

The Davison Index, 220 n. Main, Davison MI 48423

Posted: June 11, 2009

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Davison man loses 250 pounds in 16 months through surgery, exercise

By Gary Gould, INDEX Managing Editor

DAVISON — Brian Dunaway looks at pictures of himself weighing almost 500 pounds and admits he never realized how big he was.

Now at a muscular 264 pounds, the 31-year-old Davison man looks back on himself just 16 months ago and he says he won't ever let himself gain that much weight again. "I was depressed," said Dunaway. "If I wouldn't have lost the weight it would have killed me." Plagued by bad feet from his weight and pre-hypertension and pre-diabetes, Dunaway said he made the decision to lose the weight because of his two sons, Hunter and Austin. On Valentine's Day 2008 he underwent lap band bariatric surgery at Hurley Medical Center in Flint — having already lost weight to prepare for the surgery he was at a formidable 417 pounds.

After the surgery he worked hard to diet and avoid junk food and fried meats. Finding it still a struggle to lose the weight, Dunaway said his wife got him a membership at Anytime Fitness, 618 N. State Rd., in Davison.

Once he started a rigorous workout routine at the gym with personal trainer Greg Taylor, Dunaway said he started seeing a significant change.

"I'm scared of Greg," Dunaway said, laughing. "He tests you. He really puts you where you need to be. He asked me the first day if I wanted to be beaten up and I said 'beat me'."

Taylor, a former Marine, said he has worked Dunaway hard but the unemployed ironworker has devoted himself to getting in shape and is building real muscle.

"He has lots of motivation and drive," said Taylor.

Anytime Fitness owner Ken Konieczka said Dunaway is his gym's greatest success story. Others, he said, can learn by Dunaway's example. He said the club is so impressed with what Dunaway has accomplished they want to show him off at the corporation's annual convention later this year.

"He's done so well," said Konieczka. "Brian is proof that if you want to change your life you can do it." He said Dunaway, a 1996 graduate of Davison High School, has also been fortunate he's been able to build muscle which has allowed his body to fill out more so he's not required surgery to remove excess skin caused by the weight loss.

Dunaway said he has inspired his family with his success. Both his father and brother, men who have struggled for years with their weight and related health issues, are now working out at Anytime Fitness with Dunaway.

The loss of nearly 250 pounds has also given Dunaway and his family a new lease on life. He is now energetic and full of life, which allows him to spend more time with his wife and kids.

One of the most rewarding moments following his dramatic weight loss was a recent morning when he said his 6-year-old son came to him and began to cry.

"He said 'I like you so much better now that you've lost weight'," said Dunaway. "I feel like we're a family again."



Brian Dunaway before and after surgery and working out at Anytime Fitness.