

**RESOLUTION 2023-10**

**A Resolution of the City of La Feria, Texas endorsing and supporting the South Texas International Marathon to encourage improved overall health for the community.**

**WHEREAS**, the City of La Feria, Texas was approached by organizers of the South Texas International Marathon for support of their efforts in bringing awareness to the Rio Grande Valley of the importance of exercise and diabetes; and

**WHEREAS** the South Texas International Marathon is proposed to begin in Donna, Texas with the runners going through the cities of Donna, Weslaco, Mercedes with the final destination in Harlingen, Texas.

**WHEREAS**, the City of La Feria, Texas recognizes the importance of exercise and diabetes awareness; and

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones, and muscle, and improve your ability to do everyday activities.

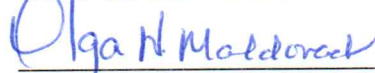
**WHEREAS**, compared with people who do not have diabetes, people with diabetes are more likely to have a heart attack or a stroke, and they can also have heart attacks at a younger age. When this happens, heart attacks can be more severe and more deadly. By keeping your ABCs under control, you can lower your risk of these problems.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

**NOW, THEREFORE**, to show strong commitment and support of the South Texas International Marathon, and the fight against diabetes, the City of La Feria, hereby takes the initiative to assist in making this marathon a success,

**AND FURTHER**, ask the cities of Donna, Weslaco, Mercedes, Harlingen, Cameron County and Hidalgo County to also show their support and commitment to the South Texas International Marathon by acknowledging approval by the elected officials of the respective cities on this 11<sup>th</sup> day of April, 2023.

**CITY OF LA FERIA**



Olga H. Maldonado, Mayor

ATTEST:



Amanda Morales, City Secretary