

**State of Vermont  
Executive Department  
A Proclamation**

**WHEREAS,** October 2024 is Exercise is Medicine® On Campus Month; and

**WHEREAS,** all students, faculty and staff of the University of Vermont and all Vermonters are encouraged to speak with their health care provider about how physical activity and exercise may improve their personal health or help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

**WHEREAS,** all health care providers are encouraged to talk to their patients about the health benefits of regular physical activity and to strongly recommend that their patients engage in appropriate exercise; and

**WHEREAS,** regular, moderate-intensity exercise has curative and protective health benefits; and the health benefits of physical activity and exercise have the power to improve the quality of life for everyone; and

**WHEREAS,** the health benefits of physical activity and exercise have the power to improve the quality of life for everyone; and

**WHEREAS,** a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

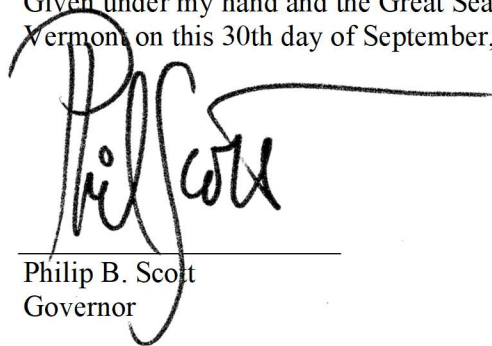
**WHEREAS,** regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all people everywhere; and

**WHEREAS,** the American College of Sports Medicine call on health care organizations, health care professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit.

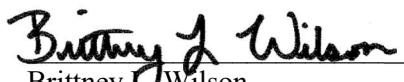
**NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim the month of October, 2024, as

**EXERCISE IS MEDICINE ON CAMPUS MONTH  
in Vermont.**

Given under my hand and the Great Seal of the State of  
Vermont, on this 30th day of September, A.D. 2024.

  
Philip B. Scott  
Governor



  
Brittney J. Wilson  
Secretary of Civil and Military Affairs