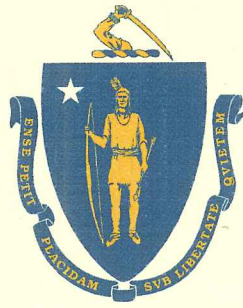


# The Commonwealth of Massachusetts



## A Proclamation

*Whereas All citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and*

*Whereas All physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and to strongly recommend that their patients engage in appropriate exercise; and*

*Whereas Regular, moderate-intensity exercise has curative and protective health benefits; and*

*Whereas The health benefits of physical activity and exercise can do so much to improve the quality of life for everyone; and*

*Whereas A healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and*

*Whereas Regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans,*

*Now, Therefore, I, Charles D. Baker, Governor of the Commonwealth of Massachusetts, do hereby proclaim the month of May, 2015, to be,*

## EXERCISE IS MEDICINE MONTH

*And urge all the citizens of the Commonwealth to take cognizance of this event and participate fittingly in its observance.*

*Given at the Executive Chamber in Boston, this Twenty-Sixth day of April, in the year two thousand and fifteen, and of the Independence of the United States of America, the two hundred and thirty-eighth.*

BY HIS EXCELLENCY

Handwritten signature of Charles D. Baker in blue ink.

CHARLES D. BAKER  
GOVERNOR OF THE COMMONWEALTH

Handwritten signature of Karyn E. Polito in blue ink.

KARYN E. POLITO  
LT. GOVERNOR OF THE COMMONWEALTH

Handwritten signature of William Francis Galvin in blue ink.

WILLIAM FRANCIS GALVIN  
SECRETARY OF THE COMMONWEALTH

*God Save the Commonwealth of Massachusetts*