



Proclamation

WHEREAS, it is never too late to start an active lifestyle. No matter how old you are, how unfit you feel or how long you have been inactive, research shows that starting a more active lifestyle now through regular, moderate activity can make you healthier and improve your quality of life; and

WHEREAS, regular physical activity reduces the risk of dying of coronary heart disease, the nation's leading cause of death and decreases the risk of stroke, colon cancer, diabetes and high blood pressure; and

WHEREAS, regular physical activity also helps to control weight; contributes to healthy bones, muscles and joints; reduces the symptoms of anxiety and depression and is associated with fewer hospitalizations, physician visits and medications; and

WHEREAS, people of all ages benefit from participating in regular physician activity, such as 30 minutes of brisk walking five or more times a week; and

WHEREAS, Walk Across Texas! is an eight-week physical activity program with one goal – to increase your physical activity level. Walk Across Texas! uses friendly competition and group support to encourage adults and youth to become physically active.

NOW, THEREFORE, I, John P. Nichols, Mayor of College Station, Texas do hereby proclaim, January 24, 2026 to March 20, 2026, as:

Walk Across Texas

and urge all citizens to participate in Walk Across Texas! and increase their physical activity level.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the seal of the City of College Station, Texas this 8th day of January 2026.

John P. Nichols
Mayor

Attest:

Tanya Smith
City Secretary