

# Rugby legend Iain Milne to shed weight for charity



Caption L-R (Mike Webb, The Gym, Fiona Donaldson, Chair of “Lunch with an Old Bag” and Grant Sneddon, The Gym Edinburgh.

Iain Milne, Scotland’s prop and a member of the 1984 Grand Slam team, is to take steps this year to lose weight. But ‘The Bear’ will put the weight loss to good use by using it as a charity fundraiser.

He plans to lose about 100 pounds in all, and he explains how he became overweight and how he will address his new diet regime:

“During my rugby career, my weight hovered around 18 stones. Once I’d retired from rugby, I remained fit, putting on only a couple of stones. But a back injury in 2000 saw my weight balloon to around 25 stones as a result.

“Over the last seven years, however, my real weight issues have surfaced as a result of depression. Eating and drinking became my drugs of choices when the depression hit. It was my “go to” when I was down, a form of self-medication that actually made the depression worse, not better, because it led to me piling on even more weight.

“Prior to Christmas, I decided that 2017 was going to be the year I would tackle this once and for all. I have made all sorts of efforts to get fit and alter my lifestyle before. But nothing worked or if it did, it was very short-term.

“By making a public declaration and committing funds to two charities I respect – The Prince’s Trust (through the amazing Lunch with an Old Bag event) and The Bill McLaren Foundation –

I feel I am in a place where I can take on this challenge and succeed. I will be backed up by a dedicated support team to help with nutrition, exercise and my mental health. As both my chosen charities focus on supporting achievement, my heartfelt aim is to help them by delivering a significant achievement of my own."

Iain plans to shed the pounds between now and early September when his weight loss total will be revealed at Lunch with an Old Bag, which last year raised over £750,000 for The Prince's Trust Scotland at its annual lunch. 80 percent of the money Iain raises will go there and 20% to The Bill McLaren Foundation.

His support team comprises of Nikos Jakubiak, a dietitian and performance nutritionist who will help Iain understand how to adjust food choices to meet his target and Mike Webb, general manager of The Gym Edinburgh who will look after his physical training.

Fans can follow Iain's progress via regular updates on [Facebook](#) or donate via his Just Giving page [www.justgiving.com/BearBagsRugby](http://www.justgiving.com/BearBagsRugby)