

THE GENERAL ASSEMBLY OF PENNSYLVANIA

# HOUSE RESOLUTION

No. 301 Session of  
1990

INTRODUCED BY FLICK, O'DONNELL, DeWEESE, RYAN, ITKIN, ACOSTA, ADOLPH, ALLEN, ANGSTADT, ARGALL, BARLEY, BATTISTO, BELARDI, BELFANTI, BILLOW, BIRMELIN, BISHOP, BLACK, BLAUM, BORTNER, BOWLEY, BOYES, BRANDT, BROUJOS, BUNT, BURD, BURNS, BUSH, CALTAGIRONE, CAPPABIANCA, CARLSON, CARN, CAWLEY, CESSAR, CHADWICK, CIVERA, B. D. CLARK, D. F. CLARK, J. H. CLARK, CLYMER, COHEN, COLAFELLA, COLAIZZO, COLE, CORNELL, CORRIGAN, COWELL, COY, DALEY, DAVIES, DeLUCA, DEMPSEY, DIETTERICK, DININNI, DISTLER, DOMBROWSKI, DONATUCCI, DORR, DURHAM, EVANS, FAIRCHILD, FARGO, FARMER, FEE, FLEAGLE, FOSTER, FOX, FREEMAN, FREIND, GALLEN, GAMBLE, GANNON, GEIST, GEORGE, GIGLIOTTI, GLADECK, GODSHALL, GRUITZA, GRUPPO, HAGARTY, HALUSKA, HARPER, HASAY, HAYDEN, HAYES, HECKLER, HERMAN, HERSHEY, HESS, HOWLETT, HUGHES, JACKSON, JADLOWIEC, JAMES, JAROLIN, JOHNSON, JOSEPHS, KAISER, KASUNIC, KENNEY, KONDRICH, KOSINSKI, KUKOVICH, LaGROTTA, LANGTRY, LASHINGER, LAUGHLIN, LEE, LEH, LESCOVITZ, LEVDANSKY, LINTON, LLOYD, LUCYK, MAIALE, MAINE, MARKOSEK, MARSICO, MAYERNIK, McCALL, McHALE, McNALLY, McVERRY, MELIO, MERRY, MICHLOVIC, MICOZZIE, MILLER, MOEHLMANN, MORRIS, MOWERY, MRKONIC, MURPHY, NAHILL, NAILOR, NOYE, O'BRIEN, OLASZ, OLIVER, PERZEL, PESCI, PETRARCA, PETRONE, PHILLIPS, PICCOLA, PIEVSKY, PISTELLA, PITTS, PRESSMANN, PRESTON, RAYMOND, REBER, REINARD, RICHARDSON, RIEGER, RITTER, ROBBINS, ROBINSON, ROEBUCK, RUDY, RYBAK, SALOOM, SAURMAN, SCHEETZ, SCHULER, SCRIMENTI, SEMMEL, SERAFINI, B. SMITH, S. H. SMITH, D. W. SNYDER, G. SNYDER, STABACK, STAIRS, STEIGHNER, STISH, STRITTMATTER, STUBAN, TANGRETTI, E. Z. TAYLOR, F. TAYLOR, J. TAYLOR, TELEK, THOMAS, TIGUE, TRELLO, TRICH, VAN HORNE, VEON, VROON, WAMBACH, WASS, WESTON, WILLIAMS, WILSON, WOGAN, WOZNIAK, D. R. WRIGHT, J. L. WRIGHT, R. C. WRIGHT AND YANDRISEVITS, APRIL 4, 1990

REFERRED TO COMMITTEE ON RULES, APRIL 4, 1990

A CONCURRENT RESOLUTION

- 1 Urging the Governor to proclaim May 1990 as "Pennsylvania
- 2 Physical Fitness and Sports Month."
- 3 WHEREAS, A key to lifelong health planning and happiness is

1 maintaining a regular physical fitness routine through such  
2 activities as walking, biking, jogging, swimming, gardening,  
3 racket sports and a wealth of other hobbies and sports; and

4 WHEREAS, Sensible eating, combined with physical exercise  
5 aimed at improving cardiovascular endurance, has proven to be an  
6 essential component of good physical and mental health for all  
7 ages; and

8 WHEREAS, Today, a physical activity exists for almost  
9 everyone at any level of ability and difficulty; and

10 WHEREAS, Studies show that our children's physical fitness  
11 levels are not what they should be, thus leading to the risk of  
12 higher rates of absenteeism and counterproductivity in the  
13 workplace during their adult lives; and

14 WHEREAS, More physically active senior citizens possess a  
15 greater endurance and determination for continued independence  
16 and an active lifestyle in their later years; and

17 WHEREAS, Medical authorities firmly state that regular  
18 physical activity forms lifetime habits that can significantly  
19 reduce the danger of disability and premature death; and

20 WHEREAS, It is appropriate to support leading fitness experts  
21 for major contributions in the area of physical conditioning for  
22 thousands of citizens across this Commonwealth; and

23 WHEREAS, It is the government's responsibility to continually  
24 improve and protect the health and well-being of all the  
25 citizens of our great State and urge them to make the choice of  
26 a lifetime that can influence long-term health prospects;  
27 therefore be it

28 RESOLVED (the Senate concurring), That the General Assembly  
29 memorialize Governor Robert P. Casey to hereby proclaim May 1990  
30 as "Pennsylvania Physical Fitness and Sports Month" and urges

1 the business, labor and community leaders to use this occasion  
2 to renew their commitment to make regular physical activities an  
3 integral part of their lives and their colleagues' lives at  
4 home, in the workplace and in Pennsylvania communities.