

# Michelle Obama Celebrates Let's Move! and Disney Magic of Healthy Living at Walt Disney World Resort

On a tour to celebrate the second anniversary of her *Let's Move!* initiative, First Lady Michelle Obama spoke to hundreds of children and parents at ESPN Wide World of Sports Complex about the importance of healthy living. She also recognized the efforts of Disney Magic of Healthy Living, which partners with parents in their quest to raise healthy, happy kids.

"I want to thank Disney for all that they've done to support "Let's Move" and to make sure our kids are eating right and being active," Obama told the audience before joining Disney Channel and Disney XD stars for the new dance, "The Platypus Walk," inspired by the hugely popular "Phineas and Ferb" character Perry the Platypus.

U.S. Sen. Bill Nelson welcomed the crowd of nearly 1,500 children and families, demonstrating his own commitment to physical fitness by completing 50 push-ups on stage.

After addressing the audience, Obama welcomed the children to visit five Disney Magic of Healthy Living activity stations along with Disney Channel Stars Debby Ryan ("Jessie"), Roshon Fegan ("Shake It Up"), and Disney XD stars Doc Shaw and Kelsey Chow ("Pair of Kings") and Olivia Holt ("Kickin' It"). There, professional athletes helped children hone their physical fitness skills. Children ran sprints with renowned football coach Tom Shaw, completed drills with members of the Orlando City Soccer team and practiced their tennis serve with tennis professional James Blake.

Brandon Delfosse, a 13-year-old student at Orlando Science School and member of Big Brothers Big Sisters of Central Florida, attended the event and was pleased Obama and Disney supported healthy living. "It's very cool knowing someone cares about you... It's smart. Disney is popular, and it helps get the word out."

Disney Magic of Healthy Living provides children and families with engaging content, useful tools and unique experiences to help make healthier lifestyles simple and fun. The 2010 launch of Disney Magic of Healthy Living included a series of public service announcements featuring the first lady that inspire children to take control of their own health, fitness and nutrition, and encourage their families and friends to do the same.

For more information about the program, as well as recipes, tips and videos, visit [Disney.com/TryIt](http://Disney.com/TryIt) and [Family.com/TryIt](http://Family.com/TryIt).

Obama's *Let's Move!* initiative has made significant progress since launching in February 2010. Parents, businesses, educators, elected officials, members of the military, chefs, physicians, athletes, childcare providers, community and faith leaders and children themselves have made substantial commitments to improve the health of children. Through working together with *Let's Move!*, these groups have provided children with healthier food and greater opportunities for physical activity in schools and communities, helped get families the information they need to make healthier decisions, supported a healthy start in early childhood, and have worked to ensure more people have access to healthy, affordable food.

For details about the Let's Move! initiative, visit [LetsMove.gov](http://LetsMove.gov).