



State of New Mexico

Office of the Governor

Bill Richardson
Governor

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Governor Richardson Calls on New Mexicans to Improve Health

Nationwide Healthy America Week Kicks Off May 1

SANTA FE, NM — Declaring *Healthy America* week in New Mexico, Gov. Bill Richardson has urged New Mexicans to improve their health and create healthy habits that will last a lifetime.

“Getting healthy doesn’t have to be hard,” said Governor Richardson. “There are simple lifestyle changes we all can make for sustainable long-term health. This week presents a great opportunity to work together to make our communities, workplaces and schools healthier.”

Gov. Richardson’s efforts are part of a nationwide effort to promote healthy living. Based on the year-long [Healthy America initiative](#) championed by National Governors Association Chairman **Arkansas Gov. Mike Huckabee**, NGA has proclaimed May 1-5 *Healthy America* week. During this week, governors across the nation are leading proactive health-related events to highlight the importance of embracing healthy, sustainable lifestyles.

Earlier this year, Gov. Richardson joined his colleagues in Washington for the 2006 *Healthy America* forum sponsored by NGA. The successful forum, which included smaller breakout sessions, focused on an array of real and lasting reforms including: educating the public about community health-related resources; improving access to healthy options in disadvantaged communities; improving the health of state workplaces; encouraging parental engagement in student health; offering attractive, healthier options to students in lunchrooms; and aligning advisory groups across the public and private

sector to encourage wellness. Governors who attended the forum exchanged ideas about successful state initiatives and best practices.

For more information on the *Healthy America: Wellness Where We Live, Work and Learn*, and to pledge your support for a healthier America, visit www.nga.org.

The text of the Governor's proclamation follows:

WHEREAS, the National Governors Association's chairman's initiative, Healthy America, is designed to raise national awareness about the urgent need for all Americans to live healthier, more active lives; and

WHEREAS, more than a quarter of all American adults are physically inactive, and 65 percent are overweight; and

WHEREAS, physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke and some cancers; and

WHEREAS, overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and

WHEREAS, with its great diversity of climate and terrain, breathtaking landscapes and growing athletics programs, New Mexico offers a wide variety of opportunities for citizens to get out, get active and enjoy our beautiful surroundings;

NOW, THEREFORE I, Bill Richardson, Governor of the State of New Mexico, do hereby proclaim May 1-5, 2006 as:

“Healthy America Week”

throughout the State of New Mexico, and urge all New Mexicans to take this opportunity to begin a life-long commitment to a healthier and more active lifestyle.

I. Attest:

Done at the Executive Office this
25th day of April, 2006.

Rebecca Vigil-Giron

II. Secretary of State

Witness my hand and the Great Seal
of the Great State of New Mexico

Bill Richardson
Governor

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