



Proclamation

WHEREAS: IT IS KNOWN THAT AEROBIC EXERCISE CONTRIBUTES TO GOOD HEALTH; AND

WHEREAS: RUNNING 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 RUNNING 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 AMERICAN RUNNING AND FITNESS 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 RUNNING & FITNESS DAY;

NOW, THEREFORE, I, ALBERT H. QUIE, GOVERNOR OF THE STATE OF MINNESOTA, DO HEREBY PROCLAIM OCTOBER 9, 1982 TO BE

R U N N I N G & F I T N E S S D A Y

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 EMBARK UPON OR CONTINUE A PROGRAM OF REGULAR EXERCISE, PARTICIPATION IN SPORTS AND GAMES FOR FUN AND FITNESS.

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

STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED

AUG 3 1982

Jean Anderson Young
Secretary of State

034077

Albert H. Quie
GOVERNOR

Jean Anderson Young

Lou Wangberg
LIEUTENANT GOVERNOR