



# Proclamation

## By the Governor of Alabama

*WHEREAS, May 2009 is National Exercise is Medicine Month; and*

*WHEREAS, regular, moderate-intensity exercise has curative and protective health benefits for Alabamians; and*

*WHEREAS, the health benefits of physical activity and exercise can do so much to improve the quality of life of Alabamians;; and*

*WHEREAS, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and*

*WHEREAS, regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans; and*

*WHEREAS, the American College of Sports Medicine, with support from the American Medical Association, calls on health care organizations, physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit:*

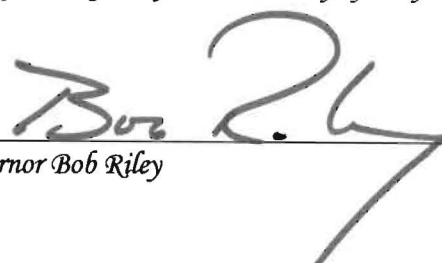
*NOW, THEREFORE, I, Bob Riley, Governor of Alabama, do hereby proclaim May 2009, as*

## *Exercise is Medicine Month*

*in the State of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 1st day of May 2009.*

  
Governor Bob Riley