

Proclamation

by Governor Patrick Morrisey

- Whereas,** physical activity plays a critically important role in overall health; and
- Whereas,** physical activity is a cost-effective, fun, safe, and evidence-based public health intervention to address chronic diseases, such as diabetes, heart disease, and obesity, as well as mental illness and substance use disorders; and
- Whereas,** recent research suggests being active for as little as 15 minutes every day can reduce depression by 26 percent, and additional research shows a 20 percent reduction in developing anxiety by maintaining higher levels of physical activity; and
- Whereas,** West Virginia is dedicated to improving the quality of life of all residents and visitors through movement to inspire and facilitate a culture of active living; and
- Whereas,** state agencies, private and nonprofit organizations, and other related groups can serve to enlighten and ignite awareness of physical activity opportunities in worksites, schools, businesses, fitness facilities, and communities throughout the state; and
- Whereas,** in an effort to improve the health and well-being of all West Virginians, West Virginia will promote diverse forms of movement for persons of every ability to pursue an active and healthy lifestyle and participate in regular physical activity throughout their life; and
- Whereas,** the Governor invites all West Virginians to explore our beautiful state through the Mountaineer Mile, which is a statewide initiative for each West Virginian to walk a mile each day to better their mental and physical well-being.

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

West Virginia Moves 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 First day of May, in the year of our Lord, Two Thousand Twenty-Six, and in the One Hundred Sixty-Third year of the State.



Patrick Morrisey
Governor

By the Governor:



Kris Warner
Secretary of State