



Life is too short to be FAT

David Koutsouridis

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Depressed and isolated, David was the stereotypical ‘fat kid’ at school. Spending most nights crying, David was broken. Following a severe health scare he took control of his eating, his fitness, his state of mind and his life. The result - after 8 weeks David had lost 22 kilograms and had regained his life.

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