



LiveWell Colorado

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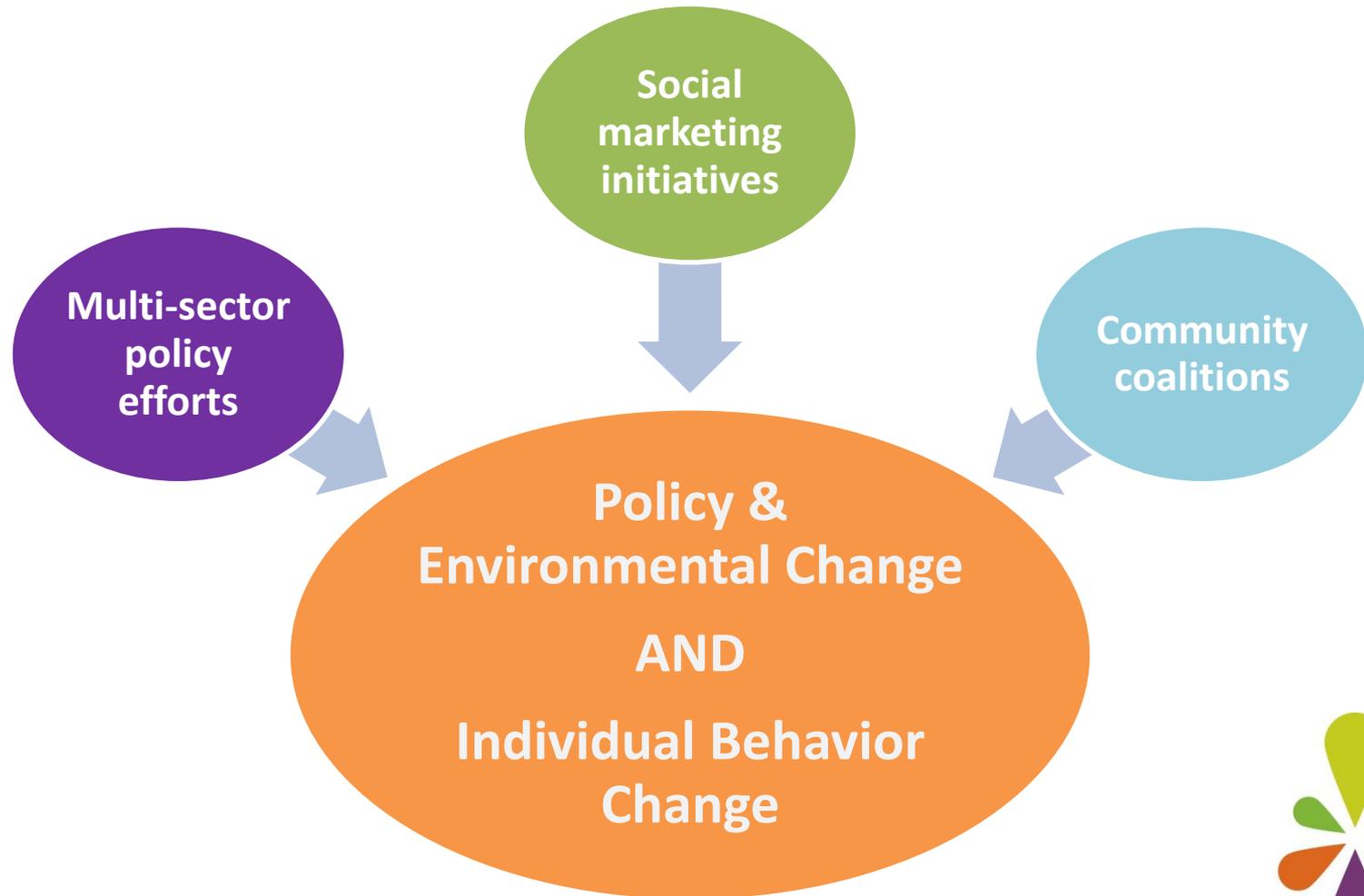
Tuesday, April 19, 2011

LiveWell Colorado

LiveWell Colorado is a non-profit organization committed to reducing and preventing obesity among all Coloradans by promoting healthy eating and active living in the places we live, work, learn and play.



LWC Strategic Approach



LWC & Let's Move



**METRO MAYORS
CAUCUS**
WORKING TOGETHER FOR A BETTER REGION



LiveWell
COLORADO

Let's Move Cities and Towns

Elected Official Leading Effort: _____

Point of Contact Name: _____

Telephone Number: _____

Email (please use official govt email): _____

Office Mailing Address: _____

City or Town: _____ State: _____ Zip code: _____

As a Let's Move City/Town, I commit to the following initiatives in 2011 (select at least 1 from each pillar):

- 1. Helping Parents Make Healthy Family Choices**
 - Serve as a role model in your own community by adopting a healthy lifestyle
 - Promote local community organizations that provide access to healthy activities
 - Implement the Smart Meal program to encourage healthier choices at restaurants
 - Other: _____
- 2. Improving the Health of Schools**
 - Support Hunger Free Colorado's efforts to expand the Summer Food Program
 - Encourage local schools to participate in the Healthier US School Challenge
 - Encourage all schools to provide a school breakfast program
 - Other: _____
- 3. Increasing Physical Activity Opportunities**
 - Participate in PLACE training
 - Meet National Recreation & Parks Association guideline of providing at least 10 acres of open space/parks per 1,000 residents
 - Promote walk/bike to school/work programs and events
 - Establish a local fitness challenge that sets goals for physical activity
 - Coordinate community use of school gyms, fields & exercise facilities
 - Other: _____
- 4. Making Healthy Food Affordable and Accessible**
 - Require healthy fare in city vending machines
 - Encourage consumption of fresh, local, healthy foods in city buildings
 - Conduct and implement a food needs assessment
 - Host or support local farmers markets
 - Develop and support community gardens
 - Other: _____

New partnership with Metro Mayors

- Relationships to support HEAL efforts
- Promotion & publicity of HEAL efforts
- Three specific initiatives
 1. Let's Move sign ups
 2. Summer Food Program
 3. Planning for Active Community Environments training

Other key connections

- U.S. Dept of Health & Human Services
- Colorado Dept of Education
- TCHD (CPPW grantee)



Let's Move 1st Anniversary Celebration Commerce City



Questions?

