
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 156 Session of
2015

INTRODUCED BY LONGIETTI, PAYNE, FRANKEL, V. BROWN, KIM, COHEN,
HARHART, KIRKLAND, DIGIROLAMO, PASHINSKI, MURT, KOTIK, VEREB,
MILLARD, SAINATO, BAKER, DONATUCCI, McNEILL, SCHWEYER,
BROWNLEE, READSHAW, ROSS, BOBACK, YOUNGBLOOD, KINSEY, THOMAS,
WHEELAND, MARSICO, D. COSTA, MAJOR, GINGRICH, WARD, MCGINNIS,
GIBBONS AND GILLEN, MARCH 6, 2015

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
MARCH 6, 2015

A RESOLUTION

1 Designating April 1, 2015, as "National Walking Day" in
2 Pennsylvania.

3 WHEREAS, "National Walking Day" is a day observed annually to
4 encourage Americans to lace up their sneakers and take at least
5 30 minutes out of their day to walk; and

6 WHEREAS, The American Heart Association maintains that at
7 least 30 minutes of walking daily can help reduce an
8 individual's risk of coronary heart disease, stroke,
9 osteoporosis, breast cancer, colon cancer and diabetes; and

10 WHEREAS, Walking for at least 30 minutes daily can also
11 improve blood pressure, blood sugar levels and blood lipid
12 profile; and

13 WHEREAS, The Centers for Disease Control and Prevention (CDC)
14 reports that cardiovascular disease is the number one killer of
15 women and men in the United States; and

1 WHEREAS, Cardiovascular diseases, including heart disease and
2 stroke, are the nation's leading cause of death and disability,
3 with more than one million Americans suffering a new or
4 recurrent coronary attack each year and 795,000 suffering a new
5 or recurrent stroke; and

6 WHEREAS, The American Heart Association projects that by
7 2030, 40.5% of Americans, or 116 million people, will have some
8 form of cardiovascular disease; and

9 WHEREAS, Direct and indirect costs of cardiovascular disease,
10 including lost productivity, are estimated to reach \$690.3
11 billion in 2020; and

12 WHEREAS, The 2008 Physical Activity Guidelines for Americans
13 and the American Heart Association recognize the many health
14 benefits of physical activity and recommend that children and
15 adolescents do one hour or more of physical activity each day
16 and adults do two and one-half hours of moderate-intensity
17 physical activity each week; and

18 WHEREAS, If 10% of Americans were to begin a regular walking
19 program, \$5.6 billion in heart disease costs could be saved; and

20 WHEREAS, By promoting a culture of physical activity,
21 corporate America can decrease health care costs, increase
22 productivity and improve the quality of life and longevity of
23 the nation's work force; therefore be it

24 RESOLVED, That the House of Representatives designate April
25 1, 2015, as "National Walking Day" in Pennsylvania; and be it
26 further

27 RESOLVED, That the House of Representatives recognize the
28 need to raise awareness of the importance of regular physical
29 activity in the lives of residents across this Commonwealth.