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(Maryborough)

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# How Kelly lost 64kg - without surgery

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TRANSFORMED: Kelly Reid from Tinana has changed her life completely by going from 136 kgs down to 73 kgs.

PHOTO: ALISTAIR BRIGHTMAN

**Amazing transformation:** Tinana woman has lost 64kg in the past two years

# It began with a broken button

By Carlie Walker

WHEN Maryborough's Kelly Reid was at her biggest, she would struggle to bend over and tie her shoelaces.

Now she is more than 64kg lighter and has dropped from

a size 26 to a size 10, Kelly wants to share her weight loss success story in order to help and inspire others.

Weighing 136kg,



Kelly's weight loss journey started when a button gave way.

"The button had broken off of my cargo pants so I went to get



the next size," she said.

"When I found out there wasn't one I frantically looked through every range



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to find a size larger than 26, there wasn't one."

Kelly knew she could lose weight if she wanted to.

She had joined Jenny Craig before and shed the kilos.

The problem for Kelly was keeping the weight off after she lost it.

An emotional eater, Kelly would find that whenever she was under stress at home or at work, her instinct was to eat something.

Kelly signed up to Jenny Craig again two years ago.

With the help of her consultant, a new diet and an exercise plan, the weight started dropping off.

"If I can do it, anyone can do it," Kelly said.

Curves gym was the only place Kelly felt comfortable going and the exercise not only helped her lose weight, but gain in fitness.

Now weighing 72 kilos, Kelly said she was still getting used to her transformation.

Even sitting on a plane, bus or train – which always made Kelly feel like she was taking up too much space – is completely different now at her new weight.

"Occasionally I catch myself in a shop window and do a double take," she said.

Hervey Bay doctor Shaun Rudd said he hoped Kelly's story would inspire others to lose weight – but he wasn't holding his breath.

Dr Rudd said society was "designed to put on weight," from attitudes toward transport, to cheap food and advertising.

But Kelly's story certainly proved there was hope, he said.

"You can do it – it's up to you, it's something you have to do," Dr Rudd said.

He said that as someone who had been practising

medicine for 37 years, it saddened him to see expanding waistlines and to know that two out of three people on the Fraser Coast were overweight or obese.

Dr Rudd said he felt for the doctors who would come after him.

He said that by losing weight, Kelly was now at a much lower risk of heart disease, diabetes, cancer and kidney disease.



### ▶ DAILY DIET

Kelly Reid's daily diet these days is vastly different to her diet two years ago. Now she has cereal in the morning, and mid-morning snack, which could be chips or a chocolate bar. A typical lunch is falafel with salad, while dinner could be anything from lasagne to fish and wedges.

Kelly said her old diet was disciplined when she was at work, normally having cereal in the morning – although a lot bigger portions than she has now – a piece of fruit for morning tea and lunch was salad or a sandwich. When she got home, food took over her life, with Kelly consuming a large meal and sometimes up to four Magnum ice creams, along with a bag of chips. "There was a great difference in portion size," she said. "Sometimes I would eat from when I left work right up until I went to bed."

**GORGEOUS:** Kelly Reid from Tinana has gone from 136kg down to 72kg in the past two years with the help of Jenny Craig. **INSET:** Kelly at her former weight. PHOTO: ALISTAIR BRIGHTMAN