

Assembly Concurrent Resolution

No. 8

Introduced by Assembly Member Torlakson

January 6, 2009

Assembly Concurrent Resolution No. 8—Relative to California Fitness Month.

LEGISLATIVE COUNSEL'S DIGEST

ACR 8, as introduced, Torlakson. California Fitness Month.

This measure would proclaim the month of May 2009 as California Fitness Month, and would encourage all Californians to enrich their lives through proper diet and exercise.

Fiscal committee: no.

1 WHEREAS, Exercise and fitness activities can increase
2 self-esteem, boost energy, strengthen the heart and muscles, and
3 burn calories; and

4 WHEREAS, Exercise and fitness activities are excellent ways
5 to relieve stress, lower the risk of heart disease and diabetes,
6 prevent bone loss, and decrease the risk of some cancers; and

7 WHEREAS, A person's fitness level has a dramatic effect on
8 the body's ability to produce energy and to reduce fat; and

9 WHEREAS, To lose weight and keep it off, one should do an
10 enjoyable, moderate-intensity aerobic activity for 30 to 60 minutes,
11 three to five times a week; and

12 WHEREAS, A person should also do muscle-strengthening
13 exercises two or three times a week, and should concentrate on
14 maintaining a balanced diet; and

1 WHEREAS, Most popular diet programs cannot produce
2 long-lasting weight reduction results without exercise; and

3 WHEREAS, There is no age limit for physical activity. Among
4 the elderly, exercise provides cardiovascular, respiratory,
5 neuromuscular, metabolic, and mental health benefits; and

6 WHEREAS, Fitness activities have been shown to sharpen
7 mental ability in all people, and to retard the aging process; and

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

11 WHEREAS, Among states, California ranks 41st for weight
12 health with 56 percent of California adults being either obese or
13 overweight; and

14 WHEREAS, The rate of type II diabetes tripled among American
15 children from 2000 to 2005; and

16 WHEREAS, The United States Surgeon General recently spoke
17 about the "cultural transformation" necessary to reverse the
18 detrimental effects of childhood obesity, and the threat to national
19 security that obesity poses for the country; and

20 WHEREAS, The State Department of Education reports that a
21 majority of California's children are not physically fit; and

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

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

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

36 *Resolved by the Assembly of the State of California, the Senate*
37 *thereof concurring, That the Legislature hereby proclaims the*
38 *month of May 2009 as California Fitness Month, and encourages*
39 *all Californians to enrich their lives through proper diet and*
40 *exercise; and be it further*

- 1 *Resolved*, That the Chief Clerk of the Assembly transmit copies
- 2 of this resolution to the author for appropriate distribution.

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