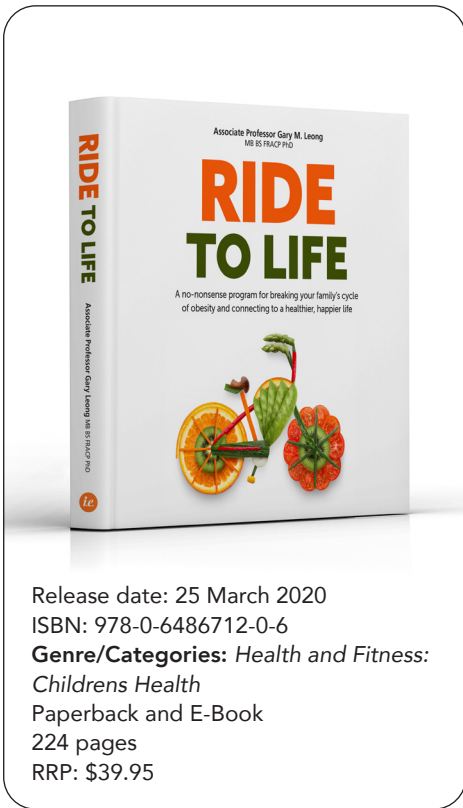


—indie experts

IN OTHER WORDS



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Ride to Life

A no-nonsense program for breaking your family's cycle of obesity and connecting to a healthier, happier life

Associate Professor Gary M. Leong

MB BS FRACP PhD

Dr Gary Leong is a paediatric endocrinologist who specialises in treatment of children suffering with obesity and diabetes and its complications. A humane and very real person – not just a medical doctor and PhD – Gary loves working with kids and their families to help them work towards and enjoy healthier, happier lives.

This book outlines a potentially life-changing program that Dr Gary Leong has developed called the 2020 Family Health Challenge. It encourages you to courageously and honestly confront the underlying reasons for the obesity affecting your child. But it is also about parents and children taking appropriate levels of personal responsibility and then taking action to make sustainable, manageable change for a better, healthier, active and more purposeful life. This book attempts to solve the problem about what you can do as a parent when you think you have run out of options for a child suffering from obesity.

About the Author



Dr Gary Leong is a paediatric endocrinologist who specialises in treatment of children suffering with obesity and diabetes and its complications. A humane and very real person – not just a medical doctor and PhD – Gary loves working with kids and their families to help them work towards and enjoy healthier, happier lives.

For the people who care about letters and places, Gary's professional qualifications are substantial. He is an Associate Professor of Paediatrics at the University of Sydney Nepean Clinical School and Nepean Charles Perkins Research Hub in Western Sydney. He is a Senior Staff Specialist in Paediatric Endocrinology and Diabetes and the Clinical Paediatric Lead in the Nepean Family Metabolic Health Service and the Paediatric Diabetes Service at the Nepean Hospital. He is also in private practice at the Children's clinic in Bondi Junction.

Prior to this for 12 years, Dr Leong maintained a joint clinical and research appointment at the Mater Children's Hospital and Queensland Children's Hospital (formerly Lady Cilento Children's Hospital) in Brisbane and The University of Queensland's Institute for Molecular Biosciences, where he conducted clinical and basic research into child obesity and metabolism.

He obtained a PhD from the Garvan Institute, The University of New South Wales in 2002 after completing his general paediatric and paediatric endocrine training in Sydney and around Australia in 1992. His medical degree was obtained from The University of Melbourne in 1982. Dr Leong has memberships of several national and international paediatric endocrine and research societies and was formerly the Chair of the Australasian Paediatric Endocrine Group Growth Hormone Advisory Committee, which assisted the Federal Department of Health by providing expert advice on growth hormone therapy in children with growth problems.

While Gary's research has taken him across the globe, from Sydney, Australia to the national Institutes of Health in Bethesda, Maryland, USA, it is his clinical work with children and their families that stimulated his desire to find practical ways to help families break the cycle of obesity.

As a witness to the devastation wrought by obesity on families, parents and children, Gary felt compelled to find simple and practical ways for them to reclaim their lives through sustainable changes that anyone can do, with the right mindset, habits and support. Integrating his personal love of cycling and long, challenging rides like Le Tour de France, Gary encourages the reader to get on their bike and stay on it, because the lives of children depends on it.

Gary rides every year for various charities, but has been a great supporter of the Smiling for Smiddy Cancer charity which supports cancer research in melanoma at the Mater Foundation. More recently he has become a board member of the Fab to Fit Foundation which promotes healthy physical activity programs for children from socially disadvantaged communities where childhood obesity is highly prevalent.

Gary is a husband to Micky and proud father to three grown-up children. He has a large loving family who migrated here from Hong Kong in the mid 1960s when Gary was only 4 years old. He is a mad-keen cyclist and loves combining cycling with his great loves of travel and connecting with people, especially his family.