



City of Ketchum

Community Health and Fitness Week Proclamation

- Whereas,** Blaine County and its jurisdictions seek to achieve the best possible health and wellbeing for everyone living in the county; and
- Whereas,** health is much more than the absence of illness; it is the complete state of physical, mental, spiritual and social wellbeing; and
- Whereas,** better health and wellbeing begins in our homes, in our schools, in our workplaces, and in the communities where we live; and
- Whereas,** ensuring better health and wellbeing for all, and by creating programs and services that promote healthy living across our entire community, we will ease pressures on our health care system; and
- Whereas,** it is imperative for civic leaders to recognize and champion efforts aimed at promoting the well-being of residents within their jurisdictions; and
- Whereas,** the elected officials of Blaine County commit to encourage the good health of their constituents; and
- Whereas,** the advent of the New Year traditionally symbolizes a fresh start for many individuals; and
- Whereas,** embarking on the journey of 2024 in a healthy and mindful manner can yield enduring benefits throughout the entire year; and
- Whereas,** Ketchum encourages all residents to explore the various opportunities available for health enhancement including fitness programs and wellbeing activities; and
- Whereas,** in the spirit of communal well-being, may the Community Health and Fitness Week of 2024 inspire us all to embrace healthier lifestyles, paving the way for a year filled with vitality, resilience and well-being.

NOW THEREFORE, I, Neil Bradshaw, Mayor of the City of Ketchum, do hereby proclaim the week beginning with January 1, 2024 as Community Health and Fitness Week to support all community members striving to achieve their New Year's resolutions for health improvement, fostering a community-wide commitment to health and fitness.