



SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

For Immediate Release

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New Book Seeks to Solve the #1 Health Crisis Facing Families Today: Childhood Obesity

"More and more of America's kids are overweight. And unless we do something now, America itself may not have much of a future." So says medical journalist Walt Larimore, MD and clinical dietician Sherri Flynt, MPH, RD, LD in their new book *SuperSized Kids: How to Rescue your Child from the Obesity Threat*.

In this powerfully written book, Dr. Larimore and Flynt tell dozens of stories about children who have fallen into the obesity trap. However they say getting and staying healthy can only be successful if the whole family is on board. They also make clear what everyone needs to know about fighting childhood obesity:

- Children of today will become the first generation in American history whose lifespan will decrease
- One in three children is expected to develop Type 2 diabetes
- By 2028 obese children of today will be too sick to work, and will draw on national resources
- Families that eat together are far more likely to keep unnecessary pounds off
- Too much TV and computer time can create obese kids
- Parents must be involved in schools to keep menus and snacks healthy
- If children do not get enough sleep, chances are they are packing on pounds

Dr. Larimore and Flynt believe it takes a whole family to keep kids healthy. They give step-by-step lifestyle changes designed for the whole family. *SuperSized Kids* will allow any family to escape the plague of obesity and enjoy a long and healthy life together.