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WALK FROM OBESITY COOKBOOK AVAILABLE FOR PREORDER

Gainesville, Fla. – The *Walk from Obesity* is excited to debut the official *Walk from Obesity Cookbook*. The purpose of this cookbook is to provide readers healthy delectable recipes that will offer their palate a flavorful sense of exquisite taste and nutrition. The proceeds from this cookbook directly benefit the *Walk from Obesity*. The *Walk from Obesity* is the nation's largest gathering of individuals affected by obesity.

Each year in September and October in cities all across the country, obesity sufferers and survivors alike join forces and walk to raise money for research, education, prevention and treatment of obesity. On average, more than 16,000 walkers, donors and supporters participate in this national event. To date, the *Walk from Obesity* has raised more than \$2.3 million to support research and educational programs on behalf of those affected by obesity.

"This cookbook is truly an excellent resource for anyone at any stage of their weight-loss process. One of the most useful features of the cookbook is the inclusion of nutritional information for each recipe. From salads to entrees, the cookbook offers healthy, tasty recipes that are easy and fun to prepare," said Joseph Nadglowski, Jr., OAC President and CEO/ASMBS Foundation Executive Director.

The *Walk from Obesity* would like to thank Chef David Fouts for his time, knowledge and dedication to all those affected by obesity for developing the contents of the *Walk from Obesity Cookbook*. He is truly a pioneer in the culinary community and an inspiration to all who battle with obesity.

For more information on the *Walk from Obesity Cookbook* or to preorder your copy today, please visit www.walkfromobesity.com. The *Walk from Obesity Cookbook* costs \$10 plus \$4.95 for shipping and handling.

The Walk from Obesity was established to raise awareness of the obesity epidemic and to support initiatives focusing on prevention, education, research, treatment and advocacy. Walkers raise money by asking friends, family and co-workers to sponsor them. In addition to walker income, funds are raised through sponsorship, matching gifts, corporate contributions and other fundraising activities.

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