

City of Indianapolis



Office of the Mayor

PROCLAMATION

TO ALL WHOM THESE PRESENTS MAY COME, GREETINGS:

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

WHEREAS, the American College of Sports Medicine calls on health care organizations, physicians, and other professionals to assess and review every patient's physical activity program during every comprehensive visit;

NOW, THEREFORE, I, GREGORY A. BALLARD, MAYOR OF THE CITY OF INDIANAPOLIS, DO HEREBY PROCLAIM MAY 2011 AS:

EXERCISE IS MEDICINE MONTH

In the City of Indianapolis, and I ask all citizens to join me in this observation.



IN TESTIMONY WHEREOF, I HAVE HEREUNTO SET MY HAND AND CAUSED TO BE AFFIXED THE SEAL OF THE CITY OF INDIANAPOLIS ON THIS 27TH DAY OF APRIL IN THE YEAR TWO THOUSAND ELEVEN.

Gregory A. Ballard

BY GREGORY A. BALLARD
MAYOR
CITY OF INDIANAPOLIS