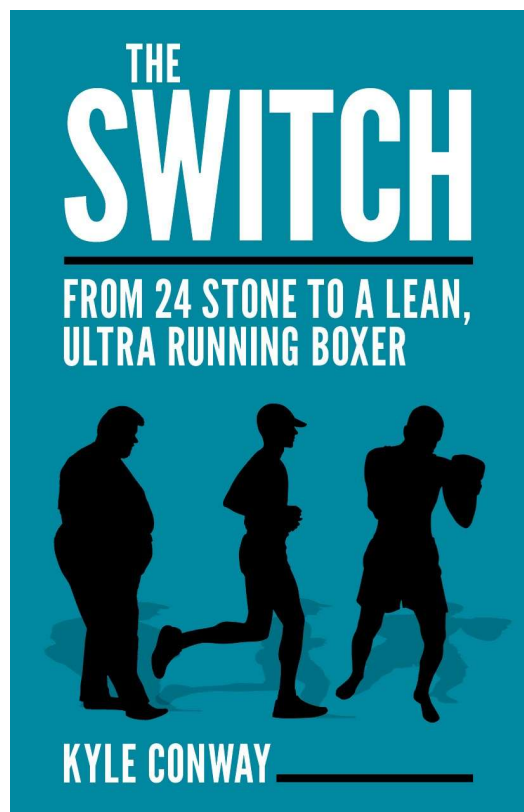




Title information



The Switch

From 24 Stone to a Lean, Ultra Running Boxer

By Kyle Conway

Key features

- An inspirational journey, not of one transformation but two, encompassing resilience in the face of adversity and redemption in the shadow of despair
- The raw story of a man who physically rebuilt himself from an obese 24 stone into an elite athlete
- Embarrassed by his size, he started running under cover of darkness – it marked the start of a transformation few would have believed possible
- Kyle lays bare his second battle – with the symptoms of heart failure; and opens up about the torment of body image issues and the mental health struggles he overcame
- Insights into multiple athletic endeavours: rugby, running, boxing, duathlons and cycling
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

After hitting 24 stone, Kyle Conway found himself imprisoned, not only by his own body, but also by the weight of his mind. And then – something changed. One night, under cover of darkness, he laced up his trainers and began to run. Those first steps were slow, heavy and filled with self-doubt, but they marked the start of a transformation few would believe possible. What began as a desperate attempt to escape obesity soon grew into a relentless pursuit of excellence. Kyle evolved into an ultra-marathon runner, conquering distances most people would never dream of, and he honed his skills as a boxer. His life became a testament to discipline, resilience and the quiet power of determination. But just as he began to live fully in this new identity, life dealt him a cruel blow when he was diagnosed with heart failure. Yet instead of surrendering to despair, Kyle faced his greatest challenge with the same courage that had carried him from darkness into light. His journey is a powerful reminder that strength is forged not in the absence of struggle, but because of it.

Details

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