



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION WALK ACROSS GEORGIA DAY

- WHEREAS: The rate of childhood obesity has tripled in the past 30 years, causing obesity to become an epidemic in our nation and state. Today, one in three Children in the U.S. are overweight or obese. They are at higher risk of developing serious health problems that span from childhood to adulthood, such as heart disease, cancer, Type 1 diabetes, high blood pressure, and asthma. The lack of physical activity and increased consumption of unhealthy foods present a growing challenge to our young children, teens, and families across our country; and
- WHEREAS: Walking provides our youth - from toddler to teen - with safe and enjoyable aerobic activity that has multiple benefits for fitness, weight loss, increased mental well-being, as well as overall general health, and offers an excellent group activity to encourage social development among peers and family members; and
- WHEREAS: Kids Walk Across America participants are dedicated leaders in the community, committed to growing a healthier generation that will become tomorrow's leaders. The group has actively engaged our nation's youth in taking personal responsibility for their health and physical fitness by creating a strong community-based program that makes exercise fun, as well as educational. Kids Walk Across America hosts a weekly fitness walk for kids and parents that focuses on our rich American heritage. Each walk represents a virtual state crossing; and
- WHEREAS: Kids Walk Across America will be taking a 1.5 mile walk across the State of Georgia on March 5, 2011. Local school children have created posters for the walk, presenting many interesting facts about our state as one of the original Thirteen Colonies. The posters also outline Georgia's contribution to American history through business, agriculture, advancements in science and cultures, sports, and entertainment; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim March 5, 2011 as WALK ACROSS GEORGIA DAY in Georgia and encourage our citizens to observe this occasion by raising awareness about the growing issue of obesity in our nation's youth.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 4th day of March in the year of our Lord two thousand eleven.




GOVERNOR

ATTEST


CHIEF OF STAFF