

RESOLUTION

SCOTT COUNTY BOARD OF SUPERVISORS

May 13, 2010

PROCLAIMING MAY 15 - 22, 2010 AS "QC IN MOTION WEEK"

**Whereas**, two out of every three Americans are overweight or obese. Obesity significantly increases the risk of serious chronic diseases such as diabetes, heart disease and some cancers; and

**Whereas**, despite the proven benefits of physical activity, more than 50 % of American adults do not get enough physical activity to improve their overall health. Regular exercisers have fewer sick days, cheaper health claims, and greater productivity than sedentary employees; and

**Whereas**, utilization of transit, and walking and biking to work results in less congestion on our area roads and bridges and reduces air pollution; and

**Whereas**, in the Quad Cities, park and recreation agencies, Bi State Regional Commission, YMCAs, Quad City Health Initiative, Quad Cities Transportation Advocacy Group, Activate Quad Cities, the American Heart Association, Trinity Health Systems, Palmer Chiropractic Clinics and others believe that being physically active is integral to living a healthy lifestyle and building a healthier community; and

**Whereas**, "QC in Motion Week" will promote fun events to help citizens be physically active and encourage them to utilize alternative transportation in our community.

**NOW THEREFORE, BE IT RESOLVED BY** the Scott County Board of Supervisors as follows:

- Section 1. That the Board of Supervisors along with other cities and counties of the Quad Cities, does hereby proclaim the week of May 15 - 22, 2010 to be "QC in Motion Week."
- Section 2. This resolution shall take effect immediately.