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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 726 Session of  
2010

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INTRODUCED BY PASHINSKI, BAKER, BEAR, BEYER, BISHOP, BRADFORD, BRENNAN, CALTAGIRONE, COHEN, CONKLIN, D. COSTA, CREIGHTON, DALEY, DeWEESE, DiGIROLAMO, DONATUCCI, EVERETT, FAIRCHILD, FREEMAN, GEIST, GEORGE, GIBBONS, GILLESPIE, GINGRICH, GOODMAN, GRUCELA, HELM, HENNESSEY, KILLION, KORTZ, KOTIK, KULA, MAJOR, MATZIE, McCALL, McGEEHAN, MELIO, MILLARD, MIRABITO, MURT, MUSTIO, OBERLANDER, O'NEILL, PALLONE, PAYNE, PHILLIPS, PICKETT, READSHAW, ROCK, ROSS, SAINATO, SANTONI, SCAVELLO, SEIP, SIPTROTH, SWANGER, THOMAS, VULAKOVICH AND YOUNGBLOOD, APRIL 7, 2010

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, APRIL 7, 2010

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A RESOLUTION

1 Recognizing April 28, 2010, as "Walk at Lunch Day" in  
2 Pennsylvania.

3 WHEREAS, The health and well-being of this Commonwealth's  
4 residents is vital to its welfare, and this Commonwealth  
5 applauds individuals and organizations that strive to educate  
6 Pennsylvanians about living a longer and healthier life; and

7 WHEREAS, Participating in 30 minutes of moderate physical  
8 activity, such as a brisk walk, at least five times a week can  
9 result in significant health benefits, such as lowering the risk  
10 of developing or dying from cardiovascular disease, hypertension  
11 or type-2 diabetes and improving the health of muscles, bones  
12 and joints; and

13 WHEREAS, The Department of Health and Human Services

1 estimates the cost to treat illness and chronic disease caused  
2 by inactive lifestyles to be nearly \$1,000 per year for every  
3 family in the United States; and

4 WHEREAS, The Blue Cross and Blue Shield Association's  
5 "National Walk at Lunch Day" is a workplace walking program that  
6 encourages employees to walk during their lunch break, making  
7 exercise a convenient and easy choice every day; and

8 WHEREAS, Blue Cross of Northeastern Pennsylvania has been  
9 committed to supporting and educating Pennsylvanians residing in  
10 its 13 county service areas about the health and wellness  
11 benefits of engaging in routine, moderate physical activity;  
12 therefore be it

13 RESOLVED, That the House of Representatives congratulate and  
14 applaud Pennsylvania organizations such as Blue Cross of  
15 Northeastern Pennsylvania that initiate events to educate the  
16 residents of this Commonwealth about the health and wellness  
17 benefits of routine physical activity and the importance of  
18 making walking a part of a healthy lifestyle; and be it further

19 RESOLVED, That the House of Representatives recognize April  
20 28, 2010, as "Walk at Lunch Day" in Pennsylvania.