

State of Colorado



Proclamation

WHEREAS, childhood obesity has reached epidemic proportions in the United States and according to the Surgeon General, Colorado's children are ranked 29th in the country; and

WHEREAS, a decline in physical activity has contributed to the unprecedented epidemic of childhood obesity; and

WHEREAS, regular physical activity is necessary to support normal and healthy growth in children; and

WHEREAS, the Physical Activity Guidelines for Americans recommend that children engage in at least 60 minutes of physical activity on most, and preferably all, days of the week; and

WHEREAS, children spend many of their waking hours at school and therefore need to be active during the school day to meet the recommendations of the Physical Activity Guidelines for Americans; and

WHEREAS, teaching children about quality physical education and sports in a variety of activities, not only ensures that they are physically active during the school day, but also educates them on how to be physically active throughout their lifespan and its importance;

WHEREAS, research shows that fit and active children are more likely to thrive academically; and

WHEREAS, participation in sports and physical activity improves self-esteem and body image in children and adults; and

WHEREAS, The Colorado Governor's Council on Physical Fitness goals are to empower lifestyle change in citizens of all ages and abilities by promoting and sponsoring physical activities;

Therefore, I, John W. Hickenlooper, Governor of the State of Colorado, do hereby proclaim May 1-7, 2013, as

COLORADO FITNESS WEEK

in the State of Colorado.



GIVEN under my hand and the Executive Seal of the State of Colorado, this first day of May, 2013

*John W. Hickenlooper
Governor*