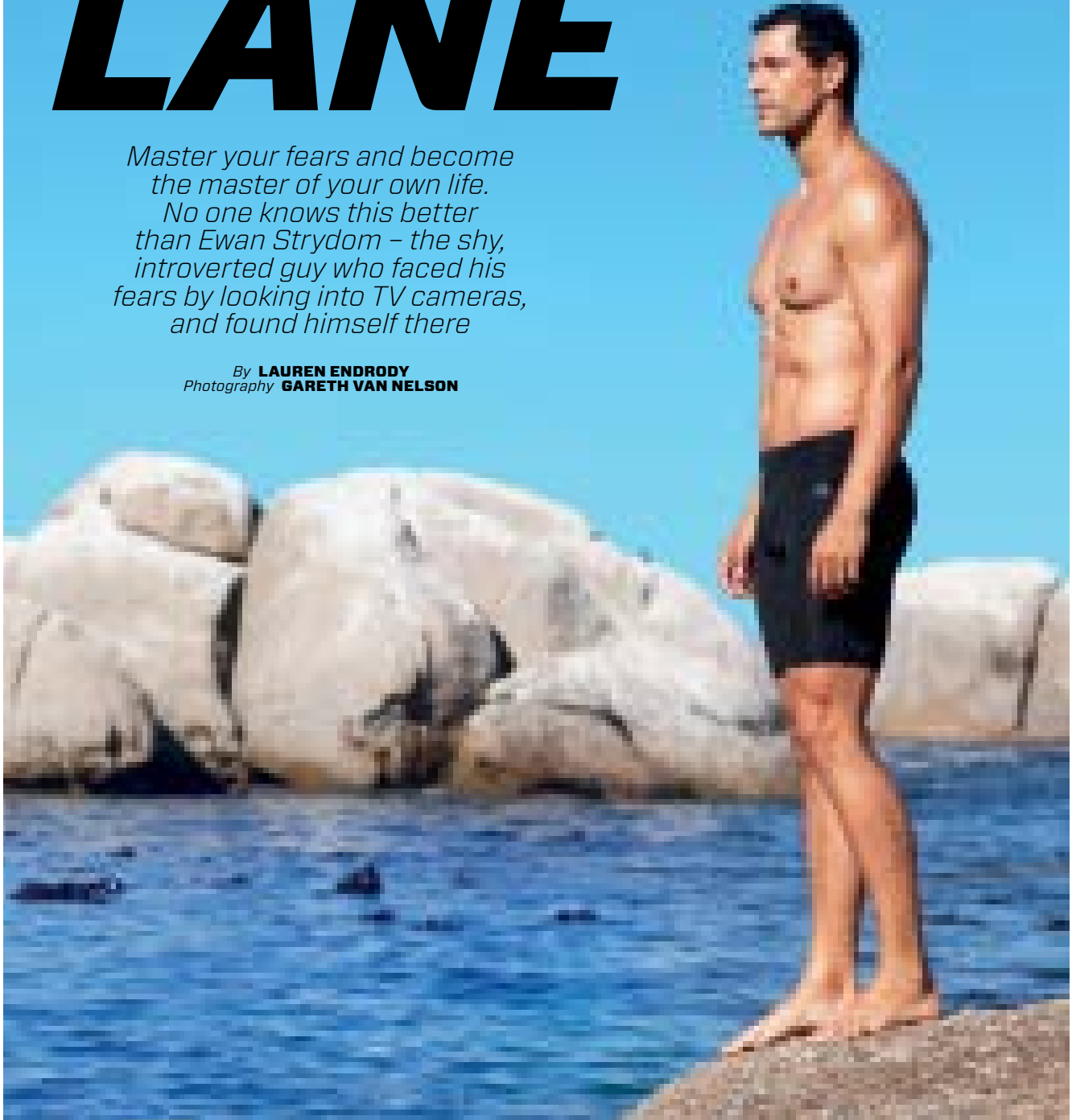




Life In The
EXPRESS
LANE

*Master your fears and become
the master of your own life.
No one knows this better
than Ewan Strydom – the shy,
introverted guy who faced his
fears by looking into TV cameras,
and found himself there*

By **LAUREN ENDRODY**
Photography **GARETH VAN NELSON**



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WE OFTEN HEAR STORIES

of people who attribute their success to having had that ‘one big break’ at some point in their lives. And many of us wait for something similar to happen in our own lives – one significant moment that will coincidentally kick-start our careers and lead us down a rapid path to success. With Ewan Strydom, however, it seems as though his life has been a series of ‘big breaks’ that brought him to where he is today. But Ewan is proof that it takes a lot of hard work and dedication to turn these happy coincidences into success.

It All Started With Fitness

Since he was young, Ewan had always been very active – he got half-colours in swimming and coached a bit of athletics after high school. While in high school, the Gauteng-born presenter was scouted by Boss Models while he was holidaying in Cape Town. So after matric, he packed up his bags and moved to Cape Town – not just to model, but also to study BCom Logistics at Stellenbosch University.

But he still wasn’t sure that’s what he wanted to do, and soon the intrigue of the modelling career took over, leading to a gap year and a job in a sports clothing shop. During this time, Ewan started signing up for half-marathons and taking his training more seriously. ‘I wanted to take my passion for fitness and convey that, because I found myself naturally getting people together and training them or motivating them to go and train, so I figured I need to do something with that.’

He got a diploma in Personal Training through the Sports Science Institute of SA and, as he says, ‘I thought it was definitely a step in the right direction.’ After this, he took his modelling abroad for three years, where he met his lovely Hungarian wife Adrienn, also a model at the time.

Ewan’s image as a model and fitness enthusiast made him the ideal candidate to become the 2008 *Men’s Health* Look finalist. This put him on the television industry’s radar and, soon after, he was



#BTS

Scan this code to see Ewan nail the shoot – and bust out a few moves on the rocks!

MODEL BEHAVIOUR

‘I am a big fan of Dwayne ‘The Rock’ Johnson, because he lives a kind of holistic life. He’s just as busy, he’s a dad too, but balances his time well; he makes time for [working out], doesn’t matter how little sleep he gets. He’s a big inspiration and just a super nice guy. I find a lot of similarities there – other than the bald head!’

approached by M-Net to be a presenter on the lifestyle magazine show *All Access*.

Fast-forward two years, and Ewan was asked to join the team on *Expresso*, where he is still gracing our TV screens every morning with his contagious zest for life. Since 2017, he’s also been hosting his own one-man radio show on Smile 90.4 FM (catch him weekdays between 12 and 3 pm). What Ewan loves most about presenting is that he feels he can be himself more on air or in front of the camera than anywhere else. ‘I share more on TV and on radio than I do at home,’ he chuckles. When you’re in the spotlight all the time, there’s no hiding who you really are and for someone who couldn’t even go on stage to receive medals in school without getting

terrible stage fright, and who always tried to avoid being noticed, Ewan says this has been one of his greatest accomplishments. Being a presenter forced him to embrace being himself with as much genuineness and honesty as possible.

Where Does Fitness Fit In Now?

Due to his hectic schedule being on live TV and radio for six hours every day of the week, he’s had to put his personal-training aspirations on the back burner for now. He barely finds time to train himself.

Nevertheless, staying fit and active still takes top priority in his life. ‘What I’m still doing is I am living a healthy brand and setting an example for a lot of people via



EWAN’S CHEAT MEAL:

A lekker malva pudding or pancakes! He has yet to find anyone who makes better pancakes than him. His secret: a dollop of margarine/butter and cinnamon with finely grated cheese.

A TYPICAL DAY

4:15 AM

I wake up very early to make it to the *Expresso* studio by 5:10 am. For breakfast, it’s a bowl of oats or a GNC protein shake (I am a GNC ambassador) for gym after *Expresso*, if there’s time.

6 AM

Gear up for the morning show, start pre-shooting a few things before going live at 6 am. By then, I am dressed, make-up done and mic’d up.

9 AM

Shooting done! There may be some post-show photo shoots or pre-recordings.

10:30 AM

Rush to Smile studio to prep for the show and get all the content ready. Lunch is usually a lot of greens, such as green beans, broccoli, and asparagus, with egg whites and ostrich (lean, clean protein!).

12 PM

On air!

3 PM

Radio show done! If I couldn’t train after *Expresso*, I go now. Or I head back to *Expresso* to finish voice-over work for inserts.

6 PM

I usually get home between 6 and 8 pm. Dinner is a lot of veggies with brown rice, some tuna or other clean proteins, and healthy carbs such as sweet potatoes.

social media and showing that I'm staying active,' he says. Ewan also occasionally links up with Marc Anthony from Fitness Mafia as a training partner and is always expanding his knowledge on different exercises and diets.

Ultimately, he'd like to get to a point where he can set up three or four clients a week to do a bit of personal training again, because he loves seeing people transform. 'I enjoy helping. It's nice to see people smiling at the end of the day and having a good workout, taking them through a difficult stage in their life, mentally or physically, and guiding them through that. It's very rewarding.'

As for himself, he tries to squeeze at least 30–45 minutes of training into his day, whenever that may be, at least three times a week. Because his schedule is so unpredictable, he needs to be adaptable and carries his training gear with him wherever he goes. 'I like to be fit, strong and healthy. It does wonders for my mind. I won't just *not* do it because I feel my schedule is too hectic or I'm too tired.'

Tight Abs + Tighter Schedule = Learning How To Juggle!

If there's one person who knows how difficult it is to juggle a career, family life and fitness, it's Ewan.

His golden nugget of advice to anyone who wants to make fitness a priority in their lives is: 'Respect yourself enough to realise how important it is to look after yourself mentally and physically. Respect yourself enough to not make excuses.'

'I get it, a lot of people just don't have the time, but that doesn't mean that you should step away from being fit, active or healthy,' he says. He recommends finding something lively that you enjoy and then making it part of your schedule, even if it's just 45 minutes of something three times a week. Set that time aside and make it count.

Also, if you go to the gym, know what type of exercises you're going to do before you even get there, so that you don't end up fumbling around on the equipment and wasting your own time. Remember that: 'You're not just doing it for yourself, you're

doing it for your family and your kids by building a healthy image for yourself and paying that image forward to your kids so that they can see this is a great way to live,' Ewan urges.

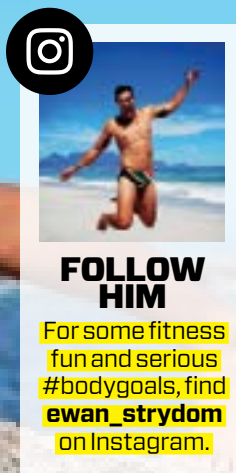
Future Prospects

It's all about #goals nowadays, but Ewan says, 'I'm more of a live-in-the-moment kind of guy. I believe in hard work and that if you do things with integrity and authenticity, then doors will open for you. That's how everything has been happening for me up until now.' Life is unpredictable and you are just setting yourself up for disappointment if you plan too far ahead and set unrealistic goals for yourself.

But now that he has a family, he realises that he needs to consider them. 'I see myself more as an entrepreneur than an employee. I want to secure a life for myself and my family, my kids – they deserve it and I don't mind working myself to the bone for that. It's worth it as long as they are taken care of, because they are my absolute pride and joy.' **FL**

1, 2, 3, SWEAT!

Because of his limited time, Ewan tries to focus on multi-joint movements when he trains, so he does a lot of CrossFit. He sticks to doing weights, and mainly focuses on one muscle group at a time. He'll do other small exercises around that to make sure he stimulates different muscles in the body. For cardio, Ewan does some boxing on the weekends with his boxing bag at home.



FOLLOW HIM

For some fitness fun and serious #bodygoals, find [ewan_strydom](#) on Instagram.