

# PROCLAMATION

## Nevada Moves Day Proclamation

March 2016

**WHEREAS**, encouraging children and youth to walk or bicycle to school develops lifelong habits around health and safety; and

**WHEREAS**, the benefits related to physical activity play a crucial role in reducing rates of heart disease, diabetes and other obesity related health problems among children; and

**WHEREAS**, children walking and bicycling to school together with parents and caregivers opens opportunities to mentor children about pedestrian and bicycle safety; and

**WHEREAS**, adequate physical activity has been shown to lead to improvement in children's academic achievement; and

**WHEREAS**, walking and bicycling to school offers an opportunity to build physical activity into both parent's and children's daily routines; and

**WHEREAS**, active transportation modes, like walking and bicycling have a positive impact on both the environment and a community's sense of place; and

**WHEREAS**, children, parents and community leaders around Nevada are joining together to walk and bicycle to school on "Nevada Moves Day" on March 16, 2016;

**THEREFORE, I**, Robert Crowell, Mayor of Carson City, Nevada do hereby proclaim Wednesday, March 16, 2016 as "Nevada Moves Day" in Carson City. I encourage citizens to be active and to walk or bicycle with their children to school while celebrating the benefits of increased safety and health, this day and throughout the year.



Dated this 3<sup>rd</sup> day of March, 2016

---

Robert L. Crowell, Mayor