

## A RESOLUTION

1 Designating the month of June 2013 as "Healthy Living and  
2 Healthy Eating Month" in Pennsylvania and encouraging all  
3 citizens to eat healthily and exercise.

4 WHEREAS, Obesity is second only to smoking among the top  
5 preventable causes of death in our nation; and

6 WHEREAS, With medical comorbidities including heart disease  
7 and diabetes, obesity is set to become the number one  
8 preventable cause of death in our nation; and

9 WHEREAS, Nearly two out of three Americans are overweight or  
10 obese, a 50% increase from just a decade ago; and

11 WHEREAS, More than half of all Americans do not get the daily  
12 recommended amount of physical activity; and

13 WHEREAS, Dr. Ian Smith is leading a national health  
14 initiative called the 50 Million Pound Challenge to encourage  
15 people to come together and take control of their health by  
16 getting fit, losing excess weight and reversing the deadly  
17 health risks associated with being overweight or obese; and

18 WHEREAS, The 50 Million Pound Challenge is a free campaign

1 supported by national civic and health organizations to help  
2 individuals and families in our communities team up in an effort  
3 to reverse the epidemic of excess weight and create a culture of  
4 healthier living; and

5 WHEREAS, In January 2013, Dr. Smith addressed SEPTA employees  
6 at SEPTA headquarters in Philadelphia, motivating them to make  
7 healthy lifestyle changes and sharing his personal tips and  
8 copies of his new book, *SHRED: The Revolutionary Diet*; and

9 WHEREAS, Inspired to attain their personal health and fitness  
10 goals, more than 100 SEPTA employees have begun following Dr.  
11 Smith's challenge and have adopted healthier habits; therefore  
12 be it

13 RESOLVED, That the House of Representatives designate the  
14 month of June 2013 as "Healthy Living and Healthy Eating Month"  
15 in Pennsylvania and encourage individuals and families in our  
16 communities to make healthy food choices and engage in exercise  
17 on a regular basis.