

 ACSM
EXERCISE IS
MEDICINE®
On Campus

President's Proclamation

WHEREAS, October is Exercise is Medicine® On Campus Month; all campus community members are encouraged to engage in regular physical activity and to speak with their healthcare providers about how such activity can improve their health and help prevent or manage numerous chronic conditions; and

WHEREAS, promoting physical activity on campus is essential to creating a culture of health, fostering student engagement, and improving overall well-being; and

WHEREAS, providing physical activity education and guidance empowers individuals to make informed decisions about their health and supports lifelong healthy habits; and

WHEREAS, implementing routine physical activity assessment and promotion within campus health services ensures that every student receives support and encouragement to integrate exercise into their daily lives; and

WHEREAS, the American College of Sports Medicine and Sul Ross State University call on the campus community to learn about the benefits of exercise, participate in opportunities to be physically active, and for healthcare professionals to assess and address physical activity with their clients;

NOW, THEREFORE, I, J. Carlos Hernandez,

President of Sul Ross State University,

hereby proclaim October 2025 as

EXERCISE IS MEDICINE® ON CAMPUS MONTH

at **THIS INSTITUTION** and encourage all campus community members to participate in events related to Exercise is Medicine® On Campus Month, in the interests of better health and quality of life for all.


_____, President

DATED THIS 2nd DAY OF October, 2025