



Surgeon General, State of Arkansas  
Joseph W. Thompson, MD, MPH

March 24, 2008

Dear Citizens of Arkansas:

I would like to ask for your help in responding to a challenge and competition between states to get active during the months of April and May.

The President's Council on Physical Fitness and Sports launched the inaugural **National President's Challenge** – a six week physical activity challenge that encourages Americans to get up and move 30 minutes a day, 5 days a week. (For children the challenge is 60 minutes a day, 5 days a week.)

The Challenge kicked off on March 20, 2008 and ends on May 15, 2008. The deadline to sign up for the program is **April 3<sup>rd</sup>**.

As Surgeon General for the State of Arkansas, I would like to ask each of you through your community, school, work place, family or as an individual to **sign up and participate in the National President's Challenge**.

Thirty to sixty minutes of physical activity a day, 5 days a week, is a corner-stone for improving health and reducing chronic disease.

The President's Council on Physical Fitness and Sports will recognize the top five states with the highest participation rate (based on population). Your participation is essential – the payoff is a healthier Arkansas.

Signing up is easy, just go to [www.presidentschallenge.org](http://www.presidentschallenge.org), and click on register today.

Sincerely,

A handwritten signature in cursive script that reads "Joe Thompson".

Joseph W Thompson, MD, MPH  
Surgeon General, State of Arkansas