



STATE OF NEBRASKA



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,

Regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans.

NOW, THEREFORE,

I, Dave Heineman, Governor of the State of Nebraska, DO HEREBY PROCLAIM the month of May, 2011, as

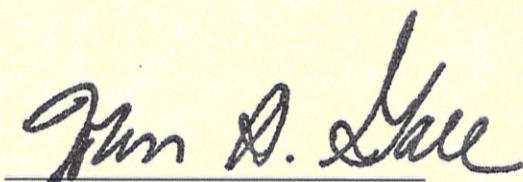
EXERCISE IS MEDICINE MONTH

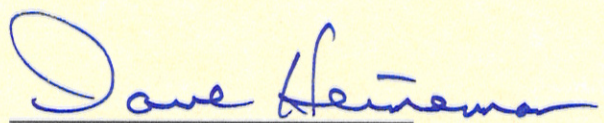
in Nebraska, and I do hereby encourage all citizens to participate in activities and observances relating to exercise is medicine month in the interests of better health and quality of life for all.

IN WITNESS WHEREOF, I have hereunto set my hand, and cause the Great Seal of the State of Nebraska to be affixed this Twenty-eighth day of March, in the year of our Lord Two Thousand Eleven.



Attest:


Secretary of State


Governor