



NUTSHELL

about a little bit of exercise, and just being aware of what's bad for you – sometimes the things that taste the best are the worst for you. Once you start losing weight, things like fruits and berries start to have a bit more flavour, but by the same token, the Jenny Craig program I'm doing has sausage rolls and pies and parmas in their diet. It's the best news I've ever been given.

THE PLUMBING LEGACY

If I hadn't been that guy from the film about toilets, I wouldn't be the host of *TopGear*. If Kenny would answer my calls... I've tried to ring him to say thank you, because for some reason Shane Jacobson couldn't open doors for 36 years, but Kenny, in one very short period of time, got those doors opened.

THE COLLEAGUE

What you see is what you get with Jeremy Clarkson. If you've got strong opinions and throw them back, he loves it. We disagree on how good Australia is versus England. But the problem is, I used to use cricket as an analogy, but I can't do that anymore. And with all the horrible weather and tragedies going on up north I can't even mention the weather. He's got us gazumped at the moment. We're catching up again soon for *TopGear Live* when it comes to Australia, so I'm going to avoid all sporting conversations. Then again, Australia's a better country with better people. It's not an argument, it's just a thing he doesn't understand. It's a truth he doesn't get.

THE FIRST CAR

I had a TE Cortina. I think TE stands for Totally Embarrassed – it was a shocking car. I think I was proud of it when I owned it, which is why now I look back with such shame. It's like the clothes you wore when you were 18 and the haircut that you thought was so wonderful. It was my first car and it got me to a party and back home, so I thought it was the most wonderful party chariot known to man. It had a green interior and when I think about it now I go green.

THE SHAVE

I'm used to it now, but when I first took the goatee off I felt facially naked – the breeze felt cooler and the wind felt stronger. I felt like I was leaving the house every day with something missing, but I'm used to being without it now. I think I look younger, but bigger. **FHM**

For more on Shane's Jenny Craig weight-loss program, visit Jen4Men.com.au. *TopGear Live* is in Melbourne from March 11



PHOTOGRAPHY: Philip Carlsson

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THE *TOPGEAR* HOST ON LOSING WEIGHT, FACIAL HAIR, AND ARGUMENTS WITH CLARKSON.

THE SECRET OF COMEDY

A good joke has to suit the environment that you are in. You don't want to tell a joke about old age in a retirement village. Although I did always want to be the lead singer of a band playing at an old people's home. The Alzheimer's Ball. You could quote that great line: "And here's another hit you won't remember."

THE WEIGHT

I come from a big family of big, strong men. I'm not proud to be overweight, but I'm proud to be a big guy. It's in our blood to be big and strong and want to cook massive amounts of livestock and eat them. I keep saying, "I don't want to look like

Brad Pitt, I want to eat him." Not because I find him attractive, but because if I put him in the oven he'd cook. So it takes a lot for the message to get through, but I found out that with my blood pressure and cholesterol up, I'm a massive accident waiting to happen.

"My first car: a TE Cortina. It was shocking"

THE WEIGHT LOSS

It's about men's health. It's not about image, it's not about happiness – all of that stuff will improve though – but about lowering

your chances of dying of diabetes, strokes and heart attacks. With me it was about eating more often. I'd hardly have anything during the day and then have a massive meal at night, so my metabolism was shot. It's