

PROCLAMATION

City of Aspen, Colorado
Incorporated 1881

WHEREAS, May 2010 is National Exercise is Medicine™ Month; and

WHEREAS, all citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

WHEREAS, all physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise; and

WHEREAS, regular, moderate-intensity exercise has curative and protective health benefits; and

WHEREAS, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

WHEREAS, regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans; and

WHEREAS, the American College of Sports Medicine and the Cancer Survivor Center for Health and Wellbeing in Aspen call on health care organizations, physicians and other professionals to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;

NOW, THEREFORE BE IT PROCLAIMED that the Mayor, City Council, and the citizens of Aspen hereby proclaim the month of May 2010 as:

NATIONAL EXERCISE IS MEDICINE MONTH

to encourage all citizens to participate in activities and observances relating to Exercise is Medicine Month in the interests of better health and quality of life for all.

Attest:-----
Kathryn S Koch, City Clerk

By order of the City Council
12th day of April 2010.

Michael C. Ireland, Mayor