

"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



Adventists Say YES! to Healthy Kids and Families

The First Lady launched *Let's Move* in February 2010 to solve the problem of childhood obesity within a generation, so kids born today reach adulthood at a healthy weight. The Seventh-day Adventist Church has joined some 50 other faith and community organizations in supporting this national initiative to fight the epidemic of childhood obesity.

Adventists InStep for Life is an opportunity to:

- Help your children lead healthier lives
- Partner with your child's school to foster environments that support healthy choices
- Change the way a generation of kids think about nutrition and physical activity
- Promote a message of healthful living and make a positive impact for Christ in your community
- Ensure a healthy future for your children
- Make a difference!

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. The numbers are even higher in African American and Hispanic communities, where nearly 40% of children are overweight or obese.
- Our children make up the first generation in history to grow up less healthy than their parents.
- If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives.

"This is our time! As a church we have long talked about the importance of not just healthy minds and hearts but also healthy bodies. *Adventists InStep for Life* is a wonderful means for advancing our emphasis on health among kids and their families."

— Dan Jackson
North American Division President



"More than ever the time has come for God's message of healing and restoration to be heard. *Adventists InStep for Life* is a wonderful opportunity to make a positive impact for Christ in our communities."

—Katia Reinert
NAD Health Ministries Director

Our Goals

1. Increase physical activity by:
 - Accumulating 2 million miles through walking and other physical activities
 - Helping 60% of Adventist students achieve the NAD and Presidential Active Lifestyle Awards
2. Focus on nutrition and increased fruit and vegetable servings by:
 - Launching 100 summer feeding sites (VBS, camps, community service activities)
 - Starting 100 vegetable gardens in schools and/or churches (at least one church and one school garden per conference)
3. Engage kids, youth, parents, schools, and the community in working together to fight obesity

www.AdventistsInStepForLife.org

