

DROPPING LIKE A STONE... (well **14** of them, actually)



Super-slim Ian sheds half his body weight then jumps out of an aeroplane to celebrate

By Cara Simpson
NEWS REPORTER

A SLIMMER who lost half his body weight has jumped out of a plane to raise money for charity.

Ian Hutcherson, of Leamington, has dropped an amazing 14.5 stone and celebrated his achievement by jumping out of a plane at 10,000ft.

His tandem parachute jump was to mark his dramatic transformation from a hefty 27 and a half stone to a svelte 13 stone.

Ian, a 36-year-old IT consultant, overcame his fears of heights and flying to complete the feat.

He said: "The first few moments were scary but it was a rush, such an exhilarating experience."

"I would definitely do it again, though. It helps being in tandem with someone else who pretty much pushes you over the edge."

"I don't think I could have done the jump on my own."

His charity parachute jump has so far raised £691 for the NSPCC



BEFORE AND AFTER...

children's charity. His daredevil challenge was a far cry from the overweight Ian, who became entangled in a vicious cycle of comfort eating.

Ian's weight problem spiralled out of control until he was prompted to take action by a photo of him at a brother's wedding in August 2008.

"I broke down in tears at easily be-

ing twice as wide as anyone else in the photo," he said.

His decision was re-enforced after another brother asked him to be an usher at his wedding in August 2009.

He joined a weekly Slimming World group in December 2008 and has never looked back - losing a stone in his first week, and continuing to lose the pounds ever since.

Ian said: "There's so much I can do now that I couldn't do before."

"I was just existing before I lost the weight, now I'm living life to the full. I feel and look like a new person."

In April, Ian was one of the top 10 finalists at the Slimming World's Greatest Loser award ceremony in London and three months later made it into the national finals of the club's Man of the Year competition.

He said: "I truly didn't have much of a life before the weight loss and now look forward each week to my Monday night weigh-ins, meeting existing friends and new ones as people join. And although most are nervous that first time, they soon find out that the group atmosphere is wonderful and so supportive of

everyone. I certainly couldn't have done this journey without the guys and girls in my group and would urge anyone who may have been thinking of joining such a group to do it - for me it's certainly been the best decision of my life."

Sponsor Ian online at www.just-giving.com/ianh-jump



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