

State of Vermont
Executive Department
A Proclamation

WHEREAS, Vermont is dedicated to improving the quality of life of all Vermonters and visitors through physical fitness and sports; and

WHEREAS, 60 percent of Vermont adults and 29 percent of Vermont youth are overweight or obese; and

WHEREAS, poor nutrition and lack of physical activity are leading to epidemic rates of obesity, and it is estimated medical expenses attributable to adult obesity in Vermont total \$291 million annually; and

WHEREAS, physical activity reduces risk, at all ages, of obesity, heart disease, high blood pressure and diabetes; and

WHEREAS, participation in sports and all kinds of active pastimes can help improve physical and mental wellbeing; and

WHEREAS, the Vermont Governor's Council on Physical Fitness and Sports, Department of Health, other state agencies, and private and nonprofit organizations establish opportunities for physical activity in worksites, schools, and communities throughout the state and provide opportunities for all people to enjoy physical activity on a regular basis; and

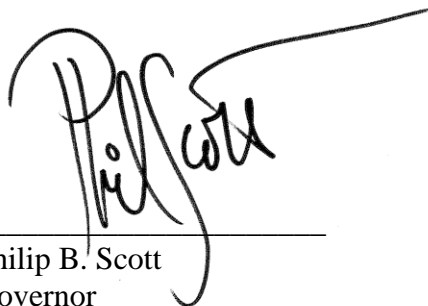
WHEREAS, the month of May is traditionally recognized as National Physical Fitness and Sports Month to encourage the broad promotion of and participation in physical fitness activities.

NOW, THEREFORE, I, Philip B. Scott, Governor, do hereby proclaim May 2018 as


PHYSICAL FITNESS AND SPORTS MONTH

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 3rd day of May, A.D. 2018



Philip B. Scott
Governor


Brittney L. Wilson
Secretary of Civil and Military Affairs