



MICHELLE OBAMA: ACTIVIST & FIRST LADY

by Gareth Jones

Michelle Obama was the first African-American First Lady of the United States. She is also a civil rights activist and stood up for women's rights. In 1993, Obama founded the Chicago branch of Public Allies, a leadership-training program for young adults; she served as the branch's executive director until 1996. That same year, she became the associate dean of student services at the University of Chicago, where she helped organize the school's community outreach programs.

Obama is a leading advocate for many issues, including women's rights, physical fitness, and school nutrition. She has led many campaigns to help children around the world as First Lady. Most notably, she volunteered with her husband at homeless shelters and soup kitchens in the Washington D.C. area. In 2012, she worked with Disney Channel and Nickelodeon to announce a new fitness program for kids as part of her Let's Move initiative. Along with the U.S. Olympic team and other sports organizations, she worked to get young people to try out a new sport or activity.

Did You Know?
Michelle Obama's great-great-great grandfather, Jim Robinson, was a slave in South Carolina.



“People who are truly strong lift others up. People who are truly powerful bring others together.”