

CHRISTINE O. GREGOIRE
Governor



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March 17, 2010

First Lady Michelle Obama
The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500

Dear Mrs. Obama:

I was fortunate to be in attendance at the February 20th National Governors Association meeting to hear your powerful message about the “Let’s Move” campaign. So I thought of you when I was informed of an event in our state that teaches children the joy of simply playing outside.

Northwest Physicians Network (NPN) hosts the third annual ***Get Out and Play!*** Day on July 24, 2010, 1:00-4:00 p.m., in Tacoma, Washington. This event focuses on an active lifestyle, the joy of playing outside, and the importance of parents as role models for physical activity. The event closely aligns with your “Let’s Move” campaign to address childhood obesity.

NPN is a group of approximately 500 physicians located in the south Puget Sound region. They work together to coordinate the care of Medicaid patients across the region, and are consequently able to better manage the health and the care of these patients, 75 percent of whom are children.

NPN’s ***Get Out and Play!*** Day is unique to our state. The event is free to all children who register and is hosted in close coordination with Metro Parks Tacoma. Last year, the event was an overwhelming success and was met with positive feedback from parents as well as the rest of the community. As you know, some of our kids have never experienced an old-fashioned field day. Last year, many who participated had never before thrown a Frisbee or played tug o’ war.

I believe ***Get Out and Play!*** Day coincides well with “Let’s Move” and that both programs could benefit greatly from each other. I can only imagine the calendar demands you face – making even a Governor’s schedule look easy – but I hope you will consider joining us for a day that will be memorable, fun and a great example of the importance of an active, healthy lifestyle.

Sincerely,

Christine O. Gregoire
Governor

I'd love to host you in our state and leave some for family in Oregon.

