

MAINE STATE LEGISLATURE

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OFFICE OF
THE GOVERNOR

NO. 5 FY 95/96
DATE January 30, 1996

**AN ORDER ESTABLISHING THE GOVERNOR'S COUNCIL ON
PHYSICAL FITNESS AND SPORTS**

WHEREAS, healthy families are important to the prosperity and economic security of our State and communities; and

WHEREAS, improved physical fitness is critical to give Maine's young people a competitive edge in the world of work, education and in day-today living; and

WHEREAS, studies have indicated that Maine youth score dramatically less than national averages on standard physical fitness parameters; and

WHEREAS, the Maine Behavioral Risk Factor Survey indicates that approximately 60% of Maine adults are at risk due to lack of leisure time physical activity; and the Centers for Disease Control and Prevention has reported that there has been significant increase in physical inactivity among Maine's older citizens over the past six years; and

WHEREAS, cardiovascular disease is the leading cause of death for Maine citizens; and

WHEREAS, the Centers for Disease Control and Prevention and the American College of Sports Medicine have indicated that regular, moderate intensity physical activity provides substantial health benefits; and

WHEREAS, state government must look at resourceful ways to meet the physical fitness and health needs of Maine citizens; and

NOW, THEREFORE, I, Angus S. King, Jr., Governor of the State of Maine do hereby establish the Governor's Council on Physical Fitness and Sports.

Purpose

The purpose of the Council is to make recommendations to the State regarding physical fitness initiatives and to facilitate projects that will improve the physical fitness of Maine citizens.

Membership

The Council may have up to twenty members, representing a broad spectrum of interest groups that include but are not limited to the business community, the elementary and secondary school system,

health and medical professionals and sports fitness organizations, The Chair will be appointed by the Governor and will serve at his pleasure. The Department of Human Services, Bureau of Health will assist in providing resources from existing sources of funding to help support the Council, when possible.

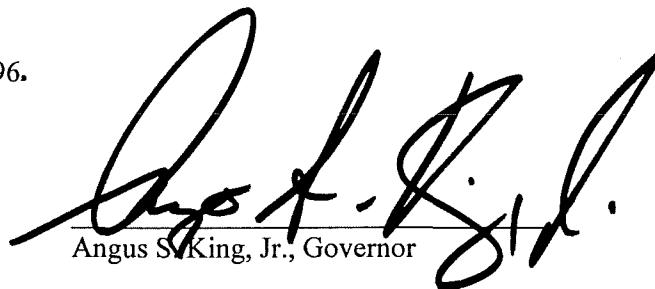
Functions and Duties

1. Recommend to the Governor and the Legislature initiatives regarding physical fitness,
2. Initiate programs that will provide greater physical fitness opportunities for Maine citizens.
3. Act as a liaison for national organizations and interest groups.
4. Raise public awareness of physical fitness initiatives.
5. Facilitate collaboration among schools, business, health institutions, industry and physical fitness advocates.
6. Identify issues appropriate for legislative and administrative action.
7. Supplement and complement activities of the President's Council on Physical Fitness and Sports.

Funding

Members of the Council shall serve without compensation. Funding of Council activities shall be provided by existing Bureau of Health funding from federal Preventive Health Block Grant sources. The Governor may, on behalf of the State of Maine, accept private gifts to support the work of the Council.

The effective date of this order is January 30, 1996.



Angus S. King, Jr., Governor