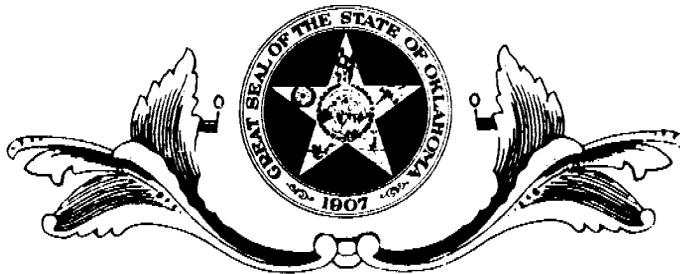


STATE OF OKLAHOMA



FILED

MAY 10 2011

OKLAHOMA SECRETARY OF STATE

EXECUTIVE DEPARTMENT

Proclamation

Whereas, National Physical Fitness and Sports Month will be nationally celebrated during the month of May, 2011. First proclaimed by President Ronald Reagan in 1983, the President's Council on Fitness, Sports and Nutrition (PCFSN) has continued to promote National Physical Fitness and Sports Month in May each year to challenge Americans to become physically active; and

Whereas, President Barack Obama, in his Presidential Proclamation, called "upon the people of the United States to make daily physical activity, sports participation, and a good nutrition a priority in their lives"; and

Whereas, the health of our children is key to our Nation's future. Childhood obesity rates in American have tripled over the past three decades and nearly one in three children in our country is either overweight or obese. The First Lady's "Let's Move!" initiative focuses on building awareness around the issues of childhood obesity and inspiring children to be physically active and to eat healthy foods; and

Whereas, extensive research has shown that improving overall health, and thus preventing disease and premature death, is as easy as making small adjustments and improvements in the activities of daily life. Adopting a healthy lifestyle that includes regular physical activity and proper nutrition, is not only important for one's health, but is fun and easy to accomplish; and

Whereas, the Oklahoma Governor's Council on Physical fitness and Sports, together with other associated state agencies and organizations recognize that regular sport and fitness activity along with proper nutrition contribute to emotional and physical well-being; therefore, all Oklahomans should be encouraged to become and stay active and fit;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim the month of May, 2011 as

"Oklahoma Physical Fitness and Sports Month"

in the State of Oklahoma.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



Done at the Capitol, in the City of Oklahoma City, this 10th day of May, in the Year of Our Lord two thousand and eleven, and of the State of Oklahoma in the one hundred and third year.

Assistant

Michelle R. Day
SECRETARY OF STATE

Mary Fallin
GOVERNOR

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