

PROCLAMATION

A PROCLAMATION by the Mayor of the City of Bainbridge Island, Washington, declaring May 30, 2001, as National Senior Health & Fitness Day.

WHEREAS, the President of the United States has designated May as Older Americans Month and National Physical Fitness and Sports Month; and

WHEREAS, it is appropriate to honor our mature citizens for their many contributions to the vitality and strength of our community; and

WHEREAS, the United States Surgeon General has determined that regular physical activity results in significant health benefits and improved quality of life for older adults; and

WHEREAS, all older adults can participate in activities that improve and maintain their health;

NOW, THEREFORE, be it resolved that I, Dwight Sutton, do hereby proclaim Wednesday, May 30, 2001 as

NATIONAL SENIOR HEALTH & FITNESS DAY

in the City of Bainbridge Island, Washington, and urge all our citizens to support the efforts of local organizations that encourage older adults to enhance their lives through physical activity.

DWIGHT SUTTON, Mayor