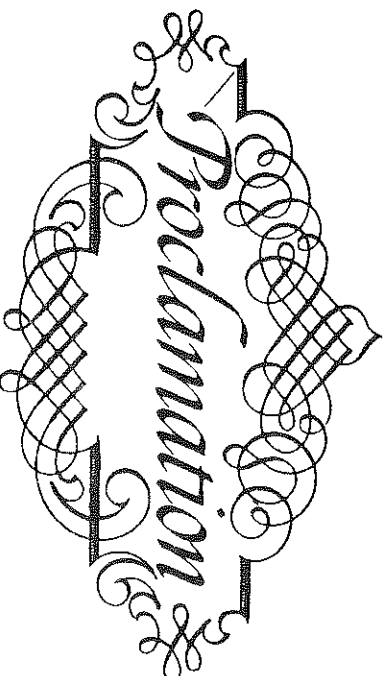


State of Maine



WHEREAS, healthy eating and regular physical activity are keys to a healthy lifestyle and better quality of life; and

WHEREAS, National Employee Health and Fitness Day is a national health observance, created by the National Association for Health and Fitness to promote the benefits of regular physical activity for employees through health promotion activities at their worksite; and

WHEREAS, employers throughout the nation are being asked to join in National Employee Health and Fitness Day and design events that are fun, non-competitive and engage employees of all fitness levels to participate in healthy activities to encourage life-long healthy behaviors; and

WHEREAS, research confirms that individuals who are physically active with healthy lifestyle habits, come to work more often, are more productive at work, have fewer and lower long-term medical claims, have lower disability costs and their job satisfaction levels are much higher; and

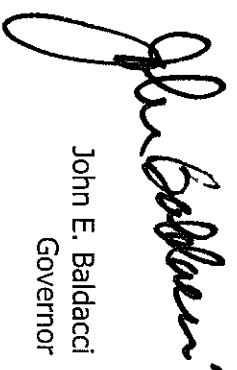
WHEREAS, worksite commitment toward creating policies and environments that provide opportunities for people to enjoy physical activity and make healthy eating choices on a regular basis is essential for effective, lasting change,

NOW, THEREFORE, I, JOHN E. BALDACCİ, Governor of the State of Maine, do hereby proclaim May 20, 2009 as

EMPLOYEE HEALTH AND FITNESS DAY

throughout the State of Maine, and urge all citizens to recognize this observance.

In testimony whereof, I have caused
the Great Seal of the State to be
hereunto affixed GIVEN under my hand
at Augusta this twentieth day of March
Two Thousand and Nine.


John E. Baldacci
Governor




Matthew Dunlap
Secretary of State
TRUE ATTESTED COPY