

# City of Rochester



WHEREAS, local community leaders recognize that mental health, obesity, heart disease, and diabetes are among the leading health priorities in Olmsted County; and

WHEREAS, local and national officials understand the importance of healthy lifestyle habits and the interconnection between individual wellness and community resilience; and

WHEREAS, Lotus Health Foundation and Rochester Clinic are working to educate community members about the link between chronic illness and poor lifestyle habits through ongoing workshops and annual Community of Wellness events; and

WHEREAS, the Office of the Mayor welcomes all efforts to improve the health and well-being of citizens through community collaboration, the promotion of healthy living through the Sustainability Pledge. This encourages Rochester residents to commit to making small but tangible changes that can result in big impacts for the planet; and

WHEREAS, Lotus Health Foundation and Rochester Clinic have created the “Lifestyle Medicine: The Compass to your Well-Being,” an event that aligns with the Mayor’s sustainability efforts, advocates for plant-based food products, and promotes the environmental efforts put forth in the global Paris Agreement. This unique two-day lifestyle medicine event will educate and improve the lives of Rochester citizens; and

WHEREAS, one of the main health challenges in the City of Rochester is to encourage a transition to healthful eating habits and increased physical activity; and

WHEREAS, physicians and lifestyle medicine advocates will seek to improve the health and wellness of Rochester citizens by raising awareness and adopting the six essential pillars of lifestyle medicine, which includes Plant-based Nutrition, Movement, Stress Management, Social Connections, Passion, and Sleep.

NOW THEREFORE: I, Kim Norton, Mayor of the City of Rochester, do hereby recognize May 2022 as Healthy Lifestyle Awareness Month and celebrate the health and wellness contributions of local and national leaders and hereby proclaim May 2022 as Rochester’s

## **Lifestyle Wellness Awareness Month**

and encourage all citizens to support community wellness initiatives and join me in this special observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the corporate seal of the City of Rochester to be affixed this 6th day of May, 2022.

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Kim Norton, Mayor  
City of Rochester, Minnesota