



Proclamation

WHEREAS: Physical fitness, good nutrition, and stress management contribute to personal well-being; and

WHEREAS: A wellness lifestyle contributes to stamina and vitality required to perform optimally during stressful legislative sessions; and

WHEREAS: It is vitally important that our leaders, who make decisions with profound effects for us all be concerned about their own health; and

WHEREAS: The State of Minnesota has been a leader in health promotion and disease prevention; and

WHEREAS: The Minnesota Association for Health, Physical Education, Recreation, and Dance and the Minnesota Worksite Wellness Resource are cosponsoring the Capitolize on Wellness Day; and

WHEREAS: On this day, health assessments consisting of cardiovascular efficiency, body fat composition, flexibility, strength, and body tension will be administered, and nutrition and exercise information will be distributed to interested legislators and their staff;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim March 8, 1988 to be

CAPITOLIZE ON WELLNESS DAY

in Minnesota in recognition of the importance of wellness to our leaders and citizens.

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 twenty-ninth day of February in the year of our Lord one thousand nine hundred and eighty-eight, and of the State the one hundred thirtieth.

GOVERNOR
STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED

FEB 29 1988

SECRETARY OF STATE

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Secretary of State