



JOIN **LET'S MOVE!** TO BUILD A HEALTHY COMMUNITY AND RECEIVE NATIONAL RECOGNITION FOR YOUR EFFORTS

Let's Move! Cities, Towns and Counties (LMCTC) is part of First Lady Michelle Obama's comprehensive *Let's Move!* initiative, which is dedicated to reversing the childhood obesity epidemic within a generation. With support from the Robert Wood Johnson Foundation, the National League of Cities (NLC) is providing technical assistance to local elected officials working to create healthier communities and prevent childhood obesity, including those participating in LMCTC.



HOW DOES IT WORK?

LMCTC helps local elected officials develop long-term, sustainable and holistic strategies that promote improved nutrition and increased physical activity in their communities.

- I. Start Early, Start Smart:** Provide children in early care and education settings with a healthy start.
- II. MyPlate, Your Place:** Display MyPlate in city- and county-owned venues that serve food.
- III. Smart Servings for Students:** Expand access to meal programs before, during and after the school day, and/or over the summer months.
- IV. Model Food Service:** Adopt healthy food service guidelines at city- and county-owned venues that serve food.
- V. Active Kids at Play:** Take steps to promote physical activity.

BE RECOGNIZED!

Participating communities are awarded bronze, silver and gold medals for achieving specific benchmarks pertaining to each goal. Local elected officials from these communities are able to showcase their accomplishments and learn about the progress their peers make by visiting the initiative's website.

CITIES PARTICIPATING IN LMCTC BENEFIT BY:

- Receiving national recognition when they achieve LMCTC goals, including opportunities to be recognized by the First Lady
- Gaining access to technical assistance from experts across the federal government and nonprofit sector
- Having a variety of opportunities to learn what works at the local level
- Sharing success stories and discussing challenges with peers in other communities
- Participating in a national movement to build healthy communities for a healthy future

NLC is working in partnership with the U.S. Department of Health and Human Services, and with the support of the U.S. Department of Agriculture, the National Association of Counties and other nonprofit organizations, to assist local elected officials who join LMCTC as they implement policy and environmental changes to prevent childhood obesity.



Learn more about *Let's Move! Cities, Towns and Counties* by visiting: www.HealthyCommunitiesHealthyFuture.org

If you are interested in participating in LMCTC, please sign up at www.lmctc.org/survey/signup or complete and return this form.

Let's Move! Cities, Towns and Counties Participation Form

Name of City or County: _____

State: _____

Name, title and contact information for the **local elected official** leading the *Let's Move!* efforts.

| | |
|------------|--|
| Name: | |
| Title: | |
| Email: | |
| Telephone: | |

If you have a **lead person** who will coordinate your community's *Let's Move!* activities and be responsible for reporting periodic progress, please enter this information below.

| | |
|------------|--|
| Name: | |
| Title: | |
| Email: | |
| Telephone: | |

- I am willing to commit to the five goals of *Let's Move!* Cities, Towns, and Counties and do what I can to reduce childhood obesity in my community.
- I affirm I am completing this form as the *Let's Move!* local elected official, or because my *Let's Move!* local elected official has empowered me to do so on his/her behalf.

Questions: Please contact lmctc@nlc.org or call Elena Hoffnagle at (202) 626-3012.

Submit this form to Elena Hoffnagle: 202.626.3117 (fax) or lmctc@nlc.org (email)

