

City of Minot

Office of the Mayor

Mayoral Proclamation

WHEREAS, May 2011 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 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, 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 Trinity Health 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, Curt Zimbelman,

Mayor of Minot, do hereby proclaim the month of May 2011 as

NATIONAL EXERCISE IS MEDICINE MONTH

in the City of Minot, North Dakota, and 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.

DATED THIS 2ND DAY OF MAY 2011



★The Magic City★

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