(Your name)

Address

City, S.C. Zip Code

[Date]

The Honorable Gary Peters

111 South Capitol Avenue

Lansing, MI 48909

(517) 373-6800

Dear Senator Peters,

My name is [Insert name] and I am resident of [Insert your city], Michigan. I am writing to you to ask for your help to make childhood obesity more of a pronounced problem in schools K-12th grade and get help and awareness for the cause. Childhood obesity in the United States is a growing number and if we can help in any way to decrease that we can become a healthier America! Statics show that 14.2% of 9th-12th graders and 18.2% 10-17 years old and 13.9% of low income 2-5 year olds in Michigan are obese. These numbers don’t lie and we need to help make a change. I ask that you make physical education apart of every child’s school day. Physical activity being one of the most forgotten things to kids now a days needs to be more popular. Thirty minutes to even sixty would change a child’s health if it’s getting the heart rate going every day. Although we don’t have much control of a child’s home life, at school we will try to make a difference. Also with Michelle’s Obamas new Let’s Move program changing schools lunches across America to whole grain, protein filled nutrient dense lunches will only benefit a child even more.

I appreciate you taking the time to read this letter and ask for a response. I hope you consider the issues I have brought to your attention and let’s bring awareness!

Thank you for your time and consideration

Sincerely,