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House of Representatives  
COMMONWEALTH OF PENNSYLVANIA  
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**MEMORANDUM**

**TO:** Members of the House of Representatives  
**FROM:** Representative Eddie Day Pashinski  
**DATE:** April 11, 2011  
**RE:** Co-sponsorship of resolution – “Walk at Lunch Day”

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In the near future, I will be introducing a resolution recognizing April 27, 2011, as “Walk at Lunch Day” in Pennsylvania.

Each spring, the Blue Cross and Blue Shield Association spearheads the “National Walk at Lunch Day” in April. This event seeks to promote improved health by acknowledging walking during the lunch break as an easy and convenient exercise option. Employers are encouraged to hold lunchtime walks for their employees to promote the health benefits of physical activity during the work day. Events are sponsored by the 39 Blue Cross and Blue Shield plans in all 50 states. Last year, tens of thousands of employees participated across the country, making the day a great success.

Certain heart conditions, such as Type 2 diabetes and hypertension, find their roots in an inactive lifestyle. The cost of treating these illnesses is great, both for the individuals who suffer from them and for every other American. Indeed, the U.S. Department of Health and Human Services estimates the annual cost to be nearly \$1,000 for every American family. If employees are able to find just 30 minutes to briskly walk each day, for five days a week, they can lower the risk of developing chronic illness and can improve the health of muscles, bones, and joints.

If you would like to co-sponsor this resolution, please contact Lauren in my Harrisburg office at [lbordner@pahouse.net](mailto:lbordner@pahouse.net).