



PRESS RELEASE

COMMUNITY DEVELOPMENT COMMISSION OF THE COUNTY OF LOS ANGELES
2 Coral Circle, Monterey Park, CA 91755

FOR IMMEDIATE RELEASE

Contact: Elisa Vásquez, (323) 890-7415, Elisa.Vasquez@lacdc.org

COUNTY EVENT ENCOURAGES FAMILIES TO MOVE TOWARD A HEALTHY LIFESTYLE

Let's Move Together! Encourages Families to Develop a More Active Lifestyle Through Physical Activity and Healthy Food Choices

South Whittier, September 26, 2012 – We all know how important it is to make wise decisions about food and being physically active to maintain a healthy weight. Yesterday, the Community Resource Center (CRC), in unincorporated Whittier, joined in First Lady Michelle Obama's campaign to curb childhood obesity by hosting a *Let's Move Together!* health event that was geared



Julia Hernandez participates in the Let's Move Together! obstacle course.

to motivate the area's low-income families to exercise and make healthy food choices. Participants of all ages were challenged to complete obstacle courses and participate in activities such as walking on a balance beam, doing a hula hoop hop, and other exciting games that tested their agility, motor skills, balance, and coordination. Parents were

able to stop by information booths and learn about ways to add more fruits and vegetables into their families' diets.



Mother and daughter team up for a game of catch.

“We all play a role in creating an environment that supports healthy lifestyle choices. Community events such as *Let’s Move Together!* make exercise and fitness a family affair and help encourage parents

to bring healthier food options into their

homes,” said Los Angeles County Supervisor Don Knabe.

The *Let’s Move!* campaign, launched in 2010 by First Lady Michelle Obama, is dedicated to solving the challenge of childhood obesity within a generation so that children born today will grow up living happy, healthy lifestyles and able to pursue their dreams. This campaign increases opportunities for kids to be physically active, both in and out of school, and to create new activities for families to move together toward adopting good health habits in their everyday lives.



Maximiliano Hernandez shows off his soccer skills.

A project of the Community Development Commission of the County of Los Angeles (CDC), the CRC is funded by the Fourth Supervisorial District and works in collaboration with its onsite service providers to offer health, wellness, and educational programs for families, seniors, and youth.

The CRC is located at 10750 Laurel Avenue in South Whittier. For information on services provided by the CRC, please call (562) 946-2425, or visit the website at www.swcrc.org. All media may contact Elisa Vásquez, CDC Public Information Officer, at (323) 890-7415.

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