

## May is Correct Posture Month in Florida

Editorial Staff

Florida Governor Lawton Chiles recently signed a proclamation declaring May as Correct Posture Month. The project involves 5,000 Florida chiropractors, participating in spine and nervous system programs of public information and education.

"Most people know the central nervous system originates in the brain and extends down through the spinal column reaching every part of the body, but many fail to realize the spine can be a source of a variety of health problems which occur in other parts of the body," said Dr. Sam Watkins, president of the Florida Chiropractic Association.

For this reason, the chiropractors are also providing clinics for early detection of spinal problems which otherwise may go undiagnosed or ignored by patients. The clinics allow the public to learn first-hand the importance of spinal integrity as it relates to total health. The governor's proclamation also acknowledges the need for periodic spinal examinations as a health measure and commends the chiropractic profession for its community service.

Proclamation

*State of Florida  
Executive Department  
Tallahassee*

WHEREAS, correct posture is a key element which enables physical and mental accomplishment; and

WHEREAS, posture not only affects the appearance of an individual, but also affects his comfort, his productivity, his emotional outlook on life, and is essential to proper growth; and

WHEREAS, the youth of America should be fit to do, to learn, to understand, to grow in grace and stature, and to fully live; and

WHEREAS, regular spinal examinations, with close attention to posture, can reveal body defects or distortions; and

WHEREAS, increased awareness of the need for correct posture is clearly established; and

WHEREAS, the attention of every individual must be brought to the benefits of good posture and the need for periodic spinal examinations; and

WHEREAS, the science of chiropractic and the doctors who practice it have contributed greatly to better health of our citizenry by providing health care and consultation with emphasis on spinal integrity;

NOW, THEREFORE, I, Lawton Chiles, by virtue of the authority vested in me as Governor of the State of Florida, do hereby proclaim May 1991 as

CORRECT POSTURE MONTH

in Florida.

(Seal goes here)

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 11th day of February in the year of our Lord nineteen hundred and ninety-one.

ATTEST:

*Jim Smith*  
**SECRETARY OF STATE**

*Lawton Chiles*  
**GOVERNOR**

MAY 1991