Hi, I’m Mayor [MAYOR’S NAME]. Did you know that one in six children in our country is obese? Being overweight puts kids at risk for high blood pressure, diabetes, heart disease, and many other diseases.

Let’s encourage kids in [NAME OF CITY] to engage in healthy, balanced and active lifestyles. Reduce their time in front of the TV or computer and get physically active. And we can set an example by being active with them. For more information on preventing childhood obesity visit usmayors – dot – org – forward slash – childhood obesity.