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I lost leg and hit 26st... now I can walk tall

By JILL McLEAN

Published: 02 Jul 2010

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A DETERMINED dad who lost a leg in a horror accident can walk again after shedding more than 10 STONE.

Eddie McHugh's weight ballooned to more than 26st, leaving him too heavy to use his prosthetic limb.

But after worried wife Angela pleaded with him to get in shape for the sake of their children, he slimmed down and is now walking again.

Thrilled Eddie, 48, of Glasgow, said: "It's completely turned my life around."

"Before, I suffered from bad depression and didn't see any point in carrying on.

"I thought I'd never get out of my wheelchair. I barely remember the first years of my kids' lives because I was on so many painkillers.



Old life ... Eddie had been in a wheelchair before slimming

"Now I'm on my feet everyday and it's great to hear my kids shouting 'there's my dad walking'."

Eddie had been working as a builder's labourer in 2003 when he plummeted 15ft from a ladder and smashed his legs.



Back upright ... Eddie McHugh
Centre Press Agency



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He had 27 operations, and in 2008 his left leg had to be removed by docs.

Eddie said: "I had no idea how big I had become until I was told they were going to take my leg off and I had to get weighed - 26st is just horrendous."

Eddie tried Advertisement to learn to walk with a prosthetic limb, but his weight problem made it an agonising task.

And as he sank deeper into depression, he carried on comfort eating.

But Angela asked him to think about kids Ellie, six, Daniel, four, and her 19-year-old son Christopher.

And after starting All About W8 slimming classes in 2009 he has now lost 10st.

Eddie added: "I had to get refitted for my prosthetic leg because, to my joy, it was too big for me.

"I can now walk around my house, which for six years was impossible.

"People say I'm like the old cheery Eddie again. I can't believe that it took losing weight to realise how good life can be."

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