



## Proclamation

*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, physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and recommend that their patients engage in exercise; and*

*WHEREAS, regular, moderate-intensity exercise has proven health benefits; and*

*WHEREAS, the health benefits of physical activity and exercise can improve the quality of life for everyone; and*

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

*WHEREAS, the American College of Sports Medicine, the Colorado Governor's Council for Physical Fitness, and the TCM College of Sports Medicine, call on health care organizations, physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;*

*Therefore, I, John Hickenlooper, Governor of the State of Colorado, do hereby proclaim the May 2011,*

### *NATIONAL EXERCISE IS MEDICINE MONTH*

*in the State of Colorado.*

*GIVEN under my hand and the Executive Seal of the State of Colorado, this twenty-eighth day of March, 2011*

A handwritten signature in black ink that reads "John Hickenlooper". The signature is written in a cursive style.

*John Hickenlooper  
Governor*

