

**FILED**

In the office of the Secretary of State  
of the State of California

MAR 8 - 1980

MARCH FONG EU, Secretary of State

By *[Signature]*  
Deputy

**Executive Department  
State of California**

EXECUTIVE ORDER B 59-80

WHEREAS, the State of California has a responsibility to maintain and promote the wellness and physical fitness of all the people of this state; and

WHEREAS, wellness, a state of well-being through self-responsibility, nutritional awareness, stress management, environmental sensitivity and physical fitness, is recognized to be the optimum state of being; and

WHEREAS, there is an increasing awareness on the part of individuals to assume greater responsibility for their own health and greater involvement in health care decision making; and

WHEREAS, it is recognized that the individual is the key and most promising factor in improved health for our population; and

WHEREAS, it is recognized that individuals who are psychologically and physically fit are healthier, more productive and less susceptible to stress, hypertension, cardiovascular and other diseases; and

WHEREAS, an organized and publicized program of wellness and physical fitness would greatly assist efforts already underway in the State of California which emphasize promotive and preventive approaches to health;

NOW, THEREFORE, I, Edmund G. Brown Jr., Governor of the State of California, by virtue of the power and authority vested in me by the Constitution and statutes of the State of California, do hereby issue this Executive Order to become effective immediately:

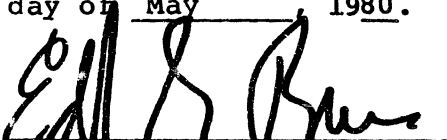
1. A Governor's Council on Wellness and Physical Fitness is hereby established.
2. The Council shall be composed of persons experienced or interested in wellness and physical fitness appointed by and serving at the pleasure of the Governor, with a Chairperson to be designated by and serving at the pleasure of the Governor. The Chairperson may appoint, subject to approval by the Council, an Advisory Committee to assist the Council.
3. The Council shall provide a focal point within state government for all programs promoting wellness and physical fitness, and shall:
  - Develop and coordinate state and local activities involving the wellness and physical fitness of all Californians, including workshops, clinics, conferences and other similar activities.

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- Assist schools in developing health and physical fitness programs for students, including those with special needs.
  - Encourage local governments and communities to develop local wellness and physical fitness programs.
  - Enlist the support of individuals, civil groups, amateur and professional sports associations and other organizations to promote and improve wellness and physical fitness programs.
  - Assist business, industry and labor organizations in establishing sound physical fitness programs to improve employee health and reduce the costs resulting from physical inactivity.
  - Stimulate wellness and physical fitness research.
  - Give recognition to outstanding developments and achievements in, and contributions to, wellness and physical fitness.
  - Collect and disseminate wellness and physical fitness information, and initiate advertising campaigns promoting physical fitness and wellness.
4. Members of the Council and Advisory Committee shall serve without compensation, but shall be reimbursed for their actual expenses. The Governor shall appoint an Executive Director and staff for the Council as needed.
5. The Council is authorized to receive and disburse, on behalf of the Governor, federal and other funds made available to promote physical fitness and wellness.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the great Seal of the State of California to be affixed this 8th day of May 1980.

  
EDMUND G. BROWN JR.  
Governor

ATTEST:

  
Secretary of State



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by   
Deputy Secretary of State