



**RICK SCOTT**  
GOVERNOR

***STATEWIDE PHYSICAL FITNESS AND SPORTS MONTH***

**WHEREAS**, the State of Florida is dedicated to improving the quality of life of all Floridians and visitors through the promotion of physical fitness and sports; and

**WHEREAS**, the Florida Department of Health, in partnership with the Florida Sports Foundation, encourages Floridians to make physical activity and nutritious eating part of their daily lives; and

**WHEREAS**, the Florida Department of Health has initiated Healthiest Weight Florida, a public-private collaboration to bring together state agencies, schools, businesses, not-for-profit organizations, faith-based groups, and entire communities to inform Florida's children and adults in making choices about healthy eating and active living; and

**WHEREAS**, Healthiest Weight Florida and the Florida Sports Foundation have partnered to promote the Florida Senior Games to encourage Floridians age 50 and older to be physically active by participating in competitive sports; and

**WHEREAS**, participation in sports can strengthen both body and mind, and all kinds of active pastimes can help improve physical and mental well-being; and

**WHEREAS**, a healthy diet and physical activity can reduce the risk of developing obesity, heart disease, diabetes, and many types of cancers;

**NOW, THEREFORE**, I, Rick Scott, Governor of the State of Florida, do hereby extend greetings and best wishes to all observing May 2014 as *Statewide Physical Fitness and Sports Month*.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 15<sup>th</sup> day of May, in the year two thousand fourteen.

  
Governor