

SENATE CONCURRENT RESOLUTION NO. 35

Whereas, it is important that school-age children engage in physical activity throughout the year; and

Whereas, the importance of physical activity in children is magnified in light of the increasing number of children who qualify as overweight or obese; and

Whereas, in order to combat the increased rate of obesity in children, it is crucial to focus attention on ensuring that children engage in physical activity, especially in the summer months where there is little to no organized physical activity provided through the schools; and

Whereas, increasing physical activity in children will lead to decreased numbers of overweight and obese children which, in turn, will lead to health care savings in the millions of dollars and encourage children to lead physically active lives; and

Whereas, the General Assembly passed House Bill 1603 in 2014 that designated the exercise commonly known as “jumping jacks” as the official exercise of the state of Missouri; and

Whereas, “jumping jacks” was invented by Missouri-born General John J. Pershing as a drill exercise for cadets when he was a tactical officer at West Point in the late 1800s and its importance as an exercise still exists today; and

Whereas, in order to celebrate “jumping jacks” as the state exercise, it is important for the citizens of this state to take a day and be encouraged to be physically active, including doing jumping jacks at various points in the day:

Now Therefore Be It Resolved that the members of the Missouri Senate, Ninety-eighth General Assembly, First Regular Session, the House of Representatives concurring therein, hereby designate May 13, 2015 as Jump Day and recommend that the citizens of the state engage in activities designed to highlight the importance of children being active, especially in the summer when school is not in session.

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