

**Submitted by:**

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PRESS RELEASE

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FOR IMMEDIATE RELEASE

Caldwell Ranks #1 in *Let's Move!* Cities, Towns and Counties Initiative to help Prevent Childhood Obesity by Achieving Gold Medals in all Goal Areas.

Caldwell, ID - The National League of Cities (NLC) recognized Mayor Garret Nancolas for recent completion of key health and wellness goals for *Let's Move!* Cities, Towns and Counties (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive *Let's Move!* initiative to ensure that kids can grow up healthy. 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.

"Thanks to your dedication to the health and wellness of your community, **Caldwell** is part of a nationwide movement that supports health in cities, towns and counties across the United States," said National League of Cities President Melodee Colbert-Kean, councilmember and former mayor, Joplin, Mo. "By improving access to healthy foods and creating opportunities for physical fitness, you are helping to create a healthier future for our nation's children."

The final gold medal was achieved on December 19, 2016, when the Caldwell City Council passed Resolution 295-16 demonstrating their commitment to providing healthy options for community members at the Caldwell Event Center and the Memorial Park Swimming Pool.

Denise Milburn, Caldwell Recreation Supervisor states: *"The City of Caldwell is pleased to be a part of the LMCTC Initiative and to receive our fifth and final gold medal. The City began offering healthier concession choices at the Caldwell Municipal Pool and the Caldwell Event Center in 2015. We are committed to providing more healthy food options and affordable activities for our citizens, both youth and adult, in an effort to promote a strong and vibrant lifestyle for our community."*

More than 500 cities, towns and counties are participating in LMCTC, and 80 million Americans are now living in LMCTC communities that are dedicated to helping young people eat healthy foods and be physically active. The Let's Move program is associated with the Caldwell Youth Master Plan Committee which meets regularly to implement the goals and initiatives of the plan.

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The National League of Cities is dedicated to helping city leaders build better communities. NLC is a resource and advocate for 19,000 cities, towns and villages, representing more than 218 million Americans.



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