



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### GET FIT DON'T SIT DAY

- WHEREAS: In the United States, nearly 30 million people, including over 1 million in Georgia, have diabetes, a serious disease with potentially life threatening complications such as heart disease, stroke, blindness, kidney disease, and amputation; and
- WHEREAS: An additional 86 million people in the United States are diagnosed as pre-diabetic, placing them at a higher risk of developing type 2 diabetes; and
- WHEREAS: Research shows physical activity can help lower the risk of developing pre-diabetes and type 2 diabetes, as well as help those currently living with diabetes better manage the disease and live a healthier life; and
- WHEREAS: People spend an average of five hours and 41 minutes sitting at work every day and research has shown that prolonged sitting can increase your risk of death from virtually all health problems; and
- WHEREAS: Based on this scientific evidence, the American Diabetes Association Standards of Care recommend that everyone, including people with diabetes, limit the amount of time they spend sitting to no more than 90 minutes at one time; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim May 6, 2015, as GET FIT DON'T SIT DAY in Georgia in an effort to increase awareness about the benefits of physical activity and to put an end to the diabetes epidemic.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 24<sup>th</sup> day of April in the year of our Lord two thousand fifteen.



*Nathan Deal*

GOVERNOR

ATTEST

*Chris W. Riley*

CHIEF OF STAFF