

# COUNTY OF CHATHAM

COMMISSIONERS  
RICK GIVENS, Chairman  
UVA HOLLAND, Vice Chair  
CARL OUTZ  
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**PITTSBORO, N. C. 27312-0087**  
ORGANIZED 1770                      707 SQUARE MILES

## RESOLUTION PROCLAIMING SATURDAY, SEPTEMBER 23, 2000 FAMILY HEALTH AND FITNESS DAY

**WHEREAS**, the United States Surgeon General has determined that regular physical activity results in long-term health benefits and improved quality of life for all Americans; and

**WHEREAS**, family fitness contributes to the well-being of our nation; and

**WHEREAS**, the support of families and communities encourages people of all ages to pursue and benefit from regular opportunities for physical activity;

**NOW, THEREFORE BE IT RESOLVED**, by the Board of Commissioners of the County of Chatham, North Carolina, that we do hereby proclaim Saturday, September 23, 2000 as


### FAMILY HEALTH & FITNESS DAY

In Chatham County and urge all of our citizens to support the efforts of local organizations that encourage families to enhance their lives through fitness activities.

Adopted this 5<sup>th</sup> day of September, 2000.

  
Rick Givens, Chairman

ATTEST:

  
Sandra B. Lee, Clerk to the Board  
Chatham County Board of Commissioners