



STATE OF TENNESSEE

# PROCLAMATION

BY THE GOVERNOR

**WHEREAS**, state leaders and key stakeholders have identified improving health and wellness as one of the highest priorities; however, across our country, approximately 1 in 5 school-aged youth are obese and 80% of obese adolescents become adults who are obese; and

**WHEREAS**, youth physical inactivity has been identified as a clear concern with nearly three-quarters of high school-aged children not participating in recommended levels of physical activity; and

**WHEREAS**, a CDC literature review revealed substantial evidence that physical activity can help improve academic achievement, including grades and standardized test scores. Physical activity also impacts cognitive skills, attitudes and behavior, all of which can play a role in improving overall academic performance; and

**WHEREAS**, through participation in a variety of sports and activities, children not only become better athletes, but may also suffer fewer overuse injuries and less burnout; and

**WHEREAS**, making exercise and the involvement in athletics accessible for all empowers our youth with information and tools to pursue a healthy lifestyle and minimize burden from injury and chronic disease; and

**WHEREAS**, the Program for Injury Prevention in Youth Sports (PIPYS) at Vanderbilt recognizes the many physical, cognitive and psychosocial benefits that sports and regular physical activity in children and adolescents provide, thereby urging our communities to renew their commitment to make safe participation a part of their lives;

**NOW, THEREFORE**, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim the week of July 10-16, 2017 as

*Youth Sports & Physical Fitness Week*

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 second day of February, 2017.

A handwritten signature in blue ink, reading "Bill Haslam".

Governor

A handwritten signature in blue ink, reading "Lee Hargrett".

Secretary of State