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Troy and Theodora Polamalu Tackle Childhood Obesity with Let's Move Pittsburgh
Regional initiative to improve children's health gains new celebrity advocates.

Pittsburgh, Pa. — [Let's Move Pittsburgh](#)—a collaborative effort of organizations and community members in southwestern Pennsylvania committed to leading children in the region toward a healthier future—has just gained a new pair of advocates in Troy and Theodora Polamalu. In their most recent gesture of support for the local movement, the couple sat down for an [exclusive interview](#), helping to spread the word about the importance of healthy foods, increased physical activity and decreased screen time in tackling childhood obesity.

In a fast-paced world where dinner is often consumed in front of televisions or out of fast food containers, one in three children in the U.S. are now either obese or overweight, prompting an increasing number of celebrities to lend their voices in taking action and creating critical change for our nation's kids. As outspoken proponents of healthy foods and, above all, concerned parents, the Polamalus—both of whom suffered the ill effects of unbalanced, fattening meals in their youth—are no exception in holding the issue near to their hearts as transformed adults.

"I was fast food baby, a candy-eating baby," Steelers strong safety Troy Polamalu explains in his interview with Let's Move Pittsburgh. "I never really thought about what I was putting into my body until I started getting serious about sports." For the Polamalus, it was Troy's college trainer who set them on the path toward healthy living. Now, with two growing boys in their care, Troy and Theodora understand just how important it is to establish healthy habits early on and hope to inspire others with a positive message. "I would like to see children in Pittsburgh become more aware of the food groups," says Theodora. "If they eat greens, they can be super strong like Troy or Ben (Roethlisberger) or Sidney (Crosby). These guys are eating healthy and that's why they do well in sports [...] Any child's dreams starts with what they put in their body."

"A champion for healthy living both on and off the field, Troy Polamalu understands better than anyone the importance of smart food choices and physical activity in our lives," says Richard Piacentini, co-founder of Let's Move Pittsburgh and executive director of Phipps Conservatory and Botanical Gardens. "By 'talking the talk' and 'walking the walk' at home and in the community every day, Troy and Theodora serve as two of the best role models you can find for an initiative like ours."

Inspired by the White Houses' national [Let's Move!](#) campaign, Let's Move Pittsburgh—sponsored by Phipps, UPMC and the Heinz Endowments—aims to make the region one of the healthiest places in the nation for children to live, learn and grow by bringing together representatives from schools, early childcare centers, and the healthcare, restaurant and food industries to develop partnerships and launch efforts focused on a common goal; and by serving as a resource to local parents and caregivers. Those

interested in learning more, signing up for the initiative's monthly e-newsletter, and reading the full interview with Troy and Theodora Polamalu should visit:

www.letsmovepittsburgh.org/resources_polamalu.php

ABOUT PHIPPS

Built by Henry W. Phipps in 1893 at the height of Pittsburgh's industrial prowess, Phipps Conservatory and Botanical Gardens has evolved from the nation's first teaching conservatory to a distinguished eco-champion among America's 500 public gardens.

Phipps' mission is to inspire and educate visitors with the beauty and importance of plants; to advance sustainability and worldwide biodiversity through action and research; and to celebrate its historic glasshouse.

Phipps is open daily from 9:30 a.m.-5 p.m.; Fridays until 10 p.m. Adults, \$12; Seniors 62 and older and students with valid ID, \$11; children 2-18, \$9; children under 2, free.

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