

WHEREAS, in 2016, the Florida Department of Health in St. Lucie County worked with citizens county-wide to develop and implement a 5-year Community Health Improvement Plan (CHIP), which included strategies to help people become more physically active; and

WHEREAS, the Plan recognizes that our national guidelines for physical activity include recommendations for adults to engage in 150 minutes per week of moderate-intensity aerobic physical activity and for children to engage in 60 minutes or more of physical activity each day; and

WHEREAS, as part of implementing the Plan, stakeholders have created campaigns to help our citizens meet these guidelines, as exemplified by the Healthy St. Lucie Coalition 's "Billion Steps Challenge" which calls on our citizens to join together in meeting the physical activity recommendations through walking (or through 100 other activities); and

WHEREAS, the City of Fort Pierce promotes and supports policies that contribute to the health and wellness of our citizens and encourages our residents and visitors to spend time outside in parks, at playgrounds and on sidewalks and trails.

NOW, THEREFORE, I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim that 2018 be observed as the year of the:

Billion Steps Challenge

and ask all citizens of City of Fort Pierce to support each other in living a healthy lifestyle and to participate in this challenge by signing up at <https://healthvstlucie.walkertracker.com> today.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Fort Pierce, Florida, to be affixed this 19th day of March, 2018.

MAYOR/COMMISSIONER