

State of Vermont
Executive Department
A Proclamation

WHEREAS, October 2023 is Exercise is Medicine® On Campus Month; and

WHEREAS, all students, faculty and staff of the University of Vermont and 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, 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

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

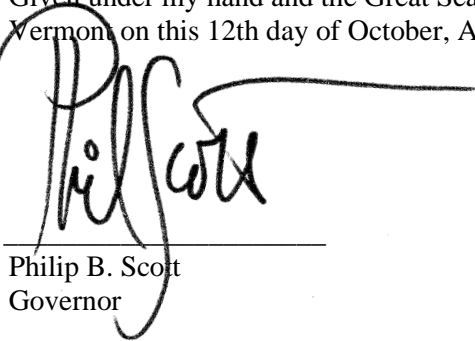
WHEREAS, regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all people everywhere; and

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 October 2023 as

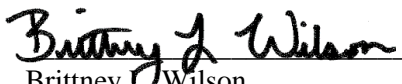
EXERCISE IS MEDICINE® ON CAMPUS MONTH
in Vermont.

Given under my hand and the Great Seal of the State of
Vermont on this 12th day of October, A.D. 2023.



Philip B. Scott
Governor




Brittney J. Wilson
Secretary of Civil and Military Affairs