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Burleson is proactive about health, according to the National League of Cities (NLC) which recognized Burleson for achieving key health and wellness goals for Let's Move! Cities, Towns, and Counties (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive Let's Move! Initiative, which is dedicated to solving the childhood obesity epidemic within a generation.

Burleson was awarded a bronze medal for Goal III, Smart Servings for Students, for having at least 60 percent of public schools participating in the School Breakfast Program (according to the school districts in Burleson). Burleson was also awarded a bronze, silver and gold for Goal V, Active Kids at Play, for mapping playspaces, completing a needs assessment of playspaces, developing an action plan, and launching at least three proven policies, programs or initiatives from the action plan to continue to increase access to physical activity.

"Local elected officials play a critical role in addressing childhood obesity in our country and communities, and we commend those leaders being recognized for their achievements in taking action to improve healthy eating and physical activity in their communities," said NLC President Marie Lopez Rogers.

The Burleson City Council includes Mayor Ken Shetter, Mayor Pro Tem Stuart Gillaspie, and councilmembers Rick Green, Jerry Allen, Matt Aiken, Dan McClendon and Ronnie Johnson.

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal they commit to as part of the initiative. The five goal areas are:

- Goal I: Start Early, Start Smart: Promoting best practices for nutrition, physical activity, and screen time in early care and education settings
- Goal II: My Plate, Your Place: Prominently displaying MyPlate in all municipal or county venues where food is served
- Goal III: Smart Servings for Students: Increasing participation in school breakfast and lunch programs
- Goal IV: Model Food Service: Implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans

- Goal V: Active Kids at Play: Increasing opportunities for physical activity

NLC is the lead collaborating partner on this initiative, working with the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, the National Association of Counties, and other nonprofit organizations, in assisting local elected officials to implement policy and environmental changes to prevent childhood obesity. The Robert Wood Johnson Foundation has awarded NLC a grant to provide technical assistance to local elected officials working to create healthier communities and prevent childhood obesity, including sites participating in LMCTC.

More than 280 cities, towns and counties are participating in LMCTC. Each month, NLC recognizes local elected officials who achieve key benchmarks for the five LMCTC goals. To date, NLC has awarded 829 bronze, silver, and gold medals to recognize local elected officials across the country for their progress.