

# President's Proclamation

**WHEREAS**, October 2022 is Exercise is Medicine® On Campus Month; and **WHEREAS**, all **STUDENTS/EMPLOYEES/MEMBERS** are encouraged to speak with their health care provider about how physical activity and exercise may improve their personal health or help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

**WHEREAS**, all health care providers are encouraged to talk to their patients about the health benefits of regular physical activity and to strongly recommend that their patients engage in appropriate exercise; and

**WHEREAS**, regular, moderate-intensity exercise has curative and protective health benefits; and **WHEREAS**, the health benefits of physical activity and exercise have the power to improve the quality of life for everyone; and

**WHEREAS**, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

**WHEREAS**, regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all people everywhere; and

**WHEREAS**, the American College of Sports Medicine and ORGANIZATION call on health care organizations, health care professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;

**NOW, THEREFORE, I, Elizabeth Kennedy**, President of Missouri Western State University, hereby proclaim October 2022 as

## EXERCISE IS MEDICINE® ON CAMPUS MONTH

at THIS INSTITUTION and encourage all STUDENTS/EMPLOYEES/MEMBERS to participate in activities and observances relating to Exercise is Medicine® On Campus Month in the interests of better health and quality of life for all.

*Elizabeth A Kennedy*, President

DATED THIS 28th DAY OF September, 2022

**Exercise  
is Medicine®  
On Campus**