

Tokoroa man loses more than 60kg in a year

# 'Now I fit into the world'

By Robyn Burke

Last year Doug Shewry accepted he had a weight problem, and made a conscious decision to change his life. At the time the 1.93-metre-tall Tokoroa man weighed 189kg.

For many years Doug – who describes himself as someone whose weight had been slowly creeping up on him his whole life – looked in the mirror and denied he was overweight.

"I did not look that bad. I had a bit of a chest but I never saw the bulging."

His family had been nagging Doug about his weight for years, and he had tried various diets, and even lost some weight as a result. However, he admits that he was not ready to lose the weight, and lack of exercise and eating the wrong foods meant he was unable to keep the weight off.

The moment of truth came after a night out, when Doug realised that while standing up he could not see his feet.

A road worker for Fulton Hogan, Doug developed tennis elbow, which required surgery. The doctors were concerned about his weight, and in the two weeks before surgery he managed to lose 7kg. It was while recuperating that Doug did research on weight loss, gyms and fad diets, using the Internet.

"I joined a gym and walked my legs off. I was huffing and puffing and slowly dragging myself around a 2 1/2km block. It took me an hour – now it takes me 20 minutes."

In the year or so since, Doug has managed to lose around 60kg – achieving his goal weight of 122kg a couple of weeks ago.

It hasn't been easy – Doug says changing his eating routine meant



Doug Shewry (above) likes what he sees in the mirror since losing more than 60kg off his then-189kg frame (right)



abandoning the bad habits of a lifetime.

"I used to have no breakfast and lunch and a few pies during the day and a colossal big meal at tea time," he says, adding that he could eat up to five pies in a sitting.

Now he has six ~~small~~ meals a day – his breakfast at 4am consists of two weetbix, protein powder and a few raisins, then it is off to the gym at 5am, followed by mineral replacement shakes and sandwiches for lunch, a shake then dinner.

"I haven't had a pie for 13-14 months and I don't miss them."

He sticks to this new programme for six days and allows himself one day off where he can relax his diet and eat fish and chips, pizza, burger and chips.

Doug says his partner Janine and four children – Nicholas, Tegan, Marce, Jared and Matthew got

dragged into his lifestyle change as "semi-reluctant participants".

The weight loss has equated to the disappearance of 30cm around his waist, and a major boost for his self-confidence.

"Instead of people pointing and laughing, occasionally now I get the odd look and wave [and] I get a confidence boost."

"Now I fit into the world. Japanese cars and doorways are only so wide and so high [and] when you are over [that width] you don't fit into the world."

## Weight-loss man finds his feet

When 1.93m tall Doug Shewry could no longer see his size 16 feet, he decided it was time to lose his belly.

As a road worker, his job had gradually become less physical, but he was still eating four or five pies in a sitting. Sometimes his lunches alone would cost \$125 each week.

But over the past year the Tokoroa man has lost more than 60kg and gone from 189kg to about 125kg.

Mr Shewry's change began a year ago when he looked up some diets and began to learn about food. Before then he thought if he cut out all sweets he could eat more savouries.

He said every day was a constant battle. "Food was the enemy and every day I didn't eat any bad food I won the battle."

He likened the challenge to his giving up smoking 10 years ago.

After huffing and puffing his way through his first run, he



FLASHBACK: The 189kg Doug Shewry.

began to exercise three times a day and said the weight just fell off. He said it was easy and he didn't need a piece of whizzbang equipment to do it. Then came the day he could see his feet again.

"It was fantastic... it was right up there with witnessing

the birth of my children."

The 34-year-old father of four said he really wanted to lose the weight for his children. Now when they came up and gave him a big hug for no reason it was the biggest kick of all.

He no longer felt ashamed at their school events, and said he had become a more patient and fun dad. He was happy knowing they were learning good eating habits from him.

But the biggest difference had been in his confidence.

"I feel like I fit in the world now, instead of trying to squeeze myself into it."

He said he wanted people to know – despite it being a cliché – he was an ordinary person working an ordinary job and it showed anyone was able to lose extra pounds.

But it's not over yet – Mr Shewry said he was still keen to tone up and lose a bit more. "It would just be nice to have a six-pack for once instead of a keg."

— Lucy Reed