

State of Maine



WHEREAS, Maine celebrates DON'T QUIT!™ Fitness Month to bring greater awareness to the importance of physical fitness and wellness in the fight against childhood obesity; and

WHEREAS, childhood obesity affects more than 23 million children and teenagers in the United States - nearly 1 in 3 young people are overweight or obese; and

WHEREAS, the lack of physical activity contributes to childhood obesity and chronic diseases; and

WHEREAS, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and

WHEREAS, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is giving Maine schools the tools to promote physical activity and wellness; and

WHEREAS, Maine has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and

WHEREAS, academics and fitness go hand in hand; and

WHEREAS, DON'T QUIT! Fitness Month will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby recognize the month of October as

DON'T QUIT! Fitness Month

throughout the State of Maine, and I and encourage all individuals to work together by engaging in physical activity to make our children, and our state, the healthiest in the nation.



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this twenty-first day of September Two Thousand Twenty-One

Janet T. Mills
Governor

Shenna Bellows
Secretary of State