

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, healthy moments, such as walking at work can inspire long-term behavioral changes in physical activity and result in healthy lifestyles; and

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

NOW, THEREFORE BE IT RESOLVED that I, James Skelton, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim May 13 – 17, 2013 as

“EMPLOYEE HEALTH AND FITNESS WEEK”

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 15, 2013