State of South Carolina

Governor's Proclamation

WHEREAS, good nutrition and physical activity are key components of a healthy lifestyle; and

WHEREAS, the type, quality and amount of food that individuals consume each day play a vital role in their overall health and physical fitness; and

WHEREAS, continuing nutrition education and wide-scale, population-based efforts help enhance good eating and physical activity practices for the residents of South Carolina; and

WHEREAS, this year's theme, "100% Fad Free," reinforces the importance of making healthy eating, physical activity, and lifestyle choices; and

WHEREAS, with events throughout the Palmetto State, including work-site health programs, cooking demonstrations, healthy recipe contests, food taste tests, school promotions, library displays, and supermarket tours, the 2007 observance of National Nutrition Month provides an opportunity to join together in celebrating the importance of good nutrition.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim March 2007 as

NUTRITION MONTH

throughout the state and encourage all South Carolinians to recognize the importance of good nutrition to the optimal health and well-being of the people of the Palmetto State.

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA