



June 15, 2011

To Whom It May Concern:

As you may know First Lady, Michelle Obama, is championing the *Let's Move Cities and Towns* campaign. The American Dietetic Association, the nation's leading food and nutrition experts, has joined in the efforts by championing local initiatives through volunteers in your area. Maryland has 25 towns currently participating which include your town.

A licensed, registered dietitian is the nutrition expert who can help your town develop strategies to combat obesity at the local level.

Motivated volunteers in your community will be contacting you to help in efforts of improving the nation's health starting in your city. The activities and level of time they can contribute will be discussed in your meeting.

Please utilize their expertise as your resource for accurate nutrition information and to help develop and/or carry out your town's plan of action.

Some suggested goals for your plan of action may include:

1. Help Parents Make Healthy Family Choices
2. Create Healthy Schools
3. Provide Access to Healthy and Affordable Food
4. Promote Physical Activity

Thank you for your interest and involvement with the *Let's Move Cities and Towns* campaign. More information will be provided as it becomes available so that you and the volunteers have the necessary tools to carry out the plan of action with great success.

Sincerely,

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Let's Move Coordinator
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