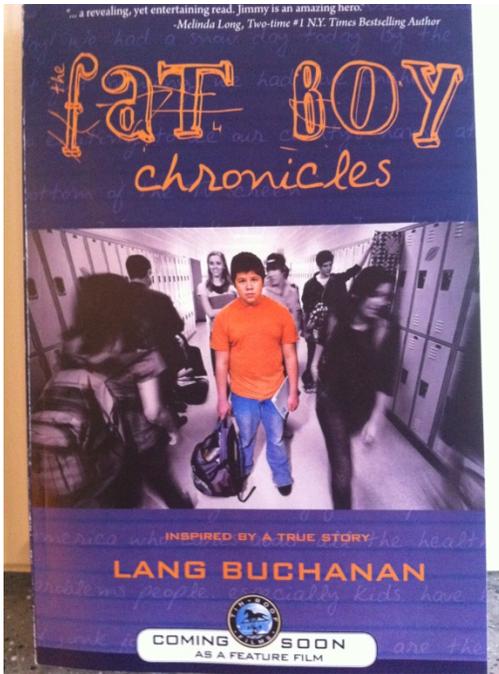


The Sports Doctor: Fat Boy Chronicles author talks obesity and bullying

By Dr. Robert Weil drweilsportsdoctor@yahoo.com March 19, 2012 3:10PM



Michael Buchanan, co-author of the book “The Fat Boy Chronicles,” is the guest on Dr. Robert Weil's weekly podcast.

Featured in this week's podcast, “Kids Beating Obesity,” is the story of young teenager Jimmy Winterpock and his incredible journey as an overweight youngster dealing with the horrors of being picked on, made fun of and bullied.

Our guest is Michael Buchanan, co-author of the book “The Fat Boy Chronicles,” and writer of the screenplay for the full-length movie of the same name.

The story really hits home with the constant reminder of yet another part of the childhood obesity nightmare — not just all the health risks and problems like high blood pressure, diabetes, muscle and joint problems — but the bullying and psychological side.

Inspired by a true story, “The Fat Boy Chronicles” offers Jimmy's school journal taking us into his daily thoughts and actions through a school term. This book and movie is most definitely something both kids and their parents should make a priority.

Mike Buchanan and co-author Diane Lang are former teachers, and they bring great insight into this powerful story.

By the way, highlights of some past podcasts of Kids Beating Obesity featuring guests in the physical education field is available in the show previous to our interview with Mike Buchanan.

Get access to all of the podcasts, check topics and bios of all guests, by going to www.wdcb.org, click new media, Kids Beating Obesity.

Let's get some emails:

Gerry, Plainfield: My son and I saw you at new Balance Naperville at your foot screening to check his flat feet.

At 13 years old, he is 25 pounds overweight, and his feet and knees hurt. Are these factors related?

Dr. Weil: Yes they are. Excessive weight will aggravate all the joints of the lower extremities. Orthotics can reduce the flat foot-related foot and knee stress, but the added weight makes things worse.

Steve, Naperville: My 15-year-old daughter is a serious club tennis player who is always dealing with shin splints. Her physical therapist mentioned orthotics. Would they help?

Dr. Weil: Absolutely — most persistent lower leg shin problems are foot mechanics related (go to Nov. 10, 2009, article “common place shin pain is treatable” at [sportsdoctorradiocom/newspaper articles](http://sportsdoctorradiocom/newspaper%20articles)). Orthotics and foot, lower leg muscle strengthening exercises will make a difference. Call me with questions.

Dr. Robert A. Weil is a sports podiatrist with an office in Aurora. You can hear him on his weekly radio show at 6:30 p.m. Thursdays on 90.9 FM. Visit his website at www.sportsdoctorradiocom and contact him at drweilsportsdoctor@yahoo.com