

STATE OF INDIANA  
EXECUTIVE DEPARTMENT  
INDIANAPOLIS

Executive Order

# PROCLAMATION

TO ALL TO WHOM THESE PRESENTS MAY COME, GREETINGS:

**WHEREAS,** physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

**WHEREAS,** regular to moderate-intensity physical activity has curative and protective health benefits; and

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

**WHEREAS,** Hoosiers are encouraged to talk to healthcare providers about the importance of physical activity in helping treat and prevent chronic diseases; and

**WHEREAS,** the American College of Sports Medicine and Anytime Fitness-Dupont Place, Fort Wayne, call on health care organizations, physicians and other professionals to assess, advocate for and review every patient's physical activity program during every comprehensive visit;

**NOW, THEREFORE, I, Mitchell E. Daniels, Jr.,** Governor of the State of Indiana, do hereby proclaim May, 2011 as

## **EXERCISE IS MEDICINE MONTH**

in the State of Indiana, and invite all citizens to duly note this occasion.

*In Testimony Whereof, I have  
set my hand and cause to be affixed the  
Great Seal of State. Done at the  
City of Indianapolis, this 10<sup>th</sup>  
day of May in the year of our  
Lord 2011 and of the Independence  
of the United States 235.*



BY THE GOVERNOR:

*M E Daniels, Jr.*