

IN WITNESS WHEREOF, I have hereunto set my hand this third day of May, in the year of our Lord nineteen hundred and ninety-four, and of the Independence of the United States of America the two hundred and eighteenth.

WILLIAM J. CLINTON

Proclamation 6683 of May 5, 1994

Mother's Day, 1994

By the President of the United States of America

A Proclamation

With the signing of the first Mother's Day Proclamation 80 years ago, President Woodrow Wilson set aside the second Sunday in May as a special time to pay tribute to America's mothers. This year I join with Americans across this great land on May 8, 1994, to honor our mothers with the appreciation and affection they so richly deserve.

Indisputably, the role of mothers has changed greatly in the last half-century. They are bread makers and breadwinners, heads of households and heads of state, caretakers of elderly parents and of newborn infants. They are also volunteers in our communities, schools, and religious organizations. Mothers find time to inspire and challenge their children to dream big dreams and to do good deeds. They provide encouragement to their children to reach for the stars and to strive for excellence. When our mothers succeed, our children succeed. When children succeed, our Nation's future is assured.

Mothers are not only our life-givers, but they are also our nurturers who sustain us with deep and unconditional love. In a world of constant change, they establish a reliable foundation of unchanging values. By instilling strong moral principles and showing concern for social improvement and well-being, mothers have used their talents, ideals, and energies to shape our families, communities, and Nation. For their abiding devotion, love, patience, and loyalty, mothers, whether biological, foster, or adoptive, hold an enduring place in our hearts. They are anchors of their American families—our Nation's most important source of strength. My own mother's courage and determination profoundly influenced me in so many ways, and she will always remain a guiding force throughout my life.

Mother's Day gives us time to pause and reflect on the manner in which mothers contribute to their families and the Nation through their hard work, dedication, and daily sacrifices. We can best observe Mother's Day by expressing our thanks and our gratitude for the blessings and bounties that motherhood holds.

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, do hereby proclaim Sunday, May 8, 1994, as "Mother's Day." I urge all Americans to express their love and respect for their mothers and to consider how much they have contributed to the well-being of our country. I call upon all citizens to observe this day with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this fifth day of May, in the year of our Lord nineteen hundred and ninety-four, and of the Independence of the United States of America the two hundred and eighteenth.

WILLIAM J. CLINTON

Proclamation 6684 of May 6, 1994

National Walking Week, 1994

By the President of the United States of America

A Proclamation

We should all be aware of the benefits of regular physical activity; it can improve our energy levels while we expend calories. It can be as simple to incorporate into our daily lives as taking the stairs instead of the elevator, walking an extra block instead of riding, or taking a walk after a meal instead of taking a nap. Regular physical exercise can help to prevent and manage coronary heart disease, hypertension, noninsulin-dependent diabetes, osteoporosis, and mental health problems, such as depression and anxiety. And regular physical activity has been associated with lower rates of colon cancer and incidence of stroke.

Walking is an excellent form of light to moderate physical activity for most people. Walking for at least 30 minutes each day is a simple and inexpensive, yet very healthful, thing to do. It is a key element in Healthy People 2000, the Nation's prevention agenda, which envisions a healthier America by the year 2000. An increase in this important, positive health-related exercise can have a significant effect on the enhanced quality and life span of those who practice it. It is an invigorating form of self-care that can contribute to the reduction of preventable death, disease, and disability and to the containment of health care costs. It also provides a time for reflection and stress reduction.

Efforts to communicate with the American people about the health benefits of regular walking and to improve environments that make walking pleasurable and safe deserve the support of policy makers, legislators, and citizens throughout the country.

The Congress, by Senate Joint Resolution 146, has designated May 1, 1994, through May 7, 1994, as "National Walking Week" and has authorized and requested the President to issue a proclamation in observance of this week.

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, do hereby proclaim May 1, 1994, through May 7, 1994, as National Walking Week. I invite the Governors of the 50 States and the appropriate officials of all other areas under the jurisdiction of the United States to issue similar proclamations. I also encourage the American people to join with health and recreation professionals, private voluntary associations, and other concerned organizations in observing this occasion with appropriate programs and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixth day of May, in the year of our Lord nineteen hundred and ninety-four, and