ACTIVE PEOPLE,
HEALTHY LEXINGTON DAY

WHEREAS, the Centers for Disease Control and Prevention started a national initiative to help 27 million Americans become more physically active by 2027; and

WHEREAS, increased physical activity can improve health, quality of life, and reduce healthcare costs; and

WHEREAS, inactivity contributes to 1 in 10 premature deaths; and

WHEREAS, physical activity has numerous benefits, including reduced risk of falling, improvement in cognitive function, and prevention of weak bones and muscle loss; and

WHEREAS, the Lexington Senior Center promotes Active People, Healthy Lexington every day with numerous physical activity options.

NOW, THEREFORE I, LINDA GORTON, MAYOR OF LEXINGTON, DO HEREBY DECLARE OCTOBER 31, 2022 ACTIVE PEOPLE, HEALTHY LEXINGTON DAY IN LEXINGTON.

MAYOR