

Let's Move!

- The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."

- First Lady Michelle Obama at the Let's Move! launch on February 9, 2010

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping kids become more physically active.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is key to ensuring a healthy future for our children.

<http://www.letsmove.gov/>

First Lady Michelle Obama leads a group of 400 local children on the South Lawn of the White House to help break the Guinness World Records title for the most people doing jumping jacks in a 24-hour period, Oct. 11, 2011. (Official White House Photo by Chuck Kennedy)

Yesterday, something special happened. People around the world joined together towards the same goal: to set a Guinness World Record® for the most people doing jumping jacks in a 24-hour period. The challenge was to have more than 20,000 people from around the world do jumping jacks for one minute.

Joined by National Geographic Kids Magazine, First Lady Michelle Obama had the chance to launch the effort to break the record from the South Lawn of the White House:

JUMPING JACKS AROUND THE WORLD



<http://www.letsmove.gov/blog/2011/10/12/jumping-jacks-around-world>