

**In Recognition of Mississippi's
"Fit 4 Change" Program**

Whereas, Mississippi has the highest obesity rate in the nation;

Whereas, like many other SLC states, obesity rates, including those of children, have continued to escalate during the last 20 years;

Whereas, in an effort to lead by example and motivate citizens of Mississippi to combat obesity by employing healthier lifestyles, during the 2010 legislative session, more than 100 members of the state Legislature and the governor's staff participated in a 12-week "boot camp-style" training program for four days of each week;

Whereas, the program included a variety of intense physical exercises ranging from weight and cardiovascular training to martial arts and dodge ball, and culminated with a 5k run at the end of the legislative session;

Whereas, during the course of the program, members of state government cumulatively lost more than 1,200 pounds;

Whereas, the program was facilitated by Paul Lacoste Sports and sponsored by Millsaps College, St. Dominic's Hospital, The Cirlot Agency and the Mississippi Organ Recovery Center; and

Whereas, the program brought lawmakers together in a common effort to make Mississippi a healthier state.

NOW THEREFORE BE IT RESOLVED that the Southern Legislative Conference of The Council of State Governments honors and commends the collaborative spirit and noble goals of Mississippi state legislators, members of the governor's office staff, and other participants of "Fit 4 Change" programs.

Adopted by the SLC Human Services & Public Safety Committee, August 1, 2010,
Charleston, South Carolina.