

## Stewart's Story

**Name: Stewart Hooper**

**Age: 32**

**Former weight: 140kgs/22 stone**

**Current weight: 115 kgs/18 stone**

**Total weight loss: 25 kgs/3 stone 13lbs**



April 2009

### "Stewart Says"

"It was back in April 2009 when I weighed myself for the first time in ages. I stood on my digital scales and they said 'ERROR'. I quickly tried to find the instruction manual to see what weight the scales go up to and to my horror it said up to 140kgs/22 stone.

I had tried 'dieting' and training routines in the past but they'd only last a week or two and I'd be back on the take away pizza. I needed something that I could stick to long term.

My problem was the evening meal. When I was training regularly, I would have a protein shake for breakfast, a sandwich and a pasty for lunch but at home I'd have a take-away and a few beers at 8 pm.

I started by going to the gym in the morning before work and incorporating some cardio as well as weight training. I'd have a protein shake for breakfast and a roll for lunch (no pasty). I was halfway there to sorting myself out but the evening meal was still a problem. So I began having my last meal of the day before I left work. My family were under strict instructions to eat before I arrived home .

Every weekend I have something I have been craving all week – Saturdays tends to be a pizza and Sundays are Mum's Sunday roast.

I strongly believe that this has been paramount to my weight loss. I get through the weekdays by looking forward to the weekend. Plus a little bit of what you fancy does you good – just not every day!"



6 months later

*"I train 4 days a week. Monday is Chest and Triceps, Tuesday - Legs, Wednesday - Back and Biceps and Friday - Shoulders. I follow each weights session with 45 minutes on the treadmill."*

### Stuart's Training Regime & Diet

7am .....	<b>Train weights 30 mins and treadmill 45 mins</b>
8.30am .....	<b>MET-RX protein shake with semi skimmed milk</b>
11am .....	<b>2 scoops whey protein with skimmed milk</b>
1pm .....	<b>Chicken Roll</b>
3pm .....	<b>Fruit</b>
5pm .....	<b>Tuna Roll</b>
8pm .....	<b>2 scoops whey protein with skimmed milk</b>
Plus .....	<b>Vitamin C and Cod Liver Oil supplements</b>
	<b>3 litres of water</b>