

State of Maine



WHEREAS, May 2010 is "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 a great deal to improve the quality of life for everyone; and

WHEREAS, a healthier populace can mean 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, JOHN E. BALDACCI, Governor of the State of Maine, do hereby proclaim the month of May, 2010 as

EXERCISE IS MEDICINE MONTH

throughout the State of Maine, and urge all citizens to recognize this observance.

In testimony whereof, I have caused
the Great Seal of the State to be
hereunto affixed GIVEN under my hand
at Augusta this sixth day of April
Two Thousand and Ten.



John E. Baldacci
Governor



Matthew Dunlap
Secretary of State
TRUE ATTESTED COPY