

Executive Department

State of California

P R O C L A M A T I O N

WHEREAS, The youth of our State are one of our most valuable assets; and

WHEREAS, The physical well-being of our youth is essential to the future of our State and essential to National security; and

WHEREAS, Medical authorities have indicated exercise is essential for children and youth in order to attain optimum growth and development; and

WHEREAS, Changes have taken place in modern living which have resulted in greatly reduced physical activity of our people; and

WHEREAS, The California Committee on Fitness has worked closely with President Eisenhower's Council on Youth Fitness, and with our state authorities, to help young people to become physically fit, and therefore better qualified to meet the requirements of modern life;

NOW, THEREFORE, I, Edmund G. Brown, Governor of California, do hereby proclaim the week beginning May 3, 1959, as YOUTH FITNESS WEEK and request support and cooperation of parents, youth, and interested local and State organizations to use all appropriate means during that week to promote programs and activities demonstrating the importance of youth fitness to the end that we may assure the continuing strength and well-being of our people.

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FILED

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

MAR 10 1959

EDMUND G. BROWN, Secretary of State

Edmund G. Brown
Secretary of State

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 19th day of March, A.D., One Thousand Nine Hundred and Fifty-nine.

Edmund G. Brown
Governor

ATTEST: *Edmund G. Jordan*
Secretary of State

