

HR 9123

2007

1 House Resolution

2 A resolution designating May 1-7, 2007, as "Physical
3 Education and Sports Week" in Florida.

4
5 WHEREAS, physical activity reduces the risk of heart
6 disease, high blood pressure, and diabetes at all ages and is
7 necessary to support normal growth in children and essential to
8 the continuing health and well-being of all youth and adults,
9 and

10 WHEREAS, nationally, almost half of individuals age 12
11 through 21 and more than one-third of high school students do
12 not participate in vigorous physical activity on a regular
13 basis, and

14 WHEREAS, 60 million school-aged children and youth in the
15 United States have the potential to acquire the knowledge,
16 skills, and values that can lead to a lifetime of being
17 physically active and living healthy, and

18 WHEREAS, in a report on physical activity and health, the
19 Surgeon General of the United States Public Health Service
20 verified that regular physical activity is associated with an
21 improved health-related quality of life, and

22 WHEREAS, Florida residents could improve the quality of
23 their lives through proper diet and exercise, NOW, THEREFORE,

24
25 Be It Resolved by the House of Representatives of the State of
26 Florida:

27
28 That May 1-7, 2007, is designated as "Physical Education

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29 | and Sports Week" in Florida, and, in recognition of that
30 | designation, Florida residents are encouraged to make regular
31 | physical activity part of their plans for healthier living.