



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