

COMMONWEALTH OF PENNSYLVANIA



PROCLAMATION BY THE GOVERNOR

WHEREAS, physical activity, whether indoors or outdoors, allows us to get our bodies moving, hearts beating, boosting our overall health and well-being; and

WHEREAS, the Move Your Way Program encourages people to become physically active with activities they enjoy—from gardening and yoga to dancing and horseback riding—fostering a Commonwealth where everyone can stay active and healthy and have fun; and

WHEREAS, individuals with intellectual disabilities and autism have faced health disparities and are at an increased risk of co-existing medical conditions; and

WHEREAS, survey data of individuals who receive services through the Office of Developmental Programs show that 40 percent of respondents report that they never go out to exercise; and

WHEREAS, to improve the health outcomes of individuals with intellectual disabilities and autism, direct support professionals, family caregivers, local community organizations, and state agencies can support individuals to safely engage in physical activity by providing tips, resources, and encouragement; and

WHEREAS, the Pennsylvania Department of Human Services has partnered with Move Your Way and Special Olympics Pennsylvania to further encourage individuals to get healthy amounts of physical activity; and

WHEREAS, this call-to-action campaign and its steadfast commitment to educating individuals on physical activity and healthy habits is a commitment to creating healthier and stronger communities where all Pennsylvanians can thrive.

THEREFORE, I, Josh Shapiro, Governor of the Commonwealth of Pennsylvania, do hereby proclaim April 18, 2026, to be

MOVE YOUR WAY DAY

I encourage all Pennsylvanians to join with their families and communities to promote and find ways to enjoy physical activity and Move Your Way on this day and every day.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this tenth day of April two thousand twenty-six, the year of the Commonwealth the two hundred fiftieth.

Governor Josh Shapiro