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Dear Representative or Senator:

On behalf of the Obesity Action Coalition (OAC) and our more than 12,000 members, I urge you to become a cosponsor of the Fitness Integrated with Teaching (FIT) Kids Act of 2009 (HR1585/ S 634), sponsored by Representatives Ron Kind (D-WI) and Zach Wamp (R-TN) and by Senators Tom Harkin (D-IA) and John Ensign (R-NV), respectively. This critical legislation would require increased physical activity for children throughout the school day and encourage American children to learn how to live healthy lives through exercise and nutrition education in school.

The FIT Kids Act amends the Elementary and Secondary Education Act to ensure that the health and fitness of children is also a priority as they strive for academic success. The legislation requires physical activity within existing school and afterschool programs and enables parents to support the education that their children receive in the area of exercise and nutrition. It also educates both schoolteachers and administrators on how to incorporate physical activity and the importance of wellness in the classroom. Finally, FIT Kids tracks progress and assists schools by funding a study to generate innovative ways to increase physical activity during the school day.

Childhood obesity is a growing epidemic in the United States affecting more than 30 percent of children -- making it the most common chronic disease of childhood. This number has more than tripled since 1980 and it is not just a cosmetic problem. Today, more and more children are being diagnosed with diabetes, hypertension and other co-morbid conditions associated with obesity and morbid obesity. Children who are considered obese are 70 percent more likely to continue being obese into adulthood. In addition, they are at greater risk for serious medical issues such as heart disease, high cholesterol, high blood pressure, diabetes, sleep apnea and cancer – conditions that will only worsen should they carry their obesity into their adult lives.

Your support of this legislation is critical as its passage will greatly benefit the lives of many future generations of your constituents. Please do not hesitate to contact me if the OAC can be of any assistance in passing this important legislation or on any other obesity-related issues. I can be reached via phone at (800) 717-3117 or e-mail at jnadglowski@obesityaction.org. Thank you.

Sincerely,

Joseph Nadglowski Jr.
President & CEO

About the OAC

The OAC is a non-profit patient organization dedicated to educating and advocating on behalf of those affected by obesity, morbid obesity and childhood obesity. Founded in 2005, the OAC was created to address the obesity epidemic and its devastating impact on the quality of health, quality of life and socioeconomic status of those impacted as well as its significant impact on society. Started after a legislator pointed out that he was often asked to address the obesity epidemic but rarely heard from those affected by obesity themselves, the OAC's focus is unique as we represent the views and interests of the nearly 1/3 of all Americans who are personally affected by obesity. Based in Tampa, Fla., the OAC is a national organization consisting of members in all 50 states.

The mission of the **Obesity Action Coalition** is to elevate and empower those affected by obesity through education, advocacy and support.