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PROCLAMATION

- WHEREAS: Jogging is an excellent form of exercise that provides the opportunities for a graduated program of physical activity for most individuals regardless of age, sex or level of physical fitness; and
- WHEREAS: Numerous medical authorities believe that a regular jogging program improves the function of heart, blood vessels and lungs; improves one's physical fitness level; and serves as an excellent supplement to a weight-reducing or weight-control program; and
- WHEREAS: The National Jogging Association, a nonprofit, nationwide federation of joggers, was incorporated to promote healthful jogging by physically qualified people everywhere; and
- WHEREAS: The National Jogging Association along with various YMCA's, recreation agencies and college physical education departments across the State are cooperating in sponsoring National Jogging Day

NOW, THEREFORE, I, Wendell R. Anderson, Governor of the State of Minnesota, do hereby proclaim the day of September 18, 1971, as

JOGGING DAY

in the State of Minnesota and call on all citizens of Minnesota to join in recognition of this occasion.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this sixteenth day of September in the year of our Lord one thousand nine hundred and seventy-one, and of the State, the one hundred and fourteenth.

Wendell R. Anderson
GOVERNOR

Arden J. Edahl
SECRETARY OF STATE

STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED

SEP 16 1971

Arden J. Edahl
Secretary

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