



"The Peak of Good Living"

TOWN OF APEX
NORTH CAROLINA

Proclamation

National Tennis Month 2024

from the Office of the Mayor

WHEREAS, Tennis is a sport that can be played throughout a person's life, and is available to all people regardless of age, skill level, physical ability or fitness, or environment; and,

WHEREAS, Tennis provides immense benefits across all elements of health, and one long-term study showed that actively playing tennis as a form of cardiovascular exercise added 9.7 years to expected lifespan compared to sedentary individuals; and,

WHEREAS, The Town of Apex offers tennis lessons and competitive tennis leagues for residents and non-residents, as well as open play opportunities at Apex Community Park, Apex Nature Park, Pleasant Park, and Kelly Road Park; and,

WHEREAS, Tennis opportunities are also available through the Western Wake Tennis Association, which offers resources, events, and leagues that seek to enhance the tennis experience for residents in our area; and,

WHEREAS, The Town of Apex will continue to strive to provide access and opportunities for playing tennis for residents across all ages and ability levels, in order to promote the health and well-being of our community.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the Month of May 2024 as National Tennis Month in the Town of Apex, and encourage all residents to gather a racket, a ball, and a friend, and experience the fun and camaraderie of tennis in Apex.

I hereby set my hand and have caused the Seal of the Town of Apex,
North Carolina, to be affixed this the 14th day of May 2024

Jacques Gilbert, Mayor