



STATE OF TENNESSEE
PROCLAMATION
BY THE GOVERNOR

WHEREAS, the state of Tennessee is dedicated to protecting, promoting and improving the health and well-being of all people in Tennessee; and

WHEREAS, Tennessee is only as economically strong as its current and future workforces are healthy; and

WHEREAS, physical activity is indispensable in supporting optimal health and growth in children and is essential to the health and well-being of youth and adults; and

WHEREAS, physical activity at all ages can reduce risk of obesity and overweight, heart disease, high blood pressure, depression and diabetes; and

WHEREAS, physical activity, including participation in sports and other active pastimes helps improve physical and mental well-being and improve learning and memory; and

WHEREAS, currently only approximately one quarter of Tennessee's youth participate in at least 60 minutes of physical activity every day and 73.2% of Tennessee adults participate in regular leisure time physical activity; and

WHEREAS, most Tennessee youth currently fall within healthy ranges for weight, but most Tennessee adults are categorized as overweight or obese; and

WHEREAS, the National Physical Activity Plan provides a set of policies, programs and initiatives aimed at increasing physical activity in all segments of the American population; and

WHEREAS, Tennessee's State Health Plan provides a blueprint for improving the health of people in Tennessee; and

WHEREAS, County Health Councils and Healthier Tennessee Communities around the state are aligned with the Governor's Foundation for Health & Wellness, the Tennessee Department of Health, Coordinated School Health, other state agencies and private and non-profit organizations in establishing opportunities for physical activity in worksites, early childcare, schools and communities and providing opportunities for all people to enjoy physical activity on a regular basis; and

WHEREAS, the month of May is traditionally recognized as National Physical Fitness and Sports Month to encourage the broad promotion of and participation in physical fitness activities, such as taking stairs, parking further from buildings, running and walking or joining a community sports team;

NOW, THEREFORE, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim the month of May, 2017 as

Physical Fitness and Sports Month

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 tenth day of April, 2017.

Bill Haslam

Governor

Julie Kargatt

Secretary of State