

Man V Fat – Meet Kevin from Sporting a Beer Belly (Video Transcript)

My name's Kevin Porter and I play for the 'Sporting a Beer Belly' team. I thought a friend of mine was taking the Mickey when he suggested that we join. But then we came along to the evening to find out more about it and I just thought it was a really good concept and a good idea and that's really, I suppose as well I'm looking for something to lose a bit of weight, and help me get off the couch. I enjoy the camaraderie. Some of the guys on my team are all pretty good blokes and we have a bit of a laugh, you know through the week I'm on social media and things like that. Plus there's also a lot of encouragement.

The coach sends our weekly you know updates on how everyone's performing, how much weight people are losing you know it's good so it's it's kind of the whole camaraderie and everyone celebrates that success so it's quite a good feeling and it's positive and it gives you good feeling at the end of the day when you've done 30 minutes of running around on the pitch. You know it's good exercise.

This is week eight of the competition. Today I've lost seven and a half kilos, just over 5% of my starting body weight. So it's been really positive. I'm starting to exercise on the weekend. So I'm out every morning, every Saturday and Sunday morning for a 6-7km walk and I run a bit as well of it. So it's just given me the motivation really to do those kind of things as well as watch what I eat a bit more and probably portion control and that kind of thing really it's really been beneficial there.