

# He's a self-taut man

JOHN MORCOMBE

A FRENCHS Forest man who has halved his weight has found better health has a price – continually having to buy new clothes as his weight falls.

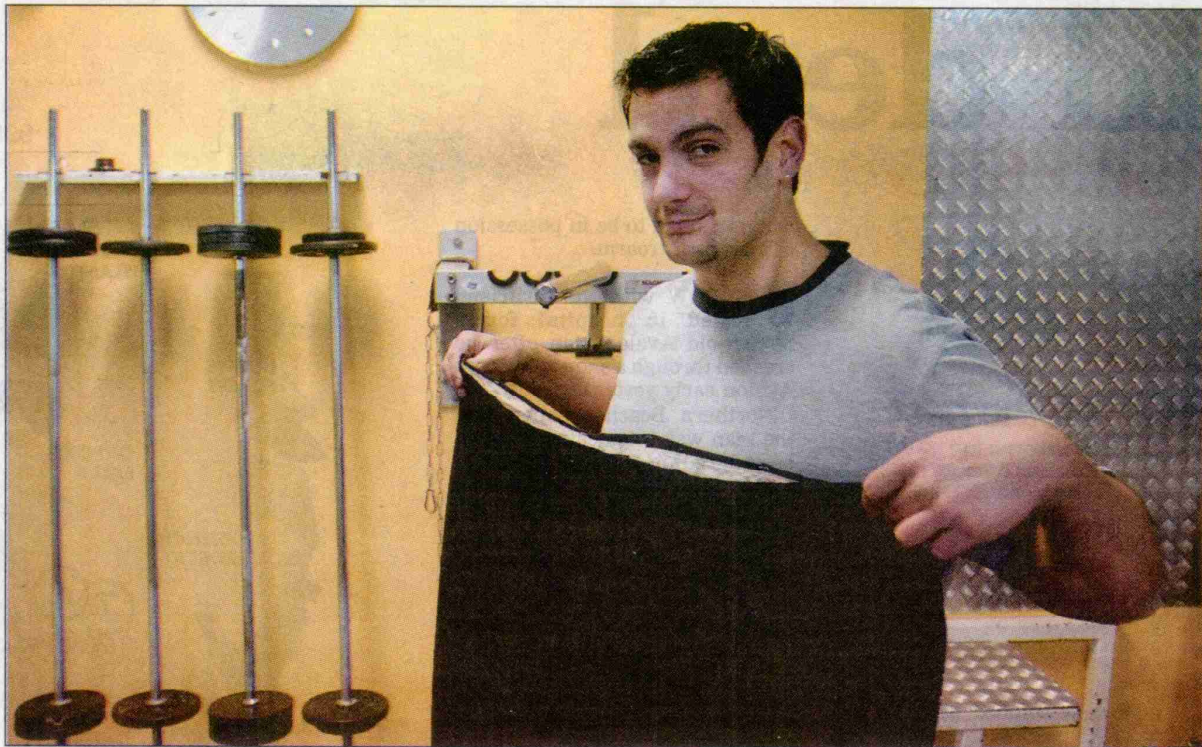
But for Steve Castiglioni, the price is more than worth it, although getting used to his constantly changing appearance has taken some adapting to.

Mr Castiglioni, 31, has cut his weight from 190kg to 96kg in two years, leaving everyone impressed by his commitment to the task.

Mr Castiglioni said he decided to do something about his weight to change his life.

"I woke up one morning and decided to lose weight," he said. "I did everything myself – my diet, my workouts – and the people at the gym showed me how to use the machines.

"I was doing seven days a week at the beginning then tapered off a bit. Now I'm going to tone up and make sure the muscles are in the right place."



WAIST AWAY: Steve Castiglioni has lost 94kg.

Picture: SIMON DEAN

Mr Castiglioni said he felt better physically and also more confident about doing things he couldn't previously do – like skydiving.

"I'm up for anything that is thrilling."

Mr Castiglioni has given most of his old, oversized clothes to the Salvation

Army but has kept a few items to remind himself of how much he had achieved.

And his message for others wanting to lose

weight? "Just stick to it – if you start, don't stop," he said.

"And listen to the people who encourage you."