



W184758

INSPIRING: Steve Warren has lost 30kg by riding to work. Inset: Before the weight loss.

Never too late to start losing weight

CHERMSIDE West resident Steve Warren is one man sticking to his weight loss resolution.

The 44-year-old has lost 31kg since late last year and aims to lose another 25kg by April.

"I wanted to lose weight to keep up with my eight-year-old son and to stop my knees from hurting," Mr Warren said.

"Losing the weight means

I have more energy. I'm also sleeping better."

Mr Warren has been using the Adventures in Weightloss program, built around eating fresh food in moderation, to help him lose weight.

He said exercise was playing a role in improving his health as he rode his bike from Chermshire West to his office at Geebung each day.

Mr Warren said he hoped

his weight loss story would inspire others.

"By sharing my story I am hoping to inspire other people that it is never too late to turn your life around and lose those extra kilos," Mr Warren said.

"The biggest challenge for me was the first four weeks. But after getting used to the food plan the weight was coming off at around 3kg per week."