



STATE OF TENNESSEE  
**PROCLAMATION**  
BY THE GOVERNOR

**WHEREAS**, childhood obesity affects more than 23 million children and teenagers in the United States - nearly 1 in 3 young people are overweight or obese; and

**WHEREAS**, the lack of physical activity contributes to childhood obesity and chronic diseases; and

**WHEREAS**, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and

**WHEREAS**, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is giving Tennessee schools the tools to promote physical activity and wellness; and

**WHEREAS**, Tennessee has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and

**WHEREAS**, academics and fitness go hand in hand; and

**WHEREAS**, DON'T QUIT! Fitness Month will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit; and

**WHEREAS**, all of us should work together by engaging in physical activity to make our children, and our state, the healthiest in the nation;

**NOW, THEREFORE**, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim October, 2018 as

*"Don't Quit!" Fitness 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 eleventh day of June, 2018.

*Bill Haslam*

Governor

*Joe Hargett*

Secretary of State