

STATE OF ARKANSAS
EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: According to The United Health Foundation, many adults spend a large portion of their time being sedentary (prolonged sitting) despite the benefits of regular physical activity; and

WHEREAS: A study by the Centers for Disease Control and Prevention (CDC) found that 8.3% of deaths of non-disabled adults ages 25 and older were attributed to physical inactivity; and

WHEREAS: Being physically active and reducing sedentary behavior benefits health. Regular physical activity (at least 150 minutes a week) is associated with reduced risk of: cardiovascular diseases, such as heart disease, stroke; and hypertension; Type 2 diabetes; cancers, including bladder, breast, and colon cancer; dementia; anxiety and depression; and

WHEREAS: National Dance Day is an annual celebration dedicated to dance, and encourages Americans of all ages to incorporate dance into their lives; and

WHEREAS: According to the American Dance Movement (ADM), participation in dance connects the mind and body, promotes health and wellbeing, and connects people with each other;

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 September 17th, 2022, as

NATIONAL DANCE DAY IN ARKANSAS

across the State, and I encourage my fellow citizens to observe this day by being physically active, maintaining good health, and finding new ways to bring joy to their life.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 8th day of September, in the year of our Lord 2022.



A handwritten signature in blue ink that reads "Asa Hutchinson".

Asa Hutchinson, Governor

Attest:

A handwritten signature in black ink that reads "John Thurston".
John Thurston, Secretary of State