

STATE OF OREGON  
**PROCLAMATION**  
OFFICE OF THE GOVERNOR

- 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; and
- WHEREAS:** The American College of Sports Medicine (ACSM) and ACSM Northwest call on health care 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, Theodore R. Kulongoski, Governor for the State of Oregon, hereby proclaim  
**May 2010** to be

**EXERCISE IS MEDICINE MONTH**

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, April 26, 2010.



*Theodore R. Kulongoski*  
Theodore R. Kulongoski, Governor

*Kate Brown*  
Kate Brown, Secretary of State