



## 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 weight-reducing or weighty-control program; and

WHEREAS: The government of the State of Minnesota urges all citizens to embark upon or continue a program of regular exercise, participation in sports and games for fun and fitness; 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, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim Saturday, October 8, 1983, to be

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

STATE OF MINNESOTA  
DEPARTMENT OF STATE  
FILED  
JUN 16 1983

*Jean Anderson Howe*  
Secretary of State

in Minnesota, and commend this observance to all our citizens.

#34638

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this first day of June in the year of our one thousand nine hundred and eighty-three of the State the one hundred twenty-fifth.

*Jean Anderson Howe*

*Rudy Perpich*