

Proclamation

WHEREAS: AEROBIC EXERCISE CONTRIBUTES TO GOOD HEALTH; AND

WHEREAS: JOGGING IS AN EXCELLENT FORM OF EXERCISE THAT PROVIDES OPPORTUNITIES FOR A GRADUATED PROGRAM OF PHYSICAL EXERCISE 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

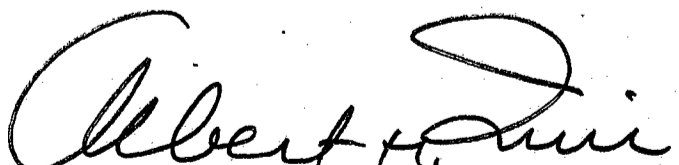
WHEREAS: THE NATIONAL JOGGING ASSOCIATION, ALONG WITH THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS, VARIOUS FITNESS GROUPS, RECREATION AGENCIES, RUNNING CLUBS, SCHOOL SYSTEMS, COLLEGE EDUCATION DEPARTMENTS, HOSPITALS, PROFESSIONAL ORGANIZATIONS AND PUBLIC HEALTH AGENCIES ARE COOPERATING TO SPONSOR NATIONAL JOGGING DAY;

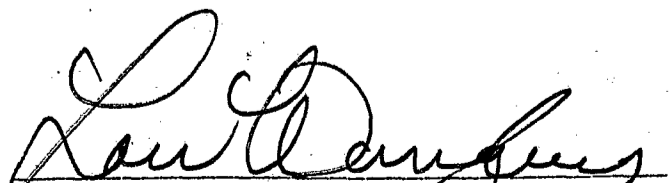
NOW; THEREFORE, I, ALBERT H. QUIE, GOVERNOR OF THE STATE OF MINNESOTA, DO HEREBY PROCLAIM OCTOBER 10, 1981 TO BE

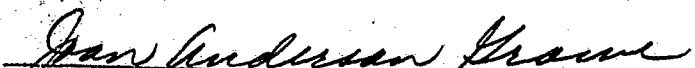
JOGGING DAY

IN MINNESOTA, AND HAVE ASKED LIEUTENANT GOVERNOR LOU WANGBERG TO PREPARE THIS 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-NINTH DAY OF JULY IN THE YEAR OF OUR LORD ONE THOUSAND NINE HUNDRED EIGHTY-ONE AND OF THE STATE THE ONE HUNDRED TWENTY-THIRD.


GOVERNOR


LIEUTENANT GOVERNOR


SECRETARY OF STATE

#33510