

# STATE OF COLORADO

## OFFICE OF THE GOVERNOR

136 State Capitol  
Denver, Colorado 80203  
Phone (303) 866-2471  
Fax (303) 866-2003



John W. Hickenlooper  
Governor

## B 2013 009

### EXECUTIVE ORDER

#### **Extending and Amending the Colorado Governor's Council for Physical Fitness**

Pursuant to Article IV, Section 2 of the Colorado Constitution and the authority vested in the Office of the Governor, I, John W. Hickenlooper, Governor of the State of Colorado, hereby issue this Executive Order extending and amending and renaming the Colorado Governor's Council for Physical Fitness.

#### **I. Council Title**

The title, Colorado Governor's Council for Physical Fitness, is amended to rename the Council as follows:

*Governor's Council for Active and Healthy Lifestyles  
Promoting Active, Healthy Lifestyles for All Coloradans*

#### **I. Background and Purpose Amended**

It is imperative that Colorado's diverse populations be educated and included in a variety of lifelong physical activities to ensure that they practice a healthy lifestyle throughout their entire lifespan. Although the State of Colorado has been ranked as one of the leanest states in the nation, more than half of Colorado adults are overweight or obese. The proportion of Colorado adults who are obese more than doubled during the past 15 years, and Colorado ranks 29th among states for obese children aged 10-17 years. Additionally, the obesity in Colorado's children is rising at a rate second only to Nevada among all states in the nation.

The rising incidence of childhood obesity may be due in part to the steady decrease or elimination of recess and physical education in schools throughout the nation. Physical activity in schools helps promote an active and healthy lifestyle, resulting in benefits to children's cognitive function and academic achievement. Moreover, studies suggest that exercise may have an enduring effect across the lifespan of an active individual, leading to positive outcomes and prevention of cardiovascular diseases, type 2 diabetes, metabolic syndrome, colon and breast cancers, weight loss and maintenance, cardiorespiratory health, muscular fitness, depression, and

cognitive function in older adults. Furthermore, successfully increasing physical activity in adults has economic implications for employers. Population health and fitness programs can benefit employers through improvements in worker productivity, decreased absenteeism, decreased healthcare costs, and favorable financial returns for the company.

Participating in regular physical activity and developing a healthy lifestyle are valuable measures to combat obesity, reduce the incidence of disease, improve overall wellness and cognitive function, increase productivity, and reduce healthcare costs.

The mission of the Governor's Council for Active Lifestyle is to promote and support events to encourage physical fitness and healthy living for adults and children in Colorado and to educate citizens on the lifelong benefits of physical activity and healthy lifestyles.

To implement its mission, the Council shall be guided by the science-based *2008 Physical Activity Guidelines for Americans* published by the US Department of Health and Human Services.

## **II. Functions Amended**

The Council shall:

- a) expand interest in and awareness of the benefits of regular physical fitness and healthy lifestyles through development and sponsorship of related events;
- b) stimulate and enhance collaboration with and among government, private, and public sectors with the common mission to promote physical fitness and healthy lifestyles;
- c) expand access to quality information regarding physical fitness and healthy lifestyles
- d) target all Coloradans, particularly populations in which specific risks or disparities have been identified regarding participation in, access to, or knowledge about the benefits of physical fitness and healthy lifestyles;
- e) liaise with the Governor's office to advise on the progress made in carrying out the provisions of this order and recommend actions to further promote physical fitness and healthy lifestyles; and
- f) assist the Health and Wellness Director of the Office for Economic Development and International Trade by aligning the Council's strategies and activities with the State's health and wellness agenda to strengthen Colorado's value proposition; and
- g) Support, promote, and recognize the programs and participants of the President's Council for Physical Fitness, Sports and Nutrition within the State of Colorado.

## **III. Membership Amended**

The Council shall be comprised of no more than eighteen (18) members appointed by the Governor. Members shall serve terms of four year terms. Members shall serve no more than two consecutive terms and may continue to serve after the expiration of their terms until the appointment of a successor. Members currently serving may continue to serve until the expiration of their terms. The Council shall select from among its members a person to serve as chair of the council. The chair shall serve for a term of no more than two years.

#### IV. Past Executive Orders Superseded and Replaced

All other Executive Orders concerning the Council, specifically B 012 08 and B 008 03, are hereby superseded and replaced by this Executive Order.

#### V. Duration Amended

This Executive Order shall remain in effect until modified or rescinded by a future Executive Order of the Governor.



GIVEN under my hand and  
the Executive Seal of the  
State of Colorado, this first  
day of October, 2013.

A handwritten signature in blue ink, which appears to read "John W. Hickenlooper".

John W. Hickenlooper  
Governor