



Proclamation

- WHEREAS: Physical education is essential to the physical development of the growing child; and
- WHEREAS: Physical education helps improve the overall health of children by increasing cardiovascular endurance, muscular strength and power, flexibility, weight regulation, improve bone development, improve posture, skillful moving, increased mental alertness, active lifestyle habits and constructive use of leisure time; and
- WHEREAS: Physical education helps improve the mental alertness, academic performance, readiness to learn, and enthusiasm for learning children; and
- WHEREAS: Physical education helps improve the self-esteem, interpersonal relationships, responsible behavior and independence of children; and
- WHEREAS: Children who participate in quality daily physical education programs tend to be more healthy and physically fit; and
- WHEREAS: Physically fit adults have significantly reduced risk factor for heart attacks and strokes; and
- WHEREAS: The Surgeon General, in Objectives for the Nation, recommends increasing the number of school mandated physical education programs that focus on health-related physical fitness; and
- WHEREAS: A quality daily physical education for all children from kindergarten through grade 12 is an essential part of comprehensive education;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim the first week of May to be

PHYSICAL EDUCATION AND SPORT WEEK

STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED

JUN 12 1989

in Minnesota.

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-fourth day of April in the year of our Lord one thousand nine hundred and eighty-nine, and of the State the one hundred thirtieth.

Joan Anderson Howe
Secretary of State

Rudy Perpich
GOVERNOR

Joan Anderson Howe
SECRETARY OF STATE

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