



## Proclamation

- WHEREAS: Recent medical studies prove that regular exercise and good nutrition are basic requisites for good health; and
- WHEREAS: A strong and healthy body influences not only an individual's outlook on life, but also a person's mental attitude, daily experiences both on and off the job, and academic and social skills; and
- WHEREAS: Recent studies have shown that exercise is one of the most efficient and cost-effective ways that employees can maintain good physical and mental health; and
- WHEREAS: The National Association of Governor's Councils on Physical Fitness and Sports and the Association for Fitness and Business are presenting the second National Employee Health and Fitness Day (NEHFD) on Wednesday, May 16th, 1990; and
- WHEREAS: The month of May has been proclaimed "National Physical Fitness and Sports for All" month; and
- WHEREAS: NEHFD is the largest event in the nation's history to promote fitness at the worksite and the ultimate goal of NEHFD is to encourage companies to look seriously at initiating long term fitness and recreation programs; and
- WHEREAS: Employers throughout the nation are being asked to join in National Employee Health and Fitness Day by allowing employees to participate in non-competitive walking, jogging, cycling and other activities designed to be fun and dramatize the importance of physical fitness at the same time;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim Wednesday, May 16, 1990 to be

### NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

Minnesota, and encourage all Minnesota employers and employees to take an active role in practicing better health and fitness from this day forward.

STATE OF MINNESOTA  
DEPARTMENT OF STATE  
FILED

APR 27 1990

*Jan Anderson Howe*  
Secretary of State

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 sixth day of March in the year of our Lord one thousand nine hundred and ninety and of the State the one hundred thirty-first.

*Rudy Perpich*  
GOVERNOR

*Jan Anderson Howe*

SECRETARY OF STATE

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