



Proclamation

- WHEREAS: Americans, blessed with abundant land, fertile soil, adequate water, and a favorable climate, have established a sound agricultural system, providing the most abundant, easily available, inexpensive, wholesome, and nutritious food supply of any nation in the world; and
- WHEREAS: Food is the cornerstone for maintaining life and health, but total physical fitness depends also on regular and appropriate exercise; and
- WHEREAS: The bounty of our food supply and the many opportunities for physical fitness activities for persons of all ages allow each individual the freedom to choose the food and exercise that are right for his or her lifestyle and condition; and
- WHEREAS: It is not only to our own and our families' benefit to maintain good health, but also it is to the benefit of our nation that each citizen be as physically fit as possible;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, call upon each person in the State to join me in establishing within our daily lives a responsible and proper program of nutrition and exercise, and in increasing the awareness of our families and others to the importance of good FOOD AND FITNESS.

#34685

Joan Anderson Howe
Rudy Perpich

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

Joan Anderson Howe