



Brazos County Walk Across Texas! 2023

Proclamation

- WHEREAS** It is never too late to start an active lifestyle. No matter how old you are, how unfit you feel or how long you have been inactive, research shows that starting a more active lifestyle now through regular, moderate activity can make you healthier and improve your quality of life.
- WHEREAS** Regular physical activity reduces the risk of dying of coronary heart disease, the nation's leading cause of death and decreases the risk of stroke, colon cancer, diabetes and high blood pressure.
- WHEREAS** Regular physical activity also helps to control weight; contributes to healthy bones, muscles and joints; reduces the symptoms of anxiety and depression and is associated with fewer hospitalizations, physician visits and medications.
- WHEREAS** People of all ages benefit from participating in regular physical activity, such as 30 minutes of brisk walking five or more times a week.
- WHEREAS** *Walk Across Texas!* is an eight-week physical activity program with one goal – to increase your physical activity level. *Walk Across Texas!* uses friendly competition and group support to encourage adults and youth to become physically active.

NOW THEREFORE BE IT PROCLAIMED that I Duane Peters, Brazos County Judge do hereby proclaim February 11 to April 7, 2023 as 8 weeks of fun and fitness and urge all Brazos County citizens to participate in Walk Across Texas! and increase their physical activity level.

County Judge

Commissioner Precinct 1

Commissioner Precinct 2

Commissioner Precinct 3

Commissioner Precinct 4

Date

