

# Adventists Say YES!

## to Healthy Kids and Families

### Did you know ...

- Over the past three decades, childhood obesity rates in America have tripled.
- Nearly one in three children in America is overweight or obese.
- Our children make up the first generation in history to grow up less healthy than their parents.

### Adventists InStep for Life

Join the *Adventists InStep for Life* initiative and make a difference in your home, church, school, and community. To get started, download and sign the *Adventists InStep for Life* commitment. Start a conversation with your family and friends about childhood obesity and what you can do to fight it. Visit our website to download a toolkit, explore ideas, and record your physical activity. And don't forget to mark your calendar to participate in the North American Division *Let's Move Day*, September 22, 2013.

**For more information, resources, and a toolkit,  
visit: [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)**



North American Division Health Ministries  
12501 Old Columbia Pike  
Silver Spring, MD 20904 • 301.680.6733  
[www.nadhealthministries.org](http://www.nadhealthministries.org)

*"The Let's Move initiative is consistent with our church's approach to ministering to people physically, mentally, socially and spiritually."*

—Ted Wilson  
General Conference President



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