

PROCLAMATION

PHYSICAL FITNESS AND SPORTS MONTH MAY 2014

WHEREAS, being physically active is one of the most important steps that people of all ages can take to improve their health; and

WHEREAS, according to the National Health Information Center, regular physical activity increases your chances of living a longer, healthier life. It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Staying active can help alleviate depression and improve one's mental health; and

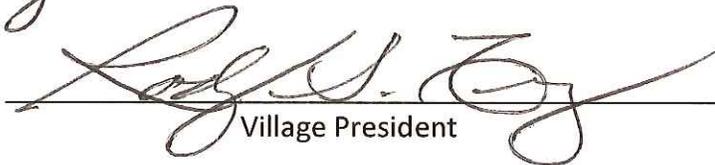
WHEREAS, only one in three adults receive the recommended amount of physical activity each week and only one in three children are physically active every day. According to a 2010 study, children now spend more than seven and a half hours per day in front of a screen, such as a television, computer, videogame or phone; and

WHEREAS, data indicates that in the United States, over 78 million adults and 12.5 million children and adolescents are obese; and

WHEREAS, we can all make physical activity a way of life. This month, we celebrate those citizens who have made the choice to live a healthier lifestyle and we encourage others to take small steps to becoming more active.

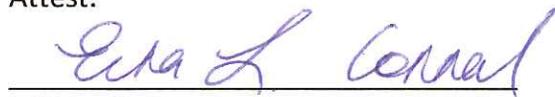
NOW, THEREFORE I, Rodney S. Craig, Village President of the Village of Hanover Park, do hereby proclaim the month of May 2014 as Physical Fitness and Sports Month in the Village of Hanover Park. I call to action our business, faith, and community leaders to find creative ways to incorporate physical activity into our lives. I call on schools to make health and exercise part of a good education. Let us all recommit to leading a healthy, active lifestyle and making use of the many wonderful parks and recreational activities available in Hanover Park. Working together, we can strengthen our neighborhood and set our children on the path to a bright future.

Dated this 1st day of May, 2014.



Village President

Attest:



Village Clerk