

THE GENERAL ASSEMBLY OF PENNSYLVANIA

# HOUSE RESOLUTION

No. 744 Session of 2014

INTRODUCED BY LONGIETTI, LUCAS, BISHOP, COHEN, READSHAW,  
DIGIROLAMO, SCHREIBER, CALTAGIRONE, MIRABITO, KIRKLAND,  
SONNEY, VEREB, BARRAR, CLAY, KILLION, WHEATLEY, BROWNLEE,  
O'NEILL, PICKETT, MILLARD, TOOIL, SCHLOSSBERG, HAHN, KORTZ,  
MICOZZIE, YOUNGBLOOD, BOBACK, FREEMAN, HARHART, MATZIE,  
MCNEILL, ROEBUCK, ROCK, MAJOR, ROSS, BAKER, MURT, MCCARTER,  
BIZZARRO, FLECK AND MILNE, MARCH 31, 2014

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
MARCH 31, 2014

## A RESOLUTION

1 Designating April 2, 2014, as "National Start! Walking Day" in  
2 Pennsylvania.

3 WHEREAS, National Start! Walking Day is a day observed  
4 annually to encourage Americans to lace up their sneakers and  
5 take at least 30 minutes out of their day to walk; and

6 WHEREAS, The American Heart Association maintains that at  
7 least 30 minutes of walking daily can help reduce an  
8 individual's risk of coronary heart disease, stroke,  
9 osteoporosis, breast cancer, colon cancer and diabetes; and

10 WHEREAS, Walking for at least 30 minutes daily can also  
11 improve blood pressure, blood sugar levels and blood lipid  
12 profile; and

13 WHEREAS, The Centers for Disease Control and Prevention (CDC)  
14 reports that cardiovascular disease is the number one killer of  
15 women and men in the United States; and

1       WHEREAS, Cardiovascular diseases, including heart disease and  
2 stroke, are the nation's leading cause of death and disability,  
3 with more than one million Americans suffering a new or  
4 recurrent coronary attack each year and 795,000 suffering a new  
5 or recurrent stroke; and

6       WHEREAS, Direct and indirect costs of cardiovascular disease,  
7 including lost productivity, are estimated to reach \$553.7  
8 billion in 2015; and

9       WHEREAS, The 2008 Physical Activity Guidelines for Americans  
10 and the American Heart Association recognize the many health  
11 benefits of physical activity and recommend that children and  
12 adolescents do one hour or more of physical activity each day  
13 and adults do two and one-half hours of moderate-intensity  
14 physical activity each week; and

15       WHEREAS, If 10% of Americans were to begin a regular walking  
16 program, \$5.6 billion in heart disease costs could be saved; and

17       WHEREAS, By promoting a culture of physical activity,  
18 corporate America can decrease health care costs, increase  
19 productivity and improve the quality of life and longevity of  
20 the nation's work force; therefore be it

21       RESOLVED, That the House of Representatives designate April  
22 2, 2014, as "National Start! Walking Day" in Pennsylvania; and  
23 be it further

24       RESOLVED, That the House of Representatives recognize the  
25 need to raise awareness of the importance of regular physical  
26 activity in the lives of citizens across this Commonwealth.