

Joe Manchin III
WEST VIRGINIA



United States Senate
WASHINGTON, DC

On behalf of the citizens of the Mountain State, and as your United States Senator, it is my distinct honor to welcome you to West Virginia Physical Activity Day at our beautiful State Capitol. I thank all of the staff and the countless volunteers who have worked tirelessly to make today's ceremony a reality.

When I was governor and Gayle was first lady, we were passionate about educating West Virginians on the importance of leading healthy lives. We fought for and implemented the Healthy Lifestyles Act. One of the main focuses of this legislation is to put physical education back into our schools, because every child deserves a healthy start.

Starting and keeping good habits, making smart food choices, and practicing preventive health care all go a long way in ensuring one stays healthy.

However, healthy lifestyles go beyond just eating fruits and vegetables; it is also about staying active and fit. With our wild, wonderful state, West Virginians have ample ways to participate in physical activity, like biking, hiking, golfing and skiing and I encourage all West Virginians to take advantage of these many physical recreational opportunities.

I encourage all of you who are dedicated to this cause to stay passionate about it, because you are helping to reshape our state, one West Virginian at a time. Again, thank you for all that you do, and please enjoy the rest of this very special event.

With warmest regards,

A handwritten signature in black ink, appearing to read "Joe Manchin III", written over a white background.

Joe Manchin III
United States Senator