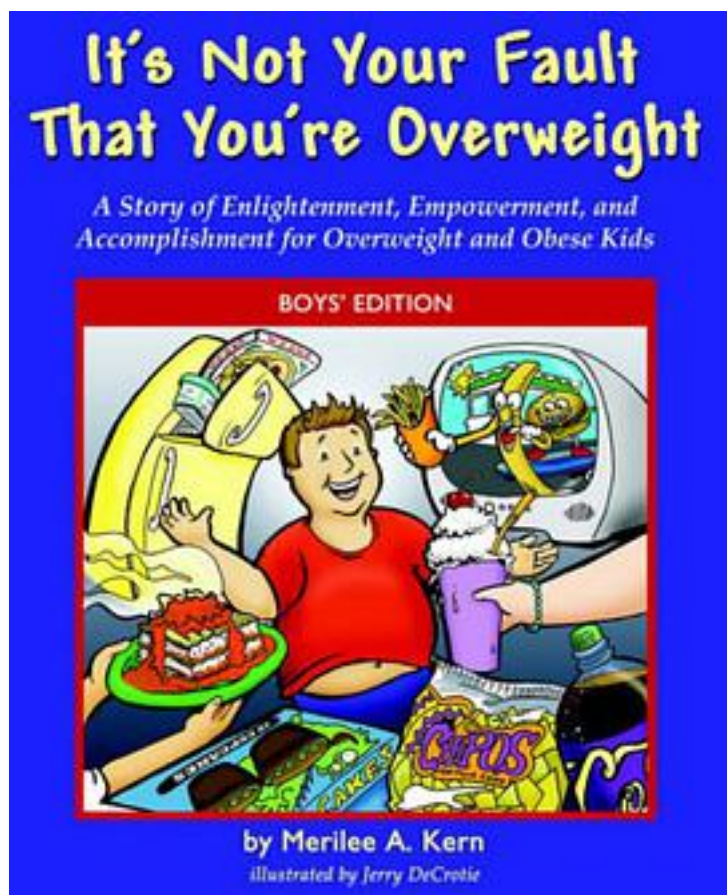


It's Not Your Fault That You're Overweight



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It's Not Your Fault That You're Overweight is a fictional children's story depicting the life of Matt, who typifies the average overweight American kid as he encounters the emotional and physical challenges associated with an adolescent overweight condition. The story culminates with Matt overcoming these challenges and improving

his health condition by better understanding the importance of good nutrition and exercise, and through an increased awareness of the overwhelming number of social pressures, corporate persuasions, media-perpetuated temptations, and other cultural influences that adversely affect his ability to make healthy choices. The story not only portrays how America's children have been culturally programmed into obesity, but also empowers its young readers to recognize the constant stream of negative influences encountered daily, to make decisive changes in their lifestyle and, in doing so, to get on track toward a lifetime of health and wellness.

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