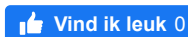




First lady hosts Cat in the Hat for 'Let's Read! Let's Move' event



By [Jordan Gass-Pooré - Spring 2015](#) Jan 21, 2015



Click on photo to enlarge or download: First lady Michelle Obama and Dr. Seuss' the Cat in the Hat hold the limbo stick for elementary school students to walk under on Wednesday in the East Room at the White House. This was part of Obama's "Let's Read! Let's Move" event series, an initiative to increase early learning and help end childhood obesity. SHFWire photo by Jordan Gass-Pooré

WASHINGTON – The East Room at the White House got Seussed on Wednesday.

Dr. Seuss' Cat in the Hat, Thing One and Thing Two grooved with first lady Michelle Obama and elementary school students to songs that reminded people to eat broccoli.

As part of her national campaign to combat childhood obesity, Obama participated in exercises with the guests and read from “[Oh, The Things You Can Do That Are Good for You: All About Staying Healthy.](#)”

This was part of the “[Let’s Read! Let’s Move!](#)” event series, an administration-wide effort launched in 2010 by the Corporation for National and Community Service.

A small group of students from Seaton, Kendall Demonstration and Drew elementary schools D.C., clad in red-and-white striped hats and wristbands similar to those worn by the Cat in the Hat, sat on the carpeted floor in front of Obama as she read the book to them.

“Grab healthy snacks! They may be what you need. Try fresh berries or carrots or shelled pumpkin seeds,” Obama read. A sign language interpreter stood to the side, signing what Obama said.

In the book, previously released in 2001, the Cat in the Hat takes readers to a Seussian spa, where they learn the basics of healthy living, such as eating based on the [USDA MyPlate](#) recommendations, getting enough sleep and staying active.



Click on photo to enlarge or download: An elementary school student gives first lady Michelle Obama a high five on Wednesday at a Dr. Seuss-themed event to promote healthy lifestyles. This was part of Obama’s “Let’s Move!” initiative to

The students stayed active through a short dance and limbo party after the reading, led by volunteers from [AmeriCorps](#) and the [YMCA of Metropolitan Washington Physical, Healthy and Driven](#) program.

Obama danced with the crowd – she encouraged the audience to get involved – and held the limbo stick with the Cat in the Hat.

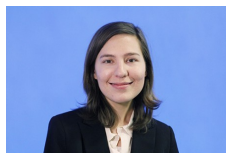
Some of the dance moves simulated teeth brushing and dog walking.

“Did you know that walking your dog is exercise?” Obama asked the students.

It’s through events like this, and as honorary chairwoman for the [Partnership for a Healthier America](#), that she’s able to encourage children to care for their bodies through exercise and healthy eating.

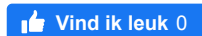
A Partnership for a Healthier America collaborated with Dr. Seuss Enterprises and [Random House Children’s Books](#) to update and rerelease “Oh, The Things You Can Do That Are Good for You: All About Staying Healthy.”

Reach reporter Jordan Gass-Pooré at jordan.gass-pooré@scripps.com or 202-408-1490. SHFWire stories are free to any news organization that gives the reporter a byline and credits the SHFWire. Like the Scripps Howard Foundation Wire interns on [Facebook](#) and follow us on [Twitter](#).



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Jordan Gass-Pooré is a Spring 2015 reporter for the SHFWire from Texas State University.



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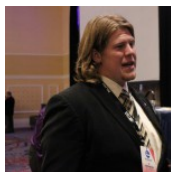
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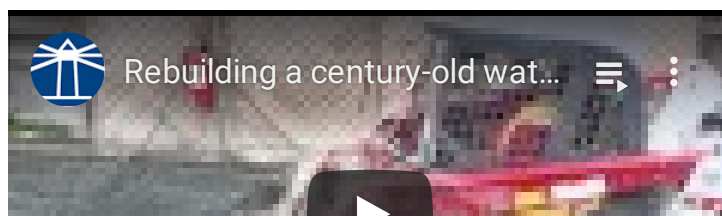


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