

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, recent data shows that 30.5% of community residents are sedentary, 53% are inactive or insufficiently active, fewer than 17% consume the recommended five or more servings of fruits and vegetables per day, 67.9% identify themselves as overweight or obese, and the percentage of those who have coronary artery disease, asthma or who have had a stroke exceed the statewide average; 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, physical activity benefits adults by lowering risk of high blood pressure and stroke; improving aerobic fitness, mental health, and cognitive function; reducing arthritis symptoms; preventing weight gain, 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 in meeting the physical activity recommendations through walking (or through 100 other activities); and

WHEREAS, the first year of the challenge was successful with 1,377 participants cumulatively reaching one billion steps as of January 21, 2019, burning 42,071,994 calories and losing 12,021 pounds, and

WHEREAS, the City of Fort Pierce promotes and supports policies that contribute to the health and wellness of our citizens and encourages our employees, residents, and visitors to improve their well-being through healthy eating and increased activity.

NOW, THEREFORE, I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim that 2019 be observed as year two 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 4th day of February, 2019.

MAYOR/COMMISSIONER