



Let's Get Steppin! Saving the Next Generation..Pedometer Walking

Billie Jean King

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Inspired by the "The Big Challenge" series that aired in 2007 on kids and obesity, and the Surgeon General's report that advocates obesity is more prevalent and pervasive among Blacks and Hispanics; King presented a pedometer challenge to her granddaughter in 2008, who was 8 years old at the time. Notable results were observed. ? Her desire for outside activities increased immensely. ? Attempting to reach her daily goal of 12k steps became additive. ? The pedometer was viewed more as a game, than a tracking tool. King shares frankly concerning her and her families battle with obesity and the associated complications of Type II diabetics, heart disease, sleep apnea, kidney failure, and hypertension to name a few. As a writer, author, she tells her irrefutable testimony of how she attributes the aid of pedometer walking and alternative food selections to her being able to ward off Type II Diabetes thus far. In an eye opening and thought provoking approach; she highlights the impact of the church and its unconscious role on how it contributes toward the advancement of obesity. She also spotlights manufacturers in their supportive and not so supportive efforts. "The church in a good conscious state can't be guilty of creating an opportunity and an environment for the very thing that they preach and teach against, [temptation.]" "I tussled with the idea of holding off publishing this book until I'd attained my desired weight goal; I figured that it would be received or recognized as being a more effective or proven mechanism. You know... after the victory. Then I was reminded that it's during the struggles of life is when encouragement, comfort, and strength is needed the most, whether you're the one that's receiving it or giving it." [Excerpt from Introduction.] Wonderfully illustrated in colorful photo's of food, charts, graphs and alternative food recipes. "Let's Get Steppin!" offers an innovative, identifiable and plain talk method to a targeted segment of America concerning the debilitating disease of Obesity. It's non-clinical, yet, in a clinical approach, it promotes self awareness along with her proven principles to assist in tackling the war on obesity. If you or your family members are toiling with the "generational curse" of obesity and its related complications as King confesses...this book will leave you hopeful!...

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