

**State of Vermont
Executive Department
A Proclamation**

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

WHEREAS, over 40 percent of Vermont adults and nearly 80 percent of Vermont youth do not meet recommended physical activity guidelines; 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, 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.

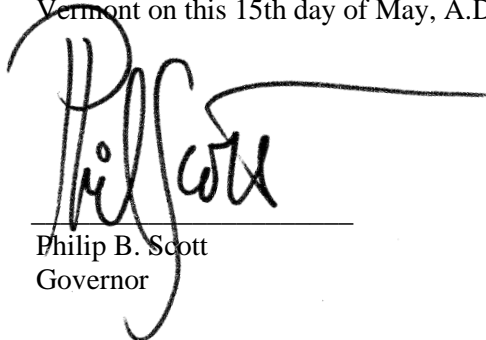
NOW, THEREFORE, I, Philip B. Scott, Governor, hereby proclaim May 2020 as

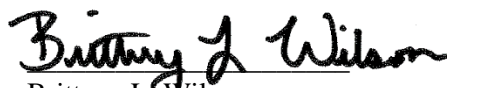
PHYSICAL FITNESS AND SPORTS MONTH

in Vermont.



Given under my hand and the Great Seal of the State of Vermont on this 15th day of May, A.D. 2020.


Philip B. Scott
Governor


Brittney L. Wilson
Secretary of Civil and Military Affairs