



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

EXERCISE IS MEDICINE MONTH

WHEREAS, the health and safety of all Virginians is important to the happiness, well-being and prosperity of our Commonwealth's families and communities; 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, regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans; and

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2011 as **EXERCISE IS MEDICINE MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens; and

BE IT FURTHER RECOGNIZED, the American College of Sports Medicine and the Department of Health and Human Performance at Roanoke College 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.




Governor


Secretary of the Commonwealth