

Proclamation- Indiana County Walks Day, April 23, 2022.

WHEREAS, National Walking Day was established by the American Heart Association in 2007, and is celebrated each year on April 6.

WHEREAS, Cardiovascular disease is the leading cause of death nationally, in Pennsylvania, and in Indiana County.

WHEREAS, Walking regularly has been proven to improve circulation, strengthen bones, increase lifespan, lighten mood, strengthen muscles, improve sleep, support joints, improve respiratory health, slow down mental health decline, reduce the risk of Alzheimer's disease and more.

WHEREAS, Walking is a cost effective, low impact, and easy to do physical activity.

WHEREAS, Making walking and biking safer and more convenient can help social interaction between residents, improve local economies and public health, and reduce air pollution.

WHEREAS, Since 2015, Indiana County has partnered with communities and Indiana Regional Medical Center to develop 9 WalkWorks walking routes throughout the County.

WHEREAS, The Indiana County Decathlon planning team has worked with partners each of the past six years to provide active and educational events and programs to support and promote walking, biking and other healthy activities and share information about community facilities, attractions, resources, institutions, and organizations throughout Indiana County.

WHEREAS, The purpose of Indiana County Walks Day is to get more Indiana County residents to put on there sneakers and become more physically active by walking.

NOWTHEREFORE LET IT BE KNOWN, We, the Indiana County Commissioners, do hereby proclaim Saturday, April 23, 2022, Indiana County Walks Day.

This proclamation was duly approved and signed the 13th day of April 2022.

ATTEST:

INDIANA COUNTY BOARD OF COMMISSIONERS



Robin Maryai, Chief Clerk


(SEAL)



R. Michael Keith, Chairman



Robin A. Gorman, Commissioner



Sherene Hess, Commissioner