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2
3 **BEFORE THE BOARD OF SUPERVISORS**

COUNTY OF FRESNO
STATE OF CALIFORNIA

4 IN THE MATTER OF PROCLAIMING APRIL 24-28, 2017)
AS "WALKING WORKS!" CHALLENGE WEEK)

RESOLUTION NO. 17-247

5 **WHEREAS**, the County of Fresno has embarked on its annual Walking Works! challenge to raise
6 awareness of the importance physical activity has on reducing health issues facing County of Fresno
7 employees, and to offer strategies and tools to increase physical activity in order to improve health and
8 wellness; and

9 **WHEREAS**, research shows that a sedentary lifestyle is a predictor of obesity, diabetes, high
10 blood pressure, and other health problems, but regular walking can help reduce preventable death,
11 disease, and disability; reduce health care costs; improve overall energy and efficiency; and promote
12 long and healthy lives among employees and residents of the County of Fresno; and

13 **WHEREAS**, Fresno and Tulare Counties, as part of the San Joaquin Valley Insurance
14 Authority, have agreed to take part in the Sixth Annual "Walking Works!" Challenge scheduled for the
15 week of April 24-28, 2017, whereby employees are encouraged to take part by tracking the number of
16 steps walked daily; and

17 **WHEREAS**, the Fresno County Board of Supervisors has supported the "Walking Works!"
18 Challenge by encouraging friendly competition amongst departments and supporting the distribution of
19 pedometers received from Anthem Blue Cross.

20 **NOW THEREFORE, BE IT RESOLVED** that the Fresno County Board of Supervisors hereby
21 proclaim April 24-28, 2017 as "Walking Works!" Challenge Week and encourages all County of Fresno
22 employees to become physically active and participate in the "Walking Works!" Challenge.

23 **THE FOREGOING** was passed and adopted by the following vote of the Board of Supervisors of
24 the County of Fresno this 25TH day of April, 2017, to-wit:

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CHAIRMAN, Board of Supervisors

21 ATTEST:
22 BERNICE E. SEIDEL
23 Clerk, Board of Supervisors

24 By Susan Bishop
25 Deputy