

# Proclamation

by Governor Patrick Morrisey

- Whereas,** the health and well-being of West Virginia's youth is vital to the future strength and prosperity of our state; and
- Whereas,** recent public health data indicates that approximately 24 percent of West Virginia youth ages 6–17 are living with obesity, and many more are at risk due to inactivity, limited access to healthy foods, and rising mental-health challenges; and
- Whereas,** consistent daily physical activity—such as 30 minutes of movement—has been proven to support healthy growth, reduce the risk of chronic disease, and significantly improve mental and emotional wellness among preteens and teenagers; and
- Whereas,** developing healthy habits during adolescence, including balanced nutrition, reduced consumption of sugary beverages, and regular movement, contributes to improved academic performance, higher confidence, and long-term well-being; and
- Whereas,** mental wellness is essential to the overall health of our youth, and encouraging physical activity is a proven way to support emotional regulation, resilience, self-esteem, and positive mental health; and
- Whereas,** there is a statewide community initiative, Fuel Your Future Teens, which empowers preteens and teenagers to engage in movement, build healthy habits, and strengthen their mental wellness; and
- Whereas,** Fuel Your Future Teens Month encourages families, schools, youth organizations, community groups, and local leaders to promote wellness activities, increase opportunities for physical activity, and support the next generation in building healthy, confident, and active lives.

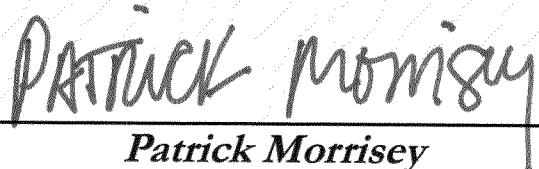
**Now, Therefore,** Be it Resolved that I, Patrick Morrisey, Governor of the Great State of West Virginia, do hereby proclaim *February 2026*, as:

## *Fuel Your Future Teens Month*

in the Mountain State and encourage all citizens to join me in observance.

**In Witness Whereof,** I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

**Done** at the Capitol, City of Charleston, State of West Virginia, this the Twenty-First Day of January, in the year of our Lord, Two Thousand Twenty-Six, and in the One Hundred Sixty-Third Year of the State.

  
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Patrick Morrisey  
Governor

By the Governor:

  
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Kris Warner  
Secretary of State