



# Proclamation

WHEREAS: DURING THE NEXT TWELVE MONTHS, HUNDREDS OF THOUSANDS OF AMERICANS WILL DIE BEFORE THEIR TIME AND THOUSANDS MORE WILL BE CRIPPLED OR DISABLED AND THE QUALITY OF THEIR LIVES WILL BE DIMINISHED UNNECESSARILY DUE TO THEIR LIFESTYLE; AND

WHEREAS: AS A NATION AND AS INDIVIDUALS WE HAVE IT WITHIN OUR POWER TO CHANGE THESE CIRCUMSTANCES, WHILE IMPROVING THE HEALTH AND THE QUALITY OF LIFE FOR ALL MINNESOTANS, BECAUSE WE KNOW THAT PREVENTION IS BETTER THAN TREATMENT; AND

WHEREAS: NUMEROUS MEDICAL AUTHORITIES BELIEVE THAT A SENSIBLE EXERCISE PROGRAM LIKE JOGGING IMPROVES THE FUNCTION OF THE CARDIOVASCULAR SYSTEM, REDUCES CORONARY RISK FACTORS, AND SERVES AS AN ADVISABLE SUPPLEMENT TO A WEIGHT-REDUCING OR CONTROL PROGRAM; AND

WHEREAS: A POSITIVE CORRELATION EXISTS BETWEEN THE DEVELOPMENT OF A FIT BODY AND THE ABILITY TO EXPERIENCE AN ENRICHED AND MORE SATISFYING LIFE; AND

WHEREAS: THE PRESIDENT OF THE UNITED STATES AND CONGRESS HAVE DECLARED THAT THE 1982 NATIONAL PHYSICAL FITNESS WEEK IS MAY 2-8; AND

WHEREAS: THE AMERICAN LUNG ASSOCIATION OF HENNEPIN COUNTY IS SPONSORING THE HUMAN RACE ON SATURDAY, MAY 8, 1982 IN COOPERATION WITH THE PRESIDENT'S COUNCIL ON FITNESS AND SPORTS, WITH THE PURPOSE OF THE HUMAN RACE BEING TO ENCOURAGE MINNESOTANS TO MAKE SAFE, ENJOYABLE EXERCISE A PART OF THEIR DAILY ACTIVITY IN ORDER TO PREVENT HEALTH PROBLEMS BEFORE THEY OCCUR;

NOW, THEREFORE, I, ALBERT H. QUIE, GOVERNOR OF THE STATE OF MINNESOTA, DO HEREBY PROCLAIM MAY 8, 1982 TO BE

## HUMAN RACE DAY

IN MINNESOTA AND HAVE ASKED LIEUTENANT GOVERNOR LOU WANGBERG TO PREPARE THIS PROCLAMATION FOR MY SIGNATURE AND DISSEMINATE THE SAME. FURTHER, I URGE CITIZENS TO CELEBRATE SUCH DAY BY PARTICIPATING IN THIS FITNESS EVENT, WHILE ENCOURAGING FITNESS FESTIVALS, LECTURES, HEALTHY PEOPLE DISPLAYS, FITNESS TESTING AND SCHEDULING FITNESS FOLLOW-UP EVENTS.

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 APRIL IN THE YEAR OF OUR LORD ONE THOUSAND NINE HUNDRED AND EIGHTY-TWO, AND OF THE STATE THE ONE HUNDRED TWENTY-THIRD.

*Albert H. Quie*  
GOVERNOR

STATE OF MINNESOTA  
DEPARTMENT OF STATE  
FILED  
APR 19 1982  
*Joan Anderson Howe*  
Secretary of State

*Lou Wangberg*  
LIEUTENANT GOVERNOR

*Joan Anderson Howe*