

CITY OF WHEELING



CITY COUNTY BUILDING, 1500 CHAPLINE STREET
WHEELING, WEST VIRGINIA 26003

Glenn F. Elliott, Jr.
Mayor

WHEREAS, the City of Wheeling is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities; and

WHEREAS, we recognize 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; and

WHEREAS, 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases; and

WHEREAS, 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; and

WHEREAS, 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; and

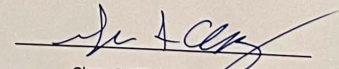
NOW, THEREFORE, I, Glenn Elliott, Mayor of the City of Wheeling, do hereby proclaim October 2022 as

"Active People, Healthy Nation Month"

throughout the City of Wheeling and encourage all citizens to utilize public parks and trails and incorporate physical activity into their daily routines.

IN WITNESS WHEREOF, I have set my hand and caused the Official Seal of the City of Wheeling, West Virginia, to be affixed hereto this 4th day of October, 2022.




Glenn F. Elliott Jr., Mayor

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