

Making the Healthy Choice the Easy Choice for Life

Congressman Ron Kind

Representing Wisconsin's Third Congressional District

We Must Act Now

Physical fitness and healthy choices are vital to our individual well-being as well as our collective economic productivity, and in order to get the best results it's important to instill healthy habits and routines early in life. Now, more than ever, it's critical that we encourage young people to begin and maintain healthy, active lifestyles. That is why I am working on initiatives to **make the healthy choice the easy choice for life.**

Healthy Kids:

One-third of school-age children and adolescents are overweight or obese in the U.S. Over the past three decades, childhood obesity rates have tripled in the U.S., and today, our country has some of the highest obesity rates in the world. My plan takes a three-pronged approach to addressing the obesity epidemic:

1. Help schools promote physical activity, education, fitness, and nutrition for all students.
2. Give kids better access to outdoor activities by supporting local, state and federal initiatives.
3. Promote the development of quality and safe youth sports opportunities by supporting non-profits, research, and youth-serving organizations.

Healthy Families:

It's hard to develop a healthy mind without a healthy body. That's why promoting good health is one of the best things we can do to make sure America remains competitive on the global stage. By supporting legislation to increase physical activity in families, we can reduce the burden of obesity and its related chronic illnesses which disproportionately impact America's healthcare spending. Furthermore, we should be promoting bills that help middle class Americans purchase the items they need to maintain their health and well-being.

Healthy Seniors:

A 2010 Congressional Budget Office report showed that obesity rates among Americans had more than doubled from 1987 to 2007. This alarming trend has hit our seniors just as hard as the rest of the American population. That's why I support expanding access in Medicare to an array of approved obesity prevention and treatment tools.

For more information on this or other legislative ideas, please refer to Congressman Kind's website:

www.kind.house.gov or call. 1-888-442-8040.