



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**DON'T QUIT! FITNESS MONTH**

**2021**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, North Carolina celebrates DON'T QUIT!™ Fitness Month to bring greater awareness to the importance of physical fitness and wellness in the fight against childhood obesity; and

**WHEREAS**, childhood obesity affects more than 23 million children and teenagers in the United States – nearly 1 in 3 young people are overweight or obese; and

**WHEREAS**, the lack of physical activity contributes to childhood obesity and chronic diseases; and

**WHEREAS**, childhood obesity puts children at risk for developing health problems such as heart disease, type 2 diabetes and other serious medical issues; and

**WHEREAS**, Chairman Jake Steinfeld and the National Foundation for Governors' Fitness Councils is giving North Carolina schools the tools to promote physical activity and wellness; and

**WHEREAS**, North Carolina has joined with the National Foundation for Governors' Fitness Councils in an effort to decrease childhood obesity and save lives; and

**WHEREAS**, DON'T QUIT! Fitness Month will help bring greater awareness to the childhood obesity epidemic and the importance of encouraging children and families to get physically fit;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim October, 2021, as “DON'T QUIT! FITNESS MONTH” in North Carolina, and commend its observance to all citizens.



  
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Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this thirtieth day of September in the year of our Lord two thousand and twenty-one and of the Independence of the United States of America the two hundred and forty-sixth.