

*Town of Walpole
"Let's Move" Proclamation*

Whereas the Town of Walpole agrees with First Lady Michelle Obama that the physical and emotional health of an entire generation and the economic health and security of our nation is at stake, and

Whereas according to 2010 data collected by Walpole school nurses, 25.8 percent of Walpole children are overweight or obese, both of which are factors that can lead to adult obesity and substantial health risks, including diabetes, depression, high blood pressure, stroke, heart disease, sleep apnea, and certain forms of cancer, and

Whereas "Let's Move" is a comprehensive initiative, launched by the First Lady, dedicated to solving the epidemic of childhood obesity in the United States by making it a priority to provide the current generation of American children with a healthier upbringing so that they will be better able to pursue their dreams; and that this program employs a wide range of strategies to achieve its goals, such as offering helpful information to parents, providing healthier food options in our schools, and helping families become more physically active, and

Whereas the Walpole Medical Reserve Corps has formed a new subcommittee, "Let's Move Walpole," which is currently comprised of MRC volunteers and members of the School, Recreation and Health Department staffs, and is seeking additional membership from the Walpole community, as well as school wellness support from New England Dairy and Food Council through the "Fuel Up to Play 60" program, and

Whereas this new committee, "Let's Move Walpole," will strive to promote opportunities that encourage healthy eating, increased physical activity, and sound emotional health for all members of the Walpole community

Now, therefore, the Walpole Board of Selectmen do hereby on this day of August 9, 2011 join other cities and towns across the United States in committing the Town of Walpole to the "Let's Move" program initiated by the First Lady, and in encouraging Walpole residents and businesses to incorporate healthy eating, regular physical activity, and measures that promote emotional well-being into their daily lives.

BOARD OF SELECTMEN

August 9, 2011










