
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 335 Session of
2015

INTRODUCED BY SCHWANK, DINNIMAN, KITCHEN, BROWNE, TEPLITZ,
BREWSTER, FARNESE, EICHELBERGER, ARGALL, BAKER, MCGARRIGLE,
WHITE, YUDICHAK AND MENSCH, APRIL 12, 2016

INTRODUCED AND ADOPTED, APRIL 12, 2016

A RESOLUTION

1 Designating April 30, 2016, as "Healthy Kids Day" in
2 Pennsylvania and encouraging all children and their parents
3 to incorporate active play and healthier habits into their
4 daily lives.

5 WHEREAS, Research shows that for many children physical
6 exercise actually declines at the end of the school year; and

7 WHEREAS, Nearly one-third of American children between 5 and
8 11 years of age, and a majority of adults, in the United States
9 are obese or overweight; and

10 WHEREAS, A child who is overweight or obese risks the
11 development of joint pain and breathing difficulties in the
12 short term and obesity-related problems such as diabetes, high
13 blood pressure and high cholesterol in the long term; and

14 WHEREAS, Obesity as an adult increases the chances of
15 developing heart disease and certain cancers; and

16 WHEREAS, Developing healthier habits, including increased
17 physical activity, is an important component to having long and
18 active lives; and

1 WHEREAS, The YMCA nationally conducts "Healthy Kids Day" each
2 year to encourage improved health and well-being for children
3 and families; and

4 WHEREAS, As a leading nonprofit organization committed to
5 healthy living and lifestyles, the YMCA holds "Healthy Kids Day"
6 to promote a lifetime of physical activity; and

7 WHEREAS, More than 2,700 YMCA branches across the United
8 States annually engage more than 9 million youth and 13 million
9 adults; and

10 WHEREAS, YMCA branches will conduct health fairs and various
11 activities such as fun runs, family aerobics, open swims, dance
12 classes, health screenings and many other activities and sports
13 for children and parents during "Healthy Kids Day" on April 30,
14 2016; and

15 WHEREAS, By taking time every day to engage in physical
16 activity, parents and children can have fun and achieve greater
17 mental, emotional and physical health and well-being; therefore
18 be it

19 RESOLVED, That the Senate designate April 30, 2016, as
20 "Healthy Kids Day" in Pennsylvania and encourage all children
21 and their parents to incorporate active play and healthier
22 habits into their daily lives.