
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 493 Session of
2017

INTRODUCED BY BOBACK, HENNESSEY, SAMUELSON, NEILSON, PICKETT,
DRISCOLL, SCHLOSSBERG, KINSEY, MURT, LONGIETTI, READSHAW,
RYAN, BAKER, MACKENZIE, TOOHL, DUSH, SONNEY, PASHINSKI,
SAYLOR, MENTZER, MARSICO, PHILLIPS-HILL, WARD, WARREN,
CHARLTON, MILLARD, D. COSTA, WHEELAND, V. BROWN, B. MILLER,
ROZZI, SCHWEYER, VAZQUEZ AND WATSON, SEPTEMBER 12, 2017

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
SEPTEMBER 12, 2017

A RESOLUTION

1 Recognizing the week of September 24 through 30, 2017, as
2 "Active Aging Week" in Pennsylvania.

3 WHEREAS, "Active Aging Week" is an annual event created by
4 the International Council on Active Aging to promote healthy
5 lifestyles and increase physical activity among older adults;
6 and

7 WHEREAS, The International Council on Active Aging has
8 announced that the theme of "Active Aging Week" is "Ignite Your
9 Passion" which promotes the benefits of a healthy lifestyle on a
10 national scale by giving older adults the opportunity to
11 experience diverse activities and exercise in a safe, friendly
12 and fun atmosphere; and

13 WHEREAS, Studies have shown that increased mental and
14 physical activity in older adults has a positive impact on brain
15 health and that exercise may improve cognitive function in those

1 at risk for Alzheimer's disease and other related dementias by
2 improving the efficiency of brain activity associated with
3 memory; and

4 WHEREAS, "Active Aging Week" is an opportunity to promote and
5 publicize the efforts of motivated organizations to reach older
6 adults with the key messages of staying active, healthy and
7 engaged; and

8 WHEREAS, This Commonwealth has the fifth largest number of
9 residents 65 years of age or older in the United States and it
10 continues to be the fastest-growing segment of our population;
11 and

12 WHEREAS, Older adults are living longer due to their
13 increased physical and mental activities which prolong and
14 enrich their lives every day; and

15 WHEREAS, We recognize the contributions which older adults
16 have made and will continue to make in this great Commonwealth
17 regarding culture, history and the economy and encourage older
18 adults to continue to remain active participants who enhance,
19 educate and improve our communities; therefore be it

20 RESOLVED, That the House of Representatives recognize the
21 week of September 24 through 30, 2017, as "Active Aging Week" in
22 Pennsylvania.