



COMMONWEALTH OF PENNSYLVANIA
OFFICE OF THE GOVERNOR
HARRISBURG

THE GOVERNOR

GREETINGS:

It is my distinct pleasure to join with Slippery Rock University and the American College of Sports Medicine in recognizing May 2011 as Exercise is Medicine™ Month.

Exercise is Medicine™ is a program designed to encourage Americans to incorporate physical activity and exercise into their daily routine. Regular, moderate-intensity exercise has curative and protective health benefits and the health benefits of physical activity and exercise can do so much to improve the quality of life for everyone. A healthier populace means cost savings, greater participation in the workforce, and other benefits to society at large. Regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans.

I encourage everyone across the commonwealth to practice healthy and active lifestyles and 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. By promoting May 2011 as Exercise is Medicine™ Month, it is my hope that people will realize the joy and happiness healthy lifestyles bring.

As Governor of the Commonwealth of Pennsylvania, it is my pleasure to support May 2011 as Exercise is Medicine™ Month. Best wishes for a fun-filled and successful kick-off event.

A handwritten signature in black ink that reads "Tom Corbett".

TOM CORBETT
Governor
May 2011

