

**State of Vermont  
Executive Department  
A Proclamation**

**WHEREAS,** Vermont is dedicated to improving the quality of life of all Vermonters, including Black, Indigenous and People of Color, and visitors through physical fitness and sports; and

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

**WHEREAS,** participation in sports and all kinds of active pastimes can improve physical and emotional well-being; and

**WHEREAS,** COVID-19 has highlighted Vermont's abundance of outdoor recreational resources and the opportunities to connect with family and friends while engaging in physical activity; and

**WHEREAS,** the Vermont Governor's Council on Physical Fitness and Sports, the Vermont Department of Health, other state agencies, and private and nonprofit organizations establish opportunities for physical activity in communities, worksites, and schools, 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, hereby proclaim May 2022 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. 2022.

A handwritten signature in black ink, appearing to read "Phil Scott", is written over a horizontal line. The signature is stylized and cursive.

Philip B. Scott  
Governor

A handwritten signature in black ink, appearing to read "Brittney L. Wilson", is written over a horizontal line. The signature is cursive.

Brittney L. Wilson  
Secretary of Civil and Military Affairs