

PROCLAMATION
National Physical Fitness and Sports Month

Whereas, Mason County has just completed its third annual Mason County Health Challenge logging in 169,954 healthy activity points with 223 people from 15 different work sites participating; and

Whereas, Mason County is the top government organization in the Healthiest State in the Nation Campaign, as a result of residents participating in the Health Challenge; and

Whereas, The President's Council on Physical Fitness and Sports has designated the month of May 2008 as National Physical Fitness and Sports Month; and created the Presidential Fitness Challenge for people to track their healthy activity efforts during the month of May; and

Whereas, we know that lack of physical activity can contribute to obesity and chronic diseases like heart disease and diabetes; and

Whereas, only a third of 8th and 10th grade Mason County students report being physically active five or more days a week and over a third of Mason County adults are considered to be overweight and a quarter are considered obese; and

Whereas, National Physical Fitness and Sports Month is our country's observance of fitness and sports. As partners, we can better help one another communicate the common message of improved health through physical activity more effectively; and

NOW, THEREFORE, WE the Mason County Board of Commissioners do hereby proclaim the month of May 2008 as National Physical Fitness and Sports Month in Mason County. We urge our fellow citizens to engage in physical activity and join Mason County's team in the Presidential Fitness Challenge or the Healthiest State in the Nation Campaign.

Dated this 6th day of May 2008.

BOARD OF COUNTY COMMISSIONERS
MASON COUNTY, WASHINGTON

Tim Sheldon, Chair

ATTEST:

Lynda Ring Erickson, Commissioner

Rebecca S. Rogers, Clerk of the Board

Ross Gallagher, Commissioner