



APR 29 2010

Michael Torchia
Operation Fitness
9903 Santa Monica Boulevard
#820
Beverly Hills, California 90212

Dear Mr. Torchia:

Thank you for you contacting us about the *Let's Move* Initiative. The U.S. Department of Health and Human Services (HHS) is working with the Office of the First Lady and the President's Task Force on Childhood Obesity on this exciting and important initiative.

We have added your organization to our database and will contact you in the near future to share next steps. In the interim, we encourage you to visit the *Let's Move* website at www.letsmove.gov and join the email listserv for *Let's Move* and HHS updates, as well as the Partnership for America website at www.ahealthieramerica.org to learn about how to become a member.

In addition, I am pleased to share with you some of the other work that HHS is doing to reduce the prevalence of overweight and obesity among our Nation's children. The Department is committed to improving the health of Americans, and we recognize the vital role that physical activity and nutrition play in health promotion and disease prevention across the lifespan. As part of this commitment, HHS released the government's inaugural *Physical Activity Guidelines for Americans* in 2008. These evidence-based guidelines include recommendations for people ages six years and older, including specific recommendations for children. The *Physical Activity Guidelines*, as well as a variety of supporting materials, may be downloaded from www.health.gov/paguidelines. A copy is enclosed for your reference, as well.

HHS' Office of Disease Prevention and Health Promotion (ODPHP) coordinates the development of the *Dietary Guidelines for Americans* every five years on behalf of HHS and in partnership with the U.S. Department of Agriculture (USDA). HHS and USDA released the sixth edition of the *Dietary Guidelines for Americans* in January 2005. The *Dietary Guidelines* provide advice for people ages two and older about how dietary and physical activity habits can promote health, help manage weight, and reduce risk for major chronic diseases. A copy is enclosed for your reference. You can also find

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downloadable tools for healthy eating and physical activity based on the *Dietary Guidelines* at: <http://www.health.gov/dietaryguidelines/dga2005/toolkit/>. Currently, an advisory committee of experts in nutrition and health is reviewing updated scientific and medical information in order to make recommendations for the 2010 *Dietary Guidelines for Americans*. Information and updates on the advisory committee's work are available at www.dietaryguidelines.gov.

Surgeon General VADM Regina M. Benjamin MD, MBA recently released *The Surgeon General's Vision for a Healthy and Fit Nation 2010*, calling on all Americans to play a role in combating overweight and obesity in our country. That publication is available at: www.surgeongeneral.gov/library/obesityvision/index.html.

We appreciate your dedication to improving the health of America's children. Organizations such as Shape Up America are important partners in addressing the obesity epidemic.

Thank you for your interest in *Let's Move!*

Sincerely yours,

A handwritten signature in black ink, appearing to read "Penelope Slade-Sawyer". The signature is written in a cursive style and is positioned above the typed name.

Penelope Slade-Sawyer, P.T., M.S.W. ^{2 FOR}
RADM, USPHS

Deputy Assistant Secretary for Health
(Disease Prevention and Health Promotion)

Enclosures