



A Proclamation by the Governor

WHEREAS, May 2013 is Exercise is Medicine® Month; and

WHEREAS, the health and wellness of every Nevadan is of utmost importance; we encourage each citizen to engage in regular exercise and physical activity to improve each person's quality of life; and

WHEREAS, all Nevadans are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

WHEREAS, regular, moderate-intensity exercise has curative and protective health benefits; and

WHEREAS, adopting a healthier, active lifestyle will play a large role in decreasing healthcare costs, increasing participation in the workforce and other benefits to Nevada and to society at large; and

WHEREAS, we encourage all Nevada citizens to join the awareness campaign promoting the preventive and therapeutic benefits of exercise; and

WHEREAS, the Healing Moves Foundation and the American College of Sports Medicine call on health care organizations, physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;

NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim May 2013 as

EXERCISE IS MEDICINE MONTH IN NEVADA



In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 2nd day of April, 2013.

By the Governor Brian Sandoval Governor

Cross Miller Secretary of State

By _____ Deputy