

WHEREAS; physical fitness plays an important role in overall health and wellness, with a growing body of research linking exercise and physical activity to improved brain health, mental health, and mood and a reduced risk of life-threatening diseases, including diabetes, stroke, and some cancers; and

WHEREAS; significant disparities in health and health outcomes persist across the state, and one way to begin addressing these disparities is to ensure that all Wisconsinites have access to exercise opportunities, whether at home, outside, or at their local gym, fitness studio, health club, or recreation center; and

WHEREAS; offering careers ranging from personal trainers to corporate management, the fitness industry employs countless individuals across the state who are dedicated to helping their fellow Wisconsinites achieve their health and fitness goals; and

WHEREAS; this month, the state of Wisconsin recognizes the importance of physical fitness and affirms that every Wisconsinite deserves the opportunity to live their healthiest and happiest life;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim May 2024 as

## **NATIONAL FITNESS MONTH**

throughout the State of Wisconsin and I commend this observance  
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 3rd day of May 2024.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State