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# Proclamation

Issued by the Mayor

APPROVED  
BY THE CITY COUNCIL

MAY 19 1998

OFFICE OF THE  
CITY CLERK

**Wellness Day**  
**May 26, 1998**

**WHEREAS**, the President's Council on Physical Fitness and Sports has designated the month of May as National Physical Fitness and Sports Month, a time to direct attention to the benefits of physical activity; and

**WHEREAS**, public and private sector employers throughout the state are joining in this observance by encouraging employees to participate in activities that enhance their individual fitness; and

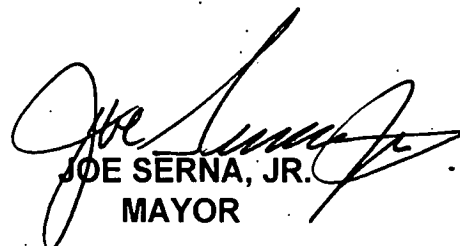
**WHEREAS**, medical studies and research have demonstrated that exercise and good nutrition are prerequisites to good health and that exercise is one of the most cost-effective means for workers to maintain good physical and mental health; and

**WHEREAS**, the mission of the City's Employee Wellness Program is to provide information, support, and direction to the employees of the City of Sacramento so they make positive lifestyle changes, enhance their own personal lives, and strengthen their job performance; and

**WHEREAS**, through City University, the City of Sacramento offers Wellness opportunities to help City employees maintain good physical and mental health through classes aimed at improving inter-personal relationships at work and at home, achieving and maintaining a healthy diet, losing weight, exploring new ways to stay fit, and exercising for fitness and stress reduction.

**NOW, THEREFORE**, I, Joe Serna, Jr., Mayor of the City of Sacramento, do hereby proclaim May 26, 1998 as **City of Sacramento Employee Wellness Day** in recognition of the kick-off of the Employee Wellness Program for City of Sacramento employees.

**ISSUED:** This 19<sup>th</sup> Day of May 1998.

  
JOE SERNA, JR.  
MAYOR