Healthy Fontana is #1 in the Nation!
City of Fontana Awarded 5 Gold Medals in all 5 Let’s Move! Cities, Towns and Counties Goals.

Fontana, California, July 15, 2014. The Mayor and the City Council would like to invite the residents of the City of Fontana to the Let’s Move! Cities, Towns and Counties press conference Friday, July 18, 2014 from 9:00 a.m.-11:00 a.m. on the Pacific Electric Trail (adjacent to the Steelworkers’ Auditorium on the corner of Sierra Avenue and Civic Center Drive). The event will be a celebration of the City of Fontana accomplishment in achieving five gold medals in all five of the Let’s Move! Cities, Towns and Counties goals. The City of Fontana is proud to be ranked 1st in the nation and as the first city in California.

The National League of Cities (NLC) has recognized the City of Fontana and Mayor Acquanetta Warren for the achievement 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, which is dedicated to solving the childhood obesity epidemic within a generation. LMCTC calls upon local elected officials to adopt sustainable and holistic policies that improve communities’ access to healthy affordable food and opportunities for physical activity through five goal areas. “I am excited that Fontana has again been recognized for our
efforts in the *Let’s Move!* Cities, Towns and Counties (LMCTC) program. The City of Fontana exemplifies what this program is all about. We understand the importance of a healthy lifestyle and with the Healthy Fontana program and LMCTC; it is our goal to ensure a healthy, happy, and successful community. We are hopeful that the First Lady will soon join us to celebrate this accomplishment.” stated Mayor Acquanetta Warren.

The City of Fontana endorses and is committed as *Let’s Move!* Cities, Towns and Counties site. The City is dedicated to LMCTC’s five goals which are designed to promote sustainable strategies to improve the health of the community. All LMCTS sites have the opportunity to earn up to five gold medals, one for each actionable goal as each goal initiative is achieved. Medals are awarded to local elected officials based on achievements in each of the following five goal areas:

- **Goal I: Start Early, Start Smart:** Promoting best practices for nutrition, physical activity, and screen time in early care and education settings
- **Goal II: My Plate, Your Place:** Prominently displaying MyPlate in all municipal or county venues where food is served
- **Goal III: Smart Servings for Students:** Expanding access to meal programs before, during and after the school day, and/or over summer months.
- **Goal IV: Model Food Service:** Implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans*
- **Goal V: Active Kids at Play:** Increasing opportunities for physical activity

NLC is working in partnership with the U.S. Department of Health and Human Services, and with the support of the U.S. Department of Agriculture, the National Association of Counties and other nonprofit organizations, to assist local elected officials who join LMCTC as they implement policy and environmental changes to prevent childhood obesity. The Robert Wood Johnson Foundation has awarded NLC a grant to provide technical assistance to local elected
officials working to create healthier communities and prevent childhood obesity, including those participating in LMCTC. “We congratulate and commend the City of Fontana for their efforts to improve the health of your community’s children and families. Through the leadership and dedication of local elected officials in cities, towns and counties across the country, we are beginning to see a measurable decrease in obesity rates and a cultural shift towards health.” stated NLC President Chris Coleman, mayor of Saint Paul, Minn.

More than 440 cities, towns and counties are participating in LMCTC. Each month, NLC recognizes local elected officials who achieve key benchmarks for the five LMCTC goals. Since July 2012, NLC has awarded 1,754 bronze, silver, and gold medals to recognize local elected officials across the country for their LMCTC progress.

For more information about LMCTC and Fontana’s accomplishments, visit www.HealthyCommunitiesHealthyFuture.org.

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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let's move
cities, towns & counties

Press Conference Event

Friday, July 18th
9:00-11:00am

Meet on the Pacific Electric Trail by Steelworkers’ Auditorium & Miller Park

The City of Fontana now ranks #1 in the Nation

The City of Fontana has been awarded 5 Gold Medals in all 5 Goals.

HealthyFontana.org | 350-6542
La Ciudad de Fontana ahora ocupa el lugar #1 en La Nación

Evento de Asamblea de Prensa
Viernes, 18 de Julio
9:00-11:00am
Reunirse en el sendero Pacific Electric Trail junto al Auditorio Steelworkers’ y el parque Miller

¡Únete a nosotros para La Exposición de Aptitud Física y Nutrición!

5 Medallas de Oro
La Ciudad de Fontana ha sido otorgada 5 Medallas de Oro en todas las 5 Metas.

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