

# The Sports Doctor: On way to healthylife.net

By Dr. Robert Weil drrweilsportsdoctor@yahoo.com November 18, 2013 5:08PM



Dr. Robert Weil and longtime sidekick Chris Fox get ready to tape the last "The Sports Doctor" show on WDCB. The two worked together for almost 20 years. | Submitted

It's hard to believe I've been doing weekly "The Sports Doctor" shows for two decades on local WDCB — and most of that with sidekick Chris Fox, The Lombardian newspaper's sports director.

We started with reel to reel, went to cassettes, CDs and digital over these years.

We've covered "all things sports medicine" — from the latest injuries of athletes in the news, the best shoes, common injuries, parenting the child athlete, drugs in sports, concussions and the dangers of football, as well as what was happening with our pro, college and local teams.

Since I first saw him in the office for orthotics as a 10-year-old, we've followed the incredible career of figure skater Naperville's own Evan Lysacek, as he won junior, national, world and, then in 2010, the Olympic Gold medal in Vancouver.

As we speak, Lysacek is trying "with everything he's got" to get to Sochi, Russia, and the Winter Olympics to defend his title.

Of course, we're all rooting for him.

There have been so many guests. I'd like to thank them all — athletes, coaches, teachers, parents, authors, therapists and trainers who have shared their expertise with our listeners.

WDCB, the jazz station at College of DuPage in Glen Ellyn, has been an excellent partner and supported all aspects of "The Sports Doctor."

I would like to thank them for providing all the technical "stuff" to make the show happen. They also provided the support for the excellent podcast series "Kids Beating Obesity" that I did last year with

author and creator of the ingenious “Pull Your Own Weight” method of childhood obesity prevention, Rick Osbourne.

I will forever be thankful to Fox — mentioned earlier here — who did everything from introduce me, participate in the show and edit it.

He will be missed but will be an occasional guest on “my new gig.” And, of course, thanks to all the listeners for their support, emails and comments.

Listen to past shows at [sportsdoctorradio.com](http://sportsdoctorradio.com) — click radio.

## **Onward and upward**

I’m excited to join HealthyLife.Net and the syndicated international “positive talk radio” network with “The Sports Doctor.”

My new gig starts Dec. 4 from 3 to 4 p.m. Wednesdays.

Starting in 2002, Linda Mackenzie, author and radio host initiated one of the first live all positive stations on the Internet, now syndicated in many Internet streams, private radio networks and is available on Wifi, PDAs, and smartphones.

In 2009, the station was simulcast 24/7, and today has expanded its genres to include 58 channels and included all smartphone and iPad apps generating programming to more than 3 million listeners per month in 108 countries and 1,200 cities in all 50 states.

“The Sports Doctor” will continue to provide an entertaining mixture of topical-informative — educational — all things sports medicine.

Find me on [healthylife.net](http://healthylife.net) in a few weeks.

*Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. Hear him on his weekly radio show from 3 to 4 p.m. starting Wednesday, Dec. 4. Contact him at [drweilsportsdoctor@yahoo.com](mailto:drweilsportsdoctor@yahoo.com) or visit [www.sportsdoctorradio.com](http://www.sportsdoctorradio.com)*