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**Congress of the United States**  
**House of Representatives**  
Washington, DC 20515

July 2, 2010

The Honorable Barack Obama  
The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

Dear President Obama,

Thank you for your and Mrs. Obama's leadership and efforts in combating and raising awareness of childhood obesity, particularly through the First Lady's *Let's Move* campaign. I am writing to call to your attention an idea that my constituent, Hunter Lussi, a teenage triathlete, has submitted to you to issue a Presidential Proclamation declaring September 6, 2010, Labor Day, as America's Fitness Tri Day. Such a proclamation would bring national attention to the potentially hazardous implications of obesity and the importance of a well-balanced diet and daily exercise. I support this idea and ask you to give it serious consideration.

America's Fitness Tri Day is a nationwide, mini-triathlon event that Mr. Lussi is organizing on Labor Day to encourage teens and their families across the country to get more active through regular exercise. He is a 16-year old triathlete whose goal is to get Americans to have a healthy lifestyle through a well-balanced diet and daily exercise. Those participating in America's Fitness Tri Day can swim 20 laps, bike 10 miles, and run 2.5 miles. They can do the event individually or part as a team.

According to the Centers for Disease Control and Prevention, an estimated 16.9 percent of children and adolescents in the United States are obese, and that nearly one-third of adults in the United States are obese. Unhealthy diets and habits can negatively influence physical, emotional and educational development, and well-being. Mr. Lussi is an example of how encouraging healthy behaviors can lead to a better lifestyle. He was once an overweight child, but through exercise he found that he could build his own motivation while improving his health. By encouraging healthy lifestyle choices, we can improve the nation's progress towards reducing the proportion of Americans who are overweight or obese.

I understand that Mr. Lussi has submitted a request to you for the issuance of a Presidential Proclamation to declare September 6, 2010, as America's Fitness Tri Day. The publicity and exposure that a Presidential Proclamation would bring would assist Mr. Lussi's efforts to get more Americans to lead a healthy and well-balanced lifestyle. I encourage you to give Mr. Lussi's request your full consideration.

Sincerely,



Chris Van Hollen  
Member of Congress