

# The State of Maryland



## Proclamation

*From the Governor of the State of Maryland*

### **WALK MARYLAND DAY OCTOBER 6, 2021**

- WHEREAS,** *Daily physical activity such as walking provides many health benefits, including helping people maintain a healthy weight, and people who are physically active live longer and have a lower risk for heart disease, stroke, type two diabetes, depression, and some cancers; and*
- WHEREAS,** *National goals for physical activity, including the Physical Activity Guidelines for Americans, recommend that adults engage in 150 minutes a week of moderate intensity aerobic physical activity and children and adolescents engage in 60 minutes or more of physical activity each day; and*
- WHEREAS,** *According to the 2017 Behavioral Risk Factor Surveillance System, only 51 percent of Marylanders engage in 150 minutes of physical activity weekly with approximately 43 percent stating the reasons for not engaging in adequate physical activity as lack of time or interest; 47 percent of participants said they did not feel safe all of the time in their neighborhoods; and*
- WHEREAS,** *According to the 2019 Maryland Behavioral Risk Factor Surveillance System, only 31.4 percent of Maryland adults were at a healthy weight with 67.9 percent being either overweight or obese; physical activity, as part of a healthy lifestyle, is recommended to lose weight and maintain a health weight; walking as an accessible way to stay active, and Maryland citizens are encouraged to walk as a way to achieve daily physical activity;*
- WHEREAS,** *Enhanced access to places for physical activity combined with informational outreach activities is an evidence-based strategy to increase physical activity, and state and local organizations work together to support safe and accessible walking opportunities for Marylanders; and*
- WHEREAS,** *Walking is designated as Maryland's official state exercise.*

**NOW, THEREFORE, I, LAWRENCE J. HOGAN, JR., GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim OCTOBER 6, 2021 as WALK MARYLAND DAY in Maryland, and commend this observance to all of our citizens.**

Given Under My Hand and the Great Seal of the State of Maryland,  
this 6th day of October  
Two Thousand and twenty-one

*Lawrence J. Hogan, Jr.*  
Governor

*Robert K. Lutherford*  
Lt. Governor

*John C. Wehner*  
Secretary of State

