

PROCLAMATION

City of Punta Gorda, Florida

WHEREAS, May 2011 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 so much to improve the quality of life for everyone; and

WHEREAS, a healthier populace means costs 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 and the City of Punta Gorda 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;

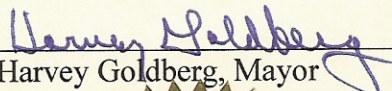
NOW, THEREFORE, The City Council of the City of Punta Gorda, Florida does hereby proclaim the month of May, 2011 as

EXERCISE IS MEDICINE MONTH

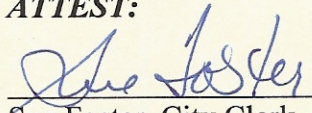
in the City of Punta Gorda and encourages all citizens to participate in activities and observances relating to Exercise is Medicine Month in the interest of better health and quality of life.

PASSED AND DULY ADOPTED in regular session this 4th day of May, 2011.

CITY OF PUNTA GORDA, FLORIDA


Harvey Goldberg, Mayor

ATTEST:


Sue Foster, City Clerk

