

Office of the Mayor
City of Fayetteville
Proclamation



WHEREAS: cardiovascular disease is the leading cause of death in the United States, accounting for one-third of all deaths; stroke is the 5th leading cause of death in the U.S. and is a leading cause of disability, and

WHEREAS: childhood obesity is the top health concern among parents in the United States with approximately one in three American children overweight or obese, and

WHEREAS: the direct and indirect costs of cardiovascular diseases, including lost productivity, are an estimated \$316.6 billion, and obesity is a significant factor driving health care spending, and

WHEREAS: regular physical activity can reduce cardiovascular disease risk and may increase life expectancy; moderate physical activity has many proven benefits for overall health including controlling body weight, blood cholesterol, and blood pressure, all of which help reduce the risk of cardiovascular disease and stroke, but only 36 percent of children and 44 percent of adults get the recommended amount, and

WHEREAS: the American Heart Association recommends at least 60 minutes of moderate or vigorous intensity physical activity each day for children and adolescents and at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) each week for adults, and

WHEREAS: the U.S. Centers for Disease Control and Prevention reported that if 10 percent of Americans began a regular walking program, an estimated \$5.6 billion in heart disease costs could be saved, and

WHEREAS: by providing families and children with safe places to be physically active, we can take steps towards improving heart health and reducing obesity rates, and

WHEREAS: studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity and improve the quality of life and longevity of the U.S. workforce, and

WHEREAS: on National Walking Day, the American Heart Association will kick-off a month-long campaign to encourage Americans to become more physically active, and

WHEREAS: National Walking Day is intended to motivate people to start and continue a physical activity program throughout the month, focusing on four weekly physical activity themes: walking, recreational sports, outdoor family activities and stress reduction and mindful movement, and

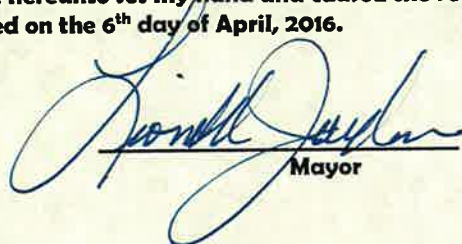
WHEREAS: on National Walking Day, the American Heart Association encourages all Americans to take a 30-minute walk with family, friends and colleagues and to share their minutes walked on social media with #AHALaceUp,

NOW THEREFORE, I, Lioneld Jordan, Mayor of the City of Fayetteville, Arkansas do hereby proclaim April 6, 2016 as

“NATIONAL WALKING DAY”

in Fayetteville, Arkansas and encourage all citizens to show their support for physical activity and the fight against heart disease and commemorate the month by taking time to get active. By increasing awareness of the importance of physical activity to reduce the risk of cardiovascular disease, we can save thousands of lives each year.

IN WITNESS WHEREOF: I have hereunto set my hand and caused the Seal of the City of Fayetteville, Arkansas to be affixed on the 6th day of April, 2016.


Mayor

Attest:



City Clerk

