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BEFORE THE BOARD OF SUPERVISORS
COUNTY OF FRESNO
STATE OF CALIFORNIA

RESOLUTION NO. 19-156

IN THE MATTER OF Proclaim April 29 – May 3, 2019)
as "Walking Works!" Challenge Week)

WHEREAS, The County of Fresno is prepared to compete in the Eighth Annual Walking Works! Challenge to raise awareness of the importance of daily 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

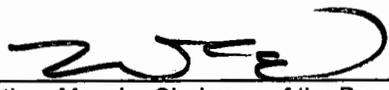
WHEREAS, Research shows that a sedentary lifestyle is the fourth leading risk factor for global mortality and is a predictor of obesity, diabetes, high blood pressure, and premature death. However, regular walking and other physical activity can help reduce anxiety and depression, reduce the risk of heart disease and certain cancers, lower blood pressure, 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 29–May 3, 2019, whereby employees are encouraged to participate by tracking the number of steps walked daily; and

NOW THEREFORE, BE IT RESOLVED that the Fresno County Board of Supervisors hereby proclaim April 29–May 3, 2019 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.

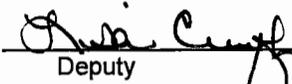
THE FOREGOING, was passed and adopted by the following vote of the Board of Supervisors of the County of Fresno this 23rd day of April, 2019, to-wit:

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



Nathan Magsig, Chairman 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 
Deputy