



## Letter to the Editor

Date

Name (Editor of newspaper's opinion page)

Address

To the Editor:

As (name of paper) has recently reported, childhood obesity is rapidly increasing, which puts children and youth at risk for chronic diseases, such as Type 2 diabetes, stroke, or cancer. In addition, many children are not consuming enough fruits and vegetables each day, which negatively affects their health.

There is a growing trend in Canada to improve the eating environments where we live, learn, work, and play. By changing the environments, we can support people to make healthier choices. Recreation facilities, whether they are pools, arenas, or community centres, should take this opportunity to support the health and well-being of our community.

Recreation facilities already support healthy lifestyles through physical activity and social networking, so they should also be a key place to support healthy choices of food and beverages. Furthermore, research studies have shown that offering healthy food and beverages in vending machines, concessions, and cafeterias can earn the recreation facility a profit! Many believe that offering healthy choices will only result in revenue losses, but that is not always the case. If done strategically, according to the facility's needs, healthy choices can also lead to profits.

(Recreation facility) in our community should support healthy choices in the concession.

Or

(Recreation facility) in our community has begun offering healthy choices, and they deserve to be recognized for helping our community have more opportunities to lead healthy lifestyles.

Sincerely,

Your name

Your title (if applicable)

Your organization

Your address and phone number