

The State of Washington



Proclamation

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, physicians and 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 much to improve quality of life; and

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

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

NOW, THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim May 2010 as

Exercise is Medicine Month

in Washington State and I urge all citizens to join me in this special observance.

Signed this 27th day of April 2010

A handwritten signature in blue ink that reads "Chris Gregoire".

Governor Christine O. Gregoire

