



STATE of MINNESOTA

Proclamation

- WHEREAS: Physical fitness and exercise are important parts of good health; and
- WHEREAS: Just a small amount of regular physical activity, such as walking for thirty minutes a day, can greatly improve one's health and quality of life; and
- WHEREAS: Obesity and a lack of physical exercise are an epidemic in Minnesota, contributing to diabetes, heart disease and other chronic diseases that negatively impact Minnesotans' quality of life; and
- WHEREAS: Health conditions caused by obesity and low physical activity are driving up health care costs significantly throughout the system; and
- WHEREAS: National figures indicate that fewer than 50 percent of Minnesotans achieve the recommended thirty minutes a day of physical activity; and
- WHEREAS: Physical activity can be accomplished by regular workout routines or by little things, such as taking the stairs instead of an elevator, walking or bicycling instead of driving, parking at the far end of a parking lot, mowing the yard, or other daily activities; and
- WHEREAS: Improving the physical fitness and health of Minnesotans is an important goal of state government throughout 2005 and beyond.

NOW, THEREFORE, I, Tim Pawlenty, Governor of the State of Minnesota, do hereby proclaim 2005 as:

YEAR OF FITNESS

in the State of Minnesota and challenge Minnesotans to use the year to "Get Up, Get Out, and Get Fit."



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 29th day of December in the year of our Lord two thousand and four, and of the State the one hundred forty-sixth.

GOVERNOR

SECRETARY OF STATE