**Sample Proclamation**

Office of the Mayor/Governor

*(town/state name)*

**Proclamation**

Whereas, May is designated as *Older Americans Month* and

*National Physical Fitness and Sports Month*; and

Whereas, it is appropriate to honor our mature citizens for their many contributions to the vitality and strength of our community; and

Whereas, the United States Surgeon General has determined that regular   
physical activity results in significant health benefits and improved quality   
of life for older adults; and

Whereas, all older adults can participate in activities that improve   
and maintain their health;

Now, therefore, be it resolved that I, *(name of official)* do hereby proclaim   
Wednesday, May 31, 2023 as

*National Senior Health & Fitness Day®*

in the *(city, town, village)* of *(town name, state)*, and urge all our citizens to support the efforts of local organizations that encourage older adults to enhance their lives through regular physical activity.