

The Borough of Slippery Rock

A Proclamation

WHEREAS, May 2011 is National 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

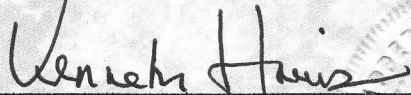
WHEREAS, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

WHEREAS, the American College of Sports Medicine and Slippery Rock University 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 Kenneth Harris, Mayor of the Borough of Slippery Rock, do hereby proclaim the month of May 2011 as

NATIONAL EXERCISE IS MEDICINE MONTH

in the Borough of Slippery Rock, and encourage all citizens to participate in activities and observances relating to Exercise is Medicine Month in the interests of better health and quality of life for all.



Kenneth Harris, Mayor

19 April 2011

