

Big loser, big winner

Who gets a Mercedes for losing the most weight? You, Jest

Losing 75 pounds has put Jest Sidloski in the driver's seat. Literally.

The 22-year-old Lacombe resident was handed the keys to a luxury Mercedes-Benz C250 after winning an online contest hosted by Canadian-based supplement company Bodylogix.

"The new car is completely icing on the cake because I didn't do this for the car," Sidloski says. "I didn't even know this contest existed until I was already at that point."

"It was just a blessing."

His inspiring weight-loss journey began last April 1. Rather fitting for a guy whose first name is Jest.

But this was no April Fool's Day joke.

Sidloski was seriously sick and tired of being sick and tired. At five-foot-11, he weighed almost 246 pounds (245.9 to be exact).

"I was just sick of where I was and not being able to do everything I wanted to do," he explains.

Sidloski, who was born in Denzil, Sask., and grew up in Lloydminster, was suddenly driven to lose weight and get fit.

"April 1 was the day I told myself I wasn't ever going to turn back. I had to get it done," he recalls.

"I cleaned out my whole house. I chucked everything that had sugar in it and all the processed foods."

Then Sidloski went grocery shopping.

"And I only filled up my cart with vegetables, fruits,



CARY CASTAGNA

Keeping Fit

✉ cary.castagna@sunmedia.ca

📧 @carycastagna

📄 blogs.canoe.ca/keepingfit

whole grains and some supplements," he explains, "and stuck with that."

At the same time, Sidloski began an exercise regimen, committing to one hour a day, six days a week.

"The first two months, it was straight cardio. I had my biggest losses with cardio," he says.

"There's this machine called the Jacobs Ladder. It's been featured on shows like *The Biggest Loser*. That machine's crazy and you can definitely see results after a little bit on that."

Sidloski soon added weight training and gradually increased the intensity of his workouts.

And within five months, he was down to 179 pounds.

His weight-loss journey wasn't quite done. But it was around that time that he stumbled on the Bodylogix car giveaway.

Sidloski had bought some supplements at his local Shoppers Drug Mart and went to the Bodylogix website to reg-



ister for free fitness and nutrition advice.

There, he found the "What's your Bodylogix?" contest, inviting Canadians to submit their own inspirational fitness stories.

"I put it off," he admits. "Then one day I had some free time and I said, 'I'm going to write this essay and I'm going to see what happens.'"

Sidloski submitted a roughly 200-word essay along with his before and after photos.

His hope was for some free supplements. He never thought he'd actually win the grand prize.

Sidloski, one of more than 15,000 entrants, was selected by a judging panel that included Bodylogix-sponsored athletes Miryah Scott and David Kimmerle, says a company spokeswoman.

Runners-up Eva Jamrocha of Maple, Ont., and Shepherd Campbell, of McKellar, Ont., won a \$2,500 shopping spree and luxury getaway in Quebec



JEST before his weight loss.

City, respectively.

The contest results were announced just a few weeks ago.

"I had no intentions of getting anything out of the contest. I just wanted to share ideas with others and maybe inspire people to do it," says Sidloski.

"My new body and my new lifestyle are definitely No. 1. The car is definitely No. 2. But it was a great surprise."

Jest's winning essay

"Five Months ago I had hit my rock bottom. I weighed 245.9 pounds at my heaviest. There will be no excuses in this story, just truths.

"I ate fast food 5 times per week, and did not care what I ate in between. Time and time before I told myself I needed a change. That was then.

"Today I weigh 179 Pounds, I am confident, outgoing, & successful. Told myself I wanted to look good, wanted confidence. I have lost almost 70 pounds in 5 months. I started it with a BANG. I went through my house and chucked everything that was processed & full of sugar. Naturally this did not leave me with too much.

"I filled the cart with fruits, vegetables, skim milk, yogurt, nuts, whole wheat bread, Multivitamins, meal replacement shakes, and a detox programme. April 1st, the day I was going to change for ever.

"I joined a gym, I went for one hour almost every single day, cardio, weight training, and a new attitude. My Bodylogix Advice to You is to stay 100% positive, do not get down on yourself, look for help from friends, stay inspired, and use resources available, but most of all get EXCITED.

"Feel empowered, by being empowered."

Sidloski, the proud owner of a high-performance vehicle, hasn't stopped treating his body like a high-perform-

ance machine.

He is now down to 171 pounds for a total weight loss of 75 pounds.



Groovy travel review!

Readers! Have your say!

Share your opinions about our content and products by joining YOUR NEWS VIEWS, our research panel.

If it's important to you, we want to hear it!

You could win a **\$500 Home Depot** gift card!



Join our research panel today at YourNewsViews.ca