



# ACTIVE PEOPLE, HEALTHY LEXINGTON DAY

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**WHEREAS**, the Centers for Disease Control and Prevention started a national initiative to help 27 million Americans become more physically active by 2027; and

**WHEREAS**, increased physical activity can improve health, quality of life, and reduce healthcare costs; and

**WHEREAS**, inactivity contributes to 1 in 10 premature deaths; and

**WHEREAS**, physical activity has numerous benefits, including reduced risk of falling, improvement in cognitive function, and prevention of weak bones and muscle loss; and

**WHEREAS**, the Lexington Senior Center promotes Active People, Healthy Lexington every day with numerous physical activity options.

**NOW, THEREFORE I, LINDA GORTON, MAYOR OF LEXINGTON,  
DO HEREBY DECLARE OCTOBER 31, 2022  
ACTIVE PEOPLE, HEALTHY LEXINGTON DAY IN LEXINGTON.**

*Linda Gorton*  
MAYOR

