

Proclamation

WHEREAS it is one of the responsibilities of the Mayor of the City of Westerville to recognize occasions of outstanding significance;

WHEREAS, the President's Council on Physical Fitness and Sports has designated the month of May, 2013 as National Physical Fitness and Sports Month.

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 promote awareness of the value of physical activity in the pursuit of happier, healthier, more productive lives.

WHEREAS, Physical fitness benefits both the body and the mind. Maintaining an active lifestyle reduces the risk of chronic diseases such as obesity, diabetes, asthma, heart disease, and certain cancers. Americans can improve their health and well being by dedicating a small part of each day to physical activity.

WHEREAS, National Physical Fitness and Sports Month is a time when we can do something special to direct deserved national attention to the benefits of physical activity; NOW THEREFORE,

I, Kathleen Cocuzzi, Mayor of the City of Westerville, Ohio, do hereby proclaim May 2013 as

"NATIONAL PHYSICAL FITNESS and SPORTS MONTH"

and encourage all to celebrate by participating in their choice of quality of life activities, options and experiences as well as maintaining these healthy and happy activities and attitudes throughout the year.

IN TESTIMONY WHEREOF, I have hereunto subscribed my name and caused my seal to be affixed this 7th day of May, in the Year of Our Lord, Two Thousand and Thirteen.

Kathleen Cocuzzi, Mayor