

*A Proclamation*

*By virtue of the authority vested in me as Mayor of the City of Pittsburgh,  
I do hereby issue this proclamation honoring*

**NATIONAL EXERCISE IS MEDICINE™ MONTH  
May 2008**

**WHEREAS**, the American College of Sports Medicine and the American Medical Association are initiating the first National Exercise is Medicine™ Month; and

**WHEREAS**, the goal of the National Exercise is Medicine™ Month is to instill in the public the necessity of including physical activity into everyday life and to impress upon them how exercise can help prevent and treat numerous chronic conditions, such as high blood pressure, diabetes, and joint pain; and

**WHEREAS**, regular, moderate-intensity exercise has curative and protective health benefits. Physical activity and exercise can do much to improve the quality of life for everyone, creating healthier families by encouraging greater participation in group activities; and

**WHEREAS**, the American College of Sports Medicine, with support from the American Medical Association, recommends that health care organizations, physicians and other professionals assess every patient's physical activity program during comprehensive visits.

**NOW THEREFORE BE IT RESOLVED** that I, Luke Ravenstahl, Mayor of the City of Pittsburgh, commend the American College of Sports Medicine and the American Medical Association in their mission to promote a healthier society by encouraging all citizens to participate in activities and observances relating to Exercise is Medicine Month. I do here declare May 2008, "National Exercise is Medicine™ Month" here in our most livable City of Pittsburgh.



*Luke Ravenstahl*

LUKE RAVENSTAHL

*Mayor*