



**OFFICE OF THE MAYOR
ROBERT M. TRAINOR**

*The
Golden Rule
City*

Health and Wellness Proclamation

Whereas, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death; and

Whereas, physically active persons generally live longer and are at less risk for serious health problems, such as obesity, diabetes, heart disease, and various other health related issues; and

Whereas, according to the Centers for Disease Control and Prevention, over half of adults in the United States have been diagnosed with a chronic condition, and over a 25% have been diagnosed with two or more chronic conditions; and

Whereas, almost 1 in 5 children and 2 in 5 adults in the United States suffer with obesity according to the Centers for Disease Control and Prevention; and

Whereas, American Physical Activity Guidelines recommend that children ages 6 to 17 engage in at least 60 minutes of moderate-to-vigorous physical activity each day and adults engage in at least 150 minutes a week of moderate intensity activity such as brisk walking; and

Whereas, the Centers for Disease Control and Prevention is leading the Active People, Healthy NationSM national initiative to help 27 million Americans become more physically active by 2027, which can improve health, quality of life, and help reduce the risk of chronic diseases.


Now, Therefore, be it resolved that by virtue of the authority vested in me as Mayor of our City, I do hereby proclaim the month of May 2023 as:


Health and Wellness Month

in Charles Town, West Virginia and recommit our City to its goals of walkability through improved sidewalks and trail networks; facilitating increased physical activity and events in our parks and recreational areas; and renewed commitment to green spaces throughout our community.

In Witness Whereof, I have hereunto set my hand and caused the Seal of Charles Town, West Virginia to be affixed this first day of May, two thousand twenty-three




Robert M. Trainor
Mayor


Alissa Meeks
City Clerk