

Andrew Montgomery: Best man sheds half of bodyweight after he dwarfs bridesmaid

Written by Daily Mail
Monday, 02 January 2012 12:58

Andrew Montgomery, 34, tipped the scales at 30 stone after a decade of unhealthy living that saw him gorge on a diet of junk food and unhealthy snacks.

He had a Body Mass Index (BMI) of 60.26 - a healthy BMI is between 18.5 and 25 - putting him in the morbidly obese category, and could not climb a single flight of stairs without panting.

A man who had never weighed himself told how an unflattering wedding photograph forced him to shed half his bodyweight.

But it was only when he saw pictures of himself dwarfing a slim size 8 bridesmaid at a friend's wedding that he finally realised he had a serious weight problem.



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Shocking: The photo that shamed groomsman Andrew Montgomery, left, into losing half his bodyweight



Drastic measures: 34-year-old Andrew, far left, bought a treadmill and consumed just 500 calories a day to shed the weight, before embarking upon a healthy eating plan

In a bid to fight the pounds Andrew, from County Armagh, Northern Ireland, joined an online weight loss site called Lighter Life last January.

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He bought a treadmill and consumed just 500 calories a day, living on milkshakes, soup and cereal bars, before eating a balanced diet after ten months.

He has since lost 15 stone and is hoping his new physique will be the boost he needs to help him find a wife this year.

The agricultural contractor said: 'I couldn't avoid the pictures and it was a shock to see how huge I looked next to a size eight bridesmaid.'

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Transformation: Andrew, who has lost 15 stone in 12 months, is now hoping to find himself a



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