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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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# SENATE RESOLUTION

No. 360 Session of  
2018

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INTRODUCED BY DINNIMAN, SABATINA, FONTANA, GREENLEAF,  
EICHELBERGER, BROWNE, FARNESE, COSTA, BREWSTER, SCHWANK,  
HUTCHINSON AND RAFFERTY, MAY 21, 2018

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INTRODUCED AND ADOPTED, MAY 21, 2018

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A RESOLUTION

1 Designating the month of May 2018 as "Exercise is Medicine  
2 Month" in Pennsylvania.

3 WHEREAS, Regular, moderate-intensity exercise has curative  
4 and protective health benefits; and

5 WHEREAS, The health benefits of physical activity and  
6 exercise can improve the quality of life for everyone; and

7 WHEREAS, Research shows that a low level of physical activity  
8 exposes a patient to a greater risk of dying than does smoking,  
9 obesity, hypertension or high cholesterol; and

10 WHEREAS, For older men, regular physical activity can  
11 decrease the risk of death by 40%; and

12 WHEREAS, Active individuals in their 80s have a lower risk of  
13 death than inactive individuals in their 60s; and

14 WHEREAS, Regular physical activity has been shown to lead to  
15 higher SAT scores for adolescents; and

16 WHEREAS, In an elementary school setting, regular physical  
17 activity can decrease disciplinary incidents involving violence

1 by 59% and decrease out-of-school suspensions by 67%; and

2 WHEREAS, A healthier populace results in cost savings,  
3 greater participation in the workforce and other benefits to  
4 society at large; and

5 WHEREAS, Individuals are encouraged to speak with their  
6 physicians about how physical activity and exercise may help  
7 treat or prevent numerous chronic conditions such as  
8 hypertension, cardiac disease and diabetes; and

9 WHEREAS, Physicians and other health care providers are  
10 encouraged to talk to their patients about the health benefits  
11 of exercise and to strongly recommend that their patients engage  
12 in appropriate exercise; and

13 WHEREAS, The American College of Sports Medicine advises  
14 health care organizations, physicians and other professionals,  
15 regardless of specialty, to assess, advocate for and review  
16 every patient's physical activity program during every  
17 comprehensive visit; and

18 WHEREAS, Regular physical activity and exercise is a powerful  
19 prescription, with great potential to improve the health of all  
20 residents of this Commonwealth; therefore be it

21 RESOLVED, That the Senate designate the month of May 2018 as  
22 "Exercise is Medicine Month" in Pennsylvania.