

Proclamation

Family Health & Fitness Day 2007

WHEREAS, On September 29, 2007, Garden Grove will join thousands of adults and children in celebrating the 11th Annual Family Health & Fitness Day USA; and

WHEREAS, The purpose of Family Health & Fitness Day is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health; and

WHEREAS, Together, families will participate in noncompetitive activities, including low-impact exercises, health screenings, games, and receive health information; and

WHEREAS, The importance and fun of regular physical activity through sports and games will be emphasized; and

WHEREAS, The event provides an opportunity for the community to make a strong commitment to health, physical activity, and fitness thus improving the quality of life; and

WHEREAS, Active lifestyles lead to better health, increased self confidence, and stress reduction that can contribute to a healthier, more productive community; and

WHEREAS, Parents will be positive role models for their children and guide them in making life changing decisions regarding overall health and wellness; and

WHEREAS, This grassroots health and wellness initiative encourages and empowers everyone to be less sedentary, eat better and live healthier, more positive, and more energetic lifestyles; and

WHEREAS, Families are encouraged to take advantage of the many fitness, recreation and nutrition programs in our schools and community; and

NOW, THEREFORE, BE IT RESOLVED, that the Garden Grove City Council, does hereby proclaim Saturday, September 29, 2007 as Family Health & Fitness Day in Garden Grove, California. All citizens are called upon to make healthy lifestyle choices and share quality family time involving activity and fitness.

September 25, 2007