

STATE OF ARKANSAS
EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: Cardiovascular disease is the leading cause of death in the United States and accounts for one-third of all deaths and stroke is the number 5 cause of death in the United States and is a leading cause of disability; and

WHEREAS: Today about one in three American kids and teens is overweight or obese, and childhood obesity is now the top health concern among parents in the United States; and

WHEREAS: The direct and indirect costs of cardiovascular diseases, including lost productivity, are an estimated \$316.6 billion, and obesity is a significant factor driving health care spending; and

WHEREAS: Regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but only 36 percent of children and 44 percent of adults get the recommended amount; and

WHEREAS: The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or at least 75 minutes of vigorous intensity physical activity (or combination of both) each week; and

WHEREAS: Moderate physical activity has many proven benefits for an individual's overall health including controlling body weight, blood cholesterol, and blood pressure. All of these changes help reduce the risk of cardiovascular disease and stroke; and

WHEREAS: The U.S. Centers for Disease Control and Prevention reported that if 10 percent of Americans began a regular walking program, an estimated \$5.6 billion in heart disease costs could be saved; and

WHEREAS: By providing families and children with safe places to be physically active, we can take steps towards improving heart health and reducing obesity rates; and

WHEREAS: Walking one mile to and from school each day is two-thirds of the recommended 60 minutes of physical activity; and

WHEREAS: Studies have reported that people who have parks or recreational facilities nearby exercise more than those who do not have easy access; and

WHEREAS: Studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity and improve the quality of life and longevity of the U.S. workforce; and

WHEREAS: On National Walking Day, April 6, the American Heart Association will kick-off a month-long campaign to encourage Americans to become more physically active; and

WHEREAS: National Walking Day is intended to motivate people to start and continue a physical activity program throughout the remainder of the month with the help of weekly physical activity themes. These four themes focus on walking, recreational sports, outdoor family activities and stress reduction and mindful movement; and

WHEREAS: On National Walking Day, the American Heart Association encourages all Arkansans to take a 30-minute walk with family, friends and colleagues and to share their minutes walked on social media with hashtag #AHALaceUp

NOW, THEREFORE, I, ASA HUTCHINSON, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim April 6, 2016, as

NATIONAL WALKING DAY IN ARKANSAS

across the State, and I urge all citizens to take part in physical activity to reduce the risk for cardiovascular disease, so we can save thousands of lives each year.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 15th day of March, in the year of our Lord 2016.



Asa Hutchinson, Governor



Attest:



Mark Martin, Secretary Of State