

THE GENERAL ASSEMBLY OF PENNSYLVANIA

# HOUSE RESOLUTION

No. 848 Session of 2014

INTRODUCED BY WATSON, DIGIROLAMO, O'NEILL, YOUNGBLOOD, MILNE, MARSHALL, BAKER, BISHOP, BIZZARRO, BOBACK, V. BROWN, BROWNLEE, CALTAGIRONE, CLYMER, COHEN, D. COSTA, SCHLEGEL CULVER, DONATUCCI, EVERETT, FARINA, FLECK, GIBBONS, GINGRICH, HARHART, HEFFLEY, HENNESSEY, KILLION, KIM, KINSEY, KORTZ, LONGIETTI, LUCAS, MAJOR, McNEILL, MILLARD, MIRABITO, MURT, PICKETT, READSHAW, ROCK, ROSS, SCAVELLO, SCHLOSSBERG, SONNEY, SWANGER, THOMAS, VEREB AND MAHONEY, MAY 5, 2014

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, MAY 5, 2014

## A RESOLUTION

1 Observing the week of May 1 through 7, 2014, as "National  
2 Physical Education and Sports Week" and the month of May 2014  
3 as "National Physical Fitness and Sports Month" in  
4 Pennsylvania, and encouraging residents of Pennsylvania to  
5 learn more about the importance of physical activity for  
6 their health, to incorporate physical activity into their  
7 daily lives and to join in an effort to create a more  
8 enlightened public attitude and response.

9 WHEREAS, May is National Physical Fitness and Sports Month;

10 and

11 WHEREAS, This designation was established to encourage  
12 broader promotion of physical fitness activities and programs in  
13 schools, park and recreation departments, employee associations,  
14 hospitals and other agencies involved in physical fitness; and

15 WHEREAS, Many residents of this Commonwealth would improve  
16 the quality of their lives through proper exercise and diet; and

17 WHEREAS, Obesity-related diseases cost the United States

1 economy more than \$190 billion every year; and

2 WHEREAS, Physical activity reduces risk, at all ages, of  
3 heart disease, high blood pressure and diabetes; and

4 WHEREAS, Fewer than one-third of individuals 6 through 17  
5 years of age participate in vigorous physical activity on a  
6 regular basis; and

7 WHEREAS, Physical activity is necessary to support normal  
8 growth in children and is essential to the continuing health and  
9 well-being of youth and adults; and

10 WHEREAS, More than 70 million children and youth in the  
11 United States have the potential to acquire the knowledge,  
12 skills and values that can lead to a lifetime of physically  
13 active and healthy living; and

14 WHEREAS, The goal of Let's Move in School is to ensure that  
15 every school provides a comprehensive physical activity program  
16 with quality physical education as the foundation so that youth  
17 will develop the knowledge, skills and confidence to be  
18 physically active for a lifetime; therefore be it

19 RESOLVED, That the House of Representatives observe the week  
20 of May 1 through 7, 2014, as "National Physical Education and  
21 Sports Week" and encourage the residents of this Commonwealth to  
22 support the schools' physical education programs; and be it  
23 further

24 RESOLVED, That the House of Representatives observe the month  
25 of May 2014 as "National Physical Fitness and Sports Month" in  
26 Pennsylvania and encourage the residents of this Commonwealth to  
27 be physically active on a regular basis; and be it further

28 RESOLVED, That the House of Representatives encourage the  
29 residents of this Commonwealth to learn more about the  
30 importance of physical activity for their health, to incorporate

1 physical activity into their daily lives and to join in an  
2 effort to create a more enlightened public attitude and  
3 response.