

Proclamation Designating April 27th, 2017 as “Walk at Lunch Day”

WHEREAS, Blue Cross Blue Shield is promoting April 27, 2017 as National Walk at Lunch Day; and

WHEREAS, walking is a viable and environmentally sound form of transportation and an excellent form of recreation; and

WHEREAS, regular walking and other forms of physical activity have curative and protective health benefits, which can improve quality of life for everyone in Alamance County, and

WHEREAS, walking at lunch offers an opportunity to build activity into daily routine; and

WHEREAS, walking allows the elderly and disabled to maintain their independence and promotes informal interactions between people thereby strengthening and enriching our neighborhoods; and

WHEREAS, creating walk-friendly communities has been shown to improve citizens' health, well-being, and quality of life, to boost community spirit, to improve traffic safety, and to reduce pollution and congestion; and

WHEREAS, greater public education and awareness of walking may help reduce accidents, injuries and fatalities; and

WHEREAS, The Town of Elon Bicycle, Pedestrian and Lighting Plan Update is a renewed effort to develop a strategy for the development of a safe, secure and comprehensive network of sidewalks, trails and on-road bicycle lanes that serve recreation and transportation needs.

The planning effort is a major step forward for walking and bicycling in Elon, and

WHEREAS, the combination of healthy active lifestyles and healthy eating are critical for maintaining good health and preventing disease. A healthier population also means long-term cost savings for our society at-large.


WHEREAS, Elon desires to develop a walkable, vibrant, and economically flourishing downtown with community amenities like public buildings, greenspaces, sidewalks, bike lanes, and

WHEREAS, Alamance County has an adult obesity rate of 34% as compared to 29% of North Carolinians and a physical inactivity rate of 26% according to the 2015 Alamance County Community Assessment; and

WHEREAS, regular walking can reduce stress, improve muscle tone, control weight, increase social connectedness and sense of community, and can have a positive influence on heart disease, type-2 diabetes, and osteoporosis.

NOW, THEREFORE, I, Jerry Tolley, Mayor of the Town of Elon, on behalf of the Elon Board of Aldermen and citizens of Elon, do hereby proclaim April 27th, 2017 as Walk at Lunch Day. Be it further proclaimed that this body urges all who support walking to participate in the event.

Proclaimed this the 11th day of April 2017

 Jerry R. Tolley, Mayor
Town of Elon