

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, Vermont is dedicated to improving the quality of life of all Vermonters and visitors through physical fitness and sports; and

WHEREAS, regular physical activity reduces risk at all ages of chronic diseases, physical injuries, anxiety, and stress; and

WHEREAS, Vermont offers abundance of outdoor recreational resources and the opportunities to connect with family and friends while engaging in physical activity; and

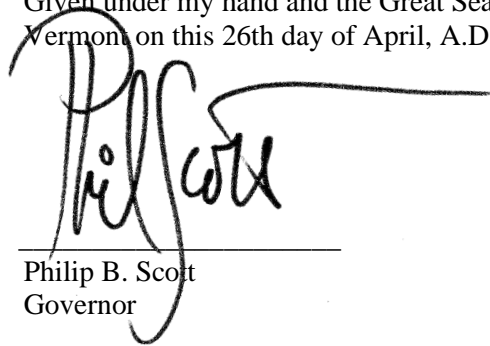
WHEREAS, the Vermont Governor's Council on Physical Fitness and Sports, in collaboration with Vermont Department of Health, Vermont Department of Forests, Parks, and Recreation, other state and municipal agencies, and public, private and nonprofit organizations, establishes opportunities for physical activity in communities, work places, and schools throughout the state for all people to enjoy physical activity and sports; 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 2024 as

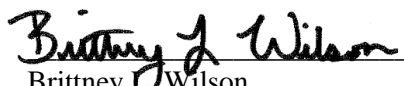
**PHYSICAL FITNESS AND SPORTS MONTH
in Vermont.**

Given under my hand and the Great Seal of the State of Vermont on this 26th day of April, A.D. 2024.



Philip B. Scott
Governor




Brittney J. Wilson
Secretary of Civil and Military Affairs