

Proclamation

WHEREAS, the City of Tacoma recognizes the importance of providing access to safe and convenient places for people to be physically active regardless of age, race, income, socioeconomic status, disability status, or geographic location; and

WHEREAS, approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity, and 1 in 2 adults live with a chronic disease, with about half of this group having two or more chronic diseases; and

WHEREAS, the Physical Activity Guidelines for Americans recommend that children get 60 minutes or more of moderate-to-vigorous intensity physical activity each day, and adults get at least 150 minutes a week of moderate intensity activity, such as brisk walking; and

WHEREAS, only half of adults and one quarter of youth get the recommended amounts of aerobic physical activity they need, which helps reduce and prevent chronic diseases, and is vital for healthy aging and preventing early death; and

WHEREAS, the Centers for Disease Control and Prevention is leading Active People, Healthy Nation, a national initiative to help 27 million Americans become more physically active by 2027; and

WHEREAS, individual effort alone is not enough to improve opportunities for people to be physically active, and significant policy, systems, and environmental changes are needed to support and protect individual efforts to make healthier choices; and

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

NOW, THEREFORE, I, VICTORIA WOODARDS, Mayor of the City of Tacoma, on behalf of the City Council, do hereby proclaim Tuesday, March 29, 2022, as

ACTIVE PEOPLE, HEALTHY NATION DAY

in the City of Tacoma, and pledge that Tacoma will continue to support policies that improve physical activity options such as Safe Routes to Schools, bicycle lanes and active transportation, and access to parks and public spaces to allow residents the opportunity and safety to walk, bike, exercise, and be active in our community. I hereby challenge residents to get out and get active, and take steps to improve your personal health through physical activities.



WITNESS, THEREFORE, MY HAND
AND THE OFFICIAL SEAL OF THE
CITY OF TACOMA, WASHINGTON,
This 29th day of March 2022.

Victoria R. Woodards
VICTORIA R. WOODARDS, Mayor

