

The Sports Doctor: Pull Your Own Weight concept taking off

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Kieth Wagner, Phil Goforth and Sonny Benso work out at Eco Gym in Naperville. | Submitted

Believe it or not, it's been a year since "Kids Beating Obesity," the WDCB podcast, started. It featured myself and co-host Rick Osbourne, author and creator of Pull Your Own Weight.

All aspects of the obesity epidemic are discussed with a local, national and international group of guests, now more than 40 shows are available. Emphasis includes this simple, inexpensive, functional premise — if a child or adult can successfully do an unassisted pull up (pull their own weight), it's virtually impossible for them to be clinically obese. PYOW is an easy progressive way to reach this goal especially with young children. (To watch a short video about the program, visit <http://youtu.be/AqbcXyqhL18>.)

Naperville, with its national reputation for school system and community involvement "in all things fitness," in conjunction with Kids Beating Obesity, ECO Gym of Naperville, Advanced Health Naperville and Naperville Moms Network, is leading the launch of Naperville Pulling Your Own Weight Club.

Mayor A. George Pradel, the first honorary member, is excited about "Naperville setting the example for the nation in preventing America's No. 1 epidemic: obesity both in children and adults."

ECO Gym, the two Naperville Athletico Physical Therapy clinics and Gardinside of Naperville will act as the initial test centers where, for free, adults and kids can take the pull-up challenge and learn more about the process.

"Athletico is excited to be involved with this initiative, and we look forward to positively influencing the health and wellness of others," says Joe Bresingham, regional manager of Athletico.

If young children gradually develop the strength and lightness through consistent progress to "pull their own weight," we would prevent the problem altogether — strategies we hope to see school systems like districts 203 and 204 embrace.

"We are excited to be the first health club to be an integral part of the national campaign of PYOW," Eco Gym owners Michael Benso and Chris Gellings say.

Besides the four test centers and the launch initiators, supporters include Mayor Pradel, COD athletic and physical education departments, Benedictine University exercise physiology department, National University of

Health Sciences/Naperville, Naperville Fry YMCA, WDCB Public Radio, New Balance of Naperville, and Zano Salons and Spas/Naperville. This list is expanding as you read this!

What's interesting is that PYOW was initially conceived by Rick Osbourne for self-esteem, with children making steady progress and having fun while virtually immunizing themselves against obesity. Active children who feel good about themselves perform better in school and in life.

“We have two PowerPoint presentations, one for schools and one for employers that explain the entire concept,” says Dr. Cathy Subber, of Advanced Health and Naperville Moms Network.

To learn more about the launch of the Naperville club, call any of the test centers, and join Rick and I on the “Kids Beating Obesity” podcasts. WDCB.org, click new media, click Kids Beating Obesity. Let's help Naperville “Pull Our Own Weight.”

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