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<January 27, 2009>

<Rick Stream>

State Representative

Missouri House of Representatives State Capitol

201 West Capitol Avenue

<Room 201B>

Jefferson City, MO 65101

Dear Representative <Stream>:

I'm a constituent of yours and I'm writing to express my support for House Bill 223.

According to the Office of the Surgeon General, we spend over 160 billion – yes, with a B – on obesity related costs. Over 60% of Americans are overweight and obese. Missouri ranks 38<sup>th</sup> in overall health according to the United Health Foundation. This is a growing problem. And it won't go away by turning our heads.

Obesity brings with it an increased risk of diseases and health conditions including; stroke dyslipidemia, hypertension, osteoarthritis, type 2 diabetes, gallbladder disease, heart disease, some cancers, and many others. If we take a preventative approach to our health and fitness we can reduce the prevalence of disease, sickness, and in turn reduce health care costs.

I value my health and fitness. I choose to be proactive. Not reactive. I don't want to wake up one day sick, overweight, out of shape and in need of medication. This is why House Bill 223 is so important.

This bill is a win-win. Nothing negative can come from supporting this bill. Missourians will become healthier and save money. And because we save money, so will our government. Now more than ever we should be promoting a healthy and fit lifestyle. Since I've started a health and fitness program I've been able to <describe any and all changes you've experienced through diet and exercise. Be specific, i.e. weight loss, strength, less sickness, lowered cholesterol, stopped taking meds, etc...>. Improving my health and fitness has changed my life! I'm happier, healthier, feel better, stronger, and fitter.

By supporting this bill you will help give incentive to start living a healthy and fit lifestyle. Further, you will help and support those that struggle to find finances for their health and fitness.

I appreciate your leadership on this important issue. Please keep me informed once this bill goes to committee and is added to the calendar.

Sincerely yours,

<Your Name>