

City of Boca Raton



Incorporated 1925

PROCLAMATION

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

WHEREAS, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

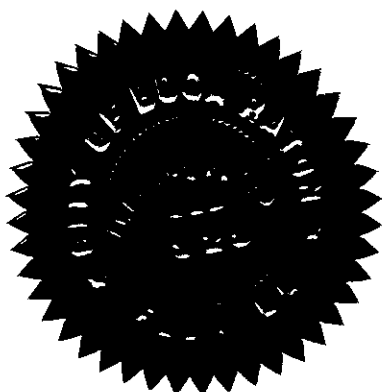
WHEREAS, all citizens and their health care providers are encouraged to engage in conversation to strongly encourage physical activity and exercise that may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes ; and

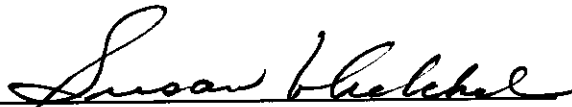
WHEREAS, the American College of Sports Medicine and the Department of Exercise Science and Health Promotion at Florida Atlantic University call on healthcare organizations, physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;

NOW, THEREFORE, I, Susan Whelchel, Mayor of the City of Boca Raton, do hereby proclaim the month of May 2010 as

NATIONAL EXERCISE IS MEDICINE MONTH

in Boca Raton 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.





Susan Whelchel

Mayor

May 1, 2010