

**FOR IMMEDIATE RELEASE:
April 11, 2006**

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"DR DENISE AND THE BIG KID" EMPOWER YOUTH TO TACKLE ADOLESCENT OBESITY

The obesity epidemic is the number one health issue in our country. Our children are affected regardless of gender, age, ethnicity, socioeconomic class, geographical location or religious preference. The food industry must assume some blame for this condition but much of the blame also lies in children's inability to make sensible, healthy, food choices. We can provide our young people with the information they need to make healthy decisions but still there is a missing link!

Companies offer healthier choices, schools suggest healthier foods; and exercise and play have been expanded in the curriculum. But how do you inspire a child to want to eat right, exercise and make better choices? At their ages, how do you get them to understand the importance of doing so? What are the health issues, peer relationship issues, and self-esteem issues that go along with those choices? This is the missing link that Dr. D and The Big Kid supply.

In this one hour program, **Tacking Adolescent Obesity**, Dr. D and The Big Kid empower students to make the right choices today. They link the causes of obesity not simply to food preferences or activity level, but also to low self-esteem, peer pressure and the importance of being accepted by others. They come to understand the dangers of overeating for emotional reasons. Students laugh and learn with Dr. D and The Big Kid while being urged to consider the course they are setting for themselves and actions they can take to alter that course.

Dr. D and The Big Kid are a truly a dynamic duo. They skillfully teach essential life lessons while captivating their audience with high energy and great humor. Together they have developed this entertaining program to empower today's youth to make smart choices today -- choices necessary to ensure health and happiness tomorrow.

Dr. Denise Lamothe, Dr. Denise, is a professional speaker on the psychology of eating and how to stop emotional overeating. She is author of *The Taming of the Chew* (Penguin \$14), has appeared nationally on radio and television and in many publications, including "O" The Oprah Magazine. She is features expert on a number of websites including Fat Flush.com and founder of Emotional Overeating Awareness Month.

Rich DiGirolamo, The Big Kid, is an irreverent, motivational humorist. He is the author of *Yes, You're Fat. I Like You Anyway!* He has appeared in newspapers and on radio throughout the United States. He has been awarded the highest honors by a premier weight loss industry company for his abilities to motivate and empower people to make the changes necessary to lead healthier lifestyles.

Both are members of the National Speakers Association.

Dr. D and The Big Kid combined have over 30 years of expertise in the field of weight loss. They've been there. They've ultimately become successful, healthy, energetic people...and they got there by making healthy choices. Each has made mistakes and learned the hard way. Dr. D battled anorexia, bulimia, and extreme obesity. The Big Kid faced a multitude of health risks and ridicule. Both experienced the mental and physical hardships of being obese. They share the wisdom gained through painful experiences in ways young people can relate to and understand.

For more information about **Tackling Adolescent Obesity** contact Dr. D at denise@deniselamothe.com, 603.679.2432 or The Big Kid at rich@donewhining.com, 203.879.5970. Sponsorship opportunities available.