

THE BEST REVENGE

*A personal look
at living well*



LEO BASILE

36, sales manager

Favorite exercise: Combination of biking, running and weight training.

Days of exercise a week:

Six to seven.

Diet do: Water (one to two gallons a day), fresh fish, vegetables, good carbs (lentils, brown rice), some fruit.

Diet don't: Fast food and fried food.

Guilty pleasure: Hasn't felt guilty for four years.

Exercise benefits: Losing 170 pounds.

Exercise philosophy: "Patience is the key. (A healthful lifestyle) doesn't start at a sandwich shop or at a doctor's office. It starts with the person in the mirror."

"You have to answer the bell every day. It's not about a diet, but a lifestyle change. Once you put that in your mind, that's exactly what is going to happen. The old game is over," says Leo Basile, who made a decision four years ago after a night of partying and a day of fishing equaled a marathon of eating and drinking. During the night Basile had gotten up to get a glass of water and caught sight of his 376-pound body in the mirror.

"That was my moment of clarity. I vowed, 'If I live through the night, I will change my life,'" says Basile, who has cut his body weight almost in half, trimmed 20 inches from his waist, and reduced his body fat from 30 percent to 10 percent — all with diet and exercise.

This fall, Basile will enter his first Ironman triathlon, swimming 2.4 miles, biking 112 and running 26.2 miles.

"People say eating healthy is hard to do in New Orleans, but I have eaten in the best places and never cheated. The greatest thing about this city is that when you ask for things, they give it to you," says Basile, who doesn't hesitate to order his salmon sans the glaze.

"Basically, I've changed how and what I eat and when I eat. And I exercise and drinks lots of water."