**Beyonce accepts Michelle Obama's "Give Me Five" challenge**

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Remember the Ice Bucket Challenge, the act of pouring a cold bucket of water on your head in supports to the research against ALS? Well, **Barack Obama**'s wife has started a new challenge for which she hopes the participation of many other celebrities; the "Give me Five" Challenge!  
  
Since the last 5 years, the First Lady has tried everything to fight child obesity with the initiative "Let's Move," which was set to encourage children to be more active, eat better and get healthy. This year, the initiative celebrates its 5th anniversary, and to celebrate this, Michelle posted a video with her husband in which she presents the campaign "Give Me Five". To participate, it’s simple. Simply post up on Social Medias 5 different ways of how to stay healthy.  
  
In the video, the lady says, "I’m going to ask folks from across the country to give me five. I want kids, parents, and maybe a few celebrities to give me five ways to be healthy. For example, they came give me five ways to be healthy, or five jumping jacks or push-ups, find a way to work five new habits to work into their routine”.  
  
President Obama expressed himself “Even I’ve got time for that!”

Now you know, and you got no excuse! While everyone is giving 5 to **Michelle Obama,** it’s your turn, tweet it, Vine it, Instagram it, Facebook it on social networks with the hashtag #Givemefive. And then choose someone from your entourage! **Beyoncé** had been one of the first celebrities to indulge in the Ice Bucket Challenge. She therefore was the first to respond to Michelle by posting her various exercises.

Are you going to participate to the #Givemefive challenge?

<http://www.trace.tv/en/media/news/trace/beyonce-accepts-michelle-obama-s-give-me-five-challenge_21679>