

### President's Proclamation

WHEREAS, Exercise is Medicine™ is implemented on Roanoke College's campus; and

WHEREAS, all students and administrators 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 Roanoke College's community; and

WHEREAS, the American College of Sports Medicine and the Department of Health and Human Performance at Roanoke College call on health services, student organizations, faculty, and staff, regardless of specialty, to advocate for and to promote physical activity, and to embrace exercise as a medicine;

NOW, THEREFORE, I, Michael Creed Macey,

President of Roanoke College, do hereby proclaim the implementation of

### EXERCISE IS MEDICINE

on Roanoke College's campus and encourage all students and administrators to participate in activities and observations relating to Exercise is Medicine in the interests of better health and quality of life for all.

Michael C Macey, President

DATED THIS Twenty-first DAY OF March 2011