

Office of the Mayor  
City of Fayetteville  
**Proclamation**



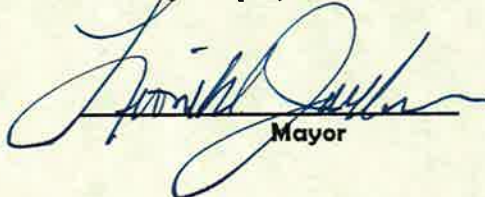
- WHEREAS:** cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a leading cause of disability, accounting for about one of every three deaths of Americans per year, and
- WHEREAS:** today, about one in three American kids and teens is overweight or obese, nearly triple the rate in 1963 and childhood obesity is now the top health concern among parents in the United States, and
- WHEREAS:** the direct and indirect costs of cardiovascular diseases, including lost productivity, are an estimated \$320.1 billion, and obesity is a significant factor driving health care spending, accounting for an estimated 12 percent of growth in recent years, and
- WHEREAS:** regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but 50 percent of adults and 62 percent of children do not get daily vigorous physical activity, and
- WHEREAS:** the American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous intensity physical activity each day and that adults put in at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity each week, and
- WHEREAS:** regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL "good" cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke, and
- WHEREAS:** by increasing access to physical activity opportunities and by providing families and children with safe places to walk and be physically active, we can improve heart health and reduce 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:** the purpose of National Walking Day is to encourage Americans to become more physically active by walking regularly,

**NOW THEREFORE, I, Lioneld Jordan, Mayor of the City of Fayetteville, Arkansas do hereby proclaim Wednesday, April 1, 2015 as**

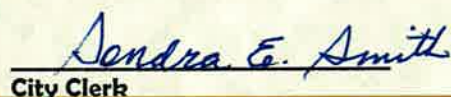
**"NATIONAL WALKING DAY"**

in Fayetteville, Arkansas and join with the American Heart Association in urging all citizens to show their support in the fight against heart disease and commemorate this day by putting on their sneakers and walking for 30 minutes today, and by starting a regular walking program for the future.

**IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Fayetteville, Arkansas to be affixed on the 1<sup>st</sup> day of April, 2015.**

  
Mayor

Attest:

  
City Clerk

