



# *Proclamation*

## *By the Governor of Alabama*

*WHEREAS, National Senior Health and Fitness Day is a day dedicated to promoting health and wellness for older adults; and*

*WHEREAS, regular physical activity and a healthy lifestyle can significantly improve the quality of life for seniors, helping them maintain independence, enhance their cognitive function, and enjoy a better overall wellbeing; and*

*WHEREAS, National Senior Health and Fitness Day provides an opportunity to raise awareness about the importance of health and fitness for seniors, encourage participation in activities that promote physical and mental wellbeing and celebrate the achievements and contributions of older adults; and*

*WHEREAS, this proclamation serves as a vital reminder of the importance of promoting health and wellness for older adults, ensuring they have the resources and support necessary to lead active, fulfilling lives and contribute to the vitality of our communities; and*

*WHEREAS, by celebrating National Senior Health and Fitness Day, we honor the seniors of Alabama, recognizing their valuable contributions to our state and reaffirming our commitment to creating a supportive environment that encourages active living, social engagement, and lifelong wellness for all older adults;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 28, 2025, as*

# *National Senior Health & 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 5<sup>th</sup> day of May 2025.*

*Kay Ivey*

*Kay Ivey, Governor*