



PROCLAMATION

WHEREAS, the Let's Move: Commit to Change Physical Activity Challenge is a county-wide initiative that focuses on physical activity, nutrition and healthy behaviors; and

WHEREAS, the Let's Move! initiative, spearheaded by Michelle Obama, was a comprehensive public health campaign launched in 2010 to address childhood obesity in the United States; and

WHEREAS, Palm Health Foundation has partnered with Digital Vibez to present the annual challenge, which takes place 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 Foundation invites 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; and

WHEREAS, the goal of Palm Health Foundation and Digital Vibez is for residents who participate in the challenge to continue incorporating physical activity in their daily lives beyond the month of March; and

WHEREAS, the City of Delray Beach residents engaged in a friendly competition with the goal of promoting physical activity and healthy behaviors and encourages everyone to keep this momentum going!

NOW THEREFORE, I, Thomas F. Carney, Jr., Mayor of the City Delray Beach, Florida, on behalf of the City Commission do hereby proclaim the month of March 2025 as:

LET'S MOVE DELRAY

and urge all citizens to join in creating a healthier, more vibrant future - one step at a time!

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Delray Beach, Florida, to be affixed this 22nd day of April 2025.

Thomas F. Carney, Jr.
MAYOR