
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 256 Session of
2017

INTRODUCED BY PHILLIPS-HILL, BIZZARRO, CALTAGIRONE, DIGIROLAMO,
FREEMAN, HENNESSEY, SCHLOSSBERG, TOOHIL AND MILLARD,
APRIL 17, 2017

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 17, 2017

A RESOLUTION

1 Recognizing April 29, 2017, as "T'ai Chi and Qigong Day" in
2 Pennsylvania.

3 WHEREAS, "World T'ai Chi and Qigong Day" is celebrated in
4 hundreds of cities and in more than 70 nations annually; and

5 WHEREAS, T'ai chi and qigong's traditional Chinese exercises
6 involve a series of mindful relaxed movements and mind-body
7 meditations; and

8 WHEREAS, Individuals of all fitness levels benefit from using
9 the techniques of t'ai chi and qigong; and

10 WHEREAS, Harvard Medical School brands t'ai chi and qigong as
11 medication in motion for the myriad of health benefits that they
12 offer; and

13 WHEREAS, Emory University School of Medicine describes t'ai
14 chi and qigong as a series of movements creating strength and
15 improving balance, flexibility and cardiovascular health; and

16 WHEREAS, The University of Miami School of Medicine
17 determined that t'ai chi and qigong improve the behavior of

1 adolescents with attention deficit and hyperactivity disorder;
2 and

3 WHEREAS, The numerous studies of t'ai chi and qigong by the
4 National Institutes of Health reveal benefits, including stress
5 reduction, strengthening the immune system and overall general
6 health; and

7 WHEREAS, T'ai chi and qigong provide stress management and
8 behavior modification for drug abusers and prison inmates in
9 penal systems throughout the world; and

10 WHEREAS, The objective of "World T'ai Chi and Qigong Day" is
11 to bring practitioners together and enable individuals to learn
12 more about t'ai chi and qigong throughout this day of
13 celebration; and therefore be it

14 RESOLVED, That the House of Representatives recognize April
15 29, 2017, as "T'ai Chi and Qigong Day" in Pennsylvania.