
'AVERAGE FAT BLOKES' GET HELP IN DROPPING THE POUNDS

New support group aimed at men who want to be slimmer

As many women who have tried to lose weight will know, there is lots of information around about diets, the right kind of food to eat and the right kind of exercise to do.

And of course, there are organisations like *Weightwatchers* to help you along in your bid to drop the pounds.

But according to one writer who has been trying to lose weight for years, many of these diets and slimming clubs are of little use to your average bloke.

In fact Mike Newlands, who describes himself as an 'ageing fat journalist' is so frustrated he's decided to set up his own online information portal aimed at men trying to lose weight.

The site, called recoveringporkers.com is aimed at being a politically incorrect website for overweight men.

Visitors to the site will find plenty of information and tips for what Mike calls 'the average Porker' or even 'the Prime Porker'.

On the Colourful Radio Morning Show on Monday, Mike will tell listeners why he decided to make a stand for the thousands of middle aged men all over the UK trying to lose weight.

And he'll be telling the show's host Amina Taylor some of his top ten weight loss tips for guys who still want to enjoy a pint or two alongside healthier options like carrot juice and tofu.

The interview will be broadcast on Monday September 17 at 10.30 am and can be heard on www.colourfulradio.com and Sky channel 0194.

For further information, please e-mail vicm@colourfulradio.com
