

THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 69 Session of 2011

INTRODUCED BY TARTAGLIONE, BRUBAKER, STACK, RAFFERTY, DINNIMAN,
FONTANA, ERICKSON, EARLL, HUGHES, ALLOWAY, GREENLEAF,
D. WHITE, COSTA, BREWSTER, PILEGGI, FERLO AND PIPPY,
APRIL 6, 2011

INTRODUCED AND ADOPTED, APRIL 6, 2011

A RESOLUTION

1 Recognizing April 6, 2011, as "National Start! Walking Day" in
2 Pennsylvania.

3 WHEREAS, Each year, 1.25 million Americans suffer a new or
4 recurrent coronary attack, and cardiovascular disease is the
5 nation's leading cause of death with direct and indirect costs
6 estimated to be \$503.2 billion in 2010; and

7 WHEREAS, More physical activity can help improve these
8 statistics; and

9 WHEREAS, Some adults may gain up to two hours of life
10 expectancy for every hour of regular, vigorous physical
11 activity, such as very brisk walking; and

12 WHEREAS, In addition to the possibility of increased life
13 expectancy, regular walking has many proven benefits for an
14 individual's overall health; and

15 WHEREAS, Brisk walking for 30 minutes a day can lower both
16 bad cholesterol levels and high blood pressure and may also help
17 prevent weight gain and reduce the risk of stroke; and

1 WHEREAS, The Centers for Disease Control and Prevention
2 estimate that physically active people save \$330 per year in
3 direct medical expenditures; and

4 WHEREAS, On "National Start! Walking Day," April 6, the
5 American Heart Association's Start! initiative calls on all
6 citizens of Pennsylvania to walk at least 30 minutes that day;
7 and

8 WHEREAS, The purpose behind "National Start! Walking Day" is
9 to get Americans to become more physically active by walking;
10 therefore be it

11 RESOLVED, That the Senate recognize April 6, 2011, as
12 "National Start! Walking Day" in Pennsylvania and urge all
13 citizens to show their support for walking and the fight against
14 heart disease and commemorate this day by walking at work.