

**WACKY**



**WORLD**

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**It's a gran bit of good luck**

A WOMAN has won nearly €150,000 with lotto numbers left by her nanny. Maria Moreno, from North Carolina, said the picks were those used by her late grandmother. She added: "I took care of her and now she's taking care of me."

**Wait while we mooove her..**

A LOOSE cow brought traffic to a halt on a US highway ramp yesterday. Animal control officers in Georgia were called out to help capture the wandering animal. A police officer tweeted: "Thanks for your patience while we mooove it."

**Item has ring of familiarity**

A MAN who lost a valuable ring in 1989 has been reunited with it on eBay. Richard Skinner from New England, who misplaced it 32 years ago, spotted it on the auction site. He said: "It means a lot as my mum bought it and died two years later."

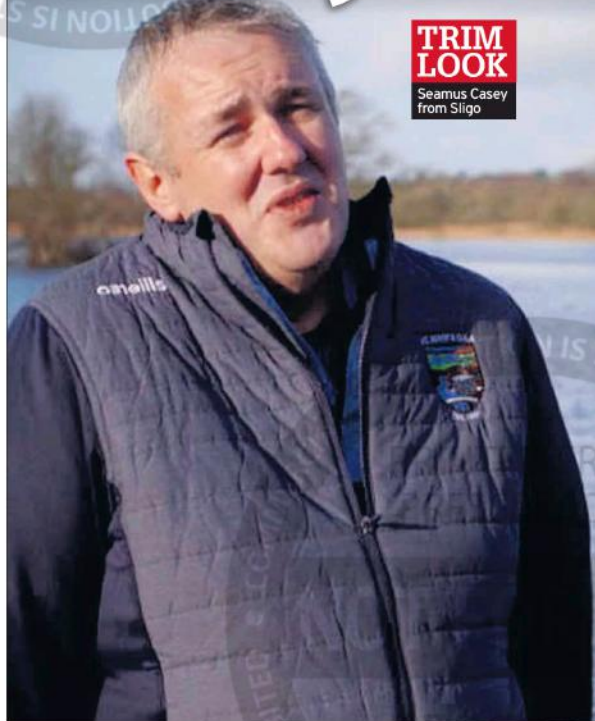
**Lost in book for 72 years**

A LIBRARY book has been returned 72 years overdue. The New York facility said The Life Story of Theodore Roosevelt by Daniel Henderson was checked out in 1949. The late fee would have been \$262 at the 1949 rate of one penny a day.

**Four pages of puzzles inside**



# I lost 7.5st and reversed my type two diabetes by walking during lockdown



**TRIM LOOK**  
Seamus Casey from Sligo



**GET A GRIP**  
In the gym after topping 26st

## Seamus also reduces blood pressure in dramatic weight drop

BY KATIE GALLAGHER  
Showbiz Reporter

**A MAN revealed how he lost an impressive 7.5 stone and reversed his type two diabetes by taking up walking during lockdown.**

Sligo man Seamus Casey started 2020 weighing over 26st and wasn't sleeping as he couldn't lie on his back for fear he would choke or stop breathing. During the start of the pandemic last year he was hit with more health worries when he was diagnosed with high blood pressure and developed diabetes. He said: "I remember sitting with a group of people in February saying, God I hate walking. "I was diagnosed with high blood pressure. I developed type two diabetes, at one stage my blood pressure hit 213 on the reading. I was put on tablets for both

and wasn't sleeping. I was on a recliner because I couldn't lie on my back in the bed, I thought I was going to choke, I thought I was going to stop breathing." Seamus then took the first steps of change, by integrating walking into his daily routine with the help of the GAA's

Ireland Lights Up campaign and its lockdown steps challenge. Speaking on Operation Transformation, he said: "I remember I would walk two laps of the juvenile pitch and I'd have to sit down and take a break. "I remember physically getting sick

after doing it." Almost 12 months on, Seamus added he is a new man. He said: "I reversed the type two diabetes and my blood pressure is normal without tablets now. I lost a total of 7st 7lb in the 12 months."

And the transformation didn't just affect him, as wife Caroline said it has changed their family's lives. She added: "I'm extremely proud of him. He is up every morning out doing his walk, even at night time when I'm exhausted and the children are exhausted he'll say, 'I'll just nip out for another walk.' "It has not just changed his life it has changed our lives as well because we are all out walking more. We realised it's not that hard to walk into town and there are lovely walks on our doorstep."



**HIT STRIDE**  
Seamus out walking with family

**“I would do two laps of the juvenile pitch and have to take a break”**  
SEAMUS CASEY ON HIS WEIGHT LOSS ROUTINE