

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** a well-balanced diet rich in fruits and vegetables helps ensure the continued health and well-being of the residents of the Palmetto State; and

**WHEREAS,** increased consumption of fruits and vegetables, 2\_ - 6\_ cups a day, and daily physical activity may help reduce the risk of developing chronic diseases such as stroke, heart disease, diabetes, overweight and obesity, and some forms of cancer; and

**WHEREAS,** the 5 A Day for Better Health Program calls attention to the positive health benefits of eating 5 to 9 servings of fruits and vegetables every day; and

**WHEREAS,** the 2005 observance of National 5 A Day Month provides an opportunity for the residents of the Palmetto State to get actively involved and committed to the importance of good nutrition and physical activity for better health.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 2005 as

### 5 A DAY MONTH

throughout the state and encourage all South Carolinians to increase their consumption of fruits and vegetables for improved health.



A handwritten signature in black ink, appearing to read "Mark Sanford", is written in a cursive style.

**MARK SANFORD**  
**GOVERNOR**  
**STATE OF SOUTH CAROLINA**