

STATE OF OKLAHOMA



FILED

MAR 24 2014

OKLAHOMA SECRETARY
OF STATE

EXECUTIVE DEPARTMENT

Proclamation

Whereas, cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a leading cause of disability, with 915,000 Americans suffering a new or recurrent heart attack each year and 795,000 suffering a new or recurrent stroke; and

Whereas, the direct and indirect costs of cardiovascular diseases, including lost productivity, were an estimated \$315.4 billion in 2010, and obesity is a significant factor driving healthcare spending, accounting for an estimated 12 percent of growth in recent years; and

Whereas, regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL "good" cholesterol in the blood, and control weight and blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke; and

Whereas, if 10 percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the United States workforce; and

Whereas, on Walking Day, April 2, the American Heart Association calls on everyone to wear sneakers and start walking; and

Whereas, the purpose of Walking Day is to encourage Americans to become more physically active by walking;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim April 2, 2014 as

"Walking Day"

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.



ATTEST:

Done at the Capitol, in the City of Oklahoma City, this 24th day of March, in the Year of Our Lord two thousand and fourteen, and of the State of Oklahoma in the one hundred and sixth year.

Chris Benz

SECRETARY OF STATE

Mary Fallin

GOVERNOR

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