

President's Proclamation

WHEREAS, *the month of October* is Exercise is Medicine month on the University of Bridgeport campus; and WHEREAS, the faculty, staff, students, and stakeholders of the University of Bridgeport, are inspired by your humanitarian efforts to promote health and wellness.

WHEREAS, we remain encouraged by your leadership to increase awareness among health care providers and patients alike to improve their personal health and wellness, by engaging in physical activity and exercise as a catalyst to prevent numerous chronic conditions, such as diabetes, hypertension, cardiac disease, anxiety, mental health, among other life-threatening circumstances.

WHEREAS, we encourage our entire community to find ways to be active, whether it is taking a walk, running, jogging, or engaging in other forms of physical activity to foster healthy homes, more thriving communities, and a more resilient and prosperous society.

WHEREAS, we are committed to eradicating barriers that prevent equal access to health care for all, and advocate for the best quality of care to improve the quality of life for all members of our democratic republic.

WHEREAS, a healthier community means to increase outcomes for individuals, their families, the workforce, and society at large.

WHEREAS, the American College of Sports Medicine and the University of Bridgeport call on health care organizations, health care professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit;

Now, Therefore, I Danielle Wilken, President of the University of Bridgeport, do hereby call upon the global health care community, stakeholders, and partners, to support and commit resources to advance and to improve the health and wellness of everyone;

WHEREUPON, by the power invested in me as the University President, hereby proclaim the Month of October as Exercise is Medicine month at the University of Bridgeport, and thereby, encourage all students, faculty, and staff to participate in activities and observances relating to Exercise is Medicine on campus in the interests of better health and quality of life for all.

IN WITNESS THEREOF, I have hereunto set my hand and caused the Great Seal of the University to be affixed this first day of October 2023.

A handwritten signature in cursive script that reads "Danielle Wilken". The signature is written in black ink and is positioned below the witness text.

Dr. Danielle Wilken, President