

**WHEREAS**, experts agree that exercise is one of the cornerstones of good health for people of all ages; and

**WHEREAS**, 10,000 steps a day and 150 minutes per week of physical activity is necessary to see positive health benefits; and

**WHEREAS**, walking is an environmentally safe transportation alternative and one of the easiest and least expensive ways to stay active; and

**WHEREAS**, walking lowers blood pressure and reduces the risk of heart disease, stroke, colon cancer and diabetes; and

**WHEREAS**, our community features numerous parks and walking trails, as well as the Sedgwick County Zoo, Sedgwick County Park and Lake Afton Park;

**WHEREAS**, the month of October is National Walking Month and offers beautiful weather with moderate temperatures perfect for walking.

**NOW, THEREFORE BE IT RESOLVED** that I, David Unruh, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim October 2011, as

**“WALKTOBER”**

in Sedgwick County and encourage citizens to participate in Walktober through their employer, school or community.

September 28, 2011