

LET'S
MOVE!



Programs

Over the past three decades, childhood obesity rates in America have tripled. Today, almost one in every three children in our nation is obese or overweight. The numbers are even higher in African American, Hispanic, and American Indian/Alaska Native communities, where nearly 40% of the children are overweight or obese. In February 2010, First Lady Michelle Obama launched *Let's Move!*, a comprehensive initiative involving multiple stakeholders, to solve the problem of childhood obesity in a generation, so that kids born today will grow up healthier and able to pursue their dreams. This is an ambitious goal. But together, we can make it happen.

Let's Move Cities and Towns

No city or town is the same, and each one needs its own approach for solving obesity. *Let's Move Cities and Towns* engages communities by focusing on their unique ability to solve the obesity challenge on a local level.

It's designed to encourage mayors and elected officials to adopt a long-term, sustainable, holistic approach to fighting childhood obesity. When elected officials sign up as a prospective *Let's Move City or Town*, they choose to make changes in four areas over the next 12 months: Reduce the risk of obesity in early childhood, provide healthy food in schools, improve access to healthy, affordable foods, and increase physical activity. To find out how your city or town can join, visit:

<http://www.letsmove.gov/officials-step-1.php>

Chefs Move to Schools

Good nutrition at school is more important than ever. Over 31 million children participate in the National School Lunch Program, and over 11 million participate in the National School Breakfast Program. *Chefs Move to Schools*, administered by the U.S. Department of Agriculture (USDA), matches chefs with school districts to help schools improve health and nutrition.

The chefs adopt a school and work closely with teachers, parents, school nutritionists and administrators. They teach new techniques and recipes for healthier meals that meet the schools' dietary guidelines and budgets. And, they engage young people in learning about nutrition and making balanced and healthy choices. By creating healthy meals that are also delicious, chefs have a unique ability to make good nutrition fun and appealing. To get involved or learn more, visit: <http://www.letsmove.gov/chefs-step-1.php>

"We are going to need everyone's time and talent to solve the childhood obesity epidemic and our Nation's chefs have tremendous power as leaders on this issue because of their deep knowledge of food and nutrition and their standing in the community. I want to thank them for joining the *Let's Move!* campaign"

—First Lady Michelle Obama



Find out more
www.letsmove.gov

Learn more about these programs and discover what other communities and organizations are doing. Learn how to incorporate ideas and information into your efforts, and see what else you can do to fight childhood obesity.

Additional resources
www.fitness.gov
www.presidentschallenge.org



An important component of *Chefs Move to Schools* is the HealthierUS School Challenge — a program that has spurred schools all across the country to raise their standards and transform classrooms and cafeterias into places where healthy eating and nutrition is learned and experienced. Schools that are doing the very best work to keep kids healthy will be recognized, and high-achieving schools will even receive monetary incentives. Sign up for the HealthierUS School Challenge at: **<http://www.fns.usda.gov/tn/healthierus/index.html>**

Let's Move Faith and Communities

As trusted community members, faith-based and community-based organizations are critical partners in solving childhood obesity. Many lessons on healthy living and well-being are learned in faith- and community- based settings.

Join *Let's Move Faith and Communities* to inspire healthy eating, physical activity, and respond to hunger. To learn more about how you can further awareness and prompt action in communities across the country visit: **<http://www.whitehouse.gov/sites/default/files/microsites/Lets-Move-Toolkit-Faith-Communities.pdf>**

Let's Move Outside

Regular exercise in nature is proven to improve children's physical and mental health. Outdoor activity helps kids maintain a healthy weight, boost their immunity and bone health, and lower stress. *Let's Move Outside*, administered by the Department of Interior, was created to get kids and families to take advantage of America's great outdoors, which abound in every city, town and community.

Let's Move Outside Junior Rangers, a part of the *Let's Move Outside* program, promotes healthy outdoor activities in 50 national parks across the country by highlighting existing junior ranger programs that have a strong physical activity component. For ideas on what to do, what to bring and where to go in the great outdoors, visit: **<http://www.letsmove.gov/letsmoveoutside.php>**

Let's Move in the Clinic

Health care professionals directly impact children's health. Each encounter is an opportunity to help children understand the importance of good nutrition and physical activity—from their earliest moments of life through adulthood. That's why, by working together with children and their families in clinics, practices, homes, schools and neighborhoods, health care professionals can make a real difference in solving the problem of childhood obesity. To find out what you can do as a health care professional, including how to print out our prescription for a healthy life to share with patients, visit: **<http://www.letsmove.gov/healthcareproviders.php>**