

## Celebrating Lysacek's golden moment

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By DR. ROBERT WEIL Columnist

Wow.

What a couple of weeks this has been following Evan Lysacek's amazing (although predicted by The Sports Doctor in a Feb. 14 story in The Sun) gold medal in figure skating.



**A dinner at Catch 35 in Naperville celebrated Evan Lysacek's gold medal in the Winter Olympics.**

**Front row: Don Lysacek (Evan's dad) and Tanya Lysacek (Evan's mom)**

**Second row: Denise Provenzano, owner of Naperville's Zano Salons, and Dr. Robert Weil.**

**PHOTO COURTESY OF DR. ROBERT WEIL**

*(Submitted/Dr. Robert Weil)*

The two national championships, the current world title, and Grand Prix titles are tremendous, but the Olympic gold medal is on another planet!

Between the two NBC interviews and the "Cheer Evan On Party", hosted by owner Denise Provenzano at one of her Zano Salons the night of the gold medal skate, it was great stuff!

I thought that Evan really was a class act and took the high road in his comments regarding the Russian champion and 2006 Olympic gold medal winner Evgeni Plushenko's critical comments and sour grapes over his second-place finish.

Evan mentioned on "Larry King Live" that he knows "it's hard to lose," and in the heat of the moment, he didn't take the criticism personally and respected the Russian as "a great champion and someone I've always admired." Evan was a class act.

When I mentioned Evan's responses to his dad Don, he said, "I'm as proud of Evan's actions and comments regarding Plushenko as I am in him winning the gold medal!" Evan's mom, Tanya, felt the same.

Congratulations go out to Tanya and Don for a son that's a role model!

Next up for Evan is a stint with "Dancing with the Stars" -- go Evan!

To view the NBC interviews and great hoopla, go to my Web site [sportsdoctorradio.com](http://sportsdoctorradio.com). Those items will be up soon.

The Olympics continue to amaze me with all of these incredible athletes in so many sports. The physical, mental and emotional excellence is really something to marvel at.

### **Let's get them walking**

I wrote a column titled, "Let's get the kids walking to healthy habits" in July, 2008.

Now that first lady Michelle Obama has initiated a new powerful campaign "Let's Move" to battle childhood obesity, I'd like to call people's attention to the column again.

Go to my Web site, [sportsdoctorradio.com](http://sportsdoctorradio.com) and go to the newspaper articles and check it out. Here are some of its main points:

1. Childhood obesity has almost tripled over the last generation.

2. Adults haven't done much better.
3. Along with obesity comes all the health related problems like high cholesterol, diabetes, high blood pressure, etc.
4. Our health care system, no matter what shape it takes, will virtually collapse trying to pay for this. We've got to tackle this.
5. Forces like the fast-food industry, snack and junk food, vending machines, lack of physical activity (all day in front of electronic devices), cutbacks in physical education in schools, etc. are pushing us to develop comprehensive programs that can make a difference.

My title "Let's Get Em Walking" explains an easy to use plan for the schools, from kindergarten to high school, to develop the program for a 30-minute walk inside or outside daily.

The walking doesn't have to replace other physical activities, but would be the regular routine. A 10- or 15-minute health-related topic could round out the rest of the time period if time allows. Starting the daily habit of walking in early childhood and continuing it through high school would dramatically change the mess we're in over the next generation, just the goal of Michelle Obama.

Chances are good that this habit would continue throughout adulthood and influence the parents of the kids who participate as well. So, like the July 2008 article says.....school officials, parents, coaches and legislators -- "Let's Get Em Walking." It will work!

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