

STATE OF NORTH DAKOTA

PROCLAMATION

DON'T QUIT FITNESS MONTH OCTOBER 2022

WHEREAS, North Dakota celebrates DON'T QUIT!™ Fitness Month to bring greater awareness to the importance of physical fitness and wellness in the fight against childhood obesity; and

WHEREAS, childhood obesity affects more than 23 million children and teenagers in the United States, nearly 1 in 3 young people are overweight or obese; and

WHEREAS, the lack of physical activity contributes to childhood obesity and chronic diseases; and

WHEREAS, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and

WHEREAS, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is providing North Dakota schools the tools to promote physical activity and wellness; and

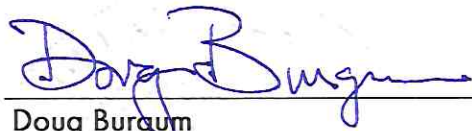
WHEREAS, North Dakota has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and

WHEREAS, academics and fitness go hand in hand; and


WHEREAS, DON'T QUIT! Fitness Month will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit, and North Dakotans are encouraged to work together by engaging in physical activity to make our children and state the healthiest in the nation.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
October 2022, DON'T QUIT FITNESS MONTH in the State of North Dakota.




Doug Burgum
GOVERNOR

ATTEST:


Alvin A. Jaeger
SECRETARY OF STATE