



# Second chance

**WHEN** Adrian Cuda ate a bucket of 21 pieces of KFC chicken and was still hungry, he knew he had a problem.

The then-180kg self-confessed “food junkie”, who suffered from a fatty liver and sleep apnoea, was warned he would die unless he lost weight.

Less than three years later, he has lost 86kg and become a personal trainer and Lap-Band success coach, helping obese people follow his example.

The 30-year-old, who paid about \$5000 in out-of-pocket costs for his surgery 2½ years ago, said the Lap-Band was a tool that inspired him to make “massive changes”.

“My mission in life is to educate them on things I learned the hard way about losing weight,” he said. “My

## ADRIAN'S OLD DIET

**Breakfast** 2 hash browns, 2 Bacon and Egg McMuffins and a large Thick Shake.

**Lunch** Hamburger or pasta or takeaway.

**Dinner** Happy Meal and nuggets or KFC burger and fries on way home.



## WHAT HE EATS NOW

**Breakfast** Meal replacement shake and banana.

**Lunch** Asian-style stir-fried vegetables.

**Dinner** Fish and salad.

**Lap-Band is only a tool. I still have to watch what I put in my mouth and exercise.”**

The Sydney Institute for Obesity Surgery, where Mr Cuda works, said its patient numbers had doubled.



**Fighting fit:** Having shed 86kg, Adrian Cuda is now a trainer