

The State of Maryland



Proclamation

From the Governor of the State of Maryland

**WALK MARYLAND DAY
OCTOBER 4, 2023**

- 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 2021 Maryland Behavioral Risk Factor Surveillance System, only 31.3 percent of Maryland adults were at a healthy weight with 68.7 percent being either overweight or obese; physical activity, as part of a healthy lifestyle, is recommended to lose weight and maintain a healthy 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,** *Walking is designated as Maryland's official state exercise.*

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim OCTOBER 4, 2023 as WALK DAY MARYLAND in Maryland and call upon the people of our state to join in this observance.



Given Under My Hand and the Great Seal of the State of Maryland,
this 4th day of October
Two Thousand and twenty-three

Wes Moore
Governor

Oruna Miller

Susan C. Lee
Lt. Governor

Secretary of State