

# STATE OF OKLAHOMA



## EXECUTIVE DEPARTMENT

# Proclamation

**Whereas**, the safety and well-being of Oklahomans are of the utmost importance to the prosperity and livelihood of our families and communities; and

**Whereas**, the benefits of a healthy diet combined with daily exercise result in enhanced productivity, fewer sick days, lower health care costs and lower stress; and

**Whereas**, First Fit Responders (FFR) is a non-profit program created to educate, empower and equip our police officers, firefighters, and medic personnel; and

**Whereas**, Fit First Responders launched a 25-week challenge with 175 participants; and

**Whereas**, the 25-week challenge required the participants to exercise a minimum of three days per week and to follow a rigorous nutrition plan; and

**Whereas**, participants of the challenge have been transformed through fitness, nutrition, and a winning mindset of Fit for Duty and Fit for Life;

**Now, therefore, I, Mary Fallin, Governor**, do hereby proclaim October 18, 2015, as

### **“FIT First Responders of Tulsa Day”**

in the state of Oklahoma.

39812

*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 13<sup>th</sup> day of October, in the Year of Our Lord two thousand and fifteen, and of the State of Oklahoma in the one hundred and seventh year.*

ATTEST:

*[Signature]*  
Assistant SECRETARY OF STATE

*Mary Fallin*  
GOVERNOR