



# Caring & Sharing

## MEET DR. ROBERT WEIL

### THERE'S A FAMOUS PODIATRIST IN TOWN

There probably aren't too many podiatrists you would call famous, but in Naperville, Dr Robert Weil is about as well known as any is likely to be. If you're not reading one of his columns in the local press, you can hear him on WDCB 90.0 FM. If he's not rubbing shoulders with Naperville society leaders, you might find him appearing on a Chicago TV station.

Dr Weil, aka The Sports Doctor, will forever be synonymous with Olympic Gold Medalist Evan Lysacek. After all, he has been taking care of his famous feet since he was a boy.

But for all the work Dr Weil does from his Aurora practise, he probably spends even more time giving back to the community. In fact he was recently recognised at the first Thanks 4 Giving event in Naperville. What those who know him might be surprised to hear is that all those public appearances and promotion is done entirely for free.

Now Dr Bob as he is affectionately known is getting involved in the fight against childhood obesity with FORWARD - Fighting Obesity Reaching healthy Weight Among Residents of DuPage.

"I've been talking about this for at least ten years," he said. "Let's get kids walking. If they should walk 30 to 40 minutes a day by the time they are in high school there won't be any heavy kids. As a podiatrist I see a lot of lower leg problems in adults and children. An obese child will cost three to five times more than the healthy child. Even just looking at the dollars and cents we are looking at an epidemic. We need to bring PE back to elementary schools. There is no competition involved in walking, you just show up."

Out of all the volunteering he does, Dr Bob says his radio show is the favorite. "It's a 30 minute show combining entertainment with great sports medicine information," he explains. "I cover everything from problems a grandmother may have walking to Evan Lysacek."

Dr Bob says Lysacek still refers to him as his "secret weapon." They first met when the skating superstar was eight years old and training at Seven Bridges under Candice Brown-Burek.

As a sports doctor his job is not only to help fix injuries, but prevent them from happening. He still makes the orthotics for Lysacek's skates.

"He is such an asset to sports medicine," Dr Bob said. "He's my poster boy. It's a fun part of what I do for dozens of other young skaters and sports competitors."

Follow Dr Bob on Facebook/sports doctor radio or visit him at [www.sportsdoctorradio.com](http://www.sportsdoctorradio.com)

-Hilary Decent, Features Editor