

# Weight's just been pouring off me these days

The thing I'm going to miss most about not being a fat guy is not being able to make fat-person jokes.

I like fat jokes. People make them about me and I laugh; I make them about other people and I laugh. But, if I'm not a tubster, I can no longer make them or have them made about me. That means less laughter.

Pretty soon, I'm going to have to refer to my large buttocks as horizontally challenged.

I'm still a tubbo, but I'm in the Champion Weight-Loss Challenge and the weight is pouring off me like chocolate syrup down the mouth of a 'chunkster' eating a banana split.

It's not that I'm insensitive to people who are fat because they can't help it. But, I have no sympathy for the fat ladies on those daytime television shows crying because their husband doesn't want to be with them anymore just because they weigh 280 pounds more than when they got married. They cry, I laugh.

They say it shouldn't matter what they look like, but once their husband leaves they make a special effort to lose weight to look good. Oh, it's important now, but it wasn't before?

Anyway, my own battle with the bulge started when I was a kid. My mother told me if I didn't stop eating she'd have to buy my clothes from the husky boy section. Few things are as terrifying as the threat of having to wear husky boy clothes.

I managed to avoid that, and was actually pretty slim through my teenage years and early twenties when I weighed 185 pounds. Now, I've come pretty close to tipping the scales, literally, at 300.

I admire people who have lost a lot of weight — not because of the way they look, but because of the self discipline they need to invest to make that accomplish-

ment. I've never known someone who wasn't proud of themselves for losing a lot of weight, or those around them who weren't also proud. I'm proud of them even if I don't know them.

It's not easy, as I've already learned in just a week. I'm going to the Beverly Hills Weight Management Centre as part of the Champion Weight-Loss Challenge.

I started a day later than I was supposed to because I had a coupon to get a free Big Mac if I bought one. How could I resist that?

I'm resisting it now. I've even changed



## On the loose

with MURRAY TOWNSEND

my large double double coffee that I've been ordering since Tim Horton was still playing for the Toronto Maple Leafs.

Now, I get one cream and one artificial

sweetener.

I've changed a lot of things and learned a lot of things. For example, don't fall for the low-fat muffin trick.

They just add more sugar to make it taste better.

And the most important one to me is that it's important to eat regularly than all at once because the body will know it doesn't need to store the fat.

In less than a week I lost four pounds, although I could lose 80 pounds and not be called a skinny guy.

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