



Proclamation

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 GRADUATED 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: MINNESOTA ENCOURAGES ALL CITIZENS TO EMBARK UPON OR CONTINUE A PROGRAM OF REGULAR EXERCISE, AND TO ENJOY PARTICIPATION IN SPORTS AND GAMES FOR FITNESS AND FUN; AND

WHEREAS: THE NATIONAL JOGGING ASSOCIATION, ALONG WITH THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS, 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, I, ALBERT H. QUIE, GOVERNOR OF THE STATE OF MINNESOTA, DO HEREBY PROCLAIM OCTOBER 11, 1980 TO BE

JOGGING DAY

IN MINNESOTA, AND HAVE ASKED LIEUTENANT GOVERNOR LOU WANGBERG TO PREPARE THE PROCLAMATION FOR MY SIGNATURE AND DISSEMINATE THE SAME.

IN WITNESS WHEREOF, WE HAVE HEREUNTO SET OUR HANDS AND CAUSED THE GREAT SEAL OF THE STATE OF MINNESOTA TO BE AFFIXED THIS TWENTY-SECOND DAY OF AUGUST IN THE YEAR OF OUR LORD ONE THOUSAND NINE HUNDRED AND EIGHTY, AND OF THE STATE THE ONE HUNDRED TWENTY-SECOND.

John Anderson Howe

Albert H. Quie
Lou Wangberg
GOVERNOR