

Subject: Celebrate the 3rd birthday of Let's Move!

On February 9, 2010, First Lady Michelle Obama launched the Let's Move! initiative to raise a healthier generation of kids. We're thrilled about all of the great efforts around the country to help our children grow up healthy.

Celebrate the 3rd birthday of Let's Move! by throwing a birthday party in your program or community! Let your celebration be inspired by Let's Move!—make it healthy and active!

If this is your first time having a healthy birthday party, use this as an opportunity to teach kids that healthy celebrations are not only good for us, but fun too! Talk to families about how you're replacing the usual cupcakes, pizza, and soda with healthier alternatives and fun activities, and make your Let's Move! birthday party the kick off to a new, healthy way of celebrating birthdays and holidays.

Want tips to help plan a celebration? Here are some of our favorite ideas:

- Focus on fun activities. Try this [dancing activity](#). You can download free songs and lyrics from [Color Me Healthy](#).
- Make birthday hats out of construction paper and decorate them with crayons, markers, and stickers. Have your kids wear them during the celebration!
- Let your kids come up with an activity they want to do—inside or outside!
- Encourage parents to bring in healthy treats like veggies and dip, yogurt and fruit parfait, or graham crackers dipped in unsweetened applesauce.
- Hold a taste testing. Bring in fruits and veggies that might be new to kids like cactus pear, grapefruit, kiwi, passion fruit, tangerines, sweet potatoes, squash, or zucchini. Let them try a bite and enjoy the new flavors!

Be creative and come up with fun ways to make your Let's Move! birthday party healthy and festive! See if you can create a dance, story, or game involving the First Dog Bo. We will highlight the top 10 most creative ideas on LetsMove.gov and on the Let's Move! Child Care website. Share your photos and stories by sending an email to LMCCHelp@cdc.gov.

Have fun!

Let's Move! Child Care