



Thank you, Commissioner Malcolm.

Good morning.

It's discouraging to hear that so few Minnesotans are getting enough physical activity.

I have personally enjoyed exercising throughout my life, from swimming to biking to jogging. And I suspect that even the surgeon general would recognize wrestling as a good way to get your physical activity – although I wouldn't recommend it for everyone.

It's amazing to me that we spend almost \$500 million a year to treat health problems resulting from inactivity! That shouldn't be happening.

I believe that each individual should take responsibility for their physical fitness – Take care of your body! Get at least 30 minutes of moderate physical activity each day.

Think of the benefits: Not only will you feel better, you may avoid unnecessary medical bills.

Thank you, and get ready to exercise.

Commissioner Malcolm.