

# BODY OF WORK

Steve Castiglioni dropped 100kg, but he needed painful surgery to get rid of his excess skin



It took just one kiss for Steve Castiglioni to realise that he had to lose weight for love. 'There was a girl I liked – I'd taken care of her,' Steve reflects. 'And one night she gave me a kiss. I call it my "kiss of life". I thought: "That's what I want. I want love." So the very next morning I went to the gym and started dieting.'

To fulfil his quest for love, Steve has lost 100kg and then endured an agonising total body lift, removing more than eight kilos of sagging skin from his stomach. His journey will be shown this week on the Seven Network's premiere of *The Body Specialists* and revealed to his family and friends on a later episode in the series.

Currently recovering from the gruelling operation, Steve is still wearing a corset to assist the healing

process. He shudders as he recalls the deep depression he experienced after working so hard to lose the weight, only to discover that the six-pack he had worked so hard for was now hidden beneath folds of sagging skin.

And while girls did indeed start to

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notice him, the excess skin stopped Steve from feeling proud of his new body.

'Before I lost the weight I weighed in at 190kg. I've been overweight all my life, and I blame my eating habits and fatty foods. I'd often have two dinners – one at home and one out with friends.

And being Italian I always ate lots of pastas and pizzas,' he explains.

'I felt so depressed. I hated shopping for clothes. Whenever I looked in the mirror, I felt so bad.

'On planes I'd take up two seats and would need a special extendable belt. I was so embarrassed.'

After his 'kiss of life' he radically changed his eating habits.

'After that kiss, I started dieting right away. I ate oranges from our fruit trees and cut out lots of carbohydrates.

'The first time I went to the gym I nearly collapsed after five minutes. The staff at the gym were stunned when they saw me, but they were very supportive and put me on a program to build up slowly so I didn't go into shock. 'After a few weeks, I threw away the program and tripled it. When I felt completely exhausted, I'd remember why I was doing it.'

Steve now hopes to become a gym instructor specialising in helping obese people.

Within weeks of Steve embarking on his gruelling regimen, his friends could see his face had become less bloated. And girls noticed too.

'In the first year I lost around 45kg,' he says. 'I went to a club and a girl came up to me and said: "You're cute, I want to take you home!" I was so shocked. Girls never came up to me.

'I'm still trying to adapt to girls and the dating game. I didn't go home with her though, because I still felt too shy about the way I looked.'

Steve hoped that his rigorous diet and exercise regimen would eventually reduce the amount of excess skin he was carrying. But because of his massive weight loss, it was impossible to remove it naturally.

'I could see the skin hanging off me and I got so frustrated and emotional,' he says. 'I was working so hard and nothing would shift it. I thought: "If I knew it was going to look like this, I never would have lost the weight in the first place." It was worse than the fat.'



A gruelling exercise regimen and stringent diet helped Steve lose an amazing 100kg...

... but only surgery could remove the excess skin sagging around his stomach.