

Proclamation

By Mayor Christina M. Muryn
Findlay, Ohio

WHEREAS: The City of Findlay is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities. The City of Findlay recognizes the importance of providing access to safe and convenient places to be physically active for people regardless of age, race, income, socio-economic status, disability status, and geographic location; and

WHEREAS: Approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity. 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases. About 1 in 4 young adults (25%) is too heavy to serve in our military; and

WHEREAS: The Physical Activity Guidelines for Americans recommend that children (ages 6-17 years) do 60 minutes or more of moderate-to-vigorous intensity physical activity each day and adults (ages 18 years and older) do at least 150 minutes a week of moderate intensity activity such as brisk walking. Only half of adults and one quarter of youth get the recommended amounts of aerobic physical activity they need to help reduce and prevent chronic diseases; and

WHEREAS: Physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death. Physically active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity, and some cancers; and for people with chronic diseases, physical activity can help manage these conditions and complications. Physical activity can benefit the workforce because physically active people tend to take fewer sick days; and

WHEREAS: The Centers for Disease Control and Prevention (CDC) is leading Active People, Healthy NationSM, a national initiative to help 27 million Americans become more physically active by 2027; and

WHEREAS: Building active and walkable communities can help increase levels of retail economic activity and employment, increase property values, support neighborhood revitalization, and reduce health care costs. Walkable communities can improve traffic safety for people who walk, ride bicycles, and drive; and

WHEREAS: The City of Findlay recognizes its ability to expand achievable, measurable, and sustainable efforts to increase physical activity across the community by supporting Active People, Healthy Nation strategies; and

WHEREAS: The City of Findlay recognizes that physical activity is one of the best things adults, children, and families can do to improve their health. City of Findlay hereby commits to supporting Active People, Healthy Nation strategies by continuing to organize community-wide campaigns promoting physical activity including Move With The Mayor, Keep Active, Keep Health programs, World Heart Day activities,

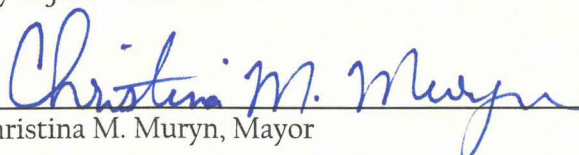
NOW THEREFORE, I, Christina M. Muryn, Mayor of the City of Findlay, Ohio, do hereby support:

ACTIVE PEOPLE HEALTHY NATION



and invite all citizens to participate in keep healthy activities.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Findlay, Ohio, to be affixed this 23rd day of June 2022.


Christina M. Muryn, Mayor