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Presented By
The Office Of
The Mayor

The City of San Diego
Proclamation

**NATIONAL EXERCISE
IS MEDICINE
MONTH**

WHEREAS, 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

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

WHEREAS, the American College of Sports Medicine calls on healthcare organizations, physicians, and other professionals, regardless of specialty, to assess, advocate for, and review every patient's physical activity program during every comprehensive visit. **NOW, THEREFORE**,

BE IT RESOLVED, THAT I, JERRY SANDERS, the 34th Mayor of the City of San Diego, do hereby proclaim, May 2011, to be "**National Exercise is Medicine Month**" in the City of San Diego and encourage all citizens to participate in activities in the interests of better health and quality of life for all.

IN WITNESS WHEREOF, I HAVE HEREUNTO SET MY HAND, THIS DAY,
AND HAVE CAUSED THE SEAL TO BE AFFIXED HERETO:



JERRY SANDERS
MAYOR

May 2011

DATE

