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BEFORE THE BOARD OF SUPERVISORS
COUNTY OF FRESNO
STATE OF CALIFORNIA

**IN THE MATTER OF PROCLAIMING)
APRIL 23-27, 2018, AS "WALKING WORKS")**

RESOLUTION NO. 18-134

WHEREAS, The County of Fresno is ready to compete in the Seventh Annual Walking Works! Challenge to raise awareness of the importance of physical activity for County of Fresno employees to achieve optimum health, and to offer strategies and tools to increase physical activity in order to improve health and wellness; and

WHEREAS, Research shows that a sedentary lifestyle is a predictor of obesity, diabetes, high blood pressure, and premature death, but regular walking can help reduce preventable death, disease, and disability; reduce health care costs; improve overall energy, efficiency, and well-being; and improve quality of life among employees and residents of the County of Fresno; and

WHEREAS, The Counties of Fresno and Tulare, as part of the San Joaquin Valley Insurance Authority, have agreed to take part in the "Walking Works!" Challenge scheduled for the week of April 23-27, 2018, whereby employees are encouraged to participate by tracking the number of steps walked daily; and

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

NOW THEREFORE, BE IT RESOLVED that the Fresno County Board of Supervisors hereby proclaim April 23-27, 2018 as "Walking Works!" Challenge Week and encourages all County of Fresno employees to participate in the "Walking Works!" Challenge and engage in physical activity all year long.

THE FOREGOING, was passed and adopted by the following vote of the Board of Supervisors of the County of Fresno this 17TH day of April, 2018, to-wit:

AYES: Supervisors Borgeas, Magsig, Mendes, Pacheco, Quintero
NOES: None
ABSENT: None
ABSTAINED: None


Sal Quintero, Chairperson of the Board of
Supervisors of the County of Fresno

ATTEST:
BERNICE E. SEIDEL
Clerk of the Board of Supervisors
County of Fresno, State of California

By Susan Bishop
Deputy