

City of Cockburn Presents Man v Fat Soccer

My name is 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 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 idea and concept.

I suppose as well I am looking for something to lose a bit of weight and get off the couch.

I enjoy the camaraderie. The guys on my team are all pretty good blokes and have a bit of a laugh through the week on social media and things like that.

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

This is week 8 of the competition. Today I've lost 7 and a half kilos. Just over 5% of my starting body weight. It's been really positive. I'm starting to exercise on the weekends. I'm out every Saturday and Sunday morning for a 6 or 7 kilometer walk and I run a bit as well of it. So it has 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 sort of thing really. It's really been beneficial there as well.