

Let's Move Palm Beach County Proclamation

WHEREAS, the Town of Lake Park takes special notice and acknowledges exceptional organizations that help residents who live, work and play within the jurisdiction; and

WHEREAS, in 2010 Digital Vibez was founded to reach out to underserved youth in Palm Beach County by empowering them through dance fitness, technology and the arts; and

WHEREAS, Digital Vibez partners with the Palm Health Foundation, annually to host The *Let's Move: Commit to Change Physical Activity Challenge*: a county-wide initiative that focuses on physical activity, nutrition and healthy behaviors; and

WHEREAS, Digital Vibez, Inc. and Palm Health Foundation present the annual challenge, which takes place annually from March 1-31 and encourages individuals within and beyond Palm Beach County to take charge of their health by participating in fun fitness exercises; and

WHEREAS, The *Let's Move* initiative was originally introduced on a national level, by First Lady Michelle Obama in 2010, with the goal of decreasing childhood obesity throughout the United States due to the fact that nearly one in three children in the United States are overweight or obese and if this problem persists, 1/3 of all children born in 2000 or later will suffer from diabetes at some point in their lives, or will face other obesity-related health problems such as heart disease, high blood pressure, asthma and cancer; and

WHEREAS, Digital Vibez and the Palm Health Foundation invite all residents to take the challenge to MOVE by forming teams, registering online, committing to exercising for at least 30 minutes a day throughout the month of March, and logging their minutes on the *Let's Move* website, www.letsmovePBC.org. In 2012, Palm Beach County logged 100,000 minutes in the first year of the challenge and we have met the challenge each year since, rising in 2021 to over 59 million minutes logged!

NOW, THEREFORE, I, Kimberly Glas-Castro, Vice-Mayor of the Town of Lake Park, do hereby proclaim the month of March, as:

Let's Move Palm Beach County Month

and urge all citizens to join us in moving to improve their fitness, mental health, and overall health.

IN WITNESS WHEREOF, I have hereto set my hand and caused the official Seal of the Town of Lake Park, Florida to be affixed this 1st day of March, 2023.

BY:

ATTEST:

Vice-Mayor Kim Glas-Castro

Vivian Mendez, Town Clerk