

# The Sports Doctor: Podcast highlights program fighting obesity

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Operation Pull your Own Weight is an innovative program dealing with motivating children to participate in actual prevention and "Immunizing themselves against obesity for life".

I'm excited to tell everyone that "Kids Beating Obesity," a new podcast, is up and running. My "home station" for "The Sports Doctor" for more than 15 years, WDCB has helped put this together with my co-host, author and former teacher Rick Osbourne.

Rick is the developer of Operation Pull your Own Weight, an innovative program dealing with motivating children to participate in actual prevention and "immunizing themselves against obesity for life."

As many of you who follow my Sports Doctor radio shows and articles know, obesity both in children and adults has been a topic often discussed. I've talked and written about my "Let's Get-em Walking" initiative lots of times.

Rick and I have "collaborated" both on the walking and pulling your own weight programs as well as the research available on "Kids Beating Obesity," a weekly podcast of which 10 shows are available.

An impressive group of guests, including kids themselves, who will be regularly included, have taken part in these first shows — the premier guest is U.S. Assistant Surgeon General Dr. James Gallaway. Others include Tommy Boone, a prominent exercise physiologist; Jack Stonebraker, director of community relations for Best Buy; Tony Burke, founder and president of ProActive Kids; Jay Wojcik, founder and president of Healthy Lombard; and many others.

Having done "The Sports Doctor" on 90.9fm, WDCB, for more than 17 years, podcasts are new to me, so I'm really excited about it. We're going to include emphasis and guests relating to all areas of the obesity epidemic: nutritionists, doctors, teachers, psychologists, fitness experts, administrators, parents — did I leave anyone out?

The huge fiscal and financial implications of this crisis will not be ignored. Osbourne's book, "Strong at Everything, Weak at Nothing: How to motivate kids to eat better, exercise more and immunize themselves against obesity for life," co-authored by Pam Osbourne, discusses the whole pull-your-own-weight philosophy in detail.

As Rick says, "The three most important factors are motivation, motivation and motivation!"

So go to WDCB.org, click new media on the upper right, click "Kids Beating Obesity" and viola—access to the podcasts! Check it out — your support and feedback will be appreciated. Become a subscriber — it's free. "We're all in this battle together!"

Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. You can hear him on his weekly radio show at 6:30 p.m. Thursdays on 90.9-FM. Contact him at [drweilsportsdoctor@yahoo.com](mailto:drweilsportsdoctor@yahoo.com) and visit his website at [sportsdoctorradio.com](http://sportsdoctorradio.com).