

The State of Maryland



Proclamation

From the Governor of the State of Maryland

WALK MARYLAND DAY OCTOBER 5, 2022

- 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 2 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 2019 Maryland Behavioral Risk Factor Surveillance System, only 52 percent of Marylanders engage in 150 minutes of physical activity weekly; and
- WHEREAS,** According to the 2020 Maryland Behavioral Risk Factor Surveillance System, only 31.8 percent of Maryland adults were at a healthy weight with 67.5 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 is 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
- WHEREAS,** State and local organizations working together will 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 5, 2022 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 5th day of October
Two Thousand and twenty-two



Lawrence J. Hogan, Jr.
Governor

Robert K. Kotloff
Lt. Governor

John C. Wabnitz
Secretary of State