

The incredible shrinking man sheds 70kg

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DERRYN Ponte is, quite literally, half the man he used to be.

Mr Ponte, of Lara, has shed an amazing 70kg in eight months, dropping to just 86.7kg from a scale-topping weight of 156.7kg.

"I feel like a new person," the once-shy 27-year-old said.

"It's given me a whole new outlook on life.

"I've certainly got more confidence."

Over the past eight months Mr Ponte has gone from a big bloke's size of 7XL to an L, a clothing size he hasn't worn since before high school.

And amazingly he did it all without exercise.

Many of the Ponte family have weight problems, with sister Cara dropping from 103kg to 68kg using the same program.

But Mr Ponte said he was easily the biggest bloke in the brood, blaming his ballooning weight on poor self esteem, junk food, comfort eating and lack of exercise.

But a back injury late last year proved the impetus to make some drastic lifestyle changes, prompting Mr Ponte to become one of Geelong's biggest losers.

"I plan to do gym work for the next six to eight months to tone up because I have nothing," he said.

"I'm running now, where before I couldn't even contemplate exercising.

"For me, the future looks bright and full of promise."

Cohen's Lifestyle Clinic Geelong consultant Karen Stanley, who helped Mr Ponte shed his kilos, said clients often experienced rapid weight-loss and were supported throughout the program.

The Cohen system relies on blood testing and tailoring a healthy diet to stabilise the body's serotonin, insulin and human growth hormone levels.



THE NEW ME: Lara's Derryn Ponte with one of the 7XL shirts he used to wear.