



Proclamation

By the Governor of Alabama

WHEREAS, Alabama celebrates DON'T QUIT!™ Fitness Month to bring greater awareness to the importance of physical fitness and wellness in the fight against childhood obesity; and

WHEREAS, childhood obesity affects more than 23 million children and teenagers in the United States – nearly 1 in 3 young people are overweight or obese; and

WHEREAS, the lack of physical activity contributes to childhood obesity and chronic diseases; and

WHEREAS, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and

WHEREAS, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is giving Alabama schools the tools to promote physical activity and wellness; and

WHEREAS, Alabama has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and

WHEREAS, academics and fitness go hand in hand; and

WHEREAS, DON'T QUIT! Fitness Month will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim August 2020, as

DON'T QUIT! Fitness Month

State of Alabama and encourage all individuals to work together by engaging in physical activity to make our children, and our state, the healthiest in the nation.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 20th day of July 2020.

Kay Ivey

Kay Ivey, Governor