

Big brother

But a single snap turned my life around...

The wedding was over, my younger brother Andrew had been on his dream honeymoon, and life was finally returning to normal, right?

Wrong, we still had the photos from the big day to look through!

But as he opened the album, I reeled back in absolute horror.

'Is-is that me?' I gasped. 'I look awful!'

'You don't look that bad,' consoled Andrew, 33.

'You reckon?' I snorted, squinting at the bloke in the pictures.

I looked more beached whale than bride's brother-in-law!

There's no denying I knew I was big – standing at 5ft 10in, weighing 27st and wearing 54-inch trousers told me that.

I just never realised how awful I looked.

My shirt buttons were bulging against my belly and my double chin dominated my face.

'How did

this happen to me?' I muttered. But I knew the answer.

As a kid I'd played football and burnt off the chocolate I'd bought from the school canteen.

But leaving school, and getting an IT job, I carried on gorging, but never exercised.

For breakfast, I'd tuck into a huge bowl of cereal, then mid-morning snack on sausage rolls, crisps, chocolate bars and fizzy drinks before wolfing down supermarket sandwiches and more crisps for lunch.

On the way home, I'd fill up on pork pies and cakes before a kebab or Chinese takeaway.

And look where it had got me – I was enormous.

I was actually surprised Andrew had even wanted me in his wedding photos!

But I was in for another shock when my other brother Michael, 28, called 11 months later.



Me at my largest at Andrew's wedding



Looking slim now

'I'm getting married and want you to be an usher,' he announced.

'Me?' I blurted.

But I couldn't stand being snapped in a size 64in jacket and 54in trousers again.

I had to do something.

'Okay,' I told him. 'But don't get my suit yet...'

The following week, I joined Slimming World weighing 27½st.

I was determined people would look at me in the pictures for all the right reasons this time.

I swapped my fatty snacks for fruit, shop-bought sarnies for salads and takeaways for fresh foods. In a week, I'd lost a stone!

I started walking and playing tennis, too.

Michael couldn't believe it when I turned

up for my wedding suit fitting and slipped into size 44in trousers.

'You look amazing,' he beamed proudly.

'And so your wedding pictures will be,' I joked.

Eight months later at his wedding, I was 8st 5lb lighter.

Putting Andrew's and Michael's wedding photos side by side it was hard to believe it was

the same guy in them.

Now I weigh 12st 11lb. I still go to Slimming World to keep the pounds off, but I'm happy with my weight.

Andrew's wedding photos did me a massive favour – now I'm a picture of health.

Ian Hutcherson, 37, Leamington Spa

• For more information, visit www.slimmingworld.com

I was actually surprised Andrew had wanted me in the photos