

# STATE OF MONTANA



## *Governor's Proclamation*



*WHEREAS, childhood obesity affects more than 23 million children and teenagers in the United States, with nearly 1 in 3 young people are overweight or obese; and*

*WHEREAS, a lack of physical activity contributes to childhood obesity and chronic diseases; and*

*WHEREAS, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes, and other serious medical issues; and*

*WHEREAS, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils are giving Montana schools tools to promote physical activity and wellness;*

*NOW, THEREFORE, I, Greg Gianforte, Governor of the State of Montana, do hereby proclaim October 10, 2023*

### **DON'T QUIT! FITNESS DAY**

in Montana to bring greater awareness to the importance of physical fitness to the health and wellness of children.

**GREG GIANFORTE**  
Governor