



America's Move to Raise a Healthier Generation of Kids.



**Volume I
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We can't let this be the first generation in history to grow up less healthy than their parents. The ingredients...better food & more activity...are clear. Let's Move isn't just noble, it's a necessity. It's not just a slogan, it's our responsibility. *-Let's Move Pledge-*

Dear Parent,

As a cooperative effort between the Hart Doyle Inouye Federal Center MWR (Morale, Welfare, and Recreation) Child and Youth Program and the Stars and Stripes Learning Station, we have begun the steps necessary to implement the "Let's Move" campaign and challenge set forth by First Lady Michelle Obama. Through family events and in class programming we will work together to make a stand for a better and healthier future for your child! Please join us in our efforts and reap the rewards of a new "you" as well!

*"The Physical & Emotional Health
of an entire generation and
The Economic Health & Security
of our Nation is at stake."*

-First Lady Michelle Obama-

This newsletter serves as the first of many to provide you with tips and tools to help your family move towards healthier lifestyles and to join us in the fight against child obesity. You will find each monthly newsletter packed with simple ways to increase your family's activity levels, healthy recipes and tracking tools to help you become successful in your endeavors. We are excited to learn how you and your family will take this challenge head on and how you will personally work toward ending such a terrifying trend.

Consider making taking the Let's Move pledge today, and pave the way as an advocate for future generations!

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From The

“Campaign” Trail



The *Let's Move!* campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. *Let's Move!* will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

Mrs. Obama began a national conversation about the health of America's children when she broke ground on the White House Kitchen Garden with students from a local elementary school in Washington, DC. Through the garden, she began a discussion with kids about nutrition and the role food plays in living a healthy life. That discussion grew into the *Let's Move!* campaign.

At the launch of the campaign, President Barack Obama signed a Presidential Memorandum creating the first ever Task Force on Childhood Obesity to conduct a review of every single program and policy relating to child nutrition and physical activity and develop a national action plan to maximize federal resources and set concrete benchmarks toward the First Lady's national goal. The Task Force's recommendation focus on the four pillars of the First Lady's *Let's Move!* campaign:

1. empowering parents and caregivers
2. providing healthy food in schools
3. improving access to healthy, affordable foods
4. increasing physical activity.

This problem can't be solved just by passing laws in Washington. It's going to take all of us—governors, mayors, doctors, nurses, businesses, non-profits, educators, parents—to tackle the challenge once and for all, so Let's Move to end the epidemic of childhood obesity together. -Let's Move.gov-

“STARS” Spotlight

On May 5th, the Stars and Stripes Learning Station and Staff from MWR will be conducting the first of many Let's Move events for your children.

Please join us as and your children as we walk together around the center grounds, and help us take a stance of being involved to combat the childhood obesity problem. Put on your walking shoes and show your children that you are both interested and engaged by participating in this program with them.

Date: May 5, 2011 **Time:** 10:30 to 11:30 am **Meeting Place:** SaSLS Playground

Ingredient List:

- 1 cup Grated Carrot
- 1 cup Chopped Celery
- 1 cup Chopped Apple
- 1/2 cup Chopped Walnuts
- 1/2 cup Raisins
- 2 to 3 Tbsp. Low Fat Vanilla Yogurt
- 1 tsp. Lemon Juice
- 4 Ice Cream Cones

Directions:

In a large mixing bowl, combine all ingredients well. Scoop into ice cream cones. Serves 4.



Table Talk

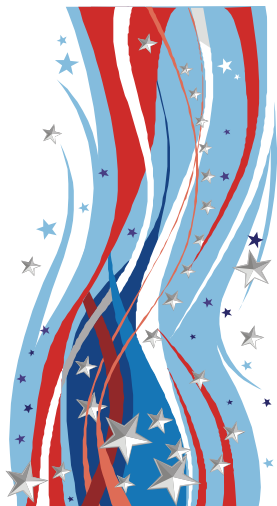
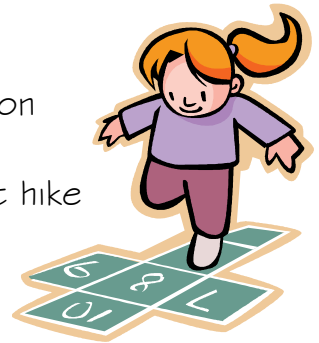
Goofy Waldorf Salad

Marching On

Activities for the family

10 Things to Do in May

1. Take a walk in the sunshine
2. Chase bubbles
3. Play hopscotch
4. Learn to play badminton
5. Dance in the rain
6. Take a scavenger hunt hike
7. Go for a bike ride
8. Visit the local park
9. Fly kites
10. Learn how to hula hoop



Let's Move: America's Move to Raise a Healthier Generation of Kids

Our Pledge

It's our move.

Our kids need to eat healthier food.

They need to be more active.

We all...parents, teachers, doctors, grocers and businesspeople...need to join together.

We can't let this generation grow up more likely to get diabetes, cancer or heart disease.

Let's Move on this crisis!

Our work! work! work! all-digital-all-the-time world isn't healthy for us or our kids.

We need ways for the whole family to band together.

Parents are looking for tips and tools.

To help our kids choose good food.

To help them learn that shooting hoops with friends beats shooting aliens with a laser.

Kids were meant to move!

If kids could be coaxed off computers, where would they go?

Is there a park in the neighborhood?

Is there a playground nearby?

Do their schools have enough sports facilities?

Where are they going to get that sixty minutes of activity needed each day?

Kids need places to move!

Our kids need to be eating healthier food.

We need to help our schools and grocery stores offer better options.

More fruit, less sugar. More vegetables, less fat.

More knowledge, fewer empty calories.

More cooperating to solve these problems.

Let's Move together!

We believe every kid has the right to a healthy childhood.

We can't let this be the first generation in our history to grow up less healthy than their parents.

The ingredients...better food + more activity...are clear.

Let's Move isn't just noble, it's a necessity.

It's not just a slogan, it's our responsibility

Are you with us? Let's Move!

<http://www.LetsMove.gov>