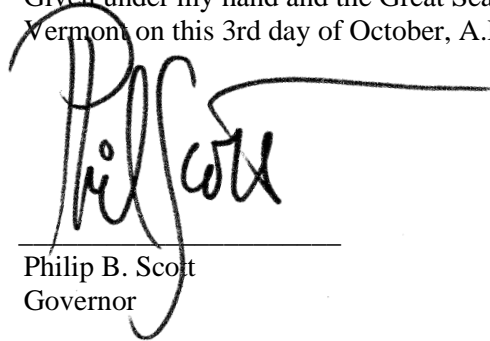


State of Vermont  
Executive Department  
A Proclamation

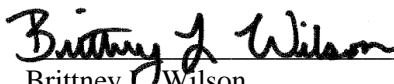
- WHEREAS,** Vermont celebrates *DON'T QUIT!*<sup>TM</sup> *Fitness Month* to bring greater awareness to the importance of physical fitness and wellness in the fight against childhood obesity; and
- WHEREAS,** childhood obesity affects more than 23 million children and teenagers in the United States – nearly one in three young people are overweight or obese; and
- WHEREAS,** the lack of physical activity contributes to childhood obesity and chronic diseases; and
- WHEREAS,** childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and
- WHEREAS,** Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is giving Vermont schools the tools to promote physical activity and wellness; and
- WHEREAS,** Vermont has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and
- WHEREAS,** academics and fitness go hand-in-hand; and
- WHEREAS,** *DON'T QUIT! Fitness Month* will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit.
- NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim October, 2023 as

**DON'T QUIT! FITNESS MONTH**  
in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 3rd day of October, A.D. 2023.

  
\_\_\_\_\_  
Philip B. Scott  
Governor



  
Brittney J. Wilson  
Secretary of Civil and Military Affairs