

# Elana Afrika-Bredenkamp to host Kyknet's new weight-loss show

Media personality Elana Afrika-Bredenkamp will host Kyknet and Slender Wonder's new weight-loss programme. Her previous and current TV work includes *Fynskrif*, *Parlement Parlement*, *Sara se Geheim* and the Miss South Africa pageant.

*Afskaal*, which translates as downsize or downscale in English, follows four South Africans who embark on a weight loss journey with Slender Wonder. During the 16 weeks, the four participants take part in various challenges that test them mentally and physically.

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