WHEREAS, healthy lifestyle choices can help reduce the incidence of many chronic diseases and improve the overall health of the residents of South Carolina; and

WHEREAS, the rate of chronic diseases such as stroke, heart disease, diabetes, and obesity has reached epidemic numbers in the Palmetto State; 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, The Wellness Expo of Myrtle Beach provides a venue for residents of Coastal South Carolina to go learn about health and fitness which could help them to lead longer, healthier lives.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 29, 2007, as

FAMILY HEALTH AND FITNESS DAY

throughout the state and encourage all South Carolinians to work to become more active and health conscience.