

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

WHEREAS, October is National Walking Month and offers beautiful weather with moderate temperatures perfect for walking; and

WHEREAS, the surgeon general recommends we get 10,000 steps, or the equivalent of physical activity, each day; and

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

WHEREAS, walking can help maintain a healthy body weight and reduce the risks of chronic diseases and stress related illnesses; and

WHEREAS, the Sedgwick County Health Department, in collaboration with the Health and Wellness Coalition of Wichita, is engaging schools, worksites and the community by encouraging participants to visit local attractions to keep their walks interesting.

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

“WALKTOBER”

in Sedgwick County and encourage citizens to step up by stepping out for better health.

September 26, 2012