

WHEREAS: It is known that aerobic exercise contributes to good health;  
and

WHEREAS: Jogging is an excellent form of exercise that provides opportunities for a graduate program of physical fitness for most individuals regardless of age, sex or level of fitness; and

WHEREAS: Numerous medical authorities believe that a regular, sensible jogging program improves the function of heart, blood vessels, and lungs, and serves as an advisable supplement to a weight-reducing or weight control program; and

WHEREAS: The National Jogging Association, along with various fitness groups, recreation agencies, running clubs, school systems, college education departments, hospitals and public health agencies are cooperating to sponsor National Jogging Day;

NOW, THEREFORE, WE, Albert H. Quie and Lou Wangberg, Governor and Lieutenant Governor, of the State of Minnesota, do hereby proclaim October 13, 1979, to be

NATIONAL JOGGING DAY

in Minnesota, and urge all citizens to embark upon or continue a program of regular exercise, participation in sports and games for fitness and fun.

IN WITNESS WHEREOF, we have hereunto set our hands and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this eighteenth day of September in the year of our Lord one thousand nine hundred seventy-nine, and of the State the one hundred twenty-second.

*Albert H. Quie*

G O V E R N O R

STATE OF MINNESOTA  
DEPARTMENT OF STATE  
FILED  
SEP 18 1979

*Joan Anderson Krause*  
Secretary of State

#32373  
O.D.

*Joan Anderson Krause*

*[Signature]*