

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 137 Session of 2011

INTRODUCED BY LONGIETTI, BAKER, BOBACK, BRADFORD, BROWNLEE, CALTAGIRONE, COHEN, CONKLIN, D. COSTA, DeWEESE, DONATUCCI, EVERETT, FLECK, GEIST, GIBBONS, GINGRICH, GOODMAN, GRELL, HARKINS, HENNESSEY, HESS, KAVULICH, KOTIK, KULA, MAHONEY, MAJOR, MANN, MARSICO, MICOZZIE, MILLARD, MOUL, MURT, MUSTIO, MYERS, OBERLANDER, M. O'BRIEN, O'NEILL, QUINN, RAVENSTAHL, READSHAW, REICHLEY, ROCK, ROSS, SAINATO, SCAVELLO, SONNEY, STABACK, SWANGER, TALLMAN, VEREB, VULAKOVICH AND WHEATLEY, MARCH 17, 2011

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, MARCH 17, 2011

A RESOLUTION

1 Recognizing April 8, 2011, as "National Start! Walking Day" in
2 Pennsylvania.

3 WHEREAS, Cardiovascular diseases, including heart disease and
4 stroke, are the nation's leading cause of death and disability,
5 with 1.26 million Americans suffering a new or recurrent
6 coronary attack each year and 795,000 suffering a new or
7 recurrent stroke; and

8 WHEREAS, Direct and indirect costs of cardiovascular disease,
9 including lost productivity, are estimated to be \$475.3 billion
10 in 2009; and

11 WHEREAS, Regular physical activity reduces the risk of
12 cardiovascular disease and increases life expectancy; and

13 WHEREAS, The 2008 Physical Activity Guidelines for Americans
14 and the American Heart Association recognize the many health

1 benefits of physical activity, including lower risk of heart
2 disease and stroke, and recommend that children and adolescents
3 do one hour or more of physical activity each day and adults do
4 two and one-half hours of moderate-intensity physical activity
5 each week; and

6 WHEREAS, Regular walking has many proven benefits for an
7 individual's overall health, and brisk walking for at least 30
8 minutes a day can lower both bad cholesterol levels and high
9 blood pressure and can help individuals who are overweight
10 achieve and maintain weight loss and reduce their risk of
11 stroke; and

12 WHEREAS, If 10% of Americans began a regular walking program,
13 \$5.6 billion in heart disease costs could be saved; and

14 WHEREAS, By promoting a culture of physical activity,
15 corporate America can decrease health care costs, increase
16 productivity and improve the quality of life and longevity of
17 the nation's work force; and

18 WHEREAS, On "National Start! Walking Day," April 8, 2011, the
19 American Heart Association calls on everyone to wear sneakers
20 and walk; therefore be it

21 RESOLVED, That the House of Representatives recognize April
22 8, 2011, as "National Start! Walking Day" in Pennsylvania to
23 demonstrate the importance of regular physical activity and urge
24 all citizens to show their support for walking and the fight
25 against heart disease and commemorate this day by taking time to
26 walk.