
Introduced by Senator Morrell

May 21, 2015

Senate Resolution No. 32—Relative to National Physical Fitness and Sports Month.

1 WHEREAS, Moderate daily exercise and fitness activities are
2 excellent ways to relieve stress, lower the risk of heart disease and
3 diabetes, prevent bone loss, and reduce the risk of some cancers;
4 and
5 WHEREAS, The United States Surgeon Generals' Report on
6 Physical Activity and Health concluded that significant health
7 benefits can be obtained by including a moderate amount of
8 physical activity, and it is well known that additional health
9 benefits can be gained through greater amounts of physical activity;
10 and
11 WHEREAS, Cardiovascular disease, including heart attacks
12 and strokes, is the number one killer of men and women in the
13 United States, physically inactive people are twice as likely to
14 develop coronary heart disease as regularly active people, and the
15 health risk posed by physical inactivity is almost as high as risk
16 factors such as cigarette smoking, high blood pressure, and high
17 cholesterol; and
18 WHEREAS, Exercise and fitness activities can increase
19 self-esteem, boost energy, strengthen the heart and muscles, and
20 burn calories; and
21 WHEREAS, A person's fitness level has a significant effect on
22 the body's ability to produce energy and to reduce fat; and
23 WHEREAS, Fitness activities have been shown to sharpen
24 mental ability and retard the aging process in all people and, among

1 the elderly, exercise provides cardiovascular, respiratory,
2 neuromuscular, metabolic, and mental health benefits; and

3 WHEREAS, Maximizing one's energy level, increasing muscle
4 mass, and reducing body fat increases one's chances of living a
5 longer, healthier life; and

6 WHEREAS, The federal Centers for Disease Control and
7 Prevention found that in 2013 just over 60 percent of California's
8 population was either obese or overweight and that 6 percent of
9 adults are severely obese— a figure that has quadrupled in the past
10 30 years; and

11 WHEREAS, The Trust for America's Health reports that while
12 the rate of obesity is just beginning to slow, rates are still
13 unacceptably high and disparities persist with black and Latino
14 communities having higher rates of obesity than white
15 communities; and

16 WHEREAS, The Trust for America's Health finds that nearly
17 one out of three children and teens two to 19 years of age,
18 inclusive, are overweight or obese, and the State Department of
19 Education reports that the majority of California's children are not
20 physically fit; and

21 WHEREAS, The Legislature seeks to advance the physical
22 fitness of all Californians by educating them about the benefits of
23 exercise and a balanced diet; and

24 WHEREAS, The Legislature will increase public awareness
25 about the benefits of exercise and physical fitness by encouraging
26 its members to host events in their districts that stimulate physical
27 fitness and increase participation by Californians in activities that
28 promote physical health and benefit both mental and physical
29 well-being; and

30 WHEREAS, The Legislature encourages its members, as well
31 as organizations, businesses, and individuals, to sponsor and attend
32 physical fitness events that are informative, fun, and result in a
33 number of Californians becoming physically fit; now, therefore,
34 be it

35 *Resolved by the Senate of the State of California,* That the Senate
36 hereby proclaims the month of May 2015 as National Physical
37 Fitness and Sports Month in California, and encourages all
38 Californians to enrich their lives through proper diet and exercise;
39 and be it further

- 1 *Resolved*, That the Secretary of the Senate transmit copies of
- 2 this resolution to the author for appropriate distribution.

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