

# Elana Afrika-Bredenkamp on her new show, *Afskaal*



By [Juanita Pienaar](#)

10 Oct 2019

Kyknet recently announced that Elana Afrika-Bredenkamp will be presenting a new television series, *Afskaal*. Afrika-Bredenkamp is a well-known and much-loved television and radio presenter with some of her previous and current TV work including *Fynskrif*, *Parlement Parlement*, *Sara se Geheim* and the Miss South Africa pageant.



Elana Afrika-Bredenkamp will be hosting a new television series, *Afskaal*. Image supplied.

*Afskaal* follows four South Africans who embark on a weight-loss journey with Slender Wonder. During the 16-week period, the four participants open their hearts and homes to the promise of a healthier life.

We caught up with Afrika-Bredenkamp who shared with us a bit more about the show and what else she is currently busy with.

■ **Congrats on the new show. How do you feel about it?**

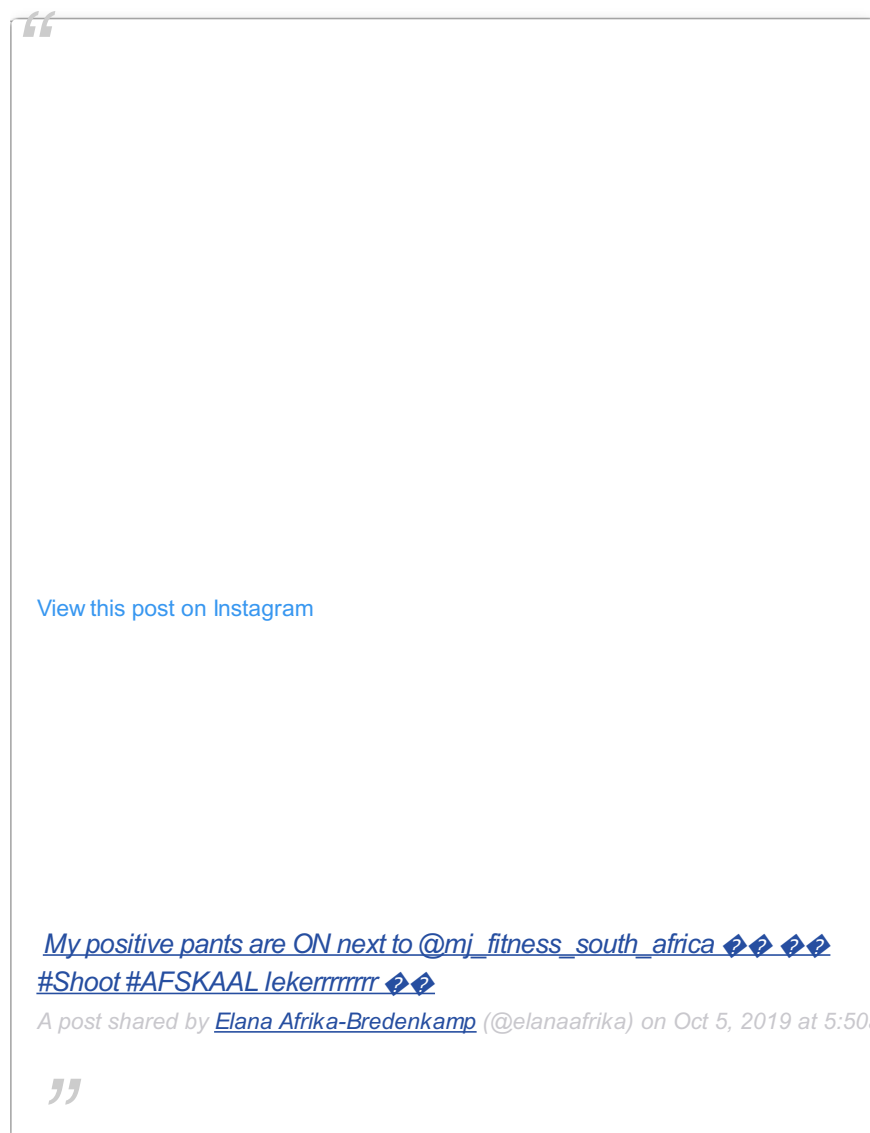
Delighted! I'm busy running an office in Cape Town and Johannesburg but, clearly, I had more time. At the moment *Afskaal* makes me feel like there is hope for everyone with a dream.

Fynskrif on Kyknet, the drama series I was cast in, happens to start in the same week that *Afskaal* is launching, on the same channel. My cup runneth over.

“ Soooo excited! Gertrude en Dolf is terug op die kassie vanaf vanaand! #Fynskrif2 om 8uur op @kykNETtv elke Dinsdag [pic.twitter.com/PkErSe5Z8B](https://pic.twitter.com/PkErSe5Z8B) — E Afrika-Bredenkamp (@ElanaAfrika) [October 8, 2019](#) ”

■ **Why do you think this show was needed and why did you want to be a part of it?**

Every show that sparks interest is necessary. Everyone in life somewhere somehow has wanted to lose weight, or live a healthier lifestyle. *Afskaal* is the vehicle for our four contestants. I share good news. Always. This is one of those shows that makes you feel like “I am not alone.” I love being the bearer of that kind of news.



■ **What excites you most about this show?**

The challenges. In each show there is one – let’s call it a challenge. Generally, one would call it life. :)

■ **What do you love most about your career in the broadcasting industry?**

I am very fortunate to have been able to, together with my team, build a podcast platform that is the number one podcast in the country, which uses social media for good. My radio show is built on good news, and making people in the work zone feel motivated and involved. Broadcasting comes with a massive responsibility. It’s frightening at times and, most of the time, rewarding.

■ **Any career highlights you’re particularly proud of?**

So many. Every move I have made back to Johannesburg. Broadcasting for Jacaranda FM for the third time in my career.



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Being on *Afskaal* and working with incredible leadership in all of my gigs, and being an influencer for positive brands.

### ■ **What are you most looking forward to/enjoying so far?**

Raising a family with a really cool guy, and then all these things that I am busy with.

### ■ **What's at the top of your to-do list (at work)?**

Having a conclusion – I always arrive and broadcast a positive conclusion of the day, that way we start the day right.

### ■ **What are you currently reading/watching/listening to for work?**

Reading: *Towards a meaningful life*, Simon Jacobson

Watching: *Fynskrif*

Listening: Trevor Noah podcast

Listening: Voice-notes; people send me four-minute notes with proposals. No more emails, haha.

### ■ **Tell us something about yourself not generally known?**

I am a mother of four. I own loads of instruments and play many. My first language is Afrikaans. I don't read a lot. I do my business's own accounts.

*Afskaal will premiere on Kyknet (DSTV 141) on 10 October 2019, broadcasting on Thursdays at 5.30pm, with repeats on Kyknet en Kie, Thursdays at 9pm from 17 October. You can also follow Kyknet and Slender Wonder on social media for regular updates.*

## ABOUT JUANITA PIENAAR

Juanita is the editor of the marketing & media portal on the Bizcommunity website. She is also a contributing writer.

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