

STATE OF NORTH DAKOTA

PROCLAMATION

NORTH DAKOTA MOVES MONTH MAY 2026

WHEREAS, physical activity plays a critically important roll in overall health; and

WHEREAS, physical activity is a cost-effective, fun, safe and evidence-based public health intervention to address chronic diseases, such as diabetes, heart disease and obesity, as well as mental illness and substance use disorders; and

WHEREAS, recent research suggests being active for as little as 15 minutes every day can reduce depression by 26%. Additional research shows a 20% reduction in developing anxiety by maintaining higher levels of physical activity; and


WHEREAS, North Dakota is dedicated to improving the quality of life of all residents and visitors through movement to inspire and facilitate a culture of active living; and

WHEREAS, state agencies, private and nonprofit organizations, and other related groups can serve to enlighten and ignite awareness for physical activity opportunities in worksites, schools, businesses, fitness facilities and communities throughout the state; and

WHEREAS, in an effort to improve the health and well-being of all North Dakotans, all citizens are encouraged to promote diverse forms of human movement for persons of every ability to pursue an active and healthy lifestyle and participate in regular physical activity throughout their life, and to celebrate the physical and mental health benefits of physical activity.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 2026, NORTH DAKOTA MOVES MONTH in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE