



# SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

## What People Are Saying...

“Walt Larimore and Sherri Flynt have written what is an essential new book for every parent in America... Their advice is a welcome, fresh approach that should be read and reviewed by physicians and parents alike. I highly recommend it for its educational insights, and its nutritional guidance for our children today.”

Senator Tom Coburn, MD

“As a physician, I have been troubled by the rising tide of obesity in this country, and as a policymaker, I am concerned about the burden obesity places on our national health care system. This timely book addresses the problem at its roots and helps parents develop a healthy, active lifestyle for the entire family. I commend the authors and strongly recommend this practical and important book to parents.”

Congressman Dave Weldon, MD

“That America is raising a generation of obese and unhealthy kids is not in dispute. Knowing what to do and who should do it is the challenge, but Dr. Walt Larimore and Sherri Flynt get it right in their timely and ground-breaking book, *SuperSized Kids: How to Protect Your Child from the Obesity Threat*. ... These two authors get the parents off the bench and into the game of coaching their kids to better health and fitness. It's too bad this book wasn't required reading for parents over the past generation!”

Mike Huckabee, Governor of Arkansas  
Author of *Quit Digging Your Grave with a Knife and Fork!*