STATE OF MICHIGAN

CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN

I, Rick Snyder, governor of Michigan, do hereby proclaim
September 8 - 14, 2014

STAIR WEEK

WHEREAS, the health and wellness of all Michiganders is important to the communities in our state;

WHEREAS, healthy lifestyles are further supported by efforts to offer physical activity opportunities in the built environment;

WHEREAS, research shows when done on most days of the week, three 10-minute bursts of an activity, like climbing stairs throughout the day, provides as many health benefits as a single 30-minute aerobic workout;

WHEREAS, encouraging the abled population to use stairs in buildings means better access to elevator facilities for those in need;

WHEREAS, losing just 10% of body weight can improve physical and mental health for overweight individuals;

WHEREAS, the American Institute of Architects (AIA) Michigan is hosting its statewide Green Health Summit on the first day of Stair Week;

WHEREAS, the US Green Building Council (USGBC) local chapters support the Leadership in Energy & Environmental Design (LEED) green building pilot credit "Design for Active Occupants" to promote stair use and save electricity;

WHEREAS, the International Interior Design Association (IIDA) Michigan is celebrating stair design in Michigan buildings;

WHEREAS, community groups such as the Michigan Association of United Ways, the Michigan Fitness Foundation, schools, and health departments, each supported by dedicated volunteers and the business community, will participate in Stair Week to promote health and wellness;

NOW, THEREFORE, I, Rick Snyder, governor of Michigan, do hereby proclaim Monday, September 8 through Sunday, September 14, 2014 as Stair Week in Michigan.

Rick Snyder
Governor

RICK SNYDER GOVERNOR