

The State of Maryland



Proclamation

From the Governor of the State of Maryland

MARYLAND MOVES MONTH MAY 2026

- WHEREAS,** *Physical activity plays a critically important role in overall health; and*
- WHEREAS,** *Physical activity is a safe, cost-effective, and evidence-based strategy to address chronic diseases, such as diabetes, heart disease, and obesity, as well as mental illness and substance use disorders; and*
- WHEREAS,** *Research suggests being active for as little as 15 minutes every day can reduce depression by 26 percent; additional research suggests regular physical activity can reduce anxiety by up to 25 percent in as little as one session; and*
- WHEREAS,** *Maryland is dedicated to improving the quality of life for all residents and visitors through supporting physical activity; and*
- WHEREAS,** *Maryland has over 22,000 miles of low-stress streets and over 1,300 miles of off-street transportation trails where residents can be physically active; and*
- WHEREAS,** *The Maryland Department of Natural Resources manages over 1,100 miles of trails throughout State Parks, Forests, and Wildlife Management Areas, and over 800 miles of publicly accessible water trails; and*
- WHEREAS,** *Maryland's trail system is second to none, offering hiking, biking, and water trails that encourage people to explore, challenge themselves, and strengthen their connection to our natural spaces and resources; and*
- WHEREAS,** *Outdoor time helps children build the sensory, motor, and core strength foundations they need for learning, balance, attention, overall coordination, and mental health through rich experiences like exploring textures, sounds, and sights, as well as climbing, swinging, jumping, and balancing; and*
- WHEREAS,** *Promoting greater awareness of the importance of physical activity during Maryland Moves Month and year-round is necessary to improve the health and well-being of the 6.3 million Marylanders who call our state home.*

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim MAY 2026 as MARYLAND MOVES MONTH in Maryland, and do commend this observation to all of our citizens.



Given *Under My Hand and the Great Seal of the State of Maryland,*
this 1st day of May
Two Thousand and twenty-six

Wes Moore
Governor

Aruna Miller
Lt. Governor

Susan C. Lee
Secretary of State