

January 23, 2014

President Barack Obama
The White House
1600 Pennsylvania Avenue, NW
Washington, DC 20500

Dear Mr. President:

We, the undersigned organizations, write to express our appreciation for your Administration's support in promoting physical activity as a way to create healthy lifestyles. Coupled with the First Lady's "Let's Move" program, our country has taken tremendous steps in getting Americans moving and combating the obesity crisis.

As you prepare for your State of the Union address on January 28th, we respectfully request that you dedicate a portion of your address to the benefits and power of physical activity. Physical activity has been shown to reduce health care costs, prevent chronic disease, enhance productivity and improve quality of life. Numerous studies reinforce the common-sense principle of maintaining health through physical activity and exercise and with its ability to treat and prevent obesity, diabetes, heart and bone disease and other chronic conditions, exercise is powerful medicine, indeed.

A mention of the importance of the promotion of active and healthy lifestyles in the State of the Union address would be a rallying point for so many across the United States. In particular, we encourage:

- Public education programs to ensure that all Americans understand the benefits of healthy lifestyles and how to take advantage of the range of options open to them;
- Professional education so that health professionals consider physical activity a vital sign like blood pressure and cholesterol levels, to be monitored and tracked regularly;
- Electronic Medical Records that include fields for physical activity. As health provider systems convert to EMRs, they can easily begin to track exercise as a vital sign;
- Medical School Curricula that give all physicians an adequate grounding in how to counsel patients on healthy lifestyles, and
- Increased opportunities for underserved populations to enjoy exercise and physical activity, by addressing disparities in the built environment, access to equipment and other barriers.

These are just a few examples of strategies for encouraging a healthier America. We urge you to keep in mind the cost-effective, health-enhancing properties of physical activity and exercise and stand ready to support your efforts to keep Americans moving toward healthy lifestyles.

Sincerely,

Academy of Nutrition and Dietetics
Alliance for Biking & Walking
America Bikes
America Walks
American Alliance for Health, Physical Education, Recreation and Dance
American Association of Adapted Sports Programs
American Association of Cardiovascular and Pulmonary Rehabilitation
American College of Sports Medicine
American Council on Exercise
American Journal of Health Promotion
American Kinesiology Association
American Medical Society for Sports Medicine
American Osteopathic Association
American Physical Therapy Association
American Public Health Association – Physical Activity Section
Arizona State University, College of Nursing and Health Innovation
Arthritis Foundation
Association of Pedestrian and Bicycle Professionals
Avamere Health & Fitness Club
California Park & Recreation Society
Campaign to End Obesity Action Fund
Clinical Exercise Physiology Association
Connecticut Association for Health, Physical Education, Recreation and Dance
Corporate Fitness Works
DC Children and Youth Investment Trust Corporation
Exercise is Medicine
GirlForce Health & Fitness Workshops
GOHO Fitness Center
Gramercy Research Group, Winston Salem, NC
Grand Valley State University, Department of Movement Science
HOPSports, Inc.
IDEA Health & Fitness Association
Inclusive Fitness Coalition
Intermountain Healthcare
International Association for Worksite Health Promotion
International Health Racquet & Sportsclub Association
International Mountain Bicycling Association
Iowa Association for Health, Physical Education, Recreation and Dance
KID-FIT
Lakeshore Foundation
League of American Bicyclists
Let's Go Jeff Co, Jefferson County, Iowa Wellness Coalition
Maharishi University of Management, Department of Exercise and Sport Science
Maryland National Capital Park and Planning Commission, Department of Parks and Recreation,
Prince George's County
Michigan Association of Health, Physical Education, Recreation, & Dance

National Academy of Kinesiology
National Association for Health and Fitness
National Athletic Trainers' Association
National Center on Health, Physical Activity and Disability
National Coalition for Promoting Physical Activity
National Complete Streets Coalition
National Congress of Black Women, Inc
National Consortium for Physical Education for Individuals with Disabilities
National Exercise Trainers Association
National Interscholastic Athletic Administrators Association
National Interscholastic Cycling Association
National Physical Activity Society
National Youth Sports Health & Safety Institute
NIKE, Inc.
NIRSA: Leaders in Collegiate Recreation
Osteoarthritis Action Alliance
Osteopathic Physicians and Surgeons of Oregon
Oswego City School District, Physical Education Department
Partnership for Prevention
Pedestrians Educating Drivers on Safety
PHIT America
Physical Activity 360
PlayCore
Pop Warner Little Scholars
Rails-to-Trails Conservancy
Riverside-San Bernardino Academy of Family Physicians
Rocky Mountain Youth Clinics
Safe Routes to School National Partnership
Shape Up America!
Sleep Consultants Inc.
Sole Seekers Walking Club
Sports and Fitness Industry Association
SRAM Cycling Fund
Tee Major Fitness
The Department of Exercise Science at Elon University
The National Center for Drug Free Sport, Inc.
The SPARK Programs
Tobacco-Free Coalition of Jefferson and Keokuk Counties, Iowa
Top 10 by 2025
U.S. Masters Swimming
UNI Youth Fitness and Obesity Institute - University of Northern Iowa
United States Hang Gliding & Paragliding Association, Inc.
University of New England College of Osteopathic Medicine Student Body
University of Tennessee Chattanooga
US Lacrosse
USA Cycling

USA National Karate-do Federation

USA Racquetball

USA Shooting

USA Table Tennis

USA Volleyball

USA Weightlifting

Utah Department of Health

Valley Isle Road Runner Club

WalkBoston

WellFit Incorporated

Western University of Health Sciences/College of Osteopathic Medicine of the Pacific

YMCA of Greater Indianapolis

Your Movement Health!

Youth Fitness Coalition/Project ACES