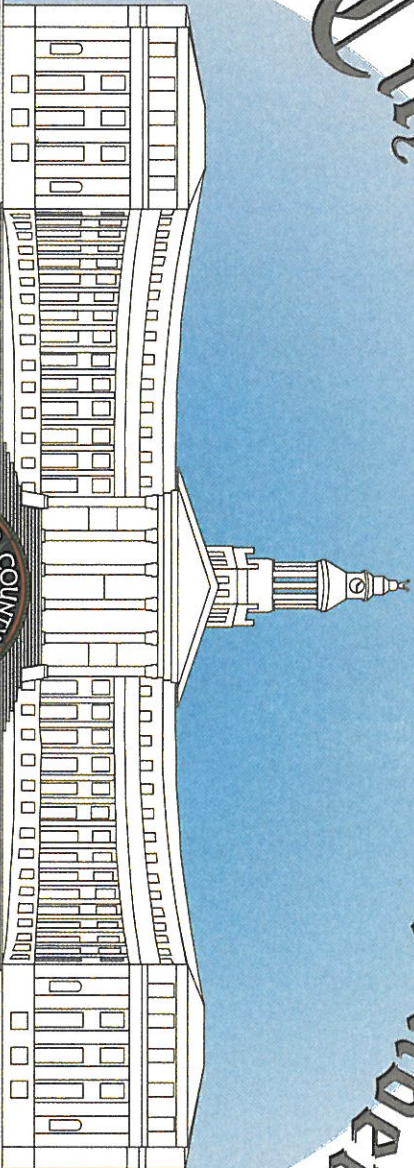


# City and County of Denver



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

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

*WHEREAS, The health benefits of physical activity and exercise can do so much to improve the quality of life for everyone; and*

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

*WHEREAS, The American College of Sports Medicine and the City and County of Denver 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;*

*NOW, THEREFORE, I, GUILLERMO (BILL) V. VIDAL, MAYOR of the City and County of Denver, Colorado, by virtue of the authority vested in me, do hereby officially proclaim May, 2011 to be known as:*

**“EXERCISE IS MEDICINE MONTH”**

*IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the City and County of Denver to be affixed this first day of May, 2011*

A handwritten signature in black ink, appearing to read "Guillermo (Bill) V. Vidal".

MAYOR

