

PROCLAMATION

- Whereas, **Christian County exceeds state and national statistics in the areas of heart disease, cancer, obesity, hypertension, and diabetes; and**
- Whereas, **According to the CDC, chronic diseases such as these are among the most common, costly, and preventable of all health problems in the U.S.; and**
- Whereas, **More physical activity can help improve these statistics; in fact, adults may gain up to two hours of life expectancy for every one hour of vigorous exercise; and**
- Whereas, **Brisk walking for 30 minutes per day has many additional proven benefits for an individual's overall health including lowering cholesterol levels and blood pressure, helping individuals achieve and maintain weight loss, and reducing their risk of stroke; and**
- Whereas, **The 100 Mile Challenge aims to get Hopkinsville and Christian County citizens to become more physically active by taking the walking challenge and completing 100 miles or more.**
- Whereas, **This year marks the third 100 Mile Challenge which will kick off with Walking Toward a Healthier Community Day; and**

NOW, THEREFORE, We, Carter M. Hendricks, Mayor of the City of Hopkinsville, and Steve Tribble, Judge/Executive of Christian County, Kentucky, do hereby proclaim September 1st as

WALKING TOWARD A HEALTHIER COMMUNITY DAY

in Hopkinsville and Christian County and call upon all citizens to lace up their sneakers and show support for walking, the fight against chronic disease and obesity, and saving thousands of lives each year.

DATED this 1st day of September 2017.

**Carter M. Hendricks, Mayor
City of Hopkinsville**

**Steve Tribble, Judge/Executive
Christian County**