



City of Columbus

Office of City Clerk
90 West Broad Street
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columbuscitycouncil.org

Legislation Text

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To recognize National Exercise is Medicine Month in the City of Columbus.

WHEREAS, May 2009 is National Exercise is Medicine Month; and

WHEREAS, all citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

WHEREAS, all physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and to strongly recommend that their patients engage in appropriate exercise; and

WHEREAS, regular, moderate-intensity exercise has curative and health benefits; and

WHEREAS, the health benefits of physical activity and exercise can do much to improve the quality of life for everyone; and

WHEREAS, regular physical activity and exercise is indeed a prescription with great potential to improve the health of all American; and

WHEREAS, the American College of Sports Medicine, The Ohio State University Sports Medicine Center and the City of Columbus Institute for Active Living call on health care organizations, physicians and other professionals, regardless of specialty to assess, advocate for and review every patient's physical activity program during every comprehensive visit; now, therefore

Be it resolved by the Council of the City of Columbus:

That we do hereby recognize May as National Exercise is Medicine Month in the City of Columbus.