

We too often think about mental health differently from other forms of health. Yet like any disease, mental illnesses can be treated—and without help, they can grow worse. That is why we must build an open dialogue that encourages support and respect for those struggling with mental illness. To learn how you can get involved, visit [www.MentalHealth.gov](http://www.MentalHealth.gov). Those seeking immediate help should call 1–800–662–HELP. The National Suicide Prevention Lifeline also offers immediate assistance for all Americans, including service members and veterans, at 1–800–273–TALK.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2014 as National Mental Health Awareness Month. I call upon citizens, government agencies, organizations, health care providers, and research institutions to raise mental health awareness and continue helping Americans live longer, healthier lives.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA

#### **Proclamation 9113 of April 30, 2014**

### **National Physical Fitness and Sports Month, 2014**

*By the President of the United States of America*

*A Proclamation*

Sports keep children healthy, teach them to work as part of a team, and help them develop the discipline to achieve their goals. During National Physical Fitness and Sports Month, we encourage America's sons and daughters to get active and challenge everyone to join the movement for a happier, fitter Nation.

For 4 years, First Lady Michelle Obama's *Let's Move!* initiative has worked with community and faith leaders, educators, health care professionals, and businesses to give our children a healthy start and empower schools to build active environments. My Administration launched the Presidential Youth Fitness Program, replacing the old Physical Fitness Test to put a stronger emphasis on students' health. We also created the new Presidential Active Lifestyle Award, which encourages all Americans to commit to eating right and getting regular exercise. Because everyone should have the chance to get active, the President's Council on Fitness, Sports, and Nutrition is expanding *I Can Do It, You Can Do It!*—a program that creates more opportunities for Americans with disabilities to participate in fitness and sports. For more information or to learn how you can get involved, visit [www.LetsMove.gov](http://www.LetsMove.gov) and [www.Fitness.gov](http://www.Fitness.gov).

By leading more active lifestyles, we can invest in our futures and encourage our children to do the same. This month, let us champion fitness to our family, friends, and colleagues. Let us give young people

the chance to find a sport or physical activity they love, boost their energy and confidence, and reach their fullest potential.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2014 as National Physical Fitness and Sports Month. I call upon the people of the United States to make daily physical activity, sports participation, and good nutrition a priority in their lives.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA

**Proclamation 9114 of April 30, 2014**

**Older Americans Month, 2014**

*By the President of the United States of America*

*A Proclamation*

Older Americans have fortified our country and shaped our world. They have made groundbreaking discoveries, pioneered new industries, led our Nation's businesses, and advanced our unending journey toward a more perfect Union. They have raised strong families and strengthened communities. And with unwavering courage and patriotism, many rose in defense of the land we love. This month, we celebrate the remarkable contributions and sacrifices of our elders, and we offer our renewed gratitude and support.

With decades of experience and unyielding enthusiasm, seniors continue to lift up our neighborhoods, offer perspective on pressing challenges, and serve as role models to our next generation—proving Americans never stop making a difference or giving back. I encourage older Americans to learn about service opportunities in their area by visiting [www.SeniorCorps.gov](http://www.SeniorCorps.gov).

My Administration stands with older Americans as they make their mark, which is why we are fighting to protect Social Security and Medicare. Through the Affordable Care Act, we lowered prescription drug costs, prohibited insurers from denying coverage to people with pre-existing conditions, and enabled seniors to receive recommended preventive health care at no out-of-pocket cost.

As vital members of our communities, seniors deserve the resources and information to stay healthy and safe. This year's Older Americans Month theme, "Safe Today, Healthy Tomorrow," raises awareness about injury prevention. To take control of their safety, seniors can talk to their health care provider about the best physical activities for them, make sure their homes have ample lighting, and install handrails wherever they are helpful—particularly near stairs and in bathrooms.

During Older Americans Month, we pay tribute to our parents, grandparents, friends, neighbors, and every senior near to our hearts. We strive to build a bright future on the strong foundation they have laid.