



STATE OF MAINE
OFFICE OF THE GOVERNOR
1 STATE HOUSE STATION
AUGUSTA, MAINE
04333-0001

JOHN ELIAS BALDACCI
GOVERNOR

September 2005

Dear Friends:

Welcome to all participating in this *Maine in Motion* pedometer program, developed by the Governor's Council on Physical Fitness, Sports, Health, and Wellness. Recreation and physical fitness are central components of a healthy, meaningful and productive life.

I created the Governor's Council on Physical Fitness to increase the level of citizen involvement in recreational and sporting activities. This program goes a long way in promoting health and wellness, encouraging adults and children alike to opt for exercise and healthy eating habits and to combat obesity. This will be the beginning of many other events that will address the health challenges that face the State of Maine in the coming years.

Again, I thank the Governor's Council on Physical Fitness, Sports, Health, and Wellness for orchestrating the *Maine in Motion* program. I commend those participating and wish you all a healthy future.

Sincerely,

A handwritten signature in black ink that reads "John E. Baldacci".

John E. Baldacci
Governor