

## 2015-K1469

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim September 24, 2016, as Family Health & Fitness Day in the State of New York

WHEREAS, Saturday, September 24, 2016, has been declared National Family Health & Fitness Day; and

WHEREAS, Family Health and Fitness Day USA is a nationwide health and fitness event for families with the purpose of increasing good health awareness and promoting family involvement in physical activity; family related health and fitness events will be held at local organizations such as health clubs, schools, houses of worship, park districts, hospitals, YMCAs/YWCAs, malls 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, 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, Physical activity among children and adolescents is vitally important because of the related health benefits, including cardio respiratory function, blood pressure control, weight management and cognitive and emotional benefits; 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 families to enhance their lives through physical activity; and

WHEREAS, It is most appropriate that this great Empire State recognize Family 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 September 24, 2016, as Family 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.