

2011-J2192

LEGISLATIVE RESOLUTION honoring Jocelyn Samuel for her outstanding accomplishments as a participant in the Body by Denise Program

WHEREAS, It is the sense of this Legislative Body to recognize and commend those individuals who distinguish themselves through their exceptional personal triumphs; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to honor Jocelyn Samuel for her outstanding accomplishments as a participant in the Body by Denise Program, to be celebrated on Friday, June 24, 2011; and

WHEREAS, The Body by Denise (BBD) Program began in 1987, with a small group of men and women in one of the Rochdale Village community rooms, located in Queens, New York; today, it has become an intense, yet fun-filled, group fitness class that services well over 200 men and women from the five boroughs of New York, and Nassau, Suffolk, and Westchester counties; and

WHEREAS, Every Tuesday and Thursday evening, the ballroom is pumping with high energy to the sounds of mesmerizing Hip-Hop House, dance-aerobic beats; and

WHEREAS, BBD offers a 20-30 minute muscle conditioning warm-up, followed by a 60-90 minute low impact, high energy house hip-hop aerobic dance class; the steps are geared to work every major muscle group in the body with simple, yet funky moves that will keep your body, mind and spirit energized throughout the entire routine; and

WHEREAS, The men and women who participate get a well-rounded workout to the community with the same flavor as a health club; and

WHEREAS, A notable member of BBD, Jocelyn Samuel, who lost a significant amount of weight, has attained the highest personal achievement and has been designated as a "BBD Superstar"; and

WHEREAS, It is the sense of this Legislative Body that when individuals of such noble aims and accomplishments are brought to our attention, they should be celebrated and recognized by all the citizens of this great Empire State; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to honor Jocelyn Samuel for her outstanding accomplishments as a participant in the Body by Denise Program; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to Jocelyn Samuel.