

'MY LIPS ARE SEALED!'

David Hartnell says tasty morsels of gossip are the only juicy titbits that pass his lips now

David Hartnell knows there is no easy way to lose weight. The celebrity gossip guru was so desperate to rid himself of his love handles he almost enlisted the help of a plastic surgeon.

But after a "Beverly Hills-type" consultation, he decided losing weight the old-fashioned way sounded better than going under the knife.

"Somboon, my partner of 14 years, and I travelled with our good friends to the US last year," David explains. "As we sat eating fatty American hamburgers, our friend Andrew mentioned joining SureSlim when he got back to New Zealand. I was inspired to support Andrew and melt away my own extra kilos at the same time."

Tipping the scales at over 111kg, David joined the programme last November and has never looked back.

"I was worried my consultant would be pencil-slim and that when she saw me she would think, 'Oh, you fat cow,'" David chuckles. "But Kim Sweeney at the Albany branch was fantastic because she had lost weight herself and understood my journey."

David was given a personalised food plan and told which foods to stay away from, including potatoes, rice and dairy products. Within weeks, he started noticing results.

"I told Kim I wasn't going to give up my morning latte," David says. "But I started eating three meals a day, whereas I used to skip breakfast. I also substituted eight cups of coffee a day – with biscuits – for two litres of water a day and fruit. I lost weight at every weekly weigh-in."

David credits his weight-loss success to Somboon, Kim and his own stubborn determination.

"Somboon weighed all my food out, when I would have given up the ghost early on," David says. "From the word go, I told Somboon to continue eating whatever he liked because I knew I couldn't hide from food, although I did try shutting myself away for a few weeks. Now, I can go out with friends who are drinking coffee and eating cake – but I won't have any."

The media personality, who lunched with famous comedian Phyllis Diller when he was last in Hollywood, admits his confidence took a hit with every kilo he piled on and this motivated him during his hungry days.

"I have always been confident when talking about Hollywood stars but losing weight has given me more self-confidence," David says. "I think overweight people are like alcoholics because I used to be an emotional eater and not think twice about what I was stuffing in my mouth."

After eight short months, David, who has struggled with weight issues his entire life, was showing off a new 90kg figure and a lower cholesterol level.

"I've heard people on TV commercials saying, 'I feel reborn now I've lost the weight. I feel like a new person'. I used to think, 'Get over it!' But now I know how they feel. I do feel like a new person."

Two months ago, David enjoyed trying on a new wardrobe courtesy of Somboon's tailor cousin when the couple made their twice-yearly trip to Thailand. "I haven't thrown my 'fat suits' out," David laughs. "It's not that I think I'll wear them again – I just can't bring myself to bin them yet. It's great no longer having to wear black shirts," he smiles. "I can wear patterned shirts and off-the-rack clothing now."

Asked what feat he'll try next, David says, "My lips are sealed!"

Rebecca Milne

THEN:
111.55 KG
NOW: 90.75 KG
TIME IT TOOK TO LOSE WEIGHT:
EIGHT MONTHS

