



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

PHYSICAL ACTIVITY MONTH

- WHEREAS:** Physical activity plays a critically important role in overall health; and
- WHEREAS:** Physical activity is a cost-effective, fun, safe, and evidence-based public health intervention to address chronic diseases, such as diabetes, heart disease, and obesity, as well as mental illness and substance use disorders; and
- WHEREAS:** The State of Georgia is dedicated to improving the quality of life of all residents and visitors through movement to inspire and facilitate a culture of active living; and
- WHEREAS:** Citizens are encouraged to find physical activity opportunities in worksites, schools, businesses, fitness facilities, and communities throughout the state; and
- WHEREAS:** An effort to improve the health and well-being of all Georgia constituents, the State of Georgia encourages its citizens to participate in diverse forms of human movement and pursue an active and healthy lifestyle, enjoying regular physical activity throughout their life; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2026, as PHYSICAL ACTIVITY MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 30th day of March in the year of our Lord, Two Thousand and Twenty-Six.



B. Kemp
GOVERNOR

ATTEST

Lauren M. Curry
CHIEF OF STAFF