Office of the Mayor
City of Fort Lauderdale

Proclamation

In Recognition of
Healthiest Weight Florida Campaign

WHEREAS, the City of Fort Lauderdale supports policies that focus on healthy weight, health and wellness, and healthier lifestyles in all communities; and

WHEREAS, the Florida Department of Health has launched a healthy weight campaign known as "Healthiest Weight Florida," a public-private collaboration to help Florida's children and adults make informed, consistent choices about healthy eating and active living; this program has been embraced by individuals and businesses in many cities, counties, and communities; and

WHEREAS, the State Surgeon General has launched the 2015 Healthy Weight Community Champion Recognition Program that will recognize local governments and active municipalities and counties that implement policies to help people become more physically active and improve nutrition; and

WHEREAS, poor nutritional choices and a lack of physical activity are linked to overweight and obesity which increase the risk of diabetes, cancer, heart disease, liver disease, hypertension and other health conditions; and

WHEREAS, community neighbors can work together to ensure that there are safe places for residents to be active, such as in parks, athletic fields, pools, gyms, bike lanes and recreation centers; and

WHEREAS, access to healthy foods has a direct impact on the overall health of our community neighbors and planning for fresh food, open space, sidewalks, and parks should be a priority.

NOW THEREFORE, WE, as City Commissioners of the City of Fort Lauderdale, Florida, do hereby proclaim **January 5, 2016** as:

"HEALTHIEST WEIGHT FLORIDA DAY"

in the city of Fort Lauderdale and challenge all local governments, businesses, students, parents and all neighbors to participate in the Healthy Weight Florida campaign to foster healthy weight and improve overall healthy living.

Dated this, the 5th day of Janaury, 2016.

CITY OF FORT LAUDERDALE
SEAL
ESTABLISHED MARCH 27, 1911

Mayor John P. "Jack" Seiler

CITY OF FORT LAUDERDALE

Florida HEALTH
Healthiest Weight