



# National Chiropractic Health Month 2023

WHEREAS, there has been a general increase in the prevalence of sedentary lifestyles due to advances in technology and the increase in remote work, leading to an increase in musculoskeletal conditions such as low back pain and joint pain; and

WHEREAS, research shows that physical activity provides several important health benefits, such as weight management, increased bone and muscle strength, and decreased risk of heart disease and stroke; and

WHEREAS, physical activity can also provide valuable benefits to our mental health by reducing the risk of anxiety and depression, as well as enhancing sleep and quality of life; and

WHEREAS, chiropractors are healthcare providers who have particular expertise in the prevention, treatment and rehabilitation of musculoskeletal conditions and injuries that may inhibit movement and physical activity; and

WHEREAS, doctors of chiropractic through their regular interactions with patients and in collaboration with other health care providers, have the opportunity to educate Tennesseans on the many benefits of an active, healthy lifestyle; and

WHEREAS, the Tennessee Chiropractic Association joins with the American Chiropractic Association in recognizing October 2023 as National Chiropractic Health Month;

NOW, THEREFORE, I, Randall Crawford, Mayor of the City of Crossville, TN, do hereby proclaim the month of October 2023 Chiropractic Health Month.

IN WITNESS WHEREOF, I have hereunto set my hand.

**Signature** \_\_\_\_\_

**Date Proclaimed** \_\_\_\_\_

