



# Proclamation

WHEREAS: weight control is an integral part of physical fitness; and

WHEREAS: the achievement of physical fitness requires a discipline that will pay tremendous dividends in our future quality of life; and

WHEREAS: TOPS (Take Off Pounds Sensibly) promotes good health and physical fitness through weight control; and

WHEREAS: in Minnesota nearly 12,000 TOPS members in 500 TOPS chapters have registered a documented weight loss in the past year of 86,144 pounds, thereby improving their health and appearance;

NOW, THEREFORE, I, Wendell R. Anderson, Governor of the State of Minnesota do hereby proclaim the week of May 2nd, 1976 to be

## TOPS WEEK

in Minnesota, in observance of TOPS State Recognition Days being held in Duluth on May 6, 7, and 8.

FURTHERMORE, I extend congratulations to TOPS for the contribution this non-profit non-commercial organization has made, statewide and internationally, to good health through obesity research and weight control.

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 nineteenth day of April in the year of our Lord one thousand nine hundred seventy-six and of the State the one hundred eighteenth.

*Wendell R. Anderson*

GOVERNOR

*Jean Anderson Krasus*

SECRETARY OF STATE

29428  
STATE OF MINNESOTA  
DEPARTMENT OF STATE

FILED  
APR 19 1976

*Jean Anderson Krasus*  
Secretary of State