



OFFICE OF THE MAYOR

TOM TRULOVE, MAYOR

PROCLAMATION

WHEREAS, All citizens and health care providers are encouraged to talk to each other about how exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease, and diabetes; and

WHEREAS, Regular, moderate-intensity exercise has curative and protective health benefits, and can improve the quality of life for everyone; and

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

WHEREAS, The American College of Sports Medicine and the Let's Move Cheney Coalition call on all health care organizations and providers to assess and advocate for every patient's physical activity; and


WHEREAS, We encourage all citizens in the Cheney community to participate in activities and observances relating to Exercise is Medicine Month.

NOW THEREFORE, We, the Mayor and City Council of the City of Cheney, Washington, do hereby proclaim **the month of May 2010** as

EXERCISE IS MEDICINE MONTH

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Cheney to be affixed on this 11th day of May, 2010.




Tom Trulove, Mayor