

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** over 60% of South Carolina adults are overweight, and approximately one out of every four teenagers in the Palmetto State are presently or at risk of becoming overweight; and

**WHEREAS,** obesity develops as a result of an imbalance between caloric intake and expenditure and is associated with more than 30 major diseases, including diabetes, high blood pressure, coronary heart disease, stroke, certain cancers, and depression; and

**WHEREAS,** good nutrition and active living are beneficial to our mental and physical well-being, positively impacting our health, longevity, and quality of life; and

**WHEREAS,** policies and environments that provide opportunities for people to enjoy physical activity and make nutritional eating choices at home, school, and work play an important role in promoting healthier lifestyles for all Americans.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 28, 2005, as

### AMERICA ON THE MOVE DAY OF ACTION

throughout the state and encourage all South Carolinians to take small steps each day to improve their wellness by pledging to reduce their food intake by 100 calories and increase their activity by the equivalent of 2000 steps.



A handwritten signature in black ink, appearing to read "Mark Sanford".

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