

**State of Vermont
Executive Department
A Proclamation**

- WHEREAS,** all students, faculty and staff of the University of Vermont, 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 campus physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise, and to strongly recommend that they engage in appropriate exercise; and
- WHEREAS,** regular, moderate-intensity exercise has 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 on campus; and
- WHEREAS,** a healthier campus population means a campus culture geared toward health and wellness, greater participation in classes and campus activities and other benefits to the campus setting at large that include all students, faculty and staff; and
- WHEREAS,** regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all students, faculty and staff; and
- WHEREAS,** the American College of Sports Medicine calls on health care organizations, physicians and other professionals, regardless of specialty, to assess and review every patient's physical activity program during comprehensive visits;
- NOW, THEREFORE,** I, Peter Shumlin, Governor, do hereby proclaim October 2016 as

EXERCISE IS MEDICINE® ON CAMPUS MONTH

in Vermont and encourage all students, faculty and staff of the University of Vermont to participate in physical activity in the interest of better health and quality of life on campus.



Given under my hand and the Great Seal of the State of Vermont on this 19th day of October, A.D. 2016

A handwritten signature in black ink, appearing to be "Peter Shumlin", written over a horizontal line.

Peter Shumlin
Governor

