
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 692 Session of
2012

INTRODUCED BY WATSON, GROVE, MICOZZIE, YOUNGBLOOD, D. COSTA,
BAKER, BRADFORD, COHEN, CONKLIN, J. EVANS, GILLEN, GILLESPIE,
GINGRICH, GOODMAN, HARHART, HARPER, HARRIS, HESS, HICKERNELL,
KILLION, KOTIK, KULA, MANN, MILLARD, MILNE, MURT, M. O'BRIEN,
PASHINSKI, QUINN, RAVENSTAHL, READSHAW, ROCK, SANTONI,
SCHRODER, STABACK, SWANGER, TALLMAN AND WATERS,
APRIL 30, 2012

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, APRIL
30, 2012

A RESOLUTION

1 Observing the week of May 1 through 7, 2012, as "National
2 Physical Education and Sports Week" and the month of May 2012
3 as "National Physical Fitness and Sports Month" in
4 Pennsylvania, and encouraging residents of Pennsylvania to
5 learn more about the importance of physical activity for
6 their health, to incorporate physical activity into their
7 daily lives and to join in an effort to create a more
8 enlightened public attitude and response.

9 WHEREAS, May is "National Physical Fitness and Sports Month";

10 and

11 WHEREAS, This designation was established to encourage
12 broader promotion of physical fitness activities and programs in
13 schools, park and recreation departments, employee associations,
14 hospitals and other agencies involved in physical fitness; and

15 WHEREAS, Many residents of this Commonwealth would improve
16 the quality of their lives through proper exercise and diet; and

17 WHEREAS, Obesity-related diseases cost the United States
18 economy more than \$147 billion every year; and

1 WHEREAS, Physical activity reduces risk, at all ages, of
2 heart disease, high blood pressure and diabetes; and

3 WHEREAS, Fewer than one-third of individuals 6 through 17
4 years of age participate in vigorous physical activity on a
5 regular basis; and

6 WHEREAS, Physical activity is necessary to support normal
7 growth in children and is essential to the continuing health and
8 well-being of youth and adults; and

9 WHEREAS, More than 70 million children and youth in the
10 United States have the potential to acquire the knowledge,
11 skills and values that can lead to a lifetime of physically
12 active and healthy living; and

13 WHEREAS, The goal of Let's Move in School is to ensure that
14 every school provides a comprehensive physical activity program
15 with quality physical education as the foundation so that youth
16 will develop the knowledge, skills and confidence to be
17 physically active for a lifetime; therefore be it

18 RESOLVED, That the House of Representatives observe the week
19 of May 1 through 7, 2012, as "National Physical Education and
20 Sports Week" and encourage the residents of Pennsylvania to
21 support the schools' physical education programs; and be it
22 further

23 RESOLVED, That the House of Representatives observe the month
24 of May 2012 as "National Physical Fitness and Sports Month" in
25 Pennsylvania and encourage the residents of Pennsylvania to be
26 physically active on a regular basis; and be it further

27 RESOLVED, That the House of Representatives encourage the
28 residents of Pennsylvania to learn more about the importance of
29 physical activity for their health, to incorporate physical
30 activity into their daily lives and to join in an effort to

1 create a more enlightened public attitude and response.