

STATE OF MONTANA



Governor's Proclamation



WHEREAS, physical activity plays a critically important role in the overall health and well-being of individuals of all ages and abilities; and

WHEREAS, regular physical activity is a fun, safe, and cost-effective way to reduce the risk of chronic diseases such as diabetes, heart disease, and obesity, as well as mental illness and substance use disorders; and

WHEREAS, studies show that just 15 minutes of daily physical activity can reduce the risk of depression by 26 percent, and maintaining higher levels of activity is associated with a 20 percent lower risk of developing anxiety; and

WHEREAS, the State of Montana is committed to fostering a culture of movement and active living to enhance the quality of life for all residents and visitors; and

WHEREAS, state agencies, nonprofit organizations, businesses, schools, and communities across Montana play a vital role in promoting accessible opportunities for physical activity in workplaces, neighborhoods, recreational spaces, and beyond; and

WHEREAS, encouraging diverse forms of movement for people of all abilities helps build healthier communities and supports lifelong wellness for all Montanans;

NOW, THEREFORE, I, Greg Gianforte, Governor of the State of Montana, do hereby proclaim May 2025

MONTANA MOVES MONTH

to celebrate the physical and mental health benefits of physical activity.



GREG GIANFORTE
Governor