



Proclamation

By the Governor of Alabama

WHEREAS, parks and recreational activity is vital to the health and wellness of communities across the country; and

WHEREAS, parks and recreation provide inclusive spaces where people of all ages and abilities can focus on health, wellness and physical activity; and

WHEREAS, living close to parks and other recreational facilities is consistently related to higher physical activity levels in both adults and youth; and

WHEREAS, parks provide a connection to nature, which studies demonstrate relieves stress, tightens interpersonal relationships and improves mental health; and

WHEREAS, Alabama recognizes the health benefits derived from parks and recreational programs and activities;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim June 8, 2019, as

Family Health and Fitness

Day

in the state of Alabama.



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 8th day of June 2019.

Kay Ivey

Kay Ivey, Governor