

Proclamation



Bob Buckhorn, Mayor

WHEREAS, food is the substance by which life is sustained and the type, quality and amount of food that individuals consume each day plays a vital role in our citizens' overall health and physical fitness; and

WHEREAS, National Nutrition Month® is an education and information campaign created annually in March by the Academy of Nutrition & Dietetics, formerly the American Dietetic Association, designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, eating well means eating a variety of healthy food in the right amounts so your body get the nutrients needed to maintain good health and work properly; and

WHEREAS, in Florida, the Governor's Council for Physical Fitness was established by executive order in 2007 for the purpose of establishing a state plan of action to increase Floridians' level of physical fitness through regular exercise and sound nutrition practices; and

WHEREAS, National Nutrition Month is designed to reinforce healthy and nutritious eating habits and the theme for 2012, "**Get Your Plate in Shape**" focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits, and encourages consumers to remember to include a variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates everyday; and

WHEREAS, the purpose of this campaign is to foster public awareness regarding the importance of good nutrition and physical activity, and to promote lifestyle behavior changes that lead to positive nutrition status, healthy body weights, and fitness and the City of Tampa is committed to promoting the health and well-being of our citizens and is pleased to join in this health initiative; and

WHEREAS, in celebration of National Nutrition Month®, the Tampa Dietetic Association will host a booth at the 2012 "8 On Your Side Health & Fitness Expo" on March 2-3, 2012, and will feature interactive educational activities, informational handouts, free healthy food samples and interaction with the public on how to make informed choices to improve overall health and fitness.

NOW, THEREFORE, I, Bob Buckhorn, by virtue of the authority vested in me as Mayor of the City of Tampa, Florida do hereby proclaim the month of March, 2012 as

"NATIONAL NUTRITION MONTH®"

in the City of Tampa, Florida and urge all residents to join me and the Tampa Dietetic Association in this campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health.

Dated in Tampa, Florida this 1st day of March, 2012.



Bob Buckhorn

Mayor