

Champion Weight Loss Challenge

Townsend 41 pounds lighter; rest still also losing weight as the Challenge enters its fourth month

Murray Townsend and food can now be in the same room together. And when Mr. Townsend leaves, the food's often still there.

It's a little thing, but something his family has come to appreciate, because it means they no longer have to think up ingenious hiding spots for those bags of chips or cookies.

"Now, I have no desire to eat the wrong things. If you stick a lemon meringue pie in my face, I might lick it off. But I don't even look at that stuff (junk food) anymore," said Mr. Townsend, a freelancer with The Champion.

Mr. Townsend — along with his four fellow participants — is now entering his fourth month in The Champion's Weight Loss Challenge.

Mr. Townsend, who's now 41 pounds slimmer, said he feels like a different person after embarking on the weight loss journey with Beverly Hills Weight Management Centre. This month alone, he lost 13 pounds.

This has become a lifestyle change for him, he said, and he could never go back to his old portions and food choices.

"It's now like a regular part of my daily life. The weight is decreasing, and I'm not suffering," Mr. Townsend said. "If anything, Beverly Hills is getting on me for not eating enough." Mr. Townsend said his appetite has decreased since the beginning of the challenge three months ago. This is one of the reasons he said it's becoming easier and easier to continue the program.

"It's still hard work, but it's not as hard. You get used to it," he said, adding, "Now, much smaller amounts satisfy me."

Mr. Townsend continues to be held accountable for his meal choices by the folks at Beverly Hills, visiting the centre three times each week.

His own discipline has been a big part of his success, Mr. Townsend said. And the more weight he loses, the more he wants to continue to keep the weight off.

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Murray Townsend shows an old pair of pants that no longer fit him while looking on are, from left, The Champion's Karen Smith, Wendy McNab and Lea Ann Page.

Photo by GRAHAM PAINE

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