

**CITY OF SARATOGA
PROCLAMATION JUNE 2011 AS MEN'S HEALTH MONTH
IN THE CITY OF SARATOGA**

WHEREAS, despite advances in medicine, men live on average six years less than women with African-American men having the lowest life expectancy; and

WHEREAS, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems may result in reducing rates of mortality from disease; and

WHEREAS, men who are educated about the value of preventative health may be more likely to participate in health screenings; and

WHEREAS, regular doctor visits are essential for serious men's health issues, including colon and prostate cancer, to be detected early; and

WHEREAS, the threat of other conditions, such as high blood pressure, diabetes, high cholesterol and heart disease, can be reduced by eating nutritious foods, exercise, and maintaining a healthy lifestyle; and

WHEREAS, men that take responsibility for their health serve as an example to their families and encourage their loved ones to follow in their steps; and

WHEREAS, the City of Saratoga seeks to help its residents to sustain a healthy way of life; and

WHEREAS, there are 13 parks containing 67 acres of developed parkland in the City of Saratoga where residents can participate in a wide range of unstructured and organized physical activities; and

WHEREAS, there are 13 miles of trails in Saratoga and the City is actively working to expand its extensive trail network to make easier for Saratoga residents to walk, run, and bike; and

WHEREAS, the City of Saratoga Recreation and Facilities Department offers a wide range of health and fitness classes, from tap dance to tai chi, lacrosse, and aerial yoga, to encourage citizens of all ages and interests to be physically fit;

NOW, THEREFORE, I, Howard A. Miller, Mayor of the City of Saratoga, do hereby proclaim June 2011 as Men's Health Month in the City of Saratoga, and urge all citizens to remind their fathers, brothers, husbands, grandfathers, sons, and other loved ones to make their health a priority this month and all year long.

Howard A. Miller, Mayor
City of Saratoga