



JOHN PEMBERTON/The Times-Union

Molly Super, 15, works out at Ladies Workout Express on Thursday. She weighed 336 pounds but is already seeing good results with her new exercise and diet regimen and lifestyle changes.

# A TEEN'S BIG CHALLENGE

Molly Super left school as her weight soared and others taunted her relentlessly. But now she's aiming to shed pounds with help from supermodel Tyra Banks.

By ANNE MARIE APOLLO  
The Times-Union

It isn't about the diet, though she likes what she's eating.

And it isn't about her mom or what anyone else thinks.

This time, the time 15-year-old Molly Super hopes she'll be able to lose weight for good, it's about her.

More than her pride is on the line. Succeeding in this diet will give the Clay County teen the confidence she needs to get back to a life she put on hold after her weight ballooned and relentless teasing caused her confidence to plummet.

Just a month ago, the situation was so bad, Super left the grounds of her high school, planning to never return.

At 336 pounds, Super isn't just overweight. She is obese.

At 5-foot-8, federal guidelines suggest that Super weigh between 125 and 158 pounds.

With hard work, discipline and support, she wants to make it to 180 pounds.

The first two qualities she'll have to find in herself. The last part of the equation, she found on television.

Last week, Super appeared on an episode of a national talk show hosted by supermodel Tyra Banks. She met other kids as heavy as 500 pounds and came home with a Web cam to keep in touch with them and diet coach Jorge Cruise.

**SUPER** continues on A-9

## HITTING HOME

### More Duval kids overweight

34 percent of Duval County children are overweight or at risk of being overweight, according to a Health Department study that assessed about 34,500 children. Nationally, the percent of overweight and at-risk students is estimated at 30 percent, according to the Centers for Disease Control and Prevention.

