

## **Proclamation**

WHEREAS: The health and well-being of our citizens is strengthened by an increased desire to become physically fit — this desire being a benefit to our employers, employees, and to our entire society; and

WHEREAS: Employee exercise programs have been shown to reduce absenteeism, reduce employee turnover, increase productivity, and save employers thousands of dollars; and

WHEREAS: The month of May has been proclaimed "National Physical Fitness Month"; and

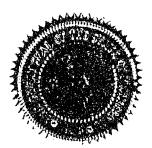
WHEREAS: The National Association of Governors' Council on Physical Fitness and Sport and the Association for Fitness in Business are presenting the first National Employee Health and Fitness Day on May 19 in cooperation with Converse and the NutraSweet Company; and

WHEREAS: This program has the support and endorsement of the Minnesota Governor's Council on Physical Fitness and Sport;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim Friday, May  $19,\ 1989$  to be

EMPLOYEE FITNESS DAY

in Minnesota and encourage employers and employees in the State to participate in the events this day, and to enjoy the benefits of a healthy active lifestyle to the best of their ability.



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 March in the year of our Lord one thousand nine hundred and eightynine, and of the State the one hundred thirtieth.

SECRETARY OF STATE

STATE OF MINNESOTA DEPARTMENT OF STATE FILED.

MAY 1 1989

Jean Andrew Becreve Secretary of State

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