

114TH CONGRESS
1ST SESSION

H. RES. 365

Expressing support for dancing as a form of valuable exercise and of artistic expression, and for the designation of July 25, 2015, “National Dance Day”.

IN THE HOUSE OF REPRESENTATIVES

JULY 15, 2015

Ms. NORTON submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Expressing support for dancing as a form of valuable exercise and of artistic expression, and for the designation of July 25, 2015, “National Dance Day”.

Whereas Nigel Lythgoe, executive producer and celebrity judge for the dance-themed television show “So You Think You Can Dance”, in association with the Dizzy Feet Foundation, has encouraged the creation of “National Dance Day” in nations around the world, beginning with the first “National Dance Day” on the National Mall in 2010;

Whereas the Dizzy Feet foundation and the Kennedy Center, in conjunction with the office of Congresswoman Eleanor Holmes Norton, will celebrate “National Dance Day” on July 25, 2015, in Washington, DC, at the Kennedy Center;

Whereas “National Dance Day” has captured the imagination of people throughout the Nation and around the world and has helped popularize dancing as an art, for fun, and as a form of exercise;

Whereas “National Dance Day” encourages many forms of dance expression, representing the Nation’s rich artistic, regional, ethnic, and racial diversity;

Whereas “National Dance Day” features the spectrum of dance, from classical to popular to line and partner dances;

Whereas dancing helps improve heart health, burn calories, strengthen muscles, and improve flexibility for people of all ages;

Whereas health officials have repeatedly documented an overweight and obesity epidemic among every age group in the United States;

Whereas dancing, in all its variations, is a popular form of physical exercise;

Whereas this year at the Kennedy Center in Washington, DC, performances by Antoine Hunter, AXIS Dance Company, Baakari Wilder, Culture Shock, Evan Ruggiero, and Season 9 finalist of “So You Think You Can Dance” Cyrus “Glitch” Spencer will entertain and encourage dancing;

Whereas instructional videos are available on the Dizzy Feet Foundation YouTube channel featuring dance routines for all skill levels and ability in advance of National Dance Day to be performed by audiences on National Dance Day; and

Whereas the last Saturday in July continues an appropriate day to celebrate “National Dance Day”, as it has been for the past 5 years: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) supports the designation of “National
3 Dance Day” to celebrate and encourage a national
4 commitment to dance, dance education, and physical
5 fitness;

6 (2) acknowledges that dance is making an im-
7 portant contribution to health by encouraging phys-
8 ical fitness and reducing overweight and obesity; and

9 (3) commends Nigel Lythgoe for his leadership
10 in promoting “National Dance Day”.

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