

**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,** lack of physical activity and poor nutrition are leading to epidemic rates of obesity, diabetes, cancer and cardiovascular disease; and

**WHEREAS,** 28 percent of Vermont adults and 13 percent of Vermont youth are obese, and estimated medical costs related to obesity and chronic disease are over \$2 billion annually; and

**WHEREAS,** physical activity reduces risk, at all ages, of obesity and chronic disease; 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

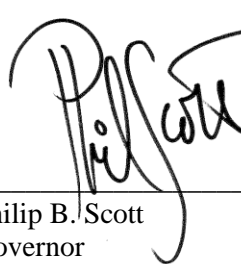
**WHEREAS,** May is traditionally recognized as National Physical Fitness and Sports Month to encourage the broad promotion of and participation in physical fitness activities.

**NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim May 2019 as

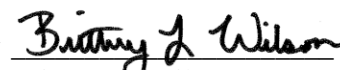
**PHYSICAL FITNESS AND SPORTS MONTH**

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 12th day of May, A.D. 2019.



Philip B. Scott  
Governor

  
Brittney L. Wilson  
Secretary of Civil and Military Affairs