City of Santa Barbara

PROCLAMATION

National "Exercise is Medicine" Month
May 2008

***WHEREAS**, May 2008 is the first National Exercise is Medicine Month; and*

***WHEREAS,** all citizens 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,** all physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and to strongly recommend that their patients engage in appropriate exercise; and*

***WHEREAS,** each year, 3.8 million deaths are linked directly to diabetes-related causes. An increase in community awareness of risk factors and symptoms related to diabetes can improve the likelihood that people with diabetes will get the attention they need before developing the disease and its devastating complications; and*

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

***WHEREAS,** the health benefits of physical activity and exercise can do so much to improve the quality of life for everyone; and*

***WHEREAS,** a healthier populace means cost savings, greater participation in workforce and other benefits to society at large; and*

***WHEREAS,** regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans; and*

***WHEREAS,** the American College of Sports Medicine, with support from the American Medical Association and City of Santa Barbara, call on health care organizations, physicians and 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, MARTY BLUM,** by virtue of the authority vested in me as Mayor of the City of Santa Barbara, California, do hereby proclaim the month of May as **NATIONAL "EXERCISE IS MEDICINE" MONTH,** and encourage all local residents to participate in activities and observances relating to "Exercise is Medicine" Month in the interests of better health and quality of life for all.*

***IN WITNESS THEREOF,** I have hereunto set my hand and caused the Official Seal of the City of Santa Barbara, California, to be affixed this 6th day of May, 2008.*

Marty Blum

MARTY BLUM, MAYOR