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 ac-
tivities 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 sev-
enth.

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 satisfac-
tion.

Many individuals, families, communities, and others are increasingly con-
cerned about physical fitness, and there is a growing recognition that physi-
cal 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 phys-
ical activity and sports should develop a personal physical fitness program
in accordance with their capability.

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 re-
quested 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, em-
ployers, 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 regu-
lar 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 sev-
enth.

RONALD REAGAN