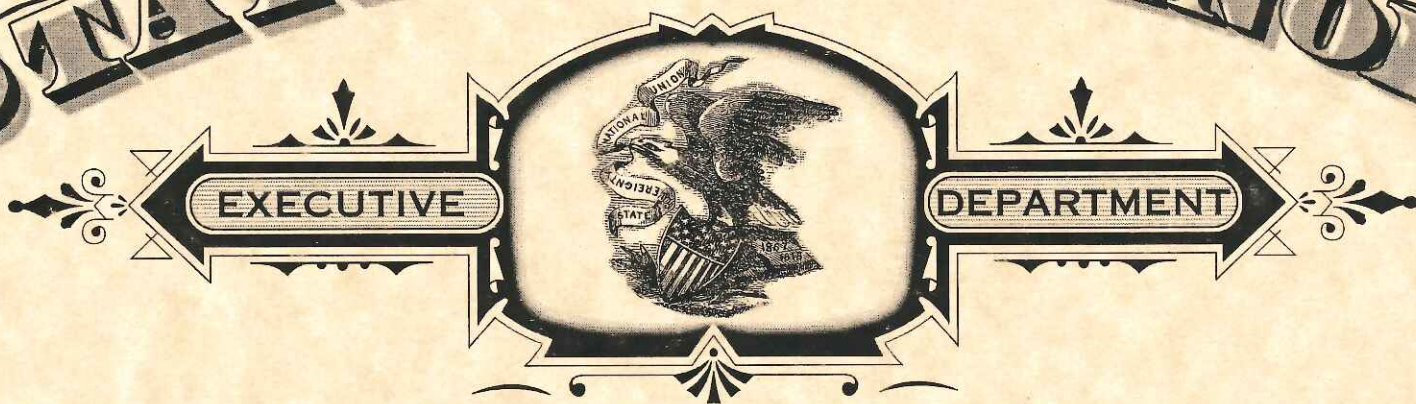


STATE OF ILLINOIS



Proclamation

WHEREAS, the State of Illinois is committed to offering health and wellness opportunities for its citizens; and,
WHEREAS, the State is committed to innovations that are needed to achieve the triple aim: improving the health status of people and their communities, improving the efficiency and effectiveness of clinical care, and reducing costs to make health care affordable; and,
WHEREAS, the State Department of Public Health's mission includes protecting the health and wellness of the people in Illinois through prevention and health promotion; and,
WHEREAS, research has shown that walking and moderate physical activity for at least 30 minutes a day can help reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels, improve blood lipid profile, maintain body weight and lower the risk of obesity, enhance mental well-being, and reduce the risk of osteoporosis, breast and colon cancer as well as non-insulin dependent (type 2) diabetes; and,
WHEREAS, as a result of about half of all adults not getting enough physical activity to improve their health, it is important to promote walking and other forms of exercise; and,
WHEREAS, losing just 10% of body weight can improve physical and mental health for overweight individuals; and,
WHEREAS, offering safe, convenient places for people to exercise is essential to creating better health outcomes; and,
WHEREAS, using stairs instead of elevators is a good way for individuals to burn calories and increase their fitness levels; a 140-pound person will burn about 4 more calories per minute compared to standing and riding on an escalator or elevator; and,
WHEREAS, walking up stairs is more energy efficient; and,
WHEREAS, US Green Building Council (USGBC) Illinois, along with allied organizations, is hosting Greening the Heartland Conference on the first two days of Stair Week; and,
WHEREAS, the State of Illinois has the most Leadership in Energy and Environmental Design (LEED) square footage per capita in the country, contributing to a healthier environment for residents, workers, and the larger community; and,
WHEREAS, American Institute of Architects (AIA) Illinois advocates for a livable built environment and supports healthy communities by design; and,
WHEREAS, the International Interior Design Association (IIDA) Illinois Chapter is recognizing stair design in Illinois buildings; and,
WHEREAS, community organizations such as the YMCA and United Way, schools, county health departments, and the business communities all support taking the stairs in Illinois buildings during Stair Week; and,
THEREFORE, I, Pat Quinn, Governor of the State of Illinois, do hereby proclaim September 29-October 3, 2014, as **STAIR WEEK** in Illinois, and encourage residents of the Land of Lincoln to recognize the important health benefits of taking the stairs and exercising regularly.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Deese White

SECRETARY OF STATE

Done at the Capitol in the City of Springfield,
TWENTY-SIXTH SEPTEMBER

this _____ day of _____, in

the Year of Our Lord, two thousand and
FOURTEEN

_____, and of the State of Illinois,
NINETY-SIXTH

one hundred and _____.

Pat Quinn

GOVERNOR