

WHEREAS, more than 60 percent of Sedgwick County residents are overweight or obese, and preventable lifestyle-related illnesses account for 70 to 90 percent of all healthcare costs; and

WHEREAS, physical activity can help Americans live longer, healthier lives, as well as provide many other benefits, including:

- Building and maintaining healthy bones and joints
- Controlling weight and reducing fat
- Reducing symptoms of anxiety and depression; and

WHEREAS, Walk at Work Day can be the catalyst to motivate employees to obtain their recommended 30 minutes of daily physical activity during their breaks and lunch by enjoying a brisk walk; and

WHEREAS, employers across the nation are promoting “worksites wellness” activities to help employees take charge of their health, practice healthier behaviors and reduce health care costs; and

WHEREAS, health and wellness are important to Sedgwick County and we encourage promoting healthy eating and physical activity at home, at work and at school.

NOW, THEREFORE BE IT RESOLVED, that I, Tim Norton, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim May 16, 2012 as

“NATIONAL EMPLOYEE HEALTH AND FITNESS DAY”

in Sedgwick County, and encourage employees throughout the county to begin a habit of living a healthier lifestyle by participating in a brisk walk every day to get the daily recommendation of 30 minutes of physical activity.

May 16, 2012