

A RESOLUTION

1 Recognizing April 1, 2020, as "National Walking Day" in
2 Pennsylvania.

3 WHEREAS, "National Walking Day" is a day observed annually to
4 encourage Americans to lace up their sneakers and take at least
5 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

16 WHEREAS, Cardiovascular diseases, including heart disease and
17 stroke, are the nation's leading cause of death and disability,

1 with more than 1 million Americans suffering a new or recurrent
2 coronary attack each year and 795,000 suffering a new or
3 recurrent stroke; and

4 WHEREAS, The American Heart Association projects that by
5 2030, 40.5% of Americans, or 116 million people, will have some
6 form of cardiovascular disease; and

~~7 WHEREAS, Direct and indirect costs of cardiovascular disease,~~
8 including lost productivity, are estimated to reach \$664.7
9 billion in 2020; and

10 WHEREAS, The 2018 Physical Activity Guidelines for Americans
11 and the American Heart Association recognize the many health
12 benefits of physical activity and recommend that children and
13 adolescents do one hour or more of physical activity each day
14 and adults do two and one-half hours of moderate-intensity
15 physical activity each week; and

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

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

22 RESOLVED, That the House of Representatives recognize April
23 1, 2020, as "National Walking Day" in Pennsylvania; and be it
24 further

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