

Reporter

We introduced Péter Vízl, the former participant in our February Napló [Diary]. He couldn't get rid of his weight. He underwent an operation at the beginning of the year when part of his stomach was sewn. As a result, he could eat less these days. Péter could get rid of 63 kilograms within 5 months. At the moment, he is getting ready for a running competition as he wants to run a half marathon. And an attempt has been made to overcome the first 8 kilometers. Our guest is Péter Vízl. Honestly, I'm very proud of you. Good morning.

Péter

Good morning.

Reporter

I saw you in February. I saw you when you started. Good fortune brings us together, we see each other every week. I was once afraid that Péter would be gone. What's the ideal? When would you say you'd stop?

Péter

Before the surgery I thought that I'd be very happy with 100 kilograms. But the limit has been moved for myself. I'd say that 85 or 90 kilograms is my dream weight. When I'm 85, my weight will be halved.

Reporter

We've mentioned the surgery and I announced at the beginning that it's not just about the surgery, but that from such a big plate of food became some salad, running, and many other things in your life.

Péter

I've completely changed my diet. The food I was used to, like meat which I thought I wouldn't live without, I don't have anymore. Earlier I put salad aside, now it's meat. And I do exercises. When I was allowed by my doctor, since two months after the surgery, I've been doing exercises.

Reporter

Péter, that's been your fourth attempt. What guarantees that those 70 or 80 extra kilograms wouldn't be gained within a year or a year and a half?

Péter

What I've noticed now is that the amount that I thought not to have been much is much now. I really try to take care about the quality and quantity. I don't eat sugar and many other things any more, all by myself.

Reporter

How much does it help that you work with your colleagues in a team and I sometimes offer some news about you? And I see that, not because of the news, an amazing number of people support

you. They immediately congratulate you, hug you, or shake your hand. You give hope to many that it's viable. To overweight people, of course.

Péter

It has been the real aim of it. To show, even when I put the weight on again, that it's absolutely normal.

Reporter

Most of the people do the same.

Péter

Yes. There's no need to hide. If you want to, or can change it, you should have a try. At work, more and more people started dieting.

Reporter

You obviously look much better. How did it influence your health that you've lost that many kilograms?

Péter

I'm much more cheerful and light-hearted. I didn't care much about my weight earlier but rather that I became tired.

Reporter

What's the situation with your blood sugar?

Péter

It was good also earlier.

Reporter

How about your blood pressure?

Péter

It's interesting, but it was okay. But I had to realize that as I was over 30 and I was 170 kilograms, and within 10 years I was to reach up to 200 kilograms, then problems like blood pressure or diabetes would appear, which are irreversible.

Reporter

And your knees and ankles, your hips.

Péter

That's so.

Reporter

Péter, meanwhile we're watching your Gastric Bypass Surgery. If the viewers turn attention to it, it has been exactly the moment when your stomach was made smaller. Does that mean that until the end of your life you have a stomach size of a ping pong ball?

Péter

Rather of an egg size. Everyone has a different size. Practically, yes.

Reporter

It remains the same. When you lose weight, it won't be changed.

Péter

This surgery is reversible any time but I don't think anyone has asked for it.

Reporter

Does that mean practically that if you're full you'll feel poorly because of the size of your stomach?

Péter

That's a long way to learn it. We've just been talking about it with my doctor that everyone feels and learns the amount that's good for him or herself. At the beginning I also experienced this when my eyes wanted more than either my brain or my stomach. As time goes by, I learn the amounts better and better.

Reporter

So you couldn't eat a nice portion of marrow and tripe now.

Péter

I could have around two spoonfuls. But it's interesting that I can't eat very spicy food, although there're many who could eat spicy food just a week after their surgery.

Reporter

Isn't it so that the stomach expands? The more you eat, the bigger it is. Can't this ping pong size stomach expand if you don't take care of it?

Péter

I think this stomach is given a size and it wouldn't expand. But I would leave the medical part to my doctor. I wouldn't like to deal with it. I suppose our stomachs are of sizes that cannot expand.

Reporter

One more sentence about your goals. You've talked about the half marathon. I know it's your big dream. When do you think you would do it?

Péter

To be realistic, to be trained for it would be mid next year or the end of it. Half marathon or marathon...

Reporter

Before it some corrective surgeries are waiting for you as you've never denied, even showed it to others, that you have sagging skin. Annamária Mió filmed you, and she weighs less than the weight you lost.

Péter

That's so. I'm trying now to do exercises to tighten all my connective tissue. It's probable that a corrective surgery is needed.

Reporter

Good luck with it.

I congratulate you. Have success.

Thanks for coming here.