

FOR IMMEDIATE RELEASE

FITNESS EXPERT AND MEDIA PERSONALITY MICHAEL KAROLCHYK DEMANDS STATE LAWMAKERS TO RECOGNIZE CHILDHOOD OBESITY AS CHILD ABUSE WITH EQUAL PARENTAL REPERCUSSIONS

DENVER, August 23, 2007 – Michael Karolchyk, Anti-Gym owner and nationally recognized advocate for social responsibility in health and fitness, is urging Colorado representatives and relevant family agencies to combat a rising U.S. epidemic by promoting legislation that formally defines childhood obesity as a form of child abuse with equal responsibilities and penalties to parents.

Karolchyk said, “Obese children suffer terribly from physical problems such as diabetes and heart disease, as well as from emotional distress including depression and social anxiety. How are these harms any different than the consequences of other types of abuse to a child’s well-being? Parents should be forced to accept legal responsibility for heaping ANY physical and emotional injuries upon their children, including obesity, and our leaders have a moral obligation to see that this happens immediately.”

Academic studies and government agencies consistently support the contention that childhood obesity begins in the home and that accelerating nationwide rates cannot be explained by genetics or broad environmental factors. According to the National Institute of Health, “The main culprits are the same as those for adult obesity: eating too much and moving around too little. Almost half of children aged 8-16 years watch three to five hours of television a day. Kids who watch the most hours of television have the highest incidence of obesity.”

Karolchyk said, “The government’s own findings agree that parents are to blame for our overweight youth, but they are doing absolutely nothing effective to stop the abuse. Starve your kids and the state takes them away, feed them so much that they lose a foot to diabetes and nobody says a word. Let’s stop blaming poor genes and thyroid problems, and start holding parents accountable for getting their children off the couch, eating right, and exercising daily. Everyone else cares about the little children, I say it is time we start caring about the big children too.”

Studies have also demonstrated that obesity in a child may be indicative of an abuse parental relationship as traditionally defined. According to the Children’s Rights Foundation, a leading child abuse prevention organization, “Where the child feels deprived of love, food may be used as a substitute, often resulting in obesity.” The Alliance for a Healthier Generation reports that about 25 million kids today, nearly one in every three, are overweight or at risk of becoming overweight.

Karolchyk was the focus of a recent national public health debate as an adamant and vocal opponent of a proposed Massachusetts bill that would have obese individuals treated as a protected class. His media appearances related to that issue included Fox News Live, The Morning Show with Mike and Juliet on Fox, BBC Radio, Washington Post Radio with Hilary Howard and Bob Kur, and The Boston Globe.

Karolchyk is available to respond to serious media inquiries with additional comments on childhood obesity, the Massachusetts bill, and other issues concerning public health and the fraudulent national health club and diet industries. Anti-Gym provides complete programs for healthy living, including exercise, nutrition, and behavior modification, from their original studio in downtown Denver and the new Cherry Creek North location.

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