

STATE OF ARKANSAS
EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: Only one in three children in the United States are active every day; and

WHEREAS: Less than 54 percent of adults participate in the recommended minimum of at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity; and

WHEREAS: Additional health benefits are gained by engaging in physical activity beyond the minimum recommendation of equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week; and

WHEREAS: Routine physical activity offers health benefits for individuals of all ages. Being fit and physically active each day can improve both mental health and overall quality of life; and

WHEREAS: Engaging in regular physical activity can reduce the risk of developing heart disease and type 2 diabetes. It can also build bone and muscle strength, reducing the risk of injuries, and has been shown to lower the risk of obesity; and

WHEREAS: In addition to health benefits, participation in sports builds good character, teaches the value of teamwork, and promotes leadership; and

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 May 2019, as

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH IN ARKANSAS

across the State, and I urge all citizens to renew their commitment to living healthier and more active lifestyles and acknowledge the positive difference that sports and regular physical activity make in our society.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 26th day of April, in the year of our Lord 2019.



Asa Hutchinson

Asa Hutchinson, Governor

John Thurston
John Thurston, Secretary Of State