my family for a month, so I only said yes at the last minute." The first three or four days were the hardest of his life, he said, "If you ever think you have been hungry in your life, you haven't!" Brits, who weighed 108kg when he started the show, and returned home 12kg lighter, said his number one concern on the island was food.

His Survivor cause is ALLUVIA'S 'GIVE ME A CHANCE' CHILDREN'S FOUNDATION started in October 2004 by Delarey and Sandie Brugman of local Banthoek valley Specialist Winery and Guest House, Alluvia, in an effort to make a tangible contribution to the future of children that can hopefully, in years to come, look back at this project as the turn-

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ing point in their lives. Their vision is to make a difference in the lives of promising children – 'Give Me a Chance' holds the philosophy that children, when given the opportunity, have the ability to help themselves to succeed, extricating them from financial dependence.

Brits is currently training to take part in the annual Cape Argus cycle tour in March for charity and is looking for people to challenge him to compete in extreme events to raise money for good causes.

The Franschoek Health Club uses the LifeFitness range of cardio and weight machines that incorporate what Okkert and Theo believe is the latest in gym equipment technology. Franschoek Health Club is also very fortunate to own the sub-Saharan distribution rights of LifeFitness, the leading brand in fitness equip-

ment. Treadmills, upright and recumbent cycles, summit and elliptical trainers, rowers, barbells, dumbbells and more are all available at the club and you are likely to see Okkert getting back into shape on these machines in the coming months after his many charity exploits.

**Vote for Franschoek Health Club Director Okkert Brits on Celebrity Survivor SA and you could win a NEW VOLVO C30 or a TRIP TO BAZARUTO'S BEAUTIFUL INDIGO BAY RESORT! You can vote online via M-Net WAP site or by smsing "Okkert Brits" to 34086. SMS cost R2 - terms & conditions apply.**