

## 2015-K733

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim Wednesday, September 30, 2015, Women's Health & Fitness Day in the State of New York

WHEREAS, Wednesday, September 30, 2015, has been declared National Women's Health and Fitness Day; and

WHEREAS, National Women's Health and Fitness Day is a public/private good health partnership organized by the Health Information Resource Center, a national clearinghouse for consumer health information professionals; it is the nation's largest health promotion event for women in the United States; and

WHEREAS, National Women's Health and Fitness Day will focus attention on the importance of regular physical activity and health awareness for women and be an opportunity for hundreds of local organizations throughout New York to come together to host women's health and fitness events at hospitals, health clubs, park and recreation districts, local health organizations, schools, retirement communities, houses of worship, senior centers, and other community locations; and

WHEREAS, The United States Surgeon General has determined that regular physical activity results in significant health benefits and improved quality of life; and

WHEREAS, Thirty-seven percent of adults report they are not physically active; only three in 10 adults get the recommended amount of physical activity and only one in 10 women get the recommended amount of physical activity prescribed by the Surgeon General; and

WHEREAS, The three most reported barriers for women engaging in physical activity are: lack of time, access to convenient facilities and safe environments in which to be active; and

WHEREAS, Moderate daily physical activity can substantially reduce the

risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer; daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis; and

WHEREAS, The New York State Legislature affirms its commitment to take a leadership role in urging all its citizens to support the efforts of local organizations that encourage women to enhance their lives through physical activity; and

WHEREAS, It is most appropriate that this great Empire State recognize Women's Health & Fitness Day in the State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim Wednesday, September 30, 2015, Women's Health & Fitness Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.