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Sally Ellertson  
Public Information Officer  
141 West Renfro  
Burleson, Texas 76028-4261  
817-426-9622  
F: 817-426-9390  
[sellertson@burlesontx.com](mailto:sellertson@burlesontx.com)  
[www.burlesontx.com](http://www.burlesontx.com)

Burleson has won the gold.

Today, the National League of Cities (NLC) recognized Burleson for achieving gold medals in all five Let's Move! Cities, Towns and Counties (LMCTC) goal areas, which are based on achievements made to improve access to healthy, affordable food and promote physical activity for children and adults. Mayor Ken Shetter accepted the award at NLC's annual conference in Austin. Chris Coleman, president of NLC, presented the honor. This is the highest distinction a community can receive from the LMCTC initiative.

"Childhood obesity is among the most important public health and social issues we face," Mayor Shetter said. "I am extremely proud of the organizations and individuals who have worked together to earn Burleson five gold medal winner status through the First Lady's Let's Move initiative. We have joined an elite group of only 23 other cities across the country. I'm pleased to congratulate everyone involved in this effort and encourage them to continue the great work."

Local partners who were integral in achieving this goal with Burleson include Arts Unlimited Southwest, Burleson Independent School District, CASA of Johnson County, Cooks Children's Hospital, Family Crisis Center, H-E-B Grocery, Hand in Hand, Harvest House, Hill College, Johnson County Alliance for Healthy Kids, Sam's Club, Texas A&M AgriLife Extension and Texas Health Huguley Hospital.

Launched in 2010, LMCTC is part of First Lady Michelle Obama's comprehensive Let's Move! Initiative, which is dedicated to reversing the childhood obesity epidemic within a generation, so that children born today will grow up healthier and able to pursue their dreams. LMCTC works closely with local elected officials nationwide to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents across five goal areas.

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal to which they commit as part of the initiative. Medals are awarded based on achievements in areas such as promoting healthy habits in early child care settings; increasing participation in meal programs before, during and after the school day and/or over the summer months; and increasing opportunities for physical activity.

The next steps for each of Burleson's five goals include:

- A strong and continued effort to promote local early childhood education provider classes, trainings and education opportunities as well as support the ECE partners throughout the community;
- Further education, promotion and dissemination of MyPlate materials, <http://www.choosemyplate.gov/>, both throughout the city and to all Burleson community partners;
- Continued expansion of healthy food programs as well as supporting community partners in new after school endeavors including art, music, reading and sports and to promote safe and healthy choices;
- Push for a full awareness of and compliance from 100 percent of municipally-run food/beverage contracts as well as education efforts through the City's Be Healthy Initiatives;
- And the approval and step-by-step implementation of an extensive infrastructure overhaul focused on community trails, play spaces, and streets to increase walkability and bike-ability citywide.

"Obesity has become such a significant issue in our society we think it is important to do what we can from an infrastructure and services perspective," Burleson City Manager Dale Cheatham said. "As a result we have increased our emphasis on creating trails, bike paths, and play spaces for our citizens."

This year, Burleson joins an elite group of 23 cities and counties that have earned five LMCTC gold medals, including Annapolis, Md.; Avondale, Ariz.; Beaumont, Texas; Boise, Idaho; Chester, Pa.; Columbia, S.C.; Columbus, Ohio; Fontana, Calif.; Fort Collins, Colo.; Greenbelt, Md.; Jersey City, N.J.; Kenmore, Wash.; Knox County, Tenn.; Knoxville, Tenn.; Lincoln, Neb.; Linn County, Iowa; Orlando, Fla.; Palm Springs, Calif.; Rancho Cucamonga, Calif.; Richton Park, Ill.; Rockville, Md.; and Somerville, Mass.

Burleson is one of 10 Texas cities – Dallas, Fort Worth, Beaumont, Houston, La Marque, San Antonio, Alamo, Brownsville, and El Paso – involved in the LMCTC initiative.