

AARON SCHOCK  
18TH DISTRICT, ILLINOIS

DEPUTY REPUBLICAN WHIP

COMMITTEE ON TRANSPORTATION  
AND INFRASTRUCTURE

COMMITTEE ON OVERSIGHT  
AND GOVERNMENT REFORM

COMMITTEE ON SMALL BUSINESS

Congress of the United States  
House of Representatives  
Washington, DC 20515-1602

January 24, 2011

Michelle Obama  
First Lady  
The White House  
1600 Pennsylvania Ave. NW  
Washington, DC 20500

Dear Madam First Lady:

I applaud your work on the "Let's Move" campaign promoting active lifestyles among American youth in order to combat childhood obesity. I also am passionate about promoting healthy lifestyles which is why I joined the bipartisan Congressional Taskforce to End Childhood Obesity. I am reaching out to you now because I would like join you in efforts to encourage active lifestyles among American youth.

This cause which you have focused on is of tremendous importance. With studies finding only 5% of all Americans exercising vigorously, widespread poor diets and 32% of young people between the ages of 2 and 19 being overweight or obese, the consequences are severe for our nation.

I believe there are ways that we can work together to promote active lifestyles in young people. For example, Virginia Governor Bob McDonnell joined Washington Redskins General Manager Bruce Allen, Redskins Linebacker Lorenzo Alexander and Tanya Snyder, wife of team owner Daniel Snyder, on January 6, 2011 at a "Youth Fitness Zone" as part of the National Football League's "Play 60" campaign. Like the President's Active Lifestyle Award, the NFL's Play 60 campaign encourages young people to be active for at least 60 minutes a day.

I have experience in working with children throughout my district on the important issue of summer reading. According to the American Library Association, summer reading programs generate interest in learning, encourage reading to become a lifelong habit, and keep a student's skills sharp so they are better prepared for the new school year. Based on those findings, I began a summer reading program in 2004 as a Representative in the Illinois General Assembly to encourage school-aged children to read age-appropriate books in the summer months.

At the end of the summer, students who successfully completed "Aaron Schock's Summer Reading Program" were rewarded with an ice cream social and pool party. I have been committed to continuing the program as a Member of Congress because I have seen the difference it makes in the lives' of our young people. In 2010, the summer reading program reached over 75,000 children throughout Illinois 18<sup>th</sup> Congressional District. This is a program

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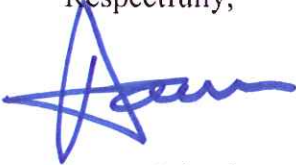
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that I think could be replicated to address the problem of childhood obesity... perhaps without the ice cream.

As a society, we must act immediately to address the important issue of childhood obesity. The benefits of healthy living are numerous. It is vital to continue your efforts to increase public awareness that children who maintain healthy lifestyles are less likely to be overweight or develop chronic conditions that will require lifelong care.

Given that January is the month that many Americans resolve to lose weight, I can think of no better time than now to continue the fight against childhood obesity. I would appreciate the opportunity to sit down with you or your staff to discuss ways in which we can work together to combat this important issue. You can reach me at my office at 202-225-6201, on my cell phone at 309-361-1777, or email me directly at [aaronschock@aol.com](mailto:aaronschock@aol.com). I look forward to hearing from you.

Respectfully,

A handwritten signature in blue ink, appearing to read "Aaron Schock". The signature is stylized and written over a faint star-shaped graphic.

Aaron Schock  
Member of Congress

*Congrats on the one year anniversary of "Let's Move". I am truly looking forward to working together on this.*