

Taking the right steps to lose weight

Man who vowed to pile on the pounds to get NHS slimming op has decided to do it the hard way

JUST weeks ago running distances seemed like an impossible task for Darin McCloud.

But the 46-year-old has now turned his life around after losing almost two stone.

Darin once vowed to eat more so he could qualify for weight loss surgery.

He's now seen the error of his ways and has gone from 19 stone 10lbs to 18 stone in just 11 weeks.

And he is also going to be taking part in the 10-mile Great South Run on October 30.

Traffic warden Darin, of Stamshaw, said he will be at the starting line.

'I feel so good since I started to lose the weight,' he said.

'I'm eating and sleeping better, exercising more and using less insulin for my diabetes.'

'I have been with a company called Thinking Slimmer, where I listen to a 10-minute "Slimpod" recording each night.

'The idea is it helps me retune my attitude towards food.'

'I've always tried dieting and it never worked because part of the problem was how I thought about food.'

'After listening to the first tape I only ate half a plate of food that evening.'

'From then on I've stopped eating crisps, chocolates, junk food and stopped drinking Coke.'

'I eat more fruit and vegetables and I'm starting to exercise more.'

by PRIYA MISTRY

The News

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At just under 20 stone, Darin was told he wasn't fat enough for weight-loss surgery.

Darin vowed to pile on the pounds and reach 21 stone to hit an NHS trigger point to qualify for the operation.

Previously Darin used to skip breakfast and would munch through three-quarters of a loaf of bread, four packets of crisps and bacon rolls everyday to get bigger.

Darin later admitted to *The News* it was a 'stupid move' and has now found help through Thinking Slimmer.

'For breakfast I'll have brown bread toast or Weetabix,' added Darin.

'At lunch time I'll have a salad and then in the evening have meat with vegetables. Before, if there was junk food in the house I would just eat it, but now I don't have those cravings.'

Darin has also been doing exercise at home and has bought a bicycle to help train and get fit for the run.

Sandra Roycroft-Davis, founder of Thinking Slimmer, said: 'The progress Darin has made is phenomenal. He has shown he has the motivation to lose weight.'

Darin is appealing for 20 people, who would like to lose between one to three stone, to join him in the run, where he is raising money for Diabetes UK.

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LOOK AT ME NOW! Darin McCloud in training for the 2011 Great South Run

Picture: Sarah Standing (111729-4709)