

# BACK ON TOP

For Troy Pedretti, his battle for a ripped muscular physique was more than a battle of the bulge. But determination was on his side, as he powered his way to become this month's winner.

**O**n my usual trip to the local milk bar to get the paper, I decided to buy an issue of Australian Ironman's *Fighting Fat Magazine*. I have been interested in fitness and weight-lifting all my life and have played many sports. As I got older I developed psoriasis, which impacted on many of my hobbies, interests and every day life leading to bouts of depression and anxiety. The type of psoriasis I have has led to painful, scaly, unsightly lesions on my body, which has impacted on the clothes I felt comfortable to wear, swimming, joining a gym and socialising. It has also stopped me playing some sports due to embarrassment and arthritic pain.

After 20 years of trying all sorts of treatments and remedies to control the psoriasis, I found a specialist in Melbourne who said that diet modifications and stress relief were some of the keys to

controlling it. I wanted to make changes, but my depression and anxiety made it difficult to maintain motivation and to stay on track.

This is where the magazine changed the direction of my life. I came across the article by Sue Heintze 'Training your body and mind', which struck a cord with me, especially one sentence referring to the BodyBlitz Challenge: "The twelve weeks will pass anyway". Of course they would, 39 years have passed and I had not achieved all I was capable of. Thus, I entered the challenged to see how far I could go and to see how much I could improve my psoriasis and myself.

Once I found the motivation to embark on the 12-week BodyBlitz Challenge, the eating plan that I needed to help my psoriasis tied in well with the regime recommended for body sculpting. There were no guarantees but I wanted to give



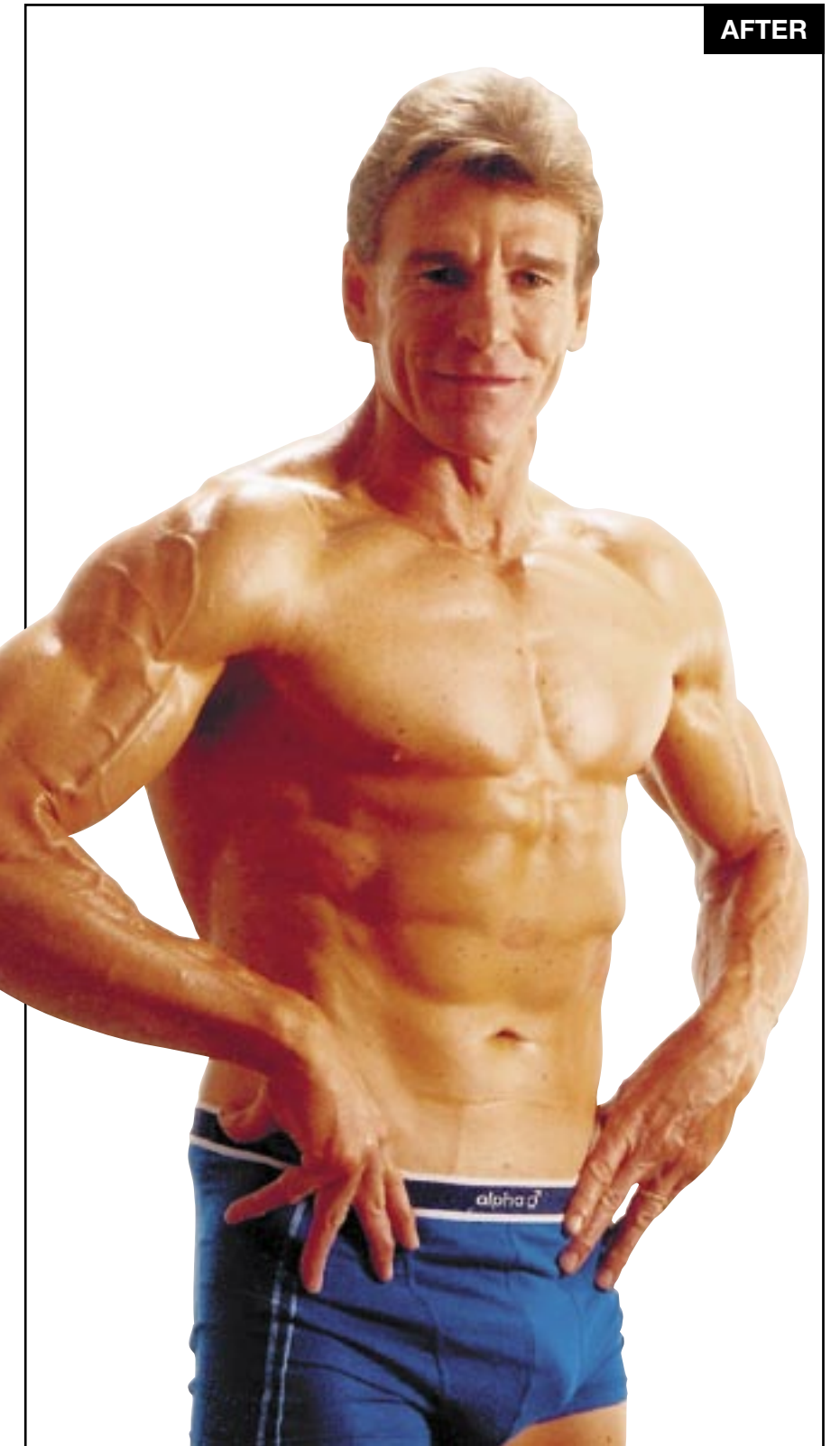
it a go, however in the back of my mind there was the fear that despite trying my best and doing all the hard work, I still might not see any improvement in the psoriasis. I found it very difficult to have the 'Before' photos taken; if the psoriasis did not improve I would have found it impossible to complete the 'After' photos and complete the challenge.

Throughout the challenge, I grew stronger and more determined. Time management became a priority and I realised the importance of making time for myself (which is difficult with a young family and being an apiarist). My job required prolonged trips away from home, so meals had to be organised (no more fast food) and I had to fit in weight training and cardio sessions on top of the immense physical labour required in beekeeping. The cardio and weight training were also difficult at times due to the arthritis and a dislocated kneecap threatened to derail me, however I was able to alter my routine and compensate.

I used the success stories of others who had competed in the BodyBlitz Challenge to maintain my motivation to continue to achieve my very best.

As my weight decreased the pain in my knee joints lessened substantially. This made the workouts more enjoyable and I am feeling younger, stronger and fitter than I have years. My self-esteem has improved; the regular exercise has helped with my depression and anxiety. Externally, my psoriasis has improved immensely, and the lesions are slowly disappearing, causing me less physical discomfort and I feel confident that I can wear the clothes that I want to wear without feeling embarrassed.

From the 12-week BodyBlitz Challenge I am confident I will continue to lead a healthier lifestyle, which has already proven to be of benefit, both internally and externally. My children, aged nine and six, see me exercising and eating healthy foods, and they have started to join in and exercising with me. They are asking questions about the sort of foods they eat, what is healthy and what isn't. My wife and I go for a



walk and the kids ride their bikes; as a family we are doing more together and enjoying quality time. I have achieved above and beyond my expectations and

now I have reset the bar and made new goals, not only about my health and fitness, but about my life, which I am ready to enjoy. **IM**