

Proclamation



FULTON
COUNTY

WHEREAS,

Pilates is mind and body exercise developed in the early 20th century by German physical trainer Joseph Pilates and is currently practiced around the world by more than 11 million people, and approximately 14,000 instructors in the United States; and



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WHEREAS,

Black Girl Pilates was founded in Atlanta, Georgia by Pilates instructor, Sonja Herbert, who is committed to Black representation within fitness and improving the health and wellness of the Black community through writing, speaking, advocacy, education, and mentorship; and



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WHEREAS,

the vision of Black Girl Pilates is to create a space for and centered around Black women who teach Pilates to share ideas, success and struggles as instructors and teachers within the business of the method; and



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WHEREAS,

Black Girl Pilates also identifies and dismantles areas where Black women are left out, including magazines, social media, conferences, and trainings, and confronts those entities regarding lack of Black women in these spaces; and



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WHEREAS,

the Black Girl Pilates Conference will convene on July 29th and 30th, 2023 to host some of the best Black Pilates instructors in the industry, and offer classes, workshops, and panel to share best practices of women of color in the Pilates industry;



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NOW, THEREFORE, BE IT RESOLVED, That the Fulton County Board of Commissioners recognizes Black Girl Pilates for its work to promote the health and wellness of all women, and does hereby proclaim Saturday, July 29, 2023 as “**BLACK GIRL PILATES APPRECIATION DAY**” in Fulton County, Georgia.

Fulton County Board of Commissioners

Commissioner

Attest:

Clerk to the Commission

F U L T O N C O U N T Y