

Office of the Mayor

CITY OF  ROANOKE

Proclamation

WHEREAS, *May 2011 is National Exercise is Medicine Month;*

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;*

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;*

WHEREAS, *regular, moderate-intensity exercise has curative and protective health benefits; the health benefits of physical activity and exercise can do so much to improve the quality of life for everyone;*

WHEREAS, *a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large;*

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

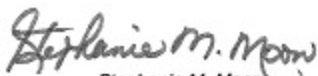
WHEREAS, *the American College of Sports Medicine and Roanoke College Department of Health and Human Performance call on health care organizations, physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit.*

NOW, THEREFORE, I, David A. Bowers, Mayor of the City of Roanoke, Virginia, encourage all citizens to participate in activities and observances relating to Exercise is Medicine Month in the interests of better health an quality of life for all; and do hereby proclaim the month of May 2011, throughout this great All-America City, as

NATIONAL EXERCISE IS MEDICINE MONTH.

Given under our hands and the Seal of the City of Roanoke this second day of May in the year two thousand and eleven.

ATTEST:



Stephanie M. Moon
City Clerk





David A. Bowers
Mayor