



Amherst County Board of Supervisors
County Resolution No. 2019-0009-R

For consideration on June 4, 2019

A RESOLUTION, NO. 2019-0009-R

A resolution, proclaiming June 8, 2019, as Family Health and Fitness Day.

Approved as to form by the County Attorney

BE IT RESOLVED BY THE BOARD OF SUPERVISORS OF THE COUNTY OF AMHERST, VIRGINIA:

I. That the Board of Supervisors of Amherst County hereby proclaims June 8, 2019, as Family Health and Fitness Day as follows:

WHEREAS, parks and recreation are vital to the health and wellness of communities across the country, including Amherst County; and

WHEREAS, parks and recreation provide inclusive spaces where people of all ages and abilities can focus on health and wellness, and physical activity; and

WHEREAS, living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth; and

WHEREAS, parks provide a connection to nature, which studies demonstrate relieves stress, tightens interpersonal relationships, and improves mental health, and offers opportunities for family togetherness; and


WHEREAS, Amherst County recognizes the health benefits derived from parks and recreation programs and activities.

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF SUPERVISORS OF THE COUNTY OF AMHERST, VIRGINIA:

That the Board of Supervisors of Amherst County hereby proclaims June 8, 2019, be recognized as Family Health & Fitness Day in the County of Amherst.

II. That this resolution shall be in force and effect upon adoption.

Adopted this 4th day of June, 2019.



L.J. Ayers III, Chairman
Amherst County Board of Supervisors

ATTEST:


Dean C. Rodgers, Clerk
Amherst County Board of Supervisors

Ayes 5

Nays 0

Abstentions 0