

The State of Washington



Proclamation

WHEREAS, Washington State recognizes the importance of promoting a happy and healthy lifestyle—encouraging residents to take responsibility for their individual health and making personal decisions that will lead to a healthy body and active lifestyle; and

WHEREAS, the benefits of a healthy body include increased energy, a longer life span, and the ability to fight disease and lower health care costs; and

WHEREAS, more than 75 percent of adults and 25 percent of Washington's youth are overweight or obese; and

WHEREAS, First Lady Michelle Obama's *Let's Move* campaign challenges the next generation of children to enter adulthood at normal weight; and

WHEREAS, unhealthy choices lead to an increased risk of chronic diseases such as diabetes, heart disease, and stroke—the leading causes of death and disability in the United States; and

WHEREAS, *Be Well Washington* seeks to educate adults and children on healthy choices, and provide residents with the opportunity to receive free health screenings;

NOW, THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim June 13-18, 2011, as

Be Well Washington Week

in Washington State, and I urge all residents to join me in this special observance.

Signed this 22nd day of March, 2011

A handwritten signature in blue ink that reads "Christine O. Gregoire".

Governor Christine O. Gregoire

