

# President's Proclamation

**WHEREAS**, October 2018 is Exercise is Medicine® On Campus Month; and **WHEREAS**, all STUDENTS/EMPLOYEES/MEMBERS 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

**WHEREAS**, the American College of Sports Medicine and ORGANIZATION 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**, \_\_\_\_\_, President of \_\_\_\_\_, hereby proclaim October 2018 as

## **EXERCISE IS MEDICINE® ON CAMPUS MONTH**

at THIS INSTITUTION and encourage all STUDENTS/EMPLOYEES/MEMBERS to participate in activities and observances relating to Exercise is Medicine® On Campus Month in the interests of better health and quality of life for all.

\_\_\_\_\_, President

DATED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 2018