

**CITY OF PALM BEACH GARDENS
PALM BEACH COUNTY, FLORIDA
PROCLAMATION**

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

WHEREAS, the City of Palm Beach Gardens 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; 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, 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 disease; and

WHEREAS, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death; and

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

WHEREAS, Active People, Healthy Nation suggests seven evidence-based strategies to increase physical activity, including: (1) activity-friendly routes to everyday destinations, (2) access to places for physical activity, (3) school and youth programs, (4) community-wide campaigns, (5) social supports, (6) individual supports, and (7) prompts to encourage physical activity; and

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

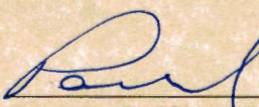
NOW, THEREFORE, I, Chelsea Reed, by virtue of the authority vested in me as Mayor of the City of Palm Beach Gardens, Florida, do hereby proclaim December 2022 as

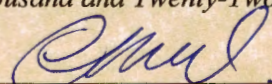
ACTIVE PEOPLE, HEALTHY NATION MONTH



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Palm Beach Gardens, Florida, to be affixed on this 14th day of December in the year Two Thousand and Twenty-Two.

Attest:


Patricia Snider, CMC, City Clerk


Chelsea Reed, Mayor