

2018 -- S 2957

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LC005872  
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STATE OF RHODE ISLAND

IN GENERAL ASSEMBLY

JANUARY SESSION, A.D. 2018

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SENATE RESOLUTION

CONGRATULATING ENTREPRENEUR AND PHYSICAL FITNESS ORACLE GREG  
GLASSMAN FOR THE SUCCESS OF "CROSSFIT"

Introduced By: Senator Donna M. Nesselbush

Date Introduced: June 07, 2018

Referred To: Recommended for Immediate Consideration

1 WHEREAS, Greg Glassman is a physical fitness champion who believes passionately  
2 that motivating people to engage in "constantly varied, functional movement performed at high  
3 intensity," along with quality nutrition will not only make them healthier and happier, but will  
4 also lead to reduced health care costs by preventing and reversing chronic diseases; and

5 WHEREAS, In the year 2000, Mr. Glassman co-founded CrossFit, a physical fitness  
6 program, by opening his first gym in Santa Cruz, California. Since then, his concept has grown  
7 into the world's largest gym chain with 15,000 affiliates, known as "boxes" worldwide. As both  
8 an exercise philosophy and a competitive fitness sport, CrossFit workouts incorporate elements of  
9 high-intensity interval training, gymnastics, Olympic weightlifting, plyometrics, and powerlifting.  
10 Driven by scientific data and Glassman's ingenuity, CrossFit has blazed the nation and the world,  
11 revolutionizing the fitness industry; and

12 WHEREAS, Mr. Glassman has long been a fierce advocate of driving the soda industry  
13 out of the science of sports and other health sciences in the interest of truth and integrity; and

14 WHEREAS, Thanks to Mr. Glassman's innovative ideas and tireless work championing  
15 healthier lifestyles, countless everyday people worldwide have been motivated to exercise more,  
16 eat better and drink healthier beverages, thereby living longer and happier lives; now, therefore be  
17 it

18 RESOLVED, That this Senate of the State of Rhode Island and Providence Plantations  
19 hereby congratulates entrepreneur and physical fitness oracle, Greg Glassman, for the success of

1 his brainchild, "CrossFit," and for helping to improve the health, physical fitness and well-being  
2 of thousands of people across the globe; and be it further

3           RESOLVED, That the Secretary of State be and hereby is authorized to provide a duly  
4 certified copy of this resolution to Mr. Greg Glassman.

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