



SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

About the Authors



Dr. Walt Larimore is one of America's best-known family physicians and is listed in Best Doctors in America, Who's Who in Medicine and Healthcare, and the International Health Professionals of the Year. His MD degree is from Louisiana State University and his Family Medicine residency was at Duke. He practiced 4 years in the Smoky Mountains before moving to Central Florida to practice for 16 years. In 1996, he was named America's Outstanding Family Medicine Educator by the American Academy of Family Physicians. Dr. Larimore is now a full-time author and medical journalist. From 1996 to 2001, Dr. Larimore hosted over 850 episodes of the daily, live Ask the Family Doctor show on Fox's Health Network—being awarded the prestigious "Gracie" Award by the American Women in Radio and Television. From 2002 to 2004, he hosted the Focus on Your Family's Health syndicated radio and TV features. He is a frequent guest on a wide variety of television and radio programs including

The Today Show, CBS's The Early Show, several Fox News programs and CNN. Dr. Larimore has published over 500 articles in dozens of medical and lay publications. He is also the author of more than a dozen books, including the bestsellers *Bryson City Tales: Stories of a Doctor's Practice in the Smoky Mountains* and *Alternative Medicine: The Christian Handbook*. His most recent books include *Why ADHD Doesn't Mean Disaster*, *God's Design for the Highly Healthy Child*, *God's Design for the Highly Healthy Teen* and *God's Design for the Highly Healthy Person*.



Sherri Flynt, M.P.H., R.D., L.D. When it comes to healthy living for children and parents, Sherri Flynt has a passion for nutrition. This passion led her to complete her Masters in Public Health (M.P.H.) at Loma Linda University. While there, she also received her credentials as a registered dietitian (R.D.). Her career path soon brought her to Florida Hospital, where she has spent the past fifteen years helping Central Florida—and its children—become healthier. During her tenure at Florida Hospital, Sherri has presented hundreds of seminars, participated in numerous health fairs, and worked with countless children, families and individuals to achieve optimum health. For the past three years, she has overseen Florida Hospital's Center for Nutritional Excellence. Since arriving at Florida Hospital, Sherri has seen a dramatic increase in the number of children referred to her for obesity and other related medical problems. After seeing first-hand the massive issues children struggle with, Sherri became actively involved with Florida Children's Hospital and is part of the team developing a pediatric obesity program. Sherri is also on the Childhood Obesity Taskforce in Central Florida.