

PROCLAMATION

Healthy Community Challenge Day

The City of Marysville has participated in the Healthy Communities Initiative in partnership with the Marysville YMCA, Girl Scouts of Western Washington, Marysville School District, Snohomish Health District and other community organizations with a focus to educate our citizens in the challenges and importance of a healthy lifestyle. Three strategic plan committees have prioritized community planning, programs and policies that have had positive impacts on our community health and sustainable living environments.

The Marysville Healthy Communities Initiative has provided many recreational and educational opportunities for the community and encourages its citizens to take time to enjoy participation in a favorite sport, visit the outdoors, spend time with family and friends staying active, utilize menu labeling and sound nutrition information everyday to contribute to a healthier lifestyle.

In an effort to promote the universal benefits of a healthy lifestyle in Marysville, the Mayor and City Council have created the **Healthy Community Challenge Day** to be held in June as a celebration increasing the community's ability to promote policy and environmental changes that encourage and support healthy living.

Whereas, The City of Marysville and Healthy Community partners have prioritized a response to influence the growing trends of youth and adult obesity; and

Whereas, Increasing access to and use of attractive and safe parks and community programs for physical activity is a sound model for our future; and

Whereas, providing all students adequate opportunities for physical activity before, during and after school through recess, intramural or community offerings can assist in the fight against obesity; and

Whereas, influencing worksite policies and implementing worksite wellness programs can build healthy environments; and

Whereas, increasing healthy food options and information in restaurants, grocery stores, worksites, schools and other community settings will provide healthier choices for our community; and

Whereas, by providing community events, parks, playgrounds, ball fields, nature trails, open spaces, community and cultural centers make a community attractive and a desirable place to live, work, play, and visit to contribute to health and our ongoing economic vitality, and

Whereas, increasing policies such as those that impact the availability of sidewalks and street striping programs for cyclists and pedestrians will improved utilization by citizens and visitors alike; and

Whereas, the Healthy Communities Challenge Day will raise awareness and strengthen the framework, community-wide to reverse the trends in poor nutrition, obesity and other chronic conditions that must be changed to transform healthy communities principles into practice.

NOW, THEREFORE, I, Jon Nehring, Mayor of Marysville, proclaim June 1, 2013 as Healthy Community Challenge Day and encourage all citizens to celebrate by participating the event to be held at Allen Creek Elementary School in support for healthy living in Marysville.

Under my hand and seal this 28th day of May 2013.

THE CITY OF MARYSVILLE

MAYOR