



A PROCLAMATION DECLARING MARCH 1-6, 2021 AS “MOVE YOUR WAY® WEEK IN SOUTHERN NEVADA”

WHEREAS, regular physical activity is one of the most important things you can do for your health and provides both immediate and long term health benefits and that for optimal health, adults should be engaging in at least 150 minutes of moderate aerobic activity each week and youth should be physically active for at least 60 minutes each day according to the Physical Activity Guidelines for Americans; and

WHEREAS, many Southern Nevada residents don’t participate in adequate physical activity and there are unacceptable rates of physical activity-related health disparities in Southern Nevada and few organized, community-wide campaigns to encourage physical activity among priority populations; and

WHEREAS, the Move Your Way® campaign was developed by U.S. Health and Human Services, Office of Disease Prevention and Health Promotion to help people live healthier lives through increased physical activity; and

WHEREAS, the Southern Nevada Health District has previously hosted Move You Way® campaign events and has agreed to host additional campaign activities to promote physical activity and Move Your Way resources available to priority populations; and

WHEREAS, Partners for a Healthy Nevada is a coalition facilitated by the Southern Nevada Health District with members who also promote and provide physical activity resources and programs and previously supported Move Your Way® activities in Southern Nevada; and

WHEREAS, the Southern Nevada Health District, Partners for a Healthy Nevada and the U.S. Health & Human Services Office of Disease Prevention & Health Promotion support efforts to encourage residents in Southern Nevada to increase physical activity to meet physical activity guidelines and utilize the resources of the Move Your Way® campaign.

THEREFORE, We, the Southern Nevada District Board of Health, do hereby proclaim March 1st – March 6th, 2021 as

**“Move Your Way® Week”
In Southern Nevada**

I HEREBY CERTIFY that the foregoing Proclamation was passed, adopted, and approved this 28 day of February 2021 by the Southern Nevada District Board of Health.

Southern Nevada District Board of Health

By: _____
Scott Black, Chair