

STATE OF OKLAHOMA



EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, National Employee Health and Fitness Day will be nationally celebrated on May 21, 2003; and

WHEREAS, in 1987 under the leadership of the National Association of Governor's Councils on Physical Fitness and Sports, National Employee Health and Fitness Day was established. Since 1988 thousands of corporations, community organizations, universities and schools from around the world have participated in National Employee Health and Fitness Day; and

WHEREAS, companies with health and fitness programs report improvement in energy level, job attitude, work performance, absenteeism, turnover and overall morale—all critical factors in enhancing productivity; and

WHEREAS, the purpose of National Employee Health and Fitness Day is to encourage employees to lead healthy, active lifestyles and in turn reduce health care costs and absenteeism while increasing productivity and performance; and

WHEREAS, the Surgeon General's Report on Physical Fitness cited sedentary lifestyles as a major national concern and that substantial benefits can be gained from regular physical activity; and

WHEREAS, the Oklahoma Governor's Council on Physical Fitness and Sports and the Oklahoma Association of Health, Physical Education, Recreation and Dance encourage work-site health promotion programs to help the employees develop and maintain healthier lifestyles for an improved quality of life;

NOW THEREFORE, I, BRAD HENRY, Governor of the State of Oklahoma, in recognition of National Employee Health and Fitness Day, do hereby proclaim May 21, 2003, as

"OKLAHOMA EMPLOYEE HEALTH AND FITNESS DAY"

in the State of Oklahoma.

FURTHERMORE, I urge companies to develop on-site health promotion programs for employees and I urge all employees in this GREAT STATE to participate in work-site health programs. Start by becoming actively involved in Employee Health and Fitness Day activities at your place of work.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



Done at the Capitol, in the City of Oklahoma City, this 24th day of March in the Year of Our Lord two thousand and three, and of the State of Oklahoma in the ninety-fifth year.

ATTEST

M. Susan Savage
SECRETARY OF STATE

Brad Henry
GOVERNOR