

Michelle Obama explains Let's Move Campaign

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SiriusXM's Joe Madison interviews First Lady Michelle Obama about "Let's Move" Campaign

SiriusXM's Joe Madison recently sat down with First Lady Michelle Obama at the "Let's Move!" Faith and Communities Event held February 11 at Northland Church in Longwood, Florida at which the First Lady spoke about the progress that has been made during the last two years of "Let's Move!," her national initiative to end childhood obesity within a generation.

In an interview airing Wednesday, February 22 at 8:00 am ET on The Joe Madison Show on The Power (SiriusXM ch.128), Obama tells SiriusXM host Joe Madison that she and President Obama practice what they preach when it comes to the message of "Let's Move!," revealing that exercise is such a priority that there is a treadmill on Air Force One for the President to get his daily workout in no matter what.

She also pledges her commitment to this effort in the years after her family has officially left the White House, saying: "...this is a cause that can't be solved in a few years. It'll take generations for us to change the way our children see food and how they raise their kids and how communities...[will be]... structured...I'm writing a book that is going to focus on the White House kitchen garden and the proceeds of that are going to be used to deal with this issue, to look at community gardens, and I'm already looking for ways to keep the conversation going long after I'm out of this position."

In addition, SiriusXM will air First Lady Obama's remarks from that day's event as part of the hour.

Excerpts from Joe Madison's SiriusXM interview with First Lady Michelle Obama:

SiriusXM host Joe Madison: "Talk about how the Obamas live what they preach when it comes to...[the 'Let's Move' initiative]....how do you work out when you are on the road?"

First Lady Michelle Obama: "....I brought a jump rope and in my hotel room, I got up this

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morning and I jump roped. I did seven sets of 500, so by the time I finished I had done about 3500 jumps...I had my cardio in, took a shower, got ready, got dressed and I'm here.

Even before coming to the White House, we were always physically active....I would get up in the morning, my mom would come over if Barack was traveling and he wasn't home so that I could get up. I got up at 4:30 am in the morning to go the gym and get that done before the girls got up so by the time I got back they were just getting up to get ready for school. But I prioritized that. I...said I would sleep a little bit less [and] go to bed early, but if I don't get that done in the beginning of the day, the day just gets away....you go to work and work takes over. Then you are tired, you come home...then you stop prioritizing yourself. So I thought, I've got to get up and prioritize my own health before I do anything else—work, [or] taking care of my kids....

The President is the same way...he works out every single day, even on his busiest days, even when he's on the road he goes down to the gym. There's got to be a treadmill, there's a treadmill on Air Force One...if he's got a long distance flight....because he needs that now....that's the way he burns off a lot of stress. So it's critical.

SiriusXM host Joe Madison: ...“After your years in the White House and I hope it's no time soon [that you leave], is this something that Michelle Obama [as] former first lady will continue beyond her years in the White House?”

First Lady Michelle Obama: “Absolutely...this is a cause that can't be solved in a few years. It'll take generations for us to change the way our children see food and how they raise their kids and how communities...[will be]... structured...I'm writing a book that is going to focus on the White House kitchen garden and the proceeds of that are going to be used to deal with this issue, to look at community gardens, and I'm already looking for ways to keep the conversation going long after I'm out of this position So, yes, I am committed to continuing to focus on this issue, to shine a light on it, to lift it up because it's not going to go away with just a few tours and....a couple of years in office.”

Joe Madison, "The Black Eagle," is a human and civil rights activist, abolitionist against slavery in Southern Sudan, television commentator, columnist, lecturer, labor and corporate spokesman, musician and athlete. He is the former executive director of the Detroit NAACP and was later named director of the national NAACP political action department. Madison's live, daily, call-in show airs weekdays from 6:00 - 10:00 am ET on The Power, SiriusXM ch.128. For more information visit www.siriusxm.com/thepower .