

ber 24, 1983, as National Farm Safety Week. I urge all persons who live and work on the Nation's farms and ranches to make safety a daily part of activities on the job, at home or on the highway. I also urge those who work with and service America's farms and ranches to support safety efforts in every way possible. I call upon parents especially to teach their children good safety practices and instill in them a positive attitude toward safety which will serve them well throughout their lives.

IN WITNESS WHEREOF, I have hereunto set my hand this 22nd day of April, in the year of our Lord nineteen hundred and eighty-three, and of the Independence of the United States of America the two hundred and seventh.

RONALD REAGAN

Proclamation 5056 of April 26, 1983

National Physical Fitness and Sports Month, 1983

*By the President of the United States of America
A Proclamation*

Regular, vigorous physical activity is essential to good health and effective performance of our daily responsibilities. In addition, physical activity and sports programs can provide rich sources of personal pleasure and satisfaction.

Many individuals, families, communities, and others are increasingly concerned about physical fitness, and there is a growing recognition that physical activity is an important part of daily life for people of both sexes and all ages. Americans who are not reaping the benefits and pleasures of physical activity and sports should develop a personal physical fitness program in accordance with their capability.

Ante, p. 174.

In recognition of the importance of physical activity as a part of our daily life, the Congress, by Senate Joint Resolution 53, has authorized and requested the President to designate the month of May 1983 as "National Physical Fitness and Sports Month."

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the month of May 1983 as National Physical Fitness and Sports Month and urge communities, schools, States, employers, voluntary organizations, churches, and other organizations to stage appropriate observances and special events. Furthermore, I urge individuals and families to use this occasion to renew their commitments to make regular physical activity an integral part of their lives.

IN WITNESS WHEREOF, I have hereunto set my hand this 26th day of April, in the year of our Lord nineteen hundred and eighty-three, and of the Independence of the United States of America the two hundred and seventh.

RONALD REAGAN