

PROCLAMATION

WHEREAS, the City of Burlington supports overall employee wellness with the positive efforts of the Wellness Team representing a cross-section of City employees; and

WHEREAS, support for City wellness extends beyond employees to City residents in the ready availability and meticulous care of our parks, bike paths, and waterfront; and

WHEREAS, getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week can result in significant health benefits such as lowering the risk of developing or dying from cardiovascular disease, hypertension, type II diabetes and improving the health of muscles, bones and joints; and

WHEREAS, the U.S. Department of Health and Human Services estimates the cost to treat illness and chronic disease caused by inactive lifestyles is nearly \$1,000 for every family in America, every year; and

WHEREAS, physical activity is vital to the well-being of all Americans, and **National Walk @ Lunch Day®** is an opportunity for Americans to carve out time from their busy work schedules to exercise and become healthier; and

WHEREAS, walking with coworkers at lunch time supports camaraderie and healthy workplace morale; and

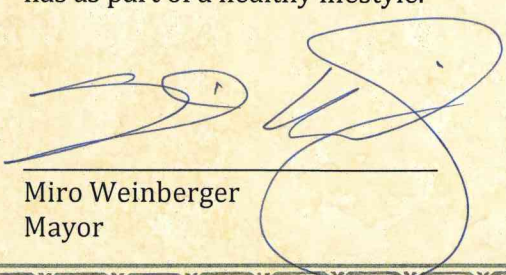
WHEREAS, **National Walk @ Lunch Day®** is a workplace walking program that encourages employees to walk during their lunch breaks, making exercise a convenient and easy choice during the day; and

WHEREAS, the City of Burlington will participate in **National Walk @ Lunch Day®**, improving the health of those employees and residents, step-by-step;

NOW THEREFORE, I, Miro Weinberger, Mayor of the City of Burlington, do hereby proclaim Wednesday, April 24, 2013 to be

Walk @ Lunch Day

and be it further resolved that I encourage all citizens to recognize the importance walking has as part of a healthy lifestyle.


Miro Weinberger
Mayor

