



STATE OF TENNESSEE
PROCLAMATION
BY THE GOVERNOR

WHEREAS, cardiovascular disease is the leading cause of death in the United States and accounts for one-third of all deaths and stroke is the fifth leading cause of death in the United States and is a leading cause of disability; and

WHEREAS, today about one in three American kids and teens is overweight or obese, and childhood obesity is now the top health concern among parents in the United States; and

WHEREAS, regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but only 36 percent of children and 44 percent of adults get the recommended amount; and

WHEREAS, the American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or at least 75 minutes of vigorous intensity physical activity (or combination of both) each week; and

WHEREAS, moderate physical activity has many proven benefits for an individual's overall health including controlling body weight, blood cholesterol, and blood pressure. All of these changes help reduce the risk of cardiovascular disease and stroke; and

WHEREAS, the U.S. Centers for Disease Control and Prevention reported that if 10 percent of Americans began a regular walking program, an estimated \$5.6 billion in heart disease costs could be saved; and

WHEREAS, walking one mile to and from school each day is two-thirds of the recommended 60 minutes of physical activity; and

WHEREAS, on National Walking Day, April 6, the American Heart Association will kick-off a month-long campaign to encourage Americans to become more physically active;

NOW, THEREFORE, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim April 6, 2016 as

Walking Day

in Tennessee and encourage all citizens to join me in this worthy observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this seventeenth day of March, 2016.

Bill Haslam

Governor

Joe Regal

Secretary of State