



## Long, hard road back to good health

By **ERIEENNE LETTE**

LOCAL man Ben Andrew is thrilled to be half the man he used to be.

Mr Andrew lost just over 73kg through the Waist Disposal Challenge, run by Rotary clubs through Curtin University.

A member of the South Bunbury Rotary Club, he began the challenge early last year after losing a close friend to swine flu.

“I realised I had to make a change in my life,” Mr Andrew said.

When he began the challenge, Mr Andrew was 155.7kg and a size seven XL.

Now, he is 82.5kg and a size small.

Since losing the weight, Mr Andrew has felt more confident and has a lot more self esteem.

He has participated in more Rotary programs and recently got a new job.

“It’s surprising how many more things I can do now,” he said.

“I can walk and run faster, participate in more activities and have really raised my personal profile.

“I find it much easier to meet people and be confident around others – society treats you differently when you’re a normal weight.”

After losing the weight Mr Andrew has become an inspiration to many people but said it was a hard road.

“It can be done – it’s not easy though,” he said.

“I was always an overeater and on the larger side of things – I had to constantly overcome challenges.

“And you don’t have to completely give up the things you like – I have pizza once a fortnight.”



Local man and South Bunbury Rotary Club member Ben Andrew went from a size seven XL to a small through the Waist Disposal Challenge.